



Local and National News

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"And Ye Shall Know The Truth..."

April 07, 2010



Larry Sykes and Ronnie Wingate

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Qualitative Evidence

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



*You and this young, so-called lawyer have proven you know what they are, they're Africans – Congratulations. What you don't know, and as far as I can tell haven't bothered in the least to discover, is who they are. What is their story? – John Quincy Adams to Theodore Joseph, black abolitionist played by Morgan Freeman, in *Amistad**

Finding solutions to the budget deficit faced by Toledo Public Schools presents a monumental challenge – particularly for a market-based, bottom-line society with a predilection for the quick fix. According to Superintendent John Foley's calculations, \$1.3 million or four percent of the \$30 million total TPS budget deficit could be generated by closing Libbey High School.

Last week, despite the objections of TPS board president Bob Vasquez and vice president Lisa Sobbecki, the school board amended Foley's proposal and voted to spare Libbey. The amendment, sponsored by Jack Ford, caused heated responses from Vasquez, Sobbecki, union officials and administrators who began floating an avalanche of numbers, statistics and dollar amounts which indirectly portrayed Libbey as the school system's \$30 to \$40 million budget problem.

The true problem is that numbers alone – have no mechanism or vocabulary to deal with poverty social justice, compassion or ethics. Statistics and economics, when used to make decisions which affect flesh and blood or life and death issues – are themselves problematic and are often a tool used in "smiling face" racism that arrogantly passes off the resegregation of public schools as benevolence, for example; or negatively portrays equality – as "torture."

Is Libbey truly a budget-buster or, rather, a scapegoat?

One thing is for certain. Scrutiny and hard questions of the numbers seem to be lacking, particularly district-wide administrative detail and personnel costs.

But, are the budgeted salaries and expenses based upon average or actual amounts? Inner city schools tend to be penalized by procedures based upon oft-used average budgeting methods.

What are the actual maintenance costs and other expenses directly allocated to Libbey (and other schools) without being filtered through the district? And why are there four principals assigned to the school? Are there other savings here which perhaps overstate Libbey's burden upon the TPS budget?

Also, the declining student enrollment which is so often used to malign Libbey does not factor in the 150 students exported from Libbey to the Toledo Technical Academy located in the DeVilbiss building. The dwindling enrollment also does not address those "lured" away by the district's benign neglect of Libbey while new and remodeled schools were being constructed elsewhere. Where accessible superior options exist, parents and children will flee to other schools – whether public, private or charter.

Why is the DeVilbiss building kept open with merely 150 students while Libbey is recommended for closure with 600 and the same estimated maintenance costs? And what are the possible savings from the many previously closed elementary and middle schools which are still incurring maintenance costs?

Also, many possible revenue-enhancements such as solar/green vocational programs via community college partnerships could be consolidated in the Libbey building and have been suggested to the administration but remain non-budget considerations.

Numbers often generate more questions than they answer. The TPS budget data occasionally provides answers to "what, where, and when" but doesn't provide the crucial answers to "why and how." In order to obtain clarity and the depth and nuances of the problem we need to get beyond impersonal numbers to perspectives and interpretations found only in the situations of the students themselves.

Libbey, for many of its students, provides stability where it is otherwise lacking and the last line of defense in the struggle to find purpose, meaning or even survival. The students are provided with indispensable and otherwise inaccessible nutritional and health needs and are also safer from violence by attending a school in their neighborhood. "Even when other neighborhood services including banks, retail stores, libraries and other public services are shut down or abandoned in economically depressed inner-city communities," schools like Libbey play a vital role in supporting low-income families (Noguera 1995).

The school is rated "continuous improvement," has drastically increased test scores, attendance, graduation rates, teacher performance bonuses, has played by the rules and achieved TPS stated objectives.

The teachers, understanding of the unique educational challenges of poverty, have a bond with students and have the special ability to "instill hope among those who have been written off as hopeless." They motivate and consistently provide educational services that are truly miraculous, fostering learning where there are few alternatives.

To judge Libbey by numbers seen only in isolation reveals much concerning our moral and political will:

1. We have a pathological disdain for black and brown achievement or performance by the poor.
2. We are more willing to invest in prisons than in inner city schools.
3. We simply do not care if children from inner-city schools and neighborhoods are educated.
4. We care more about protecting salaries and fortifying politicized, insular educational administrative bureaucracies than about helping students.
5. Either there is a widespread belief that poor children are undeserving of a quality education or we are actively out to ensure that children born poor remain poor by helping to eliminate them from the competition for future jobs.

Misleading and extrinsic numbers should not be used as rationale to eliminate schools like Libbey. What you don't know and haven't bothered to discover is who its students are and what their story is. Libbey is "desperately needed by the students and families they serve and is the final and most reliable social safety net for many poor children."

Until a genuine, superior alternative is found Libbey must remain open.

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

Community Calendar

April 7

Sexual Abuse Prevention Awareness Treatment Healing Coalition Mix & Mingle: Prevention experts, providers of services to survivors, survivors, co-survivors; 5 to 7 pm; Elizabeth House

April 8

United MBC: One night revival; 7 pm; Guest preacher James Perkins of Detroit's Greater Christ Baptist Church

April 9 & 11

Crusaders for Christ Pastoral Anniversary: Pastor Joseph Mitchell and First Lady Celeste Mitchell; 8 pm on Friday and 11 am on Sunday: 419-376-2331

April 10

West Toledo Bereavement Support Ministry: Bethlehem Baptist Church; 10 am: 419-867-2122

Armor Bearer and Adjutant Training: Ramada Secor; 10 am to 2 pm: 419-322-4462
Free Minority Law Student Recruitment Conference: For all college students and high school juniors and seniors who would like more information on law school: 8:30 am; UT College of Law; Free lunch; Learn what it takes to get into law school; Hosted by Attorney James Carlisle (419-535-1301) and Lafe Tolliver (tolliver@juno.com)

Hats! Hats! Hats! Tea: Ebenezer Baptist Church; 2 to 5 pm
4-H Camp Palmer: Volunteer spring clean-up day; 8:30 am to 3:30 pm; 419-237-2247 or email goodson.34@cfaes.osu.edu

April 11

Third Baptist Church: Arkansas (Little Rock) Baptist College Choir; 11 am
Phillips Temple CME Presents UT Gospel Choir "Distinctive Noise": 4 pm; Pre-women's Day event: 419-24207906

April 13

New Bethel COGIC Concert: Pastor John Key and choir in concert; 7 pm: 419-241-3550

April 14-16

Full Gospel Baptist Church Fellowship Toledo District Intercessory Prayer Conference: City of Zion, Mt. Zion Church campus; nightly at 6:30 pm: 419-246-1850

April 15

Brighten Up Community Organizing: Community meeting; The Padua Center; 6 pm; Free food served: 419-241-6465

April 16-18

Calvary Baptist Church 13th Spring Retreat: \$19-531-9443

April 17

"Getting to Know You Entrepreneur's Fair": Introduction of businesses: 11 am to 2 pm: 419-944-0984

First Annual Walk for Youth Day: Young Man & Women for Change; 9 am: 419-270-0056 or 567-277-5352

United MBC Nurses' Guild Wellness Workshop: 11 am to 1 pm; "Obesity and Overweight"; Healthy lunch for free

Community Health Fair: Sponsored by ProMedica; Kent Branch Library; 2 to 4 pm; Screenings, ballroom dancing lessons: 877-291-1441

April 18

New Prospect Church State Rally: 4 pm; Guests are Refuge Holy Tabernacle

April 20

Back-In-The-Day Picnic Meeting: Kent Branch Library; 6 to 8 pm: 419-242-8170

The Sojourner's Truth

Toledo's Truthful African-American
Owned and Operated Newspaper

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Have Fun....Fill in the Blanks ...!

By Lafe Tolliver, Esq
Guest Column



storyline and at the blank spaces, select the appropriate word or phrase that best completes the sentence or paragraph. Please do not spend more than one hour doing this exercise.

THE STORY OF TOLEDO. TIMEFRAME: SOME YEARS AGO...AND NOW.

It was coming down to the end of the _____/wire/race/book/ and Mayor Finkbeiner was wooing _____/lame/ignorant/gullible/voters with the phrase, Carty Gets _____/nothing/whatever/results!/. Unknown to many _____/sleepy/apathetic/careless/voters, Carty was about to oust Jack Ford from the office of city _____/council/governor/mayor/ and take over.

Remember one of those early childhood educational tests wherein you were given a story line but there were many parts of the story purposely left blank so that you had to read the story and either choose an available selection or fill in the blank spaces with an appropriate response that made sense to the overall story?

It was designed to test your cognitive skills of both reflection and common sense and to see if you could read a narrative and make sense of what was occurring and what should be said to make the narrative complete.

So, for those who have been awaiting a chance to think outside of the box and understand part of the narrative of this city and the Toledo Public Schools' budget fiascos (among other topics), please read the below

When Carty won, he wanted to be clean again so he installed a \$9999.99 _____/d o g h o u s e /shower/stereo system in his office suite/so that he would not have to submit the bid to City Council for approval.

Later and after years of dogging his _____/employees/yard worker/mechanic/

Carty decided not to run. However, before he left office, it was found out that the city was in the _____/red/blue yellow ink to the tune of over

\$40million!
In comes former fire _____/swallower/chief/eater/Michael Bell who rides a _____/Yamaha/Indian/Harley/ and pledges to right the city. No sooner is he in office that the local _____/librarians/teachers/unions/ tell Bell that they are not going to give back their _____/benefits/tools/union cards/so as to help out with the city budget crisis.

Upon hearing this bad news, TPS Superintendent John Foley wants a _____/levy/new contract/closed door session/ so he can also balance his out of whack budget.

So with national media stating that Toledo is a _____/poor/rich/challenging/city to live in but is also a _____/miserable/shabby/upbeat/ place to live, Toledoans are wondering why can't we all just get along?

Newbie council member Joe McNamara wants to _____/raze/save/buy/ the old

Stranahan Building while Lucas County Commissioner Ben Konop wants the city to go to the _____/dogs/cats/ Republicans/ and which squabbling Republicans are not sure whether they are _____/coming or going/up

or down/in or out/.
The local school scene has _____/athletics being cut out/no more uniforms/

Libbey High School being turned into a for-profits school of cosmetology/and the parents are not happy.

When you go by the downtown courthouse, Danny Brown is still faithfully walking around outside the building _____/trying to get justice for his case from the prosecutor/ seeking help from the community/seeking compensation for too many years wrongly spent in prison/.

On the political scene, the NAACP is still _____/dozing/snoring/clueless/ about issues that face black folks including the shooting of Linda Hicks and why Mayor Bell has no black males _____/on the 22nd floor/in his line dancing group/holding up a mirror for him to look at/.

No one should be surprised that the old DeVilbiss High School is now the new and permanent home of the Scott _____/Chihua-

huas/Bulldogs/Rip Van Winkle Association/. But whatever happens, learning will take place and the students and the parents will _____/contend for a good education/not allow apathy to control/demand excellence from the school teachers/.

From time to time, our local black newspapers are flooded with pictures of pastors holding large _____/anniversaries/fish fries/baptisms/. What makes it unusual is that many will use the term _____/servant/Dr./brother/ in front of their name.

Now, we know that they all did not earn a three to five year doctoral dissertation degree at an _____/accredited school/rigorous university/seminary/.

So why use that degreed title in your name since you can easily get one via a diploma _____/mill/POB source/for "life" credits source/? Is it to raise up _____/a better offering/ the dead/better speaking engagements/?

It's good to see Jack Ford back making public _____/noise/ commentary/appointments/

about politicos in office and those seeking office. Go Jack!

Tragically, we still see black kids _____/saggin/baggin/draggin/their pants. Too bad they do not know what "saggin" really means but they would know if they read the word backwards!

If justice was done and the shooting officer simply left Linda Hicks alone in her bedroom to quiet down, Linda Hicks would be _____/alive today!/alive today!/alive today!/.
The Tea Party is not yet in Toledo because _____/we already have the Republican Party/ we drink coffee here/ we are not a party town/.

Well, dear reader, that is it for now. If you filled in all of the blanks with the right answers, quickly take this sheet to the post office and mail it back to me along with a postal money order for \$147.83 and I will promptly send you my coveted answer guide.

As Creflo Dollar says, "you gotta give to me before you can git!"

Email comments to Lafe Tolliver _____ at tolliver@Juno.com

Volunteer to Help Get People Counted!

Special to The Truth

As of April 1, Lucas County had only mailed in 49 percent of the 2010 decennial Census forms. Census officials are stressing how vital it is we get 100 percent participation.

"I cannot stress enough how important it is that every household returns their Census form," said Margarita De Leon, local Partnership Specialist with the U.S. Census Bureau. "If you have already mailed back your form, thank you! If not, please do so today and include every person living in your household on April 1."

Bill Kitson, co-chairman of the Toledo Complete Count Committee and executive director of the United Way of Greater Toledo, stressed one of the reasons it's so important.

"Our government representation and federal funding are at stake here," Kitson said. "Ohio is already expected to lose one Congressional seat and if we don't come through with an accu-



rate count, we will likely lose another. We'll also lose critical federal funds that Toledo so desperately needs right now."

To help get as many forms returned as possible, Toledo is hosting a *March to the Mailbox* rally Saturday, April 10, which will require a significant number of volunteers to distribute flyers in neighborhoods with low return rates.

Volunteers don't need any special qualifications; they just need to be available between 9:00 a.m. and noon on April 10. Volunteers will meet at the United

Way building downtown, 424 Jackson St., at 9:00 a.m. for a light breakfast, brief training, and location assignment.

"We need a lot of volunteers to make this happen," De Leon concluded. "Bring your family and bring your friends. It won't take much time and your community depends on it."

To sign up to help, please dial 2-1-1 or visit www.unitedwaytoledo.org/volunteer. And don't forget to mail back your Census form!

Choose your partner carefully.

Her life depends on it.

When you choose a partner for yourself, you are choosing one for your child, as well.

Your baby is counting on you to make the right decision.

Report child abuse and neglect. 419-213-CARE (2273)

Toledo Board of Education Saves Libbey ... For Now

By Fletcher Word
Sojourner's Truth Editor



Nicole Williams addresses concerns

The Toledo Board of Education voted on April 1 to keep Libbey High School open and to adopt a two-tier system of district-wide cuts in order to close a \$30 million projected budget deficit.

By a three-to-two vote, the board decided to breathe life into Libbey and to ignore the administration's suggestions that the school be closed no matter what other cuts were taken.

Board members Jack Ford, Brenda Hill and Larry Sykes were in the majority – Bob Vasquez, president of the board, and Lisa Sobocki were opposed.

Closing the school would save \$1.3 million of the projected \$30 million deficit.

After the Libbey vote, the board approved the two sets of cuts – one in case the city's voters approve a 0.75 percent tax on May 4 that, if passed,

will raise a projected \$18.1 million. The other would include additional cuts in case the levy fails. Those additional cuts would include increasing the classroom size, scaling back bus service, reducing all middle school athletics and eliminating high school sports with low participation, eliminating school

resources officers and eliminating all crossing guard positions.

The cuts that will take effect whether or not the levy passes include: union wage and benefit concessions, layoffs, reorganization of central offices, reducing transportation for athletics and eliminating freshman sports, reorganization of treasurer's office and the elimination of mandatory uniforms.

A deal to cut salaries and benefits that had apparently been struck with the Toledo Federation of Teachers prior to the meeting fell apart when Treasurer Dan Romano declined to sign the agreement.

The deal to save Libbey came in the wake of pressure applied by a variety of interest groups in and around the community the high school serves.

Rev. D.L. Perryman and a

parent leader, Nicole Williams, organized a rally the day before the vote to emphasize to the board the concerns for the preservation of the school.

"We would like them to know we want them to consider other ways to save money," said Williams as she ticked off a laundry list of cost-saving items such as the relocation of the Toledo Technology Academy to Libbey, the relocation of the Board of Education to Libbey, elimination of out-of-district transfers, collection of outstanding debts and a three percent wage concession from all of the TPS bargaining units.

"We're out here to insure that budget cuts don't fall proportionately on the poorest students," said Perryman.

"Libbey should be saved because it is performing, because it is the most diverse school in the district. There are funds elsewhere – it is a matter of priorities."

Following the vote, this week local activist Steven Flagg and former school board member Darlene Fisher formed a group – Toledoans for Public Trust – to organize opposition to the TPS request for the May 4 income tax levy. Flagg and Fisher are calling for the entire deficit to be closed through budget cuts including a three to five percent cut in TPS salaries and by consolidating schools that are under-populated due to the shrinking student enrollment district-wide.

"It's obvious the board has put this tax together in a

very hasty manner," said Fisher at a news conference on Monday. "This is a continuous tax that would take a band of citizens five years to repeal. I still see no strategic vision from TPS, something that would remedy some of these financial crises. The income tax is not the right tax."

Toledo Public Schools currently have an enrollment of about 26,000 students, a number that drops annually due to the shrinking city population and the increased activity in charter schools and school voucher-style programs.

Libbey High School has an enrollment of about 600 students.

New NAACP Group Hosts Free Health Fair

By Brittany Jones
Sojourner's Truth Reporter

Worries of not having health care insurance may soon be a thing of the past since the signing of the universal healthcare bill. This is especially beneficial for parents and recent college graduates.

Even with this monumental achievement, coverage will not be in effect until some years down the line—thankfully, there are the Women of NAACP or W.I.N.

On March 27 from 10 a.m. – 2 p.m., the organization hosted its First Annual Free Health Fair for everyone at UAW Local 14.

Opening the event was a welcome and thanks to the providers by Kenyetta Jones, the chapter's first vice president.

"Since there are a lot of families that do not have healthcare, we decided to provide and educate on the prevention and maintenance of health concerns," Jones said.

The day was filled with information, demonstrations, entertainment and much more as people came to be screened

and receive answers to their health questions.

The information made available ranged from sickle cell to adoption data.

St. Vincent, Planned Parenthood, Children Services Board, Lupus Foundation, the U.S. Census, the Neighborhood Health Association, YWCA Battered Women's Shelter and UFCW Local 75 were some of the providers from the community that came out to offer services.

They offered lead testing, HIV testing, massage therapy through YMCA, blood pressure and sugar screening and other services. Breast health information was also offered with lessons of self-examination through the African-American Women Cancer Support Group.

Towards the back wall of the room, there was a "kid's zone." It consisted of the St. Vincent Burn unit, which provided hands-on participation of a model of a firehouse where children learned fire safety and

precautionary measurements to take in case there is a fire in the house. Kohl's Kids in Action taught kids how to be active by showing various exercises including one with an agility ladder.

There was also fingerprinting from the Sheriff's Department. CSB gave away handouts and toys like teddy bears, firefighter hats and coloring books to the children.

Throughout the day, there were demonstrations and participation from attendees such as a 45-minute workout using bolsa balls by Faith in Motion Fitness, a yoga lesson from Connie Martin.

As a treat, there was a free showing, by Maya Stone, of the before and after results of the Mac Pack.

For entertainment, Jesse Coleman and Company performed gospel and jazz pieces on his saxophone for most of the event.

(Continued on Page 8)



You Are Invited

**Ribbon Cutting and Dedication Ceremony
New Computer Lab**

**Friday, April 9, 2010
12:30 P.M.
Tours: 1:00 P.M. – 2:30 P.M.
Open to the public**

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223 Page Street
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**Computer Classes Starting Soon!
Computer Lab Funded By:
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William Lucas
also known as KING KEYSER
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Dorr Street Establishments Unite for Haircuts for Students

Sojourner's Truth Staff



The idea to donate haircuts for the students at King Elementary School began in the Toledo Urban Federal Credit Union among CEO Suzette Cowell's staff and spread to Mt. Pilgrim Church and

Pastor Raymond Bishop who made contact with the school to set up arrangements.

Then the charitable no-

tion got a boost from Pepsi and local representative Kandice Kyser, who would provide the beverages for the day, and from

Happy Pizza, which would supply the free food for the event, and Dollar, Dollar, which would donate the candy for all 300 King students.

The free student haircut day, however, really took root at the Hair Trendz Barbershop on Dorr, which shut down last Thursday, April 1, so that owner Eddie Byrd and his staff - Roderick Hands, Devon Hands and Corry Wynn could provide 57 free haircuts to King students.

What a day it was for the students, and for the adults who gave of their time and service. What a day it was for Dorr Street!



Free One-Day Tax Service

On Thursday, from 9 a.m. to 3 p.m., the Toledo Urban Federal Credit Union at 1339 Dorr Street will be assisting any and all with free tax preparation service.

Need to add some cushioning to your nest egg?

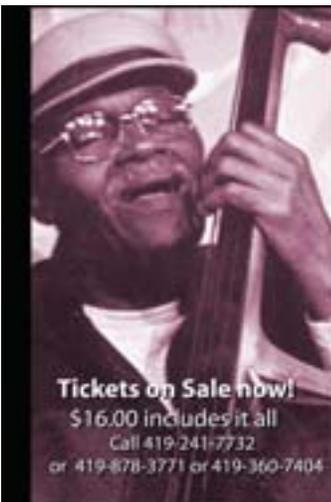
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Murphy's PLACE SUNDAY DINNER & MUSIC APRIL 18 2-5pm

Murphy's Kitchen Ham, Smothered Chicken, Dressing, Gravy, Macaroni and Cheese, Blackeyed Peas, Green Beans, Cornbread, Cranberry Sauce, Beverage, Assorted Cakes

Murphy's Stage Clifford Murphy, bass, Claude Black, piano, Jerry Powell, drums, Glenda McFarlin, vocals, Roosevelt Hatcher, saxophone

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Ron Wingate: Cancer Survivor Blessed by Early Detection

By Fletcher Word
Sojourner's Truth Editor



The facts facing African-American men regarding prostate cancer are indeed dismal. African-Americans are at a higher risk for developing the disease than any other ethnic group. For example, one in five men will contract the disease compared to one in six whites.

Five-year survival rates for black males are lower (66.4 percent) than for their white counterparts (81.3 percent). That difference has been attributed to the fact that African-Americans tend to be diagnosed at later stages of the disease than do white males, but even within the same stages of the disease,

black males have a lower rate of survival.

African-Americans may well have the highest rate of prostate cancer in the world and, in addition, their mortality rate is more than 60 percent higher than it is for white males.

The direct causes of the disease are unknown but there is good news for all males, especially black males, if they get tested often. If the disease is detected early, a man's chances for survival are excellent.

That was indeed the good news for Ronnie Wingate who was diagnosed with the disease in 2000. He under-

went surgery and today is cancer free. Wingate, a local attorney, on the advice of his doctor, Dr. John Coleman, began getting tested on a regular basis in the late 1990's. In 1998 and 1999, Dr. Coleman noticed that Wingate's PSA (prostate-specific antigen) levels were on the rise. PSA is a protein produced by cells of the prostate gland and the PSA test measures the level of PSA in the blood.

PSA tests alone will not detect cancer because rising levels can also be attributed to benign conditions, but they will indicate that further tests are necessary – starting with a digital exam in which a doctor inserts a gloved finger into the rectum in order to feel the prostate gland to check for bumps or abnormal areas.

Both the PSA and the digital exam can detect problems even if the man has not developed symptoms of the disease.

"It was part of my routine to be tested," said Wingate of the exams that saved his life. "And I count myself as blessed because we [he and Dr. Coleman] got together so early."

Dr. Coleman also prepared Wingate well for the inevitability of surgery should can

(Continued on Page 10)

How Early Detection Saved My Life

By Larry Sykes
Special to The Truth

"Life can sometimes be like a sneeze; in a moment, it can be over." That's how I recall feeling at the age of 52 when I was told I had prostate cancer. Suddenly, life became very short. All I kept thinking was, "I'm not ready to die."

As a self-proclaimed "health nut," I thought I had taken every precaution to prevent cancer. I ran five miles a day, was a professional boxer, never smoked, drank socially and always ate healthy foods. Being diligent about having annual physicals and prostate screenings was a part of my lifestyle, yet, I found myself with a risk to not only my health, but also my very life.

My family has a long history of cancer. My grandfather died from prostate cancer; my mother, an aunt and an uncle also died from different forms of cancer. I was very much aware that African-American men are at a high risk for developing prostate cancer. African-American men in the United States are more likely to develop prostate cancer and have poorer survival rates than do their white male counterparts. This is the case in part because prostate cancer in African American men is often found in more advanced stages compared with detection rates of cancers in white men.

In fact, prostate cancer is the most common cancer

among men and is the second leading cause of death of men in the United States. Each year in the United States alone, more than 400,000 open surgeries are performed to remove prostate cancer. Interestingly, six percent of men with prostate cancer had no symptoms at the time of diagnosis, which is why screenings for early detection are so important.

In 1998 I began to notice symptoms that I felt may be related to a problem with my prostate. I sought treatment from my urologist and began getting tested quarterly. I was diagnosed with an enlarged prostate and began treatment with medication. Over a period of time, my condition did not improve and I became concerned. The urologist explained, "This is a natural part of aging." Well, I know my body and I knew this was not a natural part of aging.

As it came time for an annual physical, I made an appointment with my primary care physician Dr. John H. Coleman, who had cared for me for 30 years. Dr. Coleman ordered the normal tests, along with a prostate-specific antigen (PSA.) Unhappy with the results of my PSA test, he referred me to the urologist for a biopsy. If it had not been for Dr. Coleman who administered the PSA test, and his concern for the test results, who knows if I would be here today.

The biopsy came back positive.

I will never forget the date, August 25, 1999, when I received a call from the nurse that the urologist would like to see me – at 4:00 that same day. I remember sitting in the office waiting for my appointment to see the doctor.

"I have good news and I have bad news – the bad news is that your test came back positive. You have cancer. The good news is that I believe it has not spread beyond the prostate," was the doctor's report for me that day.

I was shocked and in a state of disbelief when I learned that the biopsy revealed cancer in 70 percent of my left lobe and 15 percent in the right lobe. I sat there in a daze and I asked him, "What did you say?" He repeated himself and I had no response. I found myself speechless.

Accepting the diagnosis of cancer was a difficult challenge and I found myself standing in front of the mirror and repeating over and over again, like a mantra, "I have cancer. I have cancer. I have cancer. I have cancer." I needed to first accept what the doctor said so that I could deal with it. I became angry – at my doctor, at my God.

As reality set the questions began to flood my mind – "How do I tell my family and my friends?" "Am I prepared today."

(Continued on Page 11)

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CRITERIA

FAVORITES

Neema Bell, Esq.

Attorney; partner in Northwest Ohio's largest legal firm - Shumaker, Loop & Kendrick; 2010 YWCA Milestones Award winner for government; applicant for a soon-to-be-vacant federal judgeship

Bell has demonstrated, as the Milestones criteria notes, strong leadership qualities and... has opened doors for other women to achieve milestones of their own." A longtime member of Delta Sigma Theta, she as well has been involved in community activities for years.

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I'm FIGHT'n Childhood Obesity too – Thanks First Lady Michelle...

By Diana Patton, FITatudes
Guest Column



I was driving home from a girls-weekend in Chicago, filled with food, fun and American Girl Doll store (need I say more) ... when I stopped at a rest-stop to get some water and saw this gorgeous picture of this African-American woman with

an apple in front of her on a magazine cover. As I focused more clearly, I saw it was Michelle Obama on the cover of the March 22, 2010 Newsweek magazine with the following caption "Feed Your Children Well – My Fight Against Childhood Obesity." I did not just casually take the magazine off the shelf – I grabbed it, hugged it and said "FINALLY – WOO HOO, Thank you, Thank You, Thank You, Michelle!"

Yes Michelle, it's truly a fight at every turn to feed our children well. A lot of organizations and folks are FIGHTING for our children's attention to slowly and subtly make our children FAT and have a loop-sided relationship with food.

Let me just be real here,

for a moment ... I LOVE FOOD and so does my immediate and extended family. And I am sure my partner Tonja Ward would agree the same is true for her family. Before we adopted our Christ-centered FITatudes lifestyle, our general nature was NOT "... ah ... nah, I am not hungry – I'll just have a little bite of that carrot, a nibble of that hamburger and a smidge of ice cream." As we say in the back country "We LIKES-TA Eat" and eat A LOT!

We are sure you can relate to that statement. And if you don't resemble that remark (pun intended), you hear statements like "Gurl, you need to get some meat on those bones" because you stand out so much. And even still, just

because you are thin doesn't mean you are healthy – we are talking about having a healthy and balanced relationship with real food.

Reality is – this is no laughing matter and nothing to be taken lightly. Michelle Obama writes "Look around anywhere in America and the reality assaults you: we are simply too big."

We have a pandemic in America, she writes "it is most alarming among American children: rates have tripled among kids ages 12-19 since 1980, with 1/3 of America's youth now overweight or obese and almost 10 percent of infants and toddlers dangerously heavy."

What's the result? High blood pressure, high cholesterol, and type 2 diabetes ... and many more are stigmatized and suffer from low self-esteem, which can lead to depression. Here's where it gets ugly, she writes "if this trend continues, nearly one

in three kids born in 2000 – and one in two minorities – will develop type 2 diabetes in their lifetime, according to the American Diabetes Association" ... and why does that matter – the result is heart attack, stroke, blindness, amputation, and kidney disease.

WHAT! This is the future of our children? That does not seem to align with the bright future we often dream of for our youth, now does it?

In our field of work, Tonja and I have seen and attended countless health fairs, attended so many fundraisers for organizations raising money to help fight this issue, read literature till it is coming out of our nose and ears on the statistics, walked down the many isles of diet books in bookstores, and even subscribed to gobs of magazines, web sites and online blogs, just like this, talking about the same alarm-

ing statistics.

And guess what, nothing is changing, except it's getting worse. When I received my latest Ohio Minority Health Fair calendar touting its 15 years of existence, I honestly wanted to throw-up because it's been over the last 15 years Ohio has exponentially increased its bulge. So, what gives????!

Michelle hit it on the nail when she wrote on page 41: "And let's be honest with ourselves: our kids didn't do this to themselves. Our kids don't decide what's served in the school cafeteria or whether there's time for gym class or recess. Our kids don't choose to make food products with tons of sugar and sodium in super-size portions, and then have those products marketed to them everywhere they turn. And no matter how much they beg for fast food and

(Continued on Page 8)

ProMedica Offers Programs for Minority Health Month

Sojourner's Truth Staff

The purpose of Minority Health Month, says Jewel Lightner, corporate director, Diversity, for ProMedica Health Systems, is to increase the awareness of the prevention of certain diseases that disproportionately affect minorities. Typically those diseases include heart problems, cancer, kidney disease, high infant mortality rates and diabetes.

In order to address concerns about high cancer rates within the minority population, ProMedica has formed the Minority Cancer Coalition, a community-based operation.

"This is a group of individuals who meet on a monthly basis in order to gain information to improve the health of minority people in this area, as it pertains to cancer," says Lightner.

The group was formed in 2007 to seek input from members of the community but, of late, says Lightner, that input has been found wanting.

"We've been struggling for the last year and a half in getting volunteers from the community – so it's become more internal," she adds.

The cancers of greatest concern for the group –

those that have the largest disparities between minority communities and the population at large – are lung, colorectal, breast and prostate. African-Americans, for example, have a higher rate of incidence as well as a higher mortality rate for the four cancers.

That's why it's so important to raise awareness, says Lightner about health disparities.

According to the National Institutes for Health, "disparity is defined as the difference in incidence, prevalence, mortality and burden of the disease and other adverse health conditions that exist among specific population groups in the United States." Those differences, says Lightner, could be as a result of genetics, environment (smog or living conditions, for example) or culture (diet, for example).

When all cancers are considered, African-Americans have a six percent higher rate of incidence than the general population; African-Americans have a higher death rate from cancer than any other ethnic group in the country.

ProMedica is offering two programs this month to enhance awareness of such issues.

On April 17, a community

health fair will be held at the Kent Branch Library from 2 to 4 p.m. "Walking in and dancing out," as Lightner describes the event.

In addition to the usual screenings and health information, Mind, Body & Soul will be offering Detroit-style urban ballroom and Chicago-style steppin' lessons with music provided by DJ's D-Peeps and the Professor.

"Exercise does not have to be aerobic," says Lightner, "and can be integrated into regular routines – in a fun way."

Then on Saturday April 24, there will be a social dance with the same musical groups at the Reynolds Recreation Center on Reynolds near Hill Avenue. This adults-only event will be held from 7 to 11 p.m.

Both events are funded by grants provided by the Ohio Commission on Minority Health.

For more information on the programs – call 877-291-1441.

The Minority Cancer Coalition needs volunteers to offer their input. To learn more about this cause, call Lightner at 419-291-5573 or email her at jewel.lightner@promedica.org.

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Childhood Obesity

(Continued from Page 7)



candy, our kids shouldn't be the ones calling the shots at dinner time. We're in charge. We make the decisions."

AMEN, MICHELLE—FINALLY—YES—THANKS AGAIN MICHELLE—LET'S BE REAL! WE—the parents—ARE RESPONSIBLE? It's seems people have been scared to say it for fear that the parents will get angry with them, offend them or they'll get down right funky. **BOTTOM LINE: WE ARE RESPONSIBLE!** We can talk to kids until they are blue in the face—at the end of the day, they don't and

SHOULD'N'T pay the grocery bill.

Don't think Tonja and I don't struggle with finding the balance. Some of you may argue that our kids will need to make these decisions on their own in the real world. Yes, you are right... BUT—they need to learn a baseline and how to balance their eating lifestyle by watching you and understanding what standards and guidelines you set! Again, Michelle gets it right, she writes "It's not about saying no to everything either. There's a place for cook-

ies and ice cream, burgers and fries—that part of the fun of childhood."

This is all biblical, folks. Proverbs 22:6 says "Train a child in the way he should go, and when he is old, he will not turn from it." Notice the scripture did not say "and when he becomes a teenager or goes to college, he will not turn from it"... God knows that teenagers and young-folks can be challenging! And Hey, I am not naive to believe that my children will not eat their fair share of burgers, fries, pizza, pop and ice cream on a regular basis when they move to their teen years. We are teaching them to maintain a "LIFE BUDGET" that Tonja and I have outlined as FITatudes #6 and learn how to balance it out by 1st and foremost having Absolute Trust In God (FITatudes #1).

Christ is the answer for everything in our lives, including our eating habits—he and he alone can lead our path. And prayerfully, they will make God-pleasing deci-

sion keeping in mind 1 Corinthians 10:23 that "Everything is permissible"—but not everything is beneficial. "Everything is permissible"—but not everything is constructive."

Ready to jump in, take a

stand, and find the God-pleasing balance to Live Life to the Full in order to teach your children? FITatudes (www.FITatudes.com) can help and we've got the perfect class for you; starting April 15 it's our Jump Start

Program. Click here and sign-up: <http://www.fitatudes.com/jump-start-program.php>. You won't want to miss this!

Health Fair

(Continued from Page 5)

Several vendors were in attendance. Alonzo Garrett, of Soy Candles and Creams of Distinction, sold soy candles where once it is melted one can use the wax on their body. In addition, he sold Shea butter products, which are beneficial and healthy for the skin because of the vitamins and moisture it provides.

Other vendors were pursued by Miche Bags and an event planning company named Affairs of the Heart. There was also MonAve, a health drink that was served.

Refreshments were also served that complimented the atmosphere of the event. A healthy selection demonstrated

how one could still eat food low in calories and fat while maintaining that flavor. Vegetables, zero-calorie Vitamin Water and other health drinks, yogurt with fresh fruit, water and more was the food spread available for the guests.

Door prizes and raffle drawings were done with the winners walking away with various framed pictures of Obama and his family.

Sharon Roach, chairman of the chapter, wrapped up the end of the program with thanks to all who supported the event.

"This event was for those who need information that maybe they didn't know or would want to know more

about," Roach said. "People could find other ways to be healthy and this was the opportunity to gather that information and take it home to share with friends and family."

There were over 100 people in attendance and the organization hopes to hold the event every year in March.

"We want people to understand that they have something to offer and a gift to give throughout the community. It's a rewarding experience," Jones said. "That is the concept that we want to continue to bring."

The Toledo chapter of W.I.N. is a newly formed unit and this was their first event as an organization.

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Think Your Drink

Caroline Karani, Bowling Green State University Dietetic Intern with The Ohio State University Extension, Lucas County

Soft drink intake in the United States has increased dramatically since the 1970's. More than half of over all beverages consumed come from carbonated drinks and sugared fruit drinks. Research indicates that regular consumption of soft drink leads to increased rates of bone fracture, increased long term risk of osteoporosis especially in young girls, increased risk of dental problems, kidney stones, type 2 diabetes, overweight and obesity.

According to the Center for Disease Control and Prevention (CDC), one-third of adults were obese in 2007-2008. The Dietary Guidelines for Americans 2005 indicates that the healthiest way to reduce caloric intake is to decrease one's consumption of added sugars, fats, and alcohol, all of which provide calories but few or no essential nutrients. One way for people to reduce their intake of added sugars and help manage their weight is to reduce the amount of sugar-sweetened beverages they drink.

Sugars can be naturally present in foods, such as fructose in fruit or lactose in milk, or they may be added to food. Added sugars, also known as sweeteners, are sugars and syrups that are added to foods at the table or during processing or preparation. Added sugars provide calories but few or no nutrients.

Many people don't realize just how many calories beverages can contribute to their daily intake. Here are some tips to keep in mind when choosing your beverage.

Learn how read the Nutrition Fact Label

Be aware that the Nutrition Facts label on beverage containers may give the calories for only part of the contents. See the example below.

Nutrition Facts Label
Serving Size 8 fl. Oz. Servings per Container: 2.5
Amount per Serving: 100 Calories

Know your Portion Sizes
Be aware of the large por-

tion sizes common to many beverages. A 20 oz bottle of regular cola contains 2.5 servings of 8 oz each, which adds up to 250 calories and 67.5 grams of sugar (more than 16 teaspoons) in one bottle.

When you choose sugar-sweetened beverage, go for the small size. Some companies are now selling 8 oz. cans and bottles of soda, which contain about 100 calories.

If you want to drink a large portion of a beverage, choose water or a beverage with zero calories.

Look Out for Hidden Calories:

Coffee drinks and blended fruit smoothies sound innocent enough, but the calories in some of your favorite coffee-shop or smoothie-stand items may surprise you. A 16-ounce Starbucks' Caffe Vanilla Frappuccino blended coffee is 430 calories. You will consume 950 calories to enjoy a 15.5-ounce Dairy Queen chocolate chip cookie dough Blizzard or 1,110 calories on a 32-ounce McDonald's triple thick

shake. Check the Web site or in-store nutrition information of your favorite coffee or smoothie shop to find out how many calories are in different menu items.

How to avoid those Extra Calories:
For your Coffee:

Request that your drink be made with fat-free or low-fat milk instead of whole milk.

Forgo the extra flavoring – the flavor syrups used in coffee shops, like vanilla or hazelnut, are sugar-sweetened and will add calories to your drink.

Skip the Whip. The

whipped cream on top of coffee drinks adds calories and fat.

Order a plain cup of coffee with fat-free milk and artificial sweetener, or drink it black.

(Continued on Page 10)



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Health and Fitness – Beneficial to Recovery

By Angela Steward
Fitness Motivator
Guest Column



I never would have believed that within five weeks of surgery, I would be fully recovered and back to my normal routines. I have strong, motivating and positive people in my life and I owe all of them a great big thank you! They held it down for me: teaching all my fitness classes; running errands for me; bringing me food, cards, gifts and lots of laughter; and fun. I owe all of them—they kept me motivated!

After my surgery, every-

one advised me take it easy, to not rush my recovery. My doctor told me to take it easy, to not drive, resume normal activity (within reason), but when I got tired, take time to rest. I stayed home for one week, no exercise, no shopping, and no life – which drove me crazy!

My husband stayed home with me for a couple of days, but too much togetherness drove both of us crazy, so he returned to work, but unbeknownst to me, parked my car in the garage and took my car keys to work with him, so I couldn't leave the house (he knows me too well). So I sat in a chair, watched television, conducted business from my lazy boy chair and rested.

By the second week, I felt much stronger. I was able to leave the house occasionally, but wouldn't stay out long. Because my doctor instructed me to not drive my car, someone would always pick me up to take me somewhere, or I'd wait until my

husband got home to take me. Well, one day during this time, my husband left my car keys on the kitchen counter – I was so excited! I immediately made plans for my day. I watched him pull out the garage and drive down the street. I was so happy. My plan was to go the mall, go to the lunch, and maybe get a manicure and a pedicure, before he got home from work.

But before I took my shower I went out to the garage to throw something in the recycle bin and there I saw it – the snow blower! He had positioned the snow blower directly behind my car so I couldn't move my car or the massive sized snow blower. I was so fired up – but I realized he only did it because he cared about me and was protecting me from my hardheaded, stubborn ego. Thank you Jim!!!

By week three, I was able to drive, thank goodness! Once my doctor gave me the ok, I was on the road again. I began to go to the gym and

walk on the treadmill. I also took a few pilates classes to strengthen my core muscles. I returned to teaching my low-impact exercise classes.

By the fourth week, I returned to my full-time paralegal position and resumed all normal activities. I'm back to teaching fitness classes six days a week. I'm not at the same fitness level I was before my surgery, but I'm getting stronger and stronger every day. I expect to surpass my pre-surgery fitness level, because I don't have the extra pressure in my abdomen from the tumor. I exercise every day to maintain my fitness level and I also do a little extra to enhance my fitness level.

I recently had my final

check-up with my doctor and he was excited at my five-week progress. He released me to resume everyday normal activities, which for me is extremely busy – 24 hours, seven days a week non-stop activity.

He had promised me, prior to the surgery, that I would recover quickly because of my fitness level, and I do believe it had a lot to do with it. I also believe that because I didn't allow myself to sit around, watch television, and feel sorry for myself for longer than one day (I allowed myself one day of crying and pity), I recovered quicker than a lot of people would have.

I, with others around me, kept me motivated, which forced me to recover quicker.

I sincerely wanted to get back to my normal, active life, which is filled with good friends and family that I love and they love me in return. I am one very healthy, happy, fit and well 52-year old woman!!

My advice to you is surround yourself with people who live and love life like you do. If you can't change the people around you, change the people around you!

Yours in fitness!!!

Angela R. Steward
Fitness Motivator
Cell: 419-699-9399

Email:
Fabfitu@yahoo.com

Wingate

(Continued from Page 6)

cer be found. So well, in fact, that Wingate recalls now that he was not terribly upset when the results became known.

It wasn't until he visited his family in his native North Carolina to tell them of the news that it hit him. His brother broke down crying and Wingate finally "realized the gravity" that such news had on family members and loved ones.

Wingate's surgery was performed at St. Vincent's – the standard invasive procedure of the day and, as it is in virtually all cases of early

detection – he came through without problems.

Given the rapid development of technology, however, that almost seems like the horse and buggy days. Today, says Wingate, they might well have cured him of cancer by a radiation treatment in which, often, the cells on the prostate could be treated rather than removing the gland.

Whatever the treatment, the key is still early detection, he says. In order to do that, men, particularly African-American men, have to drop the "I don't want to know

about it" attitude and become willing to undergo the digital exam.

"This attitude that the digital exam is demeaning and humiliating – that has to be set aside," says Wingate. "There is not a choice, there are others involved."

And a life to live.

Wingate, who arrived in Toledo to attend The University of Toledo College of Law, had all the reasons in the world to start testing back in the 1990's and every reason since to continue to monitor his progress, including his eight-year-old daughter.

Think Your Drink

(Continued from Page 9)

For your Smoothie:

·Order a child's size if available.

·Ask to see the nutrition information for each type of smoothie and pick the smoothie with the fewest calories.

·Hold the sugar. Many smoothies contain added sugar in addition to the sugar naturally in fruit, juice, or yogurt.

Replace Sugar-Sweetened Beverages with Water or Low-Calorie Beverages

Because it has zero calories, drinking water instead of a sugar-sweetened beverage is one way to limit calorie intake. Carbonated water is also calorie free, as long as calorie flavors and sugars have not been added.

Tips to Reduce Caloric Intake from Beverages:

·When thirsty, think water first instead of sweetened beverages.

·When eating out, order water with your meals.

·Keep a jug or bottles of cold water in the refrigerator instead of sweetened beverages.

·Carry a water bottle and refill it throughout the day instead of drinking sugar-sweetened beverages.

Choose Power Drinks:

·Drink milk instead of sweetened beverages. Milk contains vitamins and other nutrients that contribute to good health. Choose low fat and fat free milk. These have the same amounts of calcium and vitamin D as whole or 2% milk, but less saturated fat.
·Choose 100% fruit juice

instead of fruit flavored drinks, which are just water with fruit flavor and added sugars.

Be a role model for your friends and family by choosing healthy, low-calorie beverages.

For more information visit:

http://www.e.d.c.gov/nccdphp/dnpa/nutrition/pdf/r2p_sweetend_beverages.pdf

This label lists the number of calories in an 8-oz. serving (100) even though the bottle contains 20 oz. or 2.5 servings. To figure out how many calories are in the whole bottle, you need to multiply the number of calories in one serving by the number of servings in the bottle (100x2.5). The contents of the entire bottle actually contain 250 calories!

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Early Detection

(Continued from Page 6)

if things turn out for the worst?" I felt as though I was on the inside of myself looking out at my life like I had never seen it before.

Things that seemed so important in life, no longer held such great value. I quickly realized that my family and friends were what truly mattered. I wanted to be around to give my daughter away at her wedding, see my grandkids, live—and grow old playing with my son.

I wrestled with "Why me? How could this happen to me?" Then I decided, "Why not me? It could happen to anyone." I remember asking myself, "What if I had not been diligent about my health, or what if I would have accepted this as a normal part of aging?"

Being persistent when you feel something is not right in your body is your best defense. I had learned to know my body and that was an important factor in saving my life.

A subsequent meeting with my urologist proved to be promising on two fronts. First, because the cancer was localized to the prostate, the options for both treatment and recovery were good. Second, I discussed with the urologist an article that I read about laparoscopic surgery and found that he was familiar with the treatment protocol. He had just received literature about the new laparoscopic prostate cancer surgery from the Cleveland Clinic. I was intrigued and asked that we further investigate this treatment option.

The idea of undergoing major surgery was frightening and I found the minimally invasive procedure to be extremely appealing. I was relieved that there was another option that prevented me from being subjected to open surgery, requiring cuts from my pelvic to my navel. I was more afraid of being cut than I was of the cancer itself.

The procedure, called laparoscopic radical prostatectomy, is a minimally invasive surgical treatment used to remove the prostate. Unlike traditional open surgery, laparoscopic surgery requires only four to five small, buttonhole incisions. Through these incisions, a surgeon uses a powerful, high-precision endoscope—a tiny camera—and specialized surgical instruments to remove the prostate. Among other benefits, the procedure offers surgeons incomparable visualization of the area, thereby permitting precise removal of the prostate

through the navel.

The urologist arranged an appointment for me to meet with Cleveland Clinic surgeon Dr. Indebir S. Gill, M.D., an international leader in urologic laparoscopic and minimally invasive surgery. "We get calls from people all over the country interested in laparoscopic radical prostatectomy," says Dr. Gill. My surgery was one of the first of the type to be performed in the United States.

Cleveland Clinic has the most experience of any health care center in the United States related to laparoscopic radical prostatectomy. "This procedure has taken the world of urology by storm, because a radical prostatectomy is the most common operation performed by urologists in the United States," explains Dr. Gill. "We offer it to all patients who are candidates for open radical prostatectomy."

Although a laparoscopic radical prostatectomy takes approximately three hours to perform, the procedure is much easier on patients," explains Dr. Gill. "Patients have only tiny incisions, minimal blood loss and relatively no post-operative pain. And the recovery is very quick."

As I prepared to undergo surgery I had to deal with thoughts of not coming out of the surgery well, or at all. My wife, Anne was fully supportive and made a major difference in my preparations for surgery. Thank God for wonderful wives!

I was in good hands at the Cleveland Clinic and experi-

enced no pain after surgery. In fact, I was up and walking around the next day. I was concerned about the recovery and possibility of down time that I might experience, since I maintained a very active lifestyle prior to the illness and did not want to lose time away from the things I loved to do.

Now I joke about it because I am a "cancer survivor." I have to laugh about it because it allows me to talk about it. It was a scary thing to have to deal with. As I said once I was more afraid of being "cut" than I was of the cancer itself.

Due in large part to many leadership roles and long standing activities within the Toledo community, I easily transitioned into the local spokesperson for prostate cancer screenings. I made several television appearances and public service announcements.

I began to speak to groups and organizations and act as an advocate to promote prostate screenings. In addition, it became my mission to encourage co-workers, friends and family members to get regular screenings.

Look at it this way, if I can use my experience to help others, then my journey through cancer was not in vain.

Today I enjoy my life more than ever and I don't take anything for granted. I have lost 43 pounds, exercise regularly and live life to the fullest. I eat a healthy vegetarian diet, and sometimes a bit of chicken or seafood.

Today, I am cancer free! With modern technology

and professionals in the field, there is no reason to allow something to go on in your body and to remain unchecked until it is at a point where it is too late for treatment or removal. Early detection through regular prostate screenings saved my life and it could save yours or the life of someone very dear to you.

Since African-Americans are almost twice as likely to develop prostate cancer, it is critical to seek professional, cutting edge care. Professional customer service in handling patient concerns means as much as the medical care, in the process of reaching a cure. In my situation, the surgeon called me the day I went home from the hospital and the day after to ensure that my recovery was going well. Follow up is critically important to alleviate unnecessary post operative anxiety and fear.

Unfortunately, many African-American men who could have been saved with early detection died because they didn't get checked or hesitated and waited too long for treatment to be effective.

Early detection can make the difference in options available for treatment. The decision as to whether there is hope through treatment, the type of treatment, or whether no treatment is possible is crucially dependent upon when the condition is diagnosed.

I applaud the efforts of the Race for the Cure on behalf of women and breast cancer. It's time men come out and bring the same

awareness to prostate cancer and take charge of this disease before it takes charge of them. Today I wear a pink cancer survivor bracelet to commemorate my survival. More must be done to raise awareness and create an environment where men regularly get checked at as early as age 40.

The following are some of the symptoms and recommendations that I learned of going through this process. I share these with you and ask that you share them with your brother, father, uncle, husband, and any other males you can so that they can benefit from the positive outcome I was lucky enough to have experienced.

Prostate Cancer Symptoms Of Can Include:

- pain or burning during urination and getting up frequently during the night to urinate
- blood or semen in the urine
- decreased flow of/interruption of urinary stream
- painful ejaculation, difficulty with – or prolonged periods of erection
- nagging back, hip or pelvic pain, persistent bone pain
- loss of appetite and weight

Consult your physician if you experience any of the above mentioned symptoms. Note: *These symptoms could indicate other conditions such as an enlarged prostate.*

Prostate Screening Recommendations

·Yearly digital rectal examination beginning at age

40

·Yearly digital rectal examination and PSA test beginning at age 50

·Yearly digital rectal examination and PSA at age 40 for high-risk patients: men with a family history of prostate cancer and African-Americans.

Treatment Options

There are different types of treatment for patients with prostate cancer. Four types of standard treatment are used:

- Watchful waiting
 - Surgery
 - Radiation therapy
 - Hormone therapy
- New types of treatment are being tested in clinical trials.
- Cryosurgery
 - Chemotherapy
 - Biologic therapy
 - High-intensity focused ultrasound
 - Proton beam radiation therapy

To learn more and become knowledgeable about these conditions, visit these helpful websites:

The National Cancer Institute <http://www.cancer.gov/cancertopics/pdq/treatment/prostate/patient>

Cleveland Clinic http://my.clevelandclinic.org/disorders/Prostate_Cancer/life_Treatments_for_Prostate_Cancer.aspx

Information about prostate cancer treatment options from the American Academy of Family Physicians.

www.familydoctor.org

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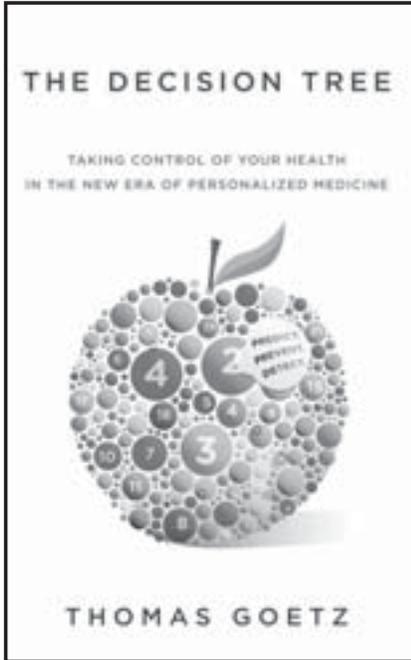
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Health Section Sponsored by *NAA* • Health Section Sponsored by *NAA* • Health Section Sponsored by *NAA* • Health**Book Review****The Decision Tree by Thomas Goetz**

c.2010, Rodale

\$25.99 / \$32.99 Canada

320 pages

By Terri Schlichenmeyer
The Truth Contributor

The other day, when you creaked out of bed, your knee hurt for no reason at all.

It wasn't like you kickboxed in your sleep, but it sure felt like you did. And this morning, you were dizzy just after breakfast. Last week, it was your wrist. Tomorrow, it'll be something else, but you're used to it. You're past

A Certain Age, so jelly joints and inexplicable injuries come with the territory, right?

Maybe, maybe not. Author **Thomas Goetz** says that if you arm yourself with information from his book *The Decision Tree*, you can make better choices in regard to treatment and prevention of diseases and injuries, no

matter your age.

Every body has "issues" eventually. If it's not one thing, it's *something* and if aches don't arrive now, you know you'll face them later in life. Still, you know yourself and your body better than anyone else does. How can you become a better partner in the care of that body?

Before you get to that point, understand, says Goetz, that today's medicine has everything backward. Doctors and hospitals often tend to wait until there's a health problem, *then* they treat the disease. It's not completely the doctor's fault, though: insurance companies generally pay for diagnosing and treatment of disease, but

not for warding it off in the first place.

Prevention makes sense "...but it's far from the norm in health care today," says Goetz. "Most people aren't inclined to think about their health until something goes wrong and forces them to..."

The second thing to remember is that unconventional, outside-the-box thinking is radicalizing our approach to health care by helping us to avoid injuries and problems before they start. We can often take control of our health and sidestep disease risks by paying attention to our own bodies through self-monitoring and information sharing, and with specialized use of technol-

ogy that we already have.

Goetz says that by using one of those "yes-then-this, no-then-that" charts – a so-called *Decision Tree* – you'll gain another tool in taking care of yourself. *Decision Tree* methodology can help clarify the benefits and detriments associated with your healthcare decisions. It helps avoid "toxic knowledge." Most of all, it empowers you to be completely involved in your body's care, an idea of which appears to be the way of the future.

Looking for something light to wile away the time in the doctor's office? Take something else and leave this book at home. It's not something you can browse. No,

The Decision Tree demands your full attention.

Using medical history, reports of breakthrough technology, and stories from individuals who personify the take-charge attitude he promotes, author Thomas Goetz presents an intense look at a facet of healthcare that's already creating buzz.

I liked this book. Though occasionally dry, it spoke to the science geek in me and it offered lots of very intriguing news. Especially if you're concerned about the future of healthcare, pick up *The Decision Tree*. It may not hold the remedy you need, but it sure can't hurt.

Living Well With Lactose Intolerance*Special to The Truth*

When it comes to diet and health, there's good news, bad news and better news.

The good news is that essential nutrients important for a healthy lifestyle, such as calcium and vitamins A and D, are easy to find in dairy foods and drinks.

The bad news is that many African-Americans may be avoiding dairy and not getting these essential nutrients. Up to 80 percent of African-Americans may have symptoms of lactose intolerance. Lactose intolerance is the inability to digest foods containing lactose, the sugar found primarily in milk and many dairy products. The condition creates discomfort such as gas, cramping, bloating and diarrhea. What's more, a recent Lactose Intolerance in Multicultural Communities Survey conducted by the LACTAID® Brand found that 78 percent of African-American women reduce the amount of milk or dairy in their diet as a way to manage their lactose intolerance.

At the same time, while 48 percent of African-American women who have lactose intolerance worry about the condition keeping them from consuming important nutrients, only 16 percent have talked to a health care professional about lactose intolerance.

The better news is that lactose intolerance can be easy to diagnose and easy to manage. To help educate women about the condition, Delilah Winder, celebrity chef, author and restaurant owner, shares her recipes and tips for eating healthy and enjoying dairy again.

"Although I am lactose intolerant, milk and dairy products are an important part of my diet. I rely on Lactaid Milk to ensure I drink real, delicious milk every day and consume the nutrients necessary to maintain a healthy lifestyle," said Winder. "In my house, no family gathering is complete without sweet potato pie, because managing lactose intolerance doesn't mean we have to give up on our favorite traditional soul food dishes." She even provides the recipe:

Delilah Winder's Sweet Potato Pie
Serves: 16

Prep Time: 20 Minutes
Cook Time: 1 Hour, 10 Minutes
Ready In: 1 Hour, 30 Minutes

2 (9-inch) prepared pie crusts
2 cups mashed sweet potatoes
1 cup sugar
3 eggs, separated
½ teaspoon cinnamon
1 teaspoon ground nutmeg (preferably freshly grated)
½ teaspoon salt
2 teaspoons vanilla extract
1 teaspoon fresh lemon juice
½ cup melted butter
1 cup LACTAID® Fat Free Milk

Preheat oven to 350°F. Puree mashed sweet potatoes, sugar and egg yolks together in a food processor or blender until smooth. Pour into a large mixing bowl. Add cinnamon, nutmeg, salt, vanilla, lemon juice, melted butter and LACTAID® Fat Free Milk. Mix well. In separate bowl, whip egg whites using an electric mixer until soft peaks form. Whisk egg whites into pie filling. Pour filling into prepared pie crusts. Bake pies in middle of the oven for 60-70 minutes or until the center of the pie is lightly firm to the touch. Cool pie on wire rack.

The survey also found:

- Fifty-seven percent of African-American women feel inconvenienced by their condition.
- Eighty-four percent want to keep dairy in their diet because of its health benefits, 48 percent because it is a natural source of calcium and nutrients, and 36 percent to maintain healthy bones.
- Sixty-three percent of African-American women do not know that lactose-free products can have the same important nutrients found in regular milk and other dairy products.

You can find facts about lactose intolerance, a dairy digestion test to determine if symptoms are a result of lactose intolerance, and recipes to help manage the condition at www.lactaid.com.

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Album Review

New AmErykah Pt.2: Return of the Ankh - Erykah Badu

By Michael Hayes
Minister of Culture



Badu leaving the politics alone to make music that focuses on matters of the heart, diving deep into the emotive waters of love, sacrifice and self reflection.

It's hard not to compare the two albums because although the focus of each one is different, (part one is packed with supreme knowledge, part two is packed with relationships). But the striking difference is that *New Amerykah Pt 1*. just left a far greater impression on me, it's a classic tightly woven to its theme.

Before I was really into astrology, I remember knowing that Erykah Badu was a Pisces. Finding out that she and I share the same birthday, the more I learned about our sign, the more I learned about her artistry.

No one could ever be an expert on Badu, but if there's a class on her I'd love to be in it.

She is certainly one of the most transformative and influential artists of the last ...hell, in my lifetime. But to look at the new album, you have to look at the previous one.

To look at both, you have to be familiar with us weird Pisces people.

Our symbol is two fishes heading in different directions and, the more research you do, it becomes revealed that we are equally consumed by two things at all times:

Love & Justice.

Simultaneously right brained and left brained.

New AmErykah Pt. 1: 4th World War was one side of the coin, passionately juxtaposed to the corruption and distortion afflicting this land... a trained eye looking through the scope with sights set on revolution and societal awareness through sound and action.

New AmErykah Pt 2: Return of the Ankh finds

"Master Teacher" and "Hump" were so powerful... so necessary, those songs will endure for years and years to come. That's not even counting "Telephone" or "The Healer."

Here on the second installment, the bar is set so high...because it IS Erykah Badu you feel it when a song on this new album hits that spot, and you feel it when a song just narrowly misses that spot.

Erykah Badu fans, you feel me. Something about her music, just lives inside of you.

When it's not there, you know it. Don't panic though, *Return of the Ankh* feels like her intention was more about bringing things full circle than it was giving her fans goose bumps on every single track. Once the chords of "20 Feet Tall" start in, you know immediately that the woman who birthed and abandoned Neo Soul has brought it back, with something of a vengeance, assaulting listeners from every angle.

Compelling and clever



lyrics about losing a lover's trust, and realizing she knows just what to do to get back in his good graces.

James Poyser doing his thing as always on the Rhodes and if you listen closely, the sound of a bed squeaking throughout most of the track until the string arrangement lifts you into the clouds.

And if there's any doubt that she's taking it back to basics, just crank the lead single

"Window Seat." I mean, yo, there's Soulquarian involvement heavy on this project with Questlove and Poyser contributing... this song is just what we needed.

The video... is just what we needed also. In every way. Yup, take it however.

Quite possibly a follow up single "Gone Baby, Don't Be Long" is like ear candy.

Funny, sometimes when hip-hop is struggling to provide that boom bap with some credible lyrics... a Badu album will drop and it feels like conscious/neo soul music and backpacker hip-hop both

us the politics we needed. "Kiss Me On My Neck" and "Green Eyes" gave us the love we needed.

"Clever" gave us the Erykah we needed.

It was all there. Giving each side of the coin its own voice may have diluted the potency just a bit in terms of track for track impact.

Return of the Ankh just falls into somewhat of a lull with "umm hmm" and "love," not bad songs, just not great. Especially when you factor in the genius of "Fall In Love."

The Erykah Badu we all know and love is very much present on this album though.

Hip-hop references, just a few small jewels being dropped (if you paid attention) and that wit of hers.. I swear I love how this woman's mind works.

The last 20 minutes of the album just shine brilliantly above anything else that's out now... the music, the feel, the emotion, the words, the aura created just all satisfies entirely.

Perfect for any and every situation.. the car, the house with the lights low,

or in your headphones as you intently absorb the sublime sounds and some of her most layered vocal production ever.

Just when you want the album to get more personal, it does.

It truly does, and I so can relate to being a "recovering under cover over lover."

Besides a couple joints that didn't measure up, I have to say this album is certainly a must have for music fans.

If you don't know Erykah Badu's music, I'd advise you to get hip now because this album is as close to mass appeal as it gets and that's not intentional.

If you are already in love with this woman's music as much as I am, dig in!

The true grade for Erykah Badu's *New Amerykah Pt 2: Return of the Ankh* is B+

Recently wrote a poem about loving neo soul music...

Facebook search or email me:

glasscitytruth@yahoo.com

Peace everyone, celebrate good music!

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James McDay's We Are Ribs Finds Home at Fifth Third Field

Sojourner's Truth Staff

"For me, number one it was the quality of the product," says Craig Nelson, the food and beverage general manager at Fifth Third Field explaining his decision to bring James McDay's We Are Ribs products on board. "Secondly, there is the fact that he's local and we've always tried to buy local –

with products such as Tofts and Stanley's Markets."

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Third, We Are Ribs will be offering their patrons ribs, pulled pork sandwiches and baked beans, the same products McDay and his staff currently offer at the Lucas County Arena.

"James's products are far better than what we were serving and we were serving good products," says Nelson. "His are so

much better. We've been getting good feedback from guests at the Arena and now that he has his license to sell wholesale, that fits in well with our menu. We're excited about his product."

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CLASSIFIEDS

April 07, 2010

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Send a letter of interest, current curriculum vita, a copy of graduate transcripts, the names of three references and contact information to: Dr. Lois A. Ventura, Department of Criminal Justice, Mail Stop 119, HH 3000, The University of Toledo, Toledo, Ohio 43606. Review of applications will begin on April 15, 2010 and continue until the position is filled. The position is subject to final budget approval. The University of Toledo is an equal opportunity and affirmative action employer. A concerted effort has been taken in the College of Health Science and Human Service to ensure and enhance culturally diverse representation among our faculty, students, and staff. Women and people of color are encouraged to apply.

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Special Notice

RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted April 12 - 16, 2010 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

1. Must be 18 years of age or over.
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

Teachers Wanted

Certified K-12 teachers and highly qualified applicants sought to tutor after school in students' homes in Toledo. Must pass BCI/FBI background checks, have reliable transportation and be willing to tutor in students' homes. Hours are flexible and pay is competitive.

Send cover letter and resume to toledo@tutoringinyourhome.com or post pre-application on www.tutoringinyourhome.com.

Public Notice

Lucas County Children Services (LCCS) is issuing a Request for Proposal (RFP) for interpretation/Translation and Sign Language Services.

The goal of the RFP is to provide families and children who have an open referral or case with LCCS with services that will:

- Eliminate communication barriers;
- Provide equal access and opportunity to benefit from our agency's services.

LCCS is seeking proposals from governments units, private for-profit entities/agencies and non-profit entities/agencies. Agencies should have unique information, education, knowledge and experience related to the RFP. RFP materials will be available from **April 12, 2010, to April 20, 2010**, at LCCS, 705 Adams St., Toledo, OH 43604. To make arrangements to pick up a RFP packet, call 419-213-3658. An applicant information session regarding the interpretation/Translation and Sign Language RFP will be held at LCCS on **April 20, 2010, at 9:00 a.m.**, in Room #913.

The deadline for completed proposals (NO FAX) is **4:00 p.m. on May 6, 2010**. No proposal will be accepted after the deadline.

By Dean Sparks, Executive Director
Lucas County Children Services

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Easter Bunny Greet Kids at Garden Lake Party

Special to The Truth



Carol and Chris Johnson were the hosts for a big Easter party on Saturday, April 3, at the Garden Lake Hall on Dorr Street. Over 100 guests turned out. "We just love to see everybody have a good time," said Carol Johnson.

The hosts provided over 100 Easter baskets for the children in attendance as well as cash prizes, gift cards, bikes and other toys.

The guests were then treated to an Easter meal and, of course, an Easter egg hunt for the youngsters.

Erika Jones (the Bunnie girl) performed a song and dance as did Toledo's own Rabbits girls.

Joe the Candy Man threw

out candy and dollars just before the man himself, the head bunny, Calvin Oliver, made his grand entrance as the one and only Calvin Cotton Tail. Mr. Cotton Tail has been seen on television talk shows and in a variety of newspapers, about this same time of the year, for many years now.

Many thanks came from the Johnsons for the support provided by Oliver, the Rabbits and all who turned out to bring joy to the children.



Toledo Art Museum

Bare Witness

Photographs by Gordon Parks

February 5–April 25, 2010
Canaday Gallery | FREE Admission

toledomuseum.org | 2445 Monroe St.

Gordon Parks, "Muhammad Ali," c.1970. Gelatin silver print, 24 x 20 inches. Lent by The Capital Group Foundation, 2002-07. © 2008 The Gordon Parks Foundation. *Bare Witness: Photographs by Gordon Parks* was organized by the Iris & B. Gerald Cantor Center for Visual Arts at Stanford University. The exhibition and its accompanying catalogue are made possible by generous support from The Capital Group Foundation, the Cantor Arts Center's Hohbach Family Fund and the Cantor Arts Center's members. Ohio Arts Council

Restoration of the Village

CONFERENCE REGISTRATION BROCHURE

April 28 - May 1, 2010

at the
Hilton Garden Inn
Toledo/Perrysburg, Ohio

6165 Levis Commons Blvd., Perrysburg, Ohio, USA 43551

Conference Speakers

Dr. Steve Perry
Dr. Steve Perry is the Founder and Principal of Capital Programming Management Solutions.
He is a 2008 Entrepreneur Contributor and has been featured in the 2008 Special Black Business Book, published by IBM.

Alfred "Cooch" Powell

Dr. James Wadley

Dr. Tom Edwards

David Miller

Urban Spotlight

Honey Bell-Bey

Lamar Darwell Shicks

Candice Harrison

Tony Rock

To register, call 419.810.3874 or email restorationofthevillage@gmail.com