



Local and National News

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The Truth Remembers...

September 11th, 2001

Asia Cottom, Rodney Dickens, and Bernard Curtis Brown, II

Three Young Victims on American Airlines Flight 77



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To Conform or Transform?

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



Our people have made the mistake of confusing the methods with the objectives. As long as we agree on objectives, we should never fall out with each other just because we believe in different methods, tactics or strategy. - Malcolm X

The appearance of the Ohio Players at The University of Toledo's Music Fest last week took me back to the "good old days" of a bygone era but also raised some perplexing contemporary questions.

I arrived on the campus of "TU," as it was then known, for the first time, as a student in the late 1960s and early 1970s during a national period of growing discontent with public policy and disillusionment with government ideology.

Much of the music being played on the campus and at other social functions back then was not only for partying but also doubled as the political soundtrack of the Anti-War, Women's, Civil Rights and Black Power Movements.

We college students were glad to participate in those political struggles using dissent as our primary weapon. The resistance, expressed not only in our music but also in our protest activities proved to be very successful in ultimately leading to meaningful social change and fulfillment of many of the rights that we enjoy today.

Yet, as many of the civil rights generation have aged, even 40 years later, they have become reluctant to hand over the reins to a younger generation trying to forge their own identity and leadership path.

What is the source of this generational leadership divide?

Is the current generation ready to receive the baton from the "protest generation" of the past?

And are they, like their "mentor generation," willing to speak out against injustices and embrace (rather than suppress) protest and dissent?

A part of the divide lies in the fact that the world of 2011 is strikingly different from that of 1970, yet the older generation's criticisms of today's aspiring youth are legion.

The current generation is more multiracial than any other. It is also the first generation to grow up with a global perspective. In addition, it is more socially isolated as a result of unprecedented technological advances such as computerized communication devices, cell phones, instant messaging and social networks such as Facebook.

This may explain why this generation appears to be "less community-minded, more individualistic and shaped by excessive material consumption and instant gratification."

And compared to their parents or grandparents, research also shows that members of today's generation do not watch the news and are disinterested in political participation or gathering information about local and national issues (Pew Research Center, 2007).

Yet, being much more diverse and accepting of differences, the current generation also is not saddled with much of the racial baggage of its parents' and grandparents' generations.

A final criticism is that despite the negative stereotypes it faces, including high crime, irresponsible sex, low test scores and violence that permeates the media, the millennial generation is likely to emphasize consensus building at all costs and a high level of conformity rather than expressing protest or dissent.

My thoughts on protest strategy and the generational leadership divide?

Protest and outward dissent is courageous but not always feasible or smart. Often overlooked by those wanting to push others to the front lines of dissent is the fact that without access to the knowledge and material resources that a network of powerful individuals, groups and institutions are able to provide, those using outward protest risk the derailment of their own lives or careers.

Also, the political climate, legal environment and existing societal values are contextual factors that must also be considered in shaping a strategy to respond to injustice.

The fact that those of this generation tend to avoid controversy, "don't run around in jogging suits, sporting perms and bull-horns while crying no justice no peace," or don't burn down their own neighborhoods to protest what someone else did to them, does not mean that they "ain't down with the people" or are sell outs.

There are many ways to challenge injustice and sometimes what is called for are methods that are less dramatic but equally powerful.

Sometimes a better strategy than attempting to destroy evil is to plant the root of goodness through liberation and restoration.

We can use our minds to create schools or institutions that educate and empower our own.

Utilizing our unique community competencies we are also able to rebuild the lives of the formerly incarcerated or provide programs and job training for the disconnected.

Sometimes the most effective protest and dissent lies in reversing the usual order of things and becomes more about transformation and renewal of ourselves than the critique of others.

When young leaders understand this, it's their turn to lead with our support rather than our criticism.

Contact Rev. Donald Perryman, D.Min., at
drdlperryman@centerofhopebaptist.org

Community Calendar

September 8

City of Toledo Community Meeting: East Toledo Family Center; 6 pm; Topic – new refuse and recycling transition; Sponsored by Councilman Mike Craig: 419-245-1050

September 9

Friends of Lathrop House Movie at Valentine Theater: "To Kill a Mockingbird;" 7:30 pm: 419-242-2787

Isaiah Thomas Giving Foundation Fashion Show: 5 to 7 pm; Wayman Palmer YMCA: 419-213-0323

September 10

Second Annual Dads and Kids Kamp Out: Lutheran Church of the Master in Perrysburg; Sponsored by RESTORE Inc; 6 pm: 567-698-3788

9/11 National Day of Service Health Fair: Body of Christ Fellowship Church; 10 am to 2 pm: 419-464-8586

Bereavement Meeting: Bethlehem Baptist Church; 10 am: 567-249-7470

March to End Violence: Sponsored by the Frederick Douglass Center and the Village50: Start at City Park at 9:20 am

Health Fair: Body of Christ Fellowship Church; 10 am to 2 pm; 9/11 Memorial Service at noon

September 11

New Light's 66th Anniversary and Homecoming Celebration: Worship service at 4 pm

Crusaders for Christ Musical: Local gospel choirs, groups and praise teams: 419-376-2331

Crusaders for Christ Annual Musical: "Give Him Glory;" 4 pm: www.crusadersforchristchurch.org

Gethsemane Christian Discipleship Church 3rd Anniversary: 4 pm; Ramada Hotel: 419-932-5949

Patriot Day Rally: Pilgrim Church; 12:30 to 3:30 pm; Free food, games, music and prizes

New Prospect Baptist Church Annual Women's Day: 11 am; Speaker Author Crystal Dixon

September 13

Toledo Interfaith Mass Choir: Rehearsals begin; St. Paul AME Zion Church; 7 pm: 419-241-3330 or 419-241-7332

September 15

Catholic-Muslim Dialogue: Principles of interpretation of Scripture; 6 pm; UT Student Auditorium; Dr. Amjad Hussain and Dr. Geoffrey: 419-472-4021

September 16

Northside Family Reunion: 5:30 pm to midnight; Sullivan Center/Gesu Parish; Music by Keith Success: 419-537-9346 or 419-350-4349

September 17

Grace Temple's 85 Anniversary Celebration: Lodge 636; 5 pm
"Strike out Hunger" - Fifth Annual "Bowlothon:" Benefit for MLK Kitchen for the Poor; Interstate Lanes; 1 to 4 pm: 419-241-2596

September 18

Indiana Avenue MBC Annual Women's Day: Morning speaker Sis. Ireatha Hollie; Afternoon speaker Sis. Brenda McFall: 419-867-0099

September 20

9th Annual Black College Tour Informational Meeting: Heatherdowns Branch Library; 6 to 7:30 pm Tour scheduled for April 8 to 13, 2012) 419-478-7844 or 419-944-5912

September 24

St. Stephens COGIC "Fall Fiesta:" 9 am to 2 pm; Garage sale, food, vendor tables: 567-225-6502

A Journey Through Healing Golf Outing: Ottawa Park Golf Course; 8:30 am: 419-531-1336

Commemorative Event: Ottawa Park; 4 to 6 pm; To remember those lost to violence; Free food, live music, guest speakers: 419-290-6850

September 25

City of Refuge Church First Annual Community Friendship Day: Noon: 567-686-2224

Rossford Baptist Church "Old Ship of Zion" Cruise Ship: 5 pm: 419-367-0470

October 4-5

St. Paul's Episcopal Church Fall Rummage Sale: 9 am to 7 pm on Tuesday, 9 am to 1 pm on Wednesday; Many departments, three floors, a garage and two huge tents: 419-874-4548

October 22

Pumpkin a Rama: Presented by City of Toledo; Liz Pierson open air shelter at Ottawa Park; 1 to 3 pm; Carriage rides, face painting, DJ, pumpkins and more: 419-245-3388

9/11 Remembered: Children Were Also Among the Thousands of Victims

Special to The Truth

Ed. Note: The following commentary was originally published in *The Truth* one year after September 11, 2001

It's been a year... but it's only been a year.

Last year on the occasion of the September 11 airplane bombings, many of us might have thought that it would have been impossible to feel so mournful again in the face of national tragedy. How many tears could we shed for our fellow citizens?

On that day, and during the following days, for those of us frozen in front of our televisions, seeking comfort in the avuncular presence of a Peter Jennings, the images of September 11, 2001 seemed to cause a fresh wound every time a new scene of devastation flashed on the screen.

What made us cry even more during those days?

Was it seeing the agony of the victims' families? Or hearing of the heroism of so many of the victims themselves? Perhaps, the pictures of the destroyed sites? Or videotape of services in London where the crowd sang "America, the Beautiful?"

What did it do for you?

How about hearing the statistics: Over 3,000 killed, from 91 different countries.

How about the pictures of planes ramming the World Trade Center, time and time



Bernard Curtis Brown



Asia Cottom



Rodney Dickens

again, from so many different angles? Or how about the words of Todd Beamer as he signaled to his fellow passengers that it was time to make their fateful move: "Let's roll."

If you were deeply affected by all of those pictures and reports, how did you feel when you heard about the kids who were also victims of the terrorists' lunacy?

Or, did you hear?

Bernard Curtis Brown, II, Asia Cottom and Rodney Dickens were 11-year-old fifth-graders, all African

American, all from the Washington, D.C. Public school system. They and their chaperons were aboard American Airlines Flight 77, which crashed into the Pentagon that day.

The three young scholars were en route to California to participate in Sustainable Seas Expeditions, a National Geographic Society-funded marine research project at the Channel Islands National Marine Sanctuary, near Santa Barbara. Each had been selected to represent his or her middle school for the project.

They were all kids with grand dreams and great potential.

Recently, the Military Child Education Coalition endowed a scholarship in the name of young Bernard. The scholarship will enable a military child to attend the NASA Space Camp, a five-day program that shows youngsters what it is like to be an astronaut.

Bernard himself was a military child, the son of Navy Chief Petty Officer Bernard Curtis Brown.

The elder Brown had a talk with his son the night before the flight. Father and son spoke of death and all the reasons not to be afraid

should anything dangerously out-of-the-ordinary occur during Bernard's trip.

Then, after making sure his son got off safely, Brown made what was for him an unusual move. He took September 11, 2001 off to play golf.

Good thing, too.

Chief Petty Officer Brown works at the Pentagon and would have been in his office that morning when his son's plane slammed into the structure at 9:43 a.m.

Someday, when emotions are not quite so raw, Hollywood will make a movie about the events of September 11. Quite unlike recent movies about real life disasters such as Titanic and Pearl Harbor, Hollywood will have plenty of footage to start the project. Then they will take viewers into the buildings and into the planes to share the victims last hours and minutes.

That's one feature film we hope is several lifetimes in the future.

We have discovered this past week that the tears of September 11, 2001 were far from finished. They had just

been placed on hold, ready to pour forth anew at commemoration time.

We know now that, given the magnitude of the events of September 11, time cannot erase the pain. We will revisit the trauma in every anniversary of the event.

Four airplanes, three gigantic structures, victims from 91 countries, over 3,000 dead. Among the victims, three young black kids with futures as bright as the California sunshine they never reached.

Future, as-yet-unborn, generations may have an easier time dealing with that date: 9/11, hard as that is to believe now.

But for us, witnesses to the disaster, each time we see a picture of Bernard Curtis Brown II, we will experience that familiar lump in the throat.

"Robbed of your time, the world lost your love. Go forward into God's hands, little dude," wrote Patrick Mulligan in a letter to CNN about 11-year-old Bernard's death during the terrorist attack on the Pentagon.



Annual Meeting and Appreciation Banquet

The Toledo Zoo - Nairobi Pavilion
Friday, September 30, 2011
6:00p

Minister of Ceremony
Pamela Miller

William Austin - 2010
Mayor Michael Bell
City of Toledo

James A. Mitchell - 2010
Del Joe Robinson - 2010

Paul R. Williams - 2010

Janet A. Swindlow
Facilitating Coordinator

John S. Scarfo - Chairman
Edith Third Bank

Katie Beah - 1st of Neighborhoods
City of Toledo

St. Pamela Marie Baginski
Sister of Holy Cross

Sharon Sperry - President
Huntington Bank

Larry D. Doyle - 4th Fed
Civnet Community Colln.

Thomas Tashler - Toledo Urban
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Albert F. Jansky - 2010
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Speaking Out Against HB 194

By Brandon Tucker
Guest Column



Voting is a fundamental right and the lifeblood of our very democracy. The Ohio General Assembly has been actively engaged in various election reforms. But one of the proposals that recently was passed and signed by Governor John Kasich threatens our democratic way of life. I am speaking about House Bill 194.

This bill was passed by the Ohio Legislature on June 29, 2011 and makes some very significant and misguided changes to Ohio Election Law.

Those changes are sig-

nificant in that they greatly reduce access to voting for the average American citizen. They include cutting the time frame for in-person early voting to 16 days from 35 days prior to the election, preventing counties from mailing absentee ballot applications to residents; and eliminating the requirement for poll workers to help voters find their right precinct.

Many voters (including me) have taken advantage of the convenience of voting early, utilizing the absentee voting process, or even being directed to the right precinct if we end up at the wrong polling location. All of the options will now be limited or eliminated after the passage of HB 194.

We must stand up!

I encourage everyone to protect the right to vote

by ensuring that your registration information with the Board of Elections is accurate and to sign a citizen veto petition (that are being circulated by a number of concerned community groups) so that we can repeal HB 194.

My campaign for City Council joined the fight to repeal this law by circulating citizen veto petitions in District 1 on September 3. Voting is a right and no citizen should have this or her access limited. As an aspiring member of Toledo City Council, I pledge to always do the best I can to fight for your rights.

If you have any specific questions about voting requirements, call the Lucas County Board of Elections at (419) 213-4001.

Brandon Tucker is a candidate for Toledo City Council District 1.

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The chorus specializes in the performance of Negro spirituals and is dedicated to its preservation as well as the performance of musical styles including classical, jazz, and Broadway. Its membership is diverse and comes from all walks of life. The CSCC is unified by their mutual love of great music and bringing it to life by way of stirring performances. Do something special for yourself and your community. Join today!

For interviews and further information, please contact Clarence Smith, (419) 534-2299 or visit us online at www.cscchorus.com. You may write to us at: Engagements@cscchorus.com



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Nelson Rangell: Contemporary Jazz Artist Headlines Night at the Savoy

By Fletcher Word
Sojourner's Truth Editor

Nelson Rangell, flutist, saxophonist and a jazz "improviser non-pareil" as *Jazziz* magazine has described him is bringing his considerable talents to Toledo in September as the headliner for the second annual Night at the Savoy, sponsored by the Neighborhood Health Association, CRSmith Productions and The Sojourner's Truth.

Rangell, who has released 15 CD's since his 1988 debut album, *To Begin Again*, is a multifaceted virtuoso, master of flute and piccolo along with the alto, tenor and soprano saxophones. He even incorporates a bit of first-rate whistling into his act.

Rangell is frequently described as a "smooth jazz" artist, a label he disdains. He prefers the term "contemporary jazz artist," he said in a telephone interview from his home in Colorado, a term that is a great deal more encompassing than the smooth jazz label.

Rangell started playing music at the relatively advanced age of 15 when he picked up a piccolo flute. He quickly made up for his late start and within six months was studying classical and jazz music at The Interlochen Arts Academy, a camp for gifted young musicians. After Interlochen, he attended The New England Conservatory of Music in Boston, twice winning *Down Beat* Magazine's National Student Recording Awards competition in the jazz and pop-rock instrumental categories.

After school in the mid-1980's, Rangell headed for New York and started playing with some of the masters of contemporary jazz—Hiram Bullock, Jorge Dalto, Eric Gale, Richard Tee, Jaco Pastorius and David Sanborn, among others.

He paid his dues as a sideman for about half a decade and then, at the



end of the 80's, Rangell emerged as a recording star and a headliner. He's been collecting accolades for his artistry ever since—consistently recording and playing concert dates all over the world.

This summer, for example, he spent four days with his group—the Nelson Rangell Group featuring Don Grusin, Bijoux Barbosa and Wolfgang Haffner—at the Cotton Club jazz club in Tokyo. Several days later, he and guitarist Earl Klugh had a four-day gig at the Blue Note Jazz Club in New York City.

This upcoming weekend, in addition to the appearance by the Nelson Rangell Group's appearance at Night at the Savoy at The Toledo Club (local singer Theresa Harris is also on the bill), Rangell will appear at Ice the previous night with guitarist Chuck Loeb. Busy man indeed. All this activity at a time when so many observers of the jazz scene say that the jazz audience is slipping, certainly graying, as other forms of music and entertainment pry away the potential young fans' attention.

That's an observation Rangell disputed.

"Jazz has never had a huge following," he said dismissing the notion that jazz has ever been the American public's primary choice of musical entertainment. He mentioned the wanderings of such jazz luminaries as Charlie (Bird) Parker and Dizzy Gillespie to France and Germany in

order to work on a consistent basis. That globe trotting occurred during the 1940's and 1950's, a period often thought of as the golden era of jazz.

However, he does feel that jazz fans are going to have to be more proactive in the future.

"Because of the evolution of all the media by which people can get jazz—computers, ipods, and so forth—[traditional] radio is not so much in the ball game," said Rangell. "I do think that people have to seek jazz out—have to know what they're looking for."

Rangell himself, following the example set by jazz icons Parker and Gillespie, as well as many of those who have been such an influence on his own playing—Cannonball Adderly, Sanborn, Michael Brecker, for example—also heads overseas to play for international jazz fans. Following his Toledo appearances, he will be heading to

the British Isles for five engagements.

And what are jazz fans like in other countries?

"I've not noted any difference," he said of his audiences. "People are the same. People react similarly to the same stuff. When people hear good music, they react to it."

Rangell hopes for that same reaction in Toledo.

His group will be presenting many musical elements. "An amalgam of things," he said. And if all goes well, if all goes as expected, he hopes that by the end of the concert, "you'll say 'I think that was good.'"

Nelson Rangell will be at the Toledo Club on Friday, September 9 at 8:00 p.m. Tickets are \$30 per person or \$50 per couple. For ticket information call 419-720-7883 ext.212.

For advance credit card purchase, visit www.nhainc.org.

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For credit card purchase visit nhainc.org. For more information call: 419-720-7883 ext. 212

"An Intimate Evening of Blues and Jazz"

Logos: Neighborhood Health Association, CRSmith Productions, The Sojourner's Truth



A.J.'s Story

Autism: Up Close and Personal

By Linda M. Nelson

At first glance, A.J. appears to be like any other six-year-old. Sitting on the floor, playing with his race cars and Hot Wheels track, he is lost in a world of make-believe.

But if you watch him for just a minute longer, you become aware that his big brown eyes won't hold yours for long and when you call his name he may not respond. It is then you might realize that A.J. is different.

Aaron King Jr. loves computers, Sponge Bob, Jeopardy and Wheel of Fortune. He is extremely independent, affectionate, intelligent and stubborn.

A.J. is also one of the 1.5 million Americans diagnosed with Autism Spectrum Disorder.

One in every 110 children born in the United States will be diagnosed with autism and placed on the autism spectrum, according to The Autism Society's website.

And an estimated 75,000 Ohioans could be affected by this condition, according to a 2007 report conducted by The Ohio Autism Task Force, a group under the direction of the Ohio Department of Mental Retardation and Developmental Disabilities.

These daunting facts have hit home for many Ohioans, and also for me. A.J. is my grandson.

A.J.'s mother, Dannelle Mickles, knew that something was not quite right with her only child. Her voice is a whisper as she remem-

bers four years ago. "I noticed that he wasn't verbal," she said. "He wouldn't answer when I called his name, and he didn't like to play with other kids."

Non-verbal behavior is one of several early signs of the condition, according to the Autism Society of Northwest Ohio.

Other signs of ASD include repetition of words or actions, anti-social behavior, reluctance to make eye contact and heightened obsessions with particular objects.

Dannelle knew she needed definitive answers. She submitted A.J. to several tests including audio assessments, psychological evaluations and developmental studies. It was after these that A.J.'s doctor, a

child behavioral specialist, announced his findings.

"I cried," she said. "I was angry and I felt like it was my fault."

Aaron King Sr. also had feelings of anger and guilt about his son's diagnosis. "I remember feeling sad, and asking, 'God why us?'," he said.

The couple, distraught and devastated, knew they needed help and support.

They searched for help in books, on the Internet and through the Help Me Grow program, a program sponsored by the Ohio Department of Health that assists parents with the physical and developmental well-being of children from pre-birth through three years.

Later the pair searched for schools that would help

A.J. The Autism Model School in Toledo appealed to them, because of its individual focus on student growth and development, but there was one catch. The charter school had a waiting list. They signed A.J. up and waited. Six months later Dannelle received the call.

The Autism Model School has 90 students, ages five to 21 years. The school emphasizes the importance of parent and community involvement in order to give its "differently-abled" students the best chance possible for success.

Heather Coehrs, intervention specialist at Model, says a typical day for her students involve 20-minute centers of sensory room time and practical skill learning through songs and group speech centers.

Coehrs, who has a degree in special education, says that her goals are to help students achieve objectives set by the school through Individual Education Plans (IEP). A student pre-assessment evaluation helps Coehrs to focus on each student's skill level, teaching them self-help methods, how to make their own choices and how to think on their own.

Coehrs says that A.J., though still in his initial assessment phase, seems to be adapting well to the classroom.

Outside of the classroom

the lessons continue. Only this time A.J. is teaching us.

For me the lessons are patience, the value of faith, and an understanding for those who are "differently-abled."

Dannelle says that A.J.'s challenges have given her a strength that she didn't know she had. "I'm not as angry anymore but I am very protective," she says. "Now I just get frustrated at other people when I feel that I have to explain his behavior."

A.J. is also teaching us that there is strength in numbers. "Find others who are in your situation," says Dannelle. "Family and friends love you but they don't always understand. I get a lot of support from my friends who have kids like A.J. I can talk to them, and cry with them, and they know what I'm going through."

The lessons for Aaron Sr. include hope for his son's future. "I'm positive that he will work through it," he says. "My only concern is how long will it take?"

For more information about Autism contact the Autism Society of Northwest Ohio at 1-800-328-8476 or go to their website @autism-society.org.

For more information on the Autism Model School, in Toledo, contact them at 419-897-4400.

A Benefit for the African American Legacy Project – Toledo Sponsored by the Dale-Riggs Funeral Home

Kalvin Hughes Jazz Trio Presents: Live at the Blue Note

Sunday, October 30
5pm
The Historic Maumee Indoor Theater
601 Conant Street, Maumee

Special Guest Artists:

Nate Gurley, Vicky Simpson-Brooks, Debbie Gardner, The Murphys, Claude Black, Anna Givens, Joan Crawford, Greg Meredith, Rine Allison, Johnny Love and saxophonists Jesse Colman and Art Bishop

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419-897-8902 or 419-574-8840
Advanced tickets only –
No tickets at the door

Adult - \$15
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Concessions available



September 11
National Day of Service and Remembrance

FREE!! "HEALTH FAIR"
Saturday - September 10, 2011
12:00 p.m. - 2:00 p.m.
The Body of Christ Fellowship Church
5612 W. Bancroft Avenue

9/11 REMEMBRANCE CEREMONY
12 NOON

FREE HEALTH SCREENINGS (Children)

FREE HEALTH SCREENINGS (Adults)

HEALTH VENDORS HANDS-ONLY CPR TRAINING
(K - 12th Grade)

FUN!! and much, much, more!!

Come Taste Food from Local Restaurants
All Children MUST be accompanied by An Adult

Volunteer to help an abused child.

Join us for an Informational Meeting
Tuesday, September 27, 2011
7:00 p.m. to 8:00 p.m.
Reynolds Corner Library, 4833 Dorr

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FOR CHILDREN

Call 419-213-6753

Keeping Secrets?

By Dianne Pettis
Guest Column



The “Don’t Ask, Don’t Tell” concept does not apply to your health. The information you choose to withhold from your primary care provider (PCP) may prevent you from getting the best care for yourself. Your PCP is your partner in creating and maintaining your health. Your PCP should definitely be on your need- to- know list.

Here are some things your PCP needs to know:

- Past illnesses and diseases – you may not think they are important (or you may not want anyone to know), but your PCP is sort of a detective. All the pieces of the puzzle are needed in order to make a correct diagnosis.
 - Family history of chronic or genetic diseases – Family history puts you more at risk for developing the same illness. This knowledge can help guide you and your PCP in developing a wellness plan.
 - All medications, vitamins, herbs – including alcohol and illegal drugs – yes, I’m serious. If you have seen any commercials for medications these days, I’m sure you’ve been struck by the phrase, “Tell your doctor if you are taking ...” There are many drug combinations and interactions that can be life-threatening. Let your PCP know everything you take even if it is an over-the-counter product, and even if you don’t take it everyday.
 - Sexual habits – Let’s face it; people are trying lots of creative ways to give and get pleasure. If you go to your PCP for any mysterious matter or for any issue involving the abdomen down ...you need to tell. Don’t wait to be asked.
 - OPM (Other People’s Meds) - Do not take other people’s medicine. You may cause more harm by using the wrong remedy or by masking symptoms your PCP needs to make an accurate diagnosis. This also goes for YLM (your leftover medication). Firstly, don’t take them; secondly you shouldn’t have any leftover medications when you take them as prescribed...especially antibiotics.
 - Length of time for symptoms – Be as specific as you can. “A while” is not a good answer to “How long has this been going on?” Again, your answer will make a difference in diagnosis and treatment.
 - Your willingness to participate in your treatment plan – I will sometimes ask directly, “Are you going to take this medication?” If the answer is “no”, that changes the plan of treatment.
- Many health care systems use electronic medical records. Most all records are computerized and shared between offices. Once, after a patient told me all the medications he was taking, I checked his record on the computer.
- I then asked him about his Viagra. He jumped and asked me how I knew that! I explained that it was right there in his electronic record. On the other hand, there may be information that slips through and never makes it to your electronic record, so please be honest with your PCP.
- It’s best to keep a list with you of all your medications and dosages, diagnoses, and surgeries with dates. I love when patients bring me those lists. Occasionally you may have another provider who doesn’t know your history, so a list is a wonderful thing.
- In these down-economy days, you may be tempted to treat yourself rather than spend the money to be evaluated. Use your common sense. Your body will also talk to you, so don’t do more harm by prolonging treatment or trying home remedies. Remember, your PCP is your partner in helping you live a long healthy life.

Dianne Pettis, MS, FNP-BC
Family Nurse Practitioner
888-887-4429

Fall Enrollment Up at Mercy College of Ohio

Special to The Truth



Mercy College President John F. Hayward has once again announced an increase in the health care college’s enrollment for the fall semester, rising to 1107 students at the Toledo campus and 108 students at Youngstown. Mercy College offers numerous opportunities for students to quickly prepare for and enter the growing health care profession.

“We proudly offer our students many health care career path choices,” said Hayward. “We do this with the lowest tuition among area private colleges and we are among the lowest when compared to the area’s four-year public colleges and universities. Mercy College of Ohio is

committed to keeping our tuition and fees as low as possible for our students. It’s reflected in the number of the students we continue to serve.”

Students continue to pursue health care careers because of anticipated substantial job growth. According to the United States Bureau of Labor Statistics (BLS), 10 of the top 20 fastest-growing occupations continue to be health care related. The BLS estimates that the health care industry will generate more than three million new jobs before 2018. Many of those jobs will require less than a four-year degree.

“Enrollment in new degree and certificate programs is on the rise; we

are so pleased that students are investing in their education with us,” said Shelly McCoy Grissom, Ph.D., chief admissions officer of the college. “We realize that students want to get to work as soon as possible and because we are a part of Mercy, we are able to offer access to the area’s leading health care facilities so our students don’t have to wait to begin the clinical and practical component of their studies.”

Mercy College of Ohio, a Catholic undergraduate institution, is sponsored by Mercy and focuses on health care and health science programs. It offers Bachelor of Science degrees in Health Care Administration and Nursing

and Associate in Science degrees General Studies, Health Information Technology, Nursing and Ra-

diologic Technology. The College also provides continuing education and short-term certificates,

enabling individuals to develop knowledge and skills to gain employment or advance in their careers.

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Have You Given Up on You?

By Angela Steward, Fitness Motivator
Guest Column



Have you given up on YOU? Have you accepted being overweight? So, you've accepted that it's okay to feel tired? You've accepted shopping in stores designed exclusively for ladies or men who are "big &

tall," "big & sexy," "full figured," "husky" or in one word **OVERWEIGHT!**

When did you accept that it's normal to run out of breath just walking from your front door to your car? Have the seats on the airplanes gotten smaller since your last flight, or have you gained so much weight that you now need two seats, or have you had to apologize to the person next to you for taking part of his/her chair too. At what point will you decide that no matter your age, health or status – a change has to happen to YOU for YOU?

Your change won't happen miraculously, there is no magic pill, and there is no magic serum or fountain. You may have found temporary assistance with your weight issues, but the weight loss will not last. At some point you will either accept being overweight and unhealthy or you'll become proactive and take control of your life and make a permanent lifestyle change.

YOU are responsible for your health, YOU are in control of your lifestyle, YOU are the one who experiences poignant moments of embarrassment and exhaustion when someone comments on your size, or how much food you have on your plate. YOU are the one who sits in the doctor office to hear him/her tell you about the potential hazards associated with your weight. **It's your decision!**

First you have to ask yourself – **Am I worth it?** Do you deserve to look better and to feel fabulous, no matter how old you are? **I'll be 54 this year – and I'm dang proud of it! I'm healthy, I feel great and I look freaking fabulous!** I'm not saying that out of conceit, nor am I bragging. I'll even repeat it for you: "I'll be 54 this year – and I'm dang proud of it. I'm healthy, I feel great and I look freaking fabulous."

You know why I feel this way? I remember where my fitness journey began. I almost gave up on myself five years ago. Five years ago I weighed 240 pounds. My health was bad, I was

tired all the time, and was well on my way to the dreaded "big girl" size. Thank goodness at age 49, I refused to accept my unhealthy lifestyle, I wanted to be healthy, I wanted my clothes to fit and I wanted to look fabulous in them. I became proactive – I chose to do something about it.

I made the choice to find the time to take care of myself and to take control of my unhealthy lifestyle – I made myself a promise to look and feel fabulous for the remaining years of my life. I refused to give up on "ME", have you given up on YOU?

The good news is that no matter your age, fitness level or health condition, you can do something about your weight and health. You have the power to take control of your weight, of your blood pressure, and your sugar levels, etc. Just make the decision to **DO IT!** The hardest part about exercising is taking the "**first step**" to live a healthier lifestyle and to maintain the consistency required to make the change, then to visualize the change and then to accept the change! It's easy to do, but that's why it's so hard for most people to do. So let me help you.

I invite you to join me in a Fabulously Fit 30 day fitness challenge. September is the perfect month to step into a new healthier and fit lifestyle. During this challenge I want you to:

#1 – **Cut out this article and put it on your refrigerator!**

#2 – **WEIGH YOURSELF** - take **ALL** your clothes off and step on a weight scale naked. You have to know where you started, to know the direction (up or down) of the scale.

#3 – Find something in your closet that is a size too small for you. Usually it's an old pair of jeans or a dress you haven't been able to wear for some time. Take it out of the closet and hang it where you can see it daily.

(Continued on Next Page)

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Have You Given Up on You?

(Continued from Page 8)

#4 – Do not, I repeat, do not deprive yourself, just please be aware of the foods you are eating. Are you eating because you're hungry, or out of nothing else to do? I exercise daily, but if I ate what I love to eat daily, the weight would pile on regardless of how much exercise. So eat – just be aware of why you're eating and how much you're eating. In fact, grab the smallest plate out of your cupboard, that plate is your "FabFit thirty-day challenge plate." I repeat: do not deprive yourself! This challenge is not a 30-day "guilt-trip" or a "beat yourself up" challenge. It's my challenge to you – to begin a healthier lifestyle and to maintain it for 30 days.

#5 – **NOSODA!** None, no diet soda, no Coke or Pepsi Zero, **no soda at all for 30 days!!!** Drink more water. My husband lost over 40 pounds (46 pounds to be exact) because he stopped drinking soda daily at home and at work. On occasion while eating out, he will order a soda, but normally he drinks iced tea and water.

#6 – **Commit to some form of exercise every day for the next 30 days for 30 minutes!** Walk, it's free and only takes 30 minutes. No excuses! If it's raining, use an umbrella. No need to take a friend with you, a friend is a distraction. I want you to walk, quickly, briskly, swinging your arms while inhaling through the nose and exhaling through your mouth. You can't do that if you're walking with a friend. If you're walking with a friend you'll end up talking and I want you to walk too quickly to talk. You are walking with intent, so leave the friend at home, unless they are taking this fitness challenge as seriously as you are.

#7 – At the end of September, try on your "too small" garment – if you've followed the numbered path above - it should fit. Next, step on the scale; you should have lost approximately, if not more, 10 pounds.

That's it! In only one month you can lose 10 pounds or more, just by watching your food, stepping away from the soda, and walking for thirty minutes every day. For 30 days you committed to a healthier lifestyle. You should be feeling a little lighter and should have a little "pep" in your step.

Please email or text me your results. I do want to hear from you – in fact, I look forward to it.

Promise yourself - I will never give up on "ME"!

Complete the challenge, contact me and I will gift you a FREE "FabFit" pass for one week to my fitness studio. Good luck.

Yours In Fitness!

Angela R. Stewart
 Creator of Fabulously Fit
 Fitness Program
 Co-owner of STUDIO FITNESS
 1413 Bernath Parkway (off Airport Highway)
 Email: Fabfitu@yahoo.com
 Cell: (419) 699-9399
 Check us out at: www.facebook.com/fabfitu & www.youtube.com/fabfitu

P.S. In reference to my August article – I'm not writing a food article, so I did get rid of the dreaded 10 pounds by exercising daily, watching my calories, drinking very little soda and eating very little salt and sugar. Thank goodness I only visit my in-laws a couple times a year – the food there is ridiculously irresistible! Shout out and much love to my New Jersey family

Ohio Health Care Decisions Made Best by Ohioans

By John Crabtree, johnc@cfra.org
 Center for Rural Affairs
 Guest Editorial

States are doing better than the federal government at enrolling people in high-risk insurance pools, according to a recent Government Accountability Office (GAO) report. As of April 30th, the 27 states that operate their own high-risk pools had enrolled 15,781 individuals with pre-existing conditions that were previously unable to secure affordable health care coverage. Meanwhile, the federally-operated pool for the 23 other states and the District of Columbia had enrolled only 5,673 individuals.

This is strong evidence that crucial aspects of the Affordable Care Act are best managed at the state level. And it should help answer the question as to whether states should choose to oversee the establishment of new, competitive health insurance marketplaces that the Affordable Care Act calls for by 2014. The law allows these health insurance marketplaces, or exchanges, to be established and administered by individual states or, failing that, they will be established and administered federally.

At the Center for Rural Affairs, since early in the debate over the Affordable Care Act we have maintained that individual states should take the bull by the horns where they can - e.g. high risk insurance pools and health insurance marketplaces - and control their own health care destiny.

Moreover, the best ways to address the health care challenges that rural communities face will vary widely from state to state. A federal health insurance marketplace will never address those unique rural challenges as well as a marketplace administered by the state.

Bill is back and ready to slide into the school year with you!



Bill Emahiser, MA, PCC-S and Unison Behavioral Health's Child and Family Intensive Services team

Unison is pleased to announce that Bill Emahiser, MA, PCC-S, has returned to lead our Child and Family Intensive Services program.

Under Bill's direction, the Child and Family Intensive Services program is now more flexible than ever to accommodate today's changing family.

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- Often lose their temper?
- Argue with adults?
- Defy or refuse to comply with rules?
- Are easily frustrated and/or irritated?
- Blame others for mistakes or misbehaviors?
- Are often angry or resentful?

Children ages 3-21 with serious mental health needs and their families can access the program immediately – with most families scheduled for an assessment within 24 hours of their call.

Bill's unwavering commitment to caring for children and adolescents who face serious mental health issues has resulted in this new, vigorous approach to treatment.

Why choose Unison?
 Professionals in the community can expect a level of competence, compassion, flexibility and collaboration unmatched by any other provider in the region. Services can be provided at Unison's 1425 Starr Avenue or 1212

Cherry Street locations, in the home, or in the school. Unison accepts Ohio Medicaid and most private insurances.

Don't wait! For information or an assessment call Bill Emahiser directly at 419-838-7306. If you receive Bill's voicemail, press "0" and ask for Unison's Intake Department.





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Slow Down on Sodium

By Jemma Cron, BGSU Dietetic Intern with Ohio State University Extension, Lucas County
Guest Column

Sodium has been a hot topic lately, especially with the new 2010 USDA Dietary Guidelines. All adults and children are advised to limit their intake of sodium, or salt. The estimated average intake of sodium for Americans ages two years and older is approximately 3,400 mg a day. The guidelines suggest that sodium intake should be 2300 mg or less per day.

In addition, those who are age 51 and older, and those of any age who are African-American, or have hypertension, diabetes or chronic kidney disease should reduce their intake to 1,500 mg a day. For some people sodium may lead high blood pressure. High blood pressure makes your heart work harder, and may increase your risk for a stroke and heart disease.

For a visual, 2,300 mg of sodium is equal to one teaspoon of table salt. Sodium can be found in many places. Did you know most of your daily salt intake does not come straight from the salt shaker? Although you should watch how much salt you add to food at the table, for most Americans, the extra sodium intake usually comes from prepackaged, processed, store-bought, and restaurant foods.

High sodium foods may be canned soups, frozen meals, certain deli meats, breads, and snack foods. Even though sodium is found in so many popular food items, there are many easy things you can do to lower your intake.

When you are at the grocery store, remember to always check food labels for sodium content and choose the low sodium versions if available. For example, canned vegetables are a good choice. Try to choose canned foods labeled, "low sodium," "reduced sodium" or "no salt added." If those aren't available though, you can rinse off the vegetable with water to lower their sodium content a bit before serving them.

Restaurant food may contain high sodium contents as well. That doesn't mean you still can't enjoy the food. Try out a few of these tips. Be an informed customer and ask for the nutritional information to check sodium levels. Choose the lower sodium options. Also, don't be shy, ask that your food be prepared with no or low salt. Find other ways to season food, for example, use pepper and lemon juice instead of the salt shaker.

If you think food lacks flavor without salt, think again. Try adding herbs and spices to the foods you

cook to add more flavor. Avoid using salt or only use a little when cooking. There are a wide variety of seasonings you can add to any dish. Try adding dill, chives, or curry powder to soups, or rosemary, sage, or ginger to lean meats. The options are endless and the foods will be full of flavor.

Do not be fooled by sea salt. Sea salt is similar to table salt in sodium content so make sure to go easy on that as well. When packaged foods are labeled that they contain sea salt, make sure to check the food labels to see how much sodium it contains.

There are plenty of food options that are lower in sodium and taste great. Instead of prepackaged snack foods, choose a variety of fruits and vegetables. These foods are full of vitamins and minerals to keep you healthy. Choose them at every meal and as snacks. Fruits and vegetables naturally contain some sodium, but not nearly as much as found in prepackaged foods. Choose unsalted

nuts, seeds, low fat dairy products, and dry beans too. Experiment with new recipes using these foods, and other low sodium ones.

Choose to eat heart healthy. Try the DASH (Dietary Approaches to Stop Hypertension) eating plan, which can help prevent or lower high blood pressure. This way of eating is low in sodium, cholesterol, saturated and total fat, and high in fruits, vegetables, fiber, potassium, and low fat dairy products. For more information about this visit, www.dashdiet.org.

Now that you have all this information as well as some great tips on how to lower your intake of sodium, start exploring some of these options! Remember you are in charge of your health. Make good, healthy food choices every day for you and your family. Choose more foods low in sodium, such as fruits, vegetables, and low fat dairy products. Choose fewer foods that are high in sodium, such as packaged foods and restaurant foods. Read the food labels to compare the sodium and choose the lowest amount. Start making some of these good decisions today - your heart will thank you!

If you are interested in learning about basic home food preservation, please join OSU Extension, Lucas County on Tuesday September 20 from 6:30-7:70pm at Maumee Library, 501 River Road. This is free to the community and no reservation is needed. If you have any questions, please call OSU Extension at 419-213-3253



ODH Releases Smoke-Free Law Health, Economic Impact Reports

Special to The Truth

The Ohio Department of Health (ODH) last week released a collection of reports that analyzed the health, behavioral and economic impact of the statewide smoking ban.

"These analyses show that Ohio's coordinated public health efforts are having a positive impact on the health of our residents," said ODH Director, Ted Wymyslo, M.D. "It is important to note, however, that these studies only represent initial findings on the impact of the law as additional studies are currently underway."

Two separate studies compared heart attack data for emergency room and urgent care visit chief complaints (pre-diagnosis) and hospital discharge data (post-diagnosis), respectively. When comparing emergency room visit data before and after the law, Ohio's heart attacks chief complaint rates declined by approximately 26 percent. The analysis of discharge data from Ohio hospitals also revealed a sharp decline in heart attack rates immediately following implementation of the law.

An analysis of the economic impact was also conducted using taxable sales from bars and restaurants for the State of Ohio. Sales data from 2003 through 2010 were evaluated for bars and restaurants separately, in order to investigate whether the smoking ban influenced either business type differently.

According to researcher Elizabeth Klein, Ph.D., with The Ohio State University College of Public Health, the law has not had an impact on either type of business. "After accounting for unemployment and seasons of the year, the analysis found that the Smoke-Free Workplace Act did not have an economic effect on restaurants and bars in the state as a whole," she said

In November 2006, Ohioans passed the Smoke-Free Workplace Act, making Ohio the 12th state to protect all workers and the public from exposure to secondhand smoke in public places. Enforcement of the law began on May 3, 2007.

The law impacts approximately 280,000 "public places" and "places of employment" in Ohio. These workplaces must prohibit smoking, remove ashtrays and post no-smoking signs with the toll-free enforcement number, 1-866-559-OHIO(6446).

"The good news is that Ohioans still overwhelmingly support the law," said Dr. Wymyslo. A study of attitudes and behaviors related to the law show that 73 percent of adult Ohioans either strongly approve or approve of the Smoke-Free Workplace Act while only eleven percent disapprove, and eight percent strongly disapprove. Approximately three out of four surveyed respondents stated they visit restaurants and bars with about the same frequency as they did before the Smoke-Free Workplace Act went into effect.

To access the full reports on the health, behavioral and economic impact of the Smoke-Free Workplace Act, please visit: <http://www.odh.ohio.gov>

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Toledo Community Foundation Awards Grant to Prevent Blindness Ohio to Fund the Vision Care Outreach Program

Special to The Truth

The Board of Trustees of Toledo Community Foundation has approved a grant to Prevent Blindness Ohio (PBO) in the amount of \$14,500 through the Margaret Toth Fund. These funds will be used to support the expansion of the Vision Care Outreach (VCO) Program which helps high-risk individuals receive donated eye care in the Toledo-Lucas County area. The funds will allow PBO to serve up to 1,100 additional children, families,

and adults in the coming year.

The ultimate goal of the VCO program is to reduce the incidence of vision loss and impairment by providing access to ongoing, comprehensive vision care services. Through this program, Prevent Blindness Ohio will continue to help more people receive comprehensive eye care than ever in Northwest Ohio, specifically Lucas County. The purpose of this program is to provide access to donated, comprehensive, professional eye exams, fol-

low up care, education and eye wear to medically indigent children, youth, families and homeless/ uninsured adults. This support will enable Prevent Blindness Ohio to target the population in Lucas County that need vision services the most, but who are least likely to receive them.

"In today's economic climate, stretching a dollar is key as our resources are expected to assist more people and the demand for vision care services con-

tinue to grow! The investment by the Toledo Community Foundation in our Vision Care Outreach program is an **investment in vision loss prevention**. This has a direct impact upon Ohio's economic development and growth by helping more individuals be productive at school and work," said Sherry Williams, president and CEO of Prevent Blindness Ohio.

Using a vast network of social service agencies, eye and other health care professionals, hospitals, optical

companies and others, VCO provides access for indigent populations to receive donated preventive vision care for disorders as easily correctable as myopia (nearsightedness) to more serious diseases such as diabetic retinopathy or glaucoma. PBO trains and equips staff of local health care and social service agencies (VCO partner agencies) to conduct vision assessments for their clients. PBO also provides eye health orientation and education to Lucas County area health care

providers, social service agency partners, and patients that help them to understand the importance of regular eye care and the eye care systems available community-wide to serve the eye health needs of the uninsured and under-insured. Partner agency clients receive access, through PBO, to eye exams, eyeglasses, and surgical care when needed at no cost to the recipient.

Eight Alternatives to Hitting Children

*By Kerby T. Alvy, Ph.D.
Guest Column*

Another tragic example of parental corporal punishment that spiraled out of control occurred recently in Phoenix, AZ, when a six-year-old boy named Jacob was beaten severely by his parents. Because of the extent of his injuries (which were likely caused by a belt buckle and possibly a wire hanger according to the police), Jacob isn't expected to survive.

Over the years countless innocent children like Jacob have been disfigured, maimed and even killed by their parents who believed that such harsh physical discipline was somehow justified.

Physical punishment of children is never justified and is more than an occasional pat on the behind.

Corporal punishment includes pinching, shaking, slapping, punching, spanking, hitting, and beating children with an object. Unfortunately, national surveys have shown that over the past twenty years, more than 90 percent of parents with small children admit to using one or more of these forms of corporal punishment.

Studies have shown that using these methods can result in serious and tragic longer-term effects such as the children becoming abusive parents themselves, which may well be the situation with the parents involved in the Phoenix case.

So what can be done instead?

1. **PREVENTION** - Probably the most effective alternative to hitting a child is prevention. By creating a "child proof" environment, where things are out of reach, children are less likely to get into trouble

2. **SHOW DISAPPOINTMENT** - Let the child know that you are disappointed in



his or her behavior. Explain what your expectations are. Make sure he or she understands right from wrong and what the rules are. Explain the consequences if the inappropriate behavior continues.

3. **TAKEAWAY A PRIVILEGE** - If a child misbehaves after being warned, a privilege such as watching television or playing on the computer can be taken away or restricted. Other privileges include playing with a certain toy. Never withhold food.

4. **GIVE A "TIME-OUT"** - Sending a child to his or her room is not an appropriate "Time-Out." Instead, select an area that is isolated from others, such as a certain chair in the corner of a room or hallway. Make sure the child knows why he or she is being given a "Time Out" and how long it will last.

5. **CATCH THEM BEING GOOD** - Whenever a child does something good (helps set the table, brush teeth, speaks politely, etc.) be sure

to react with praise and other forms of acceptance of those behaviors. The more parents respond positively, the less likely children are to misbehave.

6. **CREATE A CONTRACT** (especially with teenagers) - Write down what you want your teen to do (clean up his/her room, etc.) and indicate what you will do in exchange (stop talking about his friends that you don't like, etc.). Be specific in indicating what you want to see and what you will or will not do. Sign the contract.

7. **BE EMPATHETIC** - In words and actions, show your children that you understand the difficulties they are facing (other kids calling them names, the loss of a pet, etc.). Feeling understood helps children feel good about themselves, and such feelings lessen the times they misbehave.

8. **TAKE A PARENTING COURSE** - All of these alternatives to hitting children

have fine tuning points, which are best learned with other parents who are trying to do the best for their children and create harmony in the home. Take the time and effort to sign up for a parenting skill-building course at your church, college, school or local agency. It's the best continuing edu-

cation you can get and it sets a great example for your children.

Let's give our children the same right to be free of physical punishment that we adults have been reserving for ourselves. Human beings - young or old - are not for hitting.

Kerby T. Alvy, Ph.D. is child psychologist and executive director of the Center for the Improvement of Child Caring. More info and his most recent book, The Soulful Parent: Raising Healthy, Happy and Successful African American Children, are available on <http://cicparenting.org>.

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Book Review

White Water by Michael S. Bandy and Eric Stein, illustrated by Shadra Strickland

c.2011, Candlewick Press

\$16.99 / \$19.00 Canada

40 pages

By Terri Schlichenmeyer
The Truth Contributor

To everybody else, the sky is blue.

But you see it in different shades: a lighter tone next to fluffy gray clouds. Pink and purple, like when the sun goes down. Sometimes, you can even see a dark, angry blue like a bruise, just before a good rainstorm.

All around you are colors and if you're good at pretending, you can imagine what they'd feel like. Green might feel prickly, like grass. Brown might be soft like a puppy. Silver feels cool, like Dad's car or Mama's earrings.

But what would white taste like if it was water? In the new book *White Water* by Michael S. Bandy and Eric Stein, illustrated by Shadra Strickland, a young boy longs to find out.

Michael loves to go to town with his Grandma. It's one of his favorite things, so

he walked with her to the bus stop. It must've been a thousand degrees outside when they finally got there, but Michael and his Grandma had to let a white boy and his Mama have the bench. That's the way it was where they lived.

The other boy and his Mama got on the bus. So did Michael and his Grandma, then they got off and went around to a different door to sit in the back. That's how they did things where they lived.

By the time they got to town, Michael's throat was bone-dry. He couldn't think about anything but a good, long drink of water so he ran to the fountains. So did the other boy. Michael's first few sips from the Colored fountain were fine, then the water tasted just nasty.

But the boy from the bus kept on drinking from the

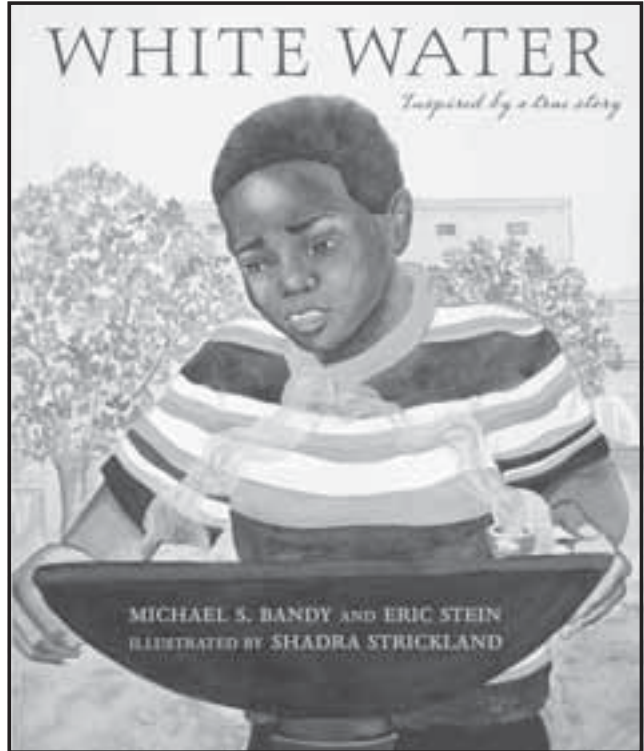
Whites Only fountain. Michael was confused. Was it possible that white water tasted different, better, pure and cold, like a mountain spring?

Suddenly, he "had to know."

He'd be in trouble if he just marched up to that white fountain, so that was out of the question. All week long, he couldn't concentrate on anything but that fountain, so he made a plan. Somehow, one way or another, he'd get a taste of that white water. Grandma would be mad, but he needed to do it...

You can tell a kid all the stories he wants about something monumental that happened before he was born, but nothing will sink in unless the tales have some relevance to his life. *White Water* lends that link.

Authors Michael S. Bandy and Eric Stein give their



young character a little sassiness along with his need to know, and kids will surely identify with Michael and his curiosity. I loved how illustrator Shadra Strickland depicts Michael's rich imagina-

tion: with a heavenly fountain, a giant water bath, sinister police, somber toy soldiers, and - finally - heroes who give him and all children a little encouragement.

Inspired by a true story, I

think this book is an excellent way to show four-to-eight-year-olds a dose of history in a way they'll understand. With *White Water*, story time will tickle them pink.

The Funny Bone Welcomes Corey Holcomb

By Monique Ward
Special to The Truth

Chicago-based comedian Corey Holcomb made his way to the Funny Bone last week to perform in front of several sold out crowds. The Comic View & Def Comedy Jam alumnus who has nicknamed himself "The Ghetto Dr Phil" made his way on stage dressed and ready to get into some trouble. Nothing was off limits or taboo for Holcomb as he poked fun at everything from Oprah to how to rate the quality of women. "You know Oprah shouldn't be giving relationship advice," Holcomb stated loudly. "Have you seen her without make-up? She's so rich they spray on her face. It's called airbrush make up and if she takes it off she'll be a like Transformer... You'll be screaming 'get off of me, you Deception (expletive)!'!" The audience fell over themselves in laughter.



He then joked about what level women are on from a scale of 1-10 stating "You can never be a 10 if you have on more than two items from the Korean store." At some point during his set a woman yelled out that it was her birthday, Holcomb quickly responded, "Nobody gives a (expletive) that it's your birthday!" but wittingly added, "I was reading the audiences mind and that was what they were all thinking."

Holcomb continued to shock and offend, even asking an older woman if she wanted to join him at his hotel for the hour break between his shows.

Holcomb said to her "I don't usually do this until the fourth or fifth month that I'm seeing you but what's your name?" That had the audience in another fit of laughter.

When the woman disappeared before Holcomb's set concluded, he inquired "Where's Grace?" which had the crowd laughing even more. By the conclusion of his performance everyone seemed satisfied with a lot of the men standing to applaud in favor of his revealing jokes about women.

Hair: Black Folks' Struggle to Love Their Hair, Part 4

By Brittany Jones
Sojourner's Truth Reporter

So I know I said last week that this issue would be about the debate of natural vs. relaxer, but there has been a change of plans—Hey, don't judge me.

There was absolutely no way we could forget about that big hair shift, which happened when the 1980s came around. Goodbye Afro! Hello Processed Hair!

Part four is dedicated to those drippy, Jheri curl 80s and the braided and flowing locs of the 90s!

The Hairstyle Where a Shower Cap was a Necessity: The Jheri Curl

This style has always baffled my friends and me. Those of us born in the late 80s (shout out to the '87 babies) could never understand why that swept out culture and it was so... wet and greasy.

A scene in one of my favorite movies, *Coming to America*, greatly illustrates the damage it did to furniture—the part where Darryl's family got up from the couch and as evidence of their presence, three Jheri curl stains were left in their place.

Priceless. Now that I think about it, there were many Soul Glo Jheri curls in that movie. That theme song is by far the best though.

On the flip side, apply that situation in real life. Very messy because anywhere that hair touched, there it left its juice, whether it was cars, glasses or clothes.

That is too much cleaning forme.

Margaret Watson (you probably recall her from last week's issue), experienced those messy encounters plenty of times.

"I remember hugging people and having to wipe off my glasses because of the juice," she said. "I also had to spend a lot on dry cleaning,



but we didn't pay it no mind because it [the Jheri Curl Juice] was normal."

Now I understand that it was a trend and everyone wanted to be "in," but why that style though? What started it and what kept it going? Most importantly, WHO thought of it?

Well, only one way to find out....

"You Got the Juice Now, Mr. Jheri Redding"

Now only people who have seen the movie, *Juice*, would get that headline. I just had to do it.

Okay, onto the main point: the origin

Now, this research caught me by surprise because the African-American community rocked this style like there was no tomorrow in the 1970s and 1980s. One would think that a black stylist invented it, but no, you are wrong.

The Jheri Curl was invented by—drum roll please?—A WHITE MAN!

Robert William Redding, the son of Irish immigrants, invented "the curl." His interest in this industry came about in the Great Depression when he eventually became the first man to get a cosmetology license. ¹

While in this career field, Redding began experimenting with different chemicals and products like mayonnaise and vinegar to create his own shampoos because he was dissatisfied with the shampoos that were being used during that time. ²

In doing this, he is credited for inventing the modern-day "pH balanced" conditioner fortified with vitamins and minerals. He founded Jheri Redding Products Company in 1956, selling a cream rinse he developed. Redding later co-founded three other major national hair care companies: Redken in 1960, Jhirmack in 1968 and, in 1979, Nexxus, which he said stood for "Nature and Earth United With

Science."³ So there you have it. The origin of the Jheri Curl. Now, what exactly is it?

The Two-Step Process With Many Touch-Ups

The late Michael Jackson, Ice Cube and many of your crazy relatives wore this expensive, labor-intensive hairstyle that at the same time damaged the hair with harsh chemicals. It was viewed as an alternative to the relaxer. They all thought they were sexual chocolate—ha! Love that movie.

The Jheri Curl consisted of a softener, which was also called a "rearranging cream," that loosened the hair so the curls could hang and a solution to set the curls. The cream that contained the overpowering, smelling chemicals was added to the hair, then the processed hair was set on perm rods and then another chemical solution was applied to permanently curl it. ⁴ And that was "the curl."

With all those chemicals, natural hair ended up exceedingly dry and brittle. It also caused many wearers to go in

constantly for touch-ups when new growth appeared.

To maintain the style between washes and touchups, an activator had to be sprayed religiously (usually costs between three to six dollars and was small), daily use of heavy moisturizers and a plastic cap had to be worn to keep it moist. The activator was the product that caused the "greasy" look.⁵

That is too much work to keep up with a trend, but thankfully, this fad ended in the mid 1980s and gave way to the braided ways of the 90s.

When Afrocentrism Ruled the World

Even though this ideology can be traced back to the 19th Century, the urge and desire for blacks to embrace and learn all that we can about our African heritage, took off in entertainment and hair during the 1990s.

Queen Latifah, Wu-Tang Clan, The Fugees (Lauren Hill), India Arie, Erykah Badu, Janet Jackson in *Poetic Justice*—I could go on. They embraced this movement

through either their songs, movies, clothing, hair or all three. Either way, "Black Power" was back and re-loaded.

Reflecting this atmosphere were dreadlocks, braids and cornrows. Those who wore these styles were proudly announcing to the world, "I am happy with my natural hair" and "my African culture fulfills me." These originated in West Africa, with people wearing beads and other accessories in their braided styles.⁶

Even though this love of the Africa was flourishing, the weave and relaxer were still at the top tier of preferred hair methods, thus causing problems towards approval of the braided fashions.

Twila Page—a retiree, home-school teacher, parent—understands this struggle ever since she began growing her dreadlocks 18 years ago.

This change was done as a statement. Page's motivation was the Clarence Thomas and Anita Hill fiasco, wherein Hill accused Thomas

(Continued on Page 14)

VOTE
LOURDES SANTIAGO
for
Toledo Municipal Court Judge



Committed To Justice for All
Attorney at Law for 32 years
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Lourdes Santiago
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Hair

(Continued from Page 13)

of sexual harassment while she worked for him. Despite Hill's testimony, Thomas was still appointed to the life-term of Supreme Court Justice.

Page felt as though the Senate would be white males did not take Hill seriously, supposedly because she was a black female.

"I felt that here was this black woman who was being denied the opportunity to speak out with her voice, but she stood up and I said I am going to stand up with her," Page commented. "I was going to grow locks as a tribute to her, which was a statement back then because people were not growing dreadlocks."

As with anything that was taboo, Page faced much negative feedback toward her hair

choice—even from family, but she stuck to her guns and, in a way, grew into the person she is today. Confident and sassy.

"This all evolved out of trying to be who I am as a person," Page recalled. "I didn't think I had to straighten, so during the course of my years, I have done and seen it all—the jheri curl, afro, slick down perm—but this is the most comfortable I have been in my hair story."

As we wrap up these last two decades, I can officially say that the next issue is going to tackle the hair battles of today: relaxed, natural, weave and wigs. Oh yea!

So... which side are you on?

(Footnotes)

¹ "Black History Beauty Trend: The Jheri Curl." By Danielle. Fashion Bomb Daily. February 2, 2010. <http://fashionbombdaily.com/2010/02/02/black-history-beauty-trend-the-jheri-curl/>. September 5, 2011.

² "Black History Beauty Trend: The Jheri Curl." By Danielle. Fashion Bomb Daily. February 2, 2010. <http://fashionbombdaily.com/2010/02/02/black-history-beauty-trend-the-jheri-curl/>. September 5, 2011.

³ "Personal History." "Jheri Redding." Wikipedia. July 22, 2011. http://en.wikipedia.org/wiki/Jheri_Redding. September 5, 2011.

⁴ "Black History Beauty Trend: The Jheri Curl." By Danielle. Fashion Bomb Daily. February 2, 2010. <http://fashionbombdaily.com/2010/02/02/black-history-beauty-trend-the-jheri-curl/>. September 5, 2011.

⁵ "Black History Beauty Trend: The Jheri Curl." By Danielle. Fashion Bomb Daily. February 2, 2010. <http://fashionbombdaily.com/2010/02/02/black-history-beauty-trend-the-jheri-curl/>. September 5, 2011.

⁶ "Dreadlocks, Braids and Cornrows." Jazma Hair Inc. Black Hair History. 1999-2011. <http://jazma.com/static.php?sid=5>. September 5, 2011.



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REGISTERED NURSE

Unison Behavioral Health Group, Inc. has full-time and contingent opportunities available for experienced nurse to perform duties such as health assessments, medication education and direct service to clients in clinic and in the community. Work schedule for these positions vary, may include evening hours and may require travel to various sites.

Qualified candidates must possess RN license. Psychiatric nursing experience required, minimum of three years nursing experience preferred.

Send resume or apply to:
Human Resources - RN
Unison Behavioral Health Group, Inc.
1425 Starr Avenue
Toledo, OH 43605
Email: hr@unisonbhg.org
Fax: 419-936-7574
EOE

Notice to Bidders: Inquiry # FY12-022,
(Project # 0003-12-772) for **Snyder Memorial Center for International Studies** for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 3:00 p.m., Tuesday, September 13, 2011. Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1260. Copies of Plans, Specifications, and Bid Forms may be obtained from Apex MicroGraphics Inc., 5973 Telegraph Rd., Toledo, Ohio 43612-0457. Call 419-476-6535 for an appointment to pick up bid package. A cost of \$30.00 will be charged per set. Any further information may be obtained from Dave Serra of The Collaborative Inc. at 419-242-7405. **One Pre-Bid Conference will be held on Tuesday, September 6, 2011 at 11:00 a.m. in Plant Operations Building Room 1000, at the University of Toledo, 2925 East Rocket Drive, Toledo, Ohio 43606.** Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$92,000.00; Breakdown: General Construction: \$58,000.00; HVAC: \$7,500.00 & Electrical: \$26,500.00.

Christian Music Auditions!!

Record Label for the Co-founder of Fred Hammond's Radical for Christ is seeking band members and background singers. Auditions September 17th, Saturday, 11:00 a.m. at the Ramada Hotel and Conference Center on Secor. To register call, Keith at 419-261-3406

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St. Benedict Mission Church and School Homecoming Gala

We are looking for contact information for the planning of the St. Benedict Homecoming Gala in 2012.

Call Mike Youngblood, Diocese of Toledo: Black Catholic Ministries at 419-244-6711 ext. 511 or email to myoungblood@toledodiocese.org

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Notice to Bidders: Inquiry # FY12-021,

(Project #0001-11-711) for UHall 5th Floor Renovation for UTL/C/Provost for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 3:00 p.m., Tuesday, September 20, 2011. Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Silica Press, 3545 Silica Road, Sylvania, Ohio 43560. Call 419-843-8500 for an appointment to pick up bid package. A cost of \$40.00 will be charged per set. Any further information may be obtained from Tadd Stacy or Dwight Gilliland of Architecture by Design at 419-824-3311. One Pre-Bid Conference will be held on Tuesday, September 13, 2011 at 11:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$85,900.00; Breakdown: General Const: \$41,500.00; HVAC: \$9,000.00 & Electrical: \$35,400.00.

PROGRAM MANAGER, PACT TEAM

Unison Behavioral Health Group is seeking a Program Manager to provide clinical and administrative supervision a team working with clients who are in need of a high level of service and/or are involved in the forensic system.

Qualified candidates must have leadership ability and creative problem solving skills. LPCC, LISW, or RN is required, along with case management or other work experience with adults with serious mental illness. Prior experience with the forensic system and supervisory experience is preferred.

Send resume or apply to:
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INTERESTED BIDDERS: TOLEDO PUBLIC SCHOOLS - RYDER ACHIEVEMENT CENTER AND OLD ORCHARD ELEMENTARY SCHOOL DEMOLITION

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until 1:00 p.m. on September 28th, 2011, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the demolition of Ryder Achievement Center and Old Orchard Elementary School, as more fully described in the drawings and specifications for the project prepared by The Collaborative, Inc. will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan room 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 **September 7th, 2011 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 **PREBID CONFERENCE** is scheduled for September 16th, 2011 at 9:00 a.m. at the Toledo Public Schools Board Room, 420 E. Manhattan Blvd., Toledo, Ohio 43608. Site walk-throughs at Ryder and Old Orchard will commence after the pre-bid meeting according to the schedule provided at the meeting.

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

Bid Package - Old Orchard Elementary School:

Bid Item No. 1 Old Orchard Elementary School Building Demolition \$ 243,147.00

Bid Package - Ryder Achievement Center:
Bid Item No. 1 Ryder Achievement Center Building Demolition \$ 102,000.00

Snow Plow Operators with Vehicles

The City of Toledo, Streets, Bridges and Harbor Division is interested in contracting with owners/operators of snow plow vehicles for plowing on residential streets during heavy snow conditions. All bids must be received by 2:00 p.m. September 27, 2011. For a copy of the bid proposals and specifications contact: Streets, Bridges and Harbor; 1189 W. Central Avenue; Toledo, Ohio 43610. Phone: 419-245-1575

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