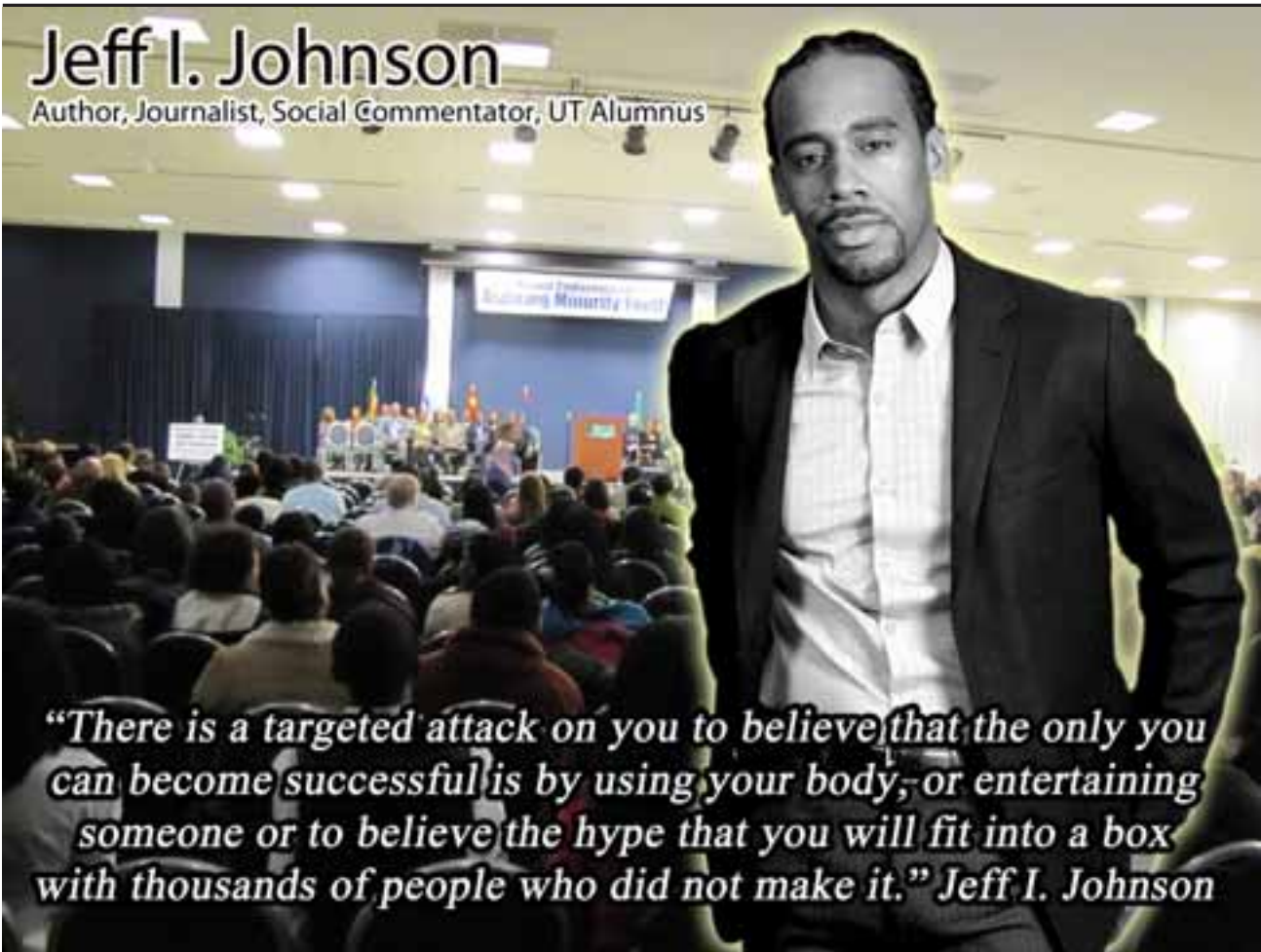




Volume 21, No.15 *"And Ye Shall Know The Truth..."* February 01, 2012



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Obama Care: Dispelling the Myths

By Carter A. Wilson, Ph.D.,
Guest Column



Health care reform (the Affordable Care Act of 2010, a/k/a Obama care) will be a central issue in the upcoming presidential election. However, it is likely to be an emotionally-charged and polarizing issue because Obama care opponents promote the types of myths and misinformation calculated to exploit fears.

Opponents claim that Obama care is socialized medicine. They insist that it involves the government taking over Medicare, rationing health care, dictating to medical doctors and establishing death panels. Some opponents have recounted horror stories of Canadians who have died because they had to wait several hours in long hospital lines or several months before getting lifesaving cancer treatment.

The implication is that Obama care is socialized medicine modeled after the Canadian system and likely to involve long delays in medical treatment. Let us dispel these myths of Obama care.

Obama Care does NOT establish a system of socialized medicine. It is a conservative, capitalistic reform. It is well-grounded in our private enterprise, for-profit health care system. Private hospitals, private health clinics, independent

physicians, private health insurance companies—all for-profit, private enterprises associated with health care continue to operate as before. The government takes over nothing.

Nothing is more absurd and more revealing of the misinformation of Obama care than the myth that **Obama care involves a government takeover of Medicare.** Medicare is and has always been a government-run program. Obama care changes nothing here.

Obama care does not establish death panels. This myth was created deliberately to promote fear. It came from a perverse interpretation of the provision to create an Independent Payment Advisory Board. This board will have no power whatsoever. It will be responsible for making recommendations to the president for ways of improving the Medicare and Medicaid program by reducing waste, eliminating fraud and enhancing the efficiency, coordination and quality of services. The law prohibits the board from considering any rationing of services or restricting benefits.

Obama care does not dictate to doctors. It shifts power from private insurance companies back to doctors. There had been many documented cases in which medical doctors were required to get pre-approval for medical procedures from the private insurance company. Decisions made by insurance companies were based more on financial and less on medical judgments.

This problem became more evident during the Obama care Congressional hearings in the fall of 2009.

One particular case stood out, that of Robin Beaton, a 59-year old, retired registered nurse who had been in good health. She testified that in 2008 she went to a dermatologist to be treated for acne. Shortly afterwards she was diagnosed with an aggressive form of breast cancer.

She testified that the Friday before the Monday she was scheduled to have a double mastectomy her insurance company flagged her chart and informed her that it was launching a medical investigation. The insurance company found that when she was a young child she occasionally had a fast beating heart. This condition was irrelevant to anything including her current cancer.

Nevertheless, the company defined it as a pre-existing condition and used this condition to justify terminating her insurance coverage. Even though her doctors pleaded with the insurance company that the surgery was necessary to save her life, the insurance company canceled her policy.

Whereas many medical doctors opposed Clinton's health care reform, they supported Obama's reform proposals. This shift in support was most evident in the changing position of the American Medical Association (AMA). The AMA opposed Clinton's health care reform bill but gave full support to Obama's health care bill.

The AMA shifted its support for Obama's health care reform not because this anti-socialized medicine organization turned to the dark side and became socialists. This organization supported

Obama care because it outlawed the use of pre-existing conditions to deny health care treatment. Other organizations of medical doctors also supported reform, most notably the Physicians for National Health Programs. This organization had long advocated a more liberal and aggressive health care reform proposal than Obama care.

There has been a slight shift in the position of business organizations over Obama care. In 1993, organizations such as the National Federation of Independent Businesses, the U.S. Chamber of Commerce, the Business Roundtable, and the National Association of Manufacturers were all united and strongly opposed to health care reform. All of these organizations campaigned bitterly against Clinton's health care reform.

However, by the mid-2000's these organizations had split over health care. The National Association of Manufacturers (NAM) became concerned with the issue of controlling health care costs. NAM issued this statement, which is still on its website:

Ninety-seven percent of

NAM members provide health care benefits to their employees. Since 1999, employer-sponsored health care premiums have increased by nearly 120 percent. The rising cost of manufacturers' health care is unsustainable. It is threatening the ability of manufacturers to create jobs and compete in the global economy. (<http://www.nam.org/issues/Health-Care/Manufacturers-Healthcare.aspx>)

The National Association of Manufacturers had at least backed off on an attack of reform and it had expressed concern about controlling costs.

This NAM statement speaks to another Obama care myth: **Obama care is a jobs killer.** On the contrary, if NAM is correct, avoiding reform would be the jobs killer. Obama care will expand health care coverage. This expansion will create new jobs in the health care profession: jobs in nursing, medical technology, nutrition, hospital security, maintenance and many others. The concern is that Obama care would have its most severe impact on small businesses. This is a legiti-

mate concern. It explains the strong and continuing opposition to health care reform from the National Federation of Independent Businesses and the National Restaurant Association. Fixing Obama care should focus on minimizing these impacts.

Another myth surrounding Obama care is the notion that **the United States has the best health care system in the world.** The U.S. has the most expensive health care system in the world. However, the high expense does not yield the best results. Consider these figures from the Organization for Economic Co-Operation and Development health data (<http://www.oecd.org/documents/>). The U.S. spends \$7,960 per capita or per person on health care, compared to \$4,363 for Canada, \$3,978 for France, \$3,487 for the United Kingdom, \$3,137 for Italy, \$3,067 for Spain, and \$3,029 for Japan. Indeed, the United States is unrivaled in the world in terms of how much money it spends on health care costs.

Yet, in terms of life expectancy among women and

(Continued on Page 3)

Community Calendar

February 3

Alexis Gardens Invite-a-Friend Friday: Welcoming seniors to enjoy a chef-prepared free meal; Noon: 419-472-7115

End Time Christian Fellowship Free Movie Showing: *Courageous*; 7 pm: 419-472-5993

February 5

The Movement Church Super Bowl Party: 6 pm; Big screen, food and refreshments: 419-322-1889

February 9

Toledo Mothers of Twins Club Meeting: 7 pm; Croxton Auditorium of the Toledo Hospital: www.tmotc.org

February 11

Bereavement meeting: Bethlehem Baptist; 2 pm
Good News Bible Chapel Valentine's Evening: 6 pm: 419-508-7404
The Glass City Church Ministry Chili Cookoff Competition: 3 to 6 pm: 419-242-2828 ext 23

February 16

Self Expression Teen Theater Institute's "Black History Month Inventors and Innovators Workshop Session:" 4 to 5:15 pm; Kent Branch Library: 419-242-2255

February 19

GLADettes Federated Club's Black History Extravaganza and Soul Food Buffet: DJ Ice; 2 to 5 pm; Local 14 UAW Hall: 419-537-9042 or 419-893-2228 or 419-535-5960
Bethlehem Baptist New Life Center Community Dinner #4: 2 to 4 pm: 419-241-9360

February 25

Friendly Center "My Guy & I Dance:" A dance for girls between the ages of 6 and 12 and their special male role models; Crafts, food and photos: 419-243-1289
WordUp Drama Ministry Black History Production: "Let the Church Say Amen: A Black History Perspective;" Friendship Baptist Church; 4 pm; Art exhibit and The Mustard Seed

March 23 & 25

Christian Festival Choir and Orchestra Annual Concert: "Exhaltation 2012;" 7 pm on Friday, 3 pm on Sunday; Northwood High School: 419-865-5795 or 419-260-8284

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Obama Care

(Continued from Page 2)

men, the United States is second to last among developed countries. That is, women and men live longer in Canada (82.8, 78.3), France (84.4, 77.7), United Kingdom (82.5, 78.3), Spain (84.9, 78.6), Italy (84.5, 79.1), Japan (86.4, 79.6), Australia (83.9, 79.3), Austria (83.2, 77.6), Switzerland (84.6, 79.9), etc. than they do in the United States (80.6, 75.7).

The only developed country with a mean life expectancy lower than the U.S. is the Czech Republic (80.5, 74.2). Among developed countries, including the Czech Republic, the United States has the highest infant mortality rates. Among developed countries, excluding the U.S., infant mortality rates range from a high of 4.92 for Canada to a low of 2.74 for Sweden. The rate for the Czech Republic is

3.73. The U.S. rate is 6.06. With the most expensive health care system in the world, American are dying at an earlier age and have higher rates of infant deaths compared to other developed countries.

Obama care is a complex

The lack of insurance among about 50 million is associated with about 45,000 death a year

and extensive piece of legislation. It is about 2,500 pages. The bill responded to several major health care problems, most notable access, patient protection, and costs.

The access problem is the most serious, but the least debated. The problem is that about 49 million people have no health insurance coverage. Estimates of the impact of the lack of coverage have

varied. Vicente Navarro in his 1993 book, *Dangerous to Your Health: Capitalism and Health Care*, estimated that about 100,000 people die a year because they cannot afford health care. He provided several examples, all from Baltimore, Mary-

land. One example was of John Dunlop.

Dunlop had worked for Bethlehem Steel for more than 20 years. When he was laid off he lost his health insurance and could no longer be treated for a heart condition. He died three years later of a stroke.

More recently, a Harvard university study concluded that there is a strong association between a lack of

health insurance and death. The lack of insurance among about 50 million is associated with about 45,000 death a year (Wilper, Woolhandler, Lesser, McCormick, Bor and Himmelstein "Health Insurance and Mortality in U.S.

Adults," *American Journal of Public Health*, vol.99, no. 12, 2009).

To expand access to health care the bill extends Medicaid coverage to families below 133 percent of the poverty line. It increases the eligibility age of siblings for private family health insurance from 18 to 26. It provides subsidies to help cover the costs of health insurance for families up to 150 percent of the poverty line. It mandates that all individuals have health insurance.

In response to the patient protection problem, the

law prohibits insurance companies from denying coverage because of pre-existing conditions and from setting life-time cost limits on medical expenses. To respond to the escalating costs of health care insurance, Obama care encourages states to create health care exchanges and pooled private competitive health insurance markets. Because individuals and small businesses pay more for insurance because they lack the purchasing power of large corporations, the health care pools allow individuals and small businesses to buy in bulk as well. The most controversial aspect of Obama care is the individual mandate; that is, the part of the law that requires all individuals to have health insurance.

The debate over Obama care should not be over whether this program is a government takeover of Medicare, a form of socialized medicine, the creator of death panels, or the killer of jobs. These things are

largely myths.

The debate over Obama care should focus on real and practical issues: Will these reforms solve the access and cost problems? Are the individual mandates valid under the Constitution and if not, then what? Should health care be a human right, guaranteed to all Americans? How much is the expansion of Medicaid going to cost? How can the impacts of Obama care on small businesses be minimized? In the current budget cutting era, how will we cover the increasing costs of Medicare and Medicaid? How will state governments respond to the pooled private competitive health insurance markets? Will these markets bring down costs? How will these changes impact Medicare? What about preventive medicine?

Carter Wilson, Ph.D. is a professor in The University of Toledo's Department of Political Science and Public Administration

Toledo NAACP Members and Supporters,

Early voting by in-person, absentee ballot begins Tuesday, Jan. 31 for the March 6 primary election. The early voting site is located at: 1302 Washington Street (the building is on the corner of 13th and Washington).

Attached to this email is the Lucas County Board of Elections Candidate List representing all political parties. Please take a moment to familiarize yourself with each candidate and their position on the issues that impact our community. Also attached is the early voting schedule and map for posting and inclusion in church bulletins and organizational mailings.

Listed below are the hours for the early voting center:

- Mondays ----- 8:30 a.m. - 4:30 p.m.
- Tuesdays ----- 8:30 a.m. - 6:00 p.m.
- Wednesdays ----- 8:30 a.m. - 4:30 p.m.
- Thursdays ----- 8:30 a.m. - 6:00 p.m.
- Fridays ----- 8:30 a.m. - 4:30 p.m.
- Saturday, February 25th - 10:30 a.m. - 4:30 p.m.
- Sunday, February 26th - 10:30 a.m. - 4:30 p.m.
- Friday, March 2nd ----- 8:30 a.m. - 6:00 p.m.

The center will be closed on Monday, Feb. 20 in observance of Presidents Day. Due to the passage of Amended Substitute House Bill 224, in-person absentee voting will end Friday, March 2 at 6 p.m.

Exercise your constitutional right - VOTE!

Rev. Kevin J Bedford
President, NAACP Toledo

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Jeff Johnson Inspires Toledo Youth at EXCEL Conference

By Artisha S. Lawson
Sojourner's Truth Reporter



selections by Leah McCormick of St. Ursula Academy and Kayla Hampton of Toledo School of the Arts; verbal narrations by LaVelle Ridley of St. Johns Jesuit High School, Camille Gist of Toledo Christian, Vincent Hill of Bowsher High School, Adam Tran of University of Toledo and Elvhn Encarnacio of St. Francis de Sales High School.

Mistress of Ceremony Alexis Means of ABC 13 Action News opened the program. Elected officials and dignitaries offered greetings and thanked parents for attending this morning with

their children, all followed by a moment of silence for one of the program's original advocates, Alice Skeens, Ph.D.

"Dr. Cooks is the founder of Toledo EXCEL and quick to remind us without the contributions of Dr. Alice Skeens, Toledo EXCEL in all likelihood would not exist. Dr. Skeens walked in the proposal to Toledo EXCEL, 23 years later here we are. Dr. Skeens passed away earlier this year, and we feel that loss. She served on our joint committee every year, tutored, wrote proposals, made phone calls and whatever was

needed," said David Young, director of Toledo EXCEL.

Keynote speaker, UT alumnus, award-winning journalists, MSNBC contributor, White House correspondent and weekly commentator Jeff I. Johnson addressed and encouraged students and parents to strive for excellence.

"It's important to recognize when we're talking about planning and success and aspiring minority students that we don't start at the success point. It's sometimes overwhelming to hear my resume read here, I made more mistakes here than anywhere

else, and people questioning me if my accomplishments would ever happen," said Johnson.

He went on to encourage young men in our communities to take advantage of all opportunities. "There is a targeted attack on you to believe that the only you can become successful is by using your body, or entertain someone or believe the hype that you will fit into a box with thousands of people who did not make it," said Johnson. "If you can play basketball then play, but play enough basketball to get a

(Continued on Page 5)

Over 300 aspiring young minds, accompanied by their parents, mentors and neighbors, filled The University of Toledo's Student Union Auditorium for the 28th annual

Conference for Aspiring Minority Youth last weekend.

The Saturday, January 28 event featured a variety of talented Toledo-area EXCEL students including musical



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Lucas County Officials Unveil New Fatherhood Initiative

Sojourner's Truth Staff

Lucas County Commissioner Tina Skeldon Wozniak, Job & Family Services/Child Support Enforcement Agency Director Deb Ortiz-Flores and Juvenile Court Judge Denise Navarre Cubbon announced a new fatherhood initiative this week – the Young Fathers Early Intervention Program.

“It is exciting to think

program like this enables fathers to engage with their children at the earliest possibility.”

The initiative is designed for non-custodial fathers who are 18 to 24 years of age and are in arrears with child support. The program will positively engage fathers in the care and support of their children while increasing child support

vices.

Other groups partnering with Lucas County to provide services for the program are Center of Hope and Network. Those two agencies will be providers for the nationally-evaluated Nurturing Fathers Program.

“There are a number of complementary services [fathers] can get

“It is exciting to think that these young men that we see come before the court will be able to develop their skills to help them become good fathers,”

that these young men that we see come before the court will be able to develop their skills to help them become good fathers,” said Cubbon during the press conference Monday afternoon. “A

compliance by providing the fathers with comprehensive services such as assessments, individualized case plans and case management, employment assistance and linkage to legal and other ser-

through this program,” said Skeldon Wozniak. “We want to help fathers build their dreams.”

It is estimated that there are approximately 1,800 fathers in the 18 to 24 age range in Lucas



County, noted Ortiz-Flores who has spent seven months working on the program that will service 50 to 75 fathers during the first year.

Most of the fathers served will be those referred by Juvenile Court who are in violation of a support order. The magistrate presiding over the

court’s docket will have the option of suspending sentence as long as the father agrees to partici-



pate in the program.

But as time goes on, fathers will also have the opportunity to actively seek the assistance of the initiative.

“We need for fathers to step up and say ‘I’d like to be part of this program,’” said Ortiz-Flores

Jeff Johnson

(Continued from Page 4)

full-ride to Stanford to play basketball.”

The afternoon concluded with separate student and parent sessions. While students were focusing on ways to use foresight in day-to-day decision making with presenter George E. Rice III, CEO of Triple Threat Enterprises, LLC; parents learned about ways to assist their children for future planning.

Facilitators Talmadge Thomas of Mt. Zion Missionary Baptist Church and Teresa Quinn of Ella P. Stewart Academy for Girls worked with parents on tools necessary for action plans, understanding critical thinking and encouraging open communication.

The University of Toledo Joint Committee which has worked in collaboration since January 1985 has 23 members representing educational institutions: UT, Monroe County Community College and TPS; nonprofits ONYX and United Way of Greater Toledo; corporations Owens Corning, Managed Wealth Financial, Superior Industrial Supply and Services, Inc, and Huntington; State Representative Michael Ashford and Mt. Zion Baptist Church.

Conference sponsors include UT, 13 ABC Action News, TPS, NANBPWC, Inc. Toledo Club, Lathrop, Buckeye Cable, The Andersons, Cooper & Walinski, UPS,

The Sojourner's Truth, Fifth Third Bank, Alpha Kappa Alpha Sorority Inc, Zeta Alpha Omega Chapter, Alpha Phi Alpha Fraternity Inc, Alpha Xi Lambda Chapter, BASF Corporation, Delta Sigma Theta Sorority Inc, Toledo Alumni Chapter, Jack & Jill of America, Inc, Toledo Chapter, Paramount Advantage, Promedica Health Systems, The Coalition for Quality Education, Kappa Alpha Psi Fraternity, Inc, Omega Psi Phi Fraternity, Inc, NAACP Youth Organization, The National Sorority of Phi Delta Kappa, Sigma Pi Phi Fraternity and Zeta Phi Beta Sorority, Inc.

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Rock Your Curves

Get the body you want for the rest of your life!

By Angela Steward, Fitness Motivator
The Truth Contributor



be a better choice for me. The key to enjoying exercise is to find something you love, you have to figure out what you enjoy and what works for you! If it's group fitness, don't worry about what others might say, don't worry about not having rhythm, that's the instructor's job. She's trained to encourage everyone to participate and to make everyone feel like they are a part of the class!

I've never been skinny nor do I ever want to be - I'M ROCKING MY CURVES! It took years of self-motivation and discipline to go from 240 pounds to 170 pounds. I'm often asked how did I stay motivated, why didn't I give up?

I created a weight loss plan that worked for me. I approached it with common sense: I planned to live another 30 to 40 years, so I had three choices: #1 - I could keep gaining weight; #2 - I could stay overweight and deal with it; or #3 - I could get off my butt and lose weight! Ding...ding, ding - I chose #3!

I did it the old fashioned way - I exercised every day after work, because it was convenient! I knew that once I was home, and my butt met the couch - there was no way I was going to get off my couch to exercise! I joined a "for women only" fitness gym, so I wouldn't have to deal with someone trying to get my digits while I was sweaty and stinky!

I did whatever class was available, whether I liked it or not, NO EXCUSES! I always loved to dance, so I knew group fitness would

I also improved my eating habits! I didn't stop eating - I changed what I ate and how often I snacked. But most of all I changed HOW MUCH I ate. I didn't weigh my food, I didn't carry around a food scale or measuring spoons and cups - I kept things simple! When I felt full, I put my fork down! I stayed away from high fat, high calorie foods and made better food choices.

Sometimes you can put so much thought into losing weight, the journey becomes exhausting, which quickly leads to giving up or searching for quick fixes and weight loss gimmicks like meal replacement shakes, weight loss surgeries, and meal deliveries - all temporary fixes. Eventually you have to return to normal everyday meals. What happens then?

I'd like to share with you how I lost over 70 pounds and have been able to keep it off while enjoying everyday foods, eating out often and enjoying food without being paranoid about what I eat! It's not as complicated as you think. As someone told me years ago: always use the KISS method (keep it

simple, stupid)!

1. Connect with someone who will be honest with you! In my case it was my doctor. To hear her tell me that I was overweight was a huge pill to swallow. For some reason, I continued to see myself as the same size 10 DeVilbiss High School cheerleader I was many years ago. It must have been the department store mirrors - you look larger in those mirrors - yep - that's it - all the mirrors were circus mirrors. But when she actually said: "Angie, I've been your doctor a long time and I'm very concerned about you - you're fat." To say I was devastated, is an understatement. No one, not even my husband ever told me I was fat. To this day, I hate the word "FAT", but it was what I needed to hear to make me change my life. Thank you, Kelly!

2. Forget about getting skinny...GET HEALTHY! Some may think just because they're skinny - they're fit, wrong. I know a lot of skinny women who are unhealthy and out of shape, and I know a lot of women who are fit but overweight. So don't confuse the two. Your focus should be your health!

3. Make sure the decision to lose weight is YOUR decision. Once you've had your "aha" moment, you'll know it! No one can make you want to lose weight, no one can make you want to live a healthier lifestyle - the decision has to come from within you - deep down in your soul. Your inner voice will keep telling you: I'm sick of feeling this way. That's when you'll commit to make a real

change.

4. Invest in yourself! No one ever advised me to exercise in a fitness bra instead of a regular bra. No one ever told me that my everyday tennis shoes were for walking from the parking lot to the gym, and that I should have a separate pair of tennis shoes to exercise in. To this day I advise my clients to INVEST IN YOURSELF! Buy a fitness bra, not a Fruit of the Loom tee shirt bra, buy a name brand sports/fitness bra. There's nothing worse than getting ta-ta smacked while doing jumping jacks. Stop wearing your husband's tee shirts to exercise in - how the heck are you going to see your body take shape under all that extra material. Go out and buy yourself a cute exercise outfit or fitness gear (as I call it). It'll make you feel better, you'll look better and you'll be able to see the changes in your body immediately.

5. Don't dream it - Do it! Believe in yourself. You deserve to feel good. Fitness isn't just for the young and healthy, it's for people like you and me who are busy taking care of everyone else. Don't doubt that you can do it, refer to the choices in my opening paragraph: #1, #2 or #3, what's your choice? I hope you'll choose #3 - you're worth it.

6. Hang out with people who want to live a healthy lifestyle. "Healthy Lifestyle" is so "cliché." How about: Hang with people who live a healthy life. People who laugh, people who have fun and are positive minded - they are living a healthy life. Food and fitness is a small part of

healthy living. Having a kind spirit, having a passion for life, having compassion for others, having a positive outlook on life - that's what healthy living is about. Surround yourself with people that live drama-free and stress-free lives.

7. Throw the weight scale away (well, just set it aside). Your bathroom scale can fool you into thinking that you are making little to no progress. So stepping on the scale - too often - leads to only one thing: FRUSTRATION. Your scale can only tell you what you weigh at any given time - once you drink a couple of bottles of water the scale could possibly read three pounds heavier than the last time you stepped on it. If you want to be motivated: grab a pair of pants that are too tight and try them on weekly. As they become looser, you become more confident and motivated to keep moving forward!

8. Expect to hit a wall! Your body is intelligent. Eventually it figures out that you're trying to make some changes to your body. It has become quite fond of the tire around your waist so it begins to protect itself from starvation - so your body decides to override your decision about losing weight and holds onto the fat. Don't be alarmed. Remember you are replacing fat weight with healthy, lean muscle. So don't panic! It took more than four weeks to put the weight on, it's going to take more than four weeks to take it off - So Stay on Course.

9. Recognize your goal! Your goal doesn't have to always be how much weight you want to lose. I never put a number on my

goal. I did however, want to wear a size 12 for the rest of my life. I'm very comfortable with that size, because I love to rock my curves! If I had set a goal of losing 70 pounds, that would have completely overwhelmed me and I would probably still weigh 240 pounds.

10. Make a commitment to change your relationship with food. Create a relationship with exercise. Become a fitness rat who loves her curves. Try to do some for of exercise daily. Your goal should be to - Get Healthy, Not Skinny!

For more than seven years, I've been able to keep my unwanted weight off. Each day is a struggle, but I take one day at a time. If on one day I make a bad food choice, the next day I make a better choice. I'm very active and I watch my portions, but I don't believe in depriving myself. I eat out often with friends and family and I party like a rock star. DON'T LET YOUR WEIGHT LOSS JOURNEY CONTROL YOUR LIFE - DON'T PLAN TO LOSE, PLAN TO WIN!

Yours in Fitness!

Angela R. Steward
Creator of
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Your Heart Will Thank You for Eating More Healthy Seafood

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



Seafood is a great source of high quality protein and other nutrients and is low in fat. One of the most popular nutrients in seafood is healthy omega-3 fats. Eating about eight ounces of a variety of seafood every week can help prevent heart disease. How much is eight ounces? On average, one drained can of tuna is about three to four ounces, a salmon steak ranges from four to six ounces and one small trout is about three ounces. Can you eat two servings of seafood each week to benefit your heart health?

Are seafood and fish the same? Seafood is a large category of marine animals that live in the seas and in freshwater lakes and rivers. Seafood includes *fish*, such as salmon, tuna, trout, and tilapia, and *shellfish*, such as shrimp, crab and oysters.

Who doesn't eat seafood? Some people have allergies to shellfish. Sometimes a shellfish allergy is only to a certain kind of shellfish or it may include all shellfish.

Certain religions have guidelines for allowable seafood. Vegetarians do not eat meat, although "pescatarian" is sometimes used to describe someone who does not eat meat but does eat fish.

Even though there are health benefits to eating fish, aren't there also risks? Some of the main health concerns about fish are about environmental contaminants like mercury. No one needs extra exposure to mercury but it is very important that pregnant and breast-feeding women and young children avoid seafood known to be high in mercury including the four types of fish: shark, swordfish, tilefish (golden bass or golden snapper) and King mackerel (not Atlantic or Pacific mackerel which are low in mercury).

The American Heart Association notes that for other people like middle-aged and older men and postmenopausal women, the benefits of eating fish far outweigh the potential risks when the

amount of fish are eaten is within the recommendations established by the FDA and Environmental Protection Agency.

One main health goal is to eat a variety of different kinds of fish. Not only will that limit potentially bad effects of environmental pollutants, it will also add many kinds of nutrients to the diet since some types of seafood have higher levels of omega-3s than others.

The most commonly eaten fish or shellfish in the US that are *low in mercury* are shrimp, canned light tuna, salmon, pollock, catfish, tilapia, crab, cod, clams and Atlantic and pacific mackerel (not King mackerel, which is high in mercury). Albacore tuna does have more mercury than canned light tuna so limit albacore tuna to six ounces a week for pregnant women.

February 22, 2012 is Ash Wednesday, the start of Lent for Christians. Some Christians refrain from eating meat

on Fridays during Lent and seafood is often an alternative on the menu. Regardless of your religious beliefs and practices, our fast food culture markets and advertises to all patrons to eat more fish during this time of year.

The majority of fast food restaurants offer fried fish sandwiches with tartar sauce. Some include cheese and a few offer toppings like lettuce and tomato. From a heart-healthy point of view, a fried-fish sandwich with high-fat garnishes is not the way to add more fish to your diet. Frying fish increases the trans-fats, which may contribute to increased risk for heart disease.

A limited amount of fast food restaurants and even more full service restaurants offer seafood options that are not fried. If you are not in the habit of preparing fish at home, consider healthy fish options when you are eating out. Be cautious of descrip-

tions and ingredients like creamy sauces or breaded and fried. Look for dishes that are baked, grilled, broiled, poached or steamed. If you order a fish sandwich add lettuce and tomato and have it on whole grain bread, if available.

Make your own seafood dishes at home. Compared to thick cuts of other meat, many fish dishes take a relatively short period of time to cook. For food safety, follow these rules. Cook fish to an internal temperature of 145 degrees or until it flakes with a fork. Cook shrimp, lobster and scallops until they are opaque (milky white).

To bake fish, heat oven to 450 degrees. Put the fish in a pan and add cut vegetables like onions, squash and carrots. Bake fish and vegetables for 10 -15 minutes. The fish is done when it breaks easily apart. Use spices and herbs such as dill, chili powder or cumin and lemon or lime juice

(you won't even miss the salt!). For salmon, try brushing with maple syrup and grilling.


Easy ways to add fish to your home menus:

- Tuna or salmon patties
- Shrimp stir-fry
- Grilled fish tacos
- Clams with whole wheat pasta
- Anchovies on pizza


If fresh fish prices seem too high remember other options like canned fish such as tuna, salmon and sardines. Frozen seafood like shrimp or tilapia or salmon filets are usually lower cost options. Just like the fast food restaurants promote their fish sandwiches during this time of year, make sure to check local advertisements in the paper and at the store for seasonal sales and specials on seafood.

Information compiled from OSU Extension, USDA MyPlate and the American Heart Association.

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Book Review

The Alzheimer's Prevention Program by Gary Small, M.D. & Gigi Vorgan

c.2011, Workman Publishing

\$24.95 / \$28.95 Canada

288 pages

By Terri Schlichenmeyer
The Truth Contributor

You forgot an important event the other day and you're mortified, particularly because someone's feelings were hurt but that's not all.

Lately, you've been forgetting a lot of things. Where you put certain documents. The name of the actress in that old movie you love. What you had for dinner last night or where to buy favored foods.

You're afraid of the worst case scenario, but according to authors Gary Small and Gigi Vorgan, you may be worrying unnecessarily. In their new book *The Alzheimer's Prevention Program*, you'll learn more.

It's easy to joke about forgetting things, but to the 80 million baby boomers in the U.S., memory slips are a serious thing: every 70 seconds, another American is diagnosed with Alzheimer's disease.

But forgetting isn't nec-

essarily an indication of Alzheimer's, say the authors. There are lots of reasons for a minor lack of memory, including mere aging. The thing to remember is that our brains naturally contain some of the hallmarks of Alzheimer's disease in the presence of amyloid plaques and tau tangles. The difference is when the "accumulation reaches a critical threshold... when our brains can no longer compensate for the misfiring neurons."

That might happen early, or it might not happen at all.

The good news is that, no matter what your age, there are things you can do to stave off Alzheimer's and memory loss.

First of all, the authors say, get moving. Physical exercise significantly lowers the risk of dementia and improving your body's fitness will help your brain's fitness. Walking is good but any movement helps.

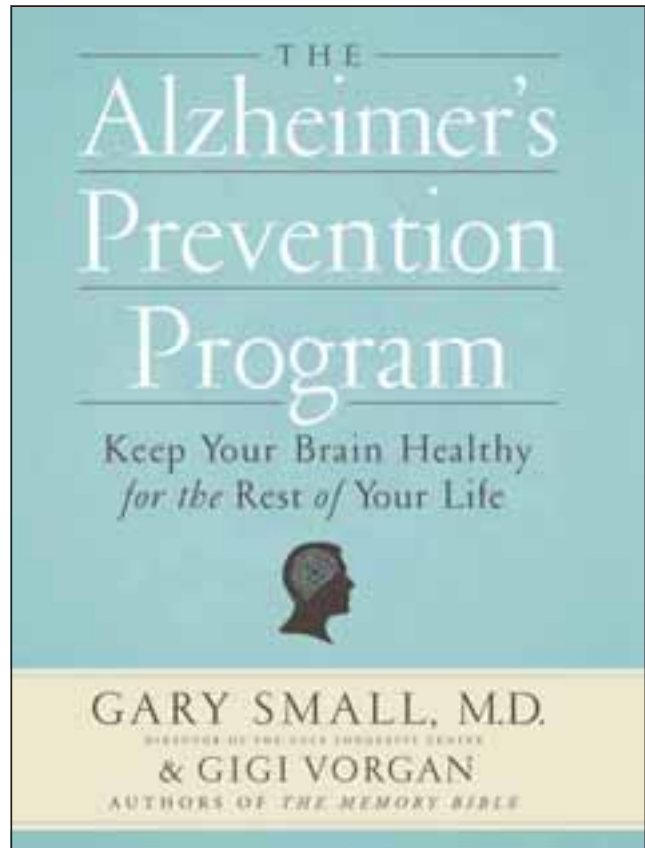
Learn to eat right, take supplements and add antioxidant foods to your diet, including fish, fruits, and nuts, broccoli and raisins. Always partner with your doctor.

Lower your stress level, especially if you're middle-aged. Studies indicate that frequent stress in mid-life raises the risk for Alzheimer's by 65 percent.

Lastly, laugh. Play mental games and do puzzles. Spend time with friends. And indulge in a little bubbly while you're doing it: studies show that moderate alcohol consumption is good for your brain.

Scared about constantly losing your keys? Think you're losing your mind? Read this book and forget about it because authors Gary Small, M.D. and Gigi Vorgan will show you that you needn't worry.

That's because worrying is counterproductive and so



are a lot of myths you've heard about Alzheimer's. I really appreciated that the authors explained so much about the disease itself, which serves to answer questions that occur.

Another thing that's nice about this book is that it's not stuffy. Small and Vorgan

use gentle humor in their instructions, as well as puzzles, light anecdotes, and fun. That makes it not just user-friendly, but quite inviting and, well... memorable.

Don't think that you need to be Of a Certain Age to read this book, though. The authors speak to readers in

their 20s, as well as those 20-somethings' great-grandparents, so if you want to keep your brain healthy at any age, this is a book to reach for.

Write it down. Don't forget.

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Change Is Possible in 2012!

Special to The Truth

As we journey into the New Year, many of us continue to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Why is change so difficult for some yet easy for others? What are telltale signs that a client or loved one is ready to make a positive change in his life?

"Even though a professional or family member notices the seriousness of a problem and wants to offer immediate help to their client or loved one, it may not be the right time for the person who is coping with the issue at hand," says Unison's Director of Short-Term Services Gloria Oliver. "Forcing someone to seek help when he is not ready becomes an act in futility. You can do the most good by first helping to raise the individual's awareness of the problem," she adds.

Change is a process and quite often does not happen quickly or easily. There are five stages of change that people typically go through as they cope with life's major issues – whether a person is dealing with weight management, drug or alcohol addiction, divorce, or other challenges.

Five Stages of Change

1) **Precontemplation** – During this stage of change, a person is unaware that a problem exists - he often denies there is a problem, but others may see it. During this stage, professionals and family members must engage the client or loved one but not force the issue.

2) **Contemplation** – Here, the person becomes conscious of the problem and begins to think about how it impacts his life. People at this stage are most likely to respond to feedback and education about their problem. Family members and professionals may be able to persuade the person to get help.

3) **Preparation** – At this stage, a person is committed to change and actively seeks a plan of action. The client or loved one may be open to calling intake and getting information about his problem.

4) **Action** – Here, people are able to say, "I need to change my life," or "I want to do things differently." People at this stage find that social re-enforcement is important. They are open to family interventions and professional treatment.

5) **Maintenance** – During this final stage, a person reviews environmental triggers for the problem and develops a plan for preventing relapse.

Making a lasting change is rarely a simple process, and usually involves a substantial commitment of time, effort and emotion. Unison Behavioral Health Group can help! Unison accepts Ohio Medicaid and most private insurances. Clients can receive services at one of our three Toledo offices located at 1425 Starr Avenue, 1212 Cherry Street and 544 E. Woodruff Avenue.

For more information on Unison Behavioral Health Group, please call: 419-693-0631 or visit us at www.unisonbhg.org.

Make it Your Mission to Fight Heart Disease in Women National Wear Red Day is February 3, 2012

Special to The Truth



Go Red for Women is the American Heart Association's solution to save women's lives. Heart disease is still the number one killer of women, taking the life of one in three women each year. **Make It Your Mission** to fight heart disease in women. Give five women you care about the power to save their lives and invite them to join the American Heart Association on Friday, February 3, 2012, National Wear Red Day.

"Thanks to the participation of millions of people across the country, the color red and the red dress have become linked with creating awareness of heart disease in women," said Jacqueline Isherwood, executive director of the American Heart Association, Northwest Ohio Division. "Go Red For Women is channeling its energies and resources to challenge real women nationwide to become the best they can be by signing up for Go Red Better U. Go Red BetterU is the American Heart Association's free 12-week online program that can save your life. Choose to be a BetterU at GoRedForWomen.org."

On Friday, Feb. 3, show your support of Go Red For Women, a nationwide movement that celebrates the energy, passion and power women have to band together and wipe out heart disease! Wear red to work, make a donation to the campaign, and learn how to love your heart by preventing heart disease. More than 10,000 companies participate in Wear Red Day to show their support in the fight against heart disease.

WHY GO RED?

Research shows that women who Go Red are more likely to make healthy changes in their lives. For example:

- More than one-third have lost weight.
- Nearly 50 percent have increased their exercise.
- Six out of 10 have changed their diets.
- More than 40 percent have checked their cholesterol levels.
- One-third have talked with their doctors about developing heart health *plans*.

Visit www.GoRedForWomen.org or call 419-740-6180 to find out more about Wear Red Day and Go Red For Women.

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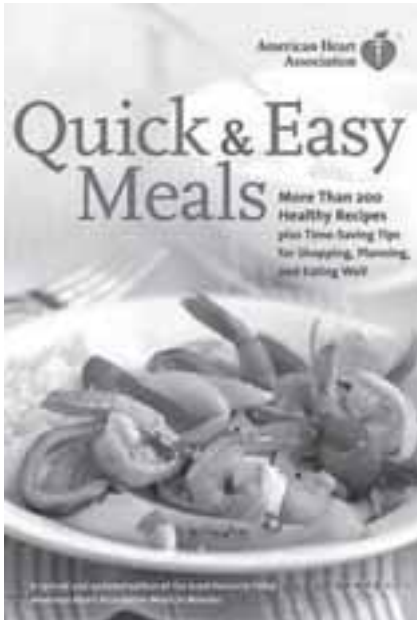
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Recipes for the Heart Provides Heart-Healthy Recipes to Support the American Heart Association's Go Red For Women Movement

Special to The Truth



The American Heart Association has published a new magazine cookbook to help women in the fight against heart disease and stroke—America's number one and number four killers.

As the most trusted source for heart-healthy cooking, the American Heart Association has released *Recipes for the Heart*—a digest-sized, four-color cookbook magazine that features 47 easy-to-make recipes, 24 color recipe photos, cooking tips and important information on the risk factors of cardiovascular disease. The magazine will be available at grocery store checkout stands nationwide starting Feb. 7 and online at shopgored.org on Feb. 21 for \$3.99 while supplies last.

"Eating healthy is an easy choice that you can make to help your heart," said Jacqueline Isherwood, Executive Director of the

American Heart Association, Northwest Ohio Division. "*Recipes for the Heart* offers dozens of flavor-packed, heart-healthy recipes; inspiring stories from real women about how to maintain a heart-healthy lifestyle; an Ask the Expert column and more.

This magazine cookbook gives women a tool that enables them to serve delicious and nutritious meals that the entire family will enjoy while working to reduce their personal risks of heart disease and stroke."

Other American Heart

Association cookbooks are available online and from booksellers everywhere. For more information about the American Heart Association or Go Red For Women, call 1-888-MY-HEART or visit heart.org.

Donating Marrow Can Save Lives

You can be a hero and save a life. It can be a lot easier than many people realize, when you volunteer to become a potential marrow donor.

One Young Woman's Story

Consider the case of Erin Wright. On her 15th birthday, she wished she could donate marrow to a stranger—a wish that took more than a decade to come true.

Determined to help others survive, Wright joined the Be The Match Registry when she turned 18. With more than 9.5 million members, the registry is the world's largest listing of potential marrow and peripheral blood stem cell donors.

Eight years later, she learned she was a match for a young boy who had leukemia and needed a marrow transplant. The procedure was a success and the boy is doing well today.

Her story illustrates the serious commitment that comes with registering as a potential marrow donor. While some volunteers are quickly matched with patients in need, others may wait years. That's why the National Marrow Donor Pro-



Erin Wright

gram (NMDP), which operates the Be The Match Registry, emphasizes the importance of commitment to all potential donors during the recruitment process.

Seeking Youth

While most people ages 18 to 60 are eligible to join the Be The Match Registry, adding more young potential donors is critical to increasing the likelihood of transplant success.

"Research shows that utilizing marrow cells from younger donors gives patients a better outcome," explained Jeffrey W. Chell, M.D., chief executive officer of the NMDP. "That's why registry members between the ages of 18 and 44 are 10 times more likely to be called as donors than others on the registry."

While Wright achieved her wish to be a marrow donor, she is acutely aware of those patients still waiting for lifesaving transplants. More than 70 percent of people who need transplants don't have matching donors in their families and they depend on the Be The Match Registry to find a match. Wright is committed to encouraging more potential donors to join the registry.

"It was a profound privilege to help save another person's life," Erin said. "I hope my story inspires more young people to register as potential donors and give others hope for a second chance at life."

Be a Part of the Solution

Joining the registry is easy—just a swab of the cheek is all that's required to gather the cells necessary for testing. Beyond joining the Be The Match Registry, those interested in helping save lives can volunteer their time, contribute money or simply spread the word.

Learn More

For more information, visit www.BeTheMatch.org or call (800) MARROW-2.

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Central State University Chorus To Be in Concert at Historic Third Baptist Church

Sojourner's Truth Staff



On Sunday, February 12, the Central State University Chorus, under the direction of William Henry Caldwell, will appear at the Historic Third Baptist Church at 402 Pinewood.

Presented by the NAACP Toledo Branch, the concert will feature music by African-American composers and arrangers in honor of Black History Month.

Located in historic Wilberforce, Ohio, Central State University has served as a starting point for a number of outstanding musical talents including Leontyne Price, Roberta Alexander and Nancy Wilson. The Chorus' repertoire encompasses all styles of music including clas-

sical and gospel.

"We've earned the respect of [music] professionals," says Caldwell who has been at CSU for over 30 years. "People don't see us as a black choir, it's a choir."

The highly acclaimed Chorus has performed in the chambers of the Ohio Senate and House of Representatives, as well as the Ohio Music Educators Association, as well as all over the United States.

The CSU Chorus has also traveled the world over the years and has performed at notable musical venues, such as Holy Trinity at Stratford Upon Avon, St. Paul's Cathedral and the Canterbury Cathedral in England and the

Cathedral of Notre Dame and the American Church in Paris, France.

In March of this year, however, the Chorus is breaking new ground. For a week, the Chorus will tour China for the first time, appearing at university sites in Beijing, Tianjin and Shanghai.

Most of the appearances will be held jointly with local university choirs.

The Third Baptist music director, Pastor Glenn Jones, has brought CSU to Third Baptist on several previous occasions, having struck up a friendship with Caldwell some years ago when Jones was a pastor in San Diego and Caldwell brought his troupe there while perform-

ing one of Jones' compositions - "My Soul's Been Anchored in the Lord."

The Third Baptist concert will commence at 4:00 p.m.

For more information, contact Pastor Jones at 323-697-4697 or RevGLJ@aol.com.

Bring Black History Month Home With A Click

With the rich history of contributions to this country by African Americans, it's fitting that opportunities to celebrate Black History Month are taking a 21st century turn.

For example, digital cable subscribers can access educational, entertaining and inspirational programming whenever they want just by clicking the On Demand button on their remote control.

Programs and movies suitable for all audiences include:

- **Milestones in Black History:** A look at the history of the struggles and strife, the tragedies and the triumphs of African Americans in the U.S., including programming on the Civil Rights era. Everyone in the family can get in on the learning, with documentaries like "The Black List" examining some of the reasons for Black History Month. And kids young and old can take a trip back in time as they understand the importance of historical events with "Seizing Justice: The Greensboro 4," "On the Shoulders of Giants" and "Birds of a Feather: Tuskegee Airmen."

- **Profiles in Courage:** The biographies of influential African Americans come to life with dramatic profiles and stories of acclaimed leaders and others who are not so well known—but perhaps should be, such as that of Lena Baker in "Hope & Redemption: The Lena Baker Story."

- **Dramas:** Programs and movies like "Independence Day," showcasing award-worthy performances from notable African-American actors like Will Smith. You

can also explore and share real-life family relationship dramas like "Braxton Family Values."

- **Hearth and Home:** Savor shows like "Down Home with the Neelys" that provide a look at the food and other aspects of modern African-American society.

- **Of the People:** Program content that exemplifies the contributions made by multicultural talent, shows written by, starring, directed or produced by African Americans like Morgan Freeman in "Million Dollar Baby."

- **Powerful Portrayals:** Storytelling has always been an important part of African-American culture. Drama fans can enjoy Black

cinema offerings, which chronicle the challenges of African-American protagonists in a variety of ways.

- **That's Entertainment:** Laugh along with comedy specials such as "Chris Rock: Bigger and Blacker," or let romantic comedies warm the heart. If music is your thing, there are shows and movies like "Ray," the story of one of America's true musical geniuses, Ray Charles, that look into the past and present music-making of African-American artists.

All TV viewers can share their passion for Black History Month at facebook.com/DiversityOnDemand.

The University of Toledo Hosts Events for Black History Month

Special to The Truth

"Differences: The Unique Ways I Define Me" is the theme of The University of Toledo's celebration of Black History Month.

"The Black History Month events and programs serve to honor, celebrate, educate and embrace our students, faculty and staff," said Sabina Elizondo-Serratos, associate director of the UT Office of Student Involvement. "We encourage everyone to get involved by attending any or all of the programs planned for Black History Month."

Ritter Planetarium will pay tribute to Black History Month with a show during February called "Follow the Drinking Gourd," which will take place Saturdays at 1 p.m. The cost is \$7 for adults, \$5 for seniors and children 4 through 12, and free for children 3 and younger. This historical program shows how slaves used the stars to find their way North to freedom.

Other events include a Speak Your Mind Poetry Slam on Monday, Feb. 6, a Soul Food Luncheon hosted by the Black Student Union on Wednesday, Feb. 8, a Student African-American Brotherhood Professional Image Seminar on Thursday, Feb. 16 and the Lost Textbook Heroes discussion Monday, Feb. 20 about influential African Americans who are less known in history.

The 43rd annual Black Student Union Fashion Show also will take place at 6:30 p.m. Friday, Feb. 24. The scholarship event will focus on "Sankofa," which means looking to the past to know the future in the Akan language of Ghana. Cost is \$12.

FIFTH IN A SERIES: KIM

Letters from the Heart

The care and support were tailored for each of our needs.

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Kim, 1996

For 30 years, families have been writing to Hospice of Northwest Ohio to express their thanks. Yet they often also say, "We wish we would have started hospice care sooner." The earlier you seek our expertise and support, the more we can do to help.

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Deltas Celebrate Founders Day 2012

Sojourner's Truth Staff

Members of Delta Sigma Theta Sorority, Inc's local chapters – Toledo Alumnae, Beta Lambda (The University of Toledo) and Epsilon Omicron (Bowling Green State University) – gathered last Saturday at the Toledo Hilton to celebrate Founders Day.

Joining the local members in their commemoration of the 99th anniversary of the establishment of the sorority was Beverly Evans Smith, national secretary, who spoke to The Truth of her excitement over the approaching centennial.

"The Deltas were founded in 1913 and chapters all over the country celebrate Founders Day during the months of January, February and March. Next year we will have a huge 100 year celebration," said Smith.

Next year will feature a January celebration at Howard University in Washington, D.C., Smith said. Howard was the college where 22 women founded the Deltas.

In addition to the January celebration, the Deltas will reenact a march in March of next year in Washington to commemorate the sorority's first public act 100 years ago when the 22 founders walked with the suffragettes to advocate for women's right to vote.

That march featured 22 black women walking alongside about 5,000 white women, said Smith.

The culmination of the national celebration will also be held in Washington, D.C. With the national conference in July of next year.

The UT chapter was founded here in 1937 by seven young women and the BGSU chapter in 1960 by eight women students and three advisors.

This year's event featured a welcome by Alumnae President Robin Stone and an opening rendition of "Lift Every Voice and Sing."

National Secretary Smith was the keynote speaker.

Then members were recognized for their years of service. Clara Brank, Sandra



Strong and Gina Thompson were acknowledged for 25 years of service; Willie Odell Chancy and JoAnn Smith for 50 years of service.

Delta Sigma Theta Sorority, Inc is a public service organization dedicated to a program of sharing membership skills and organizational service in the public interest. The Five-Point Programmatic Thrust of the so-

rority is: economic development, educational development, international awareness and involvement, physical and mental health and political awareness and involvement.

This year's Founders' Day Committee consisted of: Chairman Angela Siner, Trevor Black, Clara Brank, Odell Chancy, Sue Fletcher, Joyce Henderson, Bessie Mack, Karen Sherman-Sorina and Jeannine Tyree.

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The Local Music Scene in Toledo Delayed, Dying or Dead?

By Michael Hayes
Minister of Culture



Where did all the venues go?

As 2012 starts with every rapper and singer you know claiming this will be his or her year, the biggest question is where can they perform live in Toledo, Ohio?

Think about the last three years and how the city seemed to be over flowing with opportunity for local hopefuls to take the stage.

You had Mugshots, J Palace, Jalepenos, Hot Peppers, Jax and at least half a dozen more clubs that were featuring local music every single week. I mean, it was actually possible back in 2010 to hit multiple stages in one night in the T (and that's real).

Now, you have the occasional show at Cloud 9 or Zodiac that gives a little shine to up and comers but that's about it. The one beacon in the bleakness happens to be a not very well known, small downtown spot called Tequila Sheila's. Not hating though, because it has become a very reliable stage for rappers just getting started.

Every weekend there's at least one night dedicated to letting mostly amateur spitters put on a show.

Don't get it twisted, being called amateur is not a dis.

Being called local isn't a dis either.

But if these artists don't have anywhere to hone their skills, how are they supposed to get better? There may be one or two more venues still holding it down.

I still haven't been yet, but I've heard the Atmosphere Coffee Shop is trying to do its part to support local entertainment for those of us under 35.

The Peacock, too, especially for the neo soul/conscious crowd.

But it's nothing like it was two years ago.

So many places to perform and shows to be a part of, the city actually felt bigger.

Being brutally honest, I don't know if it will ever be like that again.

What happened to all the crews?

It seems like the idea of a tight-knit circle or musical collective has all but vanished from the local music scene. I can think of two emerging crews right now getting ready to do some things, but it's a far cry from the nearly two dozen reputable movements that ruled the local entertainment scene until recently.

Some of the most dominant crews from one or two years ago have splintered off into sub groups or have fallen apart entirely. People have moved away, changed business partners and some have just stopped doing music entirely.

Think back to 2010, there were so many official and unofficial labels in this city we had secret alliances and rankings based on who had the strongest name or best-organized operation. We actually thought of forming a council to act as a governing body, an association of labels because there were so many. Whether it was just an informal gathering of artists banned together under one umbrella or if it was a thought-out movement with role players and street teams, Toledo had so many musical collectives that any night out felt like The Source awards.

True, having a "label" is super cliché.

But if you were at any of the hundreds of club events, or at Dunkin For Donations or at

Bash At The Bay ... it was obvious that the talent in the Glass City had found ways to consolidate their power and move as units.

Looking back, I have to admit it was not only fun but also, for the most part, it was peaceful as well. From 2008 until recent memory, I can think of nearly 20 of the most reputable crews in the city and everyone got along without any crew vs. crew beef. Artists would have issues with each other.

Some producers/managers would have issues. But overall, everyone got along.

Now, so many people are doing it alone or maybe the crew thing is played out.

Whatever the reason, it's certainly a lot less exciting and the scene is a lot less unified.

My involvement in the local music scene.

As some of you know, U.G.E. L.L.C. is a company I operate with my partner Lavale.

Our primary goal has been to get industry placements as music producers, but years ago we found that goal may be better achieved by having our own roster... so boom, our label was born.

We produce all the music for our artists, create all the visuals, develop their talent to the point they can be shopped and much more.

When it comes to having local venues for rappers and singers to perform at,

our label ran an opening mic night known as The Listening for over three years at The Truth Art Gallery downtown. We gave our artists a way to give back to Toledo, and we gave Toledo a way to be heard and network within the music scene.

Most of the crews that were in existence from 2008 to 2011 would usually spend their weekends at our event, and we would in turn be apart of their events around the city.

With people like D.J. Lyte N Rod, D.J. Keith Success, J. Roc, Kaj, Martini, Kausion, Lou and many more acting as intermediaries between all of the various collectives... my company and others actually formed a vibrant musical scene in this city two years ago.

Mentioning that my company was a part of that isn't a pat on the back, I'm not saying we were the best. But it's true, U.G.E. and our artists at the time were just as much a part of the scene as anyone else.

I guess that's the most important element of any piece I write about local entertainment.

I'm not a critic, I'm a participant.

Most nights I'm producing a track for one of my artists, or emailing songs to a contact we have in another city trying to get a placement.

My partner is at his house doing the same.

We spend our time developing our artists, looking for investors to go the indie route or revising our strategy to get a situation with a major.

We spend our time recording our acts, networking with people for shows, rehearsing or creating con-

tent or promoting... trying to get one step closer.

So just like many of you reading this, I'm in this grind as well.

Struggling to pay bills, looking for a good 9 to 5 so I can avoid starving while I chase this dream and trying to put the right pieces of the puzzle together for success.

I have never done a feature story or review on any of my artists.

But I don't mind sharing with readers that I'm pursuing a career in the music industry because it shows them that I'm standing shoulder to shoulder with them...I understand them.

Whoever you are reading this right now, if you see yourself earning a living in the music industry and you spend most of your waking moments working towards that goal... then you and I are one in the same.

So when I look at Toledo, Ohio and notice the music scene changing, I owe it to all of us to write about it especially since it affects me just as it does you.

There's so many ways to approach this business.

For U.G.E., I know my partner and are thinking

outside the box.

Since we make R&B, ballads, club rap, hip-hop, neo soul, etc. we have always wanted to get placements in film, TV and video games as well as produce songs in those various genres for artists. That's partly why our local prominence has declined, its simply we don't focus on having a presence here as much as we did two years ago.

I can think of two other local label owners I know who have switched up their game plan as well, so as we all think more global we seem to be thinking less local.

But there's still plenty of people making noise and holding it down for the 419.

A couple locally based music producers have had success getting their tracks placed with major artists or on top rated T.V. shows recently, and they inspire me and my partner to keep pushing. So there's still a lot we can be proud of.

I'm not sure if Toledo's music scene is in a decline or not.

But for my part in it, we have had to re-prioritize.

Making music is the purest expression I know of next to love.

Creating a song and perfecting it and then putting

it where people can access and appreciate it... really, there is no higher joy for me professionally or artistically.

But I know other producers/artists/etc feel me when I say...

If it doesn't start making money soon, it will start seeming more like a foolish pursuit than a worthwhile investment.

Whatever goals you have in music or entertainment, give yourself a quick gut check.

I tell our artists the same thing.

If you aren't spending at least two hours a week on it, you're NOT serious and you probably are just deeply INTERESTED in music but it's not something you have a deep yearning to achieve.

But if you need this like I need it...

If you feel like I feel... I'm ready to make the kind of progress that lets me know this is real and dreams do come true.

I'm ready to make it happen, just like you.

Peace.

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February 01, 2012

Schools as Community Hubs – Hub Director of Scott High School (FT) Salary Range: 45K-55K, with benefits

Lutheran Social Services of Northwestern Ohio seeks a dynamic leader with highly developed communication skills and a demonstrated ability to coordinate multiple programs and partnerships. Ideal candidates will have significant experience in community engagement, education and/or working with systems that impact youth and families. BA and 3-5 years of professional experience required.

Full Job Description and information on the Schools as Hubs strategy available at: Toledo@lssnw.org

Mail resume and cover letter by February 10, 2012 to:

Lutheran Social Services of Northwestern Ohio
2149 Collingwood
Toledo, OH 43620
c/o Mark Haskins, LISW-S

or send resume to mhaskins@lssnw.org

Marketing Communications Specialist

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Expanded position details are available at www.sunrisewindows.com/about/careers.

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Schools as Community Hubs Hub Director of Leverette Elementary School (FT) Salary range: 45K-55K, with benefits

YMCA of Greater Toledo seeks a dynamic leader with highly-developed communication skills and a demonstrated ability to coordinate multiple programs and partnerships. Ideal candidates will have significant experience in community engagement, education and/or working with systems that impact youth and families. BA and 3-5 years professional working experience required.

Full Job Description and information on the Schools as Community Hubs strategy available here. <http://www.ymcatoledo.org>, under "Our Cause" tab/employment.

Send resume and cover letter by February 12, 2012 to:

Sarah Otis, YMCA of Greater Toledo, 1500 N. Superior St, Toledo, Ohio 43604 or e-mail to sotis@ymcatoledo.org.

No phone calls accepted.

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CLASSIFIEDS

February 01, 2012

Page 15

Night Personality for URban Radio Broadcasting's WJZE-FM

URban Radio Broadcasting Toledo Ohio has an immediate opening for a Night Talent for WJZE-FM (HOT 97-3 Blazing Hip Hop and R&B). This position requires an experienced person who can motivate the Toledo audience while enhancing our street presence and overseeing Web presence. You must be very organized, extremely motivated, driven and have a burning desire to win. Working knowledge of digital equipment is a must. This position is now available and we will start an immediate interview process. Please get us all the details about yourself immediately, including an air check. You can overnight this information to:

Rockey Love
Program Director
URban Radio Broadcasting
720 Water St., 4th floor
Toledo OH 43604

or email your presentation along with your air check to
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Notice to Bidders: Inquiry # FY12-074,

(Project# 0034-12-742) Carlson Library 2nd Floor Renovations for the University of Toledo Main Campus. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, February 21, 2012. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Apex Micrographics Inc., 5973 Telegraph Rd., Toledo, Ohio 43612-0457. Call 419-476-6535 for an appointment to pick up bid package. A cost of \$55.00 will be charged per set. Any further information may be obtained from Dave Serra of The Collaborative Inc. at 419-242-7405. One Pre-Bid Conference will be held on Tuesday, February 14, 2012 at 10:00 a.m. in Plant Operations Building Room 1000, at the University of Toledo, Main Campus, 2925 E. Rocket Drive, Toledo, Ohio 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$944,760.00; Breakdown: General Const: \$439,930.00; Fire Protection: \$113,953.00; HVAC: \$152,896.00; & Electrical: \$238,008.00.

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Bishop Greg Early and Pastor Sheila Early
Contact: Dale 419-283-7585



Toledo Refining Company has an immediate need for an Accounts Payable Lead. The selected candidate will oversee the Accounts Payable function for the Toledo Refining Company including day-to-day responsibility for planning, implementing and reporting policy and procedures of the AP function. Specific duties include but are not limited to: development and control of the AP process in accordance with SOX and Corporate compliance; supervise and manage the AP Specialist daily duties; analyze and report a wide range of AP/vendor information to the Controller; ensure the DOA, 1099 and expense reports are properly managed; manage the SAP and GR/IR process; secure vendor profile information from new vendors; responsible for verifying that all company purchases are properly authorized; ensure the accuracy of voucher entries and general ledger postings; maintain vendor records in accounting system to ensure accuracy and completeness; and assist the Assistant Controller with various Finance and Accounting tasks and projects.

Candidates must have a Bachelor's Degree in Accounting or Finance program as well as 5 or more years experience working in an Accounts Payable function preferably in a manufacturing environment. SAP experience and proficiency in Microsoft applications is also required.

For confidential consideration, please submit your resume via email to
TLR.HiringManager@pbfenergy.com

EOE/M/F/D/V

Classifieds are posted online at
www.thetruthtoledo.com



Toledo Refining Company has an immediate need for an Accounts Payable Specialist. The selected candidate will oversee the Accounts Payable process within the Accounting and Finance department. Additionally, the AP Specialist will be expected to use independent judgment and discretion to perform the following responsibilities: audit and process plant invoices for payment; serve as the primary contact to vendors and internal customers when resolving various billing issues; serve as Site Coordinator for the PCard program; back up the AP Lead for accurate check runs and ensure that vendor discrepancies and statements are resolved; administer the DOA controls in SAP; responsible for issuing 1099s to vendors and government authorities; determine payment terms, assess discounts and resolve sales tax issues; create retention system for the plant AP system; analyze and report a wide range of AP information to the Controller; and work with Corporate AP to resolve processing, system and payment issues in SAP. Other assignments and projects will be assigned as needed.

Candidates must have a Bachelor's Degree in Accounting or related discipline as well as 3-5 years experience working in an Accounts Payable function preferably in a manufacturing environment. SAP experience and proficiency in Microsoft applications is also required.

For confidential consideration, please submit your resume via email to
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INTERESTED BIDDERS: TOLEDO PUBLIC SCHOOLS – LONGFELLOW ELEMENTARY, MCKINLEY Elementary, MARSHALL Elementary, PICKETT Elementary table package

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until 1:00 p.m. on February 15th, 2012, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the table furnishings of Longfellow Elementary School, McKinley Elementary School, Marshall Elementary School, Pickett Elementary School, as more fully described in the drawings and specifications for the projects prepared by Vetter Design Group and Munger Munger & Associates. Bids will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan room in Columbus, Builders Exchange in Toledo, University of Toledo – Capacity Building, E.O.P.A. – Hamilton Building, Northwest Ohio Hispanic Chamber of Commerce, and The Plan Room in Ann Arbor, Construction Association of Michigan, Toledo Regional Chamber of Commerce and Ohio Construction News.

Bidders may obtain copies of the documents starting **January 26, 2012 which can be purchased from Toledo Blueprint, 6949 Wales Road, Northwood, Ohio 43619, phone: (419) 661-9841. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A **PREBID CONFERENCE** is scheduled for February 3, 2012 at 8:30 a.m. at the Toledo Public Schools Room 304, 420 E. Manhattan Blvd., Toledo, Ohio 43608.

If you have any questions or a need for additional information, please direct all questions in writing Dan.Timmons@lgb.llc.com and Patrick.Stutler@lgb-llc.com, by phone at (419) 776-5600, or fax at (877) 281-0784.

Bid Item #2 Longfellow ES, McKinley ES, Marshall ES, Pickett ES

Tables Package Total Estimate:
\$ 347,870.00

Ohio Theatre Request for Proposals

The Lathrop Company is requesting proposals (RFP) for The Ohio Theatre Renovations Phase 1 project located at 3114 Lagrange Street Toledo Ohio 43608. Scope of work includes masonry infill, structural steel, roof replacement, millwork, ceramic tile, painting, mechanical and electrical work. Contracts will be awarded by the Construction Manager to the pre-qualified bidder that represents the best value to the project, as selected by the Construction Manager and approved by the owner. If not already prequalified, Contractors must submit completed prequalification forms with proposal. Email cburrell@tcco.com to request prequalification forms. Bid Packages are available for review at the Lathrop Company plan room or are available for purchase from Becker Impressions 419.385.5303. Please submit all proposals to The Lathrop Company, 460 W. Dussel Drive, Maumee, Ohio 43537 by DATE: Wednesday, February 8, 2013, TIME: NOON. All questions and inquiries can be emailed directly to dverdin@tcco.com at The Lathrop Company.

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IMA's Installation of Officers



The Interdenominational Ministerial Alliance held its annual installation of officers on Sunday, January 29 at Mt. Nebo Baptist Church.

The newly elected officers are: Rev. Cedric Brock, president; Rev. William Lucas, first vice president; Rev. Robert Birt, second vice

president; Rev. Otis Gordon, treasurer; Rev. LeRoy Williams, executive secretary; Rev. Willie Perryman, parliamentarian; Rev. Chester Trail, sergeant at arms; Rev. Shirley Sparks, chaplain. The IMA's Advisory Board is comprised of Bishop Nelson Clark, Rev. Robert Culp, Bishop M.C. McGee, Rev. Pat McKinstry and Bishop Duane Tisdale.

The installation service featured Rev. Clifford Mays delivering the sermon and a musical presentation by Mt. Nebo's choir.

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Five Questions for Comedian Finesse Mitchell

By Monique Ward
The Truth Contributor

MW: During show, you joked about how parents under 21 shouldn't be allowed to name their children because they come up with names like Nuetrogena and Finesse (amongst other names that were hilarious but nowhere near PG rated). How did you get the name Finesse?

Finesse: (Laughs) Finesse is my stage name and I didn't get that name until college.

MW: Have you always wanted to be a comedian or is that something that just happened?

Finesse: Not at all. I really wanted to be a rapper but I was wack! I used to manage an R&B group and one day I was trying to be funny in the studio, grabbed the mic from there, comedy ensued. I also got inspiration watching Dave Chappelle on Def Comedy Jam and his skit on how they came up with the word "n*ggas." Like him I prefer my comedy to be more natural even though it's scripted.



MW: What was it like starring on SNL and being one of the only African-Americans on the show?

Finesse: It was tough. Funny is funny and it was hard to figure out what they were looking for. Don't get me wrong, I'm happy for the experience. You can't find so many people, at any given time, that can say that they were on SNL. It's something to cross off of your bucket list.

MW: You published a book called "Your Girlfriends Only Know So Much: A Brother's Take on Dating and Mating Sistas" in 2007. How did that come about?

Finesse: I was doing my relationship column in Essence Magazine, when a fan of the column (who was also a book author) approached me about putting a proposal together to get a publishing deal & we got one.

MW: Now that you are a famous actor, comedian and published author, how does it feel?

Finesse: It is all surreal... You realize how blessed you are. Sometimes people give up on their dreams because they don't see rewards or progress right away but you have to invest in yourself.

Finesse Mitchell appeared at Toledo's Funny Bone January 19-22

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