



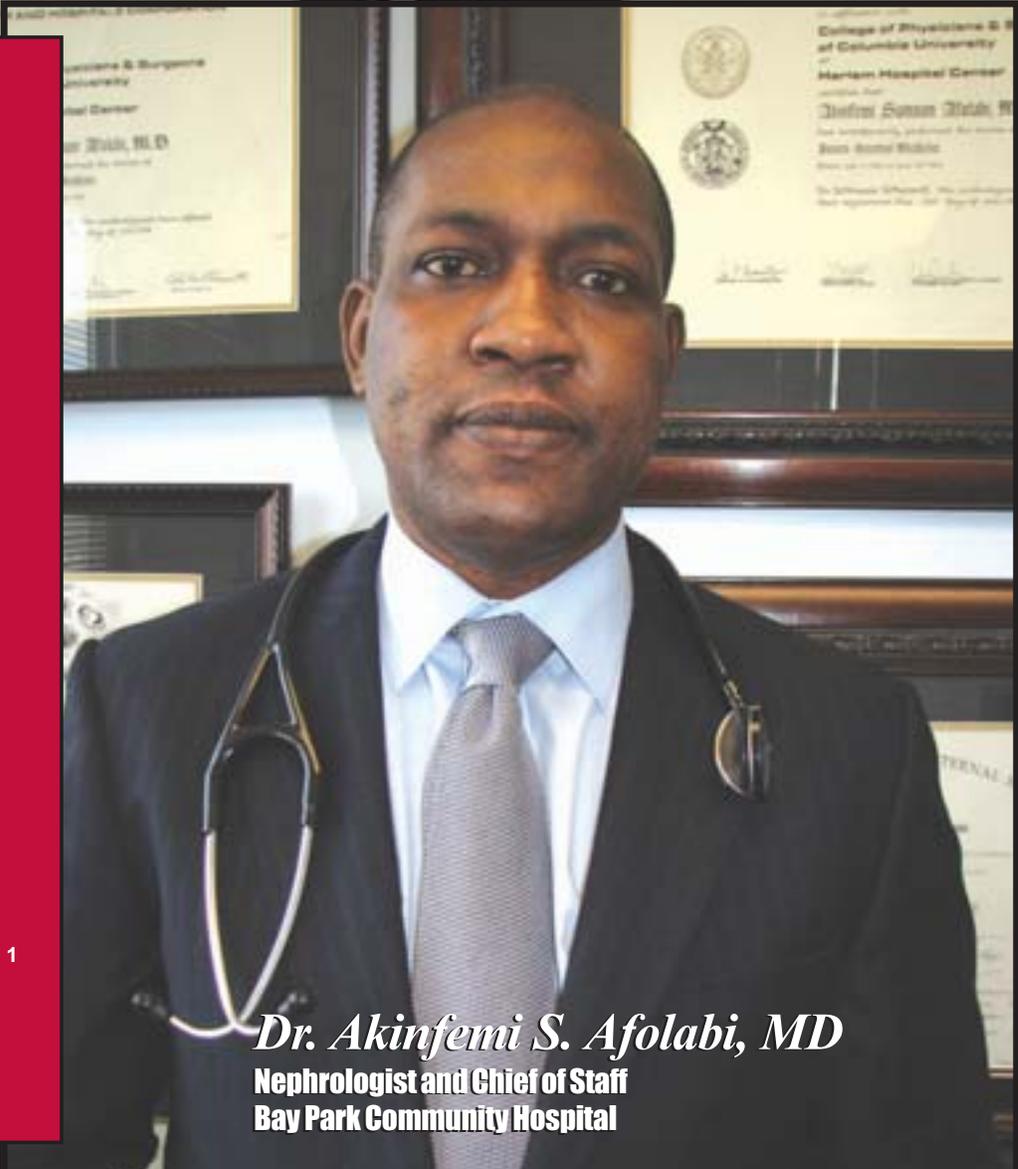
Local and National News

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Volume 14, No.24 "And Ye Shall Know The Truth..." October 1, 2008

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Dr. Akinfemi S. Afolabi, MD
Nephrologist and Chief of Staff
Bay Park Community Hospital

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This Strikes Us ...

The Sojourner's Truth Editorial

If Congress is suffering from the illusion that the failure to pass a bailout bill will in any way help their abysmal approval ratings, they now have some time to re-think that strategy.

Ironically, they are headed for a recess in order to campaign for re-election – unless of course the leadership can summon the courage to keep folks in Washington long enough to address the most pressing financial crisis this nation has faced since the Great Depression.

If there was ever any doubt that such a crisis looms, that doubt disappeared on Monday as the stock market lost \$1.2 trillion in value in response to the news that Congress could not wrap its arms around a \$700 billion bailout deal.

It is estimated that 100 million Americans own stock in some manner or another – individual investments, retirement accounts, ownership in companies for which they work, and so forth. That \$1.2 trillion in losses will directly impact a huge segment of the population immediately and then, long term, we have to deal with the loss of jobs as companies try to survive the crisis.

For many congressmen, such as our very own Marcy Kaptur, a no vote was simply due to a lack of information. She decried the rush to pass a bill without holding hearings in Congress.

Nevertheless, the primary problem with the bailout package is that no one knows whether such a plan will succeed and the Bush administration has given no indication that it has either the competence to make it work or the confidence of Congress or the citizens that it has the answers to such complex matters.

Complicating the issue at this time was the Bush administration's initial reaction to the situation in which it asked for \$700 and called for no oversight by either Congress or the courts on the Secretary of Treasury as he spent the funds. That provision hardened a lot of hearts on Capitol Hill.

It certainly did not help that the administration had been saying for years that the "fundamentals" of the economy were strong and then, in a matter of days, saw enough troubling indicators to conclude that things were about to fall apart.

But if there is enough blame to go around, let's certainly permit Senator John McCain to have his fair share. First he "suspended" his campaign in order to head for the Hill to monitor the situation and promised to boycott the debate if a deal did not get done in time.

Of course, his campaign continued unabated during his Washington sojourn even as he stumbled through a meeting with the obstinate House Republicans who were not on board with their own president.

Proclaiming that enough progress had been made on the package, McCain went back on the trail and on Sunday, a day before the vote, his campaign manager claimed success: "What Senator McCain was able to do was to help bring all of the parties to the table including the House Republicans whose votes were needed to pass this."

On Monday, in our very own Ohio, McCain accepted credit for the success of the package. As he campaigned for the presidency, he applauded his own decision not to "phone it in."

In the event of course not even one member of the Arizona delegation heeded McCain's urgings to vote for the measure.

Being the type of candidate he is – country first and all that – McCain issued a statement in the wake of the bailout debacle that his vaunted "leadership" had been unable to prevent.

"Senator Obama and his allies in Congress infused unnecessary partisanship into the process. Now is not the time to fix the blame; it's time to fix the problem," said McCain as he "fixed" the blame and then said that fixing the blame is inappropriate – all in the same paragraph. Astonishingly he was reading from a prepared statement. You have to ask, how can a campaign be so tone deaf?

But let's go back to the man who will over the course of years be held squarely to blame for this latest disaster. Historians are currently debating, without the benefit of enough time having passed, just what Bush's place in history will be. A survey several months ago of prominent historians indicated that most put Bush in the worst five and some believe that he will ultimately vie with James Buchanan for the worst of all time.

They were writing this before the financial crisis had struck the nation in full measure. When they retake that survey, we would guess the results will show that Bush will have most certainly solidified his place in history.

Community Calendar

October 1

Therapy Dog Class: Pilgrim Church; 6:30 pm; AKC Canine Good Citizen certification training and testing: 4190478-6012

October 2

Women's Entrepreneurial Network: "Financing and Record Keeping;" Waterville Branch Library; 6:30 pm: 419-346-9497

October 3

"Hats Off To Breast Health ... An Educational and Screening Opportunity:" Carrabba's Grill; For women 65 years and older with Medicare coverage; 11 am to 1 pm: 419-725-6957

"Pamper Yourself Day:" Neighborhood Health Association's Huron Women's Center; Guest speaker Vivian Crawford of Ward Unlimited; Health education sessions on lupus, HIV/AIDS, breast cancer; Refreshments; free chair massages, Avon give-away; 1 to 4 pm: 419-691-1322

October 4

Walk to Cure Diabetes: Sponsored by Juvenile Diabetes Research Foundation; Ottawa Park; Registration at 8:30 am, walk at 10 am: 419-873-1377

9th Annual Cancer Awareness Workshop: Presented by the African American Women Cancer Support Group; 10 am to noon; Southern MBC; Free and open to the public; Cancer facts, breast health education, support group information: 419-535-3126

N-His Name Ministries Pre-Conference Musical: New Kingdom Church; Yahweh Bros of Detroit, Pastoe Christopher Rowell, Bishop George Bostic, New Kingdom Praise Team and more: 419-250-4013 or 419-290-8106

October 5

2008 Toledo Area CROP Hunger Walk: Ottawa and Pearson Parks; 1:30 pm; To raise money to help stop hunger and poverty in this community: 419-531-5765 or 419-882-0048
St. Mark's MBC 53rd Annual Women's Day Program: 9:30 am – Sunday School, 10:45 am – Morning service, 3:30 pm Afternoon service: 419-385-5468

House of Adonis Dance Auditions: 5 pm registration; 6 to 8 pm – open auditions at Owens CC: 419-537-0821

Latinos for Obama Fiesta: Teamsters Local 20; Live entertainment and dance; Free food and refreshments; Guest speaker Congresswoman Nydia Velasquez (D-NY): 419-466-9547

October 7

"Poetry Live & Out Loud:" Toledo Lucas County Public Library Main Branch; 7 to 8:30 pm: 419-259-5381

October 7-10

4th Annual Walking in the Spirit Conference: Tabernacle of Praise Church; "Taking Authority;" 7 pm nightly; Speakers include Rev. Melvin Barnes of True Vine Baptist, Rev. Christopher Rowell of Joshua Gen. Family Worship

October 10

Fire on Friday: City of Zion, Mt. Zion Church; 7 pm; Keynote Pastor Preston of Cary (NC): 419-246-1850

Art Tatum's 99th Birthday Celebration: Toledo Lucas County Library Kent Branch; 6:30 pm; Live jazz with Clifford Murphy and Claude Black: 419-259-5381

October 11-12

Music Word Explosion 2008: Mt. Pilgrim Church; 7 pm nightly; Lisa Page-Brooks, Twinkie Clark, Vickie Winans: 419-810-2483

October 12

Braden United Methodist Church: Centennial Sunday: 10:45 am service: 419-244-2904

Walk to Help Homeless: Benefit for the Aurora House; Westfield Franklin Park; 8 to 10:30 am; Health assessments, food court vendors, fun kid activities: 419-244-3200

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Voting for the World as It Should Be

By Michelle Obama
Guest Column



When I was young, my father volunteered as a precinct captain for the Democratic Party in our neighborhood on the South Side of Chicago. Some of my earliest memories are of tagging along as he went from door to door. He helped people register to vote and assisted them if they needed anything.

My father loved educating people about their rights, and he believed deeply in the responsibilities that come with being participants in our rich and varied society. He never missed an opportunity to vote. He viewed it as his obligation as a citizen—and a moral obligation to those of his generation who marched and fought and sometimes

died for the right. And for that I am grateful.

As a parent I try pass these same values along to my children. And let them know that one of the reasons why we vote is because of personal belief that our country has a better chance of solving the problems we face if we all speak up and get involved.

About 20 years ago, after we first met one another, Barack took me to a community meeting in a neighborhood in Chicago and Barack gave a talk about his experiences as a community organizer. He spoke about the gap between worlds, one as it is and the world as it should be. He said that ordinary people can narrow that gap, if they work together for change. That is why everyone should vote and vote early.

I fell in love with that idea. It conveys a simple but powerful truth—one that is illustrated every Election Day, when people line up to cast their ballots. And with the wonderful opportunity that we have to vote early beginning on September 30th until November 3rd, allowing us more than 30 days to witness

people making their voices heard is simply amazing. When we vote, we don't just choose a candidate. We choose to begin building a world that we share.

I want everyone to live in a world to like the ones that have been described to me by different people across the country—a world that allows children to grow up to pursue their aspirations and dreams irrespective of gender or the color of their skin. It's a world where parents are not trapped by the pressures of rising costs of gas, food and healthcare. A world where military families should not worry about the mental health of returning soldiers or have to live off of welfare even though their family member is serving for this country. Our votes can determine how we live our lives.

When we vote early from September 30th until November 3rd and then finally on Election Day, November 4th, we'll be casting our ballots for that world we wish to live in.

But if you don't vote—and today, more than 30 percent of African Americans don't—

you cast a ballot for the status quo. By not voting, you vote to let others decide your future for you.

I've heard people say, "My vote doesn't matter," "My vote won't count," or, "I'm just one person. What possible difference can I make?" But this year, all our votes matter more than ever.

In the 2004 Election, John Kerry lost Ohio to George Bush by only about 118,000 votes. If all of those people

who sat at home on Election Day took advantage of Early Voting or got reminders from their neighbor to vote, then Barack's message would probably be less imperative than it is today.

This is a historic election—and not just because my husband, Barack Obama, is at the top of the Democratic ticket. It's historic because of what's at stake for our shared future.

I implore you to vote and

vote early.

I'll be voting for my daughters' future and my father's memory. I'll be voting for Dr. King and the thousands of ordinary people that fought extraordinarily to get me the right to vote.

I will be voting for the generations of Americans that will look back at this time; grateful that we summoned the courage

Local Pastor Challenges Community to Make a Difference

By Nadean Hamilton
Sojourner's Truth Reporter

Having spent nearly two decades battling drug addiction before finally getting clean, Pastor Tony Thomas is uniquely qualified to lead the charge to help others break the cycle of addiction.

Thomas, a Scott High School graduate, who dreamed of playing professional football before becoming chemically dependent on alcohol and heroin, feels that we all have a role to play in helping others get clean, including the Church, which is precisely what he preached during St. Stephens COGIC Making a Difference Conference, on Saturday, Sept. 20.

"You can preach all day, but are you helping anyone after you leave the church?" Thomas asked.

"We don't like to talk about it [drug abuse] too much because if we are not directly or indirectly involved, we kind of shy away from it," Thomas continued.

During the conference, Thomas described for the audience in explicit detail the manner in which drugs and alcohol ravage the body, cause emotional turmoil and rip families apart.

According to Thomas, alcohol is a central nervous system depressant that, depending upon how much you drink, can cause both temporary and permanent brain damage, cirrhosis of the liver, inflammation of the pancreas and cardiomyopathy.

At one point, while describing the effects of alcohol on the body, Thomas appeared to compare those who abuse alcohol to man's best friend.

"If you put poison in one bowl of water, and regular water in another bowl, your dog is going to detect that something is wrong with [one] of the bowls, and will not drink it," Thomas told the audience.

"But sometimes we as people don't even have dog sense; we know that alcohol is poison, we know that it is going to kill us but, yet, we still take a chance," Thomas said.

Thomas lamented the fact that society doesn't view alcoholism in the same light as it views other forms of addiction.

"Some people try to distinguish an addict from an alcoholic ... in the medical field, an alcoholic is just as chemically dependent as a person who is using narcotics," Thomas said.

Thomas, who worked as an addiction counselor and mental health professional prior to becoming pastor of St. Stephens, went on to discuss the effects of marijuana, cocaine, ecstasy, inhalants, hallucinogens, methamphetamine and prescription drugs on the body.

Thomas says he feel in love with helping others and, out of that love, the Making a Difference Conference was born.

"I don't play when it comes to chemical dependency, because I've seen too many people deny themselves the opportunity to change," Thomas said.

"Change can happen to anyone who wants to change."

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Obama Campaign Holds Urban Policy Town Hall Meeting in Columbus

Elected Officials, Regional Community Leaders Tackle Urban Renewal, Redevelopment Issues

Special to The Truth

Black Enterprise Magazine Publisher Earl Graves led a spirited town hall meeting with Ohio elected officials and community leaders on last week, engaging residents and potential voters from throughout the region on Sen. Barack Obama's urban policy agenda.

The urban policy town hall meeting, held at the King Arts Complex, was the first of two sponsored by the Obama campaign to educate residents about

Obama's longstanding commitment to urban communities as well as the comprehensive urban policy agenda he would implement as President.

"As a long-time resident of one of America's great cities, as a community organizer, and as an elected advocate, Barack Obama understands the problems facing urban America," Graves said. "As president, Obama will be a strong advocate for cities - the pri-

mary drivers of economic change in our country."

Graves, whose magazine is considered the premier business news and investment resource for African Americans, was joined by Columbus Mayor Michael Coleman, Ohio Board of Regents member Anthony Houston and Obama senior domestic policy adviser Cassandra Butts.

Butts stressed that implementing urban policy



Earl Graves



initiatives that improve and expands economic opportunities in America's urban centers, and spurs job creation, was among Obama's foremost priorities.

Columbus' King-Lincoln District, panelists said, was an example of the success of urban revitalization through public/private

partnerships. The neighborhood is rebounding from decades of urban blight with \$30 million in new private investments, including commercial and residential development.

"John McCain has yet to outline a comprehensive urban policy agenda," Butts said. "McCain has

been an outspoken advocate for Bush's failed policies that have led to job loss and an overall decline in opportunities in our urban centers. Americans cannot afford four more years of the same."

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Owens' Walter E. Terhune Art Gallery Welcomes Mary Ellen Mark Exhibit 'Twins', Sept. 29 - Nov. 8

Owens Community College's Walter E. Terhune Art Gallery invites area residents to visit the diverse world of documentary photography as internationally-recognized Mary Ellen Mark displays her masterful work in an exhibit titled "Twins", Sept. 29 - Nov. 8. The Walter E. Terhune Art Gallery is located in Owens' Center for Fine and Performing Arts on the Toledo-area Campus in Perrysburg Township.

In addition to the exhibit, there will be a lecture presentation by Mark on her work on Thursday, Oct. 2, at 7 p.m. in Center for Fine and Performing Arts Room 111. During lecture, Mark will share insightful detail about her work and journey as a photographer. A reception will immediately follow the lecture.

"Owens Community College's Walter E. Terhune Art Gallery is proud to welcome such an extremely well-recognized and widely accomplished photographer as Mary Ellen Mark come to Northwest Ohio," said Wynn Perry, Owens Part-

Time Coordinator of the Walter E. Terhune Art Gallery.

"Mark's work is innovative and realistic. Her pictures capture the essence of humanity and go far beyond conventional borders in capturing the stark reality of life."

Mark has achieved worldwide visibility through her numerous books, exhibitions

and editorial magazine work. She is a contributing photographer to "The New Yorker" and has published photo-essays and portraits in such publications as "LIFE", "The New York Times Magazine", "Rolling Stone" and "Vanity Fair". For over four decades, she has traveled extensively to make pictures that reflect a high

degree of humanism, highlighted by completed projects in Iceland, New York City, Washington D.C. and the United Kingdom, among other locations. Today, Mark is recognized as one of the most respected and highly influential photographers around and her images of the world's diverse cultures have become landmarks in the field of documentary photography. Of note, her profound portrayals of Mother Teresa and Indian circuses were the product of many years of work in India and her photo essay on runaway children in Seattle became the basis of the Academy Award-nominated film "Streetwise", directed and photographed by her husband, Martin Bell.

Mark's many accomplishments include receiving over 50 awards for her work, including the Cornell Capa Award by the International Center of Photography in 2001. She also was honored with the Infinity Award for Journalism from the International Center for Photography, the Matrix Award for outstanding woman in the field of film/photography, two Robert F. Kennedy Awards, and three fellowships from the National En-

dowment for the Arts, among many other accolades.

In addition to appearing in hundreds of exhibits worldwide, the internationally-renowned documentary photographer has 16 published books to her credit with the most recent being released in 2007. Mark also regularly teaches photography workshops and gives lectures to diverse groups around the world.

As part of the "Twins" exhibit, Mark will explore in precise detail the unique relationship found within the world of twin siblings and how much they are alike, as well as subtle qualities that often make the individuals different. The "Twins" exhibit is a collection of photographs taken by Mark at the Twins Days Festival in Twinsburg, Ohio.

Mark visited the festival twice, once in 2001 and again in 2002, to photograph the hundreds of twins in attendance. In addition to the exhibit, the "Twins" project has been made into a book and a movie.

In conjunction with the "Twins" exhibit, Owens' Walter E. Terhune Art Gallery will serve as host to a panel discussion titled "Mothers of Twins" on

Wednesday, Oct. 8. The panel discussion will begin at 7 p.m. and highlight discussion topics on history, cultural attitudes, family relationship and current national research related to the twins' phenomenon. On Monday, Oct. 13, WUPW-TV FOX Channel 36 News Director Steve France will address the changing face of news presentation and gathering from a visual perspective as part of a lecture presentation. The discussion will start at 7 p.m. Finally, Photojournalist William Jordan will provide insight into his work and the ethics of working with certain populations in highly contentious situations on Monday, Oct. 20, at 7 p.m. All three events will occur in the Center for Fine and Performing Arts Room 111.

Admission to the Walter E. Terhune Art Gallery is free and open to the public from 10 a.m. - 4 p.m. Mondays, Tuesdays and Fridays; from 10 a.m. - 8 p.m. Wednesdays and Thursdays; and from 10 a.m. - 3 p.m. Saturdays. For additional information about the College's exhibition season, contact the Center for Fine and Performing Arts at 1-800-GO-OWENS, Ext. 2721 or (567) 661-2721.





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Northwest Ohio Scholarship Fund Awards \$741,800 in Need-Based Scholarships to 803 Students in NW Ohio

Special to The Truth

The Northwest Ohio Scholarship Fund, Inc. (NWSOF) has awarded \$741,800 in need-based scholarships to 803 students for the 2008-2009 school year in order that they can attend kindergarten through eighth-grade private schools. These 803 students are attending one of 53 private schools located in northwest Ohio and southeast Michigan, including Toledo Islamic Academy, Maumee Valley Country Day, Gesu Catholic School, and others. The average scholarship per child is \$924.

NWSOF has awarded \$7 million in need-based scholarships in the last 10 years to over 9,000 students in NW Ohio so that they could attend a private school. Eligible families are required to demonstrate their financial need as measured by standards similar to the Federal School Lunch program.

The Northwest Ohio Scholarship Fund believes that all children, regardless of their economic circumstances, deserve access to quality educational opportunities. The Northwest Ohio Scholarship Fund is one of 38 programs throughout the country affiliated with the national Children's Scholarship Fund, founded in 1998 by Ted Forstmann and John Walton in New York City.

"I am very aware that many of our families attending Toledo Christian are here because of the NWSOF. What a blessing it is to have this available for families who perhaps otherwise could not be able to attend here," Jim Ellinger, superintendent of Toledo Christian School says of the Northwest Ohio Scholarship Fund.

Interested families can find information on the program and the application form on the NWSOF website at www.nosf.org. For more information please contact Ann Riddle, coordinator of the Northwest Ohio Scholarship Fund at (419) 244-6711 x 219.

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Dr. Akinfemi S. Afolabi, MD: Nephrologist and Bay Park Chief of Staff

By Fletcher Word
Sojourner's Truth Editor

"By the year 2030, 50 percent of Americans will be obese," says Dr. Akinfemi S. Afolabi, MD, nephrologist and chief of staff of Bay Park Community Hospital.

Of course, Dr. Afolabi makes it clear that Americans will reach that threshold—approximately 20 percent of the population today are considered to be obese—only if his efforts and those of his fellow physicians in educating Americans about the threats of eating improperly, failing to exercise and maintaining overweight status go unheeded.

"I see in the future a growing awareness," says Dr. Afolabi optimistically. He also envisions a political aspect to the problem of obesity and the attendant issues that obesity causes. At some point, the electorate and politicians, he believes, will have to face the issue of "how much can you do to force people to change their habits without infringing on rights."

The problem in the African-American community is much worse, says Dr. Afolabi, a native of Nigeria who immigrated to the United States in 1994 after completing a research fellowship at the Nigerian Institute for Medical Research in Lagos.

The problem is worse not simply because of the issue of obesity. As a nephrologist, Dr. Afolabi specializes in the treatment of kidney disease and failure. Diabetes is the main cause of kidney disease and diabetes—and therefore kidney disease—is on the rise due to the increase in the incidence of obesity.

When the kidneys fail, waste builds up in the blood unless it is treated either through dialysis or organ transplant. There is currently, says Dr. Afolabi, a "huge transplant population" awaiting organ donation and, again, the problem is worse in the African-American community because of the dearth of donors. "There has been a lot of activity at educating and

expanding the donor pool," says Dr. Afolabi.

Unfortunately, the ongoing education about proper diet and exercise has not taken hold or slowed the growth of kidney disease. Dr. Afolabi is a partner—with Dr. Herbert Stockard, M.D.—in Renal Services of Toledo. Their practice is overwhelmed with patients and they are attempting to add a third partner to assist them.

In addition to his nephrology practice, Dr. Afolabi is on staff at Bay Park and in January 2008 was elected, by his fellow physicians, as chief of staff. In that position, Dr. Afolabi is responsible for being the "representative of staff physicians or those who consult and feel their pulse... what they want and need and work [with the administration] to help make the hospital more conducive to their needs."

Dr. Afolabi had previously served a two-year term as chief of staff-elect before moving into the top spot. "I was asked to run and I felt honored that my colleagues would come to me."

That's not the only honor Dr. Afolabi has received recently. He has been recognized by the American College of Physicians as a newly elected fellow, an honorary designation given to acknowledge ongoing individual service and contributions to the practice of medicine. Honorees are elected by their peers for personal integrity, superior competence in internal medicine, professional accomplishment and demonstrated scholarship.

Dr. Afolabi earned his medical degree from Obafemi Awolowo University's Faculty of Health Science in 1988. When he came to the United States, he arrived in New York City and completed an internship and residency at Harlem Hospital. He completed a fellowship in nephrology and hypertension at the State University of New York at Stony Brook before he was recruited to come to Toledo to join the nephrology practice of Dr. Stockard in 2001.

Those years in New York—his wife Tolani is from Long Island—pretty much convinced Dr. Afolabi that he is a New Yorker at heart.

And although the doctor goes back to his native Nigeria about once a year to take medication, a long-term return does not seem to be in the cards.

Most of his siblings are now out of the country and the frustrations of trying to practice medicine in Nigeria have proven to be just too daunting, not only for Dr. Afolabi, but also for so many other transplants to north-west Ohio—several of whom



we have previously profiled in this paper.

"These issues are so deep, so much out of my control," says Dr. Afolabi as he tries to both address the issues that drive scientists away and simultaneously explain that he is unable to do so adequately in the brief time we have to speak.

"The frustration of practicing there [involves] inad-

equately support from the leadership."

He speaks of the lack of resources and the corruption that prevents adequate medical care from getting to all but a few. Those few, of course, would be the most influential citizens of the country.

Often the difficulty in Nigeria for a practicing physician is as simple as not having enough test tubes to per-

form procedures.

Bay Park and northwest Ohio will be blessed to have the services of Dr. Afolabi for a while it appears, providing he can resist the urge to return to his adopted homeland—New York.

Dr. Afolabi and his wife Tolani are the parents of two. Their son Akinbode is 12 years old and their daughter Atinuke is nine.

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“Did You Eat Your Rainbow Today?”

By Angela Schroeder, BGSU Dietetic Intern
Guest Column

Phytochemicals are a class of helpful compounds found in plants. Many of these chemicals are thought to reduce your risk of cancer. Pronounced as ‘fight-o-chemicals,’ the name is quite appropriate. They help your body fight of the ‘bad’ stuff; they have an antioxidant effect, stimulate the immune system and they have an antibacterial, antiviral effect.

Where can you find phytochemicals? Since they are found in plants, think fruits and vegetables! They also come from whole grains and nuts and legumes. This article will focus on the wide array of different types and colors of fruits and vegetables. There are over 8,000 different kinds of phytochemicals, so eat your rainbow of plants today!

Most people have heard of phytochemicals, they just don’t know it. Phytochemicals is a general name for several healthy substances. They are similar to antioxidants; the good stuff in fruits and



vegetables. Current research suggests that certain types of phytochemicals help slow the aging process and help fight many diseases such as: cancer, heart disease, stroke, urinary tract infec-

tions, osteoporosis and many more.

How do phytochemicals help keep you healthy? The key is the antioxidant properties of phytochemicals. Antioxidants help prevent damage caused by the sun, pollution and smoking. This type of damage causes ‘free radicals’ to form, think of these like nasty little soldiers that attack your body’s cells. These soldiers want to damage your DNA (the genetic material) and this can cause abnormal things to happen in your body. Cancer is an abnormal or uncontrolled growth of cells; this growth is regulated by your bodies DNA. So the more we damage our DNA, the higher chance for the abnormal growth of cells. You can help provide your body with proper foods that provide your body with antioxidants and phytochemicals by eating all colors of fruits and vegetables. They squash the bad free-radical soldiers, just like the pronunciation ‘fight-o-chemicals’! While there is much continued research about cancer prevention, eating a diet with plenty of fruits and vegetables has proven to be a healthy food choice.

It is important to eat a variety of vitamin and mineral-rich foods, especially fruits and vegetables, rather than relying on vitamin supplements. There may be undiscovered cancer-protecting components or nutrients that occur naturally in foods but are not found in vitamin supplements. Fruits and vegetables that

are bright colors – purple, green, red, yellow, orange, and blue – usually contain the most phytochemicals. Here is a short list of some common fruits and vegetables that contain phytochemicals.

- Raspberries
- Strawberries
- Tomatoes
- Carrots
- Blueberries
- Avocados
- Sweet Potatoes
- Pumpkin
- Bell Peppers
- Cabbage
- Cherries
- Cauliflower
- Mangoes
- Black Beans
- Asparagus
- Broccoli
- Grapefruit
- Red Grapes

These are just a few plant foods that contain phytochemicals. Remember, researchers have found over 8,000 different types of phytochemicals!

The messages of MyPyramid for the fruit and vegetable group remind us to eat a variety of foods. “Focus on fruits” means choosing fresh, frozen, canned or dried in all different colors as well as going easy on fruit juices. “Vary Your Veggies” means eating a variety of kinds and colors of vegetables. The specific message of the vegetable group also includes the following three points:

- Eat more dark-green veggies like broccoli, spinach, and other dark leafy

greens.

·Eat more orange vegetables like carrots and sweet potatoes.

·Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

So, why aren’t people eating more colors of fruits and vegetables? Good question ... we need to emphasize fruit and vegetable intake so we can increase the amounts of phytochemicals that we eat daily. Try to aim for at least five to nine servings a day of fruits and vegetables. The fall is a great time of year to expand the kinds and colors of fruits and vegetables to eat. Take a ‘field trip’ for phytochemicals by visiting a local farmers’ market.

There are many fall Ohio fruits and vegetables that are in season right now at the farmers’ markets and grocery stores. Some of the seasonal fruits include: ever bearing raspberries, grapes, plums, muskmelon and watermelon. Seasonal vegetables include: lima beans, beets, cabbage, carrots, sweet potatoes, winter squash such as butternut, acorn and spaghetti squash, greens such as collards, mustard and turnip, onions and all different colors of sweet and hot peppers.

Doesn’t that sound delicious? Eat a rainbow of foods to get your phytochemicals for the day!

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South Carolina Works to Close the Gap on Prostate Cancer: Researchers to Address Major Health Issue for African-Americans

Historically Black College to Partner with State's Research Universities on Important New Initiative

Prostate cancer screening and early detection can mean the difference between life and death for African-American men, who are more likely to get prostate cancer and die from it than men of other races, according to the American Cancer Society.

To address this problem, South Carolina has approved \$3.6 million in state funding for a new Center of Economic Excellence in Prostate Cancer Health Disparities Research. The Center is a three-way collaboration among the Medical University of South Carolina (MUSC), the University of South Carolina (USC) and South Carolina State University, one of the nation's 110 historically black colleges and universities.

The new Center is part of the Centers of Economic Excellence Program (CoEE), which was created by the S.C. General Assembly in 2002. CoEE leverages state lottery funds to create university-based research centers in areas with strong potential for commercial applications. The program also enables the state's three research universities (MUSC, USC and Clemson University) to recruit world-class researchers to lead the Centers of Economic Excellence. In the program's first six years, 43 Centers of Economic Excellence have been approved for funding in S.C. and 20 top-tier scientists have been re-

(Continued on Page 10)



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WIC Provides Nutritional Assistance to Mothers and Children

Sojourner's Truth Staff

"Good nutrition in a child's early years is very important for brain development and general good health," says Joanna Martin, a registered dietician and the manager of

people nationwide benefit from the WIC program. Here in Lucas County there are approximately 16,000 recipients of WIC benefits in nine different sites – three of them

or decreased. For example, a dietician may decide that a particular child is drinking too much juice and needs to cut back on that item.

The list of WIC authorized foods includes iron-fortified infant formula and infant cereal, iron-fortified adult cereal, vitamin C-rich fruit or vegetable juice, eggs, milk, cheese, peanut butter, dried bean/peas, tuna fish and carrots. These are foods that are high in one or more of the following nutrients: protein, calcium, iron and vitamin A and C. Those are the nutrients that have been determined to be lacking in the diets of the program's target population.

As noted above, pregnant or breastfeeding women, infants and children are eligible for the WIC program if they meet income guidelines (at or below 185 percent of the U.S. Poverty Income Guidelines), state residency requirements and are determined to be at "nutrition risk" by a health professional.

There are two types of nutrition risks recognized, according to information provided by the USDA: medically-based risks such as anemia, underweight, overweight, history of pregnancy complications or poor pregnancy outcomes and dietary risks,

such as inappropriate nutrition practices. NHA provides WIC assistance at three sites: the Cordelia Martin Health Center at 430 Nebraska (419-255-7883, ext. 239), the South Side Community Health Center at 1 Aurora Gonzalez Drive (419-241-4230, ext. 208) and the River East Community Health Center at 117 Main Street (419-242-6028 ext. 318).

The three sites serve over 3,000 participants annually providing bilingual services at the South Side and the River East locations. Late clinics – until 7 p.m. – are open once a week at the River East and South Side Centers and the Cordelia Martin Center has a Saturday clinic once a month.

In addition to the NHA sites, WIC centers are also located in Toledo Hospital, St. Vincent Mercy Family Care Center and in four Toledo-Lucas County Health Department sites. The Health Department – at 419-213-4422 – can provide information on the most convenient sites for those who seek to participate in the WIC program.

"Good nutrition in a child's early years is very important for brain development and general good health,"

Neighborhood Health Association's (NHA) Women, Infant & Children (WIC) Program.

And that, Martin explains to a visitor, is why WIC exists. WIC, a nutrition education program, provides nutritious foods to promote good health for pregnant women, breastfeeding mothers, infants and children up to the age of five years.

The U.S. Department of Agriculture funds WIC through grants to each state in the union to serve low-income mothers and children and more than eight million

administered by the NHA.

But WIC is more than simply a handout to needy families. While participants receive checks or vouchers to purchase foods each month to supplement their diets, the program, says Martin, is as much designed to educate parents and guardians on the value of good nutrition. The WIC program also provides breastfeeding information and support, referrals for health care, immunization screening and referrals along with the supplemental foods.

"Participants have to come in to be assessed at least ev-



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From Bitter to Better

By Diana Patton
Guest Column



On August 12, 1994, my brother Damon committed suicide by flinging himself from the M-59 overpass in Michigan to the pavement below.

For the next three days – amid nonstop tears – I tortured myself by replaying an endless “tape” in my head, a verbal blow-by-blow of the ugly argument we’d had the day before he ended his own life.

Did I call Damon a name? Did I say, “I hate you?” And the worst question of all: Did my brother kill himself because we argued?

My thoughts fed my guilt. My guilt consumed me. And slowly, I grew bitter – and ill.

The poison of bitter guilt Perhaps you too have argued with or offended someone, then apologized – but continue to grow sadder – but continue to grow sadder and sadder as you think about the incident.

Maybe you’ve been offended in the past but still feed your anger. Or perhaps you obsess about your problems, although they’re far outweighed by your blessings.

When we play those negative “tapes” over and over again, our anger, guilt, or hurt grows worse. Unless we make a conscious effort to change our behavior, we end up with what I call *bitter guilt syndrome*.

Bitter guilt syndrome poisons your mind, steals your energy and has a nega-

tive impact on your well-being. Studies suggest that it contributes to a host of ailments, among them depression, ulcers and high blood pressure.

But the damage your bitter guilt syndrome causes doesn’t end with you. It can ruin your relationship with your family, friends and co-workers. Your bitter guilt may even trigger guilt and bitterness in others. No matter your faith, it’s clear to see why the Bible handed out this advice centuries ago: *See to it . . . that no bitter root grows up to cause trouble and defile many* (Hebrews 12:15).

The power of forgiveness

If you’re on the road to bitter guilt syndrome or are already there, I have good news for you.

You can change. I know you can because I changed.

In their book, *None of These Diseases*, Drs. S.I. McMillen and David E. Stern claim that a forgiving spirit can help save us from “ulcerative colitis, toxic goiter, high blood pressure, and tons of other diseases,” including, asthma, arthritis, neurodermatitis, and heart ailments.

I think we know this instinctively. Don’t you feel sick or off-kilter when you harbor guilt? Do you over-eat – or not eat at all – when you’re angry or sad? Do problems at home or work have you popping antacids? Are you depressed because of wrongs done you – or done by you – in the past?

Even as I endorse the good doctors’ recommendation of forgiveness as a cure for bitter guilt syndrome, I recognize that forgiveness is not currently in vogue. Divorce is rampant.

Kids are gunned down by angry peers in school. Road rage abounds. And lawsuits seem to be flourishing.

Knowing that depression and a host of maladies can be nourished by bitterness and guilt, and that I was out of alignment with God was good enough reason to give forgiveness a try – and it worked. I forgave myself for arguing with Damon and I forgave Damon for argu-

ing with me. The things you’re grateful for:

§ Counting your blessings focuses you on what really matters in life.

§ Besides, it’s hard to be grateful and hateful at the same time!

~
Diana Patton is the co-owner of FITatudes, LLC. She and her business partner, Tonja Ward assist sports families, athletes and

Bitter guilt syndrome poisons your mind, steals your energy and has a negative impact on your well-being.

It’s time to forgive yourself. First, you must forgive yourself.

§ Stop replaying those “negative-thought tapes” in your brain.

§ Replace them with God-pleasing positive thoughts: *What did I learn from this experience, awful as it was?*

§ Ask God for forgiveness.

§ Value your life by understanding your purpose through Christ!

§ Give yourself some respect, then think, eat and act like you do.

§ Get “out of yourself” and start giving back to your local community.

Second, forgive others:

§ Be brutally honest with yourself. Do you want inner peace, or do you think you’ll gain more by harboring bitter guilt?

§ Take the high road. Be the first to forgive or ask for forgiveness.

Finally, make a list of

Prostate

(Continued from Page 8)

cruited to the state.

“The engagement of multiple universities in this project, including a historically black university, makes this a true collaboration,” says USC Interim Vice President for Research Dr. Rose Booze. “South Carolina has great strength in health disparities research at all three participating institutions.”

“Prostate cancer is one of the leading health disparities plaguing African-American men in the state of South Carolina and the nation,” says Dr. Judith Salley, project co-director at SCUSU. “One research aim of the Center is to develop unique ways to involve African-American men in prostate cancer screenings, clinical trial research, and healthy lifestyle changes. Education and awareness among African-American men to address perceptions and mistrust about clinical trials are key factors that will highlight the Center’s impact. South Carolina State is excited to partner with MUSC and USC to focus on this critical health disparity crisis in our state.”

According to MUSC Hollings Cancer Center (HCC) researcher Dr. Marvella Ford, co-director of the Prostate Cancer Health Disparities initiative, “An interactive group of researchers at the new Center will work to increase prostate cancer screenings and access to clinical trials for African-American men in South Carolina. The Center is designed to help make South Carolina a world-class leader in this particular emerging area of medical research and will serve as a training ground for students and junior faculty.”

“Prostate cancer research is undergoing a period of intense growth, with the aim of reducing mortality due to this disease,” MUSC Provost Dr. John Raymond explains. “A major problem faced by prostate cancer researchers in this state and around the nation is a lack of inclusion of African-Americans in the studies being conducted, according to the HCC Cancer Registry. African-

(Continued on Page 14)

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Diabetes... A Healthy Approach

By Diane Parrish, RN
Guest Column



So what you have diabetes? Now is the time to make sound decisions about your health. This is an opportunity time to see your body in a new light, not through the eyes of the disease but through the eyes of an opportunity to take better care of yourself through a prescribed and deliberate methodology.

I have had many occasions to teach people when they initially receive the diagnosis of diabetes mellitus and some reacted with fear and some with a de-

gree of calmness and often the reply was my mother, father, brother or sister has or had diabetes. It runs in my family.

Fear does not have to be the reaction given all the information readily available to us today. There are two types of diabetes: Type 1 which occurs in children and young adults and in this type the pancreas makes little or no insulin requiring daily injection of insulin. Type 2, which is the most common, appears most often in middle aged adults. Type 2 is the diabetes I will be writing about although the complications and some treatment plans may be the same.

Let's look at diabetes mellitus... what causes it, risk factors, what are the treatments and the positive or effective outcomes.

Diabetes mellitus is defined as a disease in when the body does not properly produce insulin. What is insulin? Insulin is a hormone produced and released by

the pancreas which aids in the normal digestion of food such as sugars and carbohydrates.

Insulin allows the sugar to move from the blood stream and into the cells. After it enters the cells it is converted to energy and used or stored up as fat or glycogen until the body needs it. Diabetes occurs because your body either no longer produces enough insulin or the insulin produced is no longer doing the job it should.

What occurs next is a build up of sugar in the body causing symptoms of increased thirst, hunger, decreased endurance, frequent urination, weight loss, nausea, skin and bladder infection, blurred vision and acute complications of diabetic ketoacidosis such as abdominal pain, lethargy, and coma. These symptoms can become very serious and they warrant immediate action in order to remain healthy.

The diagnosis of diabe-

tes mellitus is made with a test commonly used by your physician or health care professional, called an oral glucose tolerance test in which a person fasts for at least eight hours or overnight and not more than 16 hours and the glucose or blood sugar is tested. This diagnosis of diabetes is so important because diabetes affects the body's entire metabolism.

Diabetes causes long-term complications that decrease blood flow to blood vessels and as a result of this decreased blood flow many cells and organs are affected. Blood sugars that remains high over a long period of time causes narrowing of the small and large blood vessels. Poor circulation can harm the brain, heart, kidneys, skin, nerves, eyes, legs. Diabetes harms organs resulting in angina (chest pain); heart failure; strokes; leg pains or cramping (claudication); vision changes (diabetic retinopathy) which can lead to loss of vision; renal disease or kidney failure which might result in dialysis or transplants; nerve damage (neuropathy) which may result in weakness to hands, legs or feet and symptoms of abnormal sensations of tingling or burning pain in the arms or feet may develop; skin breakdown (ulcers) and skin infections. Skin problems such as ulcers and infection are more common of the legs and feet which may lead to amputation if untreated.

Risk factors for Type 2

are family history of diabetes, diet, obesity, diseases of the pancreas, infection or illness, high blood pressure, sedentary lifestyles. Those at risk and over the age of 45 should be screened for diabetes.

Treatment should involve diet, medication, exercise, weight loss for obesity, vision, skin and foot care, monitoring blood glucose, control of sugar and carbohydrates, decreasing or managing stress and good education about diabetes mellitus.

There should be good control of the blood sugar with realistic goals as close to normal as possible. Diets, healthy and balanced which limit the intake of sugar, certain types of carbohydrates and fats. Maintaining healthy weight is also essential in controlling the blood sugar.

Knowledge of elevated blood glucose and what affects the blood sugars taught by the doctor or nurse should be a part of the education required for management of diabetes. Exercise can also assist in controlling weight and blood sugar. Exercise may be as simple as a daily walk or planned exercise prescribed by your physician that you can do at home. It is important that if you exercise you also monitor your blood sugar using your glucometer before and after exercise to manage your blood sugar from dropping too low. People with diabetes should stop smoking and using alcohol to avoid further complica-

tions. Follow up with your physician is absolutely important so that proper adjustments can be made with medications, diets and further evaluations of body systems for potential future complications.

In order to encourage you and demonstrate positive outcomes consider some famous people with a history of diabetes. Perhaps you might be surprised that Jack Benny, Halle Berry, J. Anthony Brown, Delta Burke, James Cagney, Dale Evans, Jackie Gleason, Randy Jackson, Larry King, Jerry Lewis, Jerry Mahers, Mary Tyler Moore, Mother Love, Richard Mulligan, Carroll O'Conner, Della Reese, Esther Rolle, Elizabeth Taylor, Mae West, Marion Barry, Ralph Bunche, Mike Huckabee, Winnie Mandela, Anwar Sadat, Curt Frazier, Walt Frazier, Smoking Joe Frazier, James Buster Douglas, Ty Cobb, Walter Barnes, Bobby Clarke, Jackie Robinson, Sugar Ray Robinson, Billie Jean King, and Wade Wilson, are some of the people who lived remarkable lives despite diabetes. It demonstrates diabetes can be controlled and should not be feared.

Diabetes can be managed with the right therapies which also encourage a lifestyle of good healthy choices in diet, exercise, and education which promotes positive outcomes for a future of long life filled with health and well-being.

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Janet Quinn: Toledo's First African-American Homecoming Queen

By Anthony Quinn
Special to The Truth

In 1957 Robert Quinn was 67 years old. He had seen virtually all of his children go on to marry and do well. He had managed to take his children out of the simmering racial climate of Mississippi to a much calmer climate in Toledo.

Although Toledo was a long ways from the racial tension that black encountered daily in Mississippi as well as other southern states, there was never a complete escape from racial hostility from whites even in Toledo, OH.

In November, 1957, Quinn once again had to witness the ugliness of racial bigotry and this time his youngest daughter, Janet (Jenny) was directly involved in the unpleasantness. That unpleasantness surrounded the selection of a homecoming queen at Jesup W. Scott High School.

According to The Toledo Blade, tension arose among Scott High School students following what would become an historical election of the school and area's first black homecoming queen. Janet was chosen over two white females named Cherry Wright and Carol Kledis.

The election followed its customary practice in which three candidates were chosen first and then competing for the election as homecoming queen. A black female being named attendant was not that unusual for Scott. In fact, as

The Blade stated: "for several years a Negro girl has been among the candidates."

However, the principal of Scott at the time, Richard Langstaff, used the word "shock" to explain the reaction of some of the students, primarily the white students, at the election results.

Rumors ran rampant that violence would break out between black and white students because of the election results. Tensions were heightened when an effigy of Jenny was found hanging as students arrived for morning classes. It was eventually cut down by a black student who was instructed to do so by Ralph Merickel, director of stu-

NAACP, Anderson Cheeves, that "there absolutely would be no repeat election. Janet (Quinn) was elected fair and she would be queen."

An investigation into the rumored fights and the effigy hanging was led by Toledo Police Department Sgt. Edward Sobczak. The identities of the students involved in the effigy hanging were revealed to be a group of "white senior boys" who "had regretted the act."

The group was also reported to believe that the election was fair and that Janet should be the homecoming queen.

According to The Blade, the boys let their "first prejudicial emotions get

Rumors ran rampant that violence would break out between black and white students because of the election results.

dent activities.

Scott, which in 1957 had a student population of about 2,000 students, 50 percent white and 50 percent black, witnesses a petition circulated among white students that a new election should be held which would produce both a black queen and a white queen.

According to the Bronze Raven, the city's African-American newspaper, Langstaff told the president of the Toledo branch of the

the better of them."

Sobczak found no evidence of any fights among black and white students.

Robert Quinn eventually would see his daughter become the first homecoming queen in the city's history when she was crowned November 27, 1957 at the state theater and honored at the Scott-Waite football game the next day with her two attendants, Wright and Kledis.



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The Toledo Music Industry, Part One

By Michael Hayes
Minister of Culture



The economy is bad. When that happens, the entertainment industry suffers.

Hollywood still rakes in the dough, but the music industry is another story.

The Source Magazine just dubbed 1998 as the greatest year in hip-hop history because it was a time when various styles of our culture all flourished at once.

East Coast, West Coast, The Emergence of The South/Crunk and even the dawning of the Midwest with Eminem and Nelly, N.O.R.E., Mos Def, The Lox – I mean, all types of artists were able to come out and get a piece of the pie that year. There was enough to go around. Fast forward 10 years. 2008 – the industry is shook. The rules have changed. A hit on the charts does not mean that people are gonna buy the album.

Soulja Boy and Flo Rida are prime examples of that. A powerhouse artist like Usher can sell eight million, then 10 million and then fail to climb above platinum plus.

An artist like T-Pain can be rule the charts and the airwaves (three years and counting) and still have sales that are just a hair under 1,000,000.

So when you look around Toledo, Ohio and you see eight out of every 10 black men under 35 trying to make their way into the music business... it kinda looks ridiculous.

Those dreams of Grammy

Award speeches, platinum plaque ceremonies and MTV cribs coming to see that shiny new castle you bought from all your record sales, well... those dreams are less and less likely for the majority of people chasing them.

Record companies have gotten greedier with the options and clauses included in standard contracts. Some artists are merely signed to ringtones or single deals.

That once untouched publishing revenue is now being hacked into by major labels.

There is chaos at the upper levels of the industry because everything they thought they knew has been turned upside down by the internet, downloading and widespread bootlegging.

So. You know a few rappers. A few singers. A ton of producers. And everybody is breaking his neck rushing into an industry that has never been more unstable.

The local grind is affected by what happens at the top levels of the industry, believe that.

Having videos, a few thousand units sold and local radio play would have been enough to get a Master P type deal back in the late 90's but now every dude you know with a label doing all of the above... that dude isn't really impressing the labels with all that activity because just about everyone else in every city is doing the same thing just as big.

Even my own company is affected and our grind is different than the one I just explained.

My partner and I have reps in a few major cities that do what they can to get us major placements. A senior executive at Universal met with one of our reps earlier this summer and loved our material... said we could be the new sound Nelly was looking for because Nelly

had reportedly hit a slump in his recording process.

According to this person, the entire Universal staff felt Nelly's material was so awful they didn't even want to shoot videos. They wanted to just send him back in the lab with new producers (ie: us/ The Under Godz). But Nelly is an A-List artist who has always went multi and had no reason to believe that the fans wouldn't check for his latest music so he stood his ground and Universal shot videos and serviced a couple of singles to the outlets.

The singles didn't perform well at radio or on the charts and now his whole project is at a standstill. The tracks we submitted are lost in the shuffle, and my out of town team has to start sniffing around for other projects to get our material on.

Years ago, Universal would've said 'Hey, it's Nelly... people will buy it' – but not now.

Major labels are scared as hell, and they SHOULD be.

The only thing worse than wasting money is wasting more money.

Also, the majors know that their power is waning.

Look at Joel Ortiz. Did the indie grind, landed the payday deal at Aftermath then soured it just to go and get a bigger better indie situation.

So when you look around Toledo, can you tell who is industry capable and who is just stuck being local? Can you see the grind paying off? Can you tell who is making money from music and who is making money from "other" sources and passing it off like they getting guap from shows/beats/CD's etc.

You see all of us. Throwing shows, passing out flyers, sending a million texts/myspace messages promoting whatever it is we're

doing this week.

You see all of us coping new programs, shopping (window shopping) at Guitar Center, and slipping CD's into VIP's hands at every chance we get. Grinding, collaborating, consolidating, developing, leaving, returning, branching out, improving. And most of all dreaming.

WE ARE TOLEDO'S MUSIC INDUSTRY.

The singers, rappers, producers, DJ's, promoters, engineers, studio owners, radio personalities, managers, and all around hustlers in the Glass City trying like hell to make it happen.

Some of us are striving to get that major deal, while others are gearing up to sidestep the industry and eat independently right here at home. There was a time when Toledo music annoyed the hell out of me.

Not because I got hired as a critic and I had a mailbox full of CD's from So & So and What's his face. But even before that. Toledo music used to be so bland and unimaginative.

And even though I can't say I check for everything I hear around the 419, I will say that peeps have stepped their game up tremendously in regards to wordplay, production and engineering.

The Toledo music industry has more than just music makers.

It's like a small version of the real industry or anything you'd find in any city with a bustling scene.

There are fashion designers. Videographers. Models. Hairstylists/Barbers. Dancers. P.R. consultants. And all that!

Dude, I'm lightweight jealous because I'm now hearing that there are a few peeps around here with assistants!

Yaw know me. I never

catch feelings over some dude with rims and nice jewels etc.

I don't even wet that.

But an assistant???

I got seven artists and it's just me and my partner after we had to let go of some folks on the executive end?? Naw, I'm jealous.

But that's just how hot it is around here.

So, let's get a quick roll call of everyone that comes to mind around here doing it.

Everyone on this list is on here for different reasons.

I don't know everyone, but I have at least heard or seen their name and know they do music here in Toledo. Some of these people I just know because my artists know them. Some of these people I don't know at all but seen them on myspace. Some of these people I have worked with, but the majority of them I have not. Many of these people collaborate with each other and there are various styles represented in this little rundown.

So, if you're name isn't on this list... maybe ya ass just hasn't been grinding hard enough. Or... maybe I know who you are and what you do and it just slipped my mind to put you down.

If so, I'm sure my inbox will get lit up and next week I'll be back with a revised list... but for now, Toledo – this is who we are. Let's Go!

TOLEDO MUSIC INDUSTRY ROLL CALL

- D.J. Lyte N Rod
- Cuntry
- Swagga Boyz
- Mally Speaks
- J. Rashad * (Pos Mov Music)
- Dre P
- B.M.G. *
- Magic Juan
- Sir Verse
- Flip N Flex Ent.
- Sasha P *
- Ms. Ne Ne

- Tracy (Hustle Hand)
- Gutta Dave (Hustle Hand)
- Sport Tee KeV
- King Roy
- Kiara (Pos Mov Music)
- Jay Rush
- Chris Siege
- Young Chuck
- Left 2 Write Records
- Mz. Johni (U.G.E.)
- D.J. One Tyme
- T.Rtist (U.G.E.)
- C.J. MACK
- Prophet
- Leland
- Family Ties
- Dorr St. Records
- D.J. Keith Success *
- Hellz Kitchen
- Da Basix (D.J. Illsld, Swill Gates, Lagik) *
- D.J. Mpress * (Soul Beat Music Group)
- B.K.
- D.J. Big Lou Da Mayor Floeva *
- S.S.T.R.E.S. * (now back home in da Glass)
- D.J. Martini Rox
- Boom Town Management
- Mike Feez
- Yasu *
- Greg Thompson
- Mi Mi Chung (Soul Chemistry Ent.)
- CJ Da Great
- Str8 Caine (Slum Lord Music Group)
- Aleucus
- Dizzy T./ Thee Untouchable (U.G.E.)
- 4XL Entertainment
- Reed Russell *
- Nate Douseau *
- Stink Bomb
- Bobkat
- Mr. Markies (Al Block)
- D.J. Money Mike (Put It Down Productions)
- T. Diamond (U.G.E.)
- Barry G. (Put It Down Productions)
- Blaac SuhN
- Danja Russ Ent.
- Joe Fury
- Go Get It Records
- M.C. Habitat
- Freek Sanatra *
- Chris Lewis

(Continued on Page 15)

Buckeye CableSystem and The Truth vip of the month.

October VIP - David Bush of the Madd Poets Society

"The Madd Poets Society was inspired by a series of dreams and a chance meeting with famed poet Nikki Giovanni at an Authors! Authors! series," says David Bush, Founder and executive director of the MPS, now in its ninth year of operation. Bush and his group of volunteers have brought hundreds of youths over the past nine years into an environment designed to encourage creativity and develop self confidence. "Education, opportunity, mentoring," says Bush with the by-words of one of his teaching methods.

The non-profit organization (a 501 (c)(3) certification) now has about 40 students per year and meets at the Toledo Museum of Art. The members of the Society hold a host of performances throughout the year to showcase their talents and, this year, a theater program was added as well as a hip-hop debate team.

"Creativity, confidence and cogitation - that's the process of how I get teens to write," says Bush. "We talk about what is relevant."

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Prostate

(Continued from Page 10)

Americans are significantly underrepresented in clinical trials. With this new Center, we will actively work to close the gap, so that all men are being screened and treated for prostate cancer." South Carolina is a particularly good environment in which to conduct the research activities, Raymond notes, because 29% of its population is African-American, according to 2006

U.S. Census figures.

Renowned scientists will be recruited to South Carolina to fill three CoEE endowed chair positions at the Center. These scientists will conduct prostate cancer clinical trials at the Center and lead a team of junior researchers. Together, these researchers will look at aspects of obesity and lifestyle modifications as contributing fac-

tors to prostate cancer and examine factors that influence African-American men in being screened and seeking treatment. The new Center will also work with partners around the state to carry out clinical trials, particularly with ethnically diverse populations and in rural areas.

"There is a huge disparity in the incidence of prostate cancer and mortality rates in

South Carolina, where men are diagnosed with prostate cancer at significantly higher rates than men in other areas of the U.S.," Raymond says, citing information from the International Agency on Research for Cancer.

According to an article in the Journal of the South Carolina Medical Association, nationally African-American men have an incidence rate of

prostate cancer that is 55 percent higher than that of Caucasians. In contrast, in South Carolina, the prostate cancer incidence rate is 80 percent higher for African-Americans than for Caucasians.

"We believe that screening and prostate cancer early detection is key in reducing mortality rates among African-American men who tend to be diagnosed at younger

ages and who may have more aggressive forms of the disease," Raymond adds.

Raymond believes that the Center will have a positive economic impact on South Carolina—and other states as well—in the form of a significant reduction in lost work productivity and medical expenditures as a result of improved levels of prostate cancer early detection and treatment.

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CLASSIFIEDS

October 1, 2008

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Pay is \$10.41 per/hour.

Technical Support Specialist, must have 1 year help desk experience. This is a part time position working 24-28 hours a week. Applicants must be able to work any shift between the hours of 7am and 1:30am.
Pay is \$13.90 per hour.

Service Technician. Must have 1 year of CATV Maintenance Experience and 1 year of Network experience. Pay is \$17.19 per/hour

For an application, meet us at the Sanger Branch library, 3030 Central Ave. Thursday October 9th, 2008 between 9-1pm.

Renhill is an EOE.

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Organized Neighbors Yielding eXcellence (ONYX), Inc.

ONYX is seeking proposals for the Toledo West Weed & Seed 2008-2009 Program year. We would like for organizations to submit a program package which would identify the organization's sources of funds to help accomplish the following activities designated for the ONYX and NIP service areas.

- Entrepreneurial Training
- Free Tax Assistance
- Home Ownership Counseling
- Financial Literacy
- Computer Training for Seniors
- Computer Training and Homework and Tutoring Assistance for Youth (Training will include the after school programs for youth providing food under the concept of Kids' Café)
- Art Program which will incorporate the Toledo Art Museum and the Toledo Public School System
- Teen Theatre (Education and Performances)
- Parole and Probation Assistance Program
- Victims of Sex Trafficking

Proposals must contain the following information:

11. Name of Organization
12. Funding Sources
13. Experience in providing services
14. Location of organization
15. Number of employees who will be working on the project
16. Budget that will contain dollars to be utilized to accomplish task

All proposals should be received in the office of ONYX by 12:00 Noon on October 30, 2008.

Please provide five (5) copies addressed to:
ONYX, Inc.
525 Hamilton St., Suite 302-B
Toledo, OH 43602
Contact: Yvonne Samuels, 419.324.3619

During this project period, law enforcement efforts will focus on reducing violent crimes associated with drug activity and reducing gang and youth-related crime in the target area. Community policing goals include empowering law enforcement and residents to work collaboratively to reduce the fear of crime and to reduce the level of code enforcement violations in the target area. Prevention, intervention, and treatment goals include providing a holistic range of programs and services that encourages positive youth development as an alternative to negative behavior and improving the accessibility and utilization of community services for all residents and ex-offenders. Neighborhood restoration goals include increasing the value of the neighborhood by improving physical conditions of homes and the overall appearance of the community and expanding the local tax base by increasing the level of local business opportunities.

Jimmy L. Gaines, Sr., MBA
Executive Director
ONYX, Inc.

WilliAnn Moore, M.Ed.
President
ONYX, Inc. Board of Directors

Music Industry

(Continued from Page 13)

The Undergodz (U.G.E.)
Hutch Daddy Dolla
Ladi* (Dangerously Ambitious Ent.)
Tha Lidda
D.J. Scott Smooove
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The Peacock
The Blue Print

The Listening (Saturdays @ The Truth Art Gallery)

Now, I left some people out because they have moved to other cities or are really in the industry now which means their grind is no longer local.

For example, Pos Mov Music is headed by Blaq Smurph and since he is in the industry now I don't know if I can consider him a part of the local music scene but I made sure to acknowledge his company and the artists of his that I know of. Oh yeah, like I always say... I'm not as plugged as you might think so it's quite possible that there are mass oversights and things needing to be corrected and all I ask is that you are respectful when you get at me to make some changes.

Call/text/email etc. and put me up on what I left out or whatever and I'll get it right next week.

But yes, yes, y'all, TOLEDO does have a thriving music scene.

Because I know for a fact that the above list represents maybe a fourth of all the people doing music and going hard enough at it that they have a movement.

Yeah, I know I'm leaving out some obvious ones...charge it to the day

job, y'all.

Working with artists here and out of town, this is what I have learned:

Not everyone who sings is a singer. Not everyone who raps is a rapper. Do not continue to pursue working with someone if they aren't trying just as hard to work with you. Some people have ego like you should chase them - not a good look. Beware of lame duck artists:

That's when you have invested the time and money to get them off the ground with material and everything and then for no good reason they start missing functions, start becoming distant.

When you are in Toledo, working to get out of Toledo... it's so crucial that you have focus.

Focus is key. I have learned that focus is almost more important than talent.

We may not know how it's all going to turn out, but the movers and shakers on the Toledo Music Industry scene are still gonna grind it out.

Thanks for reading and I'll get up with yaw next week.

glasscitytruth@yahoo.com
myspace.com/undergodzent

NEW FOSTER CARE AND ADOPTION TRAINING CLASSES SCHEDULED

Lucas County Children Services Program Lets You Complete Training in Six Days

Lucas County Children Services (LCCS) is welcoming adults interested in becoming foster or adoptive parents to attend its series of free training classes.

A new fall session of classes, which are required for foster or adoptive licensing, begins Monday, October 6,

and runs through Saturday, October 11. The classes are from 9 a.m. until 4 p.m., allowing participants to complete the entire curriculum in just six day-long sessions. Registration for the classes is available by calling 419-213-3336.

While LCCS strives to help children remain with their fami-

lies by working with their parents to build a safe, nurturing environment, it's not always possible. As a result, the agency needs foster and adoptive parents for children of all ages, but particularly families who can provide loving and stable homes for teenagers and groups of brothers and sisters.

The agency is also seeking parents to join its therapeutic foster care program, providing care to children with behavioral, developmental or physical challenges.

Qualifying to be a foster or adoptive parent is easier than you think. You...

*Must be at least 18 years

of age to adopt; 21 to become a foster parent

*Can be married, single or partnered

*Can own or rent your home

*Can work outside the home

*Don't have to earn a lot of money, just enough to support yourself

*Need a safety inspection

for your home

*Agree to a background check

*Receive free training

*Receive financial support, based on your child's needs

A similar, six-day program is also scheduled to begin November 10.



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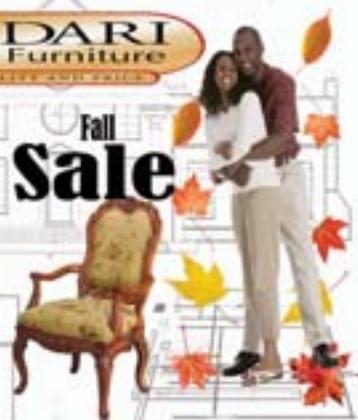
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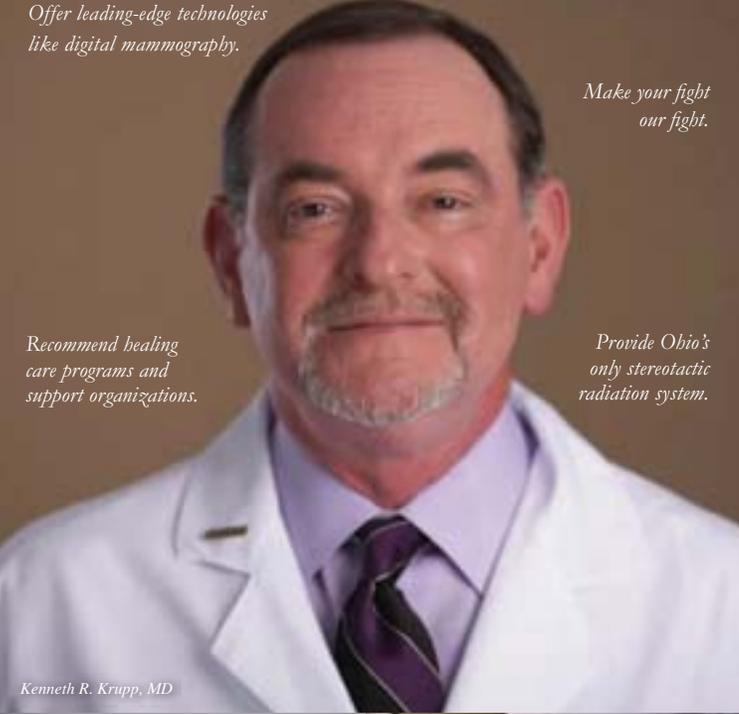
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