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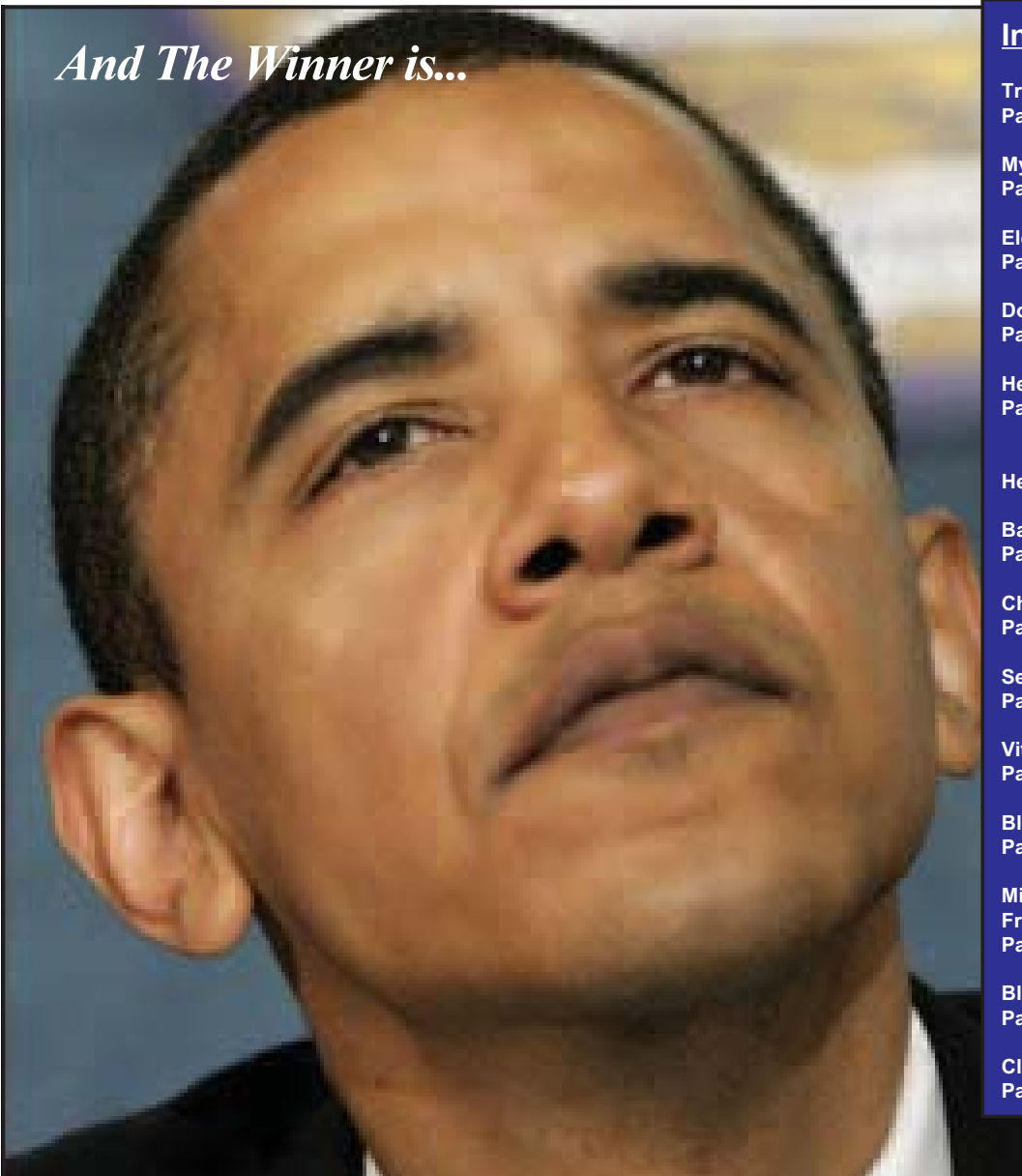
The *Sojourner's* Truth

Volume 15, No.03

"And Ye Shall Know The Truth..."

November 05, 2008

And The Winner is...



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BARACK HUSSEIN OBAMA

PRESIDENT ELECT

This Strikes Us ...

A Sojourner's Truth Editorial

We have heard so much about values in this election and what constitutes real, American values that we are at a loss as to how we can move forward without some sort of major effort at reconciliation on the part of victors and losers.

We have heard so much about race, its impact on the campaign, why people vote in certain patterns and the difference between pride and prejudice that we have to wonder if the historic 2008 race for president will ultimately be judged a failure as far as being a display about American unity.

Are small towns truly where the real Americans dwell, as Sarah Palin claimed?

Is Barack Obama a decent human being and family man because he is not an Arab, as John McCain implied?

Did Obama really need his Kansas/heartland/white grandmother to instill American values in him, as he seemed to say so many times over? Could not those people from his native Hawaii have done that? Or are Hawaiians a bit too exotic, too non-white in general?

Did Colin Powell only endorse Barack Obama because he is black, as at least one of the right-wing radio talk show hosts has stated? Powell, in fact, had a whole laundry list of reasons for his endorsement, none of them included the fact of Obama's blackness. Why would we not take this American hero at his word? Did Dick Cheney only endorse McCain because he is white? Did anyone dare raise that possibility?

Which values are the true values of this nation – the ones of the right or those of the left?

Regrettably, we just could not have a simple conversation about the issues. A discussion of taxes, for example, brought forth charges that certain candidates and supporters were socialists, said those who disagreed and who still possess some amount of scruples.

Those lacking any sense of decency or, for that matter, any knowledge of history or social sciences or economics, would call their opponents Marxists because of their opposition to their taxation plans. If this were 50 years ago, the charge would be "card-carrying communists" but even the most absurd among us realize how silly that now sounds.

The fact is that Obama's statements about the virtues of spreading the wealth around were the same sentiments expressed by Palin when she added a tax to oil company profits that would ultimately go back to Alaska residents. McCain also advocated the basic fairness of a progressive tax policy in 2001 when he opposed extending the Bush tax cuts to the wealthy.

The irony is that classism, racism and sexism were so clearly a stain on the American culture during this election cycle, even as Americans struggled to overcome the legacy of such ugliness. Hillary Clinton may have cleared the path for the nation's daughters to dream big dreams but she never should have had to endure such slights in the media to do so.

The media actually reported on her pantsuits and her cleavage.

And then we had the issue of whether a phrase such as "lipstick on a pig" was both sexist and targeted to the vice presidential candidate on the Republican ticket. That's a phrase that was apparently not sexist when the Republican presidential candidate used it previously.

Nothing struck a chord so much as previous associations and once again, as we saw in 2004, we cannot seem to rid ourselves, literally and figuratively, of the scars of the Vietnam War.

From McCain's claim that he knows how to win a war to the fingers pointed at Obama's friendship with war protester William Ayers, so many of the so-called values we heard about seem to have their origin in that war.

Ayers, by the way, is a well-respected figure in Chicago – well-respected by both Democrats and Republicans – because of his body of work in the field of education. He has contributed a good deal more to his country than has someone such as G. Gordon Liddy, a friend of McCain, who once plotted – according to his own admission – to kill a U.S. government official.

This election may have made history, but there is an awful lot we have to put behind us during the next four years.

Both candidates touted their ability and their intention to work across the aisle and unify the nation. The challenge is now for the winner to maintain such honorable intentions and follow through and for the loser, who will remain a powerful leader of his party in the Senate, to step up, swallow his pride and reach out to the next president.

We cannot help but remember that Bush gave lip-service to embracing a bi-partisan method of operation and then became the most divisive president we have had in generations. That's a mistake this new president cannot afford to repeat.

The Sojourner's Truth

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Community Calendar

November 2-7

Shiloh MBC Fall Revival: Services 7 pm nightly; Guest include Pastor Charles Emery of Pilgrim MBC-Gary, IN and Pastor O.J. Hudson New Era MBC of Pontiac MI: 419-693-6698 or 419-535-0615

November 6-8

COZ Ministries Praise and Worship 2008: 7 pm on 6th and 7th and 10 am on 8th: 419-246-1850

November 7

N.A.O.M.I. Transitional House Gospel Concert: Friendship Baptist Church; Featuring First Creation, Debra Brock, Lisa Price, Nikki "D" and the Browns; 7 pm; Free to the public: 419-254-7819

Fish Fry: Great St. Mary's MBC; 10 am to 5 pm: 419-244-2663 or 419-699-7330

November 7-8

All Saints Lutheran Church 6th Annual Quilt Show and Craft Sale: 9 am to 3 pm each day; No admission; Maiolica pottery by Ann Tubbs: 419-865-7701 or 419-893-1097

November 8

Coalition Meeting: Sponsored by Earl Enterprises and African-American Youth Advocates; 1 pm; Church of the New Covenant; Topics – Rogers/Central Catholic football game, test scores for 2008, parental engagement in education, African-American male involvement

November 8-9

Women's Day Weekend at Walls Memorial AME Zion Church: Saturday at 11 am – panel discussion on parenting, breast cancer and obesity; Sunday at 11 am – service with speakers Rev. Lashonda Bradley, Sis. Shirley Dodds and Min. Lynette Willis: 419-243-1065 or 419-478-1429

Annual Men and Women's Day: Mays Chapel United Holy Church; Min. Lynda Gales of Massillon guest speaker at 11 am; Bishop James Koonce of Union Pentecost of Painesville guest speaker at 4 pm: 419-531-1859

November 9

Jerusalem Mass Choir Concert: "One More Time;" 6 pm; Jerusalem MBC
Gospel Musical: Rance Allen and the New Bethel COGIC; Featuring The New Spiritualaires; 7 pm; Also Sons of Joy, Voice of Zion, Twilight Singer
Friend's Day: Warren AME's Minute Ladies; 10:45 am service; Concert with Alberta Jean Reed at 6 pm

November 10

Toledo Children's Hospital and National Center for Adoption Law and Policy: Adoption Academy at Children's Hospital: 419-469-3716

November 11

Scott HS Alumni Association Meeting: Kent Branch Library; 6 pm; scottalumni@gmail.com

November 14

COZ Ministries Ole School Jam: National recording artists Michael Mindingall with Sole after Soul; 7 pm; Free to the public: 419-246-1850

November 15

The Day of Healing: SeaGate Centre; 9 am to 6 pm; Featuring speakers, authors, healing music performers, children's area, exhibitors and hands on demonstration: 419-466-5912
Calvary Baptist Church Women's Ministry: Annual Cancer Awareness Workshop; 11 am to 2 pm; J.A. Fellowship Hall; Exploring various cancers, treatment processes, caregiver's role, spiritual healing: 419-535-0933

The Next Step: ProMedica Cancer Institute one-day program for children who are coping with cancer in a parent, sibling or other loved one; 9 am to 1 pm; Flower Hospital campus: 419-469-3716

Santa's Helpers Child Care: Warren AME; Child care for ages five to 11; 10 am to 3 pm; Activities provided: 419-472-8668 or 419-259-8601

The Sojourner's Truth

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My View

By Jack Ford
The Truth's Political Columnist

give a fiery speech befitting the Baptist preacher childhood in which he grew up in Maryland.

In short order, Cummings visited St. Paul AME, Warren AME, Indiana Avenue Missionary Baptist and Bethel COGIC churches. He was warmly received by each pastor and each time gave a rousing speech. Pastor Rance Allen favored Cummings with his Grammy Award-winning song "The Sweetest Name."

We then went to Ruby's Restaurant for dinner and then onto to Mt. Nebo for a final rally.

The Sunday before Election Day is always one of my favorite times. For years now, I have spent that day trying to get last minute voters to the polls. This past Sunday a group of us (State Rep. Edna Brown, City Councilman Michael Ashford, Tracy Hopkins and me) took U.S. Congressman Elijah Cummings (Dem-MD) to five area churches to exhort folks to get out and vote. We started at St. Paul Missionary Baptist on Detroit Avenue.

Pastor James Willis greeted Cummings and gave him a moment to address the congregation. Cummings, careful to avoid partisanship per IRS rules, still managed to

Cummings, Obama for President state chairman for Maryland, was clearly pleased with the scheduling, the gracious receptions and the enthusiasm he encountered in Toledo.

This paper will be at press by the time the election results are known. Either we will name an African-American to the White House or we will not. This election will define us as a nation one way or the other. Let's hope the right thing occurs.

Last week's school board meeting produced something different in minority contracting. A contract came up for

the demolition of a school to the tune of \$229,000. The contract was awarded to a local black-owned firm. That was news.

Several of us had been clamoring for more minority participation and it finally arrived. It arrived the week before a big levy vote and raised a few eyebrows but there is no reason to believe any shenanigans were at work here. Let's have more of the same in the future so that we don't see demolition contracts go to out of town concerns that take money out of the community.

One last shot at the Frederick Douglass Community Association issue involving funding. I think black Toledo can kick in \$100,000 if it is structured properly. The FDCA once was a powerful outpost of community pride. As I walked out of Warren AME on Sunday, one of the hands which gripped mine was that of Clarence Walker. Walker took the FDCA to great heights and he is still a force. Walker could give some valuable insight to Bill Kitson, president of the local United Way, Rev. Otis Gordon and others who have to sort this stuff out.

Walker is the only Toledo-based guy on the Supreme Council of the Masons. He has a "purple hat." That places him in the forefront of Masonic forces in this country.

Kitson, a fast worker, has already approached Tim Yenrick, executive director of

the Red Cross, to fix FDCA in the next six months. Yenrick is a can-do guy.

And we will soon hear of the demise of The Connecting Point due to money issues. When will the non-profit agency bleeding end?

Al Williams, Jr. passed away last week and services

were held at First Church of God on October 28. Al, or "Big Al" as some called him, was a worldly man who mixed with some big shots but was a friend to the little guy. He helped a lot of people. He was very generous to me in my quest for the mayor's office. He will be missed by many.

Two Years of Election Intensity Finally Come to a Close

By Fletcher Word
Sojourner's Truth Editor

For the candidates, for the political media, for political junkies in general, this has probably been the longest two-year stretch of their lives. It's almost inconceivable to think that the country will ever have to repeat this journey. And will have to start the next one in another two years.

The next presidential election cycle may wind up being just as long but it could not possibly be as intense as the one of the past two years.

For Arizona Senator John McCain, the journey was even longer. He had been plotting his run for the presidency ever since President George Bush defeated him in 2000. And McCain had been the odds-on favorite for the Republican nomination for almost that long.

McCain's campaign was almost derailed during the summer of 2007 when he ran out of money due primarily to fiscal mismanagement. He turned over his staff, whittled the operation down to the bare bones and limped along into the first primaries, finally gaining momentum as his opponents – Mayor Rudy Giuliani, Mitt Romney – stumbled out of the gate and gave him his opening.

For Illinois Senator Barack Obama, the journey to his party's nomination began at the 2004 Democratic convention when his keynote address lit up national audience and served notice that a star was born. This was even before he had been elected to national office.

He handily won the Illinois Senate election against carpetbagger Alan Keyes and stayed in the public eye after his move to Washington, D.C.

The 2008 Democratic nomination had seemed to be tailor-made for Senator Hillary Clinton of New York. She announced early, put together a formidable team and after the first quarter of

2007 announced that she had raised an astonishing – and record breaking – \$30 million. That would seem to seal the deal. But a few days later, Obama's campaign raised more than a few eyebrows when it announced that he had raised \$35 for the quarter. The battle was joined.

What a battle it was indeed. Obama started quickly out of the gate with a resounding win in Iowa, the first caucus, and was all of a sudden the favorite heading into the first primary in New Hampshire. Polls had the Illinois senator with about a 10 point lead in the Granite State, but Clinton upset the applecart and gave herself a new lease on political life.

Back and forth went the two leaders as others dropped off along the way – Senators Joe Biden (Dem – NJ) and Christopher Todd (Dem – CN), Congressman Dennis Kucinich (Dem – OH), Gov. Bill Richardson of New Mexico. Eventually, former Senator John Edwards also saw the writing on the wall and left the field of battle to the two leaders.

The Obama-Clinton contest went to the very end, with Obama winning by a thin margin in the delegate count and both candidates having earned about 18 million votes during the process.

McCain, meanwhile, had wrapped up his nomination months before but, inexplicably, would not put this time to good use. He sat on his hands watching his Democratic colleagues slug it out through the end of May.

Both conventions were held at the very end of the summer, after the Olympics.

The Democratic Party Convention, held in Denver, was an emotional love-in as Senator Ted Kennedy (Dem-MA), Michelle Obama and both Clintons gave rousing speeches

stressing the unity of the party. On the night of the delegate count, Hillary Clinton interrupted the proceedings and asked the delegates to nominate Obama by acclamation.

His speech the following night, held at the local football stadium, was the hottest ticket in Denver in a long time.

The Republican Party Convention followed with its own emotional roller coaster – delayed because of a Gulf Coast hurricane and culminating with Gov. Sarah Palin's acceptance speech on the next to the last evening. It was a speech that was viewed by even more than had watched Obama's a week earlier.

And that speech gave the Republican ticket a much needed shot in the arm. Palin, attached to McCain by the hip, drew crowds and helped the ticket move up in the polls.

Events in mid-September, however, brought that momentum to a standstill.

First, the Republican campaign allowed Palin to speak to CBS' Katie Couric. Palin was simply not ready for prime time.

Second, the credit meltdown and proposed bailout package proved detrimental to the Republicans. Poll after poll showed that Americans trusted Democrats more with the economy and an unpopular sitting Republican president seemed to poison McCain's chances.

The polls settled in after that as Obama's lead maintained a steady gap of seven to 10 points over the last month. His leads in various swing states – all previously "red" – actually increased and he entered Election Day morning with a commanding lead nationally – 10 points in the Zogby poll, for example.

The incredible ride is finally over and we have at least a couple of weeks to relax before candidates for the 2012 election season start jockeying for position.

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Laras County Children's Services

Wilma Brown's Tireless Effort Helps Make Brownstones a Reality

Sojourner's Truth Staff

It's been a long time coming, but Toledo City Councilwoman Wilma Brown's signature project, the Brownstones on Dorr Street, has finally become more than just a possibility.

Brown and other elected officials, city development specialists, bankers and the project's developers gathered last week to officially cut the ribbon and welcome the impending construction of six new residential structures at the corner of Dorr and Smead in the heart of the once-booming inner city corridor.

The ribbon-cutting ceremony

took place more than two years after the groundbreaking in 2006 but now that the financing for the project is finally in place, there appear to be no more obstacles to derail the completion of the residential structures.

"Dorr Street is the reason I ran for City Council," said Brown who is in her last term on council. "This corridor, from Reynolds to Washington is coming alive."

"To do a project in this day and age ... you have to be patient and keep your shoulder to the wheel," said

Mayor Carty Finkbeiner. "This \$1 million project is nothing to sniff about. Dorr Street is going to be very bright, a shining corridor for the city."

Finkbeiner praised members of his staff, including Director of the Department of Neighborhoods Kattie Bond and Commissioner Mike Badik of the department's Housing Division for their persistence in bringing the deal to fruition.

"No one got discouraged," said Finkbeiner. As for Brown, Finkbeiner commended her for her years of

service on City Council, on the Toledo Board of Education and with the Girls Scouts of America. "Wilma Brown is going to go down as one of the great public servants of all time," said Finkbeiner.

When Brown first ran for council 12 years ago, she promised that Dorr Street would be "reclaimed." She just didn't know, until about five years ago, what would really make the corridor take off.

She has initiated numerous small projects such as encouraging small business owners along the corridor to clean up and beautify their operations. She has overseen the development of larger projects such as clearing the way for Walgreen's on the far west boundary of her district - Reynolds Road - and the Library Plaza, just east of Reynolds.

Much of Dorr Street has been repaved during Brown's tenure on Council and she has worked with The University of Toledo to preserve land to maintain the residential integrity of the area around



the university. She has worked with the UT Foundation to purchase and lease property for small businesses.

The Brownstones are being developed by Jackson McDaniel of Four Seasons Housing Corp. and will consist of six units initially - two two-bedroom flats for \$87,000, two three-bedroom townhouses for \$93,000 and two four-bedroom townhouse for \$102.

The two apartments have been pre-sold, which was a condition that local banks had imposed in order to complete the financing. Additional financing of \$270,000 from the City of Toledo using HUD funds has been in place for several years.

"It was a dream ... a vision of Wilma Brown," said McDaniel deflecting Brown's contention that he had been the visionary. "This was ideal for us to do and now we're under way."

Mark Sobczak, president of Toledo City Council echoed McDaniel's praise of Brown. "It was her tireless effort to restore the Dorr Street corridor."

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Raymond Winbush and the Topic of Race Relations

Sojourner's Truth Staff

Raymond Winbush, Ph.D., director of the Institute for Urban Affairs at Morgan State University in Baltimore, MD, took the stage at the McMaster Center of the Toledo Lucas County Library - Main Branch on Tuesday, October 28 to discuss the topic of race relations in the United States.

The interactive discussion

America - it's part of the human condition. Second, [racism] is embedded in the fabric of the West; it's part of the DNA of the West. Third, it is difficult to talk honestly about racism ... it you talk dishonestly about racism, you can become a justice on the Supreme Court or the Secretary of State."

Following brief opening

gave way to Negro, then to black and finally, in the 1980's to African-American.

Other topics included the use of the word "nigger," illegal immigration and African-Americans voting for Senator Barack Obama in overwhelming numbers.

"Why do white people think they are better than black?" read one question.



Ray with HVTA's Soul Force

sion was sponsored by the United North, the Friendly Center and Human Values for Transformative Action (HVTA). In addition to Winbush's presentation during which he shared the podium with HVTA's Director Lorna Gonsalves, a team of local young people, Soul Force, got the evening rolling with a performance piece.

Soul Force, according to Gonsalves, have been using their "positive spirits, creative talents and neighborhood resources to build inclusive communities within which all people feel respected and valued."

"We believe and preach three principles," said Winbush of his Institute. "First, racism is a global phenomenon that is not just confined to the United States of

remarks about the nature of racism, Winbush asked the audience to fill out index cards with questions, concerns or comments about race and racism. The rest of his presentation, with Gonsalves' assistance, consisted of responses to the written remarks. The audience was encouraged to ask questions or give opinions on the issues raised on the cards.

"I don't know why I can't take a stance on being called African-American or black," read the first card.

"All groups struggle with their identity name," said Winbush as he explained that during the early years, centuries, of slavery, those from Africa referred to themselves as Africans. Eventually those of color began to use the description "colored," which

"Why do black people think they are better than others," read the very next one.

"Racist comments should be illegal," wrote one audience member. That comment brought forth some glee from the professor.

"It will never happen," he laughed as he went on to wonder about the verbal abuse that must have been heaped on Obama over the last five months all around the country.

This visit by Winbush is just part of a series planned by HVTA to address the issues regarding race, said Gonsalves at the end of the evening. Her group is planning to put together both inter-race and intra-race discussions around the community in the upcoming months.



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A Journey Through Healing Hosts Annual Jazz Brunch

By Artisha S. Lawson
Sojourner's Truth Reporter

Dozens of people gathered to hear light jazz music during A Journey Through Healings' Jazz Brunch. This Saturday, November 1, 2008 event was held at downtown Toledo's Navy Bistro and included a silent auction with donated items.

This annual successful fundraiser is just one way that the organizers of A Journey Through Healing assist the community through different stages in their life.

"It's our fifth year with this fundraiser. We raise funds to assist families and individuals going through various journeys of loss, through workshop and lesson materials," said Cynthia

Savage, A Journey Through Healing board member.

Items up for bid during the auction included: a bowling ball and bag, NBA basketball signed by Jim Jackson, speaking Obama bobble head, two different wine packages, Cincinnati bangles and Cleveland Browns packages, HJ's Prime Cut and Toledo Sympathy gift cards, jewelry, Leo Marks watch, a limo ride to Clarion Hotel for six people that lasts three hours and a one night stay at the Clarion Hotel, a portrait, \$100 gift card from Toledo Furs and a AM/FM radio with CD player.

Along with the auction and brunch menu, jazz music provided by CJ Manning and

Caroline Jones filled the banquet room with the unique sounds of Earth, Wind and Fire, Gladys Knight and early 1980's music.

Two individuals who have used the services of the organization were proud to support the fundraiser because the organization provided comfort during their time of need. Mary Conner, whose husband died April 9, 2008 after 52 years of marriage, said that Bea Daniels, founder and director of Journey, was there for her before she realized that she needed comfort.

"My experience was personal," said Conner. "I knew Beatrice would always be there for me to pray for us when the time came. I love her, I was never told how this process worked exactly but before he passed she would come by twice a day to spend time with me."

David Oxner experienced the death of both brothers – Dale on May 22, 2008 and Toliver on June 17 – and he knew of the organization before the time came for him to request its services. "Journey started to help people



CJ Manning and Caroline Jones



Bea Daniels, Tamera Young and Cynthia Savage

with loss, not always with death," said Oxner. "It can be a job, divorce, a child leaving home, or working for the same job for several years and having to leave. Personally, The Journey impacted me with my brothers because they were there to offer a kind word. I didn't know the process of grief and didn't know what to do before The Journey helped me."

The organization was proud to announce that they assisted seven Hunter Ridge residents as a result of the apartment fire, and assisted with family funeral arrangements.

A Journey Through Healing invites the community to participate in their annual candle light holiday memorial on December 6, 2008, beginning at 12:00 p.m. at Mt. Pilgrim on Hoag Street. The length of time one grieves can be weeks, months, and even years. The organization understands that talking with someone who is not directly involved in the situation can help by offering confidential support, tools, and guidance through your journey. Call 419-531-1336 or check out their website <http://www.ajourneythroughhealing.com> for further information on their services.

AKA's Conduct a Different Type of Election

Sojourner's Truth Staff



It wasn't just the adults who voted in this year's presidential election. Students at Lagrange and Nathan Hale Elementary Schools also had the opportunity, thanks to the members of the Zeta Alpha Omega chapter of the Alpha Kappa Alpha Sorority, Inc. who conducted mock elections at both schools.

On Tuesday afternoon, 322 students at Lagrange (Principal Gary Forquer) – kindergarten through six grade – cast their votes for president under the watchful eyes of Brunetta O'Neal, chairman of the chapter's Connection Committee, and Joan Harris, Leola Haynes, Oscar Haynes, Joyce Brown and Equilla Roach.

The next day at Nathan Hale (Principal Janice Richardson), about 200 students voted for president.

And the winner was ... Senator Barack Obama in a landslide.



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The Lighthouse Road Physician Heal Thyself: The Battle of the Bulge

By Dr. Anita M. Lewis Sewell, Ph.D.
Guest Column



"Hi, Miss Lupe," I called out to my neighbor as she crossed the street.

"Hi, Miss Anita," she replied in return. Then she asked, "are you losing weight?"

"I don't know... I am trying to," I said. "But I'm afraid to get on the scale to find out for sure."

Miss Lupe observed that my face seemed a little thinner and I was thankful and encouraged that my efforts to get fit were beginning to make a difference.

Obesity is a serious health problem in America.

Many reality TV fitness shows, like "Celebrity Fit Club," "Dancing With the Stars," "You Are What You Eat," "Honey, We're Killing the Kids" and "The Biggest Loser" draw attention to the fact that Americans need to live healthier lifestyles that include proper nutrition, exercise, and physical fitness.

Doctors are not immune to weight problems. Just because we know better doesn't necessarily mean that we do better. *Here was one of my many wakeup calls.*

One day I conducted a physical examination on a morbidly obese patient. My patient was complaining about some kind of itchy rash in the groin area. Unfortunately, my patient could only point in the general direction because the rash was concealed under an extensive layer of abdominal fat.

I lifted up the excess pounds of loose skin and stomach to examine the rash in question, which was widespread, with irregular borders. It appeared *wickedly red with oozing, festering*

areas that were obviously infected.

The patient was also diabetic and highly prone to recurrent fungal and bacterial skin disorders. An antibiotic was prescribed, along with a topical cream, to help alleviate this poor patient's distress.

That night, I went home and *took a good look at myself in the mirror.*

I already had a bit of a "jelly roll" for a belly, and a matching set of love handles. But up until now I had just focused on the importance of loving myself as I am. After all, isn't that what the song writer said is the "greatest love of all?"

I could still see my feet when I looked down. That had always been a sign for me that things had not gotten too far out of hand. So what if my jeans were tighter and my Fruit of the Looms had crept up a few sizes since high school. (That's just a manufacturing error, right?)

But I was also experiencing other disturbing symptoms, such as chronic fatigue, occasional chest pains and shortness of breath with limited activity.

Obesity is linked with many serious health problems like high blood pressure, heart disease, diabetes, strokes, arthritis, some cancers and breathing disorders like sleep apnea.

From a spiritual standpoint, I believe our bodies are the "temple of God." We can't work well or serve God to our utmost capacity if we are too tired, sick, or worn out. When we first take care of God's temple, we can better care for our families and our world.

It was time to steer myself toward a healthier destination and get my physical house in order. In other words, "physician, heal thyself."

I started with a cardiac stress test to be sure my heart was okay. I had a complete physical exam and a health profile to evaluate my BMI (Body Mass Index), blood pressure, cholesterol, nutri-

tional status and other health indicators.

The BMI is a number calculated from a person's weight and height. BMI is used to identify or screen people for weight problems. My BMI was 30-something, which was not good.

With a fitness program, it is very important to find exercises that you enjoy. Gardening and yard work are excellent forms of exercise as are walking, swimming, jogging, tennis, soccer, and bicycle riding.

I took a yoga class, which I loved. I bought a pedometer, which counts your steps when you walk. I also got some weights to do strengthening exercises at home.

I enjoy walking outside in warmer weather. But since I hate to be cold, winter was always a tough time when I fell off the fitness bandwagon. Access to an indoor fitness facility was important for me to stay on track.

My sister, Diana, is a physical education teacher. We made a pact to encourage each other and our entire family toward improved year-round physical fitness. The support of your family, friends, and health care provider can help you to stick with your fitness goals.

I began to exercise regularly, working up to between 30 and 60 minutes for three or four days a week. I was starting to tone up and lose some weight but, more importantly, I felt much better with a lot more energy.

A healthy lifestyle takes time, work and commitment. Patience and consistency is important. We have to plant seeds of change *and do things differently if we want better, healthier outcomes.*

The hallmarks of a well-rounded fitness program will include aerobic exercise, strength and flexibility training and proper nutrition.

Don't procrastinate. Don't wait until your health is harmed before starting to make a positive change. Eating well and exercising regularly may be challeng-

ing at first, but we can do it. God Bless!

It is very important to get a complete physical examination by your doctor before

starting any program of physical fitness, especially if you have a history of heart, lung, or musculoskeletal health problems.

For more information, visit the Center for Disease Control www.cdc.gov and click on Healthy Living.

Tent City a Bigger Success This Time Around

Sojourner's Truth Staff

The Neighborhood Health Association (NHA), the Cherry Street Mission and 1Matters joined forces again this year to bring Tent City to life. This past weekend, more than 500 volunteers came together to deliver food, medical services and clothing to 400 of Toledo's homeless population.

In addition to the services provided, the homeless were also shuttled to the polls to vote in this historic election season.

The weekend events began on Friday afternoon with a town hall meeting and opening ceremonies hosted by NHA's Richard Langford, Cherry Street Mission's Dan Rogers and Michelle Ross, mayor of Tent City. Ross had come to Tent City last year, homeless and addicted. This year Ross helped to deliver the services she so desperately needed previously. She attributed that change in her life to Tent City 2007.

A candidates' forum was also held on Friday night before entertainment was provided by Pat Lewandowski and comedian Melanie Maloy.

On Saturday, the homeless were given access to medical, dental and clothing services. Three doctors and two dentists volunteered their time enabling the organizers to greatly increase the number of patients seen during the short weekend, according to Langford, organizer of the medical services portion of the event.

Breakfast and dinner were provided on Saturday by the Cherry Street Mission.

The final event on Sunday brought local media, politicians and community leaders to serve a pancake breakfast.



Volunteer Keith Wilkowski flips pancakes

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Weighing The Facts About Childhood Obesity

Children as young as 10-years-old are being diagnosed with obesity-related illness, including heart disease

By *Tedra White, ProMedica*

For the average American child, going outside to play has taken a back seat to television, video games and the Internet. Kids these days are spending more than six hours a day outside school hours in front of a television or computer, watching movies or listening to music (*Henry J. Kaiser Family Foundation*). As a result, children are not getting enough exercise and physical activity, which is one of the major causes of childhood obesity.

Childhood obesity has more than doubled among preschool children and adolescents and tripled in children ages six to 11 over the past 30 years. According to Diane Niese, a pediatric nurse practitioner at Toledo Children's Hospital, it's also a growing issue locally.

Recently Niese conducted

a study of 91 participants sponsored by The American Academy of Nurse Practitioners. She found that nearly half were overweight or at risk of becoming overweight. As part of the 10-week study, participants were required to get regular exercise by walking.

"Our walkers were able to significantly reduce their body mass index, which is their body weight in relation to height," Niese says. "The success of the walking activity highlights the extreme importance of physical activity."

Poor eating habits, as well as not getting enough exercise are another major cause of childhood obesity. According to the Centers for Disease Control and Prevention, less than 25 percent of children eat five or more servings of fruits and vegetables daily. Toledo-area physicians say it's con-

tributing to serious health problems in young children.

"It's becoming much more common to diagnose children as young as age 10 with chronic health conditions like heart disease, type II diabetes and even high blood pressure," says Sean Rae, MD, ProMedica pediatrician.

Dr. Rae says an important first step can be to have frequent discussions with children about the importance of healthy eating. And when it comes to getting physically fit, he recommends making it a family affair.

"Encourage people to find fun group activities that can get everyone active, such as a bike ride, playing a sport or taking a walk."

For questions about childhood obesity, talk to your physician. To contact a ProMedica doctor, visit www.ppgdocs.org.

Thanksgiving 2008 – Express Your Gratitude with a New FITitude Attitude!!

By *Diana Patton and Tonja Ward*
Guest Column



It is once again that time of year where everyone is looking for those "tried and true" recipes. You know the ones. They make the family smile from ear-to-ear and glow with glee each Thanksgiving. And still others are looking for ways to tweak those family recipe traditions and make them a bit healthier. Healthier to do away with that bloating-gassy feeling so often experienced after a fabulous family feast. Perhaps that is why there was so much smiling. Or was that grimacing? We are not quite sure... the jury is still out on that one!

For those of you looking for the extra special "tweak" this year, congratulations!!! You are ready to express your gratitude with a new FITitude attitude.

FITitude #3 Devotion to Others

Happy are those who encourage others and who willingly join their family and friends in faithful fellowship, inspiring and motivating one another to lead a High Performing Lifestyle... for they shall likewise be encouraged.

And, FITitude #5 Healthy Food and Proper Hydration:

Happy are those who drink sufficient water and eat fresh fruits, vegetables, and whole foods... for they shall not often be constipated, and they shall be healthier, better nourished, and at less risk for lifestyle diseases than those who mock them.

Just watch as the snickers or jokes from some family members who may not be used to the way you prepare your new dish turn into smiles of relief. Relief because later in the afternoon, following your delicious Thanksgiving feast, you will all feel more refreshed. Thanks to the way your body will digest your "FITatadually" prepared meal, you will all feel less constipated and will definitely have something to smile about. It will be great

because you will also be helping to decrease your family's chances for lifestyle diseases, while encouraging them to try something new and different. As always, be sure to lead with love when trying these new dishes with your family. Simply sit your scrumptious dish on the table, smack dab in the middle of all the other wonderful family traditions, and ENJOY!

Are you ready to tweak those family favorites? Check these out and let us know what you think!

Marinated Collard Greens:

- 1/4 cup apple cider vinegar
- 1/4 cup chopped sun-dried tomatoes
- 1/4 cup chopped scallions, white parts only
- 1 garlic clove, minced
- 1 teaspoon red pepper flakes
- 2 teaspoon sea salt, divided
- 1/2 teaspoon black pepper
- 1 bunch collard greens, washed
- 1/8 cup olive oil

1. In a large bowl, combine apple cider vinegar, sun-dried tomatoes, scallions, garlic, red pepper flakes, 1 teaspoon sea salt and pepper. Set aside.

2. Take several collard leaves and roll into a cylinder the shape of a fat cigar.

3. Using a knife, cut the through the collard cylinder, making strips. Repeat steps two and three until you have cut all the collard leaves.

4. Place strips in a large bowl. Pour olive oil on collard strips and sprinkle the remaining 1 teaspoon of salt. Massage the oil and salt into the strips until all are well coated.

5. Transfer the collard strips to the bowl with the apple cider vinegar marinade. Let marinate in the refrigerator for at least 4 hours, but overnight is best.

Servings: 4

Note: The raw collard greens won't get as soft as its cooked counterpart. That's a good thing, cooking your

greens gets rid of all the water and nutrients that they provide.

Provided by: www.thedailyrawcafe.com

Brown Rice Cranberry Almond Cilantro Medley

- 1 cup brown basmati rice,
- 1/2 cup long grain brown rice, and 1/2 cup wild rice
- 1 1/3 cup of chopped raw almonds
- 12 chopped green onions
- 3/4 cup dried cranberries
- 1 bunch of chopped cilantro (equal to 3 or 4 cups)
- 1/2 cup olive oil
- 4 tablespoon raw cider vinegar
- 4 tablespoon balsamic vinegar
- 4 tablespoon agave nectar or maple syrup
- 1/4 cup Tamariso sauce (or Bragg's Liquid Amino Acids)
- 1 teaspoon coarse ground black pepper + 1/2 teaspoon salt

Directions: Cook the rice according to package instructions. After rinsing and cooling the rice, place all three kinds of rice into a large bowl. Add the almonds, green onions, dried cranberries and cilantro. In a separate bowl combine the canola oil, cider vinegar, balsamic vinegar, maple syrup, soy sauce, black pepper and salt. Mix this dressing together before adding to the rice and other dry ingredients. Pour the dressing over the dry ingredients and combine thoroughly. Add other ingredients to taste. It's best to let the salad sit in the refrigerator for about an hour before serving to allow the dressing to really soak into the rice and other ingredients.

Provided by: www.foodnetwork.com

Diana Patton and Tonja Ward are the co-owners of FITatudes, LLC. They assist sports families, athletes and women lead High Performing Lives by adopting the 10 biblically-based FITatudes. Subscribe to their newsletter at www.FITatudes.com or email info@FITatudes.com

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A Common Cause Of "Senior Moments"

Special to The Turh

When people in their 60s, 70s or 80s experience unusual feelings—lost time, suspended awareness, confusion, seizures—they may think they're a regular part of aging. But they could be signs of epilepsy, a condition that affects 300,000 older Americans.

Epilepsy is a functional disorder of the brain, a kind of occasional glitch in the electrical system that controls everything we feel and do. These brief malfunctions, called seizures, may temporarily block awareness. They can also cause uncontrollable shaking, convulsions, confusion or affect the senses.

Knowing The Facts

"For a long time epilepsy has been seen as a condition that affects young people, but now we know it can affect anyone at any age," says Dr. Ilo Leppik, director of research at MINCEP Epilepsy Care Center in Minneapolis and past chairman of the Professional Advisory Board of the Epilepsy Foundation.

It's a truth that Jeanette

Fisher knows all too well. She had never experienced seizures in her life when, at 76, she started blacking out, turning rigid and exhibiting signs of dementia.

Her doctor assumed she needed to move to a nursing home. But he first suggested a second opinion from Dr. Leppik, who, after running tests and examining her medications, devised a regimen to help Fisher treat her epilepsy.

"She had come into the hospital in a wheelchair, confused and bound for the nursing home, but left under her own power," says Dr. Leppik.

Recognizing Symptoms

Seizures among seniors are often subtle—spaced out episodes alternately described as "going to a different place" or "thoughts skipping." To recognize seizures in seniors, Dr. Leppik suggests:

- Looking for whether these kinds of incidents are happening on a routine basis and if they are reasonably distinct.

- Watching for alterations in a loved one's behavior.

- Comparing notes with relatives to see if they have observed the same kinds of inconsistencies.

"People might think, 'Mom is tired, she's having a senior moment,'" says Dr.

Leppik. "Sometimes that's how symptoms of epilepsy are dismissed. That's why it's important to watch for signs."

For more information, visit www.epilepsyfoundation.org.



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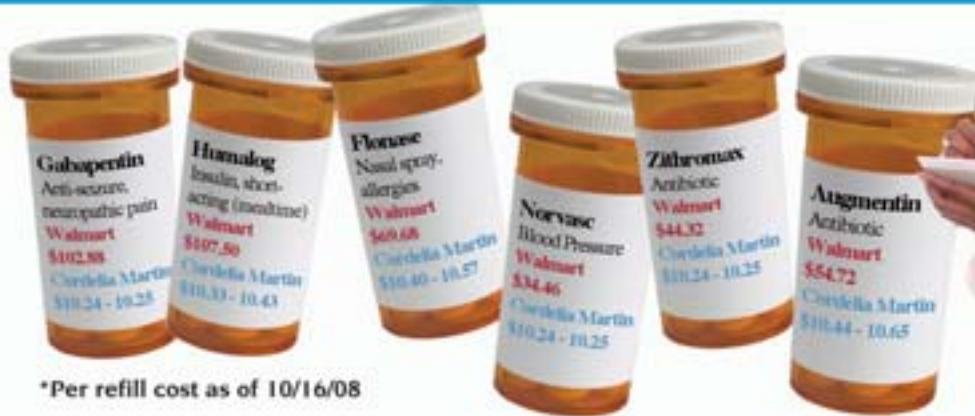
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Do I Need to Take Vitamins?

By Patrice Powers-Barker, Family Nutrition Program
Ohio State University Extension

Remember Ponce De Leon, the Spanish explorer who discovered Florida in 1512? His obsession with the "fountain of youth" inspired him to explore new lands in search of eternal youth and health. Of course, we know this fountain does not exist but some modern-day consumers continue look for fast fixes for youthfulness and health.

Many things affect how young we look and feel and how long we might live. Our genetics, our food choices and other lifestyle habits such as physical activity and sleep affect how we age. Generally, the body best uses vitamins from foods. Different

foods have many nutrients that help protect our health. No single food or dietary supplement can contain all the helpful nutrients we get when we eat a variety of foods.

What is a dietary supplement? It's a product that contains minerals, vitamins, herbs, or enzymes intended to supplement the diet. Common dietary supplements include multi-vitamin pills and they can be found in stores or through direct sales, TV advertisements and the internet.

Before using a dietary supplement, check with your doctor. Many supplements are available at the stores but

and some are poisonous to eat. This shows that "natural" does not mean safe and it also shows that in other situations, it can be safe. Here are a few common myths about dietary supplements:

MYTH: I can get extra energy from vitamin pills.

FACT: While vitamins and minerals are necessary for our health and wellness, they do not provide extra energy. Our body gets vitamins as well as energy from the food we eat. We need many different vitamins. Their jobs range from helping the body use the energy from food to helping us see in dim light, aiding cell development and blood clotting.

Be a smart consumer. Just because the container says "natural" does not mean the supplement is more wholesome, pure or has fewer side effects than a manufactured product. For example, mushrooms "naturally" grow in the wild. Some are safe to eat

and some are poisonous to eat. This shows that "natural" does not mean safe and it also shows that in other situations, it can be safe. Here are a few common myths about dietary supplements:

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MYTH: If my preschooler is a picky eater, I should make sure she/he takes a supplement.

FACT: Children's appetites vary depending on growth patterns. Offer them a variety of nutritious foods but do not force them to eat. Check with their doctor before you give a supplement.

MYTH: If I take certain vitamins and minerals, I will lose weight.

FACT: Vitamins will not

help with weight loss, although eating a diet rich in whole grains, fruits, vegetables, low-fat milk and lean meat and beans is a great way to manage your health and weight. Balance out your healthy diet with some physical activity for healthy weight loss.

MYTH: Vitamin C will help me avoid catching a cold.

FACT: Vitamin C does not help prevent colds, but it may lessen the severity of your cold. Vitamin C is important anytime of year, not just during the cold season. Vitamin C helps the body with the structure of bones, muscles and blood vessels and it also helps absorb iron.

MYTH: I need high amounts of vitamins and minerals in certain amounts and combinations for them to work.

FACT: For most people, a well-balanced diet provides enough vitamins and minerals to stay healthy. As mentioned earlier, some dietary supplements could cause problems if taken in too high of doses. The best combinations of vitamins and miner-

als come in the variety of foods we eat.

Dietary supplements can not replace a healthy diet. While there is no "fountain of youth" or "magic pill", many foods are high in nutrients that help promote our health. No dietary supplement can contain all of the healthful nutrients we get when we eat a variety of foods. Purchase and prepare foods that are nutrient-rich such as colorful fruits and vegetables, whole grains, low fat dairy and lean meats, poultry, fish, eggs, beans and nuts.

Do you need to take vitamins? If you want to take a multi-vitamin or other dietary supplement, check with your health care provider. Most importantly, eat a variety of foods from all five food groups of MyPyramid: grains, fruits, vegetables, milk and meat and beans.

Information compiled from "Simply Good Eating" by University of Minnesota Extension, the Dietary Guidelines for Americans 2005 and National Institutes for Health.

Greetings from Gitmo

By Ryan Rollison
The Truth's Fitness Columnist



Dream Bodies and will be happy to help you reach fitness goals. I will still be writing for The Truth and promoting my annual body-building contest The Toledo Glass Scepter in the spring.

I got an e mail from a gentleman named Larry who wanted to know how to increase his arm size. Well, Larry I will start by telling you that your triceps make up about two-thirds of your arm mass. I suggest starting with all the mass building exercises such as: straight bar curls, hammer curls and alternating curls for your biceps. Take a shoulder width grip for your straight bar curls and make sure to squeeze the bicep at the top. Don't worry about the weight as much as the form.

If you can't get eight-12 good reps out of the weight you're using then drop the weight. Do four work set of all the bicep exercises I just named for a total of 12 combined sets. Now for your triceps. I suggest the same amount of work sets but with the following exercises. Triceps push downs, kickbacks and some type of overhead extension. These exercises along with the bicep exercises should add some size to your arms. Remember that it will not happen overnight and to be patient and consistent. I wish you all the best in happiness and health.

Ryan Rollison
Dream Bodies
1240 W. Sylvania Ave
Toledo Ohio 43612
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mydreambodies@aol.com

Most of you may not know this yet but I am in Guantanamo Bay, Cuba. I am here training the United States Armed Forces. I will be here for two years providing my services to help prepare them for their PFAs (physical fitness assessments) and to help keep them physically fit so they can perform their military duties when called upon.

I am also in charge of any fitness program that is held here on the base to make sure it is run properly, safely and is for the best of the moral and welfare of our troops.

The attitudes, discipline, unity and spirit of GTMO took me by surprise. I asked a guy the other day how he copes with being away from his family and friends and he said, "I am here for my family and friends as well as yours to ensure they stay safe." Good response, it made me stop and think for a quick minute about how things are in the world and how lucky we are.

There are a lot of people here on the base and it's like a small town USA, Mayberry if you would. There's a grocery store here that I can get just about any-

thing I wanted. There are two mini marts, a Subway, Taco Bell, KFC and don't forget about the world famous MCy D's.

Everything here is a five minute drive from where you want to go and that's in spite of the fact that the speed limit is only 25 mph here. There are three gyms here on base and fitness is a HUGE part of the community here.

There are beautiful places to snorkel and scuba dive, you can get your captain's license and rent a boat for the day. I've eaten some of the biggest fish and crab I've ever seen. Mango, banana, and coconut trees are all around here for you to just grab when you want.

Oh, and don't let me forget the huge iguanas that run around here like they own the place. Iguanas here are like squirrels back home. Well that's it in a nutshell if I say anything else I may end up in the brig... Can't have that!

Now back to business as usual. Dream Bodies is still open for those of you who need to work on improving your current state of fitness and I will ALWAYS be available for you through e mail. & nbsp. A lady by the name of Susan is taking clients at

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The Black List by Timothy Greenfield-Sanders and Elvis Mitchell

c.2008, Atria \$29.95 / US 200 pages

By Terri Schlichenmeyer, The Truth Contributor

Do you have a black sheep in your family?

Maybe it's someone who can't find a job because he's black-listed. His former employer black-balled him. Because of that, he's in a black mood. He would consider blackmail, but it would be a black day if he did, and it might leave a black mark on his record. In the meantime, he's madder than a black widow spider.

And now you might question why the word "black" accompanies so many negative thoughts and words.

You'd be right to ask. So was author Elvis Mitchell and in the new book *The Black List* he ponders the meaning of the word and discusses race as he and photographer Timothy Greenfield-Sanders present 25 heroes for our time.

In undertaking this project, Mitchell says that one of the purposes of this book is to exhibit the wealth of variety in the black experience in America. Through interviews (done during portrait sittings), he lets the subjects speak for themselves.

From tennis great Serena Williams: "[Sister] Venus definitely opened a lot of doors for me because she was first... You know, for me, it was like the Red Sea. She parted it and I just kinda walked through."

Speaking of his childhood in a Jewish-Italian-Irish-African-American neighborhood, actor Lou Gossett, Jr., says, "...we got insulated in an ideal kind of environment. It was not until we left there and got into the reality of the rest of the world where the racial problem existed."



About her books, author Zane says "I made the central character... a black female psychiatrist because ... I know it's often considered a stigma of weakness to seek psychiatric help in the African-American community."

From Reverend Al Sharpton: "... who decided after two centuries of struggling for educational excellence that being a thug now is the definition of black manhood?"

About equality, Chris Rock said, "Equality is not in being great... The true equality is the equality to suck like the white man, you know?"

From the former president of Planned Parenthood, Faye Wattleton: "I'm really sorry that my daughter didn't have an opportunity to grow up in a segregated African-American community... where the lawyer lived next to the housepainter, who lived next

to the doctor... and we were all together."

So you say you don't recognize some of the faces on the cover of *The Black List*? Neither did I, but I sure will now.

This is one of those books to have around to page through when you need a little oomph in your life. Author Elvis Mitchell and photographer Timothy Greenfield-Sanders present each person in words and pictures, and what the subjects say is spontaneous and yet thoughtful, powerful and sometimes playful. Each profile is a few pages long and the portraits beg to be studied, both of which make this book great for browsing.

If your mood is a little gray lately, come read this book. If you want to meet a few people who will inspire you, *The Black List* should be on your reading list.

Bethesda Christian Center Cathedral Celebrates Their New Facility

By Artisha S. Lawson, Sojourner's Truth Reporter

The neighborhood of Lodge and Grafton in South Toledo has a new resident. The congregation and pastor of Bethesda Christian Center Cathedral held their first worship service called The Celebration of New Edific, located at 705 Lodge Street. The church's signature form of worship—whistle blowing—welcomed new guests to the celebration.

The service included biblical scripture readings by

jail. Peter had haters and there are still some out here today. God welcomes us with open arms, like we are with this building," said Bishop Holt.

The building features a full basement with kitchen and open space, first floor sanctuary with five offices and baptism pool, and balcony area with carpet seating. The entire remodeling project was done by the members' ministry called Labors in the Vineyard, and directed by Bro.

building, the church experienced a few years of traveling with locations at Bancroft and Ashford, Elm and Dexter and Clarion Hotel, all while saving up for this facility. "The church has been saving for about four years, all members have been very dedicated," said McCabe.

Bethesda welcomes youth ministries and Bible studies that meet Tuesdays and Fire Broadcast on Sunday night at 7:30 p.m. on cable channel 69.

Bethesda Christian Center Cathedral is a non-denominational church and the headquarters of InterFaith Fellowship of Churches International and Holt is the only female bishop in the Interdenominational Assembly of Churches International. As bishop, Holt oversees All For Jesus Ministries of Detroit with Pastors Uche and D'Arcy Cadmus; Bethesda Christian Center Cathedral of Toledo with Bishop Holt; Burning Fire Prophetic Ministries of Detroit with Bishop Lanette Davis; Divine Deliverance Ministries of Daytona Beach with Pastor Kinard Perry; Family of Faith Worship Center of Clarksville, TN with Pastor Anthony Alford; Great Destiny Word Center of Greensboro, N.C. with Pastor Jamal Broadnax; Inner Dimension Fellowship of Fayetteville, N.C. with Pastor Terrence McCrimmon; New Faith Ministries of Toledo with Elder Shawn Mahone; and Siloam Evangelical Ministries of Suryapet, India with Pastor Silvi Siloam. The mission statement of I.F.O.C. is to enhance and strengthen the body of Christ through sharing, caring and preparing for greater works, through serving with and for each other.



Ministry staff

Prophetess Tiwana Alexander and Evangelist Pearl Russell, church affirmation lead by their youngest minister — 11-year-old Demetri McCabe, various spirit-filled praise and worship selections sung by their Worship Team and message delivered by church pastor Bishop Marjorie L. Holt.

Holt preached about Peter who was locked in prison and how Christians sometimes place themselves in emotional prisons for various reasons. "Act One Chapter 12 says that Peter was in prison, he was locked up physically not spiritually. God did what he said he would do for Peter. God spoke to me and I see how people get locked into situations and don't know where they are. God said Peter did nothing to be put in

Wells who did most of the painting and hands-on jobs.

Now, the congregation plans to reach out to the new neighbors and invite them to worship and celebrate the great gifts of God. Member Artina McCabe works primarily with the youth in a ministry called Royal Court Kidz and wants to expand their current projects to include door knocking.

"I want to get the youth together and go directly to the neighborhood and meet the neighbors to invite them to church. Our church is warm and welcoming, open to all people who just want to have Christ enter their hearts, we just want to share the love of Christ with our new neighbors," said McCabe, Royal Court Kidz advisor.

Before settling on this

Buckeye CableSystem and The Truth vip of the month.

November VIP - JaJuan Turner, Writer



JaJuan Turner is a writer. It's as simple as that, really. What exactly does the young writer write? Just about everything and he has been doing it for just about forever. Turner writes poetry, screenplays stories, songs. Above all, Turner writes plays. "Stage plays are what I have the most control over," says Turner. "I can rent a theatre, rehearse, cast some hungry actors, put on a show. I have more control than trying to get a book published or a screenplay produced. This is what I can do at the moment." It's all about faith, personal responsibility and commitment," says Turner of the particular message he and his theatre company bring to live audiences. His latest production, American Issues, opened on October 18 to an appreciative audience at the Maumee Indoor Theater. "Ultimately you have to believe in something. You can't simply say that I'm down in the dumps because this was done to me. You have to take responsibility for you own life. Excuses are useless and you have to commit to doing the right thing, to taking care of business."

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Red, Black and Green of the Future & More

Sojourner's Truth Staff

The 2008 Kwanzaa Committee started the holiday festivities early this year with a fashion show titled "Red, Black Green and More" last Saturday at the Collingwood Presbyterian Church. The afternoon event presented the fashion designs of Alice Grace, Kenneth ("Kewape") Peterson and Ollie Nicole modeled by



members of the Kwanzaa Committee and guest models from S & S Management. African attire, urban sports and church dress were the scenes of the event which were enlivened by the poetry of Norris Finley. Lisa Lonas served as the mistress of ceremonies.



**PUBLIC NOTICE
CITY OF TOLEDO
SUBSTANTIAL AMENDMENT TO THE 2008-2009 ONE-YEAR ACTION PLAN**

To all interested agencies, groups, and persons:
The City of Toledo is seeking comments on a proposed substantial amendment to its One-Year Action Plan, which is a part of the Five-Year Consolidated Plan for a Neighborhood Stabilization Program (NSP).
The Substantial Amendment includes a description of available funds from the Department of Housing and Urban Development (HUD) and the eligible uses for the NSP grant. It contains a description of the activities to be undertaken and the expected results of those activities, a geographic distribution of the estimated foreclosure risk, while also emphasizing areas of greatest need, including those with the greatest number of foreclosures, those with the highest percentage of homes financed by subprime mortgage-related loans, and those identified as likely to face a significant rise in the rate of home foreclosures. In addition, the plan will contain certifications required by HUD.

1. Establishing Financial Mechanisms for Homes and Residential Properties
2. Establishing Landbanks for Foreclosed Purchase & Redevelopment of Foreclosed
3. Demolishing Blighted Structures
4. Purchasing and Rehabilitating Homes and Residential Properties Abandoned or **Foreclosed Properties**
5. Redeveloping Demolished or Vacant Homes

The draft Substantial Amendment 2008-2009 Action Plan will be available for review and comments beginning Monday, November 10, 2008, on the City of Toledo website: www.toledo.oh.gov, located under the *Department of Neighborhoods*, and at the following locations:

1) Department of Neighborhoods Toledo-Lucas One Government Center, 18 th Floor Authority Downtown Toledo, Jackson & Erie 435 Nebraska Avenue Toledo, Ohio	4) All local branches of the Lucas Metropolitan Housing County Public Library (Refer to local telephone directory toledolibrary.org for locations)
2) Department of Development One Government Center, 22 nd Floor Downtown Toledo, Jackson & Erie	5) The Ability Center of Greater Toledo 5605 Monroe Street Sylvania, Ohio
3) Clerk of Council One Government Center, 21 st Floor Downtown Toledo, Jackson & Erie	6) The Fair Housing Center 432 N. Superior Street Toledo, Ohio

The City of Toledo will receive comments from the public for 15 days either through the website at www.toledo.oh.gov, or at the following address:

CITY OF TOLEDO DEPARTMENT OF NEIGHBORHOODS
SUBSTANTIAL AMENDMENT 2008-2009 ONE-YEAR ACTION PLAN
ONE GOVERNMENT CENTER, SUITE 1800
TOLEDO, OHIO 43604
(419) 245-1400/FAX: (419) 245-1413

Comments received during the 15-day comment period will be included in the substantial amendment submitted to HUD.



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Let's Get a Little Perspective Here, People

By Michael Hayes
Minister of Culture

You know how you might be in a certain mood and only certain music will help?

I've been listening to one song for the last nine days straight:

"Liberation" by Outkast, Cee Lo, Erykah Badu & Big RuBe.

And it begins... "there's a fine line between love & hate, can't wait too late but baby I'm on it".

That line has soaked into my soul because of all I have endured lately.

But the overall tone of the song embodies the larger scope, because even when you endure trying times you still have to, at some point, sit back and look and gain perspective.

And perspective is what this is all about.

On Monday October 20, 2008 on the Anthony Wayne Trail, Quavonne Porter experienced a horrific tragedy when her car was involved in a five-car crash.

Her son and her brother did not make it.

Quavonne and her daughter were taken to separate hospitals to undergo the most serious of surgeries.

I have known Quavonne her entire life. My father has always been close to the Chapman family. That's my roots y'all, the south side of inner city Toledo.

Swayne Field down to Ne-

braska, all up and down Belmont, Stewart, Pickett, City/Savage Park and all that. That's where I spent my wonder years.

In that world your family ain't just your family, you have extended peeps who you rely on even if you don't share the same family tree.

Quavonne's mother, who everyone just knows as Pookie, was very close to my parents when I was like three or four years old. She babysat me.

In fact, she was still babysitting me when she got pregnant with Quavonne.

Over the years our families weren't as close but still cordial and cool.

Then in my teens, Quavonne and about seven other girls were part of my mom's dance troupe.

As her students they were taught at my house, always on stage with my mom and dad and all that. My parents helped raise these girls: April (the first girl sister I've ever had), Stacy, Tiffany and Lisa (my real cousins), Stephanie, Angel, Dalana and Quavonne.

My parents loved to call them my god sisters but I didn't feel close to all of them and I don't just give anybody a title. My own little sister joined these girls and throughout the area my mom's African/Modern dance troupe performed.

Quavonne back then was talented as hell yet somewhat

of an oddball...LOL.

She was different. Obtuse, yet wise.

That wisdom a lot of us have from growing up a little quick in the hood.

Still, I was in high school while they were in junior high or whatever and I was out there doing me so I wasn't yet close to these adopted god sisters of mine.

But my mom, dad and sis became like family to these girls.

Over the years my immediate family served as her extended family.

Over the years Quavonne became a mother to a daughter and a son and a reliable source of love and support for many back in that neighborhood.

Over the years Christianity, education, poetry, dance and various teachings became the outlet for that wisdom I spoke of earlier.

If you know anything about Quavonne, she is a thinker/feeler/door.

Most of us who grow up knee deep in the arts can't turn our minds off from wandering to far out places.

And it's that intellect that brought about the close relationship that Quavonne and I finally began to cultivate just a few years ago.

With both of us in our 20's and having known each other

practically our whole lives we were now free to define our interaction beyond just a basis of childhood.

Sec... I can't be cool with someone just because...there has to be substance.

God sister was just a title to me until she and I actually started to click.

I was just graduated from college as she was starting.

I was leaving the poetry scene as she was becoming more and more exposed.

She was reading books and learning different knowledge that I had sought but couldn't find.

We became friends...true friends, not just hand-me-down God Bro/God Sis.

I've seen first hand the type of student she is.

I've seen first hand the kind of mother she is.

I've seen first hand the helping hand to her community she is.

And YES—I will admit that Quavonne is one complicated Cancer female who hasn't ever bitten her tongue a day in her life, but I will also say that people love her for the way she is.

Not having a lot of close female friends, I was there as Tisha Carroll a/k/a Liberia and she first started to get into the tight bond they currently share and I know how important it was for Quavonne to have someone she could trust in her life.

Just a few years ago, I had her around me a lot.

As I taught my little sister how to drive.

As I passed out flyers for shows the label was having.

Just a few years ago I was bringing juice by the house if she or the kids weren't feeling well.

Just a few years ago she was cooking and inviting me to come by.

Just a few years ago she was showing me how many single girls there are on Owens campus (like a whole different world from UT... that's my world!).

Just a few years ago we were tight.

Then something happened. I don't even remember exactly what it was.

Some words twisted, third and fourth parties intervened and it got worse.

And then like that, Quavonne and I went back to being strangers who share close roots.

A disagreement, a falling out—that I regret like hell.

"Liberation" by Outkast: "there's a fine line between love and hate.....and baby I'm on it"

Many of you know about The Listening held by U.G.E. at the Gallery or whatever. The very first installment of our night was the very last time I saw Quavonne.

It had been quite some time since we last crossed paths and whatever it was that made us fall out with each other was still lingering in the air.

So imagine how I felt when I got the call from my dad that the tragedy that unfolded on the Anthony Wayne Trail involved Quavonne and her family.

Up at the hospital it was clear the company she keeps.

Artists, clergy, close family, distant family, new family—all types were there as soon as the news broke.

One thing has been amazingly clear during the aftermath of all this, TOLEDO can really come together when it wants to.

Candle light vigils, prayer circles, art celebrations—ALL for Quavonne and her family.

It has been truly beautiful. In times of great pain and loss there is always a thread of unconditional love.

And it truly has been beautiful watching this community use that thread to weave a true support network for someone so loved.

They have read her poems on WJUC, they have taken donations to pay for services and people of all walks of life have come together to show support.

Quavonne's family has come together in a big way to follow her progress through surgery after surgery.

She and her daughter survived and, at first, her daughter wasn't in good shape, but my mom and dad tell me that she's doing much, much better.

For the life of me I can't remember what me and Quavonne fell out about.

Which lets me know that it must not have been that important.

I can't say it's really stubbornness with us.

Knowing her and knowing me, one subject we agree on completely is loyalty.

And if any circumstance presented itself where either one of us could question the others loyalty then that would explain our distance.

Neither of us play when it comes to that.

But on a larger scale, it's time for things to change.

Yeah, it is time for things to change.

Perspective is what I am talking about.

Life is precious.

And people always say that, but don't really, really, REALLY think about it.

Not precious as in cute or cuddly.

I mean precious as in you can't afford to misuse it.

And needless bickering is misusing life.

Pointless drama and arguments no one remembers is a way you will misuse your life.

We fall out over nothing.

Make so many somethings out of nothing.

When this article reaches newsstands, we could possibly have elected the first ever African-American United States president (or be at the beginning of a messy recount/legal battle).

Either way, historic moments come and yet we still

haven't grown to appreciate the days we have.

Nothing is worth losing that family or your sense of peace in the here and now.

In all fairness, sometimes you fall out with people and it's completely warranted.

My mind has been wrapped around this situation as I wish Quavonne and I were on better terms and that we hadn't have fell out but my mind has also had to deal with new betrayals and incidents of sabotage in my inner circle.

So here I am putting it all in perspective.

Trying to heal, trying to see life for the wonder that it is and cherish every person who is a part of my life. But even since all this I've been given a big dose of reality that some people will still walk over you even as you are cherishing them.

Truth is... there are people on this earth who will abuse you even as you at every turn. Even as you work to benefit them.

Truth is... there are some disagreements that can possibly never be resolved.

I have gone through too much to paint a picture for you all that is incorrect.

I won't tell you that experiencing pain means that you see the world as one big smiling, cloud, rainbow garden where we all sing Kumbaya or some mess.

But the real is: even with all the pain we can't explain that comes our way, we are still in control of how much pain we transfer.

We are all conduits. The energy moves through us but does not belong to us.

We can transfer negativity, hate, envy, greed and all the things that make disagreements stand for years and then leave someone not even remembering how it all happened.

Or we can transfer positive energy which is understanding, patience and resolution that can mend what has been broken or at least clear the air.

Put it all in perspective.

That issue you have with your friend...that cousin you feel out with...that argument that has caused you to just avoid your son/daughter/father/mother/sister/brother...

Is it really worth it?

Look at what all is going on in the world right now.

Is it really worth it?

You don't want to feel like I have been feeling, I promise you.

Powerless to make amends with someone you've known forever because they are in a coma and you can't even remember why you fell out.

Fix your issues people, put it all in perspective.

I wrote this poem for Quavonne:

"Something In The Water pt. 3"

There's something in the water.

Nobody gets along. We're all at each other's necks.

(Continued on Page 14)



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Quavonne

(Continued from Page 13)

Disrespect to try & get respect.

In the nightclub, somebody stepped on ya Jordans or Gators...

You push - he pushes back
Your crew vs. his crew
Drama in the parking lot leads to \$4,000 hospital, \$2,000 legal bills...

all over some \$125 shoes.
Oh, my bad... I forgot \$150 shoes.

There's something in the water, again.

Rain dances are bringing acid tears down fragile faces at fast paces.

Presidential races these days 'historic', can we afford to still be sophomoric?

Can we afford to be petty still?

Belly filled with so much anger & cant fit 3 slices of Gino's Pizza next to it.

Something is in the water... We create sons & daughters in the back of the 'Lac.

Candy paint got laffy taffy shakin in the back of the 'Lac. You could lose them sons & daughters in Iraq.

You could lose them sons & daughters right here in The Glass.

You created that Sun. You gave 'her' that smile. And what kind of instant

message are we receiving when you blink & it could all be gone?

Where did it all go wrong? They say we can't question, but this lesson perplexes... I mean yo

I KNOW THAT GIRL!! I was there before the dreads in his little head started to lock up.

Avondale and before Avondale.

I mean, me at 18 her at 15 and its me trying to convince these future Queens of their royalty and they are not listening cuz they didn't need me to tell 'em

It was there as adults. Cerebellum was a felon in the way it ran away with thoughts.

No T.V. addiction, them kids were taught go & play with their thoughts.

And we fought and we ought to be closer than we are.

But there is something in the water sign - Pisces & Cancer, you had them answers many minds could never reach.

Many times in our speech we'd disagree and the last time we say each other we ain't even speak.

I said "peace" to Tisha & ya peeps.

(Continued on Page 16)

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CLASSIFIEDS

November 05, 2008

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Do you need to be empowered to move forward?

Workshops
Why Me?
Moving Past The Pain
Plan B... The Five P's
Your Breakthrough Is Coming

Facilitators
Glenda D. Brown & Nadine Hooley

SINGLE PARENT WORKSHOP
"Empowered To Move Forward!"

NOVEMBER 15, 2008
11:00 A.M. — 2:00 P.M. — Lunch Served
Free Admittance
4835 Argyle Rd. — Community Room #2
(Crossroad & James Gate Drives)
Toledo, Ohio
Co-Sponsor: Christ Congregational Missionary Baptist Church
Johnston Building, 1st floor

Register Today!
Glenda D. Brown at 419-346-5275
Email: MTANsingleparents@yahoon.com
Our Mission: Empowering Single Parents Households



Quavonne

(Continued from Page 14)

You walked past me and took a seat next to J.P.
So crazy cuz ya moms was pregnant with you around the same time she was still babysitting me...

So how can WE be distant?
How can we fix it?

See I don't even remember exactly what it was that we fell out about.

I just know that since my mother's birthday a week and a half ago none of us will ever look at Anthony Wayne the same.

There's a trail of tears leading to a fine line:

Love/Hate, Friend/Foe, Imprisonment through petty ish.

Liberation through atone-

ment.

All sperated by a fine line.
Your worst day.
Your best self.

Regretting the moments we can't get back.

There really is something in the water, Aqua.

It's our reflection.

That person looking back at us has all types of issues...

All types of enemies & arguments that don't have ANY...REAL...MEANING.

That person looking back at us in that reflection...

That person DOES NOT VALUE LIFE enough

...until someone close to them is fighting for theirs.

Fighting. For Life.
We fight for shoes.

We fight over words.

We fight over boyfriends/girlfriends.

We fight for money.

I got people fighting me every step of the way as I fight for them and are joining the fights fought by others simply cuz someone felt like fighting.

But when precious, precious life is in question...

And someone you know is fighting for their chance to keep living...someone who cradled the little lives of others in her little hands...

When you put it all in perspective... you will see the only fight worth fighting.

glasscitytruth@yahoo.com

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SUNDAY,
NOVEMBER 16, 2008
5:00 PM

TICKET PRICES:
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\$25.00

FOR TICKET INFORMATION CONTACT:
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