



Local and National News

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*"And Ye Shall Know The Truth..."*

August 03, 2011



# The Ziegler Family

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## The Tea Party/The Shame of America: Paine and Jefferson would be Appalled

By Carter A. Wilson Ph.D.  
Guest Column



The Tea Party movement pretends to be grounded in the American Revolution and American ideals. However, a quick overview of this movement reveals that it represents the shame of America. From the time of the American Revolution until today, there have always been several different currents of American political culture. These currents can be represented by leaders such as Thomas Paine, John Calhoun and Thomas Jefferson.

Thomas Paine was one of the most progressive intellectual leaders of the American Revolution. He was uncompromising on the slavery issue. He called this institution an abomination, the shame of America. Paine also believed that government had an obligation to guarantee to all of its citizens a quality of life better than they would have outside

of government (see [Agrarian Justice](#)).

Today, Paine would be an uncompromising supporter of Social Security, unemployment benefits, and national health care. He would advocate for progressives taxes and oppose balancing the budget off the poor. Paine would be appalled by the current Tea Party movement.

John Calhoun advocated state's rights and a limited federal government. He was also a passionate defender of the Southern aristocracy and the institution of slavery. Pulitzer Prize winning political scientist, Richard Hofstadter quoted Calhoun saying this: "There never has yet existed a wealthy and civilized society in which one portion of the community did not, in point of fact, live on the labor of the other ([The American Political Tradition: And the Men Who Made It](#), 1948, 81)."

Calhoun believed that slavery was the basis of American wealth and civilization and that it was good for whites and good for blacks. Calhoun was a racist who believed that enslaved blacks in America were better off than free blacks in Africa. Today, Calhoun would be a proud Tea Party leader.

Thomas Jefferson was somewhere between Paine and Calhoun. Like Calhoun, he believed in state's rights and limited federal powers. In his early years Jefferson believed that all men were equal and that slavery was wrong. He began to doubt those ideas in his later life. However, unlike Calhoun, Jefferson never believed in a plutocracy, a government by the rich and for the rich. Like Paine, he too would oppose balancing the budget off the backs of the most vulnerable Americans. Today, Jefferson would be appalled by the Tea Party movement.

The American Revolution was undergirded by two major groups: common people and the corporate sector. Common Americans were inspired by the promise of liberty and a government by the people and for the people. Indeed, the first person to die for the American Revolution was a black, run-away slave, Crispus Attucks. He was gunned down during the Boston Massacre.

The other group was the rich merchants, bankers, financiers, planters and manufacturers—better known as the corporate sector. They opposed democracy and had no problem with slavery. They wanted freedom from British control. For planters—Southern plantation owners who owned over 1,000 acres of land and over 100 slaves—freedom meant their freedom to own slaves without any interference from a central government. The vision and values of these two groups conflicted then and they conflict now. Today the Tea Party represents this second group, corporate America.

The Tea Party movement is grounded in the ideas of John Calhoun and undergirded by corporate America. It has been infected with racism and committed to protecting the interests of the rich. It is no accident that The Family Leader pledge suggested that black families were better off under slavery than they are under a black president (See the Rev. Perryman's July article on this issue). It was no accident that this pledge was immediately signed by Tea Party favorite, Michele Bachman (Minnesota congresswoman and presidential candidate).

The regressive ideas of the Tea Party movement and its extreme hostility toward America's first black president are well known. What is not well known are its corporate sponsors. Jane Mayer gives us an expose of one of its founding corporate sponsors in her August 30, 2010, article, "Covert Operations: The Billionaire Brothers Who Are Waging a War Against Obama," published in [The New Yorker](#).

Mayer says, "A Republican campaign consultant who has done research on behalf of Charles and David Koch said of the Tea Party, 'The Koch brothers gave the money that founded it.' It's like they put the seeds in the ground. Then the rainstorm comes, and the frogs come out of the mud—and they're our candidates" ([http://newyorker.com/reporting/2010/08/30/100830fa\\_fact\\_mayer](http://newyorker.com/reporting/2010/08/30/100830fa_fact_mayer)?). Mayer suggested that the Koch brothers—oil tycoons who inherited their father's oil money and corporation—provided the initial money to establish the Tea Party movement. Of course, there were other corporate sponsors.

The point is that the Tea Party movement is not a grassroots movement. It is well grounded in corporate American and well-funded by corporate leaders. Its ideas are consistent with John Calhoun, a racist and a promoter of state's rights, limited federal government, plutocracy and slavery. This movement does not represent mainstream America.

Whereas most Americans are concerned about jobs and the economy, the Tea Party-tainted Congress is fanatically obsessed with balancing the budget without raising taxes. In a mad frenzy, Tea Party Republicans have targets programs that would protect the vulnerable and stimulate the economy. They have obstinately protected tax loop holes for

(Continued on Next Page)

## Community Calendar

### August 1

Citywide Missionary Fellowship Service: Mt. Pilgrim Baptist Church; 7 pm; Speaker Sis. Mary Sumrow: 419-536-2197

### August 1-4

Warren AME Church Vacation Bible School; 6 to 8:30 nightly; Dinner served; "Jesus Truth Seekers:" 419-242-2237

### August 3-6

Bethlehem Christian Center Holy Convocation Time: Wed. - All Nations Youth Explosion at 7 pm; Thursday - 10 am Hour of Power, 6 pm Bishop's Roundtable; Friday - 10 am Hour of Power, 6 pm Bishop's Roundtable; Saturday - 11 am Official Day: 419-944-0984

### August 5

Sofia Quintero Art & Cultural Center First Friday: "Latin Cinema;" Presentation by BGSU Prof. John Kaiser-Ortiz

### August 5-6

Annual "Keeping It Real" Tent Crusade: Word of Faith Ministries; Noon to 9 pm; Guest speaker Daniel Rice of Bibleway World Outreach; Food, music, dance, face painting: 419-727-0877

### August 5-7

The Big T Weekend of Music Festivals: Zeigler Habilitation Homes; Friday - Hip-hop Jam - 5 pm to midnight; Saturday - jazz, blues, R & B - 2 pm to midnight; Sunday - gospel showcase - 2 pm: 419-536-3825

### August 6

United Church of God "Neighborhood Street and Yard Clean Up Day:" 9 am to 3 pm: 419-729-3819

### August 7

Five and Alive Fun Fest Fundraiser: The Josh Project; Food, fun and games; Water safety and life jacket demonstrations; 11 am to 4 pm; St. Francis de Sales HS natatorium: 419-244-8918

Ebenezer MBC's Birthday Captains Pew Rally: 4 pm: 419-242-2581

### August 9

City of Refuge Church Sexual Integrity Workshop: 3 to 6 pm; Sanger Library; Speaker Debra Everett: 567-686-2224

### August 11-13

Friendly Center Garage Sale: 9 am to 5 pm on Thursday and Friday; 9 am to noon on Saturday: 419-243-1289

### August 12

Scott HS Reunion  
Mt. Nebo Fish Fry and Fundraiser: 11 am to 3 pm: 419-704-7533

### August 13

Calvary Baptist Church Youth and Young Adult Program: Rip The Run Runway for the Lord Fashion Show; 3 to 11 pm

City Park Community Festival: Presented by City of Zion, the Mt. Zion Church; ESOP; UFCW and OOC; 10 am to 6 pm; Savage Park

3<sup>rd</sup> Annual Back to School Celebration and Health Fair: Tested Faith Ministries; 10 am to 2 pm; Giving away school supplies; Foqd, music, health checks: 567-225-7263

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

Community Day Back to School Youth Explosion: 9 am to 4 pm; Wilson Park; Backpack and school supplies giveaway; Food, games, basic hair care, used clothing; Hosted by United Vision: 419-720-0050

NANBPWC Membership Tea: 11 am; Sanger Branch: 419-475-3007

23<sup>rd</sup> Pre-Anniversary Gospel All-Stars: 5 pm; Worldwide Living Ministry

District 1 Bulky Refuse Drop-Off & Recycling Event: Bethlehem Baptist; 10 am to 1 pm; Bulky items, tires, small appliances, electronics, cell phones, TV's

## The Sojourner's Truth

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## Family Ties II: Staying the Course

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



*Love is or it ain't. Thin love ain't love at all.*  
- Toni Morrison

Much of the discussion concerning the decline in the proportion of black children living in two-parent, married-couple homes has revolved around the barriers which prevent marriage from taking place. These include factors such as an imbalanced gender ratio, lack of mate availability, criminality and other issues (Chapman 2007).

However, very little insight has been acquired that speaks to the inevitable challenges and threats to family stability faced by nearly all of those individuals who do manage to tie the knot.

We spoke with Norman and Ora Bell, married for 57 years, about marital challenges and what it takes to develop a strong relationship and an enduring marriage.

"The hardest thing for me in the early stages of our marriage," Norman explains, "was that it was about me and not about family. I am thinking about what I want to do and not what she wants and what the children need or want me to do with them."

Ora, laughs and replies "Let me help you with that. The point is, I pointed it out to you."

"She did," Norman affirms.

"With Norman," Ora continues, "I would say to him, 'Norman I know you are an only child, but there are five of us that you are responsible for including yourself and you can't afford to be selfish because you are the head of this household and when you start

talking about what you want that's a mistake. It is what is best for the family.'

And when he worked as a bailiff, I said to him 'Norman, I needed a box of salt or something;' and he said 'I just sat some people out on the street and they've got no place to go and you're telling me about a box of salt.' And he would say, 'You better leave me alone.' And I say 'I still need a box of salt.' (Laughter) That is what I had to do."

"That's the truth," Norman admits.

"He would do that," says Ora, still laughing. "He would bring it home. There were times that he would tell me, 'Well this is what you're going to do.' And I would say 'I'm not your employee.' You know, this is what you have to do, because he would come down with those types of things, you know."

"My thoughts as far as the glue that has kept our relationship together," Norman reflects, "is good, honest and forthright communications, being able to speak about it. You may not like what you hear, but I think that candor in your conversation is the key in any relationship, and we have had that. Have we had troubles in our marriage? Yes we have, but we have been able to overcome that by talking to each other and being able to reconcile our differences."

"I am an only child and I have been very, very selfish from the very beginning, and Ora says I am still selfish in some ways, even now, after all these years, but I didn't know too much about the art of compromise then, but that has to happen in a marriage in order to make the thing work. I can't always do it my way, the way I want to do it, when I want to do it. I've got to look at what she is saying some times, even though I don't want to do it. I do it anyway in order to keep the relationship the way it should be, so I compromise. I don't do it all the time, but I do it some times," he says with a wink.

"And, I know it just eats him up," says Ora teasingly.

"Also, in my early life,"

Norman continues, "my biological father was not available and I ended up with a stepfather. So, there has always been a determination to not allow this to happen to the children or my wife, an something within me that said 'You can't do what your father did. You just can't walk away from your family and do like your

each other and be honest. No matter how bad it is, give all the information. Don't allow your mate to make a decision on partial information. Give them all the information and then let them have a chance to make an informed decision," she adds.

Black couples face many post-marital challenges to

family stability. Our continuing examination of African-American love stories reveals that:

Enduring marriages are a work in process.

The presence of children are often a unifying influence rather than a strain on the marriage.

The "bachelor syndrome,"

an affliction many young black men experience in the early stages of their marriage, requires the transition from a "me" to "we" mentality or from a self-centered to couple or family centered perspective.

Contact Rev. Donald Perryman, D.Min. at [ddperryman@centrofforfaith.org](mailto:ddperryman@centrofforfaith.org)



dad. You've got to do a little better and hang in here, I don't care how tough it gets, how hard it gets, hang in there and do what I've got to do.' And that is what I did."

As for advice on resolving conflict and making a marriage strong, Ora states: "Norman and I had our differences, but we found a way not to air them in the presence of the children. We always tried to make sure that they felt secure and did not have to choose between one parent or the other."

"I would also say, especially to young couples," she cautions, "that when there is a disagreement, the first thing they want to do is run home to mama, and that's a big mistake. Mama doesn't need to be in it. Because you guys will get back together and Mama will still be thinking about what you told her and will hold it against him and you are going to be unable to convince her to ever like him again."

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## The Shame of America

(Continued from Page 2)

the corporate sector and the rich.

Just as this nation moves in the direction of realizing the ideals of the American Revolution and the vision of Paine, the Tea Party movement takes us in the opposite direction. This movement represents the worst of American political culture. It is the shame of America. Both Thomas Paine and Thomas Jefferson would be appalled by the Tea Party movement. In the spirit of Thomas Paine, Americans everywhere, black and white, rich and poor must come together to stand against this movement and protect the things and values that have made this nation great.

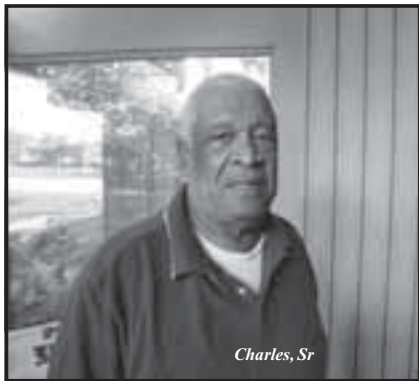
Carter Wilson, Ph.D., is professor of political science and public administration at The University of Toledo

# Brian's Bag: Best Practices in Autism

## An Individualized Sensory Stimulation Program for a Young Adult with Autism and Behavioral Concerns That Works!

By Geneva Chapman  
Special to The Truth

Brian is happy because his day is full of sensory stimulation. Seeing new faces. Hearing conversations, laughter, and people at work and play. Smelling both inside and outside odors. Tasting, not only with his tongue when he eats a hot meal every day at his day hab center, but also with his mind as he and his one-on-one make the rounds. Unlike many day hubs where individuals sit and do mindless, repetitive activities like sorting or age inappropriate activities like coloring or even fall asleep due to boredom, Brian's day hab, under the direction of administrators Michael Zeigler, Jr. (CEO of Living Stream, Inc.) and Patricia Zeigler, has given his one-on-one, Jermaine Brown, who is also the manager at Brian's Zeigler Habilitation Homes, Inc.'s supportive living home, the freedom to create a program just for Brian. A major component of that program



Charles, Sr

involves changing Brian's environment frequently throughout the day. Sometimes Brian is at the YESS (Youth Enrichment Support Services) House for supervised social interaction with the young adults there, two of whom have Autism Spectrum Disorder; one has Aspergers and recently graduated from high school and the other is a skilled athlete and games

man. All of the young adults are polite and warm toward Brian, despite many having been targets of his aggressive behavior in the past. Those behaviors have rarely occurred since Brown has been working with Brian. "Brian has not had any outbursts because when I see the cues, I know it's time to change his environment," says Brown. "He has to have the free-



Charles, Jr

dom to move freely. He's not going to sit in one place for long or engage in one activity for too long. He also has a routine that he has to follow. He has to get up at a certain time in the morning, eat his meals at the same time every day - everything has to be on schedule and I try to stick to his schedule, not make him conform to someone else's." Brian enjoys the sights and sounds of video games, news discussions, and other activities at the YESS House. Brian also gets to enjoy the sounds and smells of the concession counter outside the movie theater where some of the young adults work in a food service program and may even watch his favorite cable channel, A&E, on the wall-mounted television. If Brian is feeling anxious or showing behavioral cues, he goes to the movie theatre and watches a movie. Other times, Brian walks around the beautiful grounds of the CHARLOTTE'S WEB complex and watches employees from the Overcomers Group, Inc. supported employment enclave doing landscaping work or playing basketball while on break. One of the crew who has autism has benefited from Brown's expertise offered to Overcomer's Group, Inc.'s CEO Darnell Flowers, and administrator Charon Morris who've created their own approach with the crew member who functions at a higher level than Brian but who has similar behavioral issues. Staff trained by Flowers and Morris are experts in dealing with behavioral issues

on-one while he interacts briefly with the seniors and their staff, who are adept at dealing with individuals with autism since there is a senior with autism in their area who, like Brian, benefits from frequent changes in environment and sensory stimulation. Although the senior with autism does not have a one-on-one, under the direction of Living Stream Inc. Executive Director Louis Turley's staff have devised an effective and individualized program for the senior that's implemented by all three staff, but most frequently by the only male on staff, Jesse Coleman, Sr. who is frequently seen walking around the grounds with the senior who has autism. "He has



Darnita

using various approaches that teach their crew members, many of whom have behavioral concerns coping skills, anger management skills, problem solving and other adult living skills/self-control methodology using BASIC® (Behavior Alternatives and Support for Independence in the Community), a habilitation program designed for individuals with behavioral issues. "We follow his lead while at the same time giving him boundaries," explains Morris. "He has freedom within limits and he understands what those limits are. Our staff is doing an excellent job adapting to his individual needs which are different from our other crew members' needs." Brian also visits the CHARLOTTE'S WEB administrative building where he is warmly greeted by the receptionist, another consumer, and CEO Michael Zeigler, Sr., as well as other staff. There he can visit the senior day hab supervised by his one-

certain things he has to do," says Coleman. "He likes to drink a lot of water, he stays on the move and likes to take frequent walks or move from place to place in the day hab. As long as he can do the things likes to do, he's usually all right." Living Stream, Inc.'s YESS program consists of an after-school program for high school students with autism and a Saturday recreation program for the young adults, including the two with autism. BASICS® (Behaviorally-focused AFTER SCHOOL Intensive training Curriculum in Special Education), designed by this author, Geneva Chapman, program director/facilitator, provides academic skills instruction based on individual interests, development of appropriate social skills/interaction and reduction of inappropriate behaviors.

Instead of limiting Brian to the confines of his autism by emphasizing what he can't do, Brown has chosen  
*(Continued on Next Page)*

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# Brian's Bag

(Continued from Page 4)

sen to expand Brian's world by assisting Brian to do the things he can do. Brian's program works for him because it's designed for him. Now, with the help of Brown and other capable staff trained at home and work by Brown on Brian's unique and individualized sensory stimulation program, this young adult with autism has a very full day every day.

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Mike, Sr.



Pamela



of CHARLOTTE'S WEB (Center for Habilitation, Activities, Resources, and Learning, Offering Training & Team-building, Enclaves for Supported employment, Weekday/weekend Enrichment & Behavior support).

This Friday through Sunday, August 5-7, brings Toledo once again the annual Big T Weekend of Music Festivals at the cor-



Patricia

ner of Reynolds and Central showcasing the businesses in the area.

Friday at 5 pm the Hip-Hop Jam Festival starts featuring Clemeye, Tracy, Despo and young adults from CHARLOTTE'S WEB.

On Saturday, August 6, the "Joy of Music" Jazz Festival kicks off at 2 p.m. Featuring The Manning Brothers, Jesse Coleman, Ramona Collins, Bluesman Bobby G, Lady K, Michael Mickle and Dorothy Gray.

On Sunday at 2 p.m., the Charlotte Zeigler Gospel Showcase Music Festival features Fresh Anointing, Winsocal, Rev. C.M. Mayes, the Macedonia Baptist Church Choir and more.

There will also be food for sale, games, prizes and daily raffles.

A New Orleans style parade opens each event!

All proceeds will be used to help individuals with developmental disabilities enrolled in programs available through the companies under the umbrella of CHARLOTTE'S WEB.



Mike, Jr.

Reba

# UT Alumni Group Hosts Shoe Drive to Donate to Local Elementary Schools

Special to The Truth

Back to school time is right around the corner and you can help young children in the community get ready by participating in the third annual Shoe Collection Drive coordinated by alumni affiliates at The University of Toledo.

During the month of August, gym shoes and dress shoes in youth and small adult sizes, as well as school supplies, such as pencils, pens, paper, backpacks and tissues, will be collected to help students get a head start on their school years.

Shoes can be gray, black, brown or white (tennis shoes or dress shoes). Needed sizes include children's sizes 1-6 or toddlers sizes 10-13. A good rule of thumb is the shoe size is the same as the grade level for the child.

"With so many backpack drives already in operation, we wanted to do something different," said Tammy Talmage, vice president of the Judith Herb College of Education, Health Science and Human Service Alumni Affiliate. "So many children have torn shoes or no proper shoes for gym class. We saw a definite need that we could help fill and we are happy to continue our efforts to do so."

The alumni affiliates for the Judith Herb College of Education, Health Science and Human Service and College of Engineering are coordinating the collection drive.

Donations can be dropped off throughout the month from 8:15 a.m. to 5 p.m., Monday through Friday at the Driscoll Alumni Center in

Room 2001. The Driscoll Alumni Center is located on the Main Campus of The University of Toledo at the intersection of Bancroft Street and University Hills Boulevard. A donation drive event, the Shoe Tree Social, also is scheduled for 6 to 8 p.m. on Monday, Aug. 29 at the Dorr Street Café. Drop off your donations, meet the members of the participating affiliate groups and sample some free appetizers provided by the Dorr Street Café. The shoe collection drive is in addition to the mitten and hat drive held in the winter and a breakfast bar drive in the spring that the alumni affiliates hold to support students in need. For more information, visit [www.toledoalumni.org](http://www.toledoalumni.org) or call 419.530.2586.

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## 15th annual National Minority Donor Awareness Day is August 1 Disproportionate Number of Minorities Need Life-Saving Organ Transplants

Minorities comprise 35 percent of the population, but they represent more than half of the 111,000 people on the U.S. Transplant Waiting List. In an effort to save lives, National Minority Donor Awareness Day was established, and it is celebrating a milestone this year.

August 1, 2011 marks the 15th annual National Minority Donor Awareness Day. The nationwide observance serves as an opportunity to educate everyone about the critical need for organ and tissue donation within the multicultural community and to inspire people to register as donors.

Some of the more than 61,000 minorities (this number includes African Americans, Hispanics/Latinos, Asians, American Indians, Pacific Islanders and people of multiracial descent) waiting for an organ transplant are suffering from conditions like diabetes and hypertension, which occur more frequently among certain minority populations, and can cause kidney failure. As a result, more than 54,000 minorities are awaiting kidney transplants alone.

Last year, 7,943 people gave the gift of life through organ donation, 2,660 of whom were minorities. Also in 2010, 28,662 people received life-saving organ transplants, 11,501 of whom were minorities.

Life Connection of Ohio, the non-profit organ procurement organization in Maumee, encourages people of all ethnicities to learn the facts about organ and tissue donation on National Minority Donor Awareness Day. Below are some misconceptions that sometimes prevent people from registering as donors.

“Will my medical treatment suffer if I say ‘yes’ to donation?” Absolutely not. This myth is a theme on television drama shows, where many writers don’t let the facts get in the way of a good story. The reality is that every effort will be made to save someone’s life, regardless of their choice to donate. The doctors and nurses working hard to save lives at hospitals are a completely separate team of people than those who deal with organ donation. If all life-saving efforts have been exhausted and a person is declared dead, it is only then that donation is an option.

“Can I still have a viewing if I donate?” Yes. The organ recovery surgery is a very careful, respectful procedure, and if an open-casket funeral was possible before donation, it will be possible afterward.

“Is my religion against donation?” Probably not. All major religions in the United States either support organ donation, viewing it as a charitable act, or leave the decision up to the individual.

“Do rich or famous people get transplants first?” Absolutely not. It might seem that way because of the amount of publicity generated when a celebrity receives a transplant, but they do not receive preferential treatment. The waiting list exists because everyone has to wait on it, regardless of wealth or celebrity status.

“Will there be a cost to my family if I donate?” No. All costs associated with donation are billed to the organ procurement organization.

“Am I too old – or too sick – to donate?” Not necessarily. There is no age limit for organ donation. It is important to say “yes” to donation regardless of any previous or current medical conditions, as medical professionals will determine whether donation is possible after death.

The most important decision anyone can make in honor of National Minority Donor Awareness Day is to say “yes” to donation.

Currently, there are more than 111,000 people on the National Transplant Waiting List. Of the more than 3,400 Ohioans waiting for a life-saving organ transplant, 238 people await a kidney at the University of Toledo Medical Center. The organ shortage continues to grow at a staggering rate, as another person is added to the waiting list every 10 minutes. Sadly, 18 people die each day before they are able to receive their second chance at life. *The good news:* One organ and tissue donor can save up to eight lives and enhance the lives of up to 50 people.

For more information about organ and tissue donation, contact Life Connection of Ohio at 419.893.4891. To register as an organ and tissue donor, visit [www.DonateLifeOhio.org](http://www.DonateLifeOhio.org).

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August 3, 2011  
Proceeds benefit The Urban Green & Sustainability Scholarship

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- Putting Contest
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- Longest Drive
- Closest To The Pin
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# Grill A Variety of Vegetables

Patrice Powers-Barker, OSU Extension, Lucas County  
Guest Column

Don't heat up the kitchen! Use the grill to "make half your plate fruits and vegetables". Enjoy grilling these various local veggies, during the summer and fall growing season: Broccoli and cauliflower florets

- Onions (red, yellow, white, etc.) and garlic cloves
- Peppers (sweet bell peppers, hot peppers)
- Sweet potatoes and potatoes (white, red, etc.)
- Green and yellow beans
- Eggplant
- Summer squash (zucchini, yellow squash, patty pan, etc.) and winter squash (butternut, acorn, etc.)

• Tomatoes (Cherry tomatoes work well on kabobs. When grilling other tomatoes try the plum or Roma type tomato since they tend to be more firm and work better than juicy, slicing tomatoes)

• Cabbage (works well shredded and enclosed in foil)

- Corn on the cob (pull the green husk back and remove the yellow silken hair. Pull the green husk closed again and soak in a clean bucket of water for a few minutes before grilling. Optional: tuck some fresh herbs on the corn cob kernels before closing the husk and grilling)



As you "Vary Your Veggies", remember there are various ways to grill produce. Choose what works best for you. Grill fresh produce directly on a clean, oiled grill rack or use a grill basket. Use kabobs made of metal or wooden skewers. If using wooden skewers, soak them in water for a few minutes before threading on the vegetables in order to avoid burning the wood when grilling. Another option is to cover your grill rack with one layer of heavy-duty aluminum foil or two layers of lighter-weight foil. Tongs or spatulas are recommended rather than a fork to turn vegetables.

The biggest disadvantage of a fork is that it could pierce the produce and allow the juice to run out. The cooking times for each type of produce will vary. Obviously, the most tender and thinly sliced produce will take the least amount of cooking time. A few will take as little as three to five minutes on each side and most vegetables will be tender and lightly browned in 12-15 minutes (over a recommended medium heat).

Skip the Salt! Grilling enhances the natural flavors of produce and it caramelizes the natural sugars. If you're using fresh, local produce, why not add fresh local herbs for flavor? What are you going to do with all those tasty grilled vegetables? If you (or the kids) aren't yet convinced you will love the taste of all the colors of vegetables, make it a pizza night. Use the grill to cook the pizza.

When grilling pizza dough (either homemade or store bought), use either a clean grill rack or a grill rack lined with aluminum foil. Spray on non-stick spray and spread out the pizza dough. Let it grill for three to five minutes until the bottom of the crust is starting to cook. Turn over the crust and add a thin layer of toppings, including the grilled vegetables! Let it grill another five to 10 minutes and enjoy. If you don't want to use pizza dough you can purchase a pre-made pizza crust that can go right on the grill with the thin layer of toppings.

Where do you find fresh produce? If you are not a gardener then find a favorite farm market or farm stand in your neighborhood. Farms are not just in the country. There are many urban growers from children's summer programs to community gardens that sell or share extra produce. The downtown Toledo Farmers' Market often has summer entertainment, cooking demonstrations and samples of tasty, easy recipes on Saturday mornings. Farmers are only able to make change from cash but if you do not have cash on hand, stop by the information table to use your credit or debit card. Choose how much you want to spend, they'll swipe your card and you will receive tokens to use at the farmers' tables.

If you or someone you know uses the Ohio Direction Card (food assistance benefits), there is a wonderful promotion this summer called "Double Up Food Bucks". For every dollar spent from the Ohio Direction Card (up to \$20), a local grant funded program will match the purchase dollar for dollar to use at the Farmers' Market. This is available at the Toledo Farmers' Market, Saturdays 8 a.m. - 1 p.m. at 525 Market Street and also at the Westgate Farmers' Market, Wednesdays 3-7 p.m., 3311 Secor Road, (Elder-Beerman parking lot). For more information on "Double Up Food Bucks", call toll free 1-866-586-2796. For more information on enjoying local produce, please visit the OSU Extension, Lucas County website at - HYPERLINK "http://www.lucas.osu.edu/" - www.lucas.osu.edu



## Heartbeat offers Hope & Healing Support Group for Women Suffering From Past Abortions

Special to The Truth

Although some women report little trauma following abortion, for many the experience can be devastating. Experts say it is normal for women to grieve a pregnancy loss, including a loss of a child due to an abortion.

To help women who are experiencing this loss, Heartbeat of Toledo is forming "Hope & Healing," a post-abortion support group. The first meeting of this group is planned for Wednesday, August 17 at 7 p.m. at Heartbeat's new office, 4041 W. Sylvania Ave, Suite LL4.

This office is located directly across from Westfield Franklin Park.

"Many women who have had an abortion have kept this a secret for many years," Pat Todak, executive director of Heartbeat, said. "This secrecy has likely added to the stress these women are feeling."

The goal of Hope and Healing, Mrs. Todak said, is to help these women realize they are not alone and also to help them forgive themselves and be able to grieve the lost.

"The group will be tailored to meet the needs of the women who participate," Todak said. "Ev-

eryone is welcome—women of all ages and situations—whether they want to share or just listen." She added that everything shared in the meeting will be confidential.

For more information about Hope & Healing, please call Heartbeat at 419-241-9131.

Heartbeat provides free support and assistance to women facing unplanned pregnancies including pregnancy tests, ultrasound services, and options counseling. Prenatal and parenting lessons are also available.

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**Dear Ryan,**

Ryan Rollison  
The Truth Contributor



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**Dear Ryan,**

I am still having a hard time with losing this weight around my stomach? I have been working out and I'm losing weight but just not around my mid section. I would love to have you as my trainer to show me what I may be doing wrong, but I can't afford it right now. Do you have any advice that may be able to help break this sticking point?

Grace

**Dear Grace,**

First let me say if you are losing weight, you're not at a sticking point! Your body will burn fat wherever it can access it from the easiest.

You may lose in your legs first where your friend may lose in her back first. Everyone is different. The key here is being patient and persistent in your work..Progress is progress and it sounds like you are making some.

I'd love to be able to tell you to do 100 sit ups, crunches, side bends and

leg lifts and your belly fat will dissipate in two weeks, but I can't! It will no doubt strengthen the abdominal muscles. Unfortunately, there is no such thing as spot reduction!

So all the infomercials and ab classes that say, "this will shred your abs in 10 minutes a day" is full of hype, false hope and broken promises. You need to keep your body burning fat and make sure that you consume the right foods that will help keep your body burning calories like a furnace.

If you are not weight training please incorporate it now because it will raise your metabolism and keep your body burning fat longer. Also, be sure not to cut your calories too low because this will cause you to burn muscle, slow your metabolism and hold on to body fat. If you are not sure of what foods to eat please refer to [mydreambodies.com](http://mydreambodies.com) to obtain a food list.

As far as training you goes I have made some

changes to my business and I am offering training as low as \$12.50 per session. Maybe this will fit better into your budget just call me at the gym for details. I hope you have continued success and remember as long as you see progress you are doing something right. Keep up the good work and I hope to hear from you.

Ryan Rollison  
Dream Bodies  
1240 W. Sylvania ave  
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## Ten in Thirty

By Angela Steward, Fitness Motivator  
Guest Column



The dreaded 10 pounds - I'm either at my personal "love my body" weight, or 10 pounds over, which is okay because I love to eat, so 10 pounds could easily become 15 or 20! The problem is, like most of us, I love to eat heavy, filling comfort foods like macaroni and cheese, sweet potatoes, fried shrimp, fried chicken, fried anything. These foods are the very foods that attach to my body like glue. Even though I exercise daily, those types of food make

my weight scale jump up 10 pounds every time!

July has been a total weight bust for me - here's how I gained 10 pounds in 30 days. My personal 10-pound journey started with several 4<sup>th</sup> of July celebrations: barbecued chicken, ribs, sausage, barbecued everything, with extra helpings of potato salad, chips, burgers, dogs, etc. Let's not forget the desserts like homemade ice cream and strawberry pies!

Then a trip to Detroit to see R. Kelly in concert, but first, of course, we stopped at Southern Fire Restaurant for dinner: fried chicken, sweet potatoes, collard greens, macaroni and cheese and cornbread with honey. Out of this world! No dessert though, thank goodness!

Followed by seven days in New Jersey (my husband's hometown) where everything edible is wonderful. My mother-in-law totally spoils my

husband and me (really she spoils my husband- we just happen to be a package deal). As soon as we arrive, she has my husband's favorite donuts waiting - two dozen to be exact! She also has two super Italian subs that are the length of your arm sitting on the table - which are too yummy for words!

From there my fitness journey takes a downhill dive: we go to Delaware Park for horse racing and gambling, but on the way we have to stop at one of my husband's favorite seafood restaurants, Neptune's, for fried shrimp and clams casino. Okay, he didn't have to twist my arm, in fact, I suggested it - it's too good to pass up.

While at Delaware Park you simply have to have one of their Philly cheese steak sandwiches - yes, we ate one of those too, but we did share it! The damage is done, and it doesn't stop there. The

next day we get up early to drive to Ocean City, Maryland, (three-hour drive) to eat at a restaurant called Phillips - ALL YOU CAN EAT SEA-FOOD!

If you've ever been there you know why people drive miles and miles just to eat. Some of our relatives (who shall remain nameless) once visited the restaurant when the restaurant experienced a small fire in the kitchen and the smoke alarms went off, the restaurant politely asked everyone to evacuate, our kin folk (who again shall remain nameless) were willing to take the risk of

burning up - there was no way they were leaving a full plate of shrimp, crab legs, and clams behind...the food is just that good!

So if you're ever in the Delaware, Maryland area - check out Phillips Seafood Restaurant! But if the smoke alarm goes off, just dump your food in your napkin and evacuate the burning building quickly..LOL!

We then had a family wedding, of course at the reception there's more food, then a family cook-out - more food, the entire week was filled with food on top of food!

To finish off the ful-

filling month of July we went to Cincinnati for the Jazz Festival where one of the best seafood restaurants exists: Papadeaux - OMG! It was so good, we ate there for lunch and dinner over the weekend. And don't let me forget about The Cheesecake Factory - two slices of cheesecake to do go, please! Even though my hubby and I shared most of our meals, it didn't matter, calories in and we burned very little. Of course, except when Frankie Beverly came on stage I stood up and danced the entire one and

(Continued on page 14)

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# Before School Starts this Year, Make Sure Every Child Takes the Test that May Help them Pass all the Rest Parents Should Also Hit the Books to Educate Themselves on the Importance of Children's Eye Health

*Special to The Truth*

For many, the first day of school is quickly approaching and parents know there is so much to be done to make sure that their child has all of the tools to succeed. A key part of this success starts with healthy eyesight in the classroom.

A child's ability to see clearly is critical to their learning experience. Prevent Blindness Ohio has declared

August as Children's Eye Health and Safety Awareness month in an effort to encourage parents to learn about ways they can help protect their child's vision.

Often children do not realize they have problems with their vision because they think how they see is how everyone else sees. They learn to compensate with their vision problems without fix-

ing them, which can lead to more problems in school and later in life. Unfortunately, some students are misdiagnosed as having a learning disability or behavioral problems when they may have vision impairment. This confusion can be addressed by taking a child for a certified vision screening or an eye exam.

"Vision problems affect one in four school-aged children. We want all parents to make sure their child's eye problems do not go unnoticed this school year," said Sherry Williams, president and CEO of Prevent Blindness Ohio. "A child should not have to struggle in school because of an undetected vision problem."

Eye problems can range from common refractive errors such as nearsightedness and farsightedness, to serious eye conditions including:

**Amblyopia or "lazy eye"** -

the most common cause of visual impairment in children. As the brain develops and receives diminished images from the affected eye, it begins to suppress those images and favor the unaffected eye. If this condition persists, the weaker eye may become useless. Amblyopia becomes more difficult to treat effectively as the child becomes older.

**Strabismus or "crossed eyes"** - a condition where eyes are misaligned, or do not line up with each other. This problem is caused when the muscles do not work together. Strabismus may eventually lead to amblyopia. Approximately one in 50 children has strabismus.

Eye problems like amblyopia or strabismus are most successfully treated prior to age six. If left until the child is older, the child may have good vision in only one eye for their remainder of their lifetime. That's why Prevent Blindness Ohio recommends a continuum of eye care throughout the lifespan beginning at birth and including regular vision screenings and comprehensive eye exams.

Parents can hit the books as well to learn more about how to keep their children's eyes healthy. Prevent Blindness America has created "Star Pupils," a free program specifically designed to educate parents on what they can do to ensure healthy eyesight for their kids. Parents may visit [Starpupils.org](http://Starpupils.org) and receive free information on everything from common eye conditions in children to tips on how to protect eyes from

injury while playing sports.

Prevent Blindness America recently launched the "Most Beautiful Eyes Contest", which allows children across the United States the chance to become the face of the Star Pupils program in 2012 and win a \$25,000 scholarship. From July 18 through August 31 parents of children ages zero to 17 are encouraged to enter their child in the Prevent Blindness America Most Beautiful Eyes Contest by submitting a photo to the Prevent Blindness America Facebook page ([facebook.com/preventblindness](http://facebook.com/preventblindness)). The program is designed to support the Star Pupils program, the signature vision and education platform for Prevent Blindness Ohio and Prevent Blindness America.

For more information on children's eye health and safety, please call Prevent Blindness Ohio at 800-301-2020 or log on to [www.pb ohio.org](http://www.pb ohio.org).

## 2011 CHILDREN'S EYE HEALTH AND SAFETY FACT SHEET

\* Amblyopia is responsible for more loss of vision in people age 45 and younger than all other eye diseases and trauma combined.

\* According to the Centers for Disease Control and Prevention (CDC), only one in three children in America

have received eye care services before the age of six.

\* More than 12.1 million school-age children, or one in four, have some form of vision problem. The NEI also reports that the most prevalent and significant vision disorders of preschool children are amblyopia (2-5 percent), strabismus (3-4 percent) and significant refractive error (15-20 percent).

\* About 80 percent of learning in a child's first 12 years comes through the eyes. ([CheckYearly.com/VisionCouncilofAmerica](http://CheckYearly.com/VisionCouncilofAmerica))

\* Often a child with a vision-based learning problem has excellent verbal skills, causing parents and educators to think the child must be lazy, have ADD/ADHD, or is learning disabled. The possible misdiagnosis can be due to similar symptoms, but the causes are not the same. (College of Optometrists in Vision Development)

\* Amblyopia is reduced vision in an eye that cannot be corrected by glasses alone. It can lead to monocular blindness if left untreated. With early detection and treatment, the chance for restoring vision is excellent. An encouraging recent study showed children up to the age of 17 can still be effectively treated for amblyopia.

\* Amblyopia is the most common cause of visual impairment in childhood. It affects approximately 2 to 3 out of every 100 children. (National Eye Institute)

\* Untreated amblyopia costs the U.S. nearly \$7.4 billion in earning power each year. There is a return of \$22

*(Continued on Next Page)*



### Cupcake Camp Toledo

Charity Bake Sale

Join us at the Comfort Inn South, 2426 Oregon Road, on August 20<sup>th</sup> for Cupcake Camp Toledo's 3rd Annual Bake Sale! We'll be opening the doors at 10:30am with a delicious array of sweets and treats. Funds raised at this event will be donated to local nonprofit community organizations.

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## Children's Eye Health

(Continued from Page 10)

for each dollar spent on amblyopia diagnosis and treatment. (Membreno JH, Brown MM, Brown GC, Sharma S, Beauchamp GR., "A Cost Analysis of Therapy for Amblyopia," *Ophthalmology*, December 2002)

\* Amblyopia has many causes. Any underlying condition that causes the brain to receive images of unequal quality in the two eyes (one eye focuses better than the other) can cause amblyopia. Most often it results from a misalignment of a child's eyes, such as crossed eyes (strabismus). There is an increased risk in pre-term infants, low birth weight infants and in children born with disabilities such as cerebral palsy and Down syndrome.

\* About one in 50 children in America has strabismus. Half of these children are born with the condition. An illness or accident may also cause strabismus.

\* Treatment options for strabismus include orthoptics (eye muscle training programs), vision therapy (orthoptics plus training and rehabilitation of the eye-brain connections involved in vision) and surgery. (Optometrists Network, strabismus.org)

\* Congenital cataracts are present at birth but may not be identified until later in life. Cataract surgery is the treatment of choice and should be performed when patients are younger than 17 weeks to ensure minimal or no visual deprivation. Most ophthalmologists opt for surgery much earlier, ideally when patients are younger than 2 months, to prevent irreversible amblyopia. (Mounir Bashour, MD, PhD, "Cataract, Congenital," *emedicine.com*, April 2006)

\* According to the International Glaucoma Association, glaucoma in infants is present in one in 10,000 births. Symptoms of glaucoma in babies and children may include:

- \* Large eyes
- \* Sensitivity to light
- \* Cloudy eyes
- \* Watery eyes
- \* Poor vision and jerky eyes (Nystagmus)
- \* Squinting

\* Vision screenings and professional eye examinations are recommended as part of a continuum of vision care for children. Prevent Blindness America recommends children have their vision checked at infancy, six months, three years, five years and follow-ups as needed.

\* The CDC reports that 40 percent of all sports-related eye injuries are to kids, ages 14 and younger. And, only 14.6 percent of kids say they consistently wear eye protection while playing sports. Boys were more likely to wear eye protection than girls.

\* Keep dangerous household products out of reach of children and buy only toys that are age-appropriate.

\* Protect your children's eyes from the sun. Kids should wear polycarbonate sunglasses to protect their eyes from harmful UV rays. The glasses should be marked with a label that indicates they provide 99-100 percent UV-A and UV-B protection. Wide-brimmed hats block about 50 percent of UV rays when worn alone.

80 PERCENT of children diagnosed with learning disabilities or poor learning performance have binocular vision problems.

Source: Solan, H.A., *The Treatment and Management of Children With Learning Disabilities*

## Let Technology Help You Lose Weight, Says TOPS

Special to The Truth

With the surge of social media and smartphones over the years, some believe that the Internet and computer programs have encouraged inactivity. But what if these technological advances could actually help a person lose weight? Many people on the journey to wellness, including members of TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, have turned to technology for encouragement and weight-loss management.

Share your experience with friends

Social media, such as Facebook and Twitter, can hold people accountable and provide them with support. Posting a Facebook status or tweeting about weight-loss goals and plans can help keep a person on track. Not only may individuals feel the need to uphold their weight-loss declaration, but people may also gain a sense of camaraderie. Facebook friends or Twitter followers may have the same goals and can provide encouragement, healthy recipes, exercise tips, and more. They are personal weight-loss cheerleaders.

TOPS' Facebook page, [www.facebook.com/TOPSClub](http://www.facebook.com/TOPSClub), features inspirational photos, links to articles, videos, seasonal recipes, success stories, and

another popular social tool is DailyMile. Users can connect to DailyMile for free and track workouts, compete with friends, map exercise routes, post status updates, and use tools to help their fitness training.

**Use an online calorie counter**

Online calorie counters, like MyFitnessPal and Lose It!, are a great way to track the amount of calories a person consumes and burns each day. Many allow users to personalize their profiles with their height, weight, target weight, activity level, gender, and other criteria. Calorie counters can help individuals reach their goals, because they make the user aware of the nutritional value of the foods and beverages they consume.

**Take advantage of a support network**

Chat rooms and on line forums are a convenient (and anonymous way, if you prefer) to find support, share experiences, and get advice. Individuals are able to join a conversation with people who are going through the same experience while in the comfort of their own home. TOPS members have access to the organization's members-only chat rooms and message boards, particularly helpful for those who aren't able to attend their weekly local chapter meeting or are

seeking extra encouragement. Topics may range from exercise tips to simply getting to know one another. It can be easier to struggle past cravings or get motivated to work out if a person knows that others are sharing the same experience.

**Keep track of goals**

TOPS members have many weight-management tools available for their use. One such tool is "My Weight Record" for weight tracking, available in the members' area of TOPS' website at [www.tops.org](http://www.tops.org).

Mobile "apps" focusing on diet and exercise abound with the rise in smart phones. Want to count calories? Wonder where you can find a healthy recipe on the go? Calorie counters, training apps, and restaurant information, such as Restaurant Nutrition, are just a few examples of the apps that people can download on their smart phones — and many are free. Mobile apps can easily track calorie intake, calculate calorie needs, or provide tips to train for that future 5K.

Many TOPS members use Together Counts, an app where people can pledge to eat weekly meals together, be active, and stay connected to an environment with similar goals. It encourages families and communities to get healthy together

with a simple pledge: *Eat at least one meal and do at least one activity together every week.* Together Counts helps users keep track of their progress while holding them accountable to their team and others in the community.

With hundreds of options, people can easily choose a technological program that fits into their lifestyle and weight-loss goals.

TOPS Club Inc. (Take Off Pounds Sensibly), the original, nonprofit weight-loss support and wellness education organization, was established more than 63 years ago to champion weight-loss support and success. Founded and headquartered in Milwaukee, Wisconsin, TOPS promotes successful, affordable weight management with a philosophy that combines healthy eating, regular exercise, wellness information, and support from others at weekly chapter meetings. TOPS has about 170,000 members in nearly 10,000 chapters throughout the United States and Canada.

Visitors are welcome to attend their first TOPS meeting free of charge. To find a local chapter, view [www.tops.org](http://www.tops.org) or call (800) 932-8677.

## Ten in Thirty

(Continued from Page 9)

a half hours, so I did burn some calories, but surely not as much as I've taken in!

So August is going to be a great month – a healthy month. I will do better! No celebrations, well a few, but I will control myself! I've gained 10 pounds in 30 days and they need to disappear quickly! How am I going to lose 10 pounds in the next 30 days? My plan is to:

1. I will eat a bowl of oatmeal every morning;
2. I will drink six or more glasses of water daily;
3. I will not drink any sodas or juice;
3. I will not eat white bread, rice, potatoes or pasta;
4. I will pass on all fried foods;
5. I will not eat any cheese or dairy products;
6. I will eat fresh vegetables and fruits low in sugar (strawberries, apples, oranges) daily;
7. I will exercise daily (walk, dance, swim, etc.);
8. I will lift

weights at least three times per week (muscle burns fat);

9. I will eat lean protein – chicken, turkey, fish, seafood;
10. I will surround myself with people who want to lose weight and are focused on health and fitness.

If I can gain 10 pounds in 30 days, my goal is to lose it in 30 days! If not, I may have to change my job title from a fitness instructor to a food critic! I'll let you know in September's article!

Yours in Fitness!

Angela R. Steward  
 Fabulously Fit  
 Co-Owner of Studio Fitness  
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# County: Life, Death and Politics at Chicago's Public Hospital by David A. Ansell, M.D., MPH; introduction by Quentin Young, M.D.

c.2001, Academy Chicago Publishers \$29.95 U.S. and Canada 256 pages

By Terri Schlichenmeyer  
The Truth Contributor

Exercise. Eat right. Quit smoking. See your doctor.

Your stay-well regiment is pretty easy. You've made those four steps into habits, you pay attention to your body, and you've managed to stay (mostly) well.

You want to live a long, healthy life. But what if you get sick – really sick – and need serious medical care? Will your insurance cover you?

Do you have insurance? Throughout much of his career, **David A. Ansell** has cared for people who don't. In the new book *County: Life, Death and Politics at*

*Chicago's Public Hospital* he writes about frustration, changes, triumphs, and patients he remembers.

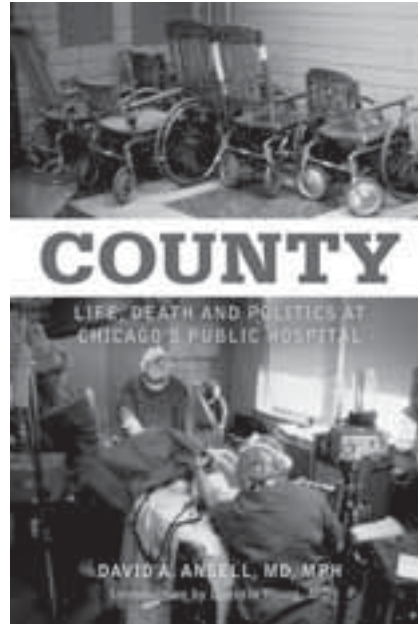
For as far back as he can remember, David Ansell had a "soft spot" for the underdog, the downtrodden and the overwhelmed. He recalls being a young man, elated to find people that shared his beliefs on civil rights, the Vietnam War, and the environment. He became an activist.

So when he went to medical school, it was with an eye to helping people who needed it. Upon graduation and in preparation of Match Day, he and a group of like-minded

house mates deliberately chose Cook County Hospital in Chicago for their residency because the hospital accepted the uninsured and the under-insured, and because they believed that health care was a right, not a privilege. At County, he knew, he could make a difference.

When he got there, he found "third-world medicine."

For years, Chicago's movers and shakers tried to close County because it was underfunded, "decrepit... and depressing." Patients waited for care - in long lines outside or on a gurney inside



tors to "sink or swim", to improvise, to buck the system, to counteract city politics. The hospital was often overwhelmed.

It was the best job Ansell could ever hope for.

You could be forgiven if, upon seeing this book, you're reminded of your favorite doctor dramas. Indeed, there's a touch of Doug Ross and Hawkeye Pierce here, but remember - they are fictional. *County* is not.

Starting with frightening statistics, this isn't just a memoir for a hospital. Author David A. Ansell also includes a good shot of his own life story, a few dishy worktales, some shockers, and kudos for colleagues who saw problems and founded programs to eliminate them. He ties it all up with a sense of outrage: that the system is unequal and laden with racism and that, despite political wrangling in the past few decades, very little has changed.

If you've been watching the health care debate lately or if you're concerned about your own insurance (or lack thereof), you'll find this memoir to be perfect. For you, *County* is worth a shot.

-in pain and without privacy, sometimes for 12 hours or more. The very sick, men and women alike, were treated in large open wards with little thought to modesty. Medicines were hard to get and patients often did without, and diseases that were cur-

able often went untreated because appointments weren't accepted.

Hundreds of thousands of Chicago's poor – most of them, black and Hispanic – came to County... or were dumped there. Loose supervision allowed young doc-

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## American Heart Association Rapid Access Journal Report: Some Exercise is Better Than None; More is Better to Reduce Heart Disease Risk

Special to The Truth

**Study Highlights:** Researchers found that 2 1/2 hours of moderate-intensity physical activity per week can lower the overall risk of heart disease by 14 percent. This is the first review to quantify the amount of physical activity that is required to lower the risk of heart disease; others suggest only qualitative estimates. Even small amounts of physical activity will help reduce heart disease risk, and the benefit increases as the amount of activity increases, according to a quantitative review reported in *Circulation*, *Journal of the American Heart Association*. People who engaged in 150 minutes of moderate-intensity leisure activity had a 14 percent lower risk of coronary heart disease (CHD) compared to those

who reported no exercise or physical activity. At higher levels of activity, the relative risk of CHD was progressively lower. Researchers found that even people who got below the United States guidelines for physical activity, which recommends two hours and 30 minutes of moderate exercise per week, had a lower risk of CHD than those who had no activity. "The overall findings of the study corroborate federal guidelines - even a little bit of exercise is good, but more is better—150 minutes of exercise per week is beneficial, 300 minutes per week will give even more benefits," said Jacob Sattelmair, ScD, of the Department of Epidemiology at the Harvard School of Public Health. Sattelmair said this work differs from previous reviews of

studies examining physical activity and heart disease risk because it included quantitative assessments of the amount of physical activity a person may need to reduce their risk as well as the magnitude of benefit. In a meta-analysis, researchers examined more than 3,000 studies of physical activity and heart disease, and included 33 of them in their analysis. Among those, nine measured leisure activity quantitatively. "Early studies broke people into groups such as active and sedentary. More recent studies have begun to assess the actual amount of physical activity people are getting and how that relates to their risk of heart disease." The study also notes a significant interaction. *(Continued on next Page)*

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What Happened to Bash at the Bay and Hutch Daddy?

By Michael Hayes
Minister of Culture



WHAT THE STREETS ARE SAYING:

Hoowee, Toledo. Wheny'all don't like someone it is no secret. I've never seen complete disdain for a public entertainment figure quite like the Hutch hatred that goes on.

It started when he first hit the airwaves on Hot 97.3 at the middle point of this decade, his country southern drawl on our airwaves sounded a bit out of place at times. But, Hutch Daddy Deezay (Please Believe Me) quickly won us over.

A people person who loves to joke, Hutch was seen as humble and good hearted. Toledo actually embraced him because he seemed to have a different aura than other local celebs.

But slowly and surely, as Hutch crossed over from ra-

dio to more event planning and promotion... his reputation around the city started being questioned.

Lo and behold, Bash At The Bay starts becoming just what the city needed and by its second year most people in Toledo respect Hutch even if they found some reason to dislike him. But the numbers did all the talking for Hutch.

Bash At The Bay became a regional event, and it became an annual ritual to see nearly 10,000 black people at an outdoor concert at the beach thanks to him.

But how the event was managed, whether or not he was getting paid or losing money, and who was picked to perform all started to build animosity in some areas of the 419.

Before long, you start seeing facebook status updates dogging Hutch.

It goes to the super extreme, you overhear random people wishing him ill will.

Now in 2011, after the infamous NO GOTTI concert at The Zodiac and other incidents along the way it seems that Hutch Daddy Deezay is the man no one believes anymore.

Credible people come forth to me all the time telling me why they don't support or do business with him, but

then completely non-credible random angry ass people seem to dislike him just as much (sometimes admitting, "I don't know him, I just don't like dude").

I can honestly say the last month or so I've had to hear at least a dozen conversations about Hutch and Bash At The Bay and the only good I've heard mentioned came from me or someone in my camp. But the streets gossiping is one thing, when its actual talk they can back up with proof... what can you say?

The way local artists have been treated and the way events have been handled has left a bad taste in the mouth of many.

Ask five different people what they think about Hutch, and you will get at least three negative responses.

MY PERSONAL OPINION ABOUT HUTCH:

I interviewed Hutch his first month here. I can vouch for how he was when he got here.

I was really impressed that this dude wanted us to see our city the way he sees it.

We took a few photos for the article downtown with the skyline behind us and he told me how where he's from in Tallahassee, they don't have a downtown like ours and they

don't have a huge beach on a lake nearby either. He told me he was so impressed with Toledo but didn't understand why Toledo wasn't impressed with Toledo.

Business wise, we began to associate. My partner and I produced his radio drops and had our artists sing on them. We helped him understand the city better, he made sure we got to come to events he did. I try to judge character by what I see people DO (actions, not words) and also their aura. I can honestly say I trusted Hutch more in the first few years of him being here than I did a lot of people who have been here forever.

Toledo's music scene is its own little universe, and perceptions get warped all the time for no apparent reason.

I'm never quick to hate or even listen to hate on another person TRYING to make a difference in the entertainment scene of this city. At least they're doing something.

However, I must admit the mismanagement, lack of communication and lack of re-

spect for all the support Hutch has received makes this year's Bash at wherever the absolute worst so far.

One on hand, a lot of what happened to Hutch was NOT his fault.

(Continued on Page 14)

American Heart Association

(Continued from Page 12)

tion by gender, as these results were stronger in women than in men. Statements and conclusions of study authors published in American Heart Association scientific journals are solely those of the study authors and do not necessarily reflect the association's policy or position. The association makes no representation or guarantee as to their accuracy or reliability. The association receives funding primarily from individuals; foundations and corporations (including pharmaceutical, device manufacturers and other companies) also make donations and fund specific association programs and events. The association has strict policies to prevent these relationships from influencing the science content. Revenues from pharmaceutical and device corporations are available at www.heart.org/corporatefunding. Additional Resources: The American Heart Association's Walking Paths website allows you to find and create paths around the country, share and upload photos of favorite paths via social network sites and integrate paths into an online tracker that documents calories consumed, steps taken and routes walked. For more information or to locate a path near you, visit startwalkingnow.org. More information about physical activity. Downloadable stock footage, animation and our image gallery are located at www.heart.org/news under Multimedia.

Advertisement for Toledo Zoo featuring an elephant named Lucas. Text: 'HAVE YOU "/>

Advertisement for 'BIG T WEEKEND of Music' featuring a collage of musical acts and event details. Text: 'BIG T WEEKEND of Music', 'REYNOLDS RD', 'CENTRAL AVE', 'HIP HOP JAM', 'COUNTRY', 'CLEMMEYE', 'DEGRO', 'Charlita Taylor's'.

# CLASSIFIEDS

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August 03, 2011

## Bash at the Bay

(Continued from Page 13)

and Maumee Bay both are).

But I'm still making up my mind. I believe he's a decent guy, but I have to admit after this weekend I'm starting to see what everyone has been talking about.

But yo, here's the man in his own words.. One quick question for

Hutch Daddy Dolla:  
I ASKED HUTCH ONE IMPORTANT QUESTION:

How much of the hate that you are getting do you actually deserve? Has there been anything you could've done differently to make Bash run smoother or not turn so many people against you?

HUTCHDADDY:

How much hate do I deserve? I'm not sure. Some people are upset about a free event. My response to that is...IT'S FREE IF YOU DON'T LIKE IT SHUT UP AND STAY HOME. Some people are upset

about situations that they created. My response to that is stop fighting at every single club and shooting and killing one another, then you would not be prevented from having huge events at public places.

The irony is its those same people who fail to realize that the the city and the state refers to them as "ANIMALS." Yes "ANIMALS!" I have been in conversations when they have said this. I received several emails regarding the increased possibility for violence at "black themed" events. I fought tooth and nail on behalf of the citizens. I can not count the amount of meetings I have had where I stated that "the people of Toledo need this event." "The People of Toledo would not ruin this, its for them."

However, this past weekend has showed me that some, not all, but some of the people

of Toledo do not care about anything but themselves. They have shown me that some of the people in Toledo would jeopardize the health and well being of babies and small children by fighting.

I personally had to stop two incidents from happening in a capacity-filled parking lot. I was the only person in the middle of 20 or so individuals pleading for them to please stop and consider what they are doing to themselves and to the people around them.

As I did this I happened to glance up and I saw grown men and women just standing around and looking at me and the situation. There was even a point when a few brave young girls stepped in to assist me and talk to the young men about what they were doing. I have gone out to Maumee Bay state park and had to listen to them tell me that "visitors do

not want these niggers and their nigger music at our beach." This is what I had to deal with.

Yet, some ungrateful individuals think I just wave a magic wand and things just happen. No they do not. Some ungrateful individuals think I make thousands of dollars throwing a free event. HOW??? The cost for Maumee Bay exceeds \$2000.00. The costs of the security exceeds \$4000.00. So we are over \$6000.00 in the hole before we even book any artists, pay for travel, hotel, sound, promotions all of which totals over \$20,000.00!!!! Think about it.

Ever wonder why NO ONE else has tried to pull off what I did? Because it's too hard. Because they know that when it's over, there will not be any profit made. They know that the bigger the event, the more scrutiny they will receive.

Think about this, people complained because a promoter brought The Summer Jam to Toledo. They complained about the ticket price. They complained that not very many tickets were sold. They complained that it was too many police outside. They complained that the performances were lack luster.

Complaint and hate, I can deal with. Nicky Minaj is arguably the best female rapper in the game right now. If you go to the club all her songs bring people to the floor. If you turn on the radio, you will here her on several stations at once. If you go to facebook or twitter you will see millions of females dressing like her, posing like her, even calling themselves Barbies or Minaj. However, you can also go on line and type in "Nicky Minaj hate" and see hundreds of hateful articles, posts and website tear-

ing her down. There is actually an "I hate Nicky Minaj" website and facebook page.

There are people who hate Barack and want to literally kill him. Also, remember the devil didn't kill Jesus, PEOPLE did. People hate and complain about, Beyonce, Jay Z, Diddy, Tyra Banks, Oprah, Donald Trump, Bill Gates, even McDonald's. So, I fully understand that it's in people's nature to hate.

Keep the hate coming. That means I am in good company. BUT let me also say this; with the hate, comes so much love for those who do appreciate it. And that was enough for me to keep going for five great years. Well everyone, I will likely be writing about this more next week.

Thanks for reading, hit me up: glasscitytruth@yahoo.com or FB search that same email address.

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# CLASSIFIEDS

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## Administrative Assistant Star Academy of Toledo

Star Academy of Toledo is looking for an Administrative Assistant to provide Administrative Support to the Chief Administrative Officer Leadership Team and other school staff. Applicants must have very good customer service skills, needs to be dependable, very organized and adept at adapting to change (flexible) meeting deadlines and have a genuine desire to work with elementary and middle school children from an urban community. Must be highly motivated, passionate and team oriented. The preferred candidate will have had experience, working with a variety of electronic data systems such as Power School, EMIS, Payroll, SOES and AOIS.

Qualifications: **Required Education/Skills:** Associates Degree in Secretarial Sciences, Business or related field is required. Three years of experience in an administrative support position in a high volume office setting is required. High School Diploma and two additional years of experience may be substituted for the Associates Degree requirement. Experience in school office operations is preferred.

We are an equal opportunity employer and individuals from underrepresented minority groups are encouraged to apply. Applicants should send a letter of interest, and resume' to Star Academy of Toledo 1850 Airport Hwy Toledo, Ohio 43609 to the attention of Dr. Samuel Hancock, CAO.

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## Request for Proposals Legal Services RFP #11-R029

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The Lucas Metropolitan Housing Authority is seeking bids from qualified contractors to furnish all labor, materials, and equipment for **Project: Demolition of Albertus Brown & Brand Whitlock Housing, Toledo, OH 43604.**

**Walk-Thru:** Thurs. August 4, 2011, 1:30 PM at Brand Whitlock Community Building Meeting Rm., 642 Division St. / **Bid Due:** Thurs. August 18, 2011, 10:00 AM at 201 Belmont. For Questions: The Collaborative Inc, Joe Adams 419/242-7405, jadams@thecollaborativeinc.com. Documents available at [www.lucasmha.org](http://www.lucasmha.org). Plans and Specifications available for purchase from: City Blueprint of Toledo, 3455 Briarfield Blvd, Ste D, Maumee, OH 43537, 419/243-7271 or Newfax Corp., 333 W. Woodruff, Toledo, OH 43697, 419/241-5157.

All bidders shall be required to meet the Affirmative Action requirements and Equal Employment Opportunity requirements as described in Executive Order #11246. This is a Section 3 covered contract and HUD Resident Owned Business Concerns are encouraged to apply.



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andidate must possess a bachelor's degree, a minimum of two years experience working with children and adolescents with chemical dependency issues and one of the following Ohio licenses – LSW, LISW, PC, PCC, LCDC II, LCDC III or LICDC. A Master's degree and dual mental health /chemical dependency licensure preferred.

Send resume or apply to:  
Human Resources Director -AOD  
Unison Behavioral Health Group, Inc.  
1425 Starr Ave.  
Toledo, OH 43605  
Fax: 419-936-7574  
Email: [hr@unisonbhg.org](mailto:hr@unisonbhg.org)  
EOE

## MARKETING ASSISTANT

This part-time position will assist with marketing activities for Unison, a community mental health agency. Duties include providing community education, representing the agency at events, contacting referral sources to explain services providing and developing marketing materials.

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*Live Entertainment: Jesse Coleman, Drew Z. Sand, Amy Hancock, Determined Vessels, J.J. Expressions & Billie Jean & Billie Jean's Producers*

## Once A Daughter, Always A Daughter

### Grace Temple #424

### Let's Get Re-acquainted

Grace temple #424 ibpo elks will celebrate its 85<sup>th</sup> anniversary on saturday sept 17 2011. Program starts at 5:00 pm and will be held at the lodge 636 Junction Ave. If you were ever a daughter of grace temple #424 you are invited to attend this fun-filled event. Food music dancing prizes

Come out and celebrate. Bring a guest no cover charge

THE NEIGHBORHOOD HEALTH ASSOCIATION, CSMITH PRODUCTIONS AND THE SOJOURNER'S TRUTH PRESENTS ITS SECOND ANNUAL

# NIGHT AT THE SAVOY

WITH NATIONAL RECORDING ARTIST

## NELSON RANGEL

ALSO FEATURING: TERESA HARRIS

FRIDAY, SEPTEMBER 9, 2011 AT 8:00 PM DOORS OPEN AT 7:30 PM

Price: \$30/person or \$50/couple  
 Location: The Toledo Club - 235 14th Street, Toledo, Ohio 43604

To purchase tickets (cash only) visit: 313 Jefferson Ave, Toledo, Ohio 43604  
 For credit card purchase visit [nhoinc.org](http://nhoinc.org). For more information call: 419-720-7883 ext. 212

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