



Local and National News

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The Sojourner's Truth

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Ian English
Assistant Prosecutor, Lucas
County

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“My experience gives me the ability to be a trial judge. It requires instantaneous decisions and I have had more than enough experience and I know the law. Those instantaneous decisions affect people’s liberty, rights and property.”

This Strikes Us ...

A Sojourner's Truth Editorial

Let's get past the awkward backdrop, the nervous delivery of the speech and the rebuttals that made it appear as if Gov. Bobby Jindal of Louisiana had not actually listened to President Barack Obama's address to the U.S. Congress last week. Jindal did indeed say in the Republican response that we should not let people tell us we can't succeed.

In fact, Obama said anything but that in his address ... but let's get past that.

Here is what happened on that night. We witnessed a first rate speech to the American people striking all the right notes about what we can and will do. We watched our new president move beyond pomp and circumstance and reach out in a Rooseveltian manner in an attempt to soothe the jangled nerves of the populace.

Then, we saw another leader of color, 10 years younger than our young president and representing a state in the heart of Dixie, deliver the response. Whatever we think of Jindal's response in a situation in which no Republican could have possibly succeeded, let's not forget the significance of his appearance.

And in a nation divided politically, what a relief it is that other divisions on that evening – the historic divisions of color and ethnicity that have held sway for so long – seemed not nearly as important.

By the way, let's also keep in mind that those political distinctions are not nearly as important as our elected officials' ability to competently manage the challenges of the moment. Obama and Jindal are – politically speaking – at opposite ends of the spectrum. What they represent, however, is an opportunity in their respective political arenas to govern competently.

Competence, or the lack of it, was the overriding problem for the Bush administration. They could not manage foreign policy, the War on Terror, the economy, the Katrina disaster with any semblance of competence. Event after event, opportunity after opportunity was squandered in the last eight years by a president who cared more about ideas than he did about getting things done.

Supporters of the Bush administration perpetuate the nonsense that history will reserve judgment on his presidency – even as historians have already pronounced his to be a failure. What happens in Iraq over the long haul, his supporters say, will determine his place in history.

Three things need to happen in order for the Bush misadventure in Iraq to be acclaimed. First, a democracy has to take root and blossom. Second, the democracy must be seen as the direct result of invasion of Iraq by America and her allies. Third, history must judge that the democracy could not have been achieved through peaceful methods – only by means of war. When has history ever made such a pronouncement?

* * * *

Part of the president's task of managing the economy effectively will be judging how and when to regulate taxation so that it does not adversely affect the economy. That's part of local officials' tasks as well.

History has shown us that when deep in a recession, or a depression, raising taxes can exacerbate the situation.

During the last year or so of the Herbert Hoover presidency, that administration put through the biggest tax increase in the nation's history to that point. The policy deepened the recession.

In 1937, Franklin Roosevelt, fearful of growing deficits, raised taxes, and cut spending, after his re-election and, as Hoover did, forced the economy deeper into the depression. Not until the massive government spending program that began on December 7, 1941 did the nation dig itself out of the Great Depression.

So how does that translate into local responsibility?

On our home front, Mayor Carty Finkbeiner is proposing raising taxes, at the moment for those 19,200 Toledoans who work in cities outside of Toledo. The mayor is asking City Council to approve a plan to cut the out-of-city work credit currently in place. That means that these residents – how long most of them will remain residents if the measure is passed is a matter of speculation – will have to pay taxes to both the city in which they live and the one in which they work.

In his attempt to reach out and achieve comity, the mayor has issued a statement declaring that council members lack political courage and challenging them to find the "moxie" to go along with his plan to raise taxes.

We hope they find the "moxie" to avoid raising any sort of taxes during these difficult times.

The Sojourner's Truth

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Community Calendar

March 5

First Thursday Dialog: Toledo Club; Speaker Dr. Lloyd Jacobs; "Culture at the Crossroads: Critical Issues of Our Day;" Sponsored by the Diocese of Toledo: 419-244-6711 ex 511

March 7

Rev. Clyde Tisdale Scholarship Fund Musical: Rossford 1st Baptist Church; Featuring Del Grace & the Amazing Grace Praise Band; 6 pm: 419-531-0291

March 8

Calvary MBC: Pastor Floyd Smith's 20th Anniversary Celebration; 4 pm; Pastor Melvin Barnes and True Vine

Third Baptist of Holland: Pastor and Sister Madison Gregory II 23rd Appreciation Service; 3:30 pm

March 12-13

Rogers High School Gospel Fest: Gospel Choir Concert on the 12th; Gospel Explosion on the 13th; 7 pm both nights

March 13

Calvary MBC: Pastor Smith's 20th Anniversary Celebration; 7 pm; Elder Albert Lee and New Home MBC

March 14

Sigma Gamma Rho Sorority, Inc. 12th Annual Nationwide Youth Symposium: "H3: It's All About Me (Healthy Choices, Healthy Living, Healthy Generations);" Workshops, Guest speakers, hip-hop/rap contest co-sponsored by UGE; Mott Branch Library; 10 am to 2 pm: 419-509-3625

March 15

Calvary MBC: Pastor Smith's 20th Anniversary Celebration; 11 am; Bishop Duane Tisdale and Friendship

March 20

Calvary MBC: Pastor Smith's 20th Anniversary Celebration; 7 pm; Pastor Ronald Taylor and Beulah Baptist

March 21

Artists Workshop: 11 am; Truth Art Gallery; 419-243-0007

March 21-April 18

Marvin Vines Art Exhibit: Opening reception on March 21 from 6 to 9 pm

March 22

Calvary MBC: Pastor Smith's 20th Anniversary Celebration; 4 pm; Pastor Gregory Bennett and Canaan MBC

March 26

Historic Third Baptist Church: Central State University Chorus; 7:30 ppm; Coordinator Henry Caldwell

March 29

Calvary MBC: Pastor Smith's 20th Anniversary Celebration; 4 pm; Pastor Ronald McCraney and Rhema Word Christian Fellowship

The Sojourner's Truth

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“Embracing Change: An Opportunity For New Beginnings”

Urban League Brings Norma Hollis in as Keynote Speaker

Special to The Truth

The Greater Toledo Urban League's 12th Annual Banquet on March 12, 2009 has adopted the theme “Embracing Change: An Opportunity For New Beginnings” and will feature the renowned Norma T. Hollis as the evening's keynote speaker.

Hollis knows firsthand how tapping into your authentic voice creates success. After experiencing painful trauma in her youth, Hollis found her authentic voice but kept it a secret. She kept it secret because she could not find anyone who would talk with her about the ‘quiet’ voice she was hearing in her mind, so she kept the secret to herself.

Hollis followed this inner voice as it led her to pursue a bachelor's degree in early childhood development and masters degree in administration. During Hollis's ‘first career’ in early childhood development, she created early intervention programs, directed multi-million dollar HeadStart programs, and pioneered developing the spirit of the young child.

Later, without any knowledge of the business world, Hollis's inner voice led her into a ‘second career’ and entrepreneurial venture that would catapult her to the top of a 50-billion dollar industry. After opening Speakers Etcetera, a

communication training company and public speaking bureau, Hollis navigated through the meeting industry to emerge as the CEO of one of the largest bureaus in the world owned by an African-American woman.

It didn't take Hollis long to recognize a void in the professional speaking industry when



it came to black speakers. There was no single resource on the internet where meeting planners could find African-American speakers for their events. This is when Black Speakers Online was born: the first online directory to showcase black voices. It has grown to become one of the most relied-upon directories in the speaking industry, providing meeting planners a ‘one stop source’ for their event needs with a premier roster of black talent.

In 2007, Hollis decided to expand her bureau by providing international exposure opportunities to minority speakers through her new directory, Diversity Speakers Online. Hollis partnered with the National Speakers Association in a first-time diversity initiative for the 4,000-member organization, opening the door for minority speakers to a bigger and more diverse organization.

Hollis's extensive work with speakers and 12 years of communication research, led to the creation of a proprietary methodology and diagnostic tool that can actually rate a person's authenticity. Her authenticity assessment is breaking new ground and paving the way for a new generation of speakers and entrepreneurs. You can rate your authenticity now by visiting www.cashinonvoice.com.

As an ‘intuitive’ entrepreneur, Hollis builds companies that serve the human spirit, develop the human potential, and provide a catalyst for improving the quality of life. Throughout her life, Hollis has championed the power of voice. Her painful childhood trauma gave birth to an inner voice that allowed her to overcome extreme difficulties and turn obstacles into triumphs. Hollis's first career revealed

her unique talent for discovering the gifts and talents in others that lead to authenticity. Hollis's second career and series of entrepreneurial successes, has made her the voice of experience for leadership. She inspires companies and individuals to lead

with authenticity by maintaining their life's purpose.

The 12th Annual Urban League Banquet will be held at the Parkway Place, 2592 Parkway Plaza. Dinner will be served at 7 p.m. A VIP reception will precede the dinner. For more information call the

Greater Toledo Urban League's office at 419-243-3343.

Tickets for the dinner will also be available at The Sojourner's Truth offices at 1811 Adams Street. Call 419-243-0007.

Biology vs Theology and Politics

*By Rev. Donald L. Perryman, D.Min.
Guest Column*



A poignant article in the March 1 edition of The Blade has reignited conversation about teen pregnancy in Lucas County which has now, and for 16 of the last 20 years has had, the highest urban teen birth rate in Ohio. In fact, between 2001 and 2006 when most Ohio counties had a decrease in teen birth rates, Lucas County stayed the same at 27 births per 1000.

Another recent government study, found that one out of four girls aged 14 to 19 in the United States is infected with a sexually transmitted disease. Fifty percent of African-American teen girls (compared to 20 percent of white teen girls) are living with HPV, herpes, Chlamydia, genital warts or trichomoniasis.

The consequences are devastating. Teen births not only affect the teen mother's future, but the lives of the children are compromised physically, mentally and financially. There is an ultimate cost to the community through loss of a productive individual as the births are directly connected to rising black teen incarceration and loss of resources that are used to support the family.

However, President Obama's 2010 budget does include increased funding to detect, prevent and treat HIV, adds support to a visiting nurses program for first-time low-income mothers and expectant mothers and increases the child care block grant.

The budget also will fund state, community-based, and faith-based teen pregnancy models that stress the importance of abstinence while providing medically-accurate and age-appropriate information to youth who have already become sexually active. This comes after \$175 million (approximately \$1.4 million for Lucas County) in annual federal funding of abstinence-only sex-education programs, yet we have failed to see positive results locally.

The relevant question is “Why do our young teens keep getting pregnant?” Why does Lucas County have the highest teen birth rates in Ohio?

Lucas County sources and The Blade article indicate that Lucas County agency territorial squabbles or indifference, combined with Toledo Public Schools' tendency to blush when speaking directly about sexual issues has prevented the necessary student survey data from being collected which would possibly provide explanations behind the high pregnancy rates.

Although TPS seems reluctant to release the sex-education curriculum for review, current funding is based upon an abstinence-only-until-marriage “Just Say No” model which, after a decade of emphasis, clearly has not worked.

The African-American church's “Close Your Legs” version has also come up short. I preach abstinence to my own congregation with lack of apparent success battling the innate biological urge to mate and reproduce and animal nature which causes male animals to gnarl through wire fencing and females to prance and dance to satisfy the desire.

The times have changed when the norms valued by family, church or school alone kept young people from getting pregnant. In addition, seminaries are not providing future clergy and other religious professionals with sufficient opportunities for study, self-assessment or ministerial formation in sexuality and adequate course work that focuses on sexuality-related issues that will enable them to minister effectively to their congregants.

Theology and a politically administered curriculum tied to funding alone are not formidable enough to defeat Mother Nature.

New studies have shown that mentoring and opportunity are keys to preventing teen births. Young girls who don't see a future for themselves see their lives at a dead end and respond by getting into relationships that result in pregnancy. This cycle is only broken when someone becomes involved in the teens' lives and provides them with encouragement, support and direction.

When young people early on see success around them, they are encouraged to dream and plan their own futures. When their idle time is replaced with positive and productive activity, and augmented with strong role models then their hopes replace pessimism and they begin to seek to become mature, responsible and contributing adults.

It is time to include common sense in our politics and theology. Rather than continuing to trivialize teenage pregnancy, it is time to make sexuality education comprehensive. Sexuality, from a religious point of view, is a blessing, but it also demands understanding, respect and self-discipline.

Young people need to learn about it, not from the entertainment media or the streets, but from parents, the church and school programs that are able to address it in all of its dimensions – biological, psychological, cultural, spiritual, as well as from a justice standpoint that ensures opportunity is available to all.

Contact Donald Perryman, D.Min., at drldperryman@centerofhopebaptist.org

Ian English: Getting That Much Closer to His Goal

By Fletcher Word
Sojourner's Truth Editor

Ian English, a member of the Lucas County Prosecutor's Office for the past seven and a half years, received the endorsement of the Lucas County Democratic Party two weeks ago in his campaign for a judge's position on the Toledo Municipal Court.

English will be running for the seat currently occupied by Judge Lynn Schaefer who will not be running for re-election.

"I have wanted it ever since I was a kid," says English of his ambition to become a judge. It may not have to wait much longer.

Sitting in his office a few days after the announcement of the endorsement, English speaks of his intent to campaign diligently for the office he prizes even as he expresses his willingness to take on all other comers — however many they may be.

"It doesn't matter who or how many," he says. "I'm going to have an Obama-like focus. I will work hard and earn votes."

By any measure, English has been working hard for the past number of years in preparation for the bench. "During these past seven and a half years

when the community has needed someone to protect and defend, I've been there," he says of his time in the Prosecutor's Office. "I've been in court almost every working day, I've written hundreds of motions and briefs and I've tried 65 cases, from shoplifting to aggravated murder.

"My goal is simple — to be fair. To be fair in decisions and to have a process that is clear, open and honest," he continues. "My experience gives me the ability to be a trial judge. It requires instantaneous decisions and I have had more than enough experience and I know the law. Those instantaneous decisions affect people's liberty, rights and property."

While English has always wanted to be a judge, he did not believe early in life that a career in law was actually a possibility.

He grew up in the 1900 block of Joffre, near Bancroft and Upton. He attended Nathan Hale Elementary and was bused to Deveaux Jr. High. From there he went to Macomber where he studied auto mechanics.

"I always had an interest in law, but to become a lawyer I knew that you had to go to college. No one from my family



"What I like most about the job is that I have the opportunity every day to make this a safer community,"

had ever been to college," says English. Indeed, English's only frame of reference to college was what he saw in the movie *Animal House*.

"I didn't liken myself to one of those bar people, so it took a while to convince myself and for others to convince me that

I could do it," he recalled several years ago during a previous conversation with this paper.

The greatest encouragement he received was from an older brother-in-law who urged him to figure out how to accomplish his desire of becoming a

lawyer. English went on to earn his undergraduate and law degrees from The University of Toledo. He then became a defense attorney but realized that he would have a greater impact on society as a prosecutor.

"What I like most about the job is that I have the opportunity every day to make this a safer community," says English who is married to former prosecutor and Toledo Municipal Clerk of Court Vallie Bowman English. The couple have a four year old son. "There is nothing more rewarding than the feeling of accomplishment after you make sure the right thing happens in court and that doesn't always mean winning, either."

While this will be English's first campaign for elected office, it is not his first attempt to gain a seat on the bench. In spring of 2007, there was a vacancy on the Lucas County Juvenile Court when Judge James Ray retired. English applied to the governor's office for an appointment to fill the vacancy, without success.

For English, service on the juvenile bench would have been a direct reflection of his focus in the community. He has been involved with The University

of Toledo Mock Trial team, the Police Athletic League (PAL) and Big Brothers Big Sisters. That's a direct result of his belief that he should indeed serve as a role model.

"Being a minority gives me a different perspective, my background growing up in the central city of Toledo, encountering obstacles, overcoming them and achieving my own American Dream," he says. "That gives me a different perspective and my position to be a role model for some of the youth in our community is important."

There are remarkably few minorities on the bench in northwest Ohio at the moment, few have ever served here in fact. Also noticeably absent is a minority on the Ohio Supreme Court. One of these days, English may want to help change that. "I think it's time we have an African-American judge on the Ohio Supreme Court," he says. "That's something we need to fix."

For the moment, however, the prize that his eyes are on is close to home.

"Serving the citizens of Toledo is my only focus now," says the candidate.

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University of Toledo Hosts Annual Scholarship Benefit Dinner in Honor of Dr. King.

By Artisha S. Lawson
Sojourner's Truth Reporter

The University of Toledo's annual Dr. Martin Luther King Jr. Scholarship Benefit Dinner was held on Monday, February 23, 2009. Over 350 Toledo politicians, community activists, students and residents gathered to celebrate the life and legacy of the civil rights leader.

The program opened with a musical presentation by Lift Up Your Hands Ministries Sign-Mime Choir and welcoming remarks from Mistress of Ceremonies Kristian Brown of 13ABC News and Dr. Lloyd A. Jacobs, MD, president of UT. The crowd was then serenaded by soloist Amy Hancock, who later led the Negro National Anthem "Lift Ev'ry Voice and Sing."

The University of Toledo Dr. Martin Luther King Jr. scholarship committee awarded two students, Samantha Karyn Quarles and Alexandra Noelle Williams, with scholarships; while the College of Healthy Science and Human Services awarded Katrina Jones a scholarship.

"First, I would like to say thank you for allowing me to serve as chair of the selection committee. It is a very rewarding experience. I get to meet first-hand all of the wonderful students that we

have on this campus. I would like to thank you for your attendance and sponsorship of this scholarship," said Terrina White, chairman of scholarship selection committee.



Samantha Quarles

Quarles is currently a sophomore pursuing a Bachelor of Science in Nursing degree, made the Dean's List in fall 2007, President's List in fall 2008 and maintains a 3.88 cumulative grade-point average. She is a Mobile Meals and World Wide Day of Play volunteer and was accepted into the Phi Eta Sigma National Honor Society last year. During her acceptance speech, Quarles took the time to thank everyone who helped her become the woman she is today.

"I am so honored to re-

ceive this award, first I want to thank God for all of the many blessings that he has bestowed upon me while I'm here at UT," said Quarles. "Thanks to the scholarship committee for this distinguished award, and especially Terrina White of the scholarship committee who assisted me in preparing for tonight. I say thank you to my best friend for staying on me with my school work, and my parents for supporting my dreams—you're the best parents a girl can have. And finally, thank you to Dr. Martin Luther King jr., for working so hard to create change, his work will always be-



Alexandra Williams

membered and honored."

Williams is currently a senior majoring in middle childhood education in the professional program of The Judith Herb College of Education. She's currently the chairman of the Social and Cultural Events Committee

in the Black Student Union, a member of the campus-wide Black History Month Committee in 2007 and 2008, an active volunteer during the 2009 presidential election and maintains a 3.34 cumulative grade-point average.

Williams thanked the committee and those who worked during the Civil Rights Movement to create opportunities like the scholarship that she received.

"I would like to thank Dr. Lloyd Jacobs and the scholarship committee for allowing me this opportunity," said Williams. "I am so grateful for everything. I am truly glad. Thanks to my parents for always pushing me and teaching me the importance of education. Most of all I would like to thank Dr. Martin Luther King jr. and the countless others for everything they fought for during the Civil Rights Movement. Because of their struggles so many of us have the opportunity to succeed and have the ability to break down the doors that so many generations before us could not."

Jones is currently a senior majoring in social work, is active in the Association for the Advancement of African-American Women and volunteers during the downtown Toledo Holiday Parade and the Ability Center of Greater Toledo.

During her acceptance, Jones thanked her family for supporting her college education. "First I want to give honor to God, who is truly the head of my life," said Jones "I want to thank President Lloyd Jacobs, the scholarship committee, and Col-

lege of Health Science and

Human Services for making this opportunity possible. I want to thank my family and especially my husband Christopher, because he's been there for me since day one and I love you. Special thanks to Dr. Martin Luther King jr. and the Civil Rights Leaders because if they had not stood for fighting for the rights and equality of blacks, I don't think I would be standing here today."

The featured guest speaker for the benefit din-



Katrina Jones

ner was Ohio State Senator Ray Miller, the 14th African-American elected to the Ohio Senate in the state's 205 year history. Miller has been instrumental in the creation of the Ohio Department of Alcohol and Drug Addiction Services, the Community on Minority Health Act of 1988, and the Ohio Commission on Minority Health.

During his address to the crowd, he opened by encouraging young people to use their talents, spoke on the importance of Black History Month and closed by reciting the words to a Melvin Sapp gospel song about continuing on after the fight.

"I was reading this article about the importance of

Black History Month and the first young man said Black History Month was no longer relevant," said Miller. "Well I would like to disabuse him of that notion. Black History is more relevant than ever before. I am glad, we are all glad, that we have our first African-American president. He graduated from Columbia and Harvard with honors, that's black history. So before Obama, there was a sea of intelligent people like Carter G. Woodson, a graduate of Harvard who began the notion of the importance of Black History and began Negro History Week. There was Charles Hamilton Houston, who also graduated from Harvard in 1922 and received a Doctorate in Law. You have to know whose shoulders you stand on."

UT established this scholarship fund in 1969, less than one year following Dr. King's death. The fund was established to pay respect to the civil rights leader and help African-American students realize Dr. King's dream of equality and opportunity.

Since the creation of the fund, over 90 students have received and benefited from the scholarships.

The committee members included: Ella Armstead; Shanda Gore, PhD; Nina Grant; Samuel Hancock, PhD; Sandra Rivers-Gill; Tracci Johnson; Kerry Rottenstein; Melissa Spann; Jonathan Strunk; Stephanie Teamer; Thomas Trimble; Terrina White and David Young.

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The Lighthouse Road The Power to End Stroke

By Dr. Anita Lewis Sewell, MD
Guest Column



One Sunday afternoon, Mary Bowie attended a Women's Day service at her church, Greater St. James Church of God in Christ in Fremont, OH, where Elder Chester Trail is pastor.

She sang with the women's day choir then returned to her seat, but something was terribly wrong. Bowie felt "dizzy and strange," and she was sweating profusely.

Suddenly she slumped to her left onto the shoulder of the person sitting beside her. That person was a doctor, and that doctor just happened to be me.

People rushed to help. It was a hot August day. We began to fan her and loosen her blouse, thinking she had

heat exhaustion.

Her eyes were open and she was breathing, but unresponsive. She tried to move her mouth, but could not answer questions. She seemed unable to understand what people were saying to her and she was unable to walk.

Bowie was hurriedly carried out of the sanctuary. Emergency medical responders quickly arrived at the scene and rushed her to the hospital.

She had suffered a stroke.

A stroke or a cerebral vascular accident (CVA) is the third leading cause of death in America. Heart disease ranks first, and cancer is the second leading cause of all deaths.

Strokes occur when the brain is deprived of an adequate blood supply. The damage to brain cells can cause sudden loss of memory, loss of speech, paralysis (usually on one side of the body), and even death.

About 80 percent of strokes are due to blood clots, while about 20 per-

cent are due to hemorrhaging or bleeding in the brain.

"The rate of first strokes in African-Americans is almost double that of Caucasians," according to the National Stroke Association (NSA).

"African-Americans are affected by stroke more often than any other group; they are likely to have more severe and disabling strokes compared with whites, and are twice as likely to die from strokes," the NSA reports.

Uncontrolled high blood pressure or hypertension (HTN) is the greatest risk factor for strokes. Other risk factors for strokes include diabetes, obesity, smoking, high cholesterol, a family history of HTN or stroke, sickle cell disease, and advanced age.

Bowie was treated in the past for HTN, but was taken off medications when her pressure seemed to normalize the previous year. She had a strong family history of HTN and CVA.

It was a stroke of good fortune that she was not home alone when her stroke occurred, because the ear-

lier evaluation and treatment began, the better.

Her speech and physical

she quickly sought medical help.

It has been almost seven

active participant in your own health care.

When asked could I write about her experience, this proud mother of twin daughters, Robin and Roxanne, who had also earlier survived colon cancer, gladly said yes, especially if it can help someone else.

It is important to recognize these COMMON SIGNS of a STROKE and GET HELP QUICK, FAST, AND RIGHT AWAY!!! CALL 911

Ø Sudden numbness or weakness, or pain of the face, arm, or leg (mainly on one side of the body)

Ø Sudden trouble seeing in one or both eyes

Ø Sudden trouble walking, dizziness or loss of balance

Ø Sudden confusion or trouble talking or understanding speech

Ø Sudden bad headache with no known cause.

Ø Sudden nausea, fatigue, or shortness of breath

Ø Sudden racing or pounding heartbeat, or chest pain.

For more information, visit: www.strokeassociation.org or www.cdc.gov/stroke or www.powertoendstroke.org.



"African-Americans are affected by stroke more often than any other group"

deficits were temporary. She spent over one week in the hospital and a few weeks in a rehabilitation facility for physical therapy.

She did later experience two mini-strokes or TIA's (transient ischemic attacks.) Each event involved difficulty with speech. But now alert to the warning signs,

years since that day which neither of us will ever forget.

Today, at age 69, Mary Bowie is thankful for her good health. She takes her medications and consults with her doctor regularly. "I do everything he tells me to do," she says, emphasizing how important it is to be an

Getting To The Bottom Of Colorectal Health

"Getting to the bottom of it all" takes on a whole new meaning thanks to an interactive exhibit, the Prevent Cancer Super ColonSM(a), designed to teach people about colorectal health.

See how much you know about an organ no one likes talking about but one we can't live without-with the Super Colon quiz:

True or false?

1. Only people with a family history of colorectal cancer are at risk.
2. Colorectal cancer, once diagnosed, is deadly.
3. Your risk for colorectal cancer increases with age.
4. Men get colorectal cancer more frequently than women do.
5. African Americans have a higher risk for colorectal cancer.

Answers

1. False. Anyone can develop colorectal cancer. Those with a family history may be at increased risk and should be screened more frequently.
2. False. When colorectal cancer is caught in the early stages, 90 percent of people are alive after five years.
3. True. Age is a significant risk factor for colorectal cancer: The older you are, the higher the risk. With each decade past 40, colorectal polyps and cancers become more common.
4. False. Men and women are at equal risk for colorectal cancer.
5. True. African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the U.S.

Colorectal cancer is the second-leading cancer killer in the United States. Almost 150,000 Americans are expected to be diagnosed within this year, yet this is one of the only cancer types that is often preventable through screening when diagnosed early.



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Celebrate! It's National Nutrition Month

By Patrice Powers-Barker, OSU Family Nutrition Program Guest Column

The theme of 2009 National Nutrition Month® is, "Eat Right." Every March the American Dietetic Association creates a campaign to share nutrition education and information on the importance of making informed food choices and making healthy eating and physical activity habits. In addition, they recognize registered dietitians (RDs) for their important role in health and nutrition.

Registered dietitians are trained to use the science of nutrition and help individuals and families use that information to make practical choices for healthy living. RDs work in health care, schools, restaurants, fitness clubs, grocery stores, colleges and universities, food and pharmaceutical companies, private practices and publishing (such as magazines or cook-books).

Registered dietitians are experts in their field. As part of their training, they will have a degree in nutrition, dietetics, public health or other related field. Not only do they earn a college degree, they also take a national exam before becoming registered. Just

like other professionals such as doctors, dentists and specialists, an RD can play an important role as part of a person's health and wellness team.

Anyone, at any age, can utilize the services of a registered dietitian. Insurance reimbursement for nutrition counseling by an RD differs by insurance companies, employer, state and medical diagnosis. Often, nutrition services are an out-of-pocket expense. By law, nutrition services are covered for people with diabetes and kidney disease. On their website, www.eatright.org/, The American Dietetic Association lists the Top Ten Reasons Why Consulting a RD Can be Beneficial to You:

1. You have diabetes, cardiovascular problems or high blood pressure. An RD serves as an integral part of your health-care team by helping you safely change your eating plan without compromising taste or nutrition.

2. You are thinking of having or have had gastric bypass surgery. Since your stomach can only manage small servings, it's a challenge to get the right amount

of nutrients in your body. An RD will work with you and your physician to develop an eating plan for your new needs.

3. You have digestive problems. A registered dietitian will work with your physician to help fine-tune your diet so you are not aggravating your condition with fried foods, too much caffeine or carbonation.

4. You're pregnant or trying to get pregnant. A registered dietitian can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural tube or spinal cord defects.

5. You need guidance and confidence for breastfeeding your baby. A registered dietitian can help make sure you're getting enough iron, vitamin D, fluoride and B vitamins for you and your little one.

6. Your teenager has issues with food and eating healthfully. A registered dietitian can assist with eating disorders like anorexia, bulimia and overweight issues.

7. You need to gain or lose weight. A registered di-

etitian can suggest additional calorie sources for healthy weight gain or a restricted-calorie eating plan plus regular physical activity for weight loss while still eating all your favorite foods.

8. You're caring for an aging parent. A registered dietitian can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds as you age.

9. You want to eat smarter. A registered dietitian can help you sort through misinformation; learn how to read labels at the supermarket; discover that healthy cooking is inexpensive, learn how to eat out without ruining your eating plan and how

to resist workplace temptations.

10. You want to improve your performance in sports. A registered dietitian can help you set goals to achieve results — whether you're running a marathon, skiing or jogging with your dog.

To locate a registered dietitian in your area, visit the American Dietetic Association at www.eatright.org

As you can see from their "Top Ten" list, many Americans could benefit from consulting with an RD for a variety of nutrition topics. Are you worried that if you met with an RD they would just tell you to "Eat Right?"

"Eat Right" is the motto

for March 2009 but it is a phrase of encouragement, not a penalty. Eating right can be affordable, it can be tasty and it is feasible! Registered dietitians meet with individuals to discuss a useful nutrition plan — one that will fit into your daily schedule, your food budget and a healthy lifestyle. If you have the opportunity to meet with an RD, why not utilize their professional services? If you know an RD, thank them for their important work and celebrate National Nutrition Month® as you "Eat Right!"

For more information, contact Ohio State University Extension, Lucas County 419-213-4254

Nutrition Myths Debunked

Special to The Truth

Folklore and food lore often get mixed into a goulash of advice on nutrition. Well-meant advice covers when and what to eat, but it can be difficult to sort out the facts.

Just in time for March, which is National Nutrition Month, here are some food myths to chew on from TOPS Club, Inc. (Take Off Pounds Sensibly), provided by Joan Pleuss, R.D., C.D.E., M.S., C.D., Senior Research Dietitian in the General Clinical Research Center at the Medical College of Wisconsin.

•Don't eat between meals.

False - Eating four to five meals and snacks helps healthy eaters control their appetites, according to numerous studies. The total calories must stay within the range for the eating plan, however.

•Don't eat before bedtime.

False - Again, it's the total number of calories that matter, not when those calories are consumed.

•Breakfast should never be skipped.

True - Studies have shown that eating breakfast decreases the likelihood that you will overeat later in the day. Breakfast also increases overall energy and helps your brain concentrate, solve problems and remember facts better.

•Protein should be a part of meals and snacks.

True - Lean meat, yogurt, cheese, nuts and beans are all great proteins that will help keep healthy eaters feeling full longer.

•It's better to graze than eat three square meals a day.

True - Six mini-meals eaten throughout the day can effectively keep you satisfied. The foods selected should be healthy and the total amount of calories should not exceed the amount needed to maintain or lose weight.

(Continued on Page 10)

Buckeye CableSystem and The Truth **vip** of the month.



March's VIP - Dr. Hope Mitchell, MD

Dr. Hope Mitchell, MD, is in a unique position. She is a medical doctor, she has her own practice in dermatology and she is the only African-American-male or female- dermatologist in the area.

"I feel I'm here today not because I'm super smart but because of endurance," says Dr. Mitchell. "Anyone can be in my position ... being a physician. But I like to stress the importance of education and any young people who want to talk about education seek me out."

These days, Mitchell Dermatology, a private practice, has all age groups as patients. Dr. Mitchell has a "wonderful staff of 12 young women" - a registered nurse, four medical assistants, a nurse practitioner, three estheticians, a billing manager and two receptionists - assisting her at her Perrysburg office. The doctor and her staff can perform surgical procedure or provide a clinical practice and they specialize in cosmetology. "Those who take care of their insides will glow on the outside," she says. "If you think about what you consume, your lifestyle, you will have healthy hair, nails and skin. You really have to think about supplements, drinking enough water and having your health under control. And you have to be careful about smoking and drinking. Smoking impairs healing and ages the skin, as does alcohol consumption."

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Angela Steward: Fabulously Fit Through High-Energy Routines

Sojourner's Truth Staff

"You can give me one more," shouts Angela Steward to her class of two dozen or more women. Most of them have been working out with her long enough to realize that "one more" will inevitably turn into two more and then into three more... if Steward would only stop there.

When she does stop, she doesn't rest and she certainly doesn't let her class rest.

"Bring your feet high... keep that stomach in," she yells kicking off the next routine. "Back and up... three, two and

given Wednesday that bum is going to last for about an hour and a half during non-stop warm-ups, weight work and cardio.

Steward started working out herself about five years ago. "One day you wake up and find you are 240 pounds," she recalls of the moment inspiration struck. "Two hundred and forty, tired, sick and always hurting."

So the Toledo native, who has worked as a paralegal at the same Sylvania law firm for the past 23 years, got fit... very fit. And one year after she started

her own regimen, she started helping other gets fit with her high-energy, intense combination of exercises in her "Fabulously Fit" program.

Steward, and her associate Karen Everage who conducts her "Pole Fitness" routine, operate The Studio at 1411 Bernath Parkway.

Everage's Pole Fitness - Monday and Tuesday at 6:30 pm, Saturday at 2 p.m. - builds strength, tones muscles, stretches and conditions.

Steward's Fabulously Fit - Wednesday from 6 to 7:30 p.m.; Saturday from 9 to 10 a.m.; Sunday from 5 to 6:15 p.m. - uses dance, turbo, weights and kickboxing.

Steward's Wednesday night class is definitely not for the faint of heart. The hour and a half long session starts with toning and segues into an hour of cardio.

"You'll burn 1,000 calories based on your intensity," says Steward. "I try to keep it basic and repetitive and we have ladies here from 16 to 78 years of



age. They come back and it's fun. They have a good time."

Both Steward's and Everage's classes are only \$5. Steward offers private personal training for \$10 per session.

In addition to her duties at The Studio, Steward also as-

sists in a YWCA program - Women's Heartplus. Every Tuesday and Thursday from 6 to 8 p.m., the eight-week program offers women 45 minutes of nutritional information and 45 minutes of Steward's typically intense fitness.

For more information on Steward's Fabulously Fit, call 419-699-9399 or email fabfitu@yahoo.com. To learn more about Pole Fitness, call 419-870-2318 or email studiodance@sbcglobal.net.

up... awww, they burnin', y'all... awww, they burnin', y'all," she chants.

They are definitely burning. A visitor can see that in the eyes of everyone in the class. On any



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Forgot what you were looking for lately?

By Diana Patton and Tonja Ward
Guest Column



Do you remember this commercial? There's a skillet with some grease heating up and an egg is shown, then the voiceover says "this is your brain" and then an egg gets cracked in the skillet and you hear a sizzle and the voiceover says "and this is your brain on drugs."

What a vivid memory forever etched in our minds. Some of you may not remember the commercial but it had a basic message: "take drugs and you fry your brain... your brain cells literally die!"

A lot of us are frying our brains and we aren't even taking drugs. Well, okay, our brains won't literally die on the spot—but over time, if our brains are not exposed to environments that are enriched, complex and novel, our brains lose their "neural plasticity," says Paul D. Nussbaum, clinical neuropsychologist and adjunct associate professor of Neurological Surgery, University of Pittsburgh School of Medicine.

Here's what losing neural plasticity means: Every day, sometimes twice a day, I go downstairs to do laundry, pick up toys, clothes and other things along the way and be the "super-multi-tasker."

One time I was headed downstairs to get some paper

towels. Instead of heading to the storage cabinet to get paper towels, I went straight to the laundry room, put a load in the washer, picked up a few items and headed straight back upstairs.

As I hit the top step, I stopped and said to myself, "hey wait, that's not why I went downstairs." Then I shook my head and said "oh Lord, help me Father," headed right back downstairs to get the towels and headed to get a cod liver oil pill!

Thank goodness, Dr. Nussbaum says that if we expose our brains to "enriched environments across our lifespan and adopt a Brain Healthy Lifestyle, we can develop new brain cells, build up our brain reserves, and increase our cellular connections which may delay the onset of neurodegenerative diseases such as Alzheimer's and related dementias."

What does all that "fancy-shmancy" stuff mean? We need to "shake things up" a bit.

Dr. Nussbaum suggests we should be more forgiving, join social groups, develop new hobbies, walk more, become ambidextrous, play more board games, problem solve, pray daily, attend a formal place of worship every week, slow down, breath deeply daily, eat more Omega 3 fatty acids (cod liver oil), decrease our intake of processed foods and eat one sit down meal a day with others, among many other examples.

Sounds like we need to adopt the FITatudes! Okay, so what does that mean?

We have been teaching and living by the FITatudes method so that we can lead a High Performance Lifestyle or, as Dr. Nussbaum says, a Brain Healthy Lifestyle. We practice what we preach and we've seen lives change when we teach the FITatudes to others so we know it works. Here are the FITatudes:

1st – Absolute Trust in God – *Go Big or Go Home*

2nd – Positive Thinking – *Your Body Achieves what your Mind Conceives*

3rd – Devotion to Others – *Birds of a Feather MUST Flock Together*

4th – Life Budgeting – *Healthy Mustn't Be Expensive or Time-Consuming*

5th – Healthy Hydration and Food – *Heavenly Bodies begin with Healthy Foods*

6th – Respect and Rest – *R-E-S-P-E-C-T Your B-O-D-Y*

7th – Forgiveness – *Be Transformed Mentally*

8th – Humility and Gratitude – *Don't Get it Twisted: That Hot New "Bod" Belongs to God*

9th – Responsibility – *Own Your Own Dirt*

10th – Hard Work and Perseverance – *Keep on Keepin' On!*

This is not an overnight process. When we do speaking engagements, we simply raise the participant's level of awareness. The FITatudes typically become a lifestyle when

we teach them in a workshop format (over a couple of days) or in our 12-week program High Performance Lifestyle program or our six-week Cleanse Program.

Are you pumped (pun intended)? Learn how you can get your blood pumping to your brain and create tons of energy and excitement during your life span and join the 6-

week FITatudes Spring Cleanse Program starting next month. E-mail us today at info@FITatudes.com to sign up!

empowers women and sports families' lives with the FITatudes concepts. Go to www.FITatudes.com to learn more!

Diana (Toledo, Ohio) and Tonja Ward (Houston, Texas) co-own and operate a company called FITatudes, a Christian based wellness organization that enhances and

March Is National Kidney Month

Special to The Truth

The Kidney Foundation of Northwest Ohio (KFNWO) is celebrating March as National Kidney Month! Education is a key focus in the prevention of kidney disease. As stated by the National Kidney Foundation, "The two main causes of chronic kidney disease are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases."

High-risk groups include those with diabetes, hypertension, family history of kidney disease, as well as African-Americans, Hispanics, Pacific Islanders, Native Americans and seniors.

A major function of the kidneys is to remove waste products and excess fluid from the body. This process is necessary to maintain a stable balance of body fluids. When kidney failure occurs this function is no longer accomplished. This is why dialysis or kidney transplantation is so vital.

One of these treatment options must be done to continue the functions of the kidneys. Hemodialysis treatments are usually performed three times a week for three to five hours, and the waiting list for a kidney transplant is currently over 78,000. As one can imagine this process is a life altering experience for patients and their families.

The mission of KFNWO is to empower patients to manage kidney disease. The Kidney Foundation of Northwest Ohio is the only agency in northwest Ohio that provides direct services to patients. They make it possible for patients with kidney disease to receive life saving treatment, medication and medical supplies.

On Sunday, March 22, 2009 KFNWO is hosting their 7th Annual Kilometers for Kidneys Walk at the University of Toledo Medical Center Health Science Campus in the Morse Center on the 3rd Floor of Dowling Hall. Walkers obtain pledges and raise funds for KFNWO. HMH Wellness Center will be doing chair massages and paraffin dips. Yuk Yuk the Clown will have balloon animals and face painting for the kids. St. Vincent Mercy Medical Center will be conducting glucose and cholesterol screenings, there will also be blood pressure screenings, educational booths, bingo and lots of prizes—all free of charge.

Lunch will also be provided by Subway, free of charge to those who raise \$50 or more in pledges! All monies received stay right here in northwest Ohio, helping kidney disease patients with medications, transportation to & from dialysis, medical equipment, medical I.D. tags and advocacy services.

If you would like a pledge form or more information on the Kidney Foundation of Northwest Ohio please call 419.329.2196 or visit www.kfnwo.org.

Myths

(Continued from Page 7)

There are some foods that should be eaten every day.

True - You should include food from all the TOPS Exchange groups every day. In the Milk Exchange group, yogurt plays a role in bone health and strengthens the immune system. In the Vegetables Exchange group, spinach, kale, bok choy, and romaine are great sources of nutrients helpful for bones, heart, and eyes. Tomatoes decrease the risk of certain cancers and heart disease. Carrots, sweet potatoes, winter squash, and yellow bell peppers are wonderful sources of carotenoids, which fight cancer. Fruits such as blueberries, strawberries, purple grapes and raisins contain many antioxidants to help prevent memory changes as we age and also to help prevent cancer, diabetes, and heart disease. Meat Exchanges such as dried peas and beans contain antioxidants that may improve brain and heart function. Grains, including oats, quinoa, and wild rice, lower the risk of heart disease. Heart-healthy fats can come from walnuts, almonds, peanuts, pistachios, and flaxseed.

Skipping meals will help you lose weight.

False - Skipping meals actually may have the opposite effect. Studies have found that people who skip meals during the day tend to be heavier than people who eat their foods four or five times a day. When you skip a meal, you may be slowing down your body's metabolism—thus, making your body require fewer calories and converting extra calories to fat.

TOPS Club, Inc. (Take Off Pounds Sensibly), the original, nonprofit weight-loss education and support organization, was founded more than 60 years ago to champion weight-loss support and success. Founded and headquartered in Milwaukee, Wis., TOPS promotes successful weight management with a philosophy that combines healthy eating, regular exercise, wellness education, and support from others at weekly chapter meetings. TOPS has about 170,000 members in nearly 10,000 chapters throughout the United States and Canada, and several chapters in Europe.

Visitors are welcome to attend their first TOPS meeting free of charge. To find a local chapter, view www.tops.org or call (800) 932-8677 for more information.

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Book Review

Freedom by Any Means by Betty DeRamus

c.2009, Atria

\$25.00 / \$32.99 Canada

305 pages

By Terri Schlichenmeyer The Truth Contributor

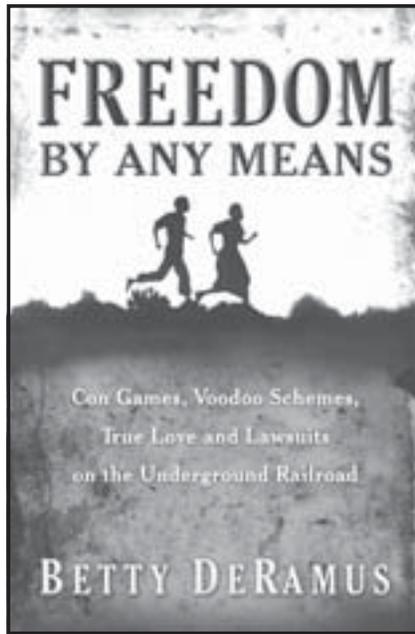
Did you ever want something so badly that you couldn't think of anything else until you got it?

Maybe it was a vacation you'd been saving for and planning for and couldn't quite believe you were going to get until you boarded the plane. Perhaps it was a bike or sneakers, a car, job, or house.

No matter what your yearning, it consumed you. Your daydreams were filled with your desire as you imagined what life would be like someday.

But what if that "something" was the difference between life unshackled and life under ownership? In the new book Freedom by Any Means by Betty DeRamus, you'll read about the unusual, unique and uncommon ways people got what they wanted: a one-way ticket aboard the Underground Railroad.

"According to the usual story," DeRamus writes about slavery, "slaves gained their freedom by running away, be-



ing freed in their owners' wills, buying their way out... or having someone else buy them." But these beliefs, as she points out, don't fully detail the many unconventional stories that sprang from the desire for freedom.

The mythology doesn't explain how a slave family walked away—in broad daylight—from the auction that would fragment them. To this day, no one really knows how freedman John Bowley spirited his wife and children to safety. DeRamus theorizes that perhaps they were briefly hidden by sympathetic whites until Bowley could move his family north under cover of darkness.

Common belief doesn't take into account the love of a son for his mother, a woman who once leased herself out from a

man who rented her from her owner. Sally Williams had a successful coffeehouse until jealous whites convinced her owner to sell her south, ripping her from her freed husband and son. It took years, but the son—a popular AME evangelist—raised the \$400 (about \$10,000 in today's money) to bring his mother to Detroit, and freedom.

Popular credo doesn't let us fully understand how slaves successfully sued for their freedom in court. Nor does it allow for other stories of note: villages that sprang up, then disappeared. The (often white) people who quietly moved slaves to freedom. Trips from America to Canada and back again, to save loved ones. The trickery, both real and imagined, performed by former slaves and by slave-catchers.

I was excited when Freedom by Any Means crossed my desk. Author Betty DeRamus is an excellent storyteller, and it always shows in her books.

While you expect appearances by Harriet Tubman and Sojourner Truth in a book about the Underground Railroad, I like that DeRamus offers vibrant, little-known tales in addition to the more familiar ones. By using documents and research, she brings each true encounter to life, making this a treasure for anyone who loves history or just enjoys a good story.

While this is not a book to breeze through (DeRamus' writing practically demands contemplation at the end of each chapter), it's definitely worth a read. Freedom by Any Means is a book you'll want on your shelf.

Women's History Month on "Coffee With the Fords"

Sunday, March 8 (World Women's Day)

Jazz legends, Jon and Judith Hendricks, hang out at the Fords' kitchen counter for mimosas and a jazz brunch recipe complete with seat lessons on the house. Suzanne Carroll, host of The Jazz Brunch on 101.5, The River will share her experience of celebrating World Women's Day in Florence, Italy. Also, learn ways to show thanks and respect to the women in your family and community when special guests from the WomenAlive! Coalition take a look at the 10th volume of: IN SEARCH OF OUR PAST—WOMEN OF NORTHWESTERN OHIO available at Muamee Valley Girl Scout Council service center on Collingwood Blvd., Toledo, Ohio.

Sunday, March 15

Celebrate St. Patrick's Day with a hearty, authentic Irish recipe with Lisa McDuffie, President/CEO, YWCA of Greater Toledo, est. 117 years ago and learn about the 117 years of history of the YW in our community, as well as, how the Milestones Awards got started in Toledo, Ohio. Don't be surprised if one or two of this year's honorees join in on the fun... the invitation has been extended.

Sunday, March 22

Jack and Cynthia live with Diabetes (Type I and Type II) so they are pleased to welcome Nicki Regner, of the American Diabetes Association to talk about the 8th Annual Celebrity Artist's Auction Gala (4/4/09) and learn what it will take to find a cure. Also, learn what it takes to make it onto the Glass City Synchro competitive synchronized swimming team while coaches, parents, and young ladies prepare to compete for regional and national recognition this Spring. Don't forget... March is Colon Cancer Awareness Month so Jack and Cynthia will be reminding each other and everyone watching to keep their screening appointments!

The Northcoast Dads Club

Special to The Truth

Fifty-five fathers and 46 children have joined the Northcoast Dads Club in the first three months of existence. While the focus is on biological fathers, stepfathers, grandfathers and other father figures are also welcome. Dads Club meetings are held in the father's neighborhood at the various Family Resource Centers for a total of nine times each month.

At Dads Club meetings, fathers and their children enjoy a free meal while participating in relationship-building activities, such as basketball, crafts, paper airplane contests and miniature golf. This unique opportunity is having a positive impact for fathers and their children.

"Fathers that attend a Dads Club with their children are receiving the benefit of quality time with children at no cost," explains Mark Robinson, assistant director of the Northcoast Fatherhood Initiative. "Plus, we are able to help them obtain access to additional services they may need, such as help with child support or in finding a job."

For information on a Dads Club near you, contact your local family resource center or call 419-691-0576, ext 229. A complete schedule is available online at www.northcoastfatherhoodinitiative.org.

Advertisement for Toledo Urban Federal Credit Union. Text includes: 'Toledo Urban Federal Credit Union', 'It's Your Turn', 'Free Checking Savings & Loans', 'Pay All Utility Bills', 'Free Tax Service', '1339 Derr Street', '419-255-8876'. Includes a photo of three people.

Advertisement for DIRECTV. Text includes: 'For the Best TV Experience, Upgrade from Cable to DIRECTV!', 'PACKAGES START AT \$29.99/mo.', 'FREE PROFESSIONAL INSTALLATION', 'FREE DIRECTV HD DVR RECEIVER UPGRADE', 'FREE FOR 3 MONTHS', '28 Premium movie channels!', 'No Equipment to Buy! No Start-up Costs!', 'Call 1-888-283-8146 today!'.

Toledo Chapter of Jack and Jill shares Valentines, Fun and Heart Healthy Information with Local Senior Citizens

Special to The Truth



Children Performing

The children of the Toledo Chapter of Jack and Jill of America, Inc. brought beautifully decorated Valentine hearts to some local senior citizens, along with information about how the seniors can keep their hearts healthy, on Saturday, February 21, 2009. This is the seventh year that the Toledo Chapter has sponsored the "From Our Heart to Yours" program at the Doves Manor Senior Living Complex in South Toledo.

In addition to sharing decorated hearts with the residents, the children ages four to 16 also performed songs, instrumental selections, theatrical monologues and marital arts for the seniors as they were treated to a heart-healthy breakfast. The breakfast was sponsored by Lamont Stewart of Edward Jones Financial Services and Monnette's Market. **Kroger also donated gift cards used as door prizes for the residents.**

"It is very important to us that our children participate in this wonderful program," said Asha W. Barnes, president of the Toledo Chapter of Jack and Jill. Our organization's national theme is "Empowering Our Youth to Excel Through Leadership and Service in Our Communities" and this is just one way that we are living up to that theme in Toledo, said Barnes.

"We began this event in 2002 as a senior apprecia-



Teens performing

tion activity, incorporating, fun into Black History Month and attendance and support has grown so much every year," said regional officer Cynthia Tetterton Williams. "Now the residents look forward to us coming every year and several of them expressed how much they love the event."

After breakfast the residents heard from guest speaker, Donna M. Todd, president of the Toledo Council of Black Nurses Association and nursing instructor at Toledo School of Practical Nursing. Todd addressed stroke and cardiac health education along with disease prevention information to heighten the audience's awareness of the subject. She was assisted by several of her nursing students who performed blood pressure checks for the seniors. Students participating were Maurie Thompson, Dayna Marshall and Curletha Peay under the direction of nursing instructors, Jamie Temple and Todd.

Kymerly Smith, LPN, Nurse Care manager of Easter Seals Northern Ohio and assistant, Monique A. Smith, CNA, also participated with a brief presentation about home care services.

The Toledo Chapter, of Jack and Jill has rendered 57 years of service to the community. Jack and Jill of America, Inc. is a family organization that provides cultural, social, civic and recreational activities that stimulate and expand the mind to enhance life. With a membership base of over 9,500 families, it is the oldest and largest African-American family organization in the United States.

AKA's Sparrow's Nest Service Project

Sojourner's Truth Staff

The Connection Committee of Alpha Kappa Alpha Sorority, Inc, Zeta Alpha Omega local chapter, held a day of service on Thursday, February 26 and donated an abundance of hygiene products (lotions, soaps, disposable razors, toothbrushes, toothpaste, etc.) as well as clothing items to the Cherry Street Mission Ministries Sparrow's Nest Women's Homeless Shelter.

The donation was more than merely a delivery of items, said Committee Chairman Brunetta O'Neal. The day of service included a presentation, devotion and interaction with the residents of the shelter.

"The women at the Sparrow's Nest expressed how much they were blessed by receiving the gifts; the sorority members expressed what a blessing it was for them to be able to



donate the gift items," said O'Neal.

Other committee members included Leola Haynes, Joan

Harris and Mildred Guy. Oscar Haynes also assisted with the project.

AKA and Negro Business and Professional Women's Black History Month Project

Special to The Truth

The Toledo Club of the National Association of Negro Business and Professional Women's Clubs, Inc (NANBPWC) and the Alpha Kappa Alpha Sorority, Inc., Zeta Alpha Omega Chapter joined together during Black History Month and volunteered at the Toledo Seagate Food Bank of Northwest Ohio on February 28.

This annual NANBPWC event of giving back to the community brings them in collaboration with organizations such as AKA.

The president of NANBPWC is Wanda Terrell, Delores Bates is vice president and Donnetta Carter is the membership director and event coordinator for the Black History Month project.

Lisa Dubose is president of the local AKA and Felicia



Dunston is vice president. They are pleased to promote economic service and partnership programs.

NANBPWC's upcoming

events for 2009 include the annual Cotillion Ball, a vocal arts competition, Founders' Day and Women's History events.

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Minister's Birthday Bash at The Peacock

By Michael Hayes
Minister of Culture



Wow!

My birthday at The Peacock was one part celebration for me and my peeps and one part pre-release for U.G.E.'s *The Last Royalty Compilation* and it went extra hard.

On the personal side, family and friends came through in a big way.

So look...one of my closest friends Meghan Jamison made this my most memorable birthday ever. Okay, back in November I played a trick on her.

Her birthday is Nov. 22 (Scorpio cusp, I'm surrounded by Scorps for some reasons) and I called her at about noon and the jokes started.

I was like "Meghan, you can't leave for your dinner party yet because I ar-

anged for this exotic animal company to bring you a live monkey ... he's coming at 2 p.m., and you gonna have him for a full 24 hrs."

She was like "Michael, stop it...quit playin - you did NOT rent me no live monkey for my birthday."

So I turned up the heat like "look ... you need to move ya furniture because the cage is big and you need to put some newspaper down too ... this is gonna be fun!"

So I kept messing with her until it had been like four hours and she was still sitting in her house waiting on this imaginary monkey to be delivered to her doorstep — LMAO!!!

It was hilarious, I even had other friends we have in common call her like "aww yeah, that monkey you about to get is gonna be fun!" She was completely dooped.

And I was elated. Now I still did the right thing at her birthday dinner.

Thoughtful gifts and all that. So ironically my guest at Meghan's birthday back in November ended up being an accessory to Meghan's trick on me for my birthday last week.

So, we up at the Pea-

cock. It's a U.G.E. show. I got nearly 10 artists there, I'm doing sound check, I'm checking on the non U.G.E. performers, I'm dealing with security, I'm running here and there, I'm going through details for my door helpers and preparing for our parent company to come through.

I got a fresh birthday fit so I'm trying to run home and throw on right quick. And then people start telling me I can't leave yet.

I'm really ready to leave though. My partner in the label, Adonis (Lavale), was handling everything so I had time to step out but my mom, Meghan and people were like "naw, you can't leave yet."

So my artists, my friends and family sit me down on stage and in walks a person in a damn gorilla suit who proceeds to give a 15 minute routine and all that!

Meghan had gotten her prank back and it was HILARIOUS!!!

So, yes, there are like a dozen camera phones being whipped out as me and this hired gorilla dance on stage and people are laughing their asses off.

I couldn't believe it.

And after that, things

got a tad more serious and heartfelt.

Meghan, Chazzy (Lavale's girlfriend and my friend), along with my baby sis Kailah joined

U.G.E. Artists Darron, Aye Dee, Reub (Dizzy T), Leigh, Joyce (Chayse), Tim (T.Rtist) and Lavale all got up and said something about yours truly on his birthday.

It was slick and I was honored to have such good people in my life.

My mother was there... she brought a ton of food that I was too busy to eat but I love her for it. My sister was there, my dad came later but he was there.

But THE SHOW was hot, too, not just my birthday part.

It's a U.G.E. thing to throw a show with a lineup that makes it hard to tell what's coming next and keep the audience guessing and performances by T. Diamond, Darron Scott, Aye Dee and invited guests Rena Renee, Tracy, Flow and Stress & Midnite went extra hard!

Gotta give shouts to Mike Feez and Yung Prof for tearing it down as well, definitely crowd pleasers.

A few well known names around the Glass City music scene came out to show love:

D.J. Mpress, D.J. Illsid, Gutta Dave, A.V., Embrace, Chief & Mally, Greg Thompson, D.J. Kausion, and others (if I forget, please don't

take it personal).

Shouts to: Apple, Megan, Natasha...Peace of Mind Security, Bobby Gabriel,

& the bartenders for making sure the venue was a great part of the night.

Shouts to: Josh & Rockshot Records for everything, Hot97 for the birthday love.

Shouts to: Erin Jamison, J.B., Tavis, Shawnte, Ms. T., C.C., Carmeletha, Terrell, Diana, Gina, Hunter and special shouts to Meghan Jamison, Kailah, mom & Lashara for pulling this off!

U.G.E. also tore it down two nights later at UT's Black History Show so I gotta shout out my team: Adonis (Co C.E.O./Co Music Producer), Lashara (G.M.),

T Lynn, Chayse, T. Diamond, Darron Scott, B.M.G., Thee Untouchable Dizzy T, Aye Dee and T. Rtist for a weekend of memorable performances in various venues.

Generation Y is getting older. Jay Z was older than I am now when he started calling himself Young Hov. I'm one generation under Puffy and Jigga (Gen Xers are 33 up to about 46 and then it's all our parents, the baby boomers).

I'm a few years younger than 50 Cent, Eminem and Ludu and I'm like three or four years older than Lil

Wayne and Beyonce. Time moves ahead... no one likes to say it but a longer life span means everything you thought about aging and growing up is all out the window!!

There are 18 year olds raising two kids as they approach graduation.

There are 35 year olds with an education, no kids and their own income who stay out all night and play video games all day.

There are 21 year olds who have been living on their own, paying their own bills for the last few years because they had to mature quickly for their own survival.

I think I still have some growing up to do in some ways, and in some ways I'm always gonna be youthful. Maturity doesn't happen the moment you turn 18, 21, 25 or even 40.

Your life has presented you with chances to mature and either you've risen to the occasion or you haven't. Just be thankful you're here to get it right as you go along.

I know I'm thankful, fa realz!

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Fifth Third Bank and ONYx Community Development Corporation To Present a Homeowner's Workshop

Special to The Truth

A special program designed for first time (or repeat) homebuyers will be presented by Fifth Third Bank and ONYx (Organized Neighbors Yielding Excellence Community Development Corporation) on Tuesday, March 10, 2009 from 6 - 8 p.m. at the Mott Branch Library, 1085 Dorr Street.

The workshop is free and

open to the public. Reservations are not required, but seating is limited. Call 419-418-6677 to reserve your place. Attendees will learn what is required to become a homeowner—
 · Credit Scores: What they mean; how to improve them
 · Debt to Income Ratio: How that ratio impacts the ability to get credit
 · Programs Available to

First Time Homebuyers in Today's Market
 · Role of Real Estate agents
 For buyers looking for a value estimate on a property for purchase or their current property, Fifth Third Mortgage is offering a free home valuation. This limited time offer includes—
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 · Current information about neighborhood price trends
 "There is a fair amount of activity in residential mortgages in Northwestern Ohio right now. Plus there are good programs for first-time

homebuyers," said Linda Ewing, Vice President, Community Affairs.
 There are a number of reasons for this—
 · Interest rates are attractive—better than we saw 10-15 years ago!
 · Contrary to popular belief, houses can still be purchased with less than 20 percent down payments

· Housing stock is plentiful and available at bargain prices
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CLASSIFIEDS

March 04, 2009

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BAY CLUB'S 6TH ANNUAL BLACK COLLEGE TOUR

Seats are still available for the 6th Annual Historical Black College Tour sponsored by The Maumee Bay Club, a local club of The National Association of Negro Business and Professional Women's Club. The Tour departs on Sunday, April 12, 2009 returning on Friday, April 17, 2009. Campus visits are scheduled for select HBCU colleges in Tennessee, Alabama, Florida and Georgia. For more information please contact either Trevor Black at (419) 478-7844 or Gwen Banks @ (419) 944-5912.

Beverly McIver: Coming Home

Sojourner's Truth Staff



works and her latest series – Coming Home.

McIver had spent 12 years in Arizona teaching art at Arizona State University before returning recently to her home state and her alma mater, North Carolina Central University in Durham.

That move, recent family deaths and her role as caretaker for her special needs older sister Renee were the inspiration for her series – an attempt to deal with some of the change in her life and the demons she is trying to conquer. She does so in a splash

of color.

"I realize I'm tackling some tough issues," said the artist during her presentation. "It is more palatable to present them in colors... vibrant colors."

McIver is the recipient of numerous distinguished awards even as her art remains personal and approachable.

When McIver was at Radcliffe in 2003, she was ap-

proached by filmmakers who were also at the school on fellowships. They asked if they could follow her and record her work. That documentary has been purchased by HBO and should be airing sometime this year.

McIver's art can be seen at the Terhune Gallery on Mondays, Tuesdays and Fridays from 10 a.m. to 4 p.m. and on Wednesdays and Thursdays from 10a.m. to 8

p.m. – Saturdays from 10 a.m. to 3 p.m.



Renee

The art of Beverly McIver, North Carolina native and resident, is on display at the Owens Community College Walter E. Terhune Gallery from February 23 to March 26.

The Guggenheim and Radcliffe Fellow was at Owens last week for an artist lecture and reception to introduce her audience to her

Mt. Nebo's Fifth Annual Black History Month Celebration: "The Unsung Heroes"

Sojourner's Truth Staff



Front row (l. to r.): Shelia Cook, Nicola Smith, Edith Walthall, Barbie Harrison
Standing: Erma McGee, Shirley Lyons, Geraldine Scrutchins, Patricia Gurley, Gloria Tisdale and Jeanette Barnes

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The Voices of Hope Outreach Ministry of Mt. Nebo Missionary Baptist Church celebrated Black History Month last Saturday, February 27, by honoring 12 "Women of Distinction."

The banquet celebration "Stepping out on Faith" was held at the Clarion Westgate (soon to be the Toledo Ramada Inn) and featured former Blade reporter Clyde Hughes as the keynote speaker. Hughes, president of the Northwest Ohio Black Media Association and on the staff and faculty of Purdue University, spoke to the idea of unsung heroes as he eulogized his father who passed away recently in Texas.

The honorees were introduced by their husbands after the keynote address. The "Women of Distinction" honored on Saturday evening were: Ruth Ashford, Jeanette Barnes, Mary Ann Brown, Shelia Cook, Sharon Gaines, Patricia Gurley, Barbie Harrison, Shirley Lyons, Erma McGee, Geraldine Scrutchins, Gloria Tisdale, Edith Walthall and Nicola Smith.