



Local and National News

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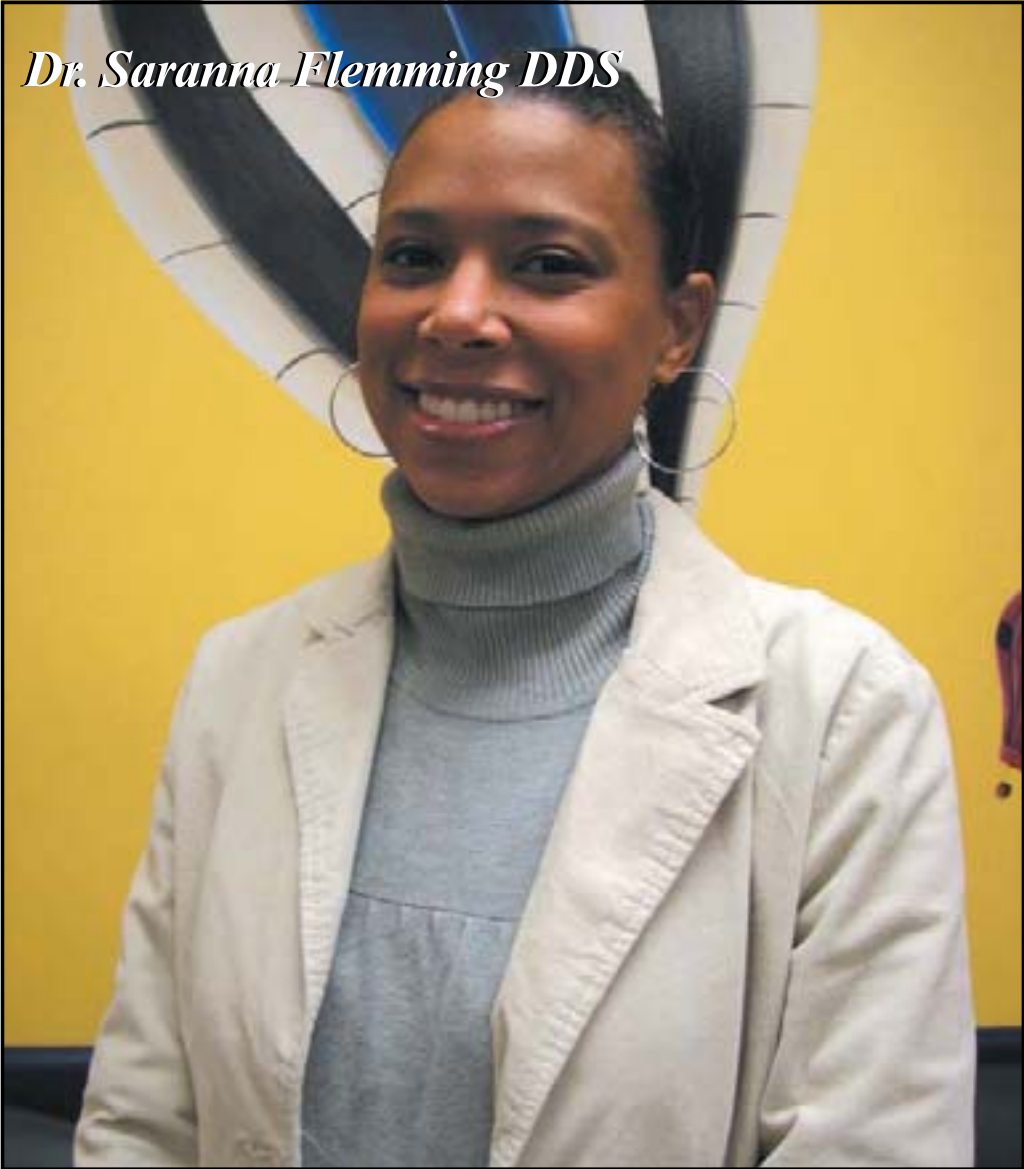
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Dr. Saranna Flemming DDS

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This Strikes Us ...

A Sojourner's Truth Editorial

On Christmas Eve, the U.S. Senate passed their version of a comprehensive national system of health insurance. The next steps are to merge the bill with the House version and, ultimately, accomplish something that a number of U.S. politicians have been attempting for 75 years.

That decades-long struggle has been the classic match-up of policy vs. politics. Evidently, politics has won this battle because no one seems happy with the policy.

Here's what the bill will provide for if all goes well over the next few weeks. The new policy will expand coverage by enabling more lower-income people to sign up for Medicaid; it will offer subsidies to assist moderate-income people buy insurance; it will forbid insurance companies from denying coverage because of pre-existing conditions; it will create government-regulated marketplaces where individuals and small businesses can get together and buy coverage.

There will be penalties imposed on those who do not get coverage and the nearly 160 million Americans who are covered through their employers will stay with that coverage.

So what's not to like?

There is no government-run insurance plan. And we are still up in the air about taxes and paying for abortions.

"Why the rush?" say some. "Why not a public option? There's no guarantee that better health care will result. Aren't we risking losing competent primary care health professionals?"

And, yes, there are lots of questions from all quarters but as the days and weeks pass on this effort to pass a comprehensive plan, we bow to the fact that politics has held sway in the debate and recognize the reality of the situation.

That is, just pass something. Just get something done. Then let's move on from there.

It is just impossible to enact health coverage legislation that will make everyone happy. There simply is not such piece of legislation – even to delight those who genuinely want to see such legislation.

Just how daunting are the politics of the health care coverage issue? President Theodore Roosevelt first suggested such an idea almost 100 years ago. President Franklin Roosevelt tried to include some type of national health insurance plan in the Social Security act when it was passed in 1935. And most recently, President Bill Clinton, at the start of his term, tried to push a bill on a reluctant Congress. That effort failed and the prospect of health care legislation enabled the Republicans to take control of Congress during the mid-term elections of 1994.

"Why the rush?"

In the larger sense, taking 75 years to pass this type of legislation is not exactly a headlong rush into history.

In immediate terms, however, there is clearly a rush for the Democrats to enact universal health care coverage while they have the votes in both Houses to do so. As we saw with the Clinton fiasco, if it cannot get done quickly in the first year or so of a new president's term, it will not get done at all. A president will, typically, lose seats during the midterm elections no matter how successful he has been perceived to be. So, win or lose the health care battle, Obama will lose congressional ground in 2010. He has had a very narrow window of opportunity, a very brief window, in fact.

If this legislation does not get passed early this year, history demonstrates that the very next opportunity to do so will probably be in 2025 – after Obama's eight years and after the next Republican president's eight years.

Now, although the pending legislation is far from perfect, just passing it will ensure a start in the effort to bring universal coverage to the United States. It will be much easier in upcoming decades to change and improve the bill if at least something is in place. That's a lesson we learn from Social Security, which looked nothing like its present form when it was enacted in 1935.

So politics once again trumps policy, why should we be surprised or disappointed? One senator, for example, independent Joe Lieberman of Connecticut, had the power to say there will be no public option. Without his vote, nothing gets passed.

This is the democracy we have chosen.

And less one think too badly of Lieberman, let's ponder one of the reasons that this legislation has taken so long in the first place. Again, politics vs. policy.

Which president, prior to Obama, came closest to passing universal health care coverage? It was President Richard Nixon in 1974. Nixon, who had first introduced a universal health care plan when he was a freshman congressman in 1947, was handicapped by his Watergate troubles in 1974 and the opposition of the American Medical Association and small business owners.

And who declined to work with Nixon in order to get the bill through Congress? That life-long champion of universal health care coverage whose name Obama has evoked in order to spur Congress along – Senator Ted Kennedy, that's who. Kennedy decided to hold out in order to introduce a single-payer scheme when a Democratic president was elected. You can see how that worked out.

It's politics that's shaping this particular piece of legislation. Let's accept that fact and move on.

Community Calendar

January 3-8 and 10-15

Baptist Ministers Conference of Toledo and Vicinity Annual 'Twelve-Night' Revival: two nights each at Eastern Star, St. Mark's, Jerusalem, Ebenezer, Southern and Indiana Avenue.

January 6

Free Bible Study Course at Braden UMC: "Kingdom Dwelling Principles for Kingdom Dwelling People;" Seven-week course; 7 pm: 419-386-2700

January 8-9

Auditions: Dramatically Inspired Works presents New Gospel Musical Play Solomon Love Him – Leave Him; St. Mark's MBC: 419-450-2022 or skybluelai@sbcglobal.net

January 9

Toledo Sister Cities Initiative Brunch: Hear about the medical mission to Tanga, Tanzania that Dr. Richard Paat and a team of 16 physicians undertook; 11 am; Inverness Club

Delta & Friends Literary Café Event: Book discussion and signing with James C. Wadley (*Would You Marry You?*); Sponsored by the Arts & Letters Cmte of Delta Sigma Theta; Calvino's Restaurant; 12:30 to 4 pm: www.dstoledo.org

West Toledo Bereavement Support Ministry: Meeting at Bethlehem Baptist Church; 10 am

January 10

5th Annual Appreciation Day: Pastor Sylvester and First Lady Anita Madison of People's MBC; 3:30 pm

January 10-12

St. James "The Armory" New Year's Fresh Rain Revival; Speaker Prophet Brian Carn; Sunday 11 am, Sunday 6 pm, Monday and Tuesday – 7 pm

January 10-15

The Gathering Pt. III: Greater New Psalmist Church and Bishop Brehon Hall; 7 pm nightly; Guest preacher Prophet Joseph Hargo from Houston, TX: 419-720-0520

January 12

Women's Entrepreneurial Network "Getting Started" Business Seminars: "Getting Started in Business;" 6:30 pm; Seymour & Assoc/Mass Mutual Training Room; Advance registration necessary: 419-536-6732 or www.wen-usa.com

January 18

2010 MLK Jr. Unity Celebration" UT's Savage Hall; 9:30 am; 11 am community luncheon: 419-245-1565

January 19

Women's Entrepreneurial Network "Getting Started" Business Seminars: "Writing a Business Plan;" 6:30 pm; Seymour & Assoc/Mass Mutual Training Room; Advance registration necessary: 419-536-6732 or www.wen-usa.com

January 26

Women's Entrepreneurial Network "Getting Started" Business Seminars: "Marketing Your Business;" 6:30 pm; Seymour & Assoc/Mass Mutual Training Room; Advance registration necessary: 419-536-6732 or www.wen-usa.com

January 30

26th Annual Conference for Aspiring Minority Youth: "Living a Life of Service: Giving Back to Your Community;" Presented by the UT Toledo EXCEL Program; UT Student Union Auditorium; 8:30 to 10:45 am; Keynote speaker Malaak Compton-Rock: 419-530-3820, 3823 or 3830

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What's Race Got To Do With It?

By Rev. Donald L. Perryman, D.Min.
The Truth Contributor



We have to give our children, especially black boys, something to lose. Children make foolish choices when they have nothing to lose. —Jawanza Kunjufu

The anger of Toledo's black community over the death of Linda Hicks, a 62-year old mentally ill group home resident, who died in a hail of bullets fired by a Toledo Police officer continues to simmer. In the past, perceived injustices seemed to rise to a boil in the community and quickly cool as if exposed by some unseen hand to ice water after blanching in order to preserve a tender interior despite a crispier-textured outer surface.

The death of mentally-disabled citizens during confrontations with police seems to have become an epidemic and so much of the community discussion has had to do with excessive force versus de-escalation techniques and Crisis Intervention Training (CIT) of police officers, a voluntary but diminishing skill.

Yet the volatility of the

controversy—as evidenced by blog comments, local television talk show testimony and community, barbershop and beauty salon commentary—has been fueled not so much by the issue of “police gone wild” but rather if the Hicks incident is a matter of race or pertains to mental health; if it is a black issue or a more general human issue.

My take on the matter? Look no farther than the disparities and unequal treatment in the system.

It has been pointed out by the Center for Disease Control (CDC) and in an abundance of research that ethnic and racial minorities experience a lower quality and intensity of health and mental health care or treatment, routinely receive worse health and mental health outcomes or responses than others even when they exhibit the same symptoms and are “over-represented in high-need populations that are particularly at risk for mental illnesses.” These disparities often translate into a host of negative outcomes including earlier death for minorities.

While only 18 percent of the population in Lucas County, African-Americans total 35 percent of those in the mental health care system, according to data provided by Robert Kasprzak, manager of Prevention, Early Intervention, & School Based Services for the Mental Health & Recovery Services Board of Lucas County (MHRSB).

Yet research shows that minority professional practitioners are conspicuously absent from those who treat and respond to health and mental health crises. With 25 percent of the national population being comprised of minorities, less than five percent of doctors or dentists are African-American and a there exists a similar dearth of mental health care professionals.

Correspondingly, the Toledo Police Department has just 105 African-American officers (18 percent) among their ranks of 598 compared to a 24 percent African-American population in the city of Toledo.

What will eliminate these disparities and decrease tragic outcomes such as the Hicks incident and others that have occurred in Toledo?

First, the social conditions that swell the system disproportionately by affecting the mental health of the poor and minorities—such as poverty, violence, racism and discrimination, although challenging, must be addressed. The reduction of the impact of social problems, which provides a steady supply of mental health consumers, is vital.

Also, culture or race, while not the sole determinant, greatly influences many aspects of mental illness. Current research suggests that cultural competency must be added to technical training or capability as the mental health community, service pro-

viders, policymakers and police must be “more responsive to the social contexts, cultural values and historical experiences of all Americans, including racial and ethnic minorities.”

Contemporary effective mental health providers have become aware of the system's inadequacies in meeting the needs of racial minorities and have learned that tailoring services to the specific needs of minority groups improves outcomes. These mental health organizations and practitioners have recognized the need to understand the culture of their patients and to develop relevant skills, knowledge, personnel and policies in order to deliver effective treatment.

In addition, within the core mental health professions—psychiatry, psychology, social work, counseling, and psychiatric nursing—and in responders such as police de-

partments, African-Americans are badly under-represented relative to their proportion in the population.

There is evidence that “ethnic match” in the encounter between mental health consumer and provider or when “services are provided in a manner that is congruent, rather than conflicting with cultural norms,” and where “the capacity of the provider to convey understanding and respect for the client's worldview and experiences meets the needs of diverse racial populations” more positive outcomes in mental health services are produced.

The bottom line is that there is a direct correlation between negative health or mental health outcomes for minorities and a reverberating absence or under-representation of racial or ethnic minorities serving as practitioners, professionals and responders.

The community has demanded that the Hicks incident be kept on the front burner of the conscience of a bureaucratically-insular government and mental health system.

One strategy to accomplish this and to possibly prevent additional tragedies is for the minority community including civil rights, grassroots, faith-based, minority media and other community institutions to sound a long-absent clarion call for greater diversity in order to increase cultural competence and address the under-representation of minority employees in the mental health system and other areas where African-Americans comprise a disproportionate amount of consumers. It is also the community's moral responsibility.

Contact Rev. Dr. Donald Perryman at dhperryman@cornerofchickens.com

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Mr. Mayor ...

Mike Bell Sworn in As Toledo's Mayor

By Fletcher Word
Sojourner's Truth Editor

"Today is about unity and about all of us working together to move this city forward," said Mayor Mike Bell in his opening remarks after being sworn in as Toledo's mayor – the third person to hold the position of mayor since Toledo switched to a strong mayor form of government in 1994.

Bell, who took his oath of office at the Navy Bistro Courtyard at The Docks on Monday afternoon at 3:00 p.m. succeeded his former boss, Mayor Carty Finkbeiner, whose third term in office was marked by contentiousness along with a dwindling job and revenue base.

"There is no need to place blame, let's move on," said Bell as he emphasized his eagerness to work with a wide variety of Toledoans to cure the city's ills. "We've got to quit looking at our past."

Joining Bell on the podium were several familiar faces – father Norman Bell,



a notary, who administered the oath of office; mother Ora Bell and brothers Keith and Norman, Jr. Also present were a number of nephews and nieces and Bell's long-time friend, Karen Jarosz – his "fiancee" as she was referred to by the mayor's mother – much to the apparent surprise of both Jarosz and Mike Bell during a moment of considerable delight and levity for the audience.

The Bells arrived in To-

ledo from Louisiana when the mayor was five years old. Bell graduated from Woodward High School and went on to The University of Toledo where he played football and was named student of the year in his senior year.

He joined the Toledo Fire Department in 1980 and, in 1990, became the first African-American fire chief in Toledo's history. He served in that position for over 16 years, a record

tenure.

After retiring in 2007, Bell was appointed Ohio Fire Marshal by Gov. Ted Strickland. He resigned that position in the spring of 2009 to return to Toledo and make his first run for political office as an independent, defeating his former Woodward classmate and long-time friend Keith Wilkowski, the endorsed Democrat.

Bell enters office faced

with a budget deficit that has recently climbed into the \$40 million range. During his campaign, he promised to appoint a citizens' review board to examine the budget and to work within the city revenues available to his administration. He has already appointed the review board.

Monday, however, was a day for celebration before the hard work of governance begins. The Courtyard over-

flowed with hundreds of friends, campaign supporters, family, elected officials, past mayors and soon-to-be co-workers as Bell repeatedly told those in attendance that he would seek collaboration.

"It cannot be about egos," said the mayor. "It's got to be about us. If we do it right, your children will have a place to call home and their children will have a place to call home."

Madam President ...

Councilwoman Wilma Brown Elected President of City Council ... Finally

By Fletcher Word
Sojourner's Truth Editor

The third time proved a charm for Toledo City Councilwoman Wilma Brown when she was elected president of City Council by her colleagues in a 12-0 vote on this past Monday, January 4.

The reversal of fortune for the veteran member of Council, who is in her third and final term, came about despite her unwillingness to actively campaign for the post.

"I didn't seek the job," she told The Truth later in the evening after the Council session that also saw the swearing-in of the six at-large council members who won election in November. Among that number were first-time candidate for elective office, Democrat Adam Martinez, and a returnee, Republican Rob Ludeman, who served as the District 2 representative for 14 years before being term-limited out of office two years ago. Democrats Phil Copeland, Steve Steel, Joe McNamara and Republican George Sarantou also took their oaths of office.

"I was asked to take the position by both Republicans and Democrats who thought I could work across party lines," said Brown of the hands-off approach she took during the process. During the nominations, Democrat Mike Craig, an early candidate for president, withdrew from consideration and asked that those considering voting for him to support Brown.

Brown's victory stood in stark contrast to the results of previous attempts to elevate her to the top council job.

Always a reluctant candidate, she sought the presidency in 2006 but could not gather more than five votes. Ludeman ultimately edged her out during a contentious session that saw key Demo-



cratic councilmen defect to the GOP and Ludeman.

One year later, Brown again joined with supporters in order to re-organize council and gain the presidency. That attempt failed as well leaving Brown embittered and humiliated. "They tried to embarrass me and they tried to discredit me," she said at that time of several Democratic colleagues on council. At that time she made a decision never to enter the fray again.

This time the decision to elect Brown was a veritable love-fest as other council members – Republican, Democrat and independent – maneuvered behind the scenes to bring a sense of unity to council chambers.

"My biggest challenge is to get all of them to understand the need to put aside egos," said Brown of her immediate tasks during the upcoming term. "Then to finish the audit of the budget."

Brown noted that the closing the budget gap – estimated in the \$40 million range – should first be attempted by eliminating waste in various department and then going after outstanding tax revenues owed the city.

Although the incoming council president supported the incoming mayor's oppo-

nent in the fall elections, Brown relishes the opportunity to work with Mayor Mike Bell. As the long-time chairman of the Council Public Safety Committee, Brown worked closely with the former fire chief for years. "We'll have a good working relationship," she said. "I have that commitment from both the mayor and Steve Herwat [deputy mayor for internal affairs]"

Indeed the mayor expressed his own commitment to working with City Council by joining them after the vote and the swearing-in ceremonies. He promised to join Council often, in stark contrast to his predecessor, Carty Finkbeiner.

"It is a privilege to sit here with this council," said Bell. "I'm reaching out an olive branch and I would like to work with you, I will seek your counsel."

Although Monday's love-fest continued, there was one issue that Brown felt she would have to take up with the new mayor.

"I'm happy to be sitting next to you," she told the avid motorcyclist. "But we have to talk about your helmet."

"Here we go," said the mayor in a stage whisper above the laughter.

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The Glass Key Awards: Toledo's History on Display

Sojourner's Truth Staff

An in-depth lesson in local history took place on Tuesday, December 29, at the Inverness Club.

On that day, outgoing Mayor Carty Finkbeiner presented the Glass Key Awards to 14 individuals and 15 families in a ceremony dubbed the Toledo Glass Key Awards.

The reception, attended by more than 300 people, was the mayor's valedictory event after a lifetime of public service and offered him the opportunity to honor families and individuals who have been so instrumental in making Toledo the city it is today.

"You probably better than anyone in here know the irony of our receiving this award tonight here as you make your exit," said former Mayor Jack Ford, both a long-time ally and opponent of Finkbeiner. "It's been 35 years of a long run between us and I will let it go at that."

The Fords – Jack and Cynthia who host Coffee with the Fords on WGTV – were honored as a family along with, among others, the Armstrongs, the Adams and a trio of African-American pastors who have led their churches for a total of

reward is all about you."

The Armstrong family includes U.S. Magistrate Vernelis Armstrong who was sworn into her post in 1994 and her son, Dr. Anthony Armstrong, MD, a past president of the Academy of Medicine of Toledo and Lucas County.

Samantha Adams was the first minority woman to be certified by the Ohio State Medical Board as a chiropractor and is still the only African-American chiropractor in Toledo. She is also a former president of the Toledo Board of Education



Gonzalez Family

Her three daughters are Dr. Karen Adams-Ferguson, an obstetrician-gynecologist and Cecelia Adams and Denise Adams Onyia, both former Toledo Public

and a neighborhood center – the Aurora Gonzalez Community and Family Outreach Center – was named for her.

The other families honored during the evening included brothers Robert and Martin Donnelly, Roman Catholic priests; the Savage Family, who helped lead fund-raising efforts for a University of Toledo facility and who have founded one of the nation's largest insurance and financial investment firms; the Andersons of The Andersons Inc; Tom and Betsy Brady of Plastic Technologies, Inc;



Various attendees

ment in 2000 as housing commissioner before becoming director of the BCR

Gabriel has been in public service for her entire career joining the Ohio Department of Welfare as a PBX operator in 1957. In 1998 she was appointed director of the Department of Streets, Bridges and Harbor. When Finkbeiner returned to the mayor's office in 2006, Gabriel was appointed director of Human Resources and was named assistant chief of staff in 2008.

"Baldemar Velasquez has worked ceaselessly for the cause of human rights and has been a powerful force for progressive change," said presenter Keith Burwell, president of

Toledo Community Foundation, of the founder and president of the Farm Labor Organizing Committee (FLOC).

Velasquez arrived in northwest Ohio with his migrant farm worker parents and eight siblings in 1954, eventually settling in Putnam County. The first member of his family to graduate from college, Velasquez founded FLOC in 1967 while still in college.

"Judge Charles Doneghy has spent his entire life advancing the cause of justice," said attorney Fritz Byers in his introduction of the long-time jurist. "He has a deep commitment to the rights of all citizens and is the embodiment of decency and hu-

mility – an inspiration to us all."

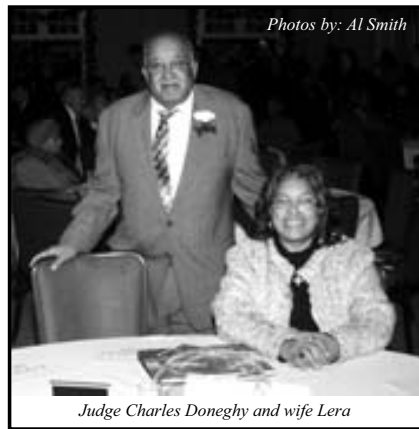
Doneghy earned his law degree from UT's Law School in 1965 and after several years in private practice became a judge in Municipal Court in 1977 and was appointed to the Court of Common Pleas in 1984. He has been elected in 1994, 2000 and 2006 to six-year terms.

"I feel a little embarrassed," said Ellis in accepting his award. "This community has given me so much richness and so much quality of life."

Ellis, after a stint with the YMCA, joined Toledo Public Schools in 1969 as a teacher and rose through the ranks to eventually be named superintendent of the district in 1991. He retired in 1996, but the ensuing years have seen him repeatedly called back to serve in a variety of positions with TPS.

The district just can't seem to move on without the former basketball star. He just can't seem to say no.

"My richness was in giving not receiving," said Ellis.



Photos by: Al Smith

Judge Charles Doneghy and wife Lera

about a century and a half – Revs. I.J. Johnson of St. Marks Missionary Baptist, Robert Culp of The First Church of God and John E. Roberts of Indiana Avenue Missionary Baptist.

"These three among them have led their families for a century and a half," said the mayor in his introduction. "The crises they have had to deal with are unbelievable. For decades [in the African-American community] there was no one to call on but the ministers."

"What a joy it is to be included," said Culp speaking for the three ministers. "The history of a community is but the biography of a few men and women. Our

School administrators. They also comprise the family's popular gospel group.

Billie Johnson of the Area Office on Aging was one of eight presenters for the awardees. During her introduction of Toledo's Gonzalez family, Johnson noted that the family had long been "committed to making the city a better place for all of us to live and in improving opportunities for children, families and seniors."

Ruth Gonzalez was present for the ceremony along with her son Ron Garcia.

The late Aurora Gonzalez was the first Latina elected to the Ohio Hall of Fame

Ann and Steve Stranahan of the Stranahan Foundation; the Ruppert family of Anne Grady Corp's Prescribed Pediatric Center and the Medical College of Ohio; the Yenrick Family (Robert has coached sports in Toledo for more than 60 years); the McMaster family of First Solar, Inc and the Block family of The Blade and Block Communications.

"Our role is not always to the liking of everyone in town or here," said John Robinson Block in accepting the award for his family who gained ownership of The Blade in 1926. "But I sincerely hope that over time it's generally recognized that we've been fair and have practiced journalism in a way that I think leads to the betterment of the city of Toledo."

The individuals honored also included a number of minorities: Theresa M. Gabriel, Juanita Greene, Crystal Ellis, Judge Charles Doneghy, Baldemar Velasquez and Yehia "John" Shousher. Other honorees were: Jim Murray, Bruce Baumhower, Justice Andy Douglas, James Hoffman, U.R. Rep Marcy Kaptur, Edward Reiter and Jan Kilbride

"These two have made a huge difference," said Finkbeiner of Gabriel and Greene, both of whom serve in his administration.

"I was able to change lives," said Greene, executive director of the Board of Community Relations in her acceptance of the award. Greene. A former banker, Greene joined city govern-

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Health Kick or Kicking Back?

Patrice Powers-Barker, Ohio State University Extension, Lucas County
Guest Column

It's the time of year when many people make New Year's Resolutions. Are you going to kick back and keep the same old habits or will you use this new start as a challenge to make some healthy choices?

Remember the slogan of MyPyramid: "Steps to a healthier you." You don't have to change everything at once and you don't have to make huge leaps! The slogan for MyPyramid for Kids is also a good motto for any age at any time of the year: "Eat Right. Exercise. Have Fun."

In order to follow that advice, setting personal goals is a good way to start your health kick. Goals help define, encourage and keep you going! Using the letters in the word SMART, here are some tips for

setting SMART goals.

Specific

Make sure you decide what you want to do, where you want to do it and who might be part of your goal. To say, "I'm going to eat better" is very general and doesn't say how you are going to work on that goal. A more specific statement is, "I am going to replace my morning donut with a whole grain muffin"

Measurable

How can you measure your goal? Once again, saying, "I am going to eat better" isn't very specific or measurable. One example of a measurable goal is to choose, "I will increase the amount of fruit I eat by one cup each day." You can literally measure if you add an extra cup of fruit.

Attainable

Is this important to you? Whatever goals you make, they have to be important to you. They don't belong to the person who introduced you to the idea, a support group leader, or the author of this article. The goal belongs to you and the success belongs to you.

That being said, your personal goal might be of interest to a friend or family member. Using a "buddy system" to challenge and inspire can be helpful. Try new, healthy recipes together or meet for a walk. Finding support from friends and family can make your healthy changes even easier but, once again, if it is not important to you it will not be a good goal for you.

Realistic

Is this goal reachable and realistic? Is it something you can do? For example, in order to increase physical activity, you might dream about climbing Mount Everest. This can be a realistic goal if you have physically trained for it and financially and practically planned for a long trip to the mountain. If climbing Mount Everest is not realistic, could you plan and budget for an outdoor activity that is closer to home? Have you walked the trails at all the Metroparks of the Toledo Area? It's not the same as mountain climbing but the views are beautiful, you get some exercise and it might be a more realistic goal.

Time Based

Ultimately, any healthy goal, for a set period of time could eventually become a healthy habit – something you do forever, without really thinking about it. When starting a new goal, it's important to set a timeline so you can mark your success. For example, a short-term physical activity goal might include buying a pedometer within the next week and then wearing it to record the number of steps for each day. After recording the steps for a

few days, you could set a longer goal of including 2,000–4,000 extra steps each day for six weeks. An example of a longer goal might be to increase walking or jogging in order to participate in a 5K walk or run in six months.

Using some nutrition and physical activity messages from MyPyramid, the following are examples of starting points for SMART goals. Add a timeline and some details to each of the ideas and you can create your own SMART goal. It's up to you to decide your personal goals and if they are attainable and realistic for you! Remember, "Steps to a healthier you" – these are ideas, not a list of all goals that need to be adopted this month.

1 To "make half your grains whole," at the grocery store, I will read the nutrition label and list of ingredients on all the grains (like cereals, breads, rice and pastas) to make sure I am buying and eating whole grains.

2 In order to "vary your veggies," I will add one dark-green or orange vegetable to my dinners.

3 To "focus on fruits" I will sample and purchase one new type of fruit every time I visit

the grocery store.

4 (If you don't or can't consume milk) I will choose lactose-free products or other calcium fortified foods to "Get your calcium-rich foods"

5 (If you drink whole milk) I will choose lower-fat milk products as a way to decrease fat but still "Get your calcium-rich foods"

6 Instead of frying meat, I will bake, broil or grill it to "Go lean with protein"

7 Every time I go to the grocery store I will use a grocery list and stick to it

8 I will keep an exercise log

9 I will drink an extra glass of water every day and choose other beverages low in added sugars

10 I will use herbs in cooking to decrease the amount of salt in the meals I prepare at home

11 Every month, when I read the nutrition and health section of The Sojourner's Truth I will make a goal based on something new I just read.

The SMART goals and changes you make will benefit you! It is your choice whether you are going to kick back or kick it up a notch for your health this year.



Commit to be fit IN 2010

Studio Fitness offers a variety of fun fitness classes, and we encourage you to take advantage of them! Our participants enjoy working out in a motivating and supportive atmosphere and our certified instructors will assist you in your fitness journey. Zumba, Body Sculpting, Belly Dancing, Pole Fitness and Cardio Dance are just some of the classes we offer. Our exercise program is designed for all ages and fitness levels!

\$5.00 per class, pay as you attend
(NO CONTRACT)
Monthly packages are available

LET US TRANSFORM YOUR BODY
WHILE YOU
TRANSFORM YOUR LIFE!
Become a Better You in 2010!!

Contact Angela Steward
@
STUDIO FITNESS
1413 Bernath Parkway, (off Airport Highway)
Toledo, OH 43615
Cell: 419-699-9399
or
Email: Fabfitus@yahoo.com
for class schedule and/or more information.

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The 27th Annual
King's "Oratorical Contest
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Dr. Martin Luther King, Jr.
The University of Toledo
- Nitschke Hall -
2801 W. Bancroft Street
Toledo, Ohio 43606
Monday, January 18, 2010
(9:00 a.m. - 3:00 p.m.)
Attention: Kindergarten, Primary, Intermediate,
Middle School, and Sr. High School Students
Senior High Winner: \$500.00 Scholarship Award
Winners also compete in the Ohio State Competition.
Mildred E. Clark, Founder/Director

For Registration Forms contact:
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Dr. Saranna Flemming, DDS – Expanding NHA's Dental Service

By Fletcher Word
Sojourner's Truth Editor

For years now, Neighborhood Health Association has been offering dental care at the Cordelia Martin Community Health Center's dental clinic. Until this fall, however, the relatively new facility on Nebraska which has four dental operatories in the clinic along with ample waiting areas was greatly underutilized.

That has changed dramatically in recent months. Dr. Saranna Flemming, DDS joined the clinic in September and the dental clinic's days of operation have effectively tripled from one day – Tuesday – to three – Monday, Tuesday and Thursday.

Dr. Flemming joins Dr. Debra Fulton, DDS, who has been with the clinic for almost four years.

A Detroit-area native, Dr. Flemming is a graduate of the University of Michigan undergraduate and School of Dentistry. She and her family, husband Dexter, an oral surgeon, and young children – daughter Anna, three years old, and son Ian, one – reside in Canton, MI and she commutes on her two days of service at NHA.

For Dr. Flemming, practice at NHA exposes the dentist to a wide variety of patients during a day in which she will typically see 12 to 15



people, mostly for emergency types of ailments such as tooth

ach. It's not quite universal health care but for Dr. Flemming, it's a step in the right direction.

"I believe in universal health care," she says. "It's the best way for society to rid people of their ailments." That being said, she believes that the current health care coverage plan being considered by the U.S. Congress will not go nearly far enough to bring about the desired result.

NHA's dental clinic's services are provided on a sliding fee scale based on income and family size. Anyone can go in – insurance or no insurance.

The dental clinic accepts all Ohio Medicaid plans plus regular insurance. In addition, the clinic also accepts those children who qualify for the SCHIP (State Children's Health Insurance Program), which means that children in particular should have no problem gaining access to affordable dental care – preventive or emergency. In fact, during the summer, the clinic adds some Saturday hours to

its schedule.

In addition to Drs. Fulton and Flemming, the staff at the clinic includes Vondine Rome, a dental hygienist, and Kathy Primas, a dental assistant.

So while Dr. Flemming concentrates on extractions, Dr. Fulton's work includes the restorative elements of dentistry such as fillings. Regular check-ups are available at the dental clinic for the all-important aspect of prevention.

Studies have shown that there is a link between oral hygiene, gum disease and heart disease so the message of prevention is especially important for African-Americans because so many lack dental insurance. Lack of insurance should never stop anyone from seeking care at the clinic.

The NHA Cordelia Martin Dental Clinic is open from 8:30 a.m. to 5:30 p.m. on Monday, Tuesday and Thursday. Appointments can be made, or messages left, five days a week by calling 419-255-7883 and asking for the dental clinic.

STOP THE INSANITY

Make a New Years Resolution to NOT Diet in 2010

By Diana Patton and Tonja Ward
Guest Column



Albert Einstein once said "Insanity is doing the same thing over and over again and expecting different results." Scientific studies prove that one-third to two-thirds of all dieters regain more weight than they lost within four years. Are you going insane making the same New Years resolution to diet, year after year, only to gain your weight back? It's time to make a New Years Resolution to STOP dieting, once and for all!

Restrictive diets are temporary fixes that make you focus on food even more, stress you out and in the end set you up for the likelihood of regain. And most diets promise you much of the same by promising (of course in small itty-bitty writing) "results

not typical."

With this "promise" diet companies compete for your attention by touting low carb, no carb, high/low protein, low fat, low sugar, counting points or packaged meals. However, in a study examining diets with different proportions of carbohydrates, protein, and fat, researchers found that it made no difference what kind of diet people followed. By reducing calories they initially lost weight but after two years, average participants had regained their weight and were on a path to further gain.

For a lack of results to be the norm, it's really surprising that diet companies are even still in business. But, consider the economics of the diet industry. It is the only industry that continues to grow consistently without proven or satisfactory results for the majority of its consumers. In fact, as the diet industry has grown, so have obesity and overweight Americans, which in turn have propelled lifestyle diseases like diabetes and heart disease.

What's this all telling you? STOP DIETING! Stop GOING INSANE!

Resolve to start your New Year off right – that's with a change of attitude – of the mind and of the heart and, logically, the body will follow (Romans 12:1-2)! Then, and only then, will your results be TYPICAL! That's the FITitudes difference (www.FITitudes.com) – Feeling Inspired Together + a Godly Attitude = Sustainable change for better health and wellness – for you and your family and your legacy! Now, doesn't that sound like a better New Year's resolution? That's our resolution, will you join us?

We are here to help! Gather your co-workers, church group or just get a group of girlfriends together and join our free New Year's Teleclass (classes held over the phone). You'll learn Nine Essential Tips that will allow you to enjoy everything that the New Year can bring and set forth a plan for your life that leads to total wellness – body, mind and spirit.

Classes are held over the phone for one hour - 8:30pm EST/7:30pm CST. Pick one day below that works best for you:

- January 7
- January 14
- February 11
- February 18

Send us an email at info@FITitudes.com and we'll send you the dial-in instructions for the class. "See You" Soon – you will not want to miss it! Tell your friends!

Also, join us on Facebook! You'll be enrolled to win prizes, from time-to-time and stay inspired to live well in Christ!

HAPPY NEW YEAR!

Diana Patton and Tonja Ward are co-owners of FITitudes, a Christian-Wellness organization. They conduct speaking engagements, workshops and teach classes from the FITitudes curriculum. Log onto www.FITitudes.com today and receive your FREE eBook entitled "Just Tell Me What to Eat."

open your heart home

Many children in our community cannot live safely in their own homes; they need the nurturing and stability that can only come from a family environment.

Won't you help?
Consider becoming a foster or adoptive parent.
Please call 419.213.3336

Lucas County Children's Services

COMMIT TO BE FIT IN 2010

By Angela Steward, Fitness Motivator Guest Column

Happy New Year! It's 2010. Live life to the fullest - laugh loud, love passionately, live, enjoy and be thankful for your blessings.

It's also Resolution time! "I'm going to lose weight," "I'm going to stop smoking," "I'm going to save money." Sound familiar to you? The same resolutions are made

every year and quickly abandoned. Why? Because the resolution states the intent, but how do you reach the goal? It takes a plan to reach the goal.

Would you drive to an unfamiliar place without directions, a map or a GPS unit? Without it, reaching your destination is almost impos-

sible - if you have no plan to get you there.

If your 2010 resolution is to lose weight or to become fit - commit to your resolution. Create a plan - commit to be fit in 2010!

Set a realistic goal (I want to lose 15 pounds or go down one dress size); create a plan to reach your goal (I will pack



my lunch daily, I will exercise daily for 30 minutes; set a realistic timeframe (3 months); and put the plan into motion. The hardest part of getting in shape is taking the first step - do it commit today.

Even something as simple as packing a healthy lunch can save you hundreds of calories. Just reducing 500 calories from your diet daily, results in a weight loss of two to three pounds weekly.

In order to lose weight, you have to change the habits that gave you the results you have today. It took 20 years to gain 50 pounds, it's going

to take more than two weeks to get rid of it. Of course, you'll have setbacks - we all do. It's easy to slip back into old habits. Don't beat yourself up about it - just restart the plan.

Here are a few suggestions to help you reach your weight and fitness goals:

·Find balance in your life. You find time to fulfill everyone else's needs, what about your own? Find time to decompress. For the first time, probably in a long time, make yourself a priority.

·Begin your Before and After photo gallery. Get your picture taken or find a recent picture of yourself, this is your "Before" picture, your "After" photo shoot starts today!

·Measure yourself or get measured. Chest, waist, and hips are the simplest areas of the body to measure.

·Weigh yourself. All weight scales are different. Your doctor's scale may read 265, while your scale reads 262. Track your weight loss/gain from the same scale.

·Put on a pair of pants that fit "just right." Every two

weeks put the same pants on - hopefully, they will begin to feel bigger. This will motivate you to stay on track. Weight scales show weight loss, not fat loss!

·RICE: Reduce calorie intake; Increase water intake; Control food portions; and Exercise daily. Short-term sacrifices will result in long-term payoffs.

·Grill, broil or bake your meat; use fresh or frozen vegetables; eat multi-grain or whole wheat breads and pasta; reduce sodium intake; drink less soda and juice, absolutely no Kool-Aid, drink water, etc.

·Pack your lunch and pack healthy snacks - temptation is everywhere!

·Graze - eat small meals throughout the day to avoid feeling hungry.

·Make a food journal to stay in control of what you eat.

·Read food labels, how many calories in one serving, how many servings are in the container?

·Use menu substitutions. Order grilled vegetables instead of fried.

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Dental Care for kids & adults. Dr. Saranna Flemming, DDS Dr. Debra Fulton, DDS Cordelia Martin Health Center 430 Nebraska Ave. Toledo, OH 43604 For appointment call: 419-255-7883, ext. 169 NEIGHBORHOOD Health Association

**Delilah Winder's
Sweet Potato Pie**

- Serves: 16
 Prep Time: 20 Minutes
 Cook Time: 1 Hour, 10 Minutes
 Ready In: 1 Hour, 30 Minutes
- 2 - (9-inch) prepared pie crusts
 - 2 - cups mashed sweet potatoes
 - 1 - cup sugar
 - 3 - eggs, separated
 - 1½ - teaspoon cinnamon
 - 1 - teaspoon ground nutmeg (preferably freshly grated)
 - 1½ - teaspoon salt
 - 2 - teaspoons vanilla extract
 - 1 - teaspoon fresh lemon juice
 - 1½ - cup melted butter
 - 1 - cup LACTAID® Fat Free Milk

Preheat oven to 350°F. Puree mashed sweet potatoes, sugar and egg yolks together in a food processor or blender until smooth. Pour into a large mixing bowl. Add cinnamon, nutmeg, salt, vanilla, lemon juice, melted butter and LACTAID® Fat Free Milk. Mix well. In separate bowl, whip egg whites using an electric mixer until soft peaks form. Whisk egg whites into pie filling. Pour filling into prepared pie crusts. Bake pies in middle of the oven for 60-70 minutes or until the center of the pie is lightly firm to the touch. Cool pie on wire rack.

Recipe © McNeil Nutritionals, LLC 2009.
 The survey also found:

- Fifty-seven percent of African-American women feel inconvenienced by their condition.
- Eighty-four percent want to keep dairy in their diet because of its health benefits, 48 percent because it is a natural source of calcium and nutrients, and 36 percent to maintain healthy bones.
- Sixty-three percent of African-American women do not know that lactose-free products can have the same important nutrients found in regular milk and other dairy products.

You can find facts about lactose intolerance, a dairy digestion test to determine if symptoms are a result of lactose intolerance, and recipes to help manage the condition at www.lactaid.com.

Celebrity chef, author and restaurant owner Delilah Winder.



**American Care Givers LLC.
Family Activities Club
Room/Rental Policies**

The FAC rents out all of our rooms to members and non-members. Reservations are accepted on a first-come first-served basis only. A \$100.00 non-refundable deposit which shall be applied to the total cost is required. The remaining balance is due on or before the rental date.

Alcohol Consumption

Alcohol beverages may be served, however the substance must be controlled by our certified bartenders. Which is a cost of \$40.00 an hour and you must supply your own alcoholic beverages.

Catering

We have a full service kitchen and on-site chef to prepare a menu for you and your guests. We have several menus you may select from or we can create a menu for you.

We also permit you to bring in your own catering services. However, we greatly encourage you to use our in house services.

Rooms for Rent

| | | |
|--------------------|-------------------|-----|
| Multi Purpose Room | Maximum occupancy | 220 |
| Conference Room | Maximum occupancy | 25 |
| Art Room | Maximum occupancy | 56 |
| Card Room | Maximum occupancy | 32 |
| Computer Room | Maximum occupancy | 6 |
| Fitness Room | Maximum occupancy | 80 |
| Game Room | Maximum occupancy | 40 |
| Music/Karaoke Room | Maximum occupancy | 62 |
| Dining Room | Maximum occupancy | 35 |

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Those interested should call Lisa at
419-241-6106, ext. 205

Cordelia Martin Health Center
430 Nebraska Ave.
Toledo, OH 43604



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Hello Ryan...



I have been reading your articles for years and I finally decided to get up the courage to write in a question. My name is Kim and I see so many things on infomercial's that claim to work. There are products that tone you, give you a six-pack, help you lose weight, transform your body and give you a total make-over in just a few weeks. How do you know what to buy? What works what doesn't? Oh, and welcome back!

Kim

Dear Kim,

I thank you for your e-mail. Yes I would agree that a lot of these commercials are inviting but misleading at the same time. If you look at all the little writing at the bottom of the screen or in the books they almost always without fail say, "results are not typical or followed closely with reduced calorie diet."

There's usually a catch to these. Even with the bow flex gym, which I think is a pretty decent system, it says "results not typical or in conjunction with a reduced calorie diet." Anytime you reduce your calories you're going to lose weight. Now when you add exercise to this you're obviously going to get much better results.

All of these systems work to an extent. If you're used to doing nothing and then one day get out of bed and decide to do 30 squats your legs are going to hurt! If you do sit ups your abs will be sore and anything else you decide to workout after not being active.

When you see these commercials don't get caught up in the hype of it all. Yeah, they are using beautiful people with "perfect" physiques and most of the people aren't that bad out of shape for the before and after pictures that they flash on the screen. That's called marketing!!

It's amazing to me when I'm looking in bodybuilding magazines and they have all of these before and after pictures they use for selling their products. Look closely at the pictures you can clearly see that these people have nice physiques to start with and they just went on a good eating plan and hardened up.

My advice to you is to just skip on the infomercial gimmicks. You're not going to get a beautiful six-pack by using that machine and, I'm sorry, 20 minutes on the bow flex three times a week isn't going to produce that that hard body they show on the TV.

It takes a little more than that. Develop a good clean eating plan and a consistent workout routine and that will result in your success. Remember, if you do anything more than you were doing before and you stay consistent with it you will see results. The more changes you make by cutting calories in and expending calories out you will see good results. I hope you all have a Healthy and Happy New Year.

For all interested I am running a two-for-one special all month.

Ryan Rollison
Dream Bodies
 1240 W. Sylvania ave
 Toledo Ohio 43612
 419-476-3494.

Health Insurance Open Enrollment Program Accepting Enrollees Starting Jan. 1

New state rate-cap reform measure estimated to cover 52,000 more Ohioans

A new Ohio law that has made it possible for an estimated 52,000 additional adult Ohioans to obtain health insurance becomes effective on January 1, 2010, said Ohio Department of Insurance Director Mary Jo Hudson.

The reform puts a rate-cap in place so that more Ohioans can secure basic health coverage through the state-mandated Open Enrollment Health Insurance Program. Insurers are limited in how much they can charge people with diabetes, cancer and other pre-existing or chronic conditions who purchase individual health policies from private insurers through the program. Following a phased-in approach, a cap on rates may eventually be 1 1/2 times the lowest rate charged to a person of similar age and gender. This

change is eventually expected to reduce open enrollment premiums by at least 50 percent.

"This is a positive step toward decreasing the number of Ohioans without health insurance and making coverage more affordable and available to everyone in the state," Director Hudson said. "This was one of several health coverage reform measures contained in the state's recently enacted state budget bill that could help 109,000 now uninsured adult Ohioans obtain coverage."

Ohioans are encouraged to visit the Open Enrollment Health Insurance Program Toolkit on the Department's web site at www.insurance.ohio.gov for a list of the approximately 25 insurers in the program, and company contact information (web ad-

resses will be posted January 4). Ohio insurance consumers can also contact an insurance agent for information. Insurers have an annual quota beginning January 1 and once an insurer meets its quota of people enrolled in coverage through open enrollment, the insurer is not required to accept additional applications until the insurer falls below the quota.

Certain insurance consumers who have lost their coverage need to secure new insurance within 63 days or a 90-day waiting period for coverage to begin and a 12-month waiting period for treatment of pre-existing medical conditions likely will be applied by most insurers.

Those deemed as a Federally Eligible Individual (FEI) will have the waiting periods waived. You are considered an FEI if: 1. You have 18-months of creditable health coverage (an employer group health plan, Medicare, Medicaid and COBRA) and your most recent coverage was through an employer. 2. You have exhausted all continuation of benefit options (such as COBRA). 3. Your old coverage did not terminate due to nonpayment of premium. To have immediate coverage, an FEI must be enrolled in an open enrollment plan by midnight of the 63rd day after losing the old coverage. A copy of the certificate of coverage from the previous insurer must be provided to the new insurer in order to have the pre-existing condition period waived.

Ohioans with questions and concerns about their insurance can call the Department's consumer hotline at 1-800-686-1526. Free information can also be obtained at www.insurance.ohio.gov.

Commit

(Continued from Page 8)

butter and sour cream. If you have to have that loaded baked potato, only eat half.

·Cut back on fast food restaurants. I know they are convenient, but we would all be healthier if fast food restaurants and drive-thru service didn't exist.

·Exercise daily – walk, ride a bike, rent/purchase a treadmill.

·Find a fitness instructor or fitness class that motivates you to exercise.

·Meet and surround yourself with people just like you who are trying to improve their health and fitness levels.

These small changes will help you reach your fitness goal and begin to live a healthier lifestyle.

No more excuses, you're worth it! Commit to be fit in 2010!

Email or text me with questions or comments – I love hearing from you.

Happy New Year!!!!

Email:

fabfitu@yahoo.com or Angela_Stew@yahoo.com

Phone: (419) 699-9399

♥ Hearts Before Hands

Lucas County Strengthening Families



Parents - Do moments like these have you feeling stressed? Feeling overwhelmed? Before the age of one most children will attempt to feed themselves. However, children at this age are still developing their hand to mouth coordination and their parents should be prepared for the inevitable mess. Having realistic expectations of what your child should be able to do at their age will help you to be more patient and less stressed. For more information call the Lucas County Family Council.



Lucas County Family Council

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Books: The Best of 2009

By Terri Schlichenmeyer
The Truth Contributor

Ahhh, the New Year! A time for fresh beginnings and resolutions made with the best intentions (then broken). Out with the old, in with the new. A time to use up that bookstore gift certificate that's burning a hole in your pocket.

But what to buy? Lucky for you, the New Year is also a time for the annual Best Of list. So without further ado (and because that gift certificate is tingling), here are my best picks for 2009:

Fiction:

If you love mysteries with sass and a few cringe-worthy scenes, you'll love the Jacqueline Daniels series, the latest being **Cherry Bomb** by J.A. Konrath. This book starts out with a boom and ends with a cliff-hanger that leaves fans howling for the next installment. One caveat: you'll get more out of this novel if you read *Fuzzy Navel* (the book before this one) first.

I was pleasantly surprised by **B as in Beauty** by Alberto Ferreras. This little novel is about a self-conscious, homely wallflower who gets a series of fairy godmothers, transforming her into someone who blossoms. A Cinderella tale with a few twists, this is one really cute book.

I listened to **Eve** by Elissa Elliott on CD, and I was glad I did. This lush, beautiful story is about what happened to Adam and Eve after they were thrown out of the Garden of Eden, as told from the viewpoint of Eve and her daughters. Performed by three readers and in several different voices, this is an audiobook not to miss.

Getting older and saying goodbye are two of the themes in **Gortil It's Gone** by Larry Duplechan. When Johnnie Ray Rousseau loses his husband to AIDS, he believes he'll never love again, but he does – and just as he enters a new relationship, he faces losing his beloved mother. Be aware that there is one graphic scene in this book, but get it for its casually presented dialogue and the realism within.

This one is probably cheating: **Shutter Island** by Dennis Lehane. First printed a few years ago and re-released in audio this fall (to coincide with the movie's release), this audiobook is positively stunning because of its narrator, Tom Stechschulte. Yes, the story is good – it's got surprises all over the place – but listening to such a stellar performance makes it an audiobook you'll want to lis-

ten to twice.

Non-Fiction:

Like a fool, I read **The Survivors Club** by Ben Sherwood while on an airplane. I read about how passengers have 90 seconds to exit a burning plane and how women over a Certain Age most certainly die in a plane crash. Gulp! And still, I can't recommend enough this book about fighting, surviving, overcoming adversity and turning life's rottenest lemons into sweet lemonade.

Particularly in this economy, it seems that speculation on How the Other Half Lives is an acceptable pastime. In **Rich Like Them** by Ryan D'Agostino you'll see that things are only slightly different. Part business, part motivational for wallet and soul, this book is a nice antidote to those irritating spoiled-star headlines.

Reading like a novel in nine parts, **Nine Lives: Death and Life in New Orleans** by Dan Baum is the 100 percent true story of nine people a few decades before Hurricane Katrina and the years afterward. I loved this book for the way the tales are told (in short-short chapters of mini-drama) and because Baum has a knack for wrapping you tight in the lives of such divergent people.

If you live in the city and have never so much as touched a live pig, don't discount **Coop** by Michael Perry. Much more than a farm memoir, this is a love story to a woman, daughters, the land and, yes, to pigs and chickens. Perry is a poet with a wicked sense of the absurd and this book is another can't-miss.

Since we all came into the world in the same basic way, **Birth Day** by Mark Sloan,



M.D. is a particular delight. This is a book about what happens in the hours leading up to and the hours after birth, to both the mother and the baby. Not just for new moms, this book is a science-geek's dream as well as a gee-whiz read for anybody who is awed at the miracle of birth.

Children's Books

Okay, so let's just say it. When you read a book aloud to your child, having something for you is bonus. So make yourself happy with **Let's Do Nothing!** by Tony Fucile, a cute story of two bored boys who try the impossible. The good-naturedly silly tale is great for kids ages four to eight. The illustrations – very Bugs-Bunny-like – will keep you laughing.

Your middle-school dog lover will adore **Flawed Dogs** by Berkeley Breathed. This is the story of a fancy show dog who becomes the victim of jealousy and is separated from his beloved human. Filled with Breathed illustrations and with a tale that brings tears (silly, I know), this is a good book for an adult, too.

I was very impressed by **We Are the Ship** by Kadir Nelson in audio. Yes, this is a picture book about Negro League baseball and the struggle of the players to gain recognition and to bust through racial lines. It's a beautiful book, but you won't miss a thing by getting it in audio; in fact, you'll gain. Not only is it presented with various voices (which enhances the story), but there's a bonus DVD with the books' artwork included.

For upper grade schoolers who've read the Little House books a couple dozen times, **School's Out: Rachel Yoder – Always Trouble Somewhere** by Wanda Brunstetter in audio is a nice alternative. This is the story of an Amish girl and her wild summer vacation. Kids will love the authentic Pennsylvania Dutch language in the audiobook and parents will love that this book is great for all ages.

What kid doesn't like a few shivers? **Coraline** by Neal Gaiman has them and more. This is the story of a little Coraline who steps into an alternative universe where things are close to life, but not quite. The creature who is her Other Mother wants to keep Coraline forever, but, of course, she must return. I truly enjoyed this darkly-told story in audio, but beware that it might really frighten very little children.

And there you are. A gift certificate-friendly Best of The Year list you can really use, with some books that your family will enjoy until it's time for the next Best of The Year list.

Fortunately, time flies fastest with a book in your lap.

Happy Reading!



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The Lima Truth

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The Sojourner's Truth

January 06, 2010

The Anniversary of Our Awakening

The Family of Tarika Wilson Agrees to \$2.5 Million Settlement

By Vickie Shurelds
Sojourner's Truth Reporter



Friday, January 4, 2008 – the date that serves as a major wakeup call for the residents of Lima, Ohio. During the act of serving a high-risk search warrant for a small

rant. In the weeks that followed the shooting, the mainstream media began looking for alternative wording to describe the events of that evening. In the initial reporting and in the press conference that was called by the Lima Police Department, the explanation was that a long-term investigation into the drug dealer known as Anthony Terry had led police to choose January 4 as the date for his capture. Because of previous dealings with Terry, the arrest warrant was labeled as "High Risk." Officers had Terry under surveillance for some time and were positive he was inside the home of his girlfriend, who was, incidentally, the mother of six children.

It has been two years

where the money comes from speaks to liability. Having the insurance company pay the amount allows the City to say they do not have an admission of guilt or wrongdoing. This also speaks to the case of Joseph Chavalia who was found innocent in the shooting, and returned to his job at the police department.

Chavalia was faced with misdemeanor charges: negligent homicide and negligent assault. One-year-old Sincere Wilson was shot as mother held him in her arms; he later lost a finger and sustained other permanent damage as the result. The officer was found not guilty of the charges and returned to work.

Anthony Terry, the subject of the warrant ended up

reaching a large audience who continued to ask questions about how cases like these continue to go unchecked.

Former Attorney General Marc Dann brought investigators from the state, a prosecutor from nearby Defiance, Ohio was charged with the task of overseeing the case; and the African-American community was asked to wait – to 'stay' their questions and concerns about policies and the processes and to give the 'system' the chance to work. The protests slowed and voices quieted. The trial of Anthony Terry moved ahead on another track and seemed to be considered another incident altogether.

As the verdict was read at the end of his trial, segments of the community took a

It has been two years since that night that changed the dynamic of a community

since that night that changed the dynamic of a community which sees itself differently in the mirror of history and there is, finally, movement toward a solid foundation on which the children of Tarika Wilson may begin building their future.

An announcement has been made stating a settlement has been reached in the wrongful death civil case. A \$2.5 million award will be used to aid in the monetary support of her family. Some mainstream media outlets state the settlement is between the city of Lima and Wilson's family; others quote Lima city law director in saying the agreement was made between the family, represented by the Johnny Cochrane Law Firm, and the insurance company.

While some may believe this is mere semantics, the need for the distinction of

as a footnote in the process. City and county law enforcement officials sited seven buys of marijuana from him as the reason for the aggressively-sought apprehension.

Residents debated among themselves about the choices we all make. Some suggesting the life of Wilson was simply collateral damage caused by the war on drugs; others were outraged that this may be another case of wrongful death that would go answered.

The Rev. Jesse Jackson came into the community to sit at the table with government officials, ministers and community leaders; urging them to take action. He suggested that the development of a citizens review board should become a priority. Nationally-acclaimed talk show host Warren Ballentine broadcast live,

deep breath, unsure of the reaction the public would have to the juror's findings. Some businesses allowed their employees to go home to prepare their families for the outrage that was sure to take place in the African-American community. But, the violent eruption never came. All eyes turned toward the Johnny Cochrane firm to do what they could to try to help this family get through the next few difficult years as they adjusted to life without their daughter/sister/mother.

Two and a half million dollars divided by six children – one now with special needs due to his injuries – will help certainly. With wise investments and creative spending, that may be enough to put Tarika Wilson's children on the path to bright futures.

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Historic Events of 2009: Black History and American History

By Michael Hayes
Minister of Culture



Even though many of you are losing faith in, or are starting to align his name with our nation's corrupt power base...it is still worth noting that 2009 was the year the United States of America inaugurated and handed power over the first ever president of the United States who is a black man. Approval ratings have dipped, some campaign promises have been compromised and the first ever blatant disrespect for a sitting U.S. President during a session of Congress came and went. But even with a Nobel Peace Prize handed out weeks before he deepened the commitment to pointless war in Afghanistan, President Barack Obama is still my president and this entire year I've been proud to say so. I was still proud when he was taped saying "Kanye's an Asshole" - lmao.

CHRIS BROWN AS-SAULTS RIHANNA

Pictures of a once-beautiful face now bruised and bloody started to swarm the Web. It was on everyone's lips, the Grammy weekend incident wherein Chris Brown got into an argument with his girlfriend Rihanna and one of the highest profile domestic violence situations ever unfolds before our eyes. As soon as I found myself wondering "how in the hell did Chris Brown get an endorsement deal for Wrigley's chewing gum," it was gone. And as soon as people started to

wonder if Rihanna's dark/bad girl packaging was getting to out of hand, she was embraced by day time TV as a victim and then she got even more dark ... with tattoos of guns and weird behavior.

But this incident did send a wake-up call to so many couples... just because you look good, have sex appeal and money doesn't mean you know how to manage emotion. Funny thing though, how many girls I personally heard say "maybe she deserved it" ...smh@ that.

INTERNATIONAL CRIME

If your eyes were trained to the news sites this year, the world of crime beyond the borders of the U.S. surely made its impact on you. Most notably two distinct areas: human trafficking (modern-day slavery) and pirates off the coast of Somalia (Africa). It is estimated that nearly 20,000 human beings have been bought or sold in the United States and are being forced into labor and/or sexual acts against their will. With global slave transactions netting billions of dollars and nearly one million people being abducted and thrown into the underworld of trafficking, this has become a pressing issue which many nations across the world are actively seeking to resolve.

What does it take to get a quick \$3 million dollars? If you a member of the "B Wasy" a/k/a Somalia Pirates, all you need is a few helping hands, a few guns and a small motorboat or two.

They board large shipping vessels that pass through the waters off the coast of their lawless country, and hold the crew and captain at gunpoint until the multi-million dollar companies who OWN the ships cough up ransom money.

Both of these illegal enterprises contain far more harm than the average weed drug

but you find on our local nightly news, but 2009 was the year it was brought to our attention what other parts of the world already knew.

MICHAEL JACKSON
The planet mourned Michael Jackson in 2009. That can't be over-stated, I'm saying it with no embellishment: the planet mourned

Michael Jackson. His gifts to us all through his music, his music and just the aura of peaceful tolerance that so many of his most devoted fans speak of, losing his presence in our collective psyche was so unbearable to some that there were even reports of Michael Jackson death-related suicides this year.

Part spectacle in the media, but mostly fitting. I thought to myself how evil these same reporters and haters had been over the years. How some of them would still get a snide remark in here and there, but for the most part it took his death for him to finally be considered innocent of charges that were later proved false. It took his death for him to finally be accepted by those who called him weird.

He made music history many times over this year, the film capturing his final days was mesmerizing and touching. People are still dealing with it half a year later.

JAY Z, THE LEGEND CONTINUES

The best hip-hop album by a mainstream artist in the last two years: *Blueprint 3*. A commercial success (and, yes, that's important, dummy...) and also a critically acclaimed piece of musical art, this album even shocked me, y'all. After hearing his bars on the first two singles, I was worried if Hov still had the lyrics. I was a 90's adolescent, I was raised off those witty metaphors, punchlines, double entendre's and verbal imagery. Hip-hop has been downright pathetic in terms of down

play with no one but Drake really emerging as a consistent lyrical treat.

But if you look at that "Forever" video, whose moves is Drizzy emulating? Shawn Carter. Recordbreaker...multi millionaire...trend setter... humanitarian and most importantly, artist.

People who aren't very bright will tag along with the "everybody hate Jay Z" bandwagon. But can they back it up? All claims have fallen short...from Gucci, to Baby to Beanie.. all of their points are garbage. You can't hate on something that is so proven. This dude has been doing this every year... like EV-ERY year! Since the mid 90's! And just like negative black folks, soon as someone gets a little too successful we have to tear them down.

So now youtube is blazing with feeble-minded breakdowns of how Jay Z and company are supposedly tied to some music industry illuminatti. I don't doubt that plenty of shady things happen in the business, but I'm much more worried about the real illuminatti that be focused on whether or not Jay and Rhianna belong to a cult. It's

madness.

One thing I can say though ... the mindless rap music that they play all day to stupefy the masses ... Jay Z gave us a much needed break from that.

Real intellect, overboundary-smashing music made for a legendary album. 2009 was his.

Ofcourse I could mention Tiger Woods, Kanye interrupting Taylor Swift, or the atrocity that is Frankie & Neff... but I won't.

I will part with this:

The world around us is our environment. Be it our neighborhood, our global community or even the music and shows we constantly keep smashing into our psyche. There is evil among us, and it is harder and harder to decipher who to trust, if anyone. We can't count on healthcare to keep us healthy, can't count on police to keep us safe and can't even count on the world's wealthiest nation to provide its citizens with businesses that will employ them for a fair wage.

2010 I recommend the following things for our mindful survival.

#1. Go see *Avatar* ...and if

you don't get why that is #1, then after you see it

SEE IT AGAIN.

#2. Put solutions into practice... gossiping about TMZ every day is not gonna get it done in 2010, we need real answers for some of the problems we face. Treat each other better, pray to whomever you choose to pray to and be alert!

#3. Put things in perspective. Entertainment is just that, entertainment.

Even for me...someone seeking a career in entertainment, it's still not my entire life!

Turn the radio off sometimes, turn the TV off sometimes and get your priorities together.

See y'all next year!

Saturdays at The Truth Art Gallery, my label U.G.E. hosts an open mic night:

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New Tax Credit Includes Current Homeowners

Many current homeowners can now qualify for up to a \$6,500 home buyer tax credit. The initial success of the \$8,000 first-time home buyer tax credit convinced Washington to expand the program and extend it until April 30, 2010. This extension, however, will be the last.

Under the extended home buyer tax credit, current homeowners are eligible as long as they have

lived in their present residence for five consecutive years within the past eight. First-time home buyers who haven't owned a home in the past three years are still eligible for up to an \$8,000 tax credit. Singles who make up to \$125,000 and married couples who make up to \$225,000 can qualify for the full credit. Those who exceed those income limits may qualify for a reduced amount.

"The new provisions and modifications make an already enticing real estate market even more attractive and accessible. Interest rates are low and home prices are more affordable now than they have been in decades," said National Association of Realtors® (NAR) Chief Economist Lawrence Yun. "There's never been a better time for potential buyers to invest in their future through homeownership."

Many areas are already seeing a rise in home prices and demand, with multiple bids on properties becoming more common. According to the NAR Profile of Home Buyers and Sellers, first-time home buyers became homeowners in record numbers over the past year, comprising 47 percent of all home sales between July 2008 and June 2009. This flood of activity helped shrink housing

inventory levels. Reduced inventory is a sign the market is returning to a more balanced state and helps sustain home values.

Yun said that while the housing crisis isn't over, the extended and expanded tax credit is a step in the right direction.

"The bottom line is that the housing market is doing much better now than one year ago, and the home purchases using the tax

credit should continue to reduce inventory to acceptable levels. The extension is a big win for consumers, but to take advantage of this rare opportunity, would-be buyers need to get the ball rolling and contact a Realtor® who can help them on the path toward owning a home."

For more information about the tax credit, visit www.HouseLogic.com/homebuyertaxcredit.


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CLASSIFIEDS

December 09, 2009

Page 15

The University of Toledo

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Bid Documents for the project may be examined at the F.W. Dodge plan rooms in 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 **December 23rd, 2009** which can be purchased from **Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615, phone: (419) 385-5303. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A **MANDATORY PREBID CONFERENCE** is scheduled for **January 8th, 2010 at 2:00 p.m.** at Toledo Public Schools, 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@igb-llc.com**, by phone at (419) 776-5600, or (fax) (877) 281-0784.

Sealed bids will be received for:

Estimates

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| Bid Item No. 14 – Technology | \$689,771.00 |
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Book Review

How to Be a Genius by John Woodward, illustrated by Serge Seidlitz & Andy Smith

c.2009, DK

\$19.99 / \$23.99 Canada

192 pages, includes index

By Terri Schlichenmeyer
The Truth Contributor

It was a big rush around your house the other day, and once you got where you were headed, you suddenly real-

ized that you forgot your hat. Again. Your mom is always reminding you to use your head

with things like this, and now —because your head is cold — you wish you'd listened. You've tried everything to become a smarter kid. Can you train your brain?

Take a peek at the new book How to Be a Genius and see. You may be surprised to know that your brain is way a-head of you.

Think about all the things you can do now that you couldn't do when you were a baby. You can run, play games, sing, remember your address, and follow a joke. And you can do it because of your brain, and because it grew as you grew and learned. In fact, by the time you were three years old, your brain had tripled in size.

There are two halves to your brain, the left side and the right side. If you are good at language, math, and writing, your left brain is dominant. If you're good at art and music, your right brain is

the one in charge. But that doesn't mean you don't use both sides of your brain, because you do: for instance, your right brain processes what your left eye sees, and vice versa. Plus, just like you're right- or left-handed, you can be right-footed or left-eyed.

Complicated? A little. But use your brain, and follow along.

Nobody else in the world has a brain like yours. Your brain can think about things both logically and illogically. It can envision what has never been built, and can appreciate what already has. It can figure things out by inference, and it can take you somewhere else through imagination. Your brain, like a big file-cabinet, stores information that is important and gets rid of what isn't. So if you do poorly on a test, you can blame your brain, see? The good news is that you

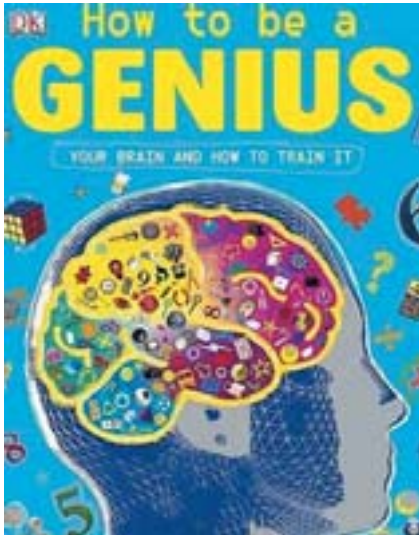
can train your brain to work better by building neurons with puzzles and games, which can be kind of fun. And if you work hard enough, you might be the next Mozart, Gandhi, da Vinci, or Anning!

Got a budding M.D. in your house? If you do, getting How to Be a Genius is smart thinking.

Using kid-friendly photos, cartoon drawings, and small info-bites that are easy to read, this book gives curious kids a basic — although surprisingly thorough — overview of how their brains work

in conjunction with the rest of their bodies and their senses. Mixed in with the information are puzzles to try and experiments that will help lead kids into different-thinking modes. This is one of those books that kids can browse without worry about missing something, and that you can enjoy, too.

If your child is looking to get a-head in life, look for How to Be a Genius. For 10-to-14-year-olds, having this book around is a no-brainer.



Class Schedule: Monday 6:30PM - 7:30PM, Wednesday 6:30PM - 7:30PM. Location: Warren A.M.E. Church, 815 Collingwood Blvd., Toledo, OH 43604. For more information call 419.266.1065 www.falthinmotionfitness.com

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