



Local and National News

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"And Ye Shall Know The Truth..."

April 04, 2012



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Youth, Race, and the Solidarity of Style

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



*.. All the fresh styles always start off as a good lil' hood thang; look at blues, rock, jazz, rap ... By the time it reach Hollywood it's over, but it's cool, we just keep it goin' and make new sh*t. - Andre 3000*

Referred to by some as "The Emmet Till of the 21st Century," the shooting of Trayvon Martin, an unarmed black teenager, continues to fuel large, public demonstrations across the nation, including a modest Toledo gathering calling for unity and peace.

"It is a time to understand the burden that some of us have to live, always facing the stereotypes of others and the danger that these stereotypes might cost us our lives. We cannot remain silent as our country once again struggles with the senseless killing of an unarmed African-American boy," said 10 leaders of Churches Uniting in Christ, as reported by Adelle Banks for Sojourners Magazine. The group represents

10 national mainline Protestant and historically black denominations including the African Methodist Episcopal Church.

Many around the country have also called for displays of unity by wearing hoodies in tribute to Trayvon, whose shooter has said that he was "suspicious" because Trayvon was walking, talking on a cell phone and wearing a hoodie.

And it is in this solidarity effort, the symbolic wearing of what is, in effect, a signifier of youth rebellion, that has provided a surprising diversity of opinion.

What are your thoughts about the hoodie - this cultural production of the ghetto aesthetic, co-opted by Madison Avenue, commodified and commercialized, and "reintroduced in the market for consumption by those who produced it in the first place" (Hebdige, 1979), and then refashioned once more by exploitative politicians and used as a symbol of black fear?

Some in the community do not support wearing hoodies to support the Martin cause because wearing them, they feel, is itself a stereotype or don't allow their children to wear them because they feel that they are not truly representative of black and brown Americans.

However, I spoke with Claudia Owens Shields, Ph.D., who led an effort at Antioch University to participate in this national statement of solidarity. Here is her take:

"I understand how some might be offended and I agree that 'hoodies' are used to racially profile black and brown youth.

"However, I feel that the statements that hoodies are being used to make right now are similar to what took place earlier in our social evolution.

"Do you remember when we began to make strong public statements (probably in the 80's) that in cases of rape, what a victim was wearing should not be used to defend the rapist? A defense attorney might have suggested, 'If the victim didn't want to get raped then they shouldn't have been wearing those tight jeans!'

"Many felt that this type defense blamed the victim and got the accused off the hook. The victims' clothing should not be used as a defense of the perpetrator. There was much public outcry. This shifted the dialog so that a rape victim's clothing is now less likely to be a successful defense and it shifts the burden of responsibility back to the perpetrator where it belongs. In the same way, we are saying that the fact that a kid is wearing a hoodie does not give someone license to shoot them and walk free.

"That said, I recognize that as a matter of survival, as PARENTS we must teach our kids not to dress in certain ways, not to wear certain colors in certain areas, and not to dress in sexually provocative ways. As EDUCATORS who wish to change oppressive systems, our role is different. In that role our message and audience are also different. Our message is directed to the perpetrators of violence — and to the system that lets them too easily off the hook.

"So, in the morning, when I send my daughter Imani off to school, I am thinking of her safety and guard it in many ways, because I know that the system hasn't yet changed. Then I come to work and get busy trying to change those systems so that our kids can live in a world where they can wear whatever, wherever and whenever they want and NOT feel like their lives are in danger. So, yes, young brown and black kids should not be defined by what they wear nor by ANY external factor. They surely shouldn't be killed because of them.

"That is the message behind these demonstrations and acts of solidarity. People from all walks of life and all races and roles, are putting on hoodies, not to further oppress kids by representing them stereotypically, but because they are making a statement about how ridiculous it is to assume someone is suspicious because of a hoodie.

"That is the concern that I've tried to raise. If this statement is successful, maybe a would-be shooter will think twice before he shoots at someone wearing a hoodie. And maybe this will help us become a society where we can no longer assume that a hoodie makes someone suspicious. "Maybe your young boy and my young girl and all of our children will be able to live and move freely and safely in a world that evaluates them based on the content of their character."

Claudia Owens Shields, Ph.D. is a licensed clinical psychologist and core faculty/director of Clinical Training at Antioch University Los Angeles.

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

Community Calendar

April 6

Southern MBC Good Friday Service: 11 am; Fish fry following
New Bethel COGIC: "One Night with the King;" 7 pm; Rev. April Sumrow and Evang. Belinda Pope: 419-241-3550

April 7

Grace Temple #424 Easter Egg Hunt: 1 to 3 pm;
Third Baptist Church Red Cross Blood Drive: 10am to 3 pm: 419-381-5954
The Movement Church Free Haircuts: 4 to 6 pm: 419-322-1889
Isaiah Thomas Giving Foundation Easter Egg Hunt: Wayman Palmer YMCA; 3 to 5 pm; Arts and crafts, healthy snacks, Easter Egg rolls, games
Gospel All- Stars Spring Musical: 5 pm; Worldwide Living Church; Guests include The Twilight Gospel Singers, Rising Sun Choir, Brothers of Harmony, Spirit of Truth Singers, Toledo Quartet Union Choir
Bethel Apostolic Fish Fry: 11 am to 4 pm: 419-283-2469 or 419-386-7635
Ebenezer MBC All Male Musical: 5 pm; Sponsored by the Hospitality Committee: 419-242-2581

April 8

New Covenant Church Win from Within Easter Sunday Service: Woodward High School; 11 am; Fine arts performance, flat screen giveaways, children's church: 419-481-2502
Southern MBC Easter Sunday Sunrise Service: 6 am

April 11-13

City of Zion, Mt. Zion Church Toledo District Full Gospel Baptist Church Fellowship International Intercessory Prayer Conference: 6 pm nightly; Speakers Bishop Jerome Ross, Bishop Duane Tisdale, Bishop William H. Murphy: 419-246-1850

April 14

Global Youth Service Day: Hosted by United Way and North Toledo Network; 9 am to noon; Friendly Center Gymnasium: 419-243-1289 ext 304
Community Health Fair and 14th Annual Prostate Cancer Education & Awareness Program: Sponsored by Toledo Council of Black Nurses and OACWC; Cordelia Martin Health Center; 10 am to 2 pm; Raffles - \$100 Kroger Gift Certificate and \$25 gas card: 419-531-4310 or 419-534-2915
Women Empowerment Luncheon: Parkwood Community Center; Anger issues, behavior problems, doubtfulness, fear, bad finances, and more; 11:30 am to 1:30 pm: 419-241-9789

April 15

St. Paul AME Zion S.T.A.R.Z. Dance Ministry 4th Anniversary: 4 pm; Guests include Warren AME Ddance Ministry, Tyreese Bell, Trina Willis, Tonya Steward, Selina Perryman, Opal Dunlap: 419-870-5747 or 419-243-1065
Beulah Baptist Church Pastoral Anniversary: 6th Anniversary for Pastor Ronald Taylor; 4 pm; Guests – Rev. F.A. Shears and Rossford Baptist

April 17

Northwest Ohio Psychiatric Hospital Annual Health Fair; In recognition of Minority Health Month; Refreshments, massages, screenings, etc; 11 am to 4 pm: 419-381-1811

April 21

"A Holistic Workshop Focused on Mind, Body and Spirit:" 11 am to 1 pm; Featuring guest speaker LaQuinta Newton; United MBC: 419-380-1455
Global Youth Service Day: Graffiti Free Project; Hosted by United Way and North Toledo Network; 9 am to noon; Friendly Center Gymnasium: 419-243-1289 ext 304
Warren AME Second Annual Community Dental Clinic: For families; 12:30 pm; Dental screenings, skin care, nutrition and exercise clinic, budgeting for health: 419-243-2237
Take Back the Night: Community rally women's march to end all violence against women; Collier Bldg at UT Health Science campus; 6 pm – resource center; 7 pm – clothesline project, silent witness project, bandanna project

The Sojourner's Truth

Toledo's Truthful African-American
Owned and Operated Newspaper

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Iced Tea And Skittles....

By Lafe Tolliver, Esq.
Guest Column



In the recent tragedy of the willful shooting and killing of the minor, Trayvon Martin and regardless of the eventual legal outcome, parents need to again "martinize" their kids against the gun toting mentality in these United States.

Unless the shooter is found to be not guilty by reason of insanity, minority kids will have to run the gauntlet of being an immediate suspect when they are found either in "suspicious" groups or even as solitary figures.

It is not enough to simply tell kids that they are to respect law and order. Now, you got to warn them against gun-toting militants/vigilantes who seemingly are pre-programmed to shoot first and talk about skittles and iced tea later.

In the case of George Zimmerman, who paraded around and about as if he were a vigilante posse of one, such a person feeds on his or her own anger and resentment about seeing minorities in places, "not their own," and the presence of such people is enough to set them off.

They seek any flimsy pretense to lock and load and blow someone to the next kingdom.

Once they have, in their own minds (which can be a raging inferno of stereotypes and bitter resentments at unknown insults) been convinced that they are righteous in their crusade, they proceed at full bore.

If they are fed by certain media blogs that black equals crime, it can then be only the wearing of a hooded sweatshirt that can cause them to become a self-appointed terminator.

No parent should have to continuously monitor their kids regarding their physical safety in a land that preaches law and order (law and order for whom?).

But they have to, knowing that any imagined slight can cause a gun-empowered fanatic to avenge the imagined wrongs done to their pride or trampled sensibilities.

So, again, we have to issue the following "martinizing" requirements

so that minority kids do not end up with bullet holes in the process of they trying to make it to a safe haven in any neighborhood.

MARTINIZE ONE: If a gunman prefers a shooting target that has a hood on it, take away his clear shot by not wearing a hooded jacket. You should not have to change your wardrobe to fend off a hell-bent shooter but, obviously for George Zimmerman, a hoodie is part of his mental math that it was tantamount to criminal activity and he was having none of it.

MARTINIZE TWO: Don't make furtive moves or sudden motions. Like an angry dog who is cornering you, the dog wants any reason to attack and bite. If you move slowly and calmly, the dog will not feel panicked and will more likely than not, simply snarl and not bite. A shooter will take a sudden move as an attempt to reach for a weapon and WHAM!...his reason for shooting?...self-defense.

MARTINIZE THREE: Walking at night is a serious invitation to a shooting. It is something about night and being black that simply sets off certain people. They love to claim that they could not see and as such, they felt their lives were in danger when it is night and they see a black man.

Again, being black plus a hoodie plus out at night equals a permissible shooting target. Moral of the story: Never go out at night. Do all of your business in the daylight.

MARTINIZE FOUR: When all else fails and the shooter is hyped up with the thought of unloading his 9 mm Glock on you, begin to yell for help and keep yelling. Sometimes, a person may hear the call for help and later become a valuable witness for your side of what just happened. When yelling, keep your visible hands and in the air.

MARTINIZE FIVE: This is the toughest one to master.

If at all possible when confronted with a determined shooter, try to change your skin color from black to white.

Nothing disarms a malevolent race shooter more than not being able to bag a black person but rather he now sees a white person in his gun sights. No fun there.

If you cannot change your skin color through intense concentration, then pretend that you are from India or from the Islands and drop any dialect or patois that identifies you as being black. Imitate a Jamaican Joe or a Navroon Singh and hopes it works.

MARTINIZE SIX: This is the easiest one to say but the hardest to keep. Simply do not go out anywhere. Stay at home and watch the world

from a window and hope and dream that one day, crazy people will not be out on the prowl seeking any excuse to spill your blood. It may not be fun but at least you will be alive.

The above "Martinizing" techniques show the mental and emotional irrationality that happens when you can become an unwitting target for foul gun play.

Gun play, erratic or intentional, is a vile scourge upon the black community. Either we are gunning each other down in record numbers or others are doing it to us. Either way, we are losing ground.

It is more embarrassing

and tragic when black kids kill other black kids for no more reason than over a pair of pricey shoes or about an innocent bump in a movie line.

It shows that we have not passed on to them, the sanctity of life, the fear (meaning reverence and awe) of God and how each life is of great importance.

When others do it to us for reasons no more than we look "suspicious," we are reduced to being, in their estimation, a mere trifle that is here today and gone tomorrow.

Contact Lafe Tolliver at
tolliver@juno.com

WGTE Tackles Dropout Crisis in Toledo

New Public Media Programming and Public Engagement Initiatives to Help Students and Teachers

Special to The Truth

The State of Health in the Black Community

Over the past ten years many things have changed in our community. For example, the price for a gallon of gas ranged from \$1.50-\$1.75 and The Sojourner's Truth newspaper made its debut. The Truth continues to evolve as a relevant voice for the African-American Community in northwest Ohio. At the forefront of its guiding principles of focus, The Sojourner's Truth has placed a profound value on informing the community about issues that matter; specifically, health, education, wealth and arts.

Considering the health in

our community and beyond, where do we stand compared to ten years ago? Lucas County Health Department's Minority Health Coordinator, Ronata Robinson shared "that although there have been initiatives throughout federal agencies in many states and support from national philanthropies, little improvement has been detected over the past 10 years since minority health disparities became a focus of attention."

Nationally, during 2002-2006, in several major disease areas, certain racial/ethnic minority groups are disproportionately affected. One

significant occurrence is cardiovascular disease and risk factors. Data showed that heart disease mortality was 20 % higher in black males than in white males and 31 % higher in black females than in white females, and the prevalence of stroke is higher in blacks than in whites at all ages. High blood pressure, considered to be a risk factor for cardiovascular disease, was considered more common, developed at an earlier age and was more severe for blacks than whites in the U.S. Two other risk factors for cardiovascular disease included a lack of physical activity and obesity as being

exceptionally problematic for minority populations.

The United States Center for Disease Control reports that in 2002, 2.7 million or 11.4% of all non-Hispanic blacks aged twenty years or older have diabetes. On average, non-Hispanic blacks are 1.6 times as likely to have diabetes than non-Hispanic whites of similar age. In Lucas County, 2006-2008 age-adjusted diabetes mortality rates for African Americans was twice the rate for the other racial or ethnic groups

It was also reported by the CDC that between 1999-
(Continued on Page 4)

SIXTH IN A SERIES: REBA

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They taught me to be a better caregiver.

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Reba, 1989

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WGTE Tackles Dropout Crisis in Toledo

(Continued from Page 3)



Romules Durant

2000, 28.10% of African-American men and 49% African-American women were considered obese.

Obesity is a risk factor in developing Metabolic Syndrome; a group of health related conditions—increased blood pressure, a high blood sugar level, excess body fat around the waist or abnormal cholesterol levels—that oc-

cur together, increasing your risk of heart disease, stroke and diabetes.

In a 2006 report, HIV took a disproportionate toll on communities of color, with the most severe impact among African Americans. Johns Hopkins Medicine presented findings that discovered African-American men had considerably higher in-

cidence rates (234.6 cases per 100,000 African-American men in 2003-2007) than white men (150.4 cases per 100,000 white men in 2003-2007). Even moving to boldly state that African-American men may have the highest rate of prostate cancer incidence in the world. In addition, their prostate cancer mortality rate was more than twice as high as the rate for white Americans. In the period from 2003 to 2007, mortality rates were 22.8 cases per 100,000 white men, and 54.2 cases per 100,000 African-American men.

Over the past ten years, many strides have been made toward citizens becoming more aware and empowered as it relates to their health. However, although significant strides have happened, Neighborhood Health Associations Chief Executive Officer, Doni Miller says that "great strides have been made, but the problem is that we-as-a community-are so far behind, the strides we've made still don't have us where we need to be in terms of health. There's been so much emphasis on the education of everyone specifically Afri-

can-Americans on lifestyle changes and the information is out there in better ways for us to utilize." Miller poses the question "Are we as a culture absorbing this information?" One campaign, "Let's Move" led by First Lady Obama has gained significant momentum in the fight against childhood obesity. The program guides children on the path to a healthy future during their earliest months and years and also provides parents helpful information and fostering environments that support healthy choices.

According to www.healthreform.gov, racial and ethnic minorities have high rates of debilitating disease such as obesity, cancer, diabetes and HIV/AIDS. However, the most prevalent disparity regarding the African-American community is that 48% of adults suffer from chronic disease compared to 39% of the general population.

Currently, many of the statistics have stayed nearly the same and some have gotten worse. None of the disparities from ten years ago have improved for the African-

American community.

Nationally, as of 2011, there still continues to be a higher incidence of black men and women between the ages of 45-74 who suffer from Coronary Heart Disease and Stroke than that of the three other races according to the CDC. What's more alarming is that 37.9% more black women than white women and 61% more black men than white men died before the age of 75 due to this epidemic.

Also, the Lucas County Health Department's 2011 Health Assessment reports that 17% of African American and Hispanic adults were diagnosed with diabetes compared to 11% of White adults and continue to remain identified as a racial or ethnic group at the highest risk for Type 2 Diabetes.

As of 2011, 44% of the African-American population in Toledo suffer from high blood pressure, which is known to lead to decline in cardiovascular health and potentially death. Robinson says that "the problems of minority health disparities in Toledo are an echo of what is happening nation-

ally."

The American Cancer Society reports that African American men are twice as likely as white American men to develop prostate cancer and are more likely to die of prostate cancer. In addition, about 62% of prostate cancers occur in men over the age of 65. Other risk factors include strong familial predisposition, diet high in processed meat or dairy foods, and obesity. Miller expressed a deep concern that "refusing to acknowledge that statistically and factually that we (African Americans) are the ones who carry the burden of hypertension more than any other race, the ones who carry the impact of diabetes both of which are driven by lifestyle. Because we are not managing diabetes then we are more prone to stroke." Robinson added, "We must mobilize and we must take accountability for our health."

She also provided some things to consider-

Insurance matters, as evidenced by the fact that uninsured adults across racial/eth-

(Continued on Page 14)

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The State of Health in the Black Community



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She also provided some things to consider-

- Insurance matters, as evidence by the fact that uninsured adults across racial/ethnic groups are at least twice as likely to go without a doctor visit in the past year.

- Black and Latino adults are less likely to rely on a private physician for their medical care than White adults (62% and 44% vs. 77%).

- African American children have a rate of hospitalization for asthma that is 4 to 5 times higher than the rate

for White children (527 per 100,000 vs. 144 per 100,000).

- Disparities in quality of care are not getting smaller. Over time, the gap between Whites and African Americans, Hispanics, Asians, and AI/ANs has either remained the same or worsened for more than half of the core quality measures being tracked.

A growing public health concern is that violence as a public health issue. Toledo has experienced three murders involving African-American men and women within the past three weeks. The African-American Community Health Advisory Committee found that In the United States, minority males bear most of the burden of homicide victimization. In 2004, among males aged 15 to 19 years, the homicide rate was 3.0 per 100,000 among white non-Hispanics; 6.9 per 100,000 among Asian/Pacific Islanders; 17.2 per 100,000* among American Indian/Alaskan Natives; 25.9 per 100,000 among Hispanics; and 56.9 per 100,000 among Blacks.

(Continued on Page 11)

In honor of Minority Health Month,
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Conference Room 1

Mon, April 23, 2012
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Physicians and Business Community Showing Increasing Interest in Wellness Initiatives

By Candice Harrison
Sojourner's Truth Reporter

Due to the current state of health in the U.S., physicians have become increasingly more concerned with the overall health and wellness of patients from a holistic standpoint as opposed to the traditional model of care delivery.

There have been various new initiatives across the nation and locally all focused on serving patients in a more intentionally preventative fashion. From offering nutrition education and wellness classes, to weight management programs and mental health services, you can be assisted all in the comfort of your primary care office.

One new concept in medical care is the patient-centered medical home (PCMH). This model of care is focused on offering patients comprehensive care with unprecedented access to care including physician mobile phone and email access. The PCMH is accountable for meeting the large majority of each patient's physical and mental health care needs, including prevention and wellness, acute care and chronic care.

Providing comprehensive care requires a team of care providers. This team might include physicians, advanced practice nurses, physician assistants, nurses, pharmacists, nutritionists, social workers, educators and care coordinators. Although some medical home practices may bring together large and diverse teams of care providers to meet the needs of their patients, many others, including smaller practices, will build virtual

teams linking themselves and their patients to providers and services in their communities. (<http://pcmh.ahrq.gov/>)

The University of Toledo is currently only offering this service to their employees through the on-campus medical center but plan to offer it to the community in the future. However, UT's offsite primary care office located at Talmadge near Sylvania offers a unique atmosphere as well as a holistic approach to patient care for insured individuals seeking a new way of receiving primary care.

The office boasts contemporary décor and state of the art medical equipment coupled with a high level of patient care and relationship development from Dr. Larry Monger, internal medicine and primary care physician at UT Family Physicians.

Dr. Monger shared that health disparities in the community and beyond are unfortunately still a reality. He also added that, "often African-American men and women are not aware of the importance of obtaining a primary care physician or (PCP) as an adult. Many times, we only see a physician when we are sick, but it's important to see a PCP for preventative health as well. Also, lack of information is a disparity. For example, the national recommendation for prostate screening in African-American males is 45, normally, in other groups the age is 50. Some people don't know that. Not knowing the basics is a disparity because your health outcomes can be

negatively affected by not accessing a physician's care early in your life."

As an anecdote, Monger is committed to assisting his patients in their overall health and wellness now and for years to come. A major project that he, along with his staff, participate in to add value to the commitment is a "Six Weeks to Wellness" program. This program consists of six weeks of education on healthy weight, healthy eating and other health topics.

Dr. Monger personally facilitates two of the six sessions, but he is present at all sessions to answer medical questions that attendees may have. One of the sessions even included a trip to the YMCA along with Dr. Monger for a fitness session with a certified trainer. As an incentive, the program includes a six-week membership to add exercise to the information sessions. This is available to all patients.

"Part of my goal is to offer my services and support patients in becoming healthy for the long term, it is very important to establish a relationship with a doctor as

an adult and there are various avenues to get healthy," said he said.

Dr. Brian Dolsey, cardiologist with ProMedica, has taken a different approach to reaching the community in an effort to promote men getting serious about health. He will be the featured speaker for the event "Barbershop Conversations," on April, 14 at Steve's Sport N Cuts's barbershop, 4295 Dorr St.

During the event, Dr. Dolsey will be available to answer questions that participants may have related to issues that affect them and engage in meaningful dialogue relative to wellness. The shop owner, Steve Parker, said that he enjoys providing the program as a way to "give back to the community."

"We do a different topic every month. There is breakfast available and [the medi-

cal staff] do things like check blood pressure and blood sugar," said Parker. "I know that many people don't have health insurance so as minorities, we often don't stay on top of our health. I have a client who is a cardiologist (Dr. Dolsey) that came in one day and proposed the idea. We've done blood pressure and cholesterol screening we've even had HIV testing."

The program has various speakers on health related topics and has been existence about two years.

Vince Davis, owner of a State Farm insurance agency, takes prostate health seriously. In fact, it's personal so much so that his business along with Omega Psi Phi Fraternity Inc. and the Council of Black Nurses host an annual health fair that offers free prostate and other health screenings to the community.

The 14th annual Minority Health Fair will be held on April 14 at Cordelia Martin Health Center, 430 Nebraska. The health fair features free health education, health screenings for men and women (cholesterol, diabetes, blood pressure, body mass index (BMI), lupus, colon cancer, and prostate cancer screening).

Davis told The Sojourner's Truth that "I do it because it's important to the African-American community and because my brother died of prostate cancer and unfortunately he did not get tested until it was well established in his body." Davis is passionate about helping the community make better choices. Over the past decade, he has lost nearly all of his living relatives to illnesses that see the highest incidences in the African-American community.

The local community is continuously adding more services to counter the challenges that people may have preventing them from health care. As these opportunities become more readily available, it is then the responsibility of the community to utilize them and get serious about health.

For more information on Dr. Monger's medical services at UT Family Physicians at Talmadge Rd., call 419.383.5000.

To learn more about the "Barbershop Conversations," call Steve Sport N Cuts and speak with owner, Steve Parker at 419.514.7493.



Dr. Brian Dolsey



Dr. Larry Monger

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Battling the Obesity Epidemic

By Candice Harrison
Sojourner's Truth Reporter

Local fitness organization committed to fighting childhood obesity

It's no secret that First Lady Michelle Obama has made a huge part of her agenda the commitment to healthy eating, specifically with children. To do this, she established "Let's Move," a national initiative designed to change the eating habits of a generation so that children born today will live healthier lives.



"Let's Move" combines strategies that put children on the road to a healthier future during the early years of their lives. This teaches them at a young age to make good choices that they will carry into adulthood. One strategy is giving parents education and environments that foster healthy food choices by helping every family gain access to affordable food that is also healthy.

According to letsmove.org, the program is based on five pillars.

1. Creating a healthy start for children
2. Empowering parents and caregivers
3. Providing healthy food in schools
4. Improving access to healthy, affordable foods
5. Increasing physical activity

Locally, the women of Fabulously Fit, also known in the community as "Fab Fit" have taken the ideology of the first lady, and implemented a program at Ella P. Stewart Academy for Girls by facilitating "'Let's Move2 After-School Fitness Program"

The special exercise and wellness program introduces girls in grades three to five to the importance of a fit life style. As the nation follows the lead of First Lady Obama, Fab Fit is committed to educating the young ladies of Stewart Academy on the idea that the their health is ultimately their responsibility.

Program organizer, Deborah Barnett says "the program generates empowerment through building self-confidence in the girls. When you feel good you look good and when you look good you feel good."

Childhood obesity has increased rapidly over the years. In fact it has tripled. Currently one in every three children is overweight or considered obese. That number is even larger in the African-American and Hispanic communities. How did we get there?

Letsmove.org explains that 30 years ago, most people led lives that kept them at a healthy weight. Kids walked to and from school daily, played during recess, participated in gym class and played for hours after school before dinner. Meals were typically home-cooked with reasonable portion sizes and there was always a vegetable on the plate. Eating fast food was rare and snacking between meals was an occasional treat.

Today, children experience a very different lifestyle. Walks to and from school have been replaced by car and bus rides. Gym class and after-school sports have been cut; afternoons are now spent with TV, video games and the Internet. Parents are busier than ever and families eat fewer home-cooked meals. Snacking between meals is now commonplace.

Thirty years ago, kids ate just one snack a day, whereas now they are trending toward three snacks, resulting in an additional 200 calories a day. And one in five school-age children has up to six snacks a day.

Portion sizes have also exploded- they are now two to five times bigger than they were in years past. Beverage portions have grown as well- in the mid-1970s, the average sugar-sweetened beverage was 13.6 ounces compared to today when kids think nothing of drinking 20 ounces of sugar-sweetened beverages at a time.

In total, we are now eating 31 percent more calories than we were forty years ago- including 56 percent more fats and oils and 14 percent more sugars and sweeteners. The average American now eats 15 more pounds of sugar a year than in 1970.

Eight to 18-year old adolescents spend an average of 7.5 hours a day using entertainment media, including, TV, computers, video games, cell phones and movies, and only one-third of high school students get the recommended levels of physical activity.

(www.letsmove.org)

The program at Stewart has since concluded, but the reward is still being felt throughout the school community. "...my daughter's self-esteem has grown by 180 degrees," says a parent of a student who participated in the program.

Fab Fit felt the experience immeasurably rewarding. The team, led by fitness motivator Angela Stewart was very happy and honored to have the opportunity to provide tools early in life to be healthy and fit. Stewart shared that she was raised by parents who believed in activity: skating, dancing, bowling, baseball, volleyball, etc. I participated in all these activities growing up and I raised my children to be active," said Stewart. "When offered the opportunity to introduce my style of fitness and fun to young girls - I was excited! Active young girls more than often become active women."

Barnett added that the most important reward is biblical. "When you give someone a fish they eat for a day," she said. "However, when you teach someone to fish they can eat for a lifetime. Hopefully this experience will be something that will continue to build upon."

Healthy Alternatives Program Presented by National Association of Negro Business and Professional Women's Club

Special to The Truth



Up to 30 minority high school students from several area schools will visit Medical Mutual on Wednesday, April 4 at 4 p.m. to learn about how exercise and nutrition play important roles in preventing obesity and promoting overall good health.

The session is being coordinated with the local chapter of the National Association of Negro Business and Professional Women's Club, Inc. The company also is donating pedometers that the students will use as part of the Club's healthy alternatives walking challenge in conjunction with its annual tour of colleges that the students will take the week after Easter.

The students will tour Medical Mutual's wellness center and receive instruction from professional health fitness specialists. They will learn about the proper use of fitness equipment and participate in simple exercise demonstrations that they can incorporate into their daily routines. They also will meet with a registered dietician who will discuss dietary tips and how to choose healthy snacks.

Two Medical Mutual employees are active in the National Association of Negro Business and Professional Women's Club. Gwen Banks, a senior underwriting analyst for Medical Mutual, is chapter president; and Patti Poston, an analyst, is first vice president.



Good Health Begins With You!

April is Minority Health Month

For a free calendar of events contact the Toledo-Lucas County Commission on Minority Health
At 419-213-4095 or
hcjones@com.lucas.oh.us

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Spring Forward With Fun, Healthy Physical Activities For The Entire Family

You made it through the shortest days of the year, and now that the days are longer, take time to add more physical activity to your family's day. Balancing your child's school day, homework and other activities can be hectic, but making small changes this spring can lead to big rewards. Before you know it, your family will become a more active and healthier bunch.

Parents are role models for their children. When your children see you eating right and being physically active, there's a good chance they'll do the same. Living a healthier, more physically active lifestyle doesn't require expensive sporting equipment or memberships. There are fun, creative ways to improve your family's physical activity habits.

To start, monitor your family's daily activities for one week. Identify times when your family could increase its physical activity. Each week, add more activity into your family's routine.

Here are a few ideas to get you started:

- Play a game of tag instead of watching television. Tag provides fun and physical activity. Children love it—especially if they can chase their parents—and it increases everyone's heart rate at the same time.

- Start a family garden. Begin getting the soil ready to plant flowers and vegetables. If you have limited space, try growing herbs in pots. Homegrown vegetables and herbs are great money savers and ensure you'll have something available for healthy summer meals and snacks. Fresh herbs are also a tasty alternative to salt when cooking.

- Go old school. Help your children draw hopscotch or four square courts on the sidewalk. Sidewalk chalk is a colorful and inexpensive way for children to create their own activity space.

- Plan a nature scavenger hunt. Pick up small nets and mason jars for kids to use to catch butterflies or interesting insects, and collect flowers in the neighborhood or at a local park.

- Help your children organize a neighborhood softball or kickball game with their friends. Pitch in by planning healthy snacks and drinks to keep everyone energized during games.



Start with small steps to get your family to move more. Making little changes can help everyone maintain a healthy weight.

For more tips on how to help your family live a healthier lifestyle, visit the *We Can!* (*Ways to Enhance Children's Activity & Nutrition*)® website: wecan.nhlbi.nih.gov.

Respect the Wing!

By Angela Steward, Fitness Motivator
The Truth Contributor



I'm keeping it real - I love chicken wings. Barbequed, baked, grilled, fried. I love them! As long as they're prepared well done and the meat tears away from the bone with ease - I'm a happy wing eater!

So if you see me out and about with a wing in my mouth - please don't question me on whether I should be eating them. I can, I shall and I will. And if you love wings, you understand my love for them.

If you've taken any of my fitness classes, or heard me speak or have read my articles, I always say plain and simple: "You can eat anything you want as

long as you exercise regularly, watch your food portions and eat your favorite (unhealthy) foods in moderation."

I do not believe in deprivation. If I deprived myself of chicken wings, or any of the foods I love, what good would that do? I'm not going to live the rest of my life denying myself of the foods I love, I'd rather modify my everyday eating habits so that when I'm at a local restaurant that serves wings, I can eat them and not feel any guilt about eating them. I have lost over 70 pounds by watching my portions, eating healthy throughout the week, exercising daily and on the weekend, if I choose, I can pop a wing in my mouth and clean the bone without any guilt.

You can eat without guilt too. How? Simply by keeping your daily meals simple. Eat grilled, broiled or baked lean meats and seafood, fresh fruits and vegetables prepared with herbs and spices, whole grains, drink lots of water, and

cut back on the cheese and the processed foods. And most of all - **MOVE YOUR BODY!**

Walk, run, dance, ride a bike, find an activity that you love and make the time to do it. Get active! The pounds will fall off quickly and your energy level will soar. You'll feel better, look better and most of all when someone asks you about the chicken wings on your plate, you can reply with confidence: "I exercise to get healthy, not skinny! I also exercise to feel great and to look great, so I've earned the right to enjoy a wing or two on occasion!"

Then without guilt, politely ask: "would you like one?"

Yours In Fitness!

Angela Steward
Creator of
Fabulously Fit
(Studio Fitness)
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Dear Ryan,

Summer is coming fast and I want a six pack. I've been training hard and I can't get my abs to show, no matter what I do. I train them a lot and I feel the burn but I'm just not able to see them. I'm not really fat but I still can't see my stomach muscles. Can you offer a few tips to help me bring out my six-pack?

John

Dear John

Absolutely, I can give you a few pointers. Abdominals are funny muscles. They are the last body parts to get lean and the first ones you lose sight of when you start to pack on those pounds.

Everyone wants good stomach muscles but the truth is that not everyone has a good shapely six-pack. Fortunately I was genetically blessed with a great set of abs. The sad part about it is that I have to work hard just to keep them in good condition.

Nutrition is important here because it's the removal of body fat that's going to make your abs show. You may also have to do some weighted exercises to thicken them up a little bit if they are flat with no fullness or density to them.

You could do weighted sit-ups, crunches, side twists, side bends and my favorite are cable crunches. Be cautious not to use too much weight because you can build your abs too thick, especially doing the weighted side bends and twists.

I suggest picking three to four different ab exercises that you like and giant set them for three to four sets of 15-20 repetitions. Let's say you pick cable crunches, side bends and leg lifts. Set everything up so that you can go from one exercise immediately to the next without resting.

You should do 15-20 reps then move on until you have completed all three or four exercise stations. That will be one complete set. Go through the circuit three to four times without resting then you have completed your abdominal workout.

Now, I've said this before and I'm sure I will say it again soon: "Nutrition is the key to fat loss and toning up." Cut out the sugars, increase protein intake, increase water consumption and lower simple carbohydrates.

Eat as many green vegetables as possible throughout the day and for your last meal eat veggies with your meat instead of that potato or rice. Follow these few tips and watch your abs appear out of nowhere. The only trick here is sticking to eating healthy and being consistent.



Ryan Rollison

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The Lighthouse Road Column: "For My People"

By Dr. Anita M. Lewis-Sewell M.D.
The Truth Contributor



Margaret Abigail Walker (Alexander) was in her early twenties when she first published her signature and award-winning poem, "For My People," in 1937.

This gifted, creative, prolific writer, who was the daughter of a Methodist minister and a music teacher, graphically detailed for posterity in prose and verse the challenges and struggles of her cultural generation.

"For My People" detailed an Afrocentric perspective of the life and times of human beings striving to find their place in an often hostile and indifferent world.

I wonder as we embark once again on the annual April observance of National Mi-

nority Health Month (NMHM) just how far have we really come?

Walker's poem, as described in a biography by Tomeiko Ashford, "poignantly describes the joys, heartaches, and triumphs of African Americans in the United States."

She aptly depicts the hopes and perseverance of this people while decrying ubiquitous difficulties that seemed almost insurmountable.

Then, as today, children play and dream dreams of becoming singers, or soldiers, doctors, ministers, beauticians, or professionals of various sorts.

These "playmates" then grow into young adults who "laugh, and dance, and sing"; who also court and marry and

start families. Many experience economic woes, unemployment, limited opportunities, and menial labor. Others are drawn to the street life of then segregated cities, filled with "cabarets and taverns."

"Consumption (tuberculosis) and anemia" are among the notable public health problems of that day. Excesses in use of alcohol, then as now, masquerade as fallacious panaceas for the stress and despair of life.

Billie Holiday's mournful melody about "Strange Fruit," a reference to lynching, was the horrendous and insidious form of violence and racial profiling spawned during those dark decades, targeting black men in particular. In too many respects, the realities of people in that by-

gone era seem like history repeating itself.

Eerily and ironically, it would only require a few changes to the dynamics of Walker's now 75-year-old poem to make it a fit description for the state of affairs that yet exist, or perhaps more appropriately persist, in the lives of African Americans and other minority groups today.

The proverbial promise "of life, liberty, and the pursuit of happiness" that eluded the lives of too many people then, remains elusive for far too many in this 21st Century.

NMHM is meant to draw attention to the health disparities and health inequities that minority groups in America experience disproportionately.

These include death and disability from hypertension, strokes, and heart disease; lung, colon, breast and prostate cancers; alarming rates of obesity and diabetes; HIV & AIDS rates; sickle cell anemia, lupus; alcohol and substance abuse; high infant mor-

tality rates; and death rates due to gun and other forms of violence.

Walker herself died from breast cancer at 83 years of age shortly after being inducted into the African American Literary Hall of Fame in 1998. She was blessed to live a long and productive life before succumbing to cancer.

Today, however, more African-American women die from breast cancer because they are diagnosed at later stages and have more aggressive types of cancer according to the American Cancer Society.

Early diagnosis and treatment can save lives. There is still much work to be done in order to spread this message.

I encourage you to read Margaret Walker's poem, "For My People," and to reflect on her closing words, which say: "Let a new earth rise. Let another world be born. Let a beauty full of healing...be the pulsing in our spirits...now rise and take control."

A CALL TO ACTION!

The U.S. Department of Health and Human Services launched a new initiative called the National Partnership for Action (NPA). The goal of NPA is to step up efforts to end health disparities and "support health equity for all Americans".

The Ohio Commission on Minority Health motto is:

GOOD HEALTH BEGINS WITH YOU!"

Please plan to attend local NMHM events in your community.

You are invited to The Lighthouse Road's

SPRING HEALTH AND WELLNESS WOMEN'S RETREATS

These events are free and open to the public. Registration is requested by calling 419-754-9642.

The first retreat is on Sat., April 21 from 10 a.m. to 4 p.m. Where: Worship Center, 2204 Collingwood Blvd in Toledo, OH. A second retreat will be held on Sat., April 28th from 10 a.m. to 4 p.m. Where: Victory Christian Fellowship Church, 2051 Oak Harbor Road, Fremont, OH.

For a calendar of events or more information, please visit:
www.thelighthouseroad.org,
www.mih.ohio.gov,
www.minorityhealth.hhs.gov/npa

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April is National Autism Awareness Month

The Color of Autism Foundation raises awareness about African Americans living with autism

Special to The Truth

The Color of Autism Foundation will celebrate World Autism Day on April 2, 2012 and National Autism Awareness Month for the entire month of April with fund raising events and donation drives.

Autism spectrum disorders (ASDs) are a group of neurological and developmental disabilities that can cause significant social, communication and behavioral challenges. Center for Disease Control (CDC) recently estimates that about 1 in 88 children have been identified with an ASD. With one in 54 boys identified, the largest increases were found among African-American and Hispanic children.

The Color of Autism Foundation is a not-profit (501 c3) organization based in Atlanta, Georgia that relies on the donations of individuals. It was founded in 2009. The Foundation is committed to educating and

assisting African American families with Autistic children. Autism affects children of every race, ethnic group and socioeconomic status. African-American children frequently are confronted with late diagnosis or misdiagnosis. The goal is to help families identify the warning signs of autism early on.

Camille Proctor, founder of The Color of Autism Foundation says, "We can start to overturn these disparities by helping African-Americans with autism reach their full potential and empowering families with information on autism that they can use to advocate services for their child."

Proctor also states, "We are committed to raising public awareness about ASD, empowering families and lessening their isolation. We are dedicated to ensuring that all people with autism receive appropriate and effective services to maximize their

growth potential.

The Color of Autism Foundation's main initiatives this year is the completion and distribution of a film with a new perspective on the Autism epidemic.

Screaming in Silence: Autism HYPERLINK "http://webmail.hosting-advantage.com/horde/services/go.php?url=http://www.sisa-movie.com/" is a documentary about the affects of Autism on African-American families. Autism is a growing epidemic that has a resonating impact on the school systems, health and human services, judicial system, medical, mental health, therapeutic industry and caregivers in the African-American community.

This film follows several everyday African-American families across the United States who has children (toddlers to adults) with autism. Regardless of how unique an autistic individual may be,



those that love and care for them have one unified goal in life - fight to ensure they have the best quality of life. *Screaming in Silence: Autism* is about awareness, accountability, advocacy and aspiration within the African-American community.

More information on how

to take action and donate to this organization during the month of April, please contact:

info@thecolorofautism.org
YouTube video link: *Screaming in Silence: Autism* - HYPERLINK "http://webmail.hosting-advantage.com/horde/services/go.php?url=http://

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For media kit or request interviews from the organization, please visit our websites at www.thecolorofautism.org or Camille Proctor at 404/941-6441, email: info@thecolorofautism.org.

The State of Health

(Continued from Page 5)

In 2012, there have been six deaths ruled as homicide in the city of Toledo. Five of those were African-American citizens. In 2011, there were 38 homicides in the city of Toledo and more than half were African American. With those statistics and the seemingly increasing numbers, it is clear that violence is in fact a public health issue locally.

The Center for Disease Control (CDC) recognizes violence as a public health concern but reports that several important trends

contributed to a growing recognition and acceptance that violence could be addressed from a public health perspective. One trend that affected the increase was the fact United States became more successful in preventing and treating many infectious diseases causing homicide and since 1965, homicide and suicide have consistently been among the top 15 leading causes of death in the United States. The risk of homicide and suicide reached epidemic proportions during the 1980s

among specific segments of the population including youth and members of minority groups. From 1985 to 1991 homicide rates among 15- to 19-year-old males increased 154 percent. This increase was particularly acute among young African American males.

"If you consider violence as a public health issue, then you throw in another layer of concern for the sustainability of young black men in our community. In this regard, we are killing each other, we are

the largest contributors to our own genocide" Miller said.

Overall, as a nation and a community there have been steps toward making creating healthier communities. However, there is a great deal of work still to be done.

"If we as a community are serious about our lives and all the things we say we want for our the future of our children, the very first thing we need to do is make ourselves healthy," Miller concluded.



Doni Miller

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Toledo's Afrokinetic Installation Goes to New York City!

By Wayne Neale
Special to The Truth

The University of Toledo's Africana Studies Program and College of Innovative Learning will benefit from the invitation for their African American Environmental Science experimental course to attend the Manning Marable Memorial Conference at Columbia University in New York City from April 26-29, 2012.

Jill M. Humphries, Ph.D., visiting assistant professor, is responsible for developing the Afrokinetic concept. She also serves as the curator of the Afrokinetic Multimedia and Environmental Installation that will debut at Columbia University's first annual Manning Marable Memorial Conference.

"This installation is a culmination of a lifelong

love affair exploring Africana people and cultures," said Humphries. "The idea grew out of my desire to illustrate the complexity and diversity of African and black Diasporic spiritual connections with nature, people, and culture. The use of Africana symbolism in the installation weaves a story about New World African Spirituality, cultural retentions and adaptation, agriculture and farming; and a reverence for the land."

The course curriculum which integrates social and environmental science and the humanities taught students African world view concepts and allowed for their artistic and technological expression of the African American relationship to nature.

The students are excited

about this opportunity to showcase black Toledo's cultural retention of agriculture and farming practices brought by southern rural migrants to urban environments.

The installation includes a hydroponic system that is an example of a "home grown garden" for those who don't have access to outdoor gardens. It is through this kinetic experience that the viewer discovers the hidden world of black Toledo's Africana roots.

In order to give students the chance to present at this global conference Humphries established the Vernon J. Humphries, Sr. Memorial Fund to honor her father's commitment to education. The University of Toledo Foundation administers the fund. The purpose of

the fund is to support the teaching and education of marginalized African American and other students attending the university. To date, the Vernon J. Humphries, Sr. Memorial Fund is sponsoring ten undergraduate students to attend the conference.

Manning Marable, Ph.D., was an influential scholar activist and historian who is internationally recognized for his analysis and historical documentation of African American people following in the footsteps of W.E.B. DuBois and the Black Radical Tradition. Marable is founder of the Institute for Research in African American Studies (IRAAS) at Columbia University. For conference details, please visit www.iraas.com.

Contributions to Vernon

J. Humphries, Sr. Memorial Fund can be made via check or money payable to The University of Toledo Foundation, 2801 W. Bancroft St. DC 1002 MS319 Toledo, OH 43606 — MEMO: The Vernon J. Humphries, Sr. Memorial Fund - Account Number 2402040.

The Fela Kuti Afrokinetic Fundraiser is planned as a community, university, and intergenerational celebra-

tion. It is an opportunity for Toledians to come out and support the students in Afrobeat style. The Fundraiser will take place at The Truth Art Gallery on Friday, April 6, 2012 from 6 to 9 p.m. at 1811 Adams Street in Toledo. Donations welcomed.

For information about the fundraiser, email jhumphries@nyc.rr.com.



Delight Loved Ones With An Edible Easter Basket Or One That's Environmentally Friendly

Colorful Easter baskets are a seasonal tradition every spring. Easter baskets are fun to make but also delicious to dive into. Did you know that mothers make an average of four baskets during the Easter season? In fact, four out of five moms purchase candy just to fill up these baskets.

Environmentally Friendly Easter Basket

Making an environmentally friendly Easter basket is even easier than you might imagine and these common materials can be found at a nearby major retail store. Start by selecting a special Easter basket considering size and the favorite colors and designs of the person who will receive this one-of-a-kind gift. Choose a basket made of Earth-friendly products such as bamboo. Pick a filling material like straw or crinkle paper instead of plastic for the bottom of the basket. Then fill it to the brim with Easter favorites, surprise trinkets, educational toys and some of this season's newest treats. Lastly, consider skipping the plastic wrap to cover the basket and pack basket items tightly so they do not fall out.

Among this year's tastiest surprises is the new Nestlé



Crunch Paul Frank "Julius the Bunny" made of delicious Nestlé Crunch chocolate. Consider a few jazzed-up perennial hits, such as SweetTARTS Gummies, a bunny-shaped sweet twist on gummy candies, or SweetTARTS Jelly Beans, which feature that familiar sweet and tart kick in jelly-bean form.

To brighten the day of anyone you are sweet on this Easter season, try baking up some chocolate chip cookie dough into edible Easter baskets.

Chocolate Chip Easter Baskets
Servings: 24 baskets
Preparation time: 45 minutes
Cooking time: 14 minutes

Ingredients:

1 package (16.5 oz.) Nestlé Toll House Refrigerated

Chocolate Chip Cookie Dough

1 cup prepared white or vanilla frosting
Green food coloring
¼ cup sweetened coconut flakes

1 bag of Wonka SweetTARTS, Wonka Spree Jelly Beans or Wonka Nerds Jelly Beans, Thin-string licorice in various colors; cut in three-inch pieces for basket handles (optional)

Instructions:

1. Preheat oven to 350° F. Grease and flour 24 minimuffin cups. Place one square of cookie dough into each cup.

2. Bake for 14 to 17 minutes or until golden brown. Remove pan to wire rack. If you wish to add licorice handles, take the tip of a wooden pick and make two holes opposite each other on the top edge of the cup. Make sure holes are the same size as the width of the licorice. This is best done when cups are very warm. Cool cups completely in pans on wire rack. With the tip of a butter knife, remove cookie cups from muffin pans. Arrange on a serving platter.

3. Combine frosting and a few drops of food coloring in small bowl, adding additional food coloring until desired shade is achieved.

4. Dissolve a few drops of food coloring in ¼ teaspoon water in small, resealable food storage plastic bag. Add coconut. Seal bag and shake to evenly coat coconut with color.

5. Spoon a small amount of frosting onto the top of each cup. Add a pinch of tinted coconut. Top the "grass" with Wonka SweetTARTS, Wonka Spree Jelly Beans or Wonka Nerds Jelly Beans. Insert ends of licorice into small holes in cups for handles.

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Dropout Crisis in Toledo

(Continued from Page 4)

nic groups are at least twice as likely to go without a doctor visit in the past year.

Black and Latino adults are less likely to rely on a private physician for their medical care than White adults (62% and 44% vs. 77%).

African American children have a rate of hospitalization for asthma that is 4 to 5 times higher than the rate for White children (527 per 100,000 vs. 144 per 100,000).

Disparities in quality of care are not getting smaller. Over time, the gap between Whites and African Americans, Hispanics, Asians, and AI/ANs has either remained the same or worsened for more than half of the core quality measures being tracked.

A growing public health concern is that violence as a public health issue. Toledo has experienced three murders involving African-

American men and women within the past three weeks. The African-American Community Health Advisory Committee found that in the United States, minority males bear most of the burden of homicide victimization. In 2004, among males aged 15 to 19 years, the homicide rate was 3.0 per 100,000 among white non-Hispanics; 6.9 per 100,000 among Asian/Pacific Islanders; 17.2 per 100,000* among American Indian/Alaskan Natives; 25.9 per 100,000 among Hispanics; and 56.9 per 100,000 among Blacks.

In 2012, there have been six deaths ruled as homicide in the city of Toledo. Five of those were African-American citizens. In 2011, there were 38 homicides in the city of Toledo and more than half were African American. With those statistics and the seemingly increasing numbers, it is clear that violence is in fact a public health issue locally.

The Center for Disease Control (CDC) recognizes violence as a public health concern but reports that several important trends contributed to a growing recognition and acceptance that violence could be addressed from a public health perspective. One trend that affected the increase was the fact United States became more successful in preventing and treating many infectious diseases causing homicide and since 1965, homicide and suicide have consistently been among the top 15 leading causes of death in the United States. The risk of homicide and suicide reached epidemic proportions during the 1980s among specific segments of the population including youth and members of minority groups. From 1985 to 1991 homicide rates among 15- to 19-year-old males increased 154 percent. This increase was particularly acute among young

African American males.

"If you consider violence as a public health issue, then you throw in another layer of concern for the sustainability of young black men in our community. In this regard, we are killing each other, we

are the largest contributors to our own genocide" Miller said.

Overall, as a nation and a community there have been steps toward making creating healthier communities. However, there is a great deal

of work still to be done.

"If we as a community are serious about our lives and all the things we say we want for our future of our children, the very first thing we need to do is make ourselves healthy," Miller concluded.

Help Prom Goers and Grads "Live to Celebrate Another Day"

Special to The Truth

Unison Behavioral Health Group has launched a prevention campaign designed to increase awareness of alcohol and drug use, misuse, and abuse during the 2012 prom and graduation season. The campaign targets Lucas County teens and their parents. One third of alcohol-related traffic fatalities involving teens occur during the prom and graduation months of April - June.

"We are especially concerned about the safety of teens now," says Dr. Larry Hamme, Unison's Chief Clinical Officer. Dr. Hamme points to results from the 2011 Lucas County Health Assessment Project. The findings indicate that among seventh-12th graders, 27 percent of Lucas County youth approved of their friends and classmates drinking alcohol and 24 percent approved of them using marijuana.

Unison's prevention campaign will launch on April 1, 2012 with the theme, "Live to Celebrate Another Day." The objective is to raise awareness and encourage active campaign participation among Lucas County teens, their parents, school officials, and others whose influence may impact teen behaviors.

For more information on Unison's "Live to Celebrate Another Day" campaign, visit www.unisonbhg.org.

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CLASSIFIEDS

April 04, 2012

Page 15

Facilities Director

Lucas County Facilities Department has an opening for a Facilities Director.

For more details, please visit our website at www.co.lucas.oh.us and click on the "Apply for a Job" link to review the job description, minimum requirements, salary and to apply online.

Please submit employment applications by Friday, April 6, 2012.

Notice to Bidders: Inquiry # FY12-100,

(Project # 5016-11-1387) for COB-1(N) Classrooms - RCLC-Ph 2 (Resource & Community Learning Center - Phase 2) for the University of Toledo Health Science 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, April 17, 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 Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$100.00 will be charged per set. Any further information may be obtained from Jerry Voll of Duket Architects Planners at 419-255-4500. One Pre-Bid Conference will be held on Tuesday, April 10, 2012 at 10:00 a.m. in the Health Education Building, Room 105, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$1,452,000.00; Breakdown: General Const: \$905,000.00; Plumbing: \$22,000.00; Fire Protection: \$20,000.00; HVAC: \$275,000.00; & Electrical: \$230,000.00.

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Notice to Bidders: Inquiry # FY12-104,

(Project # 5004-12-1726) for University Medical Center 1st Floor Neuro Biplane for the University of Toledo Health Science 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 3:00 p.m., Tuesday, April 24, 2012 Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$40.00 will be charged per set. Any further information may be obtained from Julie Cavese of MBA Architects and Planners at 419-873-8450. One Pre-Bid Conference will be held on Tuesday, April 17, 2012 at 11:00 a.m. in the Health Education Building, Room 105, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$320,000.00; Breakdown: General Const: \$150,500.00; Plumbing & Fire Protection: \$16,500.00; HVAC: \$55,000.00; & Electrical: \$98,000.00.



Abundant Life of Perrysburg is a subsidized independent housing facility for those 62 or older. WE are located in a beautiful, quiet residential setting in Perrysburg. Abundant Life offers one bedroom garden apartments with private patios, indoor mailboxes, reserved parking and busing to local grocery stores.

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Special Notice RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted April 9-13, 2012 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. And 3:00 p.m. The qualifications to be eligible for this examination are:

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

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Notice to Bidders: Inquiry # FY12-104, (

Project # 5004-12-1726) for University Medical Center 1st Floor Neuro Biplane for the University of Toledo Health Science 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 3:00 p.m., Tuesday, April 24, 2012 Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$40.00 will be charged per set. Any further information may be obtained from Julie Cavese of MBA Architects and Planners at 419-873-8450. One Pre-Bid Conference will be held on Tuesday, April 17, 2012 at 11:00 a.m. in the Health Education Building, Room 105, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$320,000.00; Breakdown: General Const: \$150,500.00; Plumbing & Fire Protection: \$16,500.00; HVAC: \$55,000.00; & Electrical: \$98,000.00.

Request for Proposals Fleet Leasing and Management Services RFP #12-R002

The Lucas Metropolitan Housing Authority (LMHA) will receive proposals for Fleet Leasing and Management Svcs. **Proposals received in accordance with law until Wednesday, April 25, 2012, 3PM ET.** RFP documents available at LMHA, 435 Nebraska Ave., Toledo, OH 43604, 419-259-9446 (TTY 419-259-9529) and www.lucasmha.org. All proposers required to meet the Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Section 3 compliance applied.

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The Maumee Bay and Toledo Women's Clubs Sponsor Vocal Arts Competition for Emerging Artists

By Barbara Tucker
Special to The Truth

On Sunday, April 1, 2012, the Maumee Bay Club and the Toledo Club of the National Association of Negro Business and Professional Women's Clubs, Inc. (NANBPWC, Inc.) joined in a partnership to sponsor the Vocal Arts Competition for Emerging Artists. The program was held at the St. Paul Missionary Baptist Church, 1502 North Detroit, Rev. James H. Willis, Sr., pastor.

The Vocal Arts Competition for Emerging Artists is the signature program of the NANBPWC, Inc. established in 1982 under the leadership of past National President Mary E. Singletary. The purpose was to provide a competitive arena for talented young African-American vocal artists to showcase and

demonstrate their artistic abilities in classical vocal performance as well as assist them with music scholarships.

Scholarships are awarded on the national level as follows: \$3000.00 for first place, \$2000.00 for second place, \$1000.00 for third place and \$300.00 for remaining contestants.

This year's competition presented Franklin D. Brewer, tenor and a graduate student pursuing a masters degree in music from Bowling Green State University. Following his graduation, Brewer plans to develop a non-profit after-school music program for low-income families as well as audition for Young Artist Programs.

He performed selections from a repertoire consisting

of an aria from a major opera, an oratorio cantata, a German Lied, a French melody and a Negro spiritual or work by an African-American composer. Franklin's accompanist was Yisi E, a graduate student in piano performance at Bowling Green State University who will graduate in August 2012.

Franklin was adjudicated by Joyce Rush and Shirley Lyons, both renown in the Toledo area for their musical talents, and will advance to the North Central District Vocal Arts Competition on May 18, 2012 at the Park Inn Toledo Hotel, Toledo, Ohio. If successful there, he will represent the North Central District of the NANBPWC, Inc. at the National Convention in Reno, Nevada on July

23, 2012.

The Steering Committee was composed of the following members from the two collaborating clubs.

The Maumee Bay Club was represented by Gwendolyn Wilson-Banks, president; Pattie Poston, first vice president; Trevor Black, Second vice President and Carmen Miller. The Toledo Club was represented by Barbara Tucker, chairman and North Central District governor; Denise Black-Poon, president; Wanda Terrell first vice president, and Sharon Green-Gaines, co-chairman, corresponding secretary and parliamentarian.

The Maumee Bay Club and

the Toledo Club both actively perform services to benefit the community under the umbrella of the national program mandates: LETS: Leadership, Entrepreneurship, Technology and Service that encompasses the areas of Health, Education, Employment, Economic Development, Founders' Day and Women's History.

Presently, the Maumee Bay Club is preparing to take local high school students on its Annual Black College Tour. The Toledo Club is holding various activities and programs leading up to its 48th Annual Debutante Cotillion on May 25, 2012 at The Great Hall at the Stranahan Theater.

The Toledo community is invited to attend the following events during the 47th North Central District Conference May 17 – 20, 2012 hosted by the Toledo Club: The Women's Entrepreneur Forum on May 17, 2012, 6:00 p.m. with presenters Crystal Dixon, author; Oliva Holden, executive director of Assets Toledo and Lolita Nunn, KeyBank executive and the Vocal Arts Competition for Emerging Artists on May 18, 2012, 7:00 p.m..

Both events will be held at the Park Inn Toledo Hotel and are free and open to the public.

In Memoriam

Mrs. Willie C. Gainey

"Mom"

"One of Toledo's Beloved Centenarians"



Mrs. Willie C. Gainey, 100, of Toledo, OH passed away Thursday, March 22, 2012 in the University Of Toledo Medical Center in the presence of her loving family. She was a seamstress and worked many years for the former Clean Wear Company prior to retirement.

An avid supporter of the NAACP, she was a devoted wife, loving mother, grand, great grand and great great grandmother.

She was preceded in death by husband, Ellis Gainey; son, Frank Gainey; granddaughters, Diane Smith and Dawn Marie Barbour and niece, Sandra Rogers. She was a faithful member of the Warren AME Churches. The last of eight siblings, she is survived by daughters, Allie M. Smith, Lucille J. (John) Boyd and Eunice (James L.) Brown; 10 grand, 17 great and 23 great great grandchildren and a host of other loving

relatives and kind friends. Visitation will be 6-8 p.m. Friday, April 6, 2012 at **The C. Brown Funeral Home, Inc., Chapel, 1629 Nebraska Avenue**. Funeral services will be Saturday, April 7, 2012 at 11 a.m. preceded by a Family Hour at 10 a.m. at the Warren AME Church, 915 Collingwood Boulevard. The Rev. Otis Gordon, Sr., pastor and officiant.

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