



Dr. Anita Lewis Sewell, MD
Fremont's Health Link

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“There is a time to heal. People need to be healed, physically, mentally, and emotionally. Marriages, families, and communities need to be healed. Racial and ethnic divisions need to be healed. Above all, our spirits need to be healed by placing our faith and trust in God.”

This Strikes Us...

The Sojourner's Truth Editorial

The Truth was not yet a gleam in anyone's eye during the presidential election of 2000. But if we had been around, we probably would have written that presidential elections were not of such importance anymore, particularly in the post-Cold War era.

We would have taken a serious look at the two then-nominees for president – major party nominees, that is – and offered the opinion that it mattered little, between Democrat Al Gore and Republican George W. Bush, whom the American voters selected to lead the nation into the 21st Century.

At that time, oh so long ago it seems now, the economy had been humming along for a number of years, the budget was balanced and the world was relatively calm. All we had to quibble about was President Bill Clinton's indiscretions.

We could not have been more wrong if we had written such comments, as we all realize now. It's hard to imagine that a President Al Gore could have overseen as incompetent an administration as the one we have been inflicted with for the past eight years.

We are in a war that made no sense from the very beginning; we have added, by some estimates, about three trillion in debt; the economy is threatening to go into the tank; unemployment is way up; health care is much more expensive; we have created for ourselves more enemies and hardened the resolve of so many more who already were our enemies; we have failed to address the calamity that struck one of our major cultural centers and regional areas.

A couple of weeks ago, President Bush went to Africa to bask in the glow of perhaps the only success he has enjoyed in his eight years in office – the assistance given to a continent beset by diseases such as AIDS and malaria.

We applaud him for this accomplishment, but considering the paucity of his achievements, the sound you hear is that of one hand clapping.

Back in 2000, we would have paid little attention to the Ralph Nader impact on the election when he managed to snatch about three million votes and, in the process, probably took the election away from Gore. This year, Nader has entered the fray again even though he has failed to present voters with any substantive policy difference between his platform and that of the two candidates for the Democratic Party's nomination.

This time, however, it is unlikely that voters will grant Nader anything near the number of votes that would alter the outcome of the election. He only received a fraction of that three million in 2004 and he is unlikely to reach even the 2004 results this year.

But, again, in 2000 we probably would have yawned at the Nader entry to the race no matter what the anticipated results would have been. We probably would have written something such as all important politics are local not national.

Maybe, in fact, somewhere along the line, we have written such nonsense over the six years we have been penning these observations of politics. If so, we were sadly mistaken.

We are under no such illusions during this election cycle.

Obviously the election of either Senator Hillary Clinton or Senator Barack Obama would be of enormous historic importance if only because of the gender and race implications.

But beyond those considerations we have as stark a difference between the Republican and Democratic nominees as we could hope to find.

The Democratic nominee, whoever it is, promises to find a way to end the War in Iraq and bring those troops home from a conflict that was as strategically unimportant to the United States as the battle over Korea was 60 years ago.

The Democratic nominee has vowed to finally bring into existence a national health care plan, to rework NAFTA and to introduce some modicum of common sense to our foreign policy operations.

The Republican candidate, Senator John McCain, on the other hand, would not mind having our troops in Iraq for another 100 years. He says this as he points to the fact that such troops have been in Korea, Japan and Germany for well over a half a century already.

McCain is an unreconstructed free trader, has marched in lockstep with Bush on his foreign intrigues and bristles at the idea of "socializing" health care.

He does seem to agree with the Democrats on the immigration issues, but he has already demonstrated that his commitment to his original offering is not quite so set in stone for this self-described "straight-talker."

So, yes, it does matter who our president is. It has always mattered even if it is not always so evident at the time.

Community Calendar

March 7

20 North Gallery's *Fields of Color: Three Stars in Textile Art*: Featuring the works of Marcia Dersé, Joan Ragle and Connie Stark (members of Toledo's Athena Art Society); Opening reception from 6 to 9 pm: 419-241-2400

March 8

NANBPWC, Inc: 44th Annual Founders' Day Celebration: Indiana Avenue MBC: 419-343-1861

Free Rebuild Your Credit Workshop: Main Branch Library; 9 am to noon; 12 steps to improve your credit score: 419-213-4293

Support Group for Those Suffering from Severe Medical Conditions: Flower Hospital; 11 am to 12:30 pm; For patients that need to be fed intravenously or home tube feeding methods: 419-291-4557

March 9

7th Annual Multifaith Banquet: Hosted by the Multifaith Council of Northwest Ohio; Holy Rosary Cathedral; 4 to 7 pm: 567-661-7080

March 10

Dorr Street Corridor Redevelopment Town Hall Meeting: Project and initiative updates; 6 to 8 pm: Indiana Avenue MBC: 888-297-3588

Board of Community Relations: Open, public focus group session; South Branch Library; 6 to 7:30 pm: 419-245-1565

March 11

Moving On: What to Do when Credit Problems or Criminal Records Get in the Way of Finding New Housing or Jobs: Sponsored by Toledo Lucas County Public Library, Legal Aid of Western Ohio and Advocates for Basic Legal Equality; Presented by attorneys Ed Marks and Veronica Zoltowski; 6:30 to 8:30 pm; **Locke** Branch: 419-259-5207

March 15

Opening of The Truth Art Gallery: 1811 Adams Street; 6 to 10 pm: 419-243-0007

March 16

Consecration Service: "Lord, Keep Me Day by Day;" Toledo Interfaith Mass Choir; 6 pm; Calvary Bible Chapel

St. Paul MBC Annual Men's Day Program: "Men Maintaining a Relationship with Christ;" Guest Speakers Rev. Arthur Battle (AM) of Calvary Baptist and Rev. Otis Gordon (PM) of Warren AME. Contact Church office for more info at 419-246-2886

March 18

Board of Community Relations: Open, public focus group session; Reynolds Corner Library; 6 to 7:30 pm: 419-245-1565

Moving On: What to Do when Credit Problems or Criminal Records Get in the Way of Finding New Housing or Jobs: Sponsored by Toledo Lucas County Public Library, Legal Aid of Western Ohio and Advocates for Basic Legal Equality; Presented by attorneys Ed Marks and Veronica Zoltowski; 6:30 to 8:30 pm; **Kent** Branch: 419-259-5207

March 22

20 Annual Black History Banquet: Coalition of Black Trade Unionists; Clarion Westgate; 6 pm Social hour; Keynote speaker William Lucy; "Bridging Labor and our Community

March 24

Board of Community Relations: Open, public focus group session; Sanger Branch Library; 6 to 7:30 pm: 419-245-1565

March 28-29

"Old Fashioned, Holy Ghost, God Sent, Soul Saving Devil Hatin' Evangelical Crusade;" New Beginning Community Church; Speakers Pastor Marilyn Wilson—host, Min. James Brooks, Evang. Ric Trench; 6 to 10 pm:

The Sojourner's Truth

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My View

By Jack Ford
The Truth's Political
Columnist



Have you noticed how much money is being spent in this year's presidential primary elections? It's as if both Democratic candidates are "all in" as they saturate the mails, the airways and use paid ground troops to make direct contact with voters.

Those full page Obama ads cost around \$14,000 each. I have counted four so far in The Blade just for Obama.

And the television ads hit every half minute it seems. Again, Obama seems to be spending the most, both in frequency and at prime time rates. His team must figure that a knockout blow in Ohio or in Texas seals Hillary's fate. But it is not just the big

ticket costs, some of the "shoe-leather" tactics give insight as well as to how game a candidate can be at this time.

On Sunday, pre-election, a young lady walked door-to-door in my neighborhood with stickers displaying support for Barack Obama. It was a little thing but it served three purposes.

First, it gave a memento to those who wanted one of the first bona fide black presidential candidate. Second, it reinforced the image of Obama as a candidate. Third, the absence of his opponent's steam going door-to-door was very noticeable. And, I learned long ago that little things make a difference in squeezing out those last 10 to 15 votes in a precinct.

One amazing story circulating last week has Mayor Carty Finkbeiner asking the Obama people if he could speak at the big rally at The University of Toledo on Sunday February 24. Supposedly, the mayor promised to endorse Obama if Obama endorsed the 3/4 of one percent tax levy. "Ah, no thanks,

Mr. Mayor. Your approval ratings are down in the 20's. so we will pass on that for now."

By this Wednesday, the day of this issue, we will know if Joe Stainbrook is a new "star" in local politics. We will also see how Keith Wilkowski's courting of the Obama team works out. Wilkowski was very visible last Sunday at dinner with six Obama campaign workers at Ruby's Kitchen on Dorr Street. Also present was Rev. Floyd Rose and an assortment of local pastors and church members.

If Obama closes the gap and wins Ohio, he can thank the hard work put forth by all of his teams around the state. He can also thank his vision, along with the extra help he received from The Blade, the Cleveland Plain Dealer, the Canton Repository, The Dayton Daily News, the Cincinnati Enquirer and all of the other newspapers that gave strong endorsements to the senator from Illinois.

Probably none of the endorsements was set up quite like that of The Blade which

featured a front page photo of a smiling John Robinson Block welcoming the Democratic candidate to The Blade's offices. Talk about telegraphing an endorsement.

And sure enough, a few days later, we see a front page editorial for Obama. Block likes to think of himself as a kingmaker and this time around, he may well have been proven to be so.

If Hillary wins Ohio and Texas, I think she takes the convention. How could a candidate win California, New York, New Jersey, Massachusetts, Ohio and Texas

and not be the standard bearer? Those big states are just that important.

The great thing we have seen is that politics can be different. We do not have to be locked into moribund races with low voter turnout. And kids can lead the way. That is what Obama has done.

And women can seize power. That is the partial message for Hillary supporters.

On the local scene, the powers that be, whoever they might be, ought to get together and work out the hostility going on in city hall.

March is National Kidney

Disease Awareness month. As you know, I volunteer as a fundraiser for the Kidney Foundation of Northwest Ohio. We have raised and saved over \$100,000 for the foundation in the past five months. Let me express my special thanks to the following benefactors: Jim Murray of Toledo Edison, Mike Anderson of The Andersons, Joe Blaze from the Ironworkers, Phil Copeland from Local 500, Barb Petee from ProMedica, Joe Choate from PowerTrain, Bruce Rumpf from the Rumpf Corporation. Thanks to these folks and the many, many smaller donors.

A Breath of Fresh Air

My name is Melissa Awls, and the purpose of this letter is to respond to an article dated in your 2/27/08 issue of the paper captioned an open letter to Mayor Carty Finkbeiner.

This letter was a breath of fresh air. I finally felt a sense of relief reading this letter. It's about time your constituents call you (our Mayor) on the carpet for your behavior. I am the younger (foster) sister of Mr. Waymon Usher. I remember vividly his malicious treatment and behavior to the staff of Lake Park, and Toledo Hospital when our mother was gravely ill. Mr. Mayor you badgered the nursing staff and intimidated those in charge to demand that Waymon take your calls.

You harassed our brother to the point of medical illness. I watched as Waymon's blood pressure rise to dangerous levels, and his stressors became increasingly negative. You're incompassionate and oblivious on how to really treat others. It wasn't your mother and you simply did not care.

Mayor Finkbeiner you must know by now that not only are your constituents watching, but so are the children. What message do you think you are sending our children? Your antics with regards to your dog, how you handled the KKK and lastly the Marines. Your character really needs a make over, and your value system needs re-adjusting.

Mayor Finkbeiner, let me make a suggestion; we have some fine mental health facilities in Toledo. There is Zepf, Unison, and Harbor. I believe you would benefit from a complete psychological exam. I'm sure you will find life much more refreshing once you get your medication straight.

Thank Mr. Reid Russell for having the courage to get my ball rolling.

Respectfully,

Melissa Awls



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IMA Black History Month Celebration



The Interdenominational Ministerial Alliance of Toledo and Vicinity held its Black History service on Sunday, February 24 at Grace Temple Church of God in Christ. The presiding officer for the service was Pastor Chester Trail and Rev. Donald Perryman, pastor of Center of Hope Community Baptist Church presented the sermon.

Also participating in the service were the Mt. Nebo Praise Dancers. Rev. Cedric Brock, president of the IMA and pastor of Mt. Nebo, introduced the speaker and offered the benediction.

Examining the Causes of Health Disparities in the African-American Community

By Alexis Randles
Sojourner's Truth Reporter

This past Friday, The University of Toledo's Health Science Campus extended an invitation to minorities, fellow medical students and the Lucas County community to join them in a panel discussion titled "Improving Health Disparities in the African-American Community."

Those in attendance were provided with awareness information that many of the panel said was certain to save your life. The panel revisited topics such as: health care, statistics on the leading diseases affecting African-Americans, teen pregnancy, gang and drug violence and the media and music industry's ability to negatively influence black youth.

As an ode to Black History Month, the event was a part of the University of Toledo's (UT) Cross-Cultural Series. The Office of Student Diversity, Recruitment and Retention, the Office of Institutional Diversity and the Office of Health Science organized the panel discussion. Every month the Cross Cultural Series hosts a different event to help bring together minorities on the campus and within the community.

The panel was comprised of four individuals including Dr. Anthony Atkins, MD, who is a family physician in Lima, Ohio and is most often recognized for his work with poverty stricken young African-American males and females. Dr. Atkins, has recently joined forces with rappers and spoken-word artists across the country in producing a 16-track compact disk (CD) titled "LifeStorz: State of Emergency," which brings the message to youth about the importance of safe sex, having self respect and the results of gang violence.

"I wanted to produce this hip-hop CD to target our youth because I want to put an end to the vicious cycle of gang violence and STDs (sexually transmitted diseases)," said Dr. Atkins. "I see 13-year old black females coming in for prenatal care

treatment and then turn around only to see our black males coming to me for gun shot wounds. We have to stop this cycle!"

Dr. Atkins hopes that with the right exposure of his CD, he will be able to expand the way black youth visualize success for themselves. "Nobody is putting positive seeds in to these young people's heads," said Dr. Atkins. "These youth want things quick and fast. And the rappers are telling them just how to do that."

Also sitting on the panel was Dr. Linda French, MD, who is professor and chairman of the Family Medicine Department at the Medical University of Ohio. Dr. French is nationally recognized for her expertise in women's health and evidence-based medicine. She has also published extensively on varied topics related to women's health and is a member of the editorial boards of the journals, *Family Medicine* and *The Journal of Family Practice*.

Dr. Frederick Cason, MD, associate professor of surgery and gastrointestinal surgery at the Medical University of Ohio, was also welcomed to the panel discussion. Dr. Cason is well known for his work in the weight loss field.

"I think that most of the issues affecting the black community is a result of the way the economy now operates," said Dr. Cason. He believes that the resources that are often available for other medical students are not within reach for many black children, due to them not having access to a computer or other tools that would assist them in their education and allow them to move into such fields as medicine.

Completing the panel was Dr. Patricia Hogue, Ph.D., who is the Assistant Dean of Diversity at the College of Medicine and Student Recruitment and Retention. "I was glad to be apart of this panel because through my course I have learned that



knowledge equals awareness," said Hogue.

"You have to present this information on the youth's level with youth specific information so they will take these health risks seriously," Hogue believes that many in the black community are getting the facts about diabetes and STD's but unfortunately then have to rely on treatment from a doctor who often can not connect with them.

"I believe a lot of doctors who are not African-American do often think that their patients are the victims of a stereotype," said Hogue. "And it is not [the doctors'] fault but it's these types of stereotypes and myths that keep blacks from getting the treatment they need."

The panelists concurred that when most black Americans examine their communities, they are faced with the stifling reality of the health disparities that continue to separate them from the majority community. However, what is uncertain to most is how close such diseases can hit home.

Many tend to deceive themselves under the notion that such calamity has affected the culture but not the particular individual or home and family.

For those who feel immune to STDs, acquired immunodeficiency syndromes (AIDS) or human immunodeficiency viruses (HIV), high blood pressure and diabetes here are a few facts that are certain to put everything into perspective: There are 33.2 million people globally living with HIV/Aids and 1.3 million of those people reside in North America. Currently African-Americans represent about 13 percent of the American population, yet that population accounts for 47 percent of all HIV/AIDS cases in America.

Individuals who are looking for more information on health disparities are encouraged to visit websites such as Thebody.com, which gives the facts for demographics all across the country by race, gender and

Third Baptist Church Ordains Four Deacons

Sojourner's Truth Staff

On Sunday, February 24, 2008, Third Baptist Church of Toledo, under the guidance Rev. Kevin Bedford, senior pastor, held an historic service and ordained four members of its flock: Deacon Harry F. Brown, Sr., Deacon Harry F. Brown, Jr., Dean Capucine Rena' Dickerson and Deacon Barbie J. Harrison.



The 4 p.m. service included a call to worship by Rev. James Willis of St. Paul Missionary Baptist Church, a choral response and music ministry by The Voices of Unity, greetings from the American Baptist Churches of Ohio and Rev. Jane Gibbons and an ordination conducted by Pastor Bedford and the clergy panel.

Harry Brown, Sr., retired after 25 years of employment with the U.S. Department of Justice, Bureau of Prisons and is currently employed with Toledo Public Schools. He joined Third Baptist in 2004 after many years at New Horizon United Methodist Church.

Harry Brown, Jr., the son of Harry, Sr. and Wanda, has earned undergraduate and graduate degrees from The University of Toledo. He is married to Tamara and they have a daughter, Injoy.

Dickerson earned her undergraduate degree from UT and a masters in special education from Bowling Green State University. She is a special education teacher with TPS and is currently pursuing a master of divinity degree from Ashland Theological Seminary. She has two children - Armand, 15, and Aaliyah, 7.

Harrison, president/CEO of Big Brothers Big Sisters of Northwestern Ohio, holds a postmasters degree in education from UT. She earned her undergraduate degree from Grambling State University in her native Louisiana. Harrison has been married for 39 years to Deacon Herman Harrison and has three children - Brian, Marcus and Kristan.



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Black History Committee Brings Denver Post First African-American Editor to Toledo for Annual Event

By Geneva J. Chapman,
Sojourner Truth Reporter

Imagine a winter palace with snow-covered walls and icicles resting on tables like crystals. Such was the scene in the newly refurbished Event Center, Saturday, March 1, 2008, on the occasion of a very special event honoring a decade of recognizing Toledo's African-American role models.

Sponsored by The Black History Committee, the catered affair featured Greg Moore, editor of the *Denver Post*, as keynote speaker.

Elegantly dressed guests started arriving around cocktail hour; ladies in chic black evening suits and cocktail dresses contrasting with the white draped chairs against which they reclined, leaning in to chat to male companions, provided an air of urban sophistication to the modern industrial site, dressed up in its Sunday best.

Industrial pipes, walls, railings and several stately pillars illuminated with opaque glass sconces and festooned with billowy white fabric were all painted white and set atop a green carpet decorated with light colored leaves and bordered in burgundy. Beautiful abstract art splashed

color on the walls, seemingly haphazardly, and the multipaned garage doors opened up the space to Summit Street, providing a winter wonderland view of downtown Toledo.

Dinner, served buffet

style, consisted of marinated chicken breasts, Salisbury steak, gourmet collard greens, sweet corn with red and yellow peppers, mashed potatoes with parsley and cake or cheesecake for dessert.

Guests finished dining while listening to the sumptuous vocal stylings of one of Toledo's premier artists, Vicki Simpson Brooks, and saxophonist Sean Turner.

"He was named the editor made a big difference," he said, concluding the story of his rise to journalistic excellence. "I'm going to take a few minutes to talk about things that concern me as a citizen and a father."

cans what the Holocaust Museum has done for Jews.

"Knowing one's history makes one stronger," he said. "And we need to get busy getting stronger." Moore ended his message with some advice to young people.

"Success comes from failure," he said. "Success is also about effort."

To illustrate, he told an anecdote about ducks: they seem to glide across the water, but underneath the surface, they're paddling like crazy. Moore maintains that's what successful people do.

"And if you can look good doing it, so much the better!" Following Moore's speech, past honorees were recognized for their achievement and contributions to the community.

Those attending the event included Ford, Dr. Linda Whittington-Clark; Charles Brown, president of the African-American Parents Association and Bishop McGhee, pastor of Serenity Baptist Church.

Founder of The Black History Committee, Princess Wells, introduced committee members Parker, James Codell, Janette Evans, Cecil Parker, Darlene Meyers, Mee Sanders, Monique Ward, Tamara Owens and Susan Nobel, some of whom were unable to attend.

She also introduced her chief supporter and co-worker. "Donna was the person who came up to me on the job and said we need to do something about Black History Month," said Wells. "And now we're here 10 years later and we're really proud of that."

Wells moved to Toledo in 1991, and realized more needed to be done to showcase Toledo's many African-American role models. "We know in our families, we don't always have two parents in a lot of cases," she said, adding that good male role models benefit our kids.

Her group, in addition to their annual program, usually held at Bethlehem Baptist Church's community center where it is free and open to the public, also sponsors health checks, education on STDs/HIV, voters registration and "spa days" for women. However, the main focus is providing a spotlight for Toledo's African-American achievers to "show what they have accomplished." Wells says, "We've had about 28 in 10 years, but there are a whole lot more!"

"We live in a society where many of our young people and some of our older people can't tell you where Afghanistan is and Iraq is and we have soldiers dying over there."

of the *Denver Post* in 2002," Joyce Parker stated, giving an abbreviated biography of Greg Moore, a Cleveland native who briefly worked at *The Toledo Blade* and has been a journalist for over 30 years.

Moore began his brief speech by acknowledging the stellar list of Toledoans honored by The Black History Committee during the past 10 years, singling out former Toledo Mayor Jack Ford. Moore also acknowledged his mentor at *The Blade*.

"I want to take time to pay homage to the late, great Bill Brower," he said. "I'm the top editor at the *Denver Post* - I'm proud of that - the first African-American editor."

The *Post*, Moore said, has a circulation of about 275,000 daily and 600,000 on Sunday. "I've traveled the world as a journalist," he said. "It's been an amazing journey."

He reflected on growing up in Cleveland in the 1960s and not knowing any black people that were journalists. "I remember realizing there was something special about the news business when I was a child of about five or six and the news came on and there was a hush that came over our house," he recalled.

"I began to understand that the news was very important if it demanded that kind of attention from my parents."

Continuing the story of his journey, Moore revealed the result of his brief sojourn in Toledo. "In 1975, after my summer in Toledo, I started my own campus newspaper," he said, adding that his classmates called him "Clark Dark."

After graduation, Moore worked in Dayton as a journalist before returning home to Cleveland where he worked at *The Plain Dealer*. There a black editor took him under his wing.

"I believe that my presence, my participation has

Moore began by stating how appalled he is by the lack of concern there is about poor people in this country. "It really takes a village and we need that village to get the job done," he said, then expressed a concern that he thinks all blacks should have - about what is happening to our culture.

"Our culture is overly influenced by music, entertainment and celebrity," he said. "We live in a society where many of our young people and some of our older people can't tell you where Afghanistan is and Iraq is and we have soldiers dying over there." After stating that he respects and lauds rap music as a cultural innovation, Moore commented on the down side of this music genre.

"Nowadays parents don't even know what their kids are listening to," he said. "We need to focus on telling our kids what rappers like Kanye West and Snoop Dogg do in their real life and less what they say in their music."

Moore also talked about the educational gap between American children and children in other nations, many of whom come to the U.S. and do well in public schools.

"If our schools are so bad, why are these kids succeeding?" he asked, observing that many students from other countries come here and attend our public schools, rising to the top of their class. Moore also spoke about preserving our history, lamenting the reservations many blacks have about talking about their slave ancestry.

"We should not want that history erased or buried," he said. "We should not be ashamed. Blacks have been tried and tested. It's a wonder we're not extinct."

Moore announced the opening of a national slavery museum in Williamsburg, Pennsylvania next year and said he hopes it will do for African-Ameri-



Greg Moore



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The Lighthouse Road: A Time to Heal

By Dr. Anita M. Lewis-Sewell
Guest Columnist

"To every thing there is a season, and a time to every purpose under heaven"- Ecclesiastes 3:1.

As we prepare to celebrate the Easter season, it is a good time to reflect on the meaning of the crucifixion and resurrection of Jesus Christ and the purpose for which he was born. We remember the sacrifice he made so that all people might have the hope of life "more abundantly" here on earth, and "everlasting life" in heaven.

Our world today is troubled and is in need of "much care" as my little three-year old friend, Sue-Sue,



Dr. Anita Lewis Sewell: Toledo Native Embraces Fremont

Sojourner's Truth Staff

A nine-year staff member of the federally funded Community Health Services (CHS), Dr. Anita Lewis Sewell, a family practitioner, will be undertaking a new assignment soon.

The Toledo native and graduate of Scott High School, Dr. Lewis Sewell is joining Fremont's Health Link at Memorial Hospital, an occupation health center.

Dr. Lewis Sewell earned her bachelor's degree—in communications—from The University of Toledo and her MD from the Medical College of Ohio—now the UT Health Science Campus.

She spent several years with Neighborhood Health Association (NHA) before moving to Fremont to assume her position at CHS.

Dr. Lewis Sewell has been the project director for numerous Minority Health Month seminars, conferences and health fairs addressing heart health, physical fitness, obesity, lupus, depression, violence prevention, substance abuse prevention and other issues affecting the health of men, women, adolescents and children.

would say.

It is depressing to watch the news, and to read stories about current events. Crime, gun violence, and drive-by shootings at home; terrorist attacks and bombings abroad; soldiers dying daily, and being shipped home from war in body bags.

Our world is full of suffering and strife. We are constantly inundated with gloomy reports about people who are victimized or killed.

My first real exposure to this "dark side" of life came in 1977 when, at 24 years of age, I applied for a job as a Toledo Police Officer. During the five years I served as a police officer, I did a lot of growing up, and the experience greatly influenced my life.

I had just graduated from college, and I saw this as a unique chance to make the world a better place. Before then my life had been fairly well-protected in the safe and positive confines of family and school.

There were very few female officers on the force when I was appointed. The police division, fire department and other city agencies were under court-ordered affirmative action initiatives to hire more minorities to correct decades of discrimination.

As a black female, I faced discrimination on two fronts. I was black in what had long been a profession dominated by whites. I was a female in a job that had previously been dominated by men.

The job was psychologi-

cally and emotionally challenging. It dealt with this darker side of life on a daily basis: robberies, domestic violence, injury accidents, and other crises.

One night, I was sent to help to direct traffic at the scene of a fatal accident where a little girl had been killed in an accident caused by a drunk driver.

It was hard to understand why a child had died, while the person responsible for the accident had lived.

One day, I was sent to help search the Old State Theatre on Collingwood Blvd. where we found the body of a teenage girl who had been abducted and murdered. I could never get the sight of it out of my mind. The girl was found face down in the basement with a halo of blood frozen around her head.

It was hard to understand who could do such a thing to a child.

Another time, I was sent to the home of an elderly woman on a B&E (breaking and entering) call. The assailant had broken into her home by night. She woke up, startled the intruder who then stabbed her in the chest with a pair of shears, then fled.

When our crew arrived, the woman, who survived, was sitting down wrapped in a cover. She opened that cover to reveal a blood-drenched nightgown.

I was young. I did not understand what type of person would do this to a woman too old and frail to have been

a threat to him.

This world was not the peaceful, protected place I knew growing up. It was no "fantasy island" filled with loving-kindness, or "happily ever after."

Trying to make sense of these heavy realizations almost drove me to despair. The understanding I sought was not to be found in college textbooks or police academy protocols. The answer was found in the Word of God:

"For God so loved the world that he sent his only begotten Son, that whosoever believeth in him would not perish, but have everlasting life." (John 3:16)

The Bible said: "Trust in the Lord with all thy heart; and lean not to thine own understanding. In all thy ways acknowledge him and he shall direct thy path" (Proverbs 3:5,

6).

That is just what I did. I repented of my sins, gave my heart to God, and accepted Jesus Christ as my Lord and Savior.

Witnessing much of the suffering in this world fueled my desire to become a physician who could provide physical healing.

But I felt another call as well. It was a call to help bring about spiritual healing in this world by sharing the Word of God. This Word has power to transform people into "new creations" through faith in Jesus Christ.

God is Love. God wants us to love one another. When we learn to love, we will not hate, hurt, fight or steal from one another. We then can create a world at peace.

Jesus said "I am the light of the world, and "I am the

way, the truth, and the life." At Easter, we remember that Jesus shed his blood so we all can receive the gift of salvation and the hope of a better world.

There is a time to heal. People need to be healed, physically, mentally, and emotionally. Marriages, families, and communities need to be healed. Racial and ethnic divisions need to be healed. Above all, our spirits need to be healed by placing our faith and trust in God.

Jesus says to each of us: "Ye are the light of the world...let you light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Matthew 5:14-16

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March Is Kidney Disease Awareness Month

By Tedra White
Guest Contributor

Kidney Disease: Know your risk

Could you or a loved one have chronic kidney disease and not know it? It's possible, according to the American Medical Association (AMA). The AMA estimates that there are 26 million Americans living with kidney disease and most are completely unaware of it.

African-Americans are at an even higher risk of developing chronic kidney disease due to the prevalence of diabetes, high blood pressure and heart disease. Once diagnosed with kidney disease, African-Americans develop kidney failure or end-stage renal disease at five times the rate of Caucasians. African-Americans make up about 12 percent of the U.S. population, but account for 32 percent of people with kidney failure which requires dialysis or a kidney transplant (Source: U.S. Renal Data System).

What is Chronic Kidney Disease?

Chronic kidney disease occurs when a person's kidneys are no longer able to function properly by filtering wastes and excess fluids from the bloodstream. As the condition worsens, that waste can build to high levels and

make you feel sick. If left untreated, it can lead to high blood pressure and anemia can occur and the bones can become brittle. Heart and blood vessel disease can occur at more advanced stages.

Most people do not show any signs until the condition becomes severe. However, here are some symptoms to watch out for:

- Fatigue
- Poor appetite
- Confusion
- Difficulty sleeping
- Dry/itchy skin
- Muscle cramps (at night)
- Swollen feet and ankles
- Puffy eyes
- Frequent need to urinate (at night)

Kenneth Lempert, MD, medical director of Hemodialysis at The Toledo Hospital, specializes in treating patients with chronic kidney disease. He advises people to see their family doctor right away if they have any of the symptoms.

"The only way to know if you have kidney disease is to schedule a checkup with your doctor," says Dr. Lempert. "Early detection and treatment are absolutely vital to help keep kidney disease from getting worse."

The checkup would ordinarily include:

- Getting your blood pressure checked

A urine test to check for protein in your urine

A blood test for creatinine (waste product that comes from muscle activity)

Controlling chronic kidney disease with diet

Dr. Lempert also says that controlling diet may slow down the progression of chronic kidney disease. A special diet can help control the build up of waste products and fluid in your blood. Your doctor may refer you to a renal dietitian, who has special training in diets for kidney disease patients.

For starters, it's important to maintain a healthy weight. It's also recommended that you cut back on eating foods that are high in protein (poultry, dairy products, etc.), phosphorus (nuts, cola soft drinks, etc.) and sodium (table salt, bacon, etc.)

"Do not make any changes to your diet without consulting your doctor first," says Dr. Lempert. "He or she will make recommendations based on the stage of your disease."

For more information, visit www.kidney.org. To schedule an appointment with a ProMedica Physician Group doctor, call 800-PPG-DOCS.

Kidney Failure: How One Man Copes With the Effects

Sojourner's Truth Staff

Irvin Fort was diagnosed with kidney failure in early 2001 – seven years ago. He recalls the fevers he was experiencing and the high blood pressure. He also remembers that he knew absolutely nothing about kidney failure.

"I went to the hospital to find out what was wrong and they did a lot of tests but did not tell me anything," says Fort. He finally asked his doctor to explain the situation to him.

"You've got kidney failure," his doctor answered.

"Is that good or bad," asked Fort.

"Oh, it's bad," said the doctor.

And for the last seven years, it has indeed been difficult for the once-active 69 year old.

Fort undergoes dialysis three times a week, three and a half hours a day. He still works part-time as a maintenance man/caretaker of St. Michael's in the Hills Episcopal Church.

"I still have my off days, when I don't feel good and I have to go home and rest," says Fort. "But I like to get out and go so lying up at home can bother me."

Fort's diet has changed, of course. He eats more protein these days and is careful to avoid items such as tomatoes and dairy products.

He also has a medication regimen that consists of about seven to eight different prescriptions. And he is waiting for a transplant.

Fort went to The Univer-



sity of Toledo's Health Science Campus several years ago to start taking a battery of tests that would demonstrate his eligibility for a transplant. He has one more such test to take this spring, he says.

Fort is eagerly anticipating what a transplant can mean for the restored quality

of his life. Over the last seven years, he has not been able to play golf or the basketball he used to enjoy so much but, in spite of that, he has tried to maintain a positive attitude.

"I keep trying to do what I can, I'm not going to let it get me down."

Akinfemi Afolabi, MD

In February 2008, Akinfemi Afolabi, MD, was named chief of staff at Bay Park Community Hospital in Oregon, a member of ProMedica Health System, from 2008-2010. As chief of staff, Dr. Afolabi will be responsible for preserving the quality and efficiency of clinical services, patient care



and performance within the hospital, while working with the medical staff, hospital president and other administrators to ensure that policies and procedures are enforced. He will also be in charge of appointing new physicians to the medical staff.

Dr. Afolabi, a native of Lagos, Nigeria, is the first black doctor to be appointed to chief of staff at Bay Park Community Hospital. He came to the United States in 1994 and completed his residency in Internal Medicine at Harlem Hospital Center in New York City. He also completed a fellowship in nephrology and hypertension at State University of New York at Stony Brook. Dr. Afolabi is board-certified in internal medicine and nephrology.

Dr. Afolabi joined the medical staff at Bay Park Community Hospital in 2001. He resides in Sylvania with his wife, Tolani, and two children.



Janice, Hubert's Daughter

“Hospice of Northwest Ohio turned my doubt into trust.”

"I was very protective of my father, especially after his health failed. I wasn't going to allow just anybody to come in to provide care for him.

"Our family didn't have the resources to hire a private nurse. But together, we decided to contact Hospice of Northwest Ohio.

"When Hospice came into our home, I just sat back and checked them out. They always explained to us what they were going to do and how they were going to do it. And the level of care was awesome. Hospice provided nursing care, aides to help in the home, plus all the medications and equipment my dad needed.

"All the services Hospice provided were covered by Medicare." I don't think a lot of people are aware of the excellent care available. Families in situations like ours need to call Hospice of Northwest Ohio."

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Local Organizations Unite to Raise Awareness of Autism

By Artisha S. Lawson
Sojourner's Truth Reporter

The local chapters of Alpha Kappa Alpha Sorority, Inc., National Association of Negro Business and Professional Women's Club's, Inc. Toledo Youth Club, and the Autism Society of Northwest Ohio co-sponsored a program which focused attention on autism.

The Saturday, March 1, 2008 event featured Autism Society executive director Linell Weinberg and four parents who deal with autistic children on a daily basis.

According to the society's website, autism is a brain disorder that affects a person's abilities to communicate, to reason and to interact with others. It's a life-long disability with no known cause and is four-times more common in boys than girls.

During the event, Weinberg spoke about applied physical science and additional methods that caretakers can use for assistance. Parents were encouraged to look into speech therapy, occupational therapy, play project—also known as floor time, and also medication. "For behavior you want to look at each child individually. Medical intervention such as vitamins and supplements may or may not be enough," she said.

Besides medication assistance, the program mentioned educational concerns that parents addressed during the question and answer session. "No matter if you choose special education or some other means, you will need academic accommodations. Have at least one goal in mind for each diagnoses, and then break that down into individual tasks," said Weinberg.

Parents were then encouraged to find a personal communication system that works best for them and their child,



Four-member panel shares stories

such as picture books and sign language. In addition to the communication system, Weinberg suggested addressing sensory needs—also known as sensory diets to keep a regular schedule. Several parents donated suggestions that included: an organized environment around the child, ensure enough alone and relaxation time, control the child's blood sugar and have enough sleep at night. "A lot of kids don't sleep at night very well, that does factor into their ability to regulate their emotions," said Weinberg.

Along with the dietary suggestions, the program also shared touch technique called "squeeze technique," that can calm a child. Basically, first you ask the child if you can hug them, then you slowly squeeze them with one hand on each of their shoulders. Lastly, you don't release the child completely and repeat this cycle several times.

Several audience members asked questions about how parents in this situation deal with an autistic child. Weinberg then pulled out a case which contained several examples of tools caregivers can use for a child with autism. "Keep predictable with a daily routine, prepare your child for change, and use visual supports 80 percent of the time." She also suggested adding pictures of the child performing the task

for calendars, planners, rule cards, and daily task sheets.

One major topic during the program for autism was financial assistance. Weinberg pointed out that some insurance plans do not cover autism, but did suggest the option for scholarships offered through the society and kinship waivers for grandparents. "They (the insurance companies) may cover up to 30 visits, but if you have a five-year-old with autism, 30 visits isn't enough."

The Autism Society of Northwest Ohio has invited the public to their upcoming events—a Mud Hen's game on April 27, Give Autism the Boot fundraiser on June 20-21 and the annual picnic on July 20.

The event closed with a panel of four parents who shared their stories about dealing with an autistic child. Their children ranged in ages three to 18 years old, several races and from mild to severe autism. Topics included dealing with bullies, TPS Special Education teachers, decisions to medicate their child and giving enough time to your spouse and other children without autism.

Angela Hunt who has an adult son with mild autism shared her story with the audience. "He is slow to sit down. He's been in TPS schools since the beginning of his education and I've never had a problem. I've been fortunate that he's been with the same group of kids for so long that I didn't have to deal with bullies. I'm lucky, he's a good person. He's not a stupid child, compared to the other three ladies stories—he's quite level. The only problem is that he's non-verbal."

The event also aimed at informing people without an autistic person in their lives. Wanda Terrell of the NANBPWC, Inc. admitted to knowing an individual with autism but plans to approach that individual differently. "I was shocked to hear some of the information today. I first thought it was a mental retardation, now I know differently."



Leola Haynes of NANBPWC

About the Community Health Wellness and Weight Loss Challenge Coalition

By Vince Davis
Special to The Truth

The Community Health Wellness and Weight Loss Challenge Coalition is a grass roots initiative of Corporate, Fraternal, Social, and Individual participant. Our Mission is to make health care a life style in our community.

We will accomplish this with free testing, education and medical care initiated in a non threatening environment within the community.

We had close to three hundred attendees and volunteers at our December 1, 2007 event. Over 250 tests were done. Additionally mental health assessments were performed, post examination education, diabetes education and weight loss challenge folk were signed up. Dr Godfrey will compile and extrapolate relevance from the data collected by The Black Nurses who along with others did a stalwart job!

Typically "we" do not seek medical care until we are very sick. Thus our morbidity is more severe and our early mortality is inevitable.

Our next health fair is April 12 2008 from 10:00 a.m. until 2:00 p.m. The event will be held at Cordelia Martin at Nebraska and Division. We will test for breast cancer, hypertension, cholesterol, prostate cancer, blood glucose, HIV, mental health assessment and referral, diabetic education, diabetic foot care instructions (tentatively), pharmacological issues (tentatively), Substance Abuse (tentatively) Weight Loss counseling in conjunction with the 50 million pound challenge www.50millionpounds. If I missed something enlighten me.

We need doctors to perform the prostate cancer exams, marketing support, vendors support, and your support for the April 12 2008 event.

We are putting together a 3 K Run, Walk, Push, Pull Celebration of Health late summer/early fall. The culmination of the walk/run portion will feature jazz, R&B, food, education, testing, referrals and assessments. We want to make health care part of our lives rather than the event that occurs at the end of our lives.

WE NEED VOLUNTEERS AND COMMITMENT TO HELP MAKE THIS HAPPEN

Our sponsors include but are not limited to State Farm Insurance, Owens Corning, Vincedavisinsurance.com, Omega Psi Phi Fraternity Inc, Alpha Phi Boule, The Negro Business and Professional Women of Toledo, The Committee of The Whole, The Black Nurses, Delta Sigma Theta Sorority Inc, Alpha Phi Alpha Sorority Inc., The NAACP, The Urban League, Mercy Health Partners, Several Faculty members of The University Of Toledo Medical College, The SNMA Students of The Medical College

Incidentally the CHWWCC is sponsoring a weekly article on medical issues affecting the community. Please send your article to me. We will endeavor to get it in the article. We are talking to radio people regarding a radio spot weekly. If you have an interest let me know.

I am talking to State Farm about supporting our April event. Additionally I am in discussion with them about perhaps getting Dr Ian Smith and maybe a celebrity like Lebron for our late Summer/Early Fall 3-5K Health Challenge. The discussions are in the early stage. My optimism lies in the fact that State Farm loves our community as I'm sure you do as well.

Want to get involved—let me know

Ed. Note: Contact Vince Davis at 419-244.1048 or by email at vince.davis.bun1@statefarm.com

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Dr. Robert Heizelman: Making the Most of His Abilities at NHA

Sojourner's Truth Staff

Dr. Robert Heizelman II, MD, joined the Neighborhood Health Association family just this past January, but in a few short months, he has already been handsomely rewarded for his decision to make major career adjustment.

"The reason I joined [NHA] is because there is a sense about their mission that is meaningful for me," says Dr. Heizelman in explaining the satisfaction he has experienced over the last several months. "I believe in helping others who are less fortunate."

He has ample opportunity to do just that at NHA. The mission of the non-profit health service agency which has been providing quality primary health care to Toledo's under and uninsured residents for over 33 years is "to provide quality health services on a cost effective basis for the total person."

Dr. Heizelman earned his bachelor's of arts in communication from Bowling Green State University and his doctor of medicine in 2002 from the Medical College of Ohio – now The University of Toledo Health Science Campus.

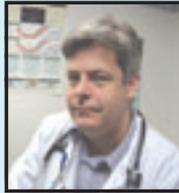
His most recent assignments – prior to the joining NHA – were as a physician in the student health services of BGSU and UT. Clearly quite a shift in focus.

"This is more similar to the types of patients that we had in my residency in urgent care," says Dr. Heizelman who is currently assigned to the South Side Community Health Center at 732 South Avenue. "Patients here are complicated and that caused me to dust off the neurons and get back into the books," he says of the adjustments he had to make.

"Poverty is a risk factor in disease and poor health," says Dr. Heizelman. "And poverty is the biggest challenge because patients may come in with numerous problems."

But even as the challenges are greater than those of the college campus, for Dr. Heizelman, so are the rewards.

"I am so glad I made the move," he says. "People are genuinely thankful for the care they receive here and that gives me a sense that I am doing the right thing with the gifts I've been given."



NHA's Women's Clinic on Huron Keeps a Focus on Quality Care

Sojourner's Truth Staff

The Neighborhood Health Association's Women's Clinic at 923 N. Huron originally opened about seven years ago as an all-purpose family practice. About two years ago, NHA commissioned a community survey that would point the way to a facility for women's service. As a result, the Women's Clinic was opened in September 2006.

"Women should know that they are valuable and critical to the processes of the world," Doni Miller, CEO of NHA, explained at that time of her desire "to provide a place of respite and support" for the women of the neighborhood.

So NHA teamed with a variety of partners such as ProMedica and Mercy Health Partners to present a program of holistic medical services in the large, converted Victorian-style house.

The primary focus these days is on obstetrics care says Temple O'Brien, NHA manager of clinical services, who oversees the NHA clinics.

The Women's Clinic is open on Tuesdays and Wednesdays from 8 a.m. to 4:30 p.m. and is staffed on those days with midwives from ProMedica. On Thursdays and Fridays, the clinic is open from 8 am to noon to enable neighborhood women to visit with an obstetrician from St. Vincent's. The clinic sees about 60 women per week.

The Women's Clinic is a perfect example of why O'Brien, who joined NHA as a licensed practical nurse in 1999, is so excited about the services and quality care NHA provides. Prior to joining NHA, O'Brien, frustrated at the bureaucracy that often prevents health facilities from providing quality care to patients, was on the brink of leaving the health care profession. NHA revived her belief that it is still possible to provide such care.

The Women's Clinic takes insurance, of course, or self pay. Fees are set on a sliding scale depending upon income.

More care is set to come to the Women's clinic, says O'Brien. Starting in April, the clinic will be offering women patients primary care.

"This is a clinic for women," says Miller, "and knowing your worth is really what it's all about."



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Pediatrics
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If You Have Diabetes, You Need to Know How to Control It

By Don and Lynn Godfrey
UT Health Science Campus
Special to The Truth

The number of people living with diabetes continues to increase worldwide, now representing about 20 million people in the USA. It is important to be aware that diabetes is a serious disease that would kill each afflicted person were it not for the available treatments.

Diabetes results from inadequate supply or function of the hormone insulin, which is secreted by the islands of Langerhans in the pancreas. Without the actions of insulin, our bodies cannot use the nutrients in the foods we eat to build up our tissues and organs. Instead, glucose and other basic nutrients accumulate in the blood to unnaturally high levels that disrupt our normal functions. This will gradually lead to a decreased feeling of motivation to get things done and less energy to do them.

Thankfully, many treatments for diabetes have become available over the past 50 years and new ones continue to be developed. People with diabetes can now enjoy long and very healthy lives. To accomplish this, however, it is necessary to make proper use of available treatments and to adopt a healthy lifestyle.

Doctors learn about diabetes during their training, and certain ones called endocrinologists become very knowledgeable about how diabetes affects the body and about how to treat it. However, because there are so many people living with diabetes, there is no way that the doctors and, in par-

ticular, the very small number of endocrinologists, can keep up with the continuing needs of people with diabetes. During the several-month periods between doctor visits, people with diabetes may experience changes in body metabolism that can lead to chronically high blood glucose levels. Such imbalances in the body can bring about the worst problems of diabetes – the side effects. These may include not only lack of ambition, but also heart problems, kidney problems, sexual impotence, loss of vision, and poor healing of injuries that may result in amputation of limbs.

The only way for people to successfully live with diabetes is to become knowledgeable about it themselves, so that they can manage their own health on a daily basis.

The best way to learn how to manage your diabetes is to find a diabetes educator. Diabetes educators have more time than doctors to spend with patients, to teach people with diabetes how to live healthier and adjust their eating habits to match the needs of their bodies. In fact, many diabetes educators have diabetes themselves and have learned from their own experience how to manage the disease.

Although diabetes educators usually do not have the extent of understanding about diabetes that endocrinologists have, they know more than most other doctors, especially in the practical knowledge of how to live successfully

with diabetes. This is simply because they deal with diabetes on a daily basis. They keep up with the effects and side effects of the new drugs that come out, the value of exercise and strategies to make it more fun, and the value of good nutrition and how to achieve it. Furthermore, consulting a diabetes educator is less expensive than consulting a doctor.

If you have diabetes and have not yet learned how to manage it on a daily basis, if your blood glucose level is always above 130 milligram percent, or if you don't even know what your blood glucose level is, you should find a diabetes educator. Learning how to manage your diabetes will not only improve how you feel, but it could easily add 10 years to your life.

Diabetes education will be provided at the Neighborhood Health Fair on Saturday, April 12, 10 AM to 2 PM, at the Cordelia Martin Health Center, 430 Nebraska (at Division). A list of diabetes education facilities in the Toledo area will be made available there.

Ed. Note: Lynn Godfrey is RN, BSN, CDE; she is the volunteer diabetes educator for The University of Toledo Medical Center.

Don Godfrey, Ph.D., is a professor in the Division of Otolaryngology and Dentistry, Department of Surgery, at The University of Toledo Health Science Campus

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Dear Ryan,

I have been training for about three weeks and I've only lost about four pounds. I read your articles and I do follow some of the programs that you have suggested. Shouldn't I be losing more than four pounds in three weeks? What am I doing wrong?
Monie

Dear Monie,

Well, four pounds in three weeks is pretty good. Pat yourself on the back and keep up the great work. How much do you think you should be losing in a week? You said you read my columns then should know that 1-3 pounds a week is a realistic goal to set without sacrificing muscle tissue.

I think you are on the right track you just need to understand that you must keep on going and you will reach your total weight loss goal. The three most important words you need to keep in mind right now are; consistency, persistence and patience!!!! If you fail to be concrete in any one of these areas you will fail.

Let's not forget about solid clean nutrition. I've offered all of you readers a great food list to use and all you have to do is send me an e-mail requesting it. Rome wasn't built in a day and you didn't get out of shape in a day.

So now let's place some logic and science into the equation. If one pound of fat is equal to 3500 calories, the next time you do your cardio keep track of how many calories you burn then divide it by that 3500 to figure how many times you need to do it just to burn one pound of fat.

Don't be so hard on yourself, OK. There's dozens of people who wish they had lost just one pound and haven't. So keep up the great work because you are well on your way to that summer physique that you want.

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CASA Elects New Board Members and Officers

Special to The Truth

CASA (Court Appointed Special Advocates) proudly announces the selection of its newest members to the Lucas County CASA/CRB Volunteer Association Advisory Board. Officers elected to serve in 2008 are: Barbara Van Vleet-Gallis, president; Marlon Kiser, vice president; Timothy Scholz, secretary; and Didi Thomason, treasurer. The Board also selected five prestigious individuals of the greater Toledo community to join the advisory board:

Sharon (Judi) Ellis is the recently retired vice president



of Community Relations for National City Bank where she worked for about 30 years. Ellis is the founder and current President of KEVIN, Inc., a non-profit corporation designed to

support children and parents and to prevent community violence. Ellis was also actively involved in the Youth Entrepreneur Program of the City of Toledo and is working on ways to continue funding it for the future.

Robert Z. Kaplan, J.D. is a highly respected attorney in the Toledo area. His experiences representing clients enmeshed in both the juvenile justice and the social service systems will be of great value to the Board and the CASA community. Kaplan has served on many community and non-profit boards including the NAACP and the ACLU. He brings to the CASA/CRB Board political savvy and a wealth of experience with small business and organizational management, fundraising, and fund allocation.

Denise (DiDi) Thomason is serving as the CASA/CRB Advisory Board's treasurer. She earned her bachelor degree from BGSU in business and majored in procurement and production operations management. She has extensive financial experience with both small business and major corporations, having worked for several years as an accounts payable specialist, an EDI pro-

cess analyst, and a business analyst at the corporate headquarters of The Home Depot in Atlanta, Georgia.

Stephen Vasquez is a development officer with the United Way of Greater Toledo. He graduated from Ohio University with a degree in public policy and administration. He is actively engaged in the Toledo community, especially the Hispanic community, and has nonprofit experience with Diamante, FLOC, the Latino Youth Summit, and Adelante as well as the United Way and the Boys and Girls Club.

Pat Walter brings a special perspective to her new role as a board member; she is already serving as a CASA/GAL volunteer. Walter has been a CASA/GAL for over seven years and was awarded in 2003 the Ohio CASA Association's highest honor for a new CASA volunteer. After years of experience as a preschool educator, Walter began her own business as the owner and operator of a successful child care center that she sold when she retired about 10 years ago.

About CASA

The Lucas County CASA Program, one of the oldest and most respected of the 1,000 CASA programs nationwide, is non-profit and has operated in Lucas County since 1980. CASA volunteers are everyday citizens who are trained to investigate and monitor child abuse cases. CASA volunteers work for the Lucas County Juvenile Court Judges and are sworn officers of the court. CASA's mission is to advocate so that child victims find safe, permanent, nurturing homes and do not get lost in the child welfare system.

March - Roaring Lion or Gentle Lamb

By Diana Patton and Tonja Ward
Guest Columnists

Are you familiar with the sayings, March either comes "in like a lion and goes out like a lamb" or comes "in like a lamb and goes out like a lion?" Of course, if we were to ask our families, they would agree we too have days like the month of March. *What are you feeling like today? Lion or lamb?*

On our lion days, we may feel like we want to growl like a lion with all of our mood swings, and energy highs and lows. We may look grouchy and stone faced because we haven't taken advantage of the sun's Vitamin D. We may even have various lion-like cravings to devour lots of meats and stews. Full from those cravings, we tend to feel very groggy, sluggish and weighted most of the time.

But then there are times we feel like a lamb and we want to exhale with a gentle "baaaaahhhhhhh." We start to exhibit lamb-like qualities. We are milder and calm, easy going and smiling. We are more open and willing to learn. During these times we eat more like a lamb, too, enjoying more green, (think green pastures) salads, fruits and other plant-based foods.

Our feelings, cravings and energy levels often resemble the typical March weather patterns. Temperatures can range from very warm to very cold, all within a matter of days, and sometimes minutes. Consider Toledo's weather over the last few weeks: I went to the park to play

outside in the snow for a little while with my children. As we headed back, the weather seemed like it had dropped about 10 de-

safely dwelling in the Shepherd's herd? Rest assured, all hope is not lost! We have the ultimate blessed assurance in Christ

I went to the park to play outside in the snow for a little while with my children. As we headed back, the weather seemed like it had dropped about 10 degrees. Checked the thermometer and, sure enough, it had!!

grees. Checked the thermometer and, sure enough, it had!!

But thank God for spring! This is the wonderful time when the birds chirp in the early morning, dew sparkles on the blades of grass, plants start to bud, days get longer, the temperature is pleasantly a little warmer and new life can be seen everywhere in nature. Can't you just hear the happy music playing in the background?

And when spring comes, we tend to feel the same. Most of us begin to feel an overwhelming sense of calmness and we are ready to let go of the heaviness of winter. The lion goes out, and we come in like a lamb ... even desiring to eat milder, plant-based foods.

The Bible often portrays us as sheep and lamb who are watched and cared for by the Good Shepherd. The Shepherd keeps the sheep together in a herd for their own safety and protection because He knows that if they separate they are more vulnerable to harm. 1 Peter 5:8 reminds us to "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walking about, seeking whom he may devour." Are you

who is both the Good Shepherd who "laid down his life for the sheep" (John 10:11) and He is the "sacrificial" Lamb of God who takes away the sin of the world" (John 1:29).

Let us be diligent and forthright in our passion and desire to be Christ-like this Easter Season and work *together* to keep coming in and going out each day like lambs! You'll see significant positive changes in not only your health, but your family's health as well.

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

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The Lima Truth

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Decision: 2008: Bill Clinton Visits Lima ... The Dynamic of Change vs. Experience

By Vickie Shurelds
Sojourner's Truth Reporter

"I believe if I jumped from an airplane in the middle of an uninhabited desert and I said these words, there would be an antelope that would give me a standing ovation: Hillary Clinton, if elected president will get rid of No Child Left Behind!"

As the gymnasium of Lima Senior High School erupted with applause, laughter and agreeing whistles and screams from educators, students and parents, it was apparent the former president knew exactly how to target an audience. On a Sunday evening the room was packed to capacity with supporters, officials and residents that were well aware of the historic significance of having Bill Clinton visit Lima, Ohio.

President Clinton was also aware of the significance that support from Ohio could mean to his wife's campaign. "I'll never forget sitting around waiting to hear how we were doing in my first campaign for the presidency... they showed a map and the state of Ohio was blinking and the announcer said: Governor Bill Clinton will be the next President of the United States, he just won Ohio!" He continued with other examples of the importance of winning our state "No Republican has ever won the presidency, unless he carried Ohio."

As polls released all over the country point out the great momentum of the campaign of Barack Obama, the efforts of Hillary Rodham Clinton cannot be discounted in part because of the "Bill factor." Glancing across the room

signs rang out loud and clear "We miss you, Bill," "Bill Clinton for President, 2013." Clearly, in Lima, Ohio there is a strong constituency of Bill Clinton supporters – but would that translate to votes for Hillary?

"I would support a Clinton/Obama or Obama/Clinton ticket for the presidency," said Dave Evergast who hasn't missed voting in an election since he was 18. "I think Obama might accept the role of vice president, but I don't think Hillary will. I hope they do not do so much damage to each other that they can't run on the same ticket – I'm comfortable with either one of them, I'd rather have BOTH of them!"

"I like a lot of what many of our Democratic leaders who want the job of president have to say; even some of them that have dropped out of the race have some great ideas on some important issues, but I have a strong belief in one particular candidate, and not just because I happen to love her!"

It was obvious one reason the former president has come into this small but enthusiastic community is to explain the details surrounding Hillary Clinton's plan for America: on her behalf, he made some pretty strong promises: "If you want a president that: one, understands where we are and where we need to go; two, is a proven change maker, and one that will, three, never forget those who sent her to Washington., then Hillary Clinton is your candidate."

He went on to explain her

take:

On diversity. "Diversity is important, but more important is common humanity – we all deserve an equal piece of the pie".

On economic performance: "We have to restore America's standard on a global scale. It's important to know how we came to be in the fix we're in. We know we cannot have one set of rules for one group, and a different set of rules for everyone else. We have to get back to enforcing the trade laws, and stop subsidizing the movement of trade jobs overseas."

On education: Taking the military approach to learning. If a soldier has a problem with one area – we don't just keep testing him – we identify the problem area, train him in that and stick with him until he gets it. Hillary proposes to take the most successful programs in the country for student learning, then put money into implementing those programs in schools across America to bring American Children up to global standards of education.

On healthcare: "It has been said, General Motors is now a healthcare company that sells automobiles to cover the costs of their insurance premiums! Healthcare has become both a moral and economic issue – it has been proven you cannot cut healthcare costs unless you can cover everyone. It makes everything simpler and in fact, easier with less paperwork, because everyone is covered."

"I told you I like what a lot of people who want to be your president have to say,



but I asked Hillary what she believes she can do as President and she told me: 'I have always felt I've been called to be a change maker for other people. This election is about change vs experience. I have three personal goals for serving the American People:

If the American people can say yes to these 3 questions, I will have been successful:

Are we better off as a nation? Does America now have a brighter future? And probably the most important measure of all: Is the world coming together, not coming

apart?' Those are her measurements, and enough to let me know that even if I weren't married to her, I'd still be here in Lima, Ohio campaigning for her. If you want a better America, Hillary Clinton is your candidate!"

The former president then walked off the podium into the welcoming crowd shaking hands and accepting smiling and handshakes, then spent time in a backroom signing autographs, including a saxophone carried as if it were now worth its weight in gold by a high school musician.

"It's an incredible opportunity for this area" said Gary Freuh, chairman of the Allen County Democratic Party. "To see this kind of a turnout, people from all over the community, educators, students, city and county leaders, people from every economic bracket and every walk of life agreeing on one thing! It gives a great feeling to be a part of that; to know it can still happen in this community and all over the nation. Having President Clinton here means a lot!"

Vickie Shurelds

A black and white portrait of Vickie Shurelds, a woman with dark hair, smiling. The text "Soul of the City" is written in a cursive font across the bottom of the image. In the bottom right corner, there is a logo for "1150 WIMA" and the text "Sponsored by Dr. Will Ellis".

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Our Black NOW

By Michael Hayes
Minister of Culture



son for my career - arts/ entertainment.

By the time you all read this, my 30th birthday will have come and gone.

Some people are telling me I'm not that young, but I'm still young.

Others are telling me I'm not that old, but I'm getting there.

Very disturbing either way.

One thing I do is consider WHO is telling me what.

People in my generation tell me it's no biggie.

Generation X peeps tell me it's somewhat of a big deal, but not really.

And of course, all the elders are eager to accept anyone they can into the "former spring chicken ranks."

Anyway... turning 30 and still pursuing a career in music and entertainment would give any person the impetus to reflect and consider where they are heading.

Why be a producer? Why own a label? Why write music? Why emcee?

Why not get a graduate degree? Why not get a

higher paying job in a better field? Why not give up on the fickle world of entertainment because it seems to have given up on me?

That's what I'm faced with.

That's what I hear people say.

And when I think about the state of black music, black videos, black entertainment... the truth is there isn't much honor in it anymore.

But... that's not a 30 year old thing - I felt like that at 18 when Master P came and dominated the game. I felt like that when I left high school.

The real issue is not why do I want to be in entertainment.

The real issue is the state of black entertainment itself. Talent used to make people special.

Not back in my parents' day, I mean just back in the 80's.

I remember being in the third grade and everybody would be in the cafeteria free styling and rapping and if you were good at making a beat or if you were good at spitting rhymes, the rest of the kids would be amazed.

In other words, hip-hop had an AUDIENCE!

In 2008, such is not the case.

The late 1980's was a great time to be a little kid getting in touch with the most dominant culture on the planet.

Rap music was everywhere!

It was like sensory overload because I still wasn't old enough to process who was who or make sense of the headlines, but I know something big was going on.

Public Enemy and NWA were being talked about in Time Magazine and Newsweek and the late night news.

Yo, MTV Raps was like

getting a Christmas present every single day because it showed you everything that was happening in our world.

Funny thing is... there were nastier rap songs and nastier rap videos back then. Peeps kill me when they trip over these videos objectifying women these days...

This is nothing compared to how 2 Live Crew got down back in the early 90s.

But... my point is that there was something SPECIAL about our music back then.

You had rappers, you had DJ/producers, you had dancers, you had singers or whatever... and then you had a horde of people watching and loving or hating every minute of it.

But people were being entertained!!!

Now, that horde of people who used to watch the entertainment are all clamoring to make their way onto the stage themselves.

What that has done is dumb down the entire scope of an entertainer's job.

Public Enemy could never make a joint like

"It Takes A Nation Of Millions To Hold Us Back" in 2008 because

the same brains who should be soaking that information up won't even hear it because they are too busy trying to release their own material.

Even though whatever mess they are making is nowhere near the caliber of artistry and poignant expression they could be getting.

And as more and more people leave the crowd and head for the stage, the crowd itself gets dumber and dumber.

Now the people on stage don't have to do much to entertain or even impress what's left of their audience.

Ten years ago Outkast was becoming a household name because their audience expanded. How did they expand their audience?

They had music, concepts and talent so undeniable that not only were you entertained but you were impressed at the thought they put into it.

But I doubt that today's hip-hop audience could digest Outkast the way their music deserves.

So now you don't have to necessarily say anything interesting... hell, just be from Atlanta.

Wear forces and Bapes. Make up a dance. Talk about rims, etc. etc. etc.

The bar is so low right now that everybody is walking over it like it's not even there. "Watch My Shoes" - come on, maaan.

So now that the artistry has suffered, now that the music itself has been dumbed down, now that everyone is leaving the audience to have their shot on stage... and even more crucial thing is happening:

The Record Industry is Dying.

Chances are, if you read this article... you are part of an endangered species...

music lovers who purchase music and care about what they listen to.

Ask anyone under 35 "When is the last time you bought a CD?"

Funny, yo, it used to be those over 35 who didn't purchase CD's.

Now, if that new Anita Baker album or that new Smokie Norful or that new Mary J. Blige album drops... best believe there's a line full of 40 somethings at Best Buy picking it up.

Ask yourself also, what hits can you remember off the top of your head?

Okay: "Wipe Me Down"... "Ay Bay Bay"... "Shawty?" Whatever!

None of these artists are anywhere near selling a million records.

They have millions of downloads, but the record company makes money when CD's are flying off the shelf.

Today's hip-hop - you get yourself a hit, you do 106 & Park,

your song becomes a hot ass ring tone for about three months,

you sell a few hundred thousand albums (if you are lucky).

And you try to hang on as the next gimmick rapper replaces you in a few weeks.

Since record companies aren't making a lot of money, Record companies aren't spending a lot of money.

So all the time and work that Bad Boy used to devote to developing an entire roster of talent... all that's gone.

All the grooming and coaching needed to take a one hit wonder and make them a household name, it's chop!

So the industry's sales slump forces record companies to basically extract hit after hit from Mr. Anybody rapper/trapstar/clubhopper - and then move on to the next... which turns a sales slump into a creative slump.

I remember speaking with the A&R at Capitol, who is responsible for Latoya Luckett, and Mims and I were making a case for U.G.E. and telling him that the biggest selling artist on his own label that quarter was Corinne

Bailey Rae.

Someone who brought the artistry back in the same way my company is aiming to do. But he wasn't having it. All he wanted at the time was his next snap record.

And although I sent him some of The Undergodz finest snap/down south production... I had to admit it was sad that he didn't even know snap was a fad that was already dead.

So, in our black entertainment... the fact that everyone you know raps and makes beats, but no one you know buys CD's - yeah, that's a big ass problem.

I'm starting to notice that black entertainment doesn't necessarily mean it's black people who are being entertained, just the ones providing the entertainment.

And as far as history is concerned, even with Kanye and Alicia... our intellectual and artistic output has never been lower than it is right this very moment.

I always ask myself what role I may be playing in that.

U.G.E. has songs about relationships and love ("Stay"... "Are You The One?") - just a few of Aye Dee's songs). But we also have songs about inner city reality and club life ("Bopperz" and "Get Cool" - Onasis and Aye Dee w/ Onasis).

I don't intend to allow what's happening to the hip-hop audience to stop me.

We will just have to be more creative to get where we are headed.

But as we make our way around this industry, we brush shoulders with people who don't care at all about the material they put out and how it affects the bigger picture.

These people are not artists.

They rap. They make beats. They sing. They perform.

But they are not artists. I've checked myself. And I've been checked.

I'm doing what I'm supposed to be doing.

But perhaps some of the music is so crappy right now because

Not only is there no talent behind it, there's not even a conscious effort to do/say anything creative or original.

The intent isn't even there. If the audience stopped trying to crowd the stage, and returned to their seats... maybe someone would notice that and then start demanding more from black entertainment.

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Email: HR@UNISONBHG.ORG
EOE

Certified high school teachers

Sought to teach English, Math, Science, Social Science and/or Foreign Language for UT Upward Bound Summer Residential Program, June 16 - July 25, 2008. Approximately 15 hours per week, \$20/hour (hours vary per subject). Email letter of interest, resume, certification & THREE REFERENCES to progers@utoledo.edu. Place Upward Bound Application in email subject line. (Application deadline Sunday, March 16, 2008)

Business Retention Specialist

The Lucas County Improvement Corporation is seeking a Business Retention Specialist. Applicants must have at least 3 years working with a government/quasi government agency in the business retention field. Salary is commensurate with experience. Send resume and references to:

LCIC
Attention: Human Resources Dept.
300 Martin Luther King Jr. Dr., Suite 200
Toledo, Ohio 43604
The LCIC is an equal opportunity employer.

The University of Toledo

Job 998033 Office Assistant 1, Eberly Center for Women:

The primary function of this CWA position (under the direction of the administrative supervisor) is to relieve the supervisor of routine administrative tasks: answering correspondence, sending out requested materials and pamphlets; manages and collates data to set-up client files and maintain filing records.

The successful bidder will possess the minimum state class requirements which include one course or three months experience in basic typing, formal education in arithmetic that includes addition and subtraction in reading, writing and speaking common English vocabulary. For more information on this position, visit <http://humanresources.utoledo.edu/jobs/>. 20 hours per week. Hourly rate \$11.93.

To apply, submit a cover letter (include position title and job #), a resume, as well as the names and contact information for three professional references to: The University of Toledo, Human Resources Department, Toledo, Ohio 43606-3390; Fax (419) 530-1490; or email recruit@utoledo.edu. Use only one method of application. Resumes must be received by March 7, 2008. The University of Toledo is an Equal Access, Equal Opportunity, Affirmative Action Employer and Educator.

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Port Authority Funds Neighborhood Economic Development

The Toledo-Lucas County Port Authority will make available \$368,627 to economic development agencies and community development organizations in Lucas County for the specific purpose of neighborhood economic development.

To be eligible to receive funding, applicants must be a 501(c) 3 organization in good standing and must demonstrate the capacity to engage in economic development at the neighborhood level. Priority will be given to projects in areas of economic distress such as Community Reinvestment Areas and areas eligible for HUD Slum & Blight designation.

The funds will be used for "bricks and mortar" economic development.

The deadline for the fifth round of funds is 5:00 P.M., March 28, 2008. To obtain more information and a PDF version of the application, log on to www.toledoportauthority.org and click on the hotlink provided, or contact the Port Authority at (419) 243-8251 or the Local Initiatives Support Corporation offices at (419) 242-3836.

RECEPTIONIST/SECRETARY, ENROLLMENT SERVICES (Part-time)

Owens Community College invites you to learn more about this exciting job opportunity at <https://jobs.owens.edu>.

Become part of our inclusive culture that embraces and celebrates diversity.

AA/EOE

HIV EDUCATION AND REFERRAL SPECIALIST

Planned Parenthood of Northwest Ohio, Inc., regional leader in reproductive health care, education and advocacy is seeking a self-motivated, dynamic individual to facilitate a grant funded project to provide HIV prevention education to high risk youth. Experience in public health, community organizing or HIV prevention/counseling preferred. EOE Please send resume and salary history with cover letter to: HIV Specialist, P.O. Box 346, Toledo, OH 43697-0346 by fax (419) 255-5216 or PPNWO.HR@ppnwo.org

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Classifieds are also posted online at www.thetruthtoledo.com

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Your Children Ophelia, CL(Bo) Fay, Forest, Special Grandson Trell, Grandchildren and Family

The University of Toledo

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