



Local and National News

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"And Ye Shall Know The Truth..."

January 05, 2011

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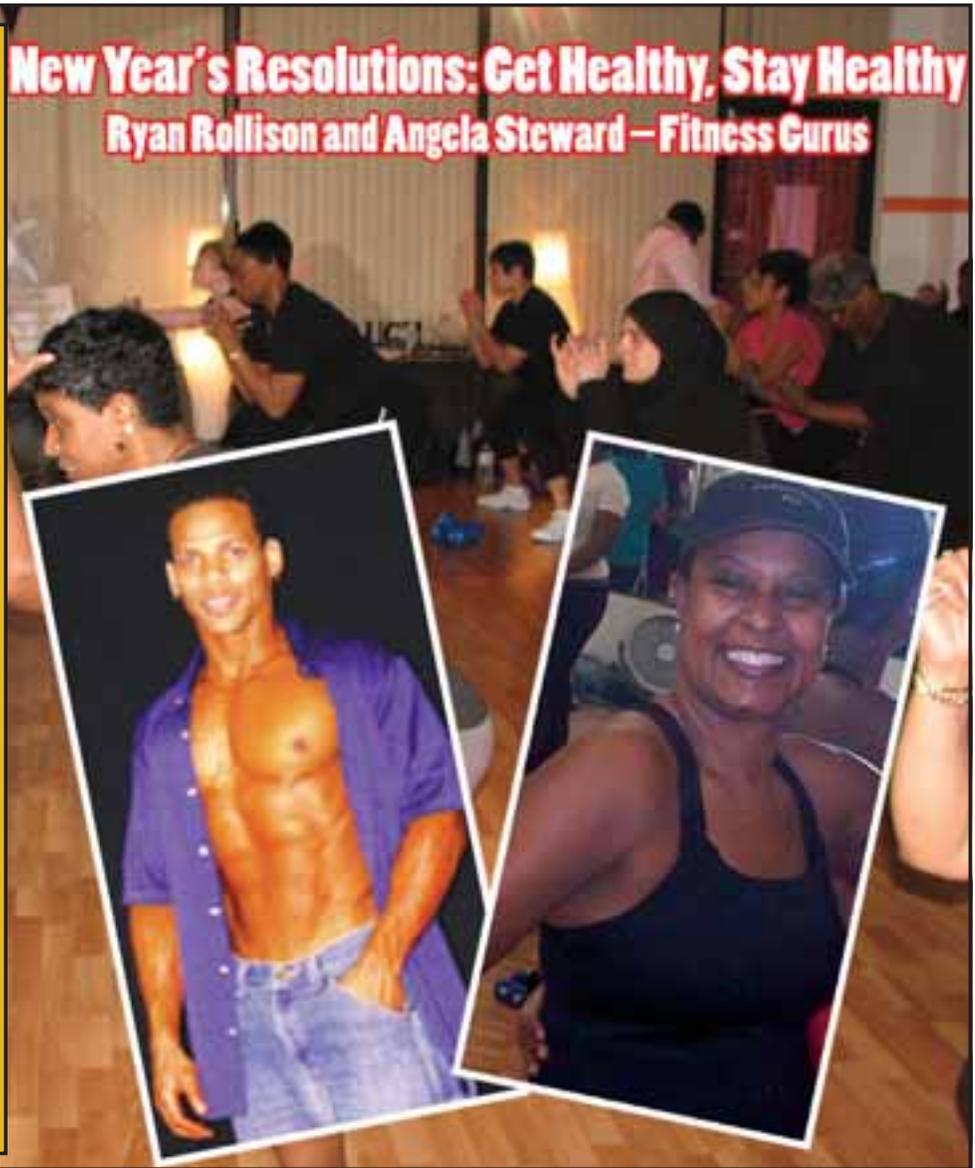
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New Year's Resolutions: Get Healthy, Stay Healthy
Ryan Rollison and Angela Steward – Fitness Curus



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This Strikes Us ...

A Sojourner's Truth Editorial

Ah, celebrity! Ain't it grand?
Michael Vick is back atop the world of professional sports and his return has created the kind of consternation that defies logic.

President Obama praises Vick's current employers for providing the ex-offender with a second chance. Conservative pundit Tucker Carlson calls such presidential comments "beyond the pale" and opines that Vick should have been executed for his many crimes of killing dogs.

For his own part, Vick has expressed remorse over and over again for his past actions, he has served a prison term, he has come to terms with bankruptcy, he has re-committed himself to his craft in a manner conspicuously missing from his first turn in the league, he has lectured students on the pitfalls of following in his path and, by the way, he has become, if not the NFL's most valuable player, part of that conversation.

Missing in all the debate about Vick's admittedly heinous crimes and why he received such an opportunity at redemption is the fact that ex-offenders, as Obama has noted, are simply not receiving the opportunities to blend back into society.

The Truth recently came into possession of a list of local companies that make public the fact that they will hire ex-offenders (see page 15), at least under certain circumstances. It's a list that is comprised mainly of companies in the service industry – low wages, high turnover, great desperation for unskilled workers.

Vick, on the other hand, has a particular set of skills, along with an over-abundance of talent. So whenever we discuss Vick and his comeback, there is bound to be no small measure of hypocrisy tossed into that conversation.

Obama, for his part, conducted a private conversation with an NFL owner and happened to congratulate him on the Vick acquisition. Let's take that for what it was, a sports fan carried away with enthusiasm. Happens to many of us.

The fact is, Jeff Lurie, principal owner of the Philadelphia owners, Andy Reid, coach and general manager of same, don't really have much of an interest in extending second chances simply for the sake of extending second chances. Especially in a town such as Philly, whose football fans once booed Santa Claus.

Vick gives the Eagles a chance to win and if he didn't, Lurie and Reid wouldn't have given him a second glance, much less a second chance.

Then comes the all-too-smug Carlson who doesn't believe in second chances for Vick. Carlson not only offers no second chance for Vick, but he also would have strung him up initially as punishment for the offense of killing dogs. Carlson, by way of explanation, admits that he is a Christian who has made his own share of mistakes (no, not you, too, Tucker!) and who believes in second chances – generally – but certainly not for dog killers.

But somewhere in between the naïve sports enthusiast and his not-so-private comments about the selfless Eagles and the idiotic pundit who has forgotten at least one basic tenet of Christianity lie the vast majority of Americans, most of whom love a winner.

Eagles fans certainly love a winner. This year Vick has risen in their estimation in direct proportion to the wins he has helped his team accumulate. Currently 60 percent of Philadelphia residents say they have a more positive view of Vick based on his performance on the field.

It is not too much of a stretch to guess that the same poll conducted in the other NFC East cities – New York, Washington, D.C. and Dallas – would produce far different results. We're also going to go out on a limb and predict that Vick's poll numbers are going to drop dramatically in Philly if the Eagles do not advance deep into the playoffs.

And for those who have no forgiveness in their hearts whatsoever for the celebrity offender, we really need to offer a few solutions. So let's do this for the Michael Vicks and Martha Stewarts of the world. Yes, you can be set free after serving your time, and you can work for one of those few companies that are willing to hire you.

However, if you return to your previous career, there will be a limit on how much money you can earn and how much camera time you can have. No endorsements, no book or movie deals and it is absolutely forbidden that you enjoy anything that could remotely resemble success. We want you flipping burgers in perpetuity.

For the celebrity, after all, there can be no limit to the debt you owe to society.

Community Calendar

January 8

West Toledo Bereavement Ministry Monthly Meeting: 1430 W. Bancroft; 10 am: 567-249-7470

Serenity C.O.G.I.C. Building Fundraiser: All you-can-eat Fish Fry; Serenity Soul Food Restaurant on Woodville; 2 to 6 pm: 419-671-6265

January 11

Community Resource Fair: Hosted by Washington Local Schools; Whitmer Cafeteria; 4 to 7 pm; Allowing families to access community agencies in a one-stop-shop setting; Free to all Toledoans; Over 40 local agencies will be present: 419-473-8237

January 16

Third Baptist Church MLK Commemorative Concert: Featuring the David Carter Symphonic Choir, The Voices of Unity of Third Baptist, BGSU Graduate Vocal Performance Music Students; 4 pm

January 17

MLK Unity Celebration: UT and the City of Toledo's annual celebration of the life of Martin Luther King, Jr; 9:30 to 11:30 am; Savage Arena; "One World, One People;" Speakers include Dr. Lloyd Jacobs, Mayor Mike Bell; Interfaith Choir performs

January 22

Warren AME 2011 Gospel Extravaganza: 4 pm; Calling all praise teams, choirs, praise dancers, vocalists, step teams. Drill and mime teams: 419-243-2237

Toledo School for the Arts Open House: 10 am: 419-246-8732 ext 250

January 23

Greater St. Mary MBC 2nd Annual Old Ship of Zion "Candlelight Service:" 6 pm; Toledo's finest and other special guests of honor; Bro. Larry Jones "Quartermaster" of the ship; Pastor Robert Lyons

January 29

UT/Toledo EXCEL 27th Annual Conference for Aspiring Minority Youth: "Success or Failure: The Consequence of Choice;" 8: 30 am to 1 pm; UT's Student Union Auditorium; Featuring author Wes Moore – guest speaker: 419-530-3823 or 419-530-3820

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Our Unfinished Business

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



The bright joyous dreams of freedom ... faded - were sadly altered, in the presence of that stern, practical mother, reality. - Elizabeth Keckley, 1868

January is "Dream Month." For many, an opportunity to enjoy an extra day off work. For some, an opportunity to "be seen" in attendance at one of the public MLK celebrations. All of us, however - because of what may represent the cost to set aside a national day of recognition for a hero of African-American heritage - will be drenched in a cascade of "King-isms," hype and false deference to a watered down and sanitized media creation of a dream that never was.

Dr. King's belief that any man willing to make an honest living should be able to be paid an honest wage was his true legacy, and his attempt to provide economic freedom for sanitation workers, who marched alongside of him shouting "I am a man!" is what ultimately cost him his life.

He died, therefore, not because he had a dream,

but because he attempted to live his dream. While we have become experts in quoting "the dreamer," living the dream remains our unfinished business.

According to the National Urban League's 2010 State of Black America, the median wealth of African-Americans is \$9,500 versus \$116,500 for whites, median household income for blacks is only 60 percent of white household income and black unemployment is nearly double at 14.8 percent compared to 8.5 percent.

In addition, more than three-fourths of black children are born to unwed mothers, a third of black men are incarcerated or under state supervision, less than 15 percent of black high school students are proficient in math and reading and a large proportion of the black underclass are mired in generational poverty, often "turning to crime to win acceptance, achieve wealth, or gain prestige."

What needs to happen to close the economic gap between black and white Americans and thus reclaim a "Dream," now lost somewhere between the commercials and the hype or obscured in a thick cloud of post-racial fiction?

The era of great civil rights marches has probably ended. However, in past generations, the community took control of its own future by "exerting leadership or creating the necessary institutions to make progress a reality." An opportunity exists presently to confront the struggle for equality, not by resorting to ancient

methods, but by reclaiming values from the past.

What are these lost gems?

Undoubtedly, education - "the primary tool of emancipation and liberation for African-Americans in our fight for true equality in this country," - is the key to economic advancement for African-Americans.

African-Americans have always understood this and sold chickens and eggs and saved hard-earned nickels and dimes to build schools for ex-slaves who had risked capital punishment if caught trying to read or get a little "edumacation."

Yet the modern educational system, according to late historian Carter G. Woodson, "does others so much more good than it does blacks, because it has been worked out in conformity to the needs of those who have enslaved and oppressed weaker peoples."

And, because "the benefits of the civil rights movement did not accrue evenly throughout the entire black community, many African-Americans were unprepared for the shift from an industrial labor economy to a knowledge and technology-driven global economy that values brains and education over brawn."

Therefore, in a society where the level of one's educational attainment positively correlates with their level of economic freedom, the contemporary version of "the dream" must involve the concerted "effort to make better schools a present reality

while encouraging, preparing and funding black students' successful pursuit of college and specialized degrees" from legitimate, "accredited" institutions of higher learning.

Achieving innovative governmental reform and improvement of the education system is the foundation of economic freedom and remains the black community's unfinished business.

Secondly, a way has to be found to encourage marriage in the black community. Although two-parent African-American households are much more financially healthy than single parent households and have more positive outcomes, they are now only 40 percent of all African-American households compared to about 80 percent back in the 1890s. Few in the black community seem to be making a case for marriage and as a result, healthy guidance concerning dating, family, and parenting are lacking causing an increasing prevalence of generational poverty and its effects.

Finally, the community historically responded to segregation and racism through innovation and entrepreneurship. A host of black businesses including hospitals, banks, restaurants, insurance companies, newspapers, doctors and funeral homes evolved to maintain the viability of the black community.

Today, the difficulty of obtaining credit, the increased competition brought about by integration, and the lack of purchasing power which causes black businesses to stock less variety and charge higher prices have made black entrepreneurship a challenge.

Also, the current economic recession has forced many black entrepreneurial havens, such as beauty shops - "the most segregated institution in the black community other than church," to close or drastically change. Regular patrons are coming less frequently, stretching out their appointments or getting fewer services.

White salons such as Saks' or Dillards are now

serving black and white clients and employing a diverse staff of stylists, expediting the egress of money from the community along with the cultural experience and unique socialization that many African-American women have traditionally depended on to relax and unwind.

Yet, research shows that black entrepreneurs produce, through their children, the greatest number of black college graduates, professionals, and businesspersons or executives and demonstrate a stronger emphasis on the value of education. Therefore, efforts to assist blacks in expanding opportunities for entrepreneurship, maximizing economic independence and developing ways for African-Americans to enter the economic mainstream must be a community priority.

Otherwise, rather than becoming a reality, the dream will remain a mere illusion.

Contact
Rev. Donald Perryman, D. Min., at ddperryman@ccofophelping.org

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State Rep. Michael Ashford Takes New Oath of Office

Sojourner's Truth Staff

On Monday, January 3, Michael Ashford once again took his oath of office. This time, however, the swearing-in ceremony had a far different feel, in a much different location.

Since January 2002, when Ashford was appointed to Toledo City Council, to replace the departing Rep. Edna Brown, he has been taking his oaths in Toledo City Council chambers on a regular basis—after appointment, a special election and two general elections in 2003 and 2007.

Ashford, who had been the senior member of City Council when he left for Columbus, is now in the capital representing House District 48, once again replacing Edna Brown who moved from the House to the Ohio Senate.

In late December Ashford's former colleagues on Council acknowledged his contributions to the City of Toledo over the past nine years noting that he had accepted several major challenges both within his district and within the city as a whole including: the creation of a major entertainment district in downtown Toledo,

dealing with the major flooding of 2007 and the mini-riot in north Toledo in 2005, tackling major budget issues, the creation of numerous honorary streets to commemorate noteworthy Toledoans and working closely with community development corporations and neighborhood or-

ganizations "to secure dwindling government resources."

Ashford, the resolution said, has been "a strong proponent of safe streets and neighborhoods" during his tenure.

Now, the new representative heads to the state capital

during a time of unprecedented budget pressure. It is estimated that the revenue

shortfall in the next two-year state budget could be as much as \$10 billion. Another daunt-

ing challenge for the former city councilman.



An Urgent Movement for Justice

By Benjamin Todd Jealous, President and CEO of the NAACP



quently.

The most recent victory is that of Jamie and Gladys Scott, two Mississippi sisters who have been imprisoned for 16 years on double-life sentences. They were each condemned to this extraordinary sentence as teenagers for a first-time offense in which \$11 was stolen and no one was hurt. The Scott sisters were convicted of luring two men to be robbed by three teenage boys. The boys each received eight years and served less than three. Moreover, there are compelling reasons to believe the sisters are innocent.

Their case has become increasingly tragic and urgent over the years. While in prison, Jamie has lost use of both her kidneys.

At Thursday's press conference for the Scott Sisters,

I praised Governor Barbour for his decision to release both sisters from prison:

"This is a shining example of the way clemency power should be used. Governor David Paterson did it last week in the John White case. Now, Governor Barbour. We hope next will be the Governor of Georgia in the John McNeil case. These are important cases, and it's important governors realize that they have a role to play in advancing justice."

As the Scott sisters' lawyer Chokwe Lumumba has observed, we are further heartened that by indefinitely suspending their sentences Governor Barbour is taking the same first step he took in each of the cases he later pardoned.

Many have objected to Governor Barbour attaching
(Continued on Page 12)

THE BUZZ IS COMING!
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Toledo's Kwanzaa Celebration Emphasizes Unity, Faith

By Brittany Jones
Sojourner's Truth Reporter

The United States of America, in its history, has lived up to its reputation as "the melting pot."

With many nationalities that immigrated to the States over time, the various cultures that made up this nation soon became one — American.

Despite that similar "home country" bond, there could never be a replacement for where these diverse backgrounds originated, their "motherland," which explains holidays such as Cinco de Mayo, the Chinese New Year, Hanukkah and Kwanzaa.

During the last week of December, people gear up their resolutions and attitude adjustments for the New Year.

Within African-American traditions, that last week of preparation is called Kwanzaa, which lasts from December 26 through January 1.

Even locally, the holiday was celebrated thanks to the Toledo Kwanzaa House as they presented the 44th Annual Kwanzaa Celebration at the Wayman Palmer YMCA.

The "Nguza saba" or "Seven Principles" represented the seven days of the festivity in Pan-African Swahili language.

Those principles are

Umoja (Unity), Kujichagulia (Self-Determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity)

and Imani (Faith).

For Washington Muhammad, Self-Expression Teen Theater (SETT) program coordinator and committee member of the Kwanzaa celebration, the first and last principles have a special significance.

"With unity as the first, it helps us recognize that we have a shared interest within our community and ending with the effectiveness of faith, we recognize that there is a higher power and we are not the center of it all," he stated. "They are like bookends that hold the rest of the principles and this program together."

The theme for this year was "Speaking Our Vision into Existence."

Rolita Noble, the 2010 chairman of the committee, points out that these values are not just during Kwanzaa.

This year it's about taking these principles and figuring out how you can apply them

to everyday life," she said. "It is also about applying them to aid the community as well as helping yourself."

Everyday at 6:55 p.m., the program began with a drum call where the attendees grabbed musical instruments—drums, bells, shakers, etc.—and went around playing and singing.

Once back in the room, Noble opened with a welcome and thanks for those who came out to support. That was followed by the singing of the National Anthem.

Next was asking permission to proceed with celebration, which is granted by one of the elders in the group, as in African custom. Noble explained that power is with the elders and they are always acknowledged especially with important celebrations.

One must not forget the suffering and accomplishments by those before us and

(Continued on Page 13)

**Bricks Sold as of December 25, 2010****Board of Directors & Staff of****Toledo Urban Federal Credit Union**

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Mini-Makeovers for a Healthy New Year

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

Home-cooked food can be lower in saturated fat, sodium, and sugar and higher in good nutrients like fiber, calcium, and iron. Why? When you prepare food at home, you get to choose the ingredients. If the food you are preparing calls for tomato sauce, you can choose a low-sodium version or simply omit the salt from the ingredient list. And if you are worried about portion sizes as many Americans these days are, eating at home can help you control your portion sizes. You can also include more fruits and vegetables in your main dish and side dishes and for dessert.

cans of food. Use a larger turntable in the refrigerator for bigger items and underneath the kitchen sink for cleaning products.

Where is that remaining half an onion? Or the little bit of extra grated cheese? And wasn't there half a cucumber still in the refrigerator—someplace? Make a "use it soon" spot in the refrigerator. Store remaining extras of items in the same place. One possibility is to collect them in a shallow pan such as a bread pan, almost like their own use it soon "drawer" in the fridge.

Out with the Old:

How long a food lasts depends on the food and how it is stored. For more detailed charts on check out OSU Extension's FactSheets on Pantry Food Storage and Refrigerator Storage (<http://ohioline.osu.edu>)

Most pantry items are best stored in cool, clean, dark areas. Canned food is best when used within one year. If you have some canned food that has been on your pantry shelf, plan to use it up or if it is older than a year, toss it out.

In the kitchen, the warmest cabinets tend to be the ones above the stovetop, near the dishwasher or next to the refrigerator exhaust. These warmer (and sometimes moister) areas are not the best for storing food. They are a good place to store dishes, pots and pans.

The shelf life of whole spices is two years and of ground spices/dried herbs is one year. Do not store

spices on the counter close to the stove because heat and light will shorten their shelf life.

Try Something New:

Try some new recipes. Look for healthy cookbooks or recipes on-line. Share your healthy recipes with friends and family and get favorites from them also.

When purchasing new spices for flavoring, buy a small container first. Even if the smaller size is more costly on unit price, the larger size will not be a deal if you cannot use it up within a year or if you find you do not care to use any more.

Recipe Makeover:

Do you have some favorite recipes that you think could use a healthy update? Look over some of your favorites and think about what minor changes you can make to update it to a healthier version.

Look for "discretionary" or "extra" calorie ingredients like added fat, cholesterol or sugar, as well as sodium. You can often use less high fat or high salt ingredients or substitute other ingredients without sacrificing flavor.

Add more nutrition! Look for ways to use the messages of MyPyramid such as: make half your grains whole, vary your veggies, focus on fruits, get your calcium-rich foods (choose low-fat milk products) and go lean with protein (choose beans and low-fat cuts of meat as well as healthy ways to prepare it). Can you add more vegetables to a favorite recipe? Can you substitute a whole grain product for an enriched grain?

Change your method of

preparation. For example, instead of frying, can you bake, grill, steam or broil it? When looking for new recipes, check for ones with healthy ingredients and healthy steps for preparation.

Makeover the Grocery Budget:

First, shop your "new" organized kitchen cabinet

or pantry. Inventory supplies already on hand and plan a meal around that!

Use new recipes and ideas to stock up on low-cost, quick-to-fix foods. Add those items to your grocery list and stick to it.

Try a variety of foods, canned, frozen, and fresh.

Try some new seasonings or try a new way of preparing less costly foods. Plan

meals around items on sale at the grocery store.

Try recipes that use less costly protein rich foods such as eggs, beans, dairy products and peanut butter.

Avoid buying expensive, calorie-dense snacks or desserts. Try making your own less costly and healthier snacks and desserts.

H.R.676 – Health Care (Medicare) For All

By Annette M. Wright
Special to the Truth

When President Obama won the 2008 presidential election, one could fairly say that enduring a "shel-lacking" from a small band of disgruntled citizens, called the "Tea Party" was the last thing on his mind.

In fact, back then, no one even knew anything about the Tea Party. Obviously, that is no longer the case. In a little over a year, the Tea Party has become a formidable force to be reckoned with by both the left and the right. The rise of the Tea Party was the number two "Top 10 News Story" featured in Time Magazine's annual roll out.

One of the major forces fueling the energy of the Tea Party and Republicans is eliminating big government and that means destroying "Obamacare." Presently, there are about 20 states that are challenging the constitutionality of Obama's health care reform. And starting today, Wednesday, January 5, 2011 they plan to hit the ground running on this is-

sue in particular.

Well, there is another little known group that has been working quite diligently and consistently on another health care act.

The United States National Healthcare Act (H.R. 676) or "Expanded & Improved Medicare For All" introduced by Representative John Conyers, Jr. has been around longer than Obama, Obamacare and the Tea Party.

Introduced in 2003, HR 676 will provide health care for every person living or visiting the United States and our territories. The program will cover all medically necessary services, including primary care, inpatient care, outpatient care, emergency care, prescription drugs, durable medical equipment, hearing services, long term care, mental health services, dentistry, eye care, chiropractic, and substance abuse treatment.

Patients will have their choice of physicians, provider, hospitals, clinics

and practices. There are no co-pays or deductibles under H.R. 676.

While doctors, hospitals and clinics will continue to operate as private entities, they will not be able to issue stock. Private health insurers would be prohibited from selling coverage that duplicates the benefits of H.R. 676. Exceptions to this rule include coverage for cosmetic surgery, and other medically unnecessary treatments.

The cost and administration of H.R. 676 is not as complicated as one may think.

1. Families will pay less. Consider that the average family of four covered under an employee health plan spends a total of \$4,225 on health care annually – \$2,713 on premiums and another \$1,522 on medical services, drugs and supplies. This figure does not include the additional 1.45 percent Medicare payroll tax levied on employees. A study by

(Continued on Page 7)

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Resolve To Establish Deep Social Ties in 2011 For Better Health!

By Diana Patton, FITatudes
Guest Column



It's no coincidence we felt God's whisper to develop a company with the term "FIT" in it; which stands for **Feeling Inspired Together** as a means toward long-term wellness. We added the "atude" part to create "FITatudes" (www.FITatudes.org) because we need to have the attitude of Christ as we spur each other on toward wellness—and for good reason!

Check this out: Julianne Holt-Lunstad and Timothy B. Smith from Department of Psychology, Brigham Young University and J. Bradley Layton Department of Epidemiology,

University of North Carolina at Chapel Hill published a study in the Public Library of Science ("PLOS" - www.plosmedicine.org - then search articles for "social relationships and mortality risks") that found that "people with stronger social relationships had a 50% increased likelihood of survival (living a longer life) than those with weaker social relationships."

They also found that "the influence of social relationships on the risk of death are comparable with well-established risk factors for mortality such as smoking and alcohol consumption and exceed the influence of other risk factors such as physical inactivity and obesity." The researchers concluded that physicians, health professionals, educators and the media should know that "social relationships influence the health outcomes of adults and should take social relationships as seriously as other risk factors that affect mortality."

You can read other articles on the internet by WebMd and Scientific American that reference and

affirm the PLOS study.

AMAZING, right? That's majorly HUGE!

Yet again, God already thought of this and science is simply backing up the truth—God's word. There are several passages in the bible that talk about Christian relationships, attitudes and behaviors towards others. One we often quote at FITatudes is Proverbs 27:17 "As iron sharpens iron, so one man sharpens another" (just watch out for the sparks!).

There are over 50 of these in the New Testament that specifically say or relate to "one another" or "each other." The scriptures instruct on every aspect of relationships. There are instructions on being at peace, living in harmony, being unified, the negative attitudes and actions to avoid, the positive attitudes and actions to pursue, how to love, what commitment looks like, how to forgive, how to teach, how to encourage, how to be manner-able and how to serve. We've assembled a few of these scriptures as a means of quick reference and review (to receive a copy of these scriptures email us at info@FITatudes.com and

put in the subject line "Please send me the relationship scriptures" - we guarantee you will be abundantly blessed!)

So, what does this mean to you?

You NEED social ties! You can't afford to live in isolation - *your health depends on it!* Resolve to make this happen in 2011 and help each other live healthily.

Some of you may be wondering if social media like Facebook, Twitter and LinkedIn suffice. Well, the jury is still out on that one. The PLOS article does not discuss or quantify the impact of another person's body language on one's health. You could perhaps judge a person's tone by use of upper or lower case words and how many exclamation points and emoticons they use. But my educated guess says that social media sites marginally assist but cannot replace the overall benefits you receive from face-to-face, human-to-human and

even voice-to-voice interaction.

But, not to worry - mark Saturday, January 22, 2011 in your calendar. Read on:

1. Get on your phone, blackberry, droid, iPhone and text, Facebook or tweet your friends about the above study and share the scriptures that we'll email to you (info@FITatudes.org). Tell them you RESOLVE in 2011 to develop a deeper relationship with them. Then,

2. Invite them to the Jump Start Women's Event that will be held on Saturday, January 22nd at CedarCreek Church in Perrysburg Ohio from 9-1pm where FITatudes will speak. Here you will meet other jazzed up and on fire women who want to live a life of purpose, live healthy and well, and who *crave* social interaction. The cost is **ONLY \$15**. You'll hear an inspiring message of wellness, enjoy a healthy lunch and cooking demo and learn how you can stay con-

nected. Registration is easy, just go to www.cedarcreek.tv and click on "Around the Creek" and you'll find the link to register.

3. If you can't attend the event, simply gather a group of your friends and purchase the FITatudes Jump Start Workbook and DVD on the FITatudes website (www.FITatudes.org) and start meeting at your home, your church, the coffee house; wherever and use the workbook and DVD as a guide to begin sharpening each other toward wellness.

Let us know if you need any additional help. To learn more, go to www.FITatudes.org. Diana Patton and Tonja Ward co-own and co-operate FITatudes Ministries; a movement that empowers women and their families to drop the "DIE-it" mindset and rely upon God to Eat to Live, Live to Worship and Get Full on the Word.

H.R.676

(Continued from Page 6)

Dean Baker of the Center for Economic Research and Policy concluded that under H.R. 676 a family of four making the median family income of \$56,200 per year would pay about \$2,700 for all health care costs.

2. Businesses will pay less. In 2006, health insurers charged employers an average of \$11,500 for a health plan for a family of four. On average, the employer paid 74 percent of this premium, or \$8,510 per year. This figure does not include the additional 1.45 percent payroll tax levied on employers for Medicare. Under H.R. 676, employers would pay a 4.75 percent payroll tax for all health care costs. For an employee making the median family income of \$56,200 per year, the employer would pay about \$2,700.

3. The nation will pay about the same, while covering all Americans. Savings from reduced administration, bulk purchasing,

and coordination among providers will allow coverage for all Americans while reducing health care inflation in the long term. Annual savings enacting H.R. 676 are estimated at \$387 billion (Baker Study).

Basically, H.R. 676 is a single-payer health care system much like the health care systems of Canada, the UK, and Taiwan. Single-payer health insurance collects all medical fees and then pays for all services through a single government source. In a nutshell, H.R. 676 is Medicare for everyone.

When H.R. 676 was first introduced there were about 25 congressional backers of the bill. At the end of 2009, within the 111th Congress, H.R. 676 had 85 co-sponsors from both parties. In other words, the bill has bipartisan support.

It is interesting that the voting public has not heard more about H.R. 676.

H.R. 676's rise and suc-

cess could mimic or even surpass that of the Tea Party movement. The motivation of eliminating big government was the unifying factor for the Tea Party. Perhaps the definite knock down drag out fight awaiting Obamacare could prove to be the motivating force for H.R. 676 supporters.

H.R. 676 has an opportunity to cease the moment and activate a meaningful grassroots movement and call to action. After all, the health care reform that Candidate Obama had in mind looks nothing like the health care reform that President Obama passed.

The USNHC - H.R. 676 supporters believe that their bill offers meaningful health care reform, because it covers All Americans and reduces costs across the board.

For more information on USNHC - H.R. 676 visit <http://www.healthcare-now.org/hr-676>.

"Time Flies When You're Having Fun"

That quotation has proven true for Cynthia and Jack Ford during the last 90 days!



Photo by Steve Lohoff

The couple got on board with a pro-health company, Visalus Sciences, and took the Body By Vi Challenge on May 1, 2010. They took the challenge with 12 friends to make health a larger priority in their busy lives.

Jack set a goal of losing 80 pounds to become eligible for placement on the kidney transplant list. Cynthia took the Body By Vi 90 Day Challenge to get fit, increase energy level and show support for Jack.

They are thrilled with the results! Jack has lost 54 pounds in 90 days! Cynthia has changed two dress sizes

and no longer munches granola bars and diet soda to get through the day. Now that they have achieved success without stress, they want to invite YOU to join them on the Body By Vi Challenge, too!

Jack Has Just 26 pounds to Go!

If you, or someone you care about, are interested in a weight loss transformation before the holidays begin or if you are interested in joining their team of positive and dedicated professionals, Jack and Cynthia invite you to join them beginning in August 2010.



Photo by Sarah Schmeider

Website - www.donney.bodybyvi.com
Email - prosperouslivingbivc@gmail.com
Phone - 419.467.8327

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NAMI of Greater Toledo Reaching out in Support of Minority Outreach

By Lisa Canales, NAMI Education Director
Guest Column

NAMI (National Alliance of Mental Illness) of Greater Toledo is a grass roots, family-oriented support, advocacy and education organization. Our goal is to improve the quality of life for children, adolescents and adults who suffer from mental illness/psychological problems and to support their families.

NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country that engage in advocacy, research, support and education.

Members of NAMI are friends, families and individuals living with mental illness such as major depression, schizophrenia, bipolar disorder, obsessive compulsive (OCD), panic disorder, post-traumatic stress disorder

(PTSD) and borderline personality disorder.

One of the most successful programs NAMI offers is the Minority Outreach Educational/Support Group. The Minority Outreach Program is designed to go into neighborhoods, centers/activities that are focused on minority cultures to impart culturally

specific education and to offer referral to treatment and support.

NAMI of Greater Toledo, and the House of Bread Ministries have collaborated for the Minority Outreach Support Group for family members, consumers, significant others and friends of people with mental illness. The loca-

tion is the Bethlehem Baptist Church New Life Center (The House of Bread Ministries) and the session is held every Wednesday from 5:30-7 p.m. The facilitator is Teresa Johnson.

Johnson comes to NAMI with years of personal experience dealing with a loved one who was given a diagno-

sis early in life. That experience led her to work with the mental health systems, schools and many local agencies.

As she struggled to find answers and work through the system, she eventually became an advocate for NAMI and is now assisting other local families who may

feel lost and concerned with a recent diagnosis.

Class size is limited but the course is FREE. The support group is held every week for 90 minutes and is free of charge. Special appreciation to facilitator Teresa Johnson and Rev. Derek Arnold for their strong support to NAMI of Greater Toledo.

Our future plans are to start a Family 2 Family Educational Class at the church. This will be a 12-week course that focuses on the details of dealing with a mental illness such as problem solving, communication, mood disorders and understanding the medication to name a few of the classes.

Wanda Dorsey, is the facilitator for the NAMI "Women 2 Women" Support Group held every Friday @ 2 p.m. located at 1145 S. Byrne Rd. This support group is specifically for the

(Continued on Page 11)



Nilda Rodriguez and Ana Ulrich



Wanda Dorsey and Teresa Johnson

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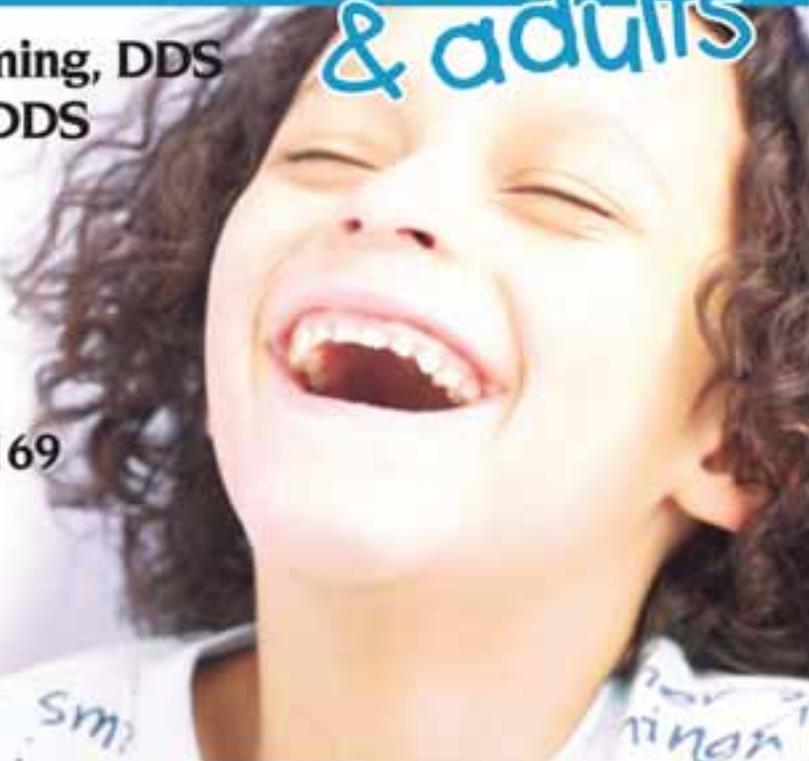
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RESOLUTIONS for 2011

By Angela Steward
Fitness Motivator



The most common New Year's Resolution is to "Get In Shape." It is the most typical resolution, yet the easiest to fail. Why? Because getting in shape is a journey, it doesn't happen overnight, over a weekend, or over a few weeks, it takes longer than you anticipate.

You set out determined to fulfill your resolution, you're focused, fully intending to work out every single day, to eat salads and/or any quick-fix diet concoction you can find and, BAM, here comes Auntie Susie with some fried chicken, macaroni and cheese, greens cooked with ham hocks, and red velvet cake for dessert.

That inner voice begins to speak to you "eat it, you deserve it" and the next thing you know you've cleaned your plate and are thinking about going back for seconds.

Getting in shape is more than losing weight, it's about changing your mindset, the reason you're eating, are you hungry or bored, why you eat the things you eat, and how you

feel after you eat.

Making the resolution to "Get In Shape" doesn't give you the roadmap or tools to reach your shapely destination!

RESOLVE to make small lifestyle changes and celebrate the small victories that come with that lifestyle change. Small victories turn into large ones, but you have to embrace and celebrate the small ones, such as.

RESOLVE, to remove cheese from your diet. One slice of cheese is 70 calories. Most of us enjoy cheese on our tacos, burgers, baked potatoes, salads, sandwiches, etc., and eat it on several things daily. Eliminating one slice of cheese for 30 days saves you at least 2,100 calories – Wow!! Small change, huge results!

RESOLVE, to eat breakfast daily. I'm extremely busy so I don't have time to fix breakfast. I keep instant oatmeal in my office desk drawer. I eat it with a half grapefruit or half of apple. The oatmeal (fiber) fills my stomach so I'm full and not tempted to snack. The grapefruit or apple (healthy carbohydrate) boosts my metabolism!!!

RESOLVE to eliminate salt from your diet. It may seem inconvenient, but salt makes your body retain water – the cells fill up and make you heavy. Retaining water will cause your metabolism to slow down tremendously – so get rid of the salt shaker!!!

RESOLVE, to drink (more) water. Drinking more water helps you to eliminate water. The same way your body holds onto fat if you starve, the body will hold onto water if you're not drinking

enough. There are some people who don't drink water – they don't like the taste, etc. There is no substitute for water, but if you just can't stand the taste, try: iced tea (no sugar), lemonade made from fresh lemons (no sugar), black coffee or tea (including herbal tea), or sparkling water (low or no sodium). I drink a glass of water BEFORE I eat, that way I know I drink at least three glasses of water per day, if I drink three or four more glasses of water throughout the day – I've reach my daily goal of six to eight glasses of water. Simple huh?

RESOLVE, to eat lean meats: chicken or fish. Chicken and fish metabolizes quicker than red meat, so it increases your metabolism. Think of your metabolism as a garbage disposal – while running chicken and fish through the garbage disposal it will shred and fall apart quickly from the disposal blades because of its low fat content.

Red meat running through the garbage disposal can almost ruin your disposal, because of the fat content of red meat it holds the meat together so it takes longer to dissolve – your garbage disposal (metabolism) is going to slow down to grind the red meat, because of its fat content – it doesn't shred and fall apart like chicken and fish.

The result is: the slower your metabolism, the less quickly your body will convert food into energy, and the food that doesn't get burned as fuel will get stored as fat. And that's when you get fat! Back off the burgers (and cheese)!!!

RESOLVE to stay away from diet shakes. Diet shakes force you to cut calories dramatically – even if you lose pounds, it will slow your metabolism and the end result is you gain the weight back quickly and usually more.

RESOLVE to stop using protein bars as a meal replacement. Protein bars usually contain as much sugar and fat as a candy bar. Do not build your weight loss program around a candy bar! In a pinch, the protein bar is better than a chocolate bar or bag of chips, but not a great or healthy way to lose weight.

RESOLVE to stay away from diet pills. They are a quick fix, but when you stop taking them, the weight will come back quick, quick, quick!

RESOLVE to participate in some form of physical activity for one-half hour at least three times per week, walk or jog outside or inside the mall, run in place or do jumping jacks in your basement, dance while you're running the sweeper or washing dishes, find a fitness class with ladies and/or men that have the same fitness goals and mindset as you, and make yourself attend at least three times per week.

You can't do what you did in 2010 and expect 2011 to be different! No changes, no results – small changes – huge results!
In 2011 RESOLVE to "DO YOU"!

Have a happy and healthy 2011!

Angela R. Steward
Creator of "Fabulously Fit" Studio Fitness
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From Resolution to Evolution

By Dianne Pettis, MS, FNP-BC
Guest Column



for the long haul, what's the point?

I reflect on the past year, and I still plan for the next; I just do it a little differently than in the past. I look at all areas of my life to see where I need to improve so that I am the best person I can be. We're always in a state of evolving and changing, and hopefully for the better.

What kind of person do you want to be? What kind of health do you want to have? What do you want your body to look like? What kind of relationships do you want to have? How do you want to feel on a consistent basis when you wake up in the morning?

I have always cherished my New Year's Eve ritual of taking time to reflect on the past year – the good things, the not so good things, the patterns and habits that were still with me, the lessons I learned, and the blessings. I stopped making New Year's Resolutions several years ago because after about the first week or two into January, I could only vaguely remember the mountain I was so sure I would conquer.

As I speak with patients who want to make health changes, I always talk about making lifestyle changes – something you're going to do everyday, and make a part of your life. If you're not in it

The kind of person you are right now – the condition you are in right now – the current state you have evolved into at this point in time is a direct result of everything you have been thinking, doing, eating – or not thinking, doing or eating.

You and your life will continue to evolve, so take some control in that process.

you will evolve into in the next year, three years, or 10 years. Plan for the long haul; plan for life. Yes, make a decision, make plans and goals. 2) Write down your plans and goals, and put them where you can see them everyday. I like to use affirmations because they keep my desired end always in my thoughts. 3) Take action everyday because even the little steps that you take daily toward your better life will have a compound effect. 4) Track your progress at the end of every month. If you're not where you want to be, readjust your plan. 5) Celebrate your successes.

If you need to make a resolution for 2011, resolve to evolve into the best you that you can be. To your health! Happy New Year!

Dianne Pettis,
MS, FNP-BC
Family Nurse Practitioner
Author of
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Dear Ryan,

I really need to start on an exercise program, but to be honest I HATE to work out. I know it's the first of the year and everyone tries to get started on a program but I need to change for more than just the new year. I do need to get started, because I'm on a downward spiral with my health. Do you have any suggestions on how I can get started with a simple program? Please keep in mind that I don't like to train but I seriously need help.

Caddy

Dear Caddy,

You're right about everyone starting an exercise program for the first of the year. If you go into any gym in the city they are packed from now until March or April and then it's back to old habits for most of them. The thing that is going to separate you from the rest of the New Year band wagon jumpers is setting a realistic goal.

Most people jump in up to their necks and try to do too much too fast and they get burnt out or don't get the results they think they should be getting and they get discouraged. Let me say that first your goal should be just to get there and get something done.

Of course you want to lose body fat but let's look at it a different way. You said that your health is suffering so let's concentrate on getting healthy. Your goal is to improve your level of fitness and condition and that should be the goal of anyone trying to start on a new program.

I say if you're having a hard time with motivation or consistency than you should try to find a friend to train with so that you two can be held accountable to each other. Remember this isn't a social time for you this is a, "lets get it in and motivate one another" time for you both.

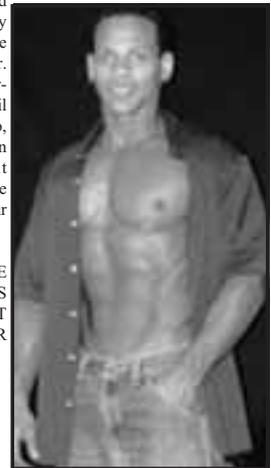
You can get in a decent workout in 30 to 45 minutes and be on your way. Start out with a nice warm up by doing some form of cardio for five minutes. After your cardio, move on to a little bit of light weight training working your major muscle groups. Leg extensions and leg curls, pull downs for your back and finally a chest press exercise.

Do three sets of 10-15 reps and then go back and finish your workout with 10 to 15 minutes of cardio. Do this for a few weeks and then increase to more exercises for more body parts. This will be a great start for you and anyone else that is embarking on a new program this year.

After your first three weeks if you find yourself not knowing what to do just send me an e-mail and I will get you in the right direction. Also, remember that your nutrition is a large key in getting healthier. You can visit mydreambodies.com for nutrition help. I hope you all have a great year ahead and obtain your health and spiritual goals.

2 FOR 1 PERSONAL TRAINING UNTIL THE END OF JANUARY!! DON'T WAIT SESSIONS ARE FILLING UP FAST. ALSO, CALL TO SET UP YOUR FITNESS BOOT CAMPS FOR YOUR GROUP!

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UT Professor Leads Group that Created New Guideline for Tonsillectomies

Special to The Truth

"A new clinical practice guideline for tonsillectomies has been created by a multidisciplinary panel of authors that was led by a University of Toledo professor. "Tonsillectomy, which is the procedure to completely remove the tonsil, is one of the most common surgical procedures in the United States with more than 530,000 performed annually in children under 15 years old. "Despite the popularity of tonsillectomy, there was no guideline previously for the surgery in North or South America and in just a few European countries, said Dr. Reginald Baugh, UT professor and chief of surgery in the Division of Otolaryngology in the College of Medicine. "Dr. Baugh chaired

the study panel that created the new guidelines. The multidisciplinary panel included representation in the fields of pediatrics, family medicine, sleep medicine, anesthesia, infectious disease, advanced practice nursing, consumers and more. "We saw a fair amount of variation in how tonsillectomy was being practiced around the country," Dr. Baugh said. "This new guideline, which identifies multiple opportunities for improvements, we hope will improve the quality of care for children having tonsillectomy. "The "Tonsillectomy in Children" guideline was published in the January issue of Otolaryngology-Head and Neck Surgery, which is the official scientific journal of the American Acad-

emy of Otolaryngology-Head and Neck Surgery Foundation. "Recommendations focus on patient selection with some notes for treatment during and after the surgery. The panel opted to not delve into the specifics of doing the procedure itself, but rather focus on topics that would most make a difference for the patient, Baugh said. "The topic of tonsillectomies made national news last summer when President Barack Obama used it as an example of how the fee payment schedule applies to health care decisions. The American Academy of Otolaryngology - Head and Neck Surgery at the time was convening the panel for this study to create guidelines."

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Book Review

The Empowered Patient by Elizabeth Cohen

c.2010, Ballantine Books \$15.00 / \$17.00 Canada 216 pages, includes extras

By Terri Schlichenmeyer
The Truth Contributor

Insurance is a sore spot with you these days. Maybe that's because you're sore.

And achy and your throat hurts, not to mention the fever you've had. You got meds for it a few months ago, but this whatever isn't going away; in fact, it's gotten worse and you're getting worried. You hate to bother your doctor again (she said it was nothing to fret about) and you've got a big deductible to consider, too, but this has hung on long enough.

Before you make a call, take an afternoon to read *The Empowered Patient* by Elizabeth Cohen. This may be a book for what ails ya.

Remember the old saying about the squeaky wheel always getting the grease? That's Lesson Number One: learn how to be a "bad patient." Speak up if there's something you don't understand, or if your intuition is screaming that something's

not right. Don't be afraid to ask lots of questions. Your life may depend on it.

"If there's one thing you should take away from this book," Cohen says, "it's that you must find a doctor who takes you and your health problems seriously."

To do that, "test drive" and interview prospective physicians. Observe the waiting room and Google the doctors you like. Again, ask questions, use the worksheets at the back of this book, and when you find Dr. Right, "Get it DUN!" says Cohen.

But let's say you've got a diagnosis and it's not good. Cohen says that the internet could be your best friend, so don't hesitate to use it. Separate good sites from the bad ones while you search for information, and utilize helpful forums. While you don't want to become a cyberchondriac and

you shouldn't bring reams of paper to your next appointment, it's prudent to show your doctor what you've learned online. Above all, know the six words that will help you avoid misdiagnosis.

What if you've already got a good doc? Anything else?

Learn how to ask delicate questions (especially if you notice a lot of medical-marketing freebies in your doctor's office). Find out how to keep yourself safe while in the hospital. Know where to find help for prescription drug costs. Do your homework before you buy any insurance policy and beware of "discount cards."

At a time when Baby Boomers are aging and healthcare is on everyone's mind, along comes an inexpensive, common-sense book like *The Empowered Patient* to make things all better.

Author and CNN Senior

Medical Correspondent Elizabeth Cohen takes readers from inpatient to outpatient and everywhere in between in this useful, thorough book. Cohen uses casebook stories as examples, and she explains every-

thing in easy-to-understand terms that even the most non-medical person can comprehend. The best part – what I found most helpful – is the handy synopsis at the end of each chapter.

Being sick stinks but not knowing where to turn is worse, so take this book along as you head to that first doctor's appointment. For you, *The Empowered Patient* is a guide you sorely need.

Nami

(Continued from Page 8)

women living in the apartment complex and is focused on education on mental health and mental illness. It also has become a women's support group to talk and discuss the day-to-day stress issues of life, kids, work and personal conflicts.

Dorsey comes to NAMI with many years of experience, education and a heart ready to give back to a community that was there for her and her family.

Just as important is our mission of educating and supporting Latino families here in Toledo and northwestern Ohio. NAMI is proud of the Minority Outreach success it has achieved over many years of service.

NAMI has two facilitators who work with local support groups and teach the Family 2 Family educational classes in Spanish and English.

Ana Ulrich, and Nilda Rodriguez, have both taken the F2F class, and have been trained by the national organization to teach F2F in Spanish and English. NAMI will host this class in the spring 2011 at St Peter Paul Church, located in the heart of the South End. This course is free but limited in class size.

NAMI of Greater Toledo is proud of the Minority Outreach Program, and the number of families it serves in the African-American and Latino communities. These outreach support

groups are funded by United Way of Greater Toledo.

With minority numbers rising and more and more such services needed, we are looking forward to educating, advocating and supporting those families looking for "answers" in a time of confusion and despair.

For additional information, please call 419.243.1119 or visit our web site at:

www.namitoledo.org

Ex. Director/NAMI: Marci Dvorak
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2010 Best Of ...

By Terri Schlichenmeyer
The Truth Contributor

Doesn't it seem like everybody in the world is weighing in with their Official Best of the Year list? Yeah, well, here's mine. Here are my Top Picks, Can't Miss 'Em, Go Back and Find Them Books for 2010....

Fiction:

One Good Dog by Susan Wilson – I read about 320 books a year, and I've done that for the last decade or so. This book makes my Top 10 List EVER. One Good Dog is the story of a man who has everything and loses it, a dog who has nothing and loses it, and how these two souls come together. If you only read one book this winter, make it this one.

Wench by Dolan Perkins-Valdez – Set in the mid-1800s, this is the heartbreaking story of four black women who are mistresses to their masters. When they travel to what is technically a free state, they must decide to escape or stay. This is one of those books that hurts to read, but it hurts good.

Tempted by Trouble by Eric Jerome Dickey – I'm normally not a big fan of Eric Jerome Dickey, but this book blew me away. Tempted by Trouble is the story of a man who's down on his luck due to the economy. When his wife finds him a job, it's not exactly the kind that's legal.

This book is fast-paced, violent, harsh and I loved every page of it. Be aware that you may have to read the ending twice to "get it," but when you do....

Room by Emma Donoghue – What would you think if you were suddenly thrust in a world you'd only known through what you saw on TV? That's the premise of this book with shades of news headlines. Room takes a little getting used to at first – the language is different enough to make you wonder what you got yourself into – but stick with it. You won't be sorry.

Horns by Joe Hill – Pretty much everybody knows by now that Joe Hill is Stephen King's son. The good news is that he's a chip off the old block, but better. Horns is the story of a man who wakes up with fresh protuberances on his noggin. Surprised and a little dismayed, he decides to go ahead and use them. This book is funny, in a dark kind of way, and creepy times 10.

Non-Fiction:

In the Shadow of Freedom by Tchicaya Mossamou – This true story of a man who escaped being killed as a child soldier, escaped civil war in his African homeland, came to America – knowing no English – and became a decorated soldier is one that will

make you gasp and cheer. It's a page-turner, and you'll swell with incredible pride... but it's not for the faint of heart.

Orange is the New Black by Piper Kerman – When Kerman was nailed for a crime she committed years before, she spent another six years awaiting sentencing. This is the story of an upper-class woman and the youthful mistake she made, her time in prison, and how she coped. It's an educated peek at something most of us are curious about but will never get to see, thankfully.

Ah-Choo by Jennifer Ackerman – Maybe it's because of the season. Maybe it's just because I love this kind of reading material. But this not-at-all-stuffy look at the common cold just tickled me.

Drive by Daniel Pink – What makes you do what you do? This fun business book explains why we perform tasks that have no intrinsic value other than because they're enjoyable. Read it, pass it along to the boss, then see if you can try the business-forward methods Pink explains. You'll never hate getting up in the morning again.

Stuff: Compulsive Hoarding and the Meaning of

Things by Randy O. Frost and Gail Steketee – I'm a big fan of "Hoarders," so I was pretty excited to read this book – and for good reason: "Stuff" is like the TV show on paper, but with a psychologist's running commentary. I loved this look inside the homes and heads of hoarders, and I loved that this book was written with the layperson in mind, which means it's easy to understand.

Children's
Back of the Bus by Aaron Reynolds, illustrated by Floyd Cooper – Kids that are caught in the midst of something monumental rarely understand the significance of

what they're living. This book tells the story of a young boy who witnesses the birth of the Civil Rights Movement, but he's more focused on his favorite toy... or is he? Your kids will love the illustrations. You'll love the story.

The Butt Book by Artie Bennett, illustrated by Mike Lester – If you didn't have a butt, what would happen? This poetic paean to a little-appreciated body part explains the various benefits of having a behind, and I predict that it will be a big hit in your house. The pictures are guaranteed giggle-worthy, and the poem itself will make your kids want to hear it again and again.

Two the Hard Way by Travis Hunter – It's not easy staying out of trouble, if trouble seems to find you easy enough. This story of two brothers living in Atlanta's inner city is filled with grit and grace, and the characters are real: they cry, they'll admit they're afraid, and they own up to their mistakes. Meant for teens – specifically boys – adults will enjoy this book just as much.

And there you are: 13 very excellent reasons to get to the bookstore to use that gift certificate you got as a gift, or to spend your Christmas money.
Happy Reading!

Justice

(Continued from Page 4)



Gladys and Jamie Scott

a condition to Gladys Scott's release that she follow through on her promise, long blocked by the Mississippi penal system, to donate her kidney to her sister.

We share these concerns. We would fight anyone who ever tried to activate such a clause and we would win.

Attorney Lumumba has noted what many legal scholars have also observed:

"We are much better off with Gladys out of prison on a condition that is constitutionally unenforceable than behind bars in a prison that repeatedly refused to let her help her sister. Not only has the Governor's office assured us that they will never enforce this clause, they couldn't do it if they wanted to.

Why he let them out is an argument for historians, getting people like them out is what we have to be about."

Our eyes remain firmly focused on the prize: assisting the Scott sisters in getting the freedom they have won, the health care they need, and the pardon they deserve.

The victory of their release encourages us to press on in our nationwide efforts to con-

vince more governors to use their clemency powers to free more people who desperately deserve it.

Like the struggle to win justice for the Scott sisters, the struggle for full and fair usage of clemency powers is as urgent as it has been long. For more than a century, the NAACP has pushed governors and presidents publicly and privately to use their clemency powers to advance justice. Yet, the roots of this struggle go much deeper.

Alexander Hamilton predicted in Federalist Paper number 74 that without "easy access" to clemency our nation's justice system and democracy would not work properly. "The criminal code of every country partakes so much of necessary severity, that without an easy access to exceptions in favor of unfortunate guilt, justice would wear a countenance too sanguinary and cruel."

In addition to dealing with a justice system that has indeed become "too sanguinary and cruel" we are also confronting one that is grossly overcrowded with Americans of all colors

(especially Black men and women), and leaders who are too fearful to do much about either aspect of the problem.

Ten years ago, I played a small role in helping free Kemba Smith—a young black woman sentenced to more than 20 years on drug conspiracy charges despite her prosecutor's own admission that Ms. Smith had never used, sold, nor benefited from the sale of drugs. When I met with President Clinton about the case, it was clear he had studied her case and understood why she deserved freedom. He commuted her sentence a few months later as he left office.

As Kemba Smith has often said, her case is remarkable not because there are so few "Kemba Smiths" in our justice system (there are thousands), but rather because there are so few commutations for people who deserve them.

Gladys and Jamie Scott's freedom is just as rare and precious. Let's keep this movement growing by ensuring the pleas of others who deserve clemency are heard, and they are set free.

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“Keep In Mind That I’m An Artist....”

By Michael Hayes
Minister of Culture



You all know that quote from Erykah Badu, but another one also comes to mind as I begin this week's article:

“Eff a rap critic, he talk about it while I live it...” – Method Man.

One of the most hated figures in hip-hop has always been the rap critic.

Most of my readers are involved in the entertainment scene or at least passionate fans of urban music so they know this to be true.

How can I review albums by Kanye or Diddy etc, and still not be seen as a typical rap or music critic?

How can I interview local artists, speak on the local entertainment scene and it not come off like an outsider's perspective?

Because I make music and I am an artist before anything.

My degree is not in journalism, it's in public relations... which is sort of like the entertainment or creative part of business.

But beyond education it's the fact I was raised by musicians in a family of artists and my main interaction with the local and regional music scene is in the capacity of someone taking part in the art form instead of just whipping up a few paragraphs about it.

My editor came up with the title “minister of culture” not me.

Since my style of writing is more like I'm conversing with you, our discussion can range from pop culture to movies to politics to local issues etc.

But when I wake up each and every day my primary career goals are about producing tracks that will get my partner and me in the industry and developing our roster of artists to get them and our company in the door.

I'm trying to get it. Which makes me just like most of you out there, I can relate and I hope you relate to what I write.

As far as I can tell, most of my readers are producers, label owners, rappers, singers, promoters, people who aspire to be in the entertainment field to some extent or just true music enthusiasts. So I write from the ground

up, like I'm shoulder to shoulder with you in this quest because I am.

Lavale Stewart aka Adonis Lavale is my partner and my first cousin.

He and I make all the music for everyone on our roster, handle their graphics, packaging, recording, rehearsals and media exposure of all kinds and a lot more.

U.G.E. L.L.C. is not the top company of its kind in the area or the most well-known.

But we are lucky enough to rub shoulders with some of the area's best and brightest talents due to the fact we are around them all the time while we develop our roster.

That is why I have done so many articles on local artists and events. It's due to the fact that grinding in the music scene has placed me among the people who are doing so well that I just have to write about them to let my readers know.

Because our company is fortunate enough to be among the movers and shakers, I can readily identify quality local talent so when I tell my readers to check for someone it's because I have seen them in action and I've come across them on the music scene.

People like Tracy from Hustle Hand, or Flow from Be Original, or Dre P or Sasha Claybourn, labels like Soulbeast and crews like Six Ringz or all the D.J.'s and promoters I've interviewed over the years.

Trust and believe that the artists you see me give a little nod to or even a full out interview in this article are all people whose quality and artistry I fully stand behind.

Just mailing me a CD or seeing me at K Mart and asking for an interview isn't enough for me to tell my readers to check for you.

The hundreds of local entertainers I've put in this article over the years are all people who I have come in contact with while I'm on my own grind and I've seen them and can vouch for what they do.

If I didn't have my own company, I probably wouldn't have had the chance to meet some of the area's key players in the Glass City.

But even though I get to interview artists on the rise, the artists who are signed to my company are somewhat blocked from having the same spotlight.

I've never done a full-feature interview on anyone that I produce.

I've never reviewed any of our music... that wouldn't even make sense to do that.

To some extent the artists

on our roster are basically locked out of The Sojourner's Truth.

But right now I'm going to bend that rule a little because I'm proud of many things my company achieved last year.

U.G.E. artist T. Diamond graced the cover of the Toledo Free Press, had a great performance at the 4th Annual Core D.J. Bash At The Bay, and we even got “Haterz Get Mad” a few spins on Detroit's WJLB.

Big Marc da General is a special story because before I ever met him or signed him to our roster, he was featured in my article for his album Let Me Roc due to a high recommendation.

Years later he's a U.G.E. artist and someone who has had to transition from rapping mainly on his side of town to now doing Bash At The Bay, being featured multiple times on 88.3FM's The Session (hip-hop & neo-soul show) and his popularity has grown due to the release of his Outa Space Mixtape.

We've had a lot of things to be proud of, features on Game Savvy TV and The Session, Aye Dee opening for Conya Doss, Leigh Ashley hosting Toledo Has Talent, various club and radio play and the two year anniversary of The Listening Open Mic Night.

But 2010 also brought challenges and insight gained through struggle and compromise.

Two of our artists moving out of town, health issues, personal situations and just the honest-to-God struggle of trying to maintain a living with the way this job market has been. Marriages, children, education and just the ups and downs of trying to get into an industry that is shrinking everyday it all takes a toll on a persons emotions and mindset.

That's why I talk about U.G.E. and want to share my ups and downs with you, because

we relate to each other through going through similar circumstances.

I know a lot of you producers out there who have to deal with the fact most labels aren't buying tracks these days because budgets are shot. I know a lot of you artists out there who want desperately to make a living from your craft but you're considering the military or a trade school because you need to put food on the table and bills demand money not dreams.

I hope you all understand that I write from a personal point of view because that's real.

Two weeks ago I wrote an

article showing love to all the other labels, and some of the most known artists in the area and I left out everything about U.G.E.

But really, I want to share

what I do with you all because we are all in this together.

I hope that 2011 brings greater success for us all, and a chance to relate through

progress instead of struggle. For all artists out there, keep going.

Peace.

glasscitytruth@yahoo.com

Kwanzaa

(Continued from Page 5)

Kwanzaa emphasizes that with libations or ode to ancestors. One of the committee members read an ode and people called out names, both personal and famous, of those who have made a difference. Afterwards, the people drank a cup of water as a toast.

Depending on the day, in this case the last (January 1), all the candles that symbolized the principles were lit.

Earlier in the week, guest speakers were chosen in reference to a particular principle. Those included members of the Kwanzaa committee, professional innovator Kameron Kyser, Alicia Smith of the Padua Center and David Lewis.

That night, Noble took on the task to enlighten about what is Imani or Faith and in her words, it indicates our duty “to believe in our people and with that belief things can change at a quicker pace.”

Creative expression was also included in the weeklong program. It ranged from singing and poetry to the SETT team performing and musical instruments. A saxophonist presented a piece for the last night.

There were announcements



mainly about next year's 45th celebration.

Since this was the final day, a Karamu or feast was given with many African-influenced foods. Traditionally, the karamu is carried out on December 31.

Before the feast began, prayer was conducted and then a round of seven shouts of “Harambee,” which in Swahili means “all pull together.”

Then the drums began to play as the food was being set up and the guests indulged and mingled for some of them would not see each other until next year.

“People think that this [Kwanzaa] is religious, but we are not here to celebrate religious beliefs nor are we here to

celebrate civil rights of an organization's agenda,” said Muhammad. “We are here to express positive principles that relate to us as a community and a culture.”

Kwanzaa was created by Maulana Karenga, Ph.D., in the United States and first celebrated in 1966. It was conceived as a way to strengthen and celebrate cultural ideas and values in the world African and African-American communities.

It is based on the agricultural celebration of African called the “first fruits or “Matunda Ya Kwanza,” which was a time of harvest, gathering, reverence and recommitment.

Celebrate the Legacy of Dr. Martin Luther, King, Jr. in Ohio

Plan your MLK three-day getaway today at DiscoverOhio.com/Multicultural

Special to The Truth

At the height of the civil rights movement in the 1960s, Dr. Martin Luther King, Jr. visited every part of Ohio, speaking at forums, universities and churches, spreading his message of peace, tolerance and racial equality.

In commemoration of MLK Day on Monday, January 17, Ohio tourism attractions, universities and communities across Ohio will present a large and diverse array of activities to educate, entertain and encourage a greater pride in our communities. Following are some ideas to help travelers begin planning a family getaway to learn how Dr. King's principles resonate in today's world. From marches and museum exhibits to community forums and musical celebrations, there is truly something for everyone to enjoy.

Central Ohio
Martin Luther King, Jr. March and Program, Columbus, Jan. 17

The city of Columbus' annual Martin Luther King, Jr. Day March will step off from Columbus City Hall at 4:45 p.m. Following the march, there will be a free Martin Luther King, Jr. Day program at Veteran's Memorial from 6 - 7 p.m. Attendees will see vignettes of fundamental figures in Columbus' history, musical performances by the Eastmoor Mixed Ensemble Choir and the Dr. Martin Luther King, Jr. Mass Children's Choir, and dances performed by Ballet Met.

MLK Open House, Columbus, Jan. 17

This free community event at King Arts Complex is an excellent opportunity for families and friends to enjoy music and live theatrical performances, watch videos, learn about the civil rights movement, participate in hands-on studio art activities and view art exhibitions. This year's event, taking place from noon - 4 p.m., will feature Rev. Joel L. King, Jr., vice chair-

man of the Ohio Dr. MLK, Jr. Holiday Commission and first cousin of Dr. King.

Northeast Ohio
Cleveland Philharmonic Martin Luther King, Jr. Celebration, Cuyahoga Community College, Cleveland, Jan. 16

Tri-C celebrates the life of Dr. King in the metropolitan campus auditorium with keynote speaker Jeff Johnson, political commentator and activist, and a performance by the Cleveland Philharmonic Orchestra at 3 p.m. The event is free, but tickets are required. Call (216) 987-4805 for tickets and information.

Cleveland Orchestra's MLK Celebration Concert and Community Open House, Cleveland, Jan. 16 and 17

The Cleveland Orchestra and Severance Hall celebrate the spirit of Dr. King's life, leadership and vision in music, song and community recognition at two events:

The Cleveland Orchestra

performs its 31st Annual Celebration Concert with the Martin Luther King, Jr. Celebration Chorus and the Central State University Chorus on Sunday, Jan. 16, at 7 p.m. Admission is free, but tickets are required. Call (216) 231-1111 for tickets and information.

Severance Hall celebrates Martin Luther King, Jr.'s life with an afternoon open house of instrumental, vocal and spoken-word performances and entertainment on Jan. 17, noon-5 p.m. The Cleveland Orchestra Youth Orchestra and Cleveland Orchestra Youth Chorus will also perform. Free, no tickets required.

Martin Luther King, Jr. Festival, Rock and Roll Hall of Fame and Museum, Cleveland, Jan. 17

This annual, free event has become bigger and better year after year. A celebration of the life and legacy of Martin Luther King, Jr., is the focus of this glorious day of song and dance.

This special day is highlighted by performances from national and local artists.

Rev. Dr. Martin Luther King, Jr. Day Breakfast, Akron, Jan. 17

The Akron Urban League presents the third annual celebration of Martin Luther King, Jr.'s life and legacy. The breakfast buffet opens at 7:15 a.m., and the program begins at 8 a.m. The breakfast and program are free and open to the public; however, a ticket is required.

Northwest Ohio
MLK Unity Celebration, Toledo, Jan. 17

The University of Toledo and the City of Toledo present the annual celebration of Martin Luther King, Jr.'s life from 9:30 a.m. - 11:30 a.m., at Savage Arena on the University of Toledo campus. This year's celebration theme is "One World. One People." Speakers include Dr. Lloyd Jacobs, president of the University of To-

ledo, and Mayor Michael Bell. The Toledo Interfaith Mass Choir will perform at the free event.

Southeast Ohio
11th Annual MLK Silent March and Brunch, Ohio University, Athens, Jan. 17

Ohio University commemorates Martin Luther King, Jr. with a march, silent — in the style of early civil rights movement marches — beginning at Galbreath Chapel at 10 a.m. Following the march at 11 a.m. is the MLK brunch and program in the Baker University Center Ballroom. The featured speaker is R.L. Heureux Lewis, Ph.D., assistant professor of Sociology, Black Studies and Public Policy at the City College of New York CUNY. He will discuss *Myanmar, Martin Luther King and Hip Hop*. Tickets for the MLK brunch can be purchased by calling the OUMulticultural Programs office

(Continued on Page 16)

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CLASSIFIEDS

January 05, 2011

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Legal Notice

In accordance with Ohio Administrative Code Section 5101:2-25-03 (C) & (D), Lucas County Department of Job & Family Services will hold a public hearing prior to the submission of the County's Final Social Service Plan to the Ohio Department of Job and Family Services for incorporation in the Comprehensive Social Services Plan for the State of Ohio.

PURPOSE:

1. To highlight pertinent data and information regarding identified social services problems, needs, resources, and gaps in service along with recommendations to the proposed two-year county plan.
2. To elicit public comment, suggestions, and recommendations relative to the County's proposed Social Service Plan.

DATE: January 13, 2011

TIME: 3pm-5:30pm

LOCATION: Lucas County Department of Job & Family Services, 3210 Monroe Street, Toledo Room on the 4th floor. Individuals wanting to provide verbal testimony at the hearing should register either by email or phone with Lucas County Department of Job & Family Services before 4pm on January 11, 2011 to assure that a time slot will be available. You must provide the name(s) of the presenter(s), a brief description of the issue, phone number(s) and email address(es). Individuals and organizations must submit written copies of their comments at the hearing. At the time of the hearing, individuals providing testimony will be asked to identify themselves and who they represent. Written statements of funding recommendations will be accepted from those who choose not to present a verbal testimony until 5:30pm on January 13, 2011. These statements should be submitted to Lucas County Department of Job & Family Services, Attention: Associate Director of Client Services, 3210 Monroe St., Toledo, OH 43606 or via email to the address below.

REGISTRATION CONTACT:

Attention: Associate Director of Client Services

Email: wawrzc@odjfs.state.oh.us

Phone: 419-213-8809



Lucas Metropolitan Housing Authority

435 Nebraska Avenue

Toledo, Ohio 43604

December 28, 2010

Request For Proposal (RFP) Title: Marketing/Public Relations (Re-Issue)

RFP Number: 09015

Sealed proposals will be received until Friday, January 28, 2011 at 4:00 pm for providing services described herein. Proposals received after the date and hour designated will be deemed non-responsive and not considered. Proposals will be accepted at:

Lucas Metropolitan Housing Authority
435 Nebraska Avenue
Toledo, Ohio 43604

All proposals will have one (1) original, and three (3) copies assembled in the order of the RFP, and clearly marked on the envelope and cover "Marketing/Public Relations." Facsimile proposals will not be accepted.

Request for Proposals may be obtained from LMHA's website - www.lucasmha.org, or picked up at:

Lucas Metropolitan Housing Authority
435 Nebraska Avenue
Toledo, Ohio 43604

Direct Inquiries to:

Barbara J. Dermer
Executive Assistant
(419) 259-9457
dermer@lucasmha.org

All proposers shall be required to meet the Affirmative Action and Equal Opportunity requirements as described in Executive Order #11246. Each proposer must insure all employees and applicants for employment are not discriminated against because of age, race, color, religion, creed, sex, military status, ancestry, disability, handicap or national origin.

Celebrate the Legacy of Dr. Martin Luther, King, Jr. in Ohio

(Continued from Page 14)

at (740) 593-4027. Ticket prices are \$6 for students, \$8 for non-students and \$60 per table (8 seats per table).

Southwest Ohio African Culture Fest, Cincinnati, Jan. 15 - 17

As part of the Cincinnati Museum Center's Passport to the World Series, visitors can sample authentic food

from an African marketplace, listen to narrators weave their tales and watch performances by African drummers. Free.

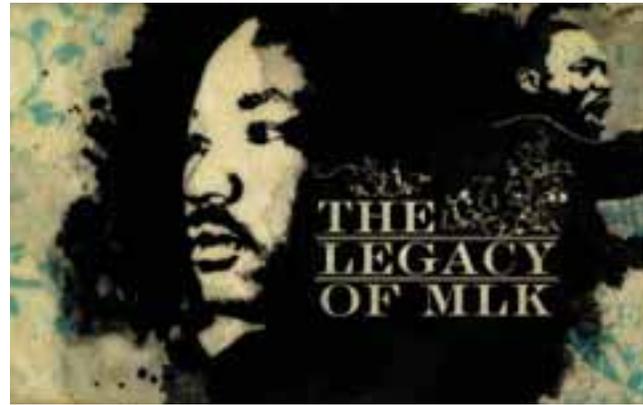
Walk the Journey! Pass the Torch! Embrace the Dream!, Cincinnati, Jan. 17

The Martin Luther King, Jr. Coalition presents events celebrating Dr.

King's vibrant legacy filled with opportunities for participation, commemoration and celebration. Events include:

The King Legacy Awards Breakfast, 8 a.m., National Underground Railroad Freedom Center, \$30.

Civil Rights Commemorative March, 10:30 a.m., be-



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ginning on Rosa Parks Way at the National Underground Railroad Freedom Center. The march will end at Music Hall. Free.

The 36th Annual Commemorative Program begins at Music Hall at noon, featuring music by the Martin Luther King, Jr. Chorale. Free.

March for Peace and Brotherhood, Dayton, Jan. 18

In celebration of MLK's birthday, the University of

Dayton (UD) presents a march beginning at 5:30 p.m., from four start locations: Marycrest Complex, A Lot (Stewart Street), CS Lot (Lawnview Avenue) and Irving Commons Lot (Irving Avenue). The march will conclude at UD's Rec Plex, where Geoffrey Canada, president and CEO of Harlem Children's Zone, will give a free speech titled *Waiting for Superman: The Crisis Facing Youth - What Adults and Communi-*

ties Can Do to Save Our Children at 7 p.m.

To learn about more exciting multicultural events and experiences throughout Ohio, visit <http://consumer.discoverohio.com/multicultural/>, follow us on Twitter @DiscoverOhio or become a fan of the Ohio Tourism Division on Facebook at www.facebook.com/discoverohio.

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