



Volume 31, No. 1

“And Ye Shall Know The Truth...”

December 3, 2014

Constance Carlisle

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Body Builder

“I thought I was going crazy. And I’m a very strong person, nothing usually scares me – until that point in my life. I was overwhelmed. I was always lethargic and tired. I felt trapped in my own body.”

Know The Facts

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

Our society has never lived up to anything they've said to anybody of color.

— C. T. Vivian



Perryman Note: The following is a column by Judge Wendell Griffen, pastor and circuit judge

Let's cut to the chase about what a grand jury is and isn't.

A grand jury is a proceeding used by a prosecutor to show that probable cause exists to charge someone with committing a crime. It is not a trial of all the evidence. It is not a test of how strong the evidence may be during a trial. It is not—and has never been since the origin of the grand jury centuries ago—what Prosecutor Robert McCullough orchestrated concerning the death of Michael Brown in Ferguson, a de facto trial on the strength of evidence supporting criminal charges or defenses.

The issue for the grand jury to determine is whether the prosecutor presented evidence that supports a reasonable suspicion that (a) an offense occurred, and (b) that someone committed the offense. Reasonable suspicion is a lower standard of proof than preponderance of the evidence (the standard for proving a civil case at trial) and much lower still than beyond a reasonable doubt (the standard for returning a guilty verdict in a criminal case).

A grand jury is not the same as a trial jury because grand jury proceedings serve a wholly different function from criminal trials. The issue during a criminal trial is whether the prosecution can establish the elements of the charged offense(s) beyond a reasonable doubt. Reasonable doubt is not a mere possible or imaginary doubt. It is the doubt that arises from careful consideration of all the evidence and which, after that consideration, causes a fair-minded person to pause and hesitate in the graver transactions of life. If a trial juror has reasonable doubt about whether the prosecution has proved the elements of charged offenses, the juror has a sworn duty to return a verdict of not guilty, no matter what the rest of the world thinks.

A criminal trial is the ONLY proceeding where jurors are supposed to weigh conflicting evidence concerning criminal charges. That is because the issue in a criminal trial is to determine whether there is evidence beyond a reasonable doubt that proves someone guilty of having committed a crime.

Let's debunk the "conflicting testimony" comments that have been made by Prosecutor McCullough and in various media. Trials always involve conflicting proof and contentions. If a defense attorney isn't able to dispute something about the evidence a prosecutor presents the defense attorney will attempt to negotiate the best outcome for an accused person short of trial. Criminal trials routinely involve disputed evidence, competing narratives, and challenged assertions.

Grand jury proceedings, on the other hand, are not intended to determine guilt, but to justify charging someone with committing a crime. The reason to submit a case to a grand jury is to get an indictment. If the prosecutor doesn't think the facts surrounding a case will support charging someone he or she shouldn't waste the time

and energies of citizens who serve on a grand jury by requiring them to consider it.

The proverbial saying that a grand jury will indict a ham sandwich is based on the reality that a prosecutor controls what happens in grand jury proceedings. Witnesses who might offer accounts that would lessen the likelihood of arriving at a finding of probable cause are not presented during grand jury proceedings (remember that the desired outcome is an indictment). And when a potential defendant appears before a grand jury, the prosecutor has a particularly favorable advantage. Witnesses (including potential defendants) may not be assisted by their attorneys during grand jury testimony.

Lawyers and judges familiar with the way criminal cases are handled and tried—and I count myself in that number—immediately recognized what the general public probably didn't sense when Prosecutor McCullough announced (a) that he would defer the charging decision concerning the homicide (death by another person) of Michael Brown to a grand jury, (b) that he would do so without recommending a specific charge, (c) that Darren Wilson would testify (of course without the presence of his attorney), and finally (d) that McCullough's office would present the grand jury with all the possible evidence related to the investigation of Brown's death. The ensuing grand jury proceeding, dragged out over several weeks and marked by a number of curious leaks of what is typically secret information, gave trained legal professionals more clues.

What was supposed to be a secret process focused solely on the proof needed to support charging Darren Wilson with killing Michael Brown was, to many legal professionals, little more than a cynical charade aimed at shielding Wilson from being charged in state court for killing Michael Brown. When McCullough's office announced that it would release all the grand jury testimony and witness statements to the public after the grand jury reached its decision we knew there would be no indictment. No prosecutor would ever do such a thing unless he or she knew there would not be a trial. To release grand jury material after an indictment but before trial would risk tainting potential jurors, among other things.

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The Sojourner's Truth

Toledo's Truthful African American
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Community Calendar

December 4-5

Christian Community Church Winter Empowerment Revival: 7 pm; Prophet Daniel Smith of New Orleans

December 6

Emmanuel Baptist Church Free Christmas Concert: 2 pm; Featuring national recording artist Jordan Richmond; Benefit for The Pregnancy Center of Greater Toledo

December 7

Bethlehem Baptist Church 97th Anniversary: 9 am service; Guests Rev. Aaron Brown and the Unity MBC: 419-241-9360
St. Stephen's COGIC Jubilee of Praise: 4 pm; Toledo Gospel Artists Musical Celebration
New Prospect Baptist Church Annual Candlelight Service: 4 pm; Guests are Rev. Lyons and Greater St. Mary's Baptist Church
Dramatically Inspired Works Presents "The Spirit of Christmas:" 5 pm; Central Catholic Academy; Musical concert featuring selections from past plays: "A Second Chance at Christmas," "The House I Live In," Solomon: LoveHim, LeaveHim"

December 9

Toledo Unit NAACP General Membership Meeting: 1326 Collingwood; 7 pm

December 13

Clarence Smith Community Chorus "A Christmas Celebration of Christmas:" Annual Christmas Concert; Mt. Pilgrim Church; 6 pm; Featuring Bel Canto Choir of the Children's Choir of Northwest Ohio and the Positive Force Christian School of Dance: 419-535-0933 or 419-243-1958

Another Letter to a White Boy Named Andy

By Lafe Tolliver, Esq

Dear Andy, by now you should have heard a lot of talk, comments and opinions about the death of the black teenager, Michael Brown, who was recently shot and killed by a white police officer in Ferguson, Missouri.

As you also may have heard, the black community has been up in arms due to this shooting of the unarmed teen and which shooting follows a long line of other police shootings of young, black males across the country.

It is as if some white police officers have a predisposition to shoot first and ask questions later about their states of mind at the time of the shootings and why they did not engage in other means of controlling or confronting an alleged miscreant.

Remember the all too recent case of the black man Eric Garner who was placed in an illegal choke hold by a policeman in NYC? He also died at the hands of police.

His crime? Allegations that he was selling single cigarettes. No proof. Simply allegations of such conduct.

Why they did not simply serve him with a summons to appear in court rather than accost him and place him a chokehold is known only to the offending officer.

Again, such conduct leads black people to believe that the police do not value black life and for police officers to quickly snuff it out means that they are not concerned about any adverse consequences against them. They can either use the shield of limited governmental immunity or, in many cases, they were, "fearful" for their lives because the person made a "furtive gesture" which led the officer to believe that a deadly weapon was at hand.

Time now does not permit me to rehash the case of Trayvon Martin or many, many others who were caught up in a police web that led to their being imprisoned or, worse, killed for petty nonsensical reasons. But, nonetheless, there are apparently reasons that a grand jury accepted as truth and exonerated the offending officer in killing Micheal Brown.

Now, when such results build up and build up, they create a reservoir of mistrust of police officers and, when combined with antagonistic racial attitudes towards people of color by white police officers (not all white officers), you get a volatile and inflammatory cinder box of rage and resentment that your life, a black life, is of minimal value... if any value at all.

No, I am not condoning the prior actions of Michael Brown in which, according to a store video, he committed a strong armed robbery of some tobacco products and seemingly threatened the frightened store owner as he was exiting the store.

And, no, I do not understand the family dynamics in which Michael Brown was raised insofar as that family unit and the imparted values, or lack thereof, produced a child who believed that bullying people was acceptable conduct.

My discussion with you, Andy, is to explain that there are other, lesser means by which a person can be stopped or corralled by a police officer when that person does not possess a gun or a deadly weapon.

The shooting officer, Darren Wilson, did not use a baton nor did he use any Mace or a Taser gun. It was deadly force or nothing at all. Could he have waited out Michael Brown so that his called back-up officers could arrive and with a show of force subdue the teenager? We will never know.

It is almost that when white police officers deal with people of color even in situations that are not hostile, their first reaction is to pull out their guns and fire...fire...fire! Something is terribly wrong with that mind set when the first and last option is to use deadly force.

At least the police officers in Los Angeles beat the living heebie jeebies out of Rodney King and did not simply execute him on the spot.

Andy, the country is in trouble. The racial divide is wider than before and just as troubling since the days of Jim Crow since the American System of justice has shown by its mass incarcerations (read the book, The New Jim Crow by Michelle Alexander) that black people are still relegated to the dredges of being given legal fairness and judicial empathy versus similarly situated white perpetrators.

You then fast-forward to the Michael Brown scenario and to a secret grand jury composed of nine whites and three blacks which votes 9-3 not to return any charges against Officer Darren Wilson.

To some such a "no bill" is unbelievable but, as for the forensic evidence, it indicates that the officer was within his legal rights to blast Michael Brown into eternity firing over 10 rounds at the kid.

Andy, you may have heard of black parents now either telling or re-

telling this story and other police misconduct stories along with their parental admonitions to their male youths that they need to "step lightly and circumspectly" when dealing with any situation involving any police officer.

You may have heard the recent story of a 76 year old white male in Minnesota who confronted, shot and killed his next door neighbor who was a 13-year-old black kid whom he thought broke into his house and stole some guns.

The kid was shot to death while his frantic mother and other witnesses looked on. The kid's crime at the time of the shooting? Taking out the trash, in the middle of the day and being confronted by this gun-toting, angry white man.

Andy, the conversation has again been with black parents telling their kids, especially the black male child, that living in America, even in a so-called safe gated community (where Trayvon Martin was visiting his father at the time of his killing) is fraught with danger and you just do not know when a black parent could get a call from the police department or, worse yet, the coroner's office, saying that your son has been shot dead.

For your parents, Andy, such a call would be rare because you walk around with the mantle of the presumption of innocence due to white skin privileges; and the gun toting policeman or wannabe vigilante is, for the most part, white.

Andy, you got it "made in the shade" with the societal grant of white skin privileges! If there is a doubt between you and a black kid in the same and similar situation, the investigators (probably being white) will give you the benefit of the doubt when they see who you are, where you come from and how well you speak the English language.

... continued on page 4

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Lafe Tolliver... continued from page 3

Yes Andy, society has weighed it "goodies" towards you and your posse. The good low-hanging fruit of this society bends and weighs towards the kid who has white skin and blue or brown eyes, who does not drop the endings of his words, even if he wears a hoodie, and likes to listen to black rap or hip-hop music blaring out of headphones or out of a car.

Andy, society allows the white skin privileges, that you consciously or unconsciously enjoy, as a cloak for giving you the benefit of the doubt that you are a good white kid and as such, you are given every presumption of being OK; and when in trouble, law enforcement will say to each other and to the media, "That's Andy, he is one of us."

Andy, my boy, society has given you a pass that it will honor and protect unless and until you do something so foul and heinous that it will revoke your white skin privileges in order to make sure that the next Andy can still use or benefit from them.

Andy, by accident of birth, you are given a pass to the American Dream if you just keep your nose clean, work hard and follow the script.

You know the script: You can act out while you are young and even act like a wannabe black boy, and with all of the gesturings, clothes, shoes and music; you can act out your fantasies but when it is time to close down the show and act white, you gotta know when to assert the white skin privileges and return to "your own."

So, go ahead, Andy, have the time of your life, walking that tightrope between obedience and disobedience, indulging in any forbidden fruits that catch your eye with the safe realization that if things get tough, really tough and you are caught up in a jam involving race, you can lean back, smile and throw down that race card that... "get out of jail free card" and walk away and make it home ... alive.

In closing Andy, enjoy your race card but at least have some respect for yourself that you will seek to know how America's long and tortuous racial history has caused such a card to be issued to the Andys' in the USA.

We will talk later.

Contact Lafe Tolliver at Tolliver@Juno.comxx

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I would have disagreed with a decision by Prosecutor McCullough to not charge Darren Wilson with a crime for killing Michael Brown had he announced that decision at the outset. However, the decision whether to charge people with committing crime is reserved to prosecutors. We are obliged to accept those decisions, whether they are to prosecute or not, no matter how much we may disagree with them. And because Mr. McCullough chose to defer the charging decision to the grand jury, we are obliged to accept the decision by the St. Louis County grand jury that no probable cause exists to charge Darren Wilson with any of five possible crimes for killing Michael Brown. I accept that.

What is unacceptable is the charade the world, but especially Michael Brown's parents, other relatives, and neighbors, have been forced to suffer. Mr. McCullough's office treated this grand jury proceeding as if Darren Wilson was their client. Witnesses whose accounts supported Wilson's behavior were questioned in much different ways from those whose accounts pointed toward charging him with killing Brown. And the questioning of Darren Wilson by McCullough's deputies was remarkably unchallenging. Wilson's defense team could hardly have asked for better questions from lawyers paid to present the most favorable evidence and arguments for charging Wilson with committing the homicide.

Finally, it is clear to anyone with even a passing understanding of criminal procedure that McCullough's remark about it would have been unethical to charge Wilson without having all the evidence doesn't ring true. Prosecutors almost never have all the evidence when they decide whether or not to bring charges. They decide whether to charge based on the evidence they have which suggests they can clear the probable cause bar. Charges are sometimes brought and later abandoned based on evidence developed after the charging decision is made (including unavailability of witnesses and loss or disqualification of desired evidence, among other things).

In the popular movie "A Few Good Men" Marine Colonel Nathan

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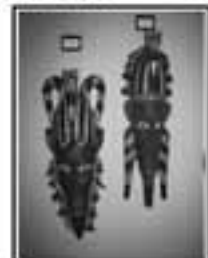
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Large Preschool Center Provides a Shopping Trip for 225 Preschool Children to the Dollar Store for a Center Field Trip to Learn About Sharing

Special to The Truth

Little Generation Day Care is a "Toys for Tots" drop site at both locations. The goal is to teach young children about the importance of sharing with those in need and that it is more important to give than to receive. Two hundred and twenty-five children will attend field trips with their class to the Dollar Tree for each child to purchase a toy for a child in need.

On Tuesday, December 2, Wednesday, December 3 and Thursday, December 4, Little Generation will be taking several busloads of children to the Dollar Tree at Alexis and Lewis to each pick out a toy to give to a child in need through the "Toys for Tots" program.

Buses will be arriving at the Dollar Tree at approximately 9:15 a.m., 10:15 a.m., and 1:15 p.m. each day. Little Generation will also be taking several busloads of children to the Dollar Tree on Dorr and Collingwood on Wednesday, December 3 at approximately 9:15 a.m. and 1:15 p.m. Little Generation will provide each student with a dollar to pick out a toy that they like to put it

in the "Toys for Tots" collection box at Little Generation.

Deneene Stephens, a parent of children who attended Little Generation Day Care, says, "Little Generation has given my kids great opportunities to learn, opening their little minds up to explore a lot of things I didn't have as a kid. The staff is doing an excellent job with my kids and we appreciate it in every way. My family wants to thank Little Generation for the love and support given to us."

Little Generation Day Care is "committed to investing its' best in little minds that will one day grow up to be great minds." Children learn their ABC's, 123's, colors, and shapes, as well as appropriate interaction skills. In addition, children learn Spanish, Sign Language, Foreign Language Music, phonics, extended geometric concepts, extended counting in English and Spanish, and appropriate performance behavior and skills. Children are graduating from Little Generation and are entering kindergarten already at the top of their class!

Little Generation Day Care holds the belief that parents and children can be anything they want to be and purposefully equips them to reach for their dreams.



NAACP Candidate Forms Available

This is a public notice to all members of the Toledo Unit of the NAACP. Members who are interested in serving as an elected officer (namely, president, three vice presidents, secretary, assistant secretary, treasurer, or assistant treasurer) or At-Large Executive Committee member should come to the Toledo NAACP office at 1326 Collingwood to obtain a NAACP candidates petition for nomination. The form should be filled out and turned in no later than December 31, 2014

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12 Months of Fitness and Wellness

By Patrice Powers-Barker, OSU Extension, Lucas County
The Truth Contributor

If I mention the song, *The Twelve Days of Christmas* will you have that tune running through your head? As I write this article, my mind jumps back in time many decades ago to my childhood. We had a record of holiday songs, sung by Disney characters and *The Twelve Days of Christmas* dissolved into a silly mess by the end of the song with Donald, Goofy and all the other singers. This year, Ohio State University Extension educators, Donna Green and Beth Stefura, introduced a new spin on the song called *The Twelve Months of Fitness*.

Twelve months? What happened to 12 days? Twelve months equals one whole year and you are encouraged to build a holistic, healthier lifestyle all year long! Also, the line changed from "my true love gave to me" to "I gave this gift to me."

This new song describes all the personal benefits from sticking to healthy goals throughout the year. In addition, don't forget to give holiday gifts to your true love that include healthy food options or gift cards for equipment or membership for physical activity. Think about the value of this gift of good health for yourself as well as for your loved ones.

SPOILER ALERT: If you are participating in the OSU online Zero Weight Gain Challenge, you will be seeing additions to this song each week. This article includes the entire version of 12 Months of Fitness. If you want to wait for each new line of the song to come out in the emails, skip the next paragraph and read the rest of the article.

Here is the final verse of *The Twelve Months of Fitness*: *On the twelfth month of fitness, I gave this gift to me: Twelve months fitter, Eleven pounds lighter, Ten thousand steps, Nine fruits and veggies, Eight cups of water, Seven hours sleeping, Six tighter abs, Five min-ute breaks! Four leaner limbs, Three inches lost, Two stronger lungs, And a toned, trimmer, stronger bod-yy.*

A few fitness and health ideas to go along with some of the verses:

- Looking for ways to add more water to your day? Are you a tea drinker? Hot beverages hit the spot in the winter, but iced tea is refreshing as well. Why choose tea? Green and black teas have 10 times as many antioxidants as fruits and vegetables!

- Watch portion size to help maintain weight or to achieve weight loss. It only takes two to three days for your stomach to adjust to smaller amounts of food. Use the Japanese mantra "hara hachi bu" (eat until you are 80 percent full) at every meal.

- Winter is a great time to "play" outdoors. Go sledding, ice skating, or for a walk in the snow. Bundle up and let your inner child break free! Invest in a pair of flexible cleats to attach to the bottom of your boots to give you good traction. If it's too cold or icy, find a favorite indoor spot to exercise. It could be a community building to walk in, a new gym membership or an online exercise program to do in the warmth of your own place.

- Need a way to count your ten thousand steps each day? A new technology tracker for monitoring your steps makes a great gift idea. You only have to be competitive with yourself!

- Make a New Year's resolution to eat at least one more fruit and/or veggie each and every day. Want a change from the same old, same old? Winter selections include lots of interesting citrus fruits.

If the winter weather isn't too harsh, take a walk on one of the trails at any of our local parks. Have you visited Wildwood Metropark at 5100 West Central Avenue, Toledo, Ohio lately? Ohio State University Extension, Lucas County is excited to be one of many community groups to decorate one of the rooms for Holidays in the Manor House, a community tradition for almost 40 years.

Hundreds of volunteers help decorate the home in different themes for the community to visit. Our office is excited to showcase One hundred years of Extension at this public venue. The title of our room is "Celebrating the Holiday Season. One hundred years of food, farms and families." We appreciate the Metroparks of the Toledo Area letting us be part of this community tradition and we encourage you to enjoy it! Holidays in the Manor House runs December 6-14 from 10:00 a.m. – 8:00 p.m. and it's free and open to the community.

The Twelve Months of Fitness and fitness and health ideas were written by Donna Green and Beth Stefura, Extension Educators, Family and Consumer Sciences, Ohio State University Extension.

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Super Simple Tips to Manage and Help Prevent Diabetes

Special to The Truth

Nearly 10 percent of the U.S. population has diabetes and another 37 percent of U.S. adults have pre-diabetes, according to the Centers for Disease Control and Prevention.

Given the statistics, it's no surprise that diabetes is a leading cause of death in the United States. Fortunately there are concrete steps you can take to control the disease, say experts.

"Medication alone can't solve diabetes. The solution must include healthier eating and living," says Dr. Andy Baldwin, a board certified family physician and ambassador for Nutrisystem, a weight loss program that has a specific plan designed for diabetes management.

No matter what your health status is now, committing to a healthier lifestyle can help you manage diabetes or prevent the onset in coming years. Dr. Baldwin is offering some suggestions for getting started.

- To avoid overeating, don't put serving bowls on the table. Fill plates in the kitchen and leave extras and leftovers far away. Instead, keep veggies or a salad on the table to supplement meals. Include carrots, celery, cucumber, pepper slices and cherry tomatoes. Eat as many as you like rather than getting seconds of the main course.

- Cinnamon has been shown to help improve blood sugar levels. Fill an empty salt shaker with the spice and leave it on the table. Shake a little on meat, potatoes, vegetables for the health benefits and an added boost of flavor.

- Designate one chair at your table as your "eating chair." Only eat if you are sitting in it -- nowhere else.

- Fast food can be calorie dense and low on nutrition. Avoid going overboard by limiting your intake. That means either eating a child's meal or picking a healthier, sometimes more expensive item from the menu, such as a salad or grilled chicken sandwich.

- If you lead a sedentary lifestyle, it's time to make a change. Set quotas for TV viewing. For example, one hour of news and one hour of entertainment -- or, stay active while watching television by doing squats, crunches, lifting small weights or stretching. Get outdoors for at least 15 minutes a day -- rain or shine! Walk, bike, garden, clean or play a game, it doesn't matter, as long as you are moving.

- A structured meal plan and nutrition-rich foods can help you manage diabetes and weight issues without needing to count calories, carbs or points. Look for a program that meets the nutritional guidelines of the American Diabetes Association and that offers personal support in the form of certified diabetes educators, dietitians, food and glucose trackers, and an online support community. For example, Nutrisystem D is clinically proven to help people with type 2 diabetes lose weight and lower their A1c, offering meals that contain the right balance of low glycemic carbs, fats, high protein. Meals are also fiber-rich to ensure participants feel full. More information can be found at www.Nutrisystem.com.

Healthy habits can benefit your overall health, as well as reduce your risk for complications from diabetes.

Courtesy StatePoint

Perryman... continued from page 4

Jessup (portrayed by actor Jack Nicholson) dramatically challenged Navy Lieutenant Daniel Kaffee (portrayed by Tom Cruise) with this unforgettable statement: "You can't handle the truth!" Like it or not, the sad truth is that the law enforcement and prosecutorial apparatus in St. Louis County, Missouri clumsily yet doggedly worked to prevent Darren Wilson from facing criminal charges for killing Michael Brown, Jr. People trained in criminal law and procedure recognized that long ago.

Many of us seethed as Darren Wilson received preferential treatment because of his status as a police officer. Known homicide suspects aren't concealed by the police (concealing evidence, including the identity and whereabouts of a criminal suspect is improper, if not criminal). Darren Wilson's identity was concealed minutes after he killed Michael Brown. He was protected from being arrested and charged by the very officials empowered to arrest and charge him.

Here's the truth about which so many people are disturbed, even outraged. Wilson, as Brown's killer, deserved to be treated fairly--meaning no better or worse than anyone else suspected of killing someone. Brown's death deserved to be investigated and handled fairly--meaning no better or worse than anyone else shot to death by someone. That could have and should have happened. It didn't.

Prosecutor McCullough oversaw a travesty of justice that will haunt us all. Handle that truth. Then we should work to make sure that it doesn't happen again.


WE MUST KNOW FACT FROM FICTION, ACT AND KEEP THE FAITH!

© Wendell Griffen

The Hon. Wendell Griffen is pastor of New Millennium Church, Little Rock, AK and Circuit Judge, Sixth Judicial District, Fifth Division, Arkansas.

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



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Constance Carlisle's Journey to a Healthy Existence

By Fletcher Word

Sojourner's Truth Editor

April 2013. Constance Isabelle Carlisle had finally had enough. She had had enough of the physical and emotional issues that had been plaguing her for far too long. She had had enough of the "out of whack" hormones, the thyroid complications, the digestive problems, the excess weight, the anxiety, the stress and, most of all, the interminable depression.

She had had enough of the supplements and medication she had been prescribed by several physicians that either didn't relieve the symptoms or that, in the case of the Ambien (that would help her sleep) or the Lexapro (that might relieve depression), she was afraid to take.

"I thought I was going crazy," she says now. "And I'm a very strong person, nothing usually scares me – until that point in my life. I was overwhelmed. I was always lethargic and tired. I felt trapped in my own body."

The cure, she decided, was to become a body builder.

Carlisle, a Toledo native – St. Ursula graduate, who earned an undergraduate degree from Tennessee State in biology and chemistry and an MBA in marketing from Ohio University, was recruited by Ford Motor Corp after graduate school to join their marketing and sales department in Atlanta.

In Atlanta she found professional satisfaction and, eventually, romance. It was a romance that led to an engagement, marriage and relocation to San Diego to be with her Marine husband. The marriage soured quickly and ended more painfully than most – and they all end painfully.

... continued on page 9



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Constance Carlisle... continued from page 8

Carlisle was then a stranger in a strange land – on an emotional island, away from longtime friends and her close-knit family in Toledo. She was running a business alone causing unnecessary stress, not eating properly and would eventually pack an additional 50 pounds onto her formally petite frame.

A visit to a doctor revealed that her hormones were out of whack and resulted in prescriptions for very expensive supplements not covered by insurance.

A visit to a second doctor ended with Carlisle in tears and banging on the doctor's desk, pleading for help. More supplements, more medication.

In the very back of Carlisle's mind was a fascination with body building. A long-time interest that had once sparked the notion ... "I could do that!"

A chance meeting at a party with a woman who was a body-building competitor led her to investigate the possibility of following up on that interest and turning her life around. She contacted the coach, Kim Otto, that her acquaintance had recommended and he laid for her out a regimen of work out and diet. Immediately she threw out her supplements and medication and devoted herself to the process of changing her life.

"I got into this because I wanted to feel better," she says now. Her passion for competition was an unexpected benefit. Within the next year or two, she expects to achieve professional status as a body builder.

Once she started to see and hear the level of feedback from those close to her, she had to stop and think about what once had been merely a desire to improve her own life. Perhaps, she began reflecting, she had something to offer others.

A year and a half later, Carlisle's life is a far cry from the lonely, stressed out, overweight, anxiety-ridden soul she had been. "My personal journey also includes more prayer," she says. "There was so much more than weight being shed. I have a much greater understanding of my purpose in life."

She relocate back to Toledo earlier this year to be close to family and to help care for her grandmother. Just recently, Carlisle, who is now competing on a regular basis, earned certificates as a personal trainer and a nutritional trainer and started her own fitness business – CONnected Fitness by C.

Carlisle leads group training and individual training, customizes meal plans and demonstrates meal preparation for her growing list of clients.

The weight room and the food preparation go hand in hand. "Understanding how food works for you is so important," says the bodybuilder with a biology and chemistry degree. She tells her clients that while they may have to void certain items from their diets, they will gain other satisfaction. "The thought of what you are losing is balanced by what you are gaining," she tells them.

For more information on CONnected Fitness by C, call 951-490-1613 or contact her by email at connectedfitnessbyc@gmail.com.



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Answers to Everyone's Questions about New Year Fitness

By Ryan Rollison
The Truth Contributor

It's that time of year when I start to get a lot of e-mails about the New Year and getting started on a workout program. Everyone wants advice on what exercises they should do and what they should be eating.

I want to stress the importance of getting your mind right and then letting everything follow. You have to know that you are going to succeed at any cost. You need to set realistic goals and meet them one challenge at a time.

Most people go wrong by setting to many unobtainable goals.

You are not going to lose 25 pounds in a month. So that would be setting yourself up for failure before you even get started. Don't make the mistake of thinking that as soon as you get into the gym you're going to be running a half hour on the treadmill and lifting enough weight to set world records.

You need to have the mindset that you're going to go in and just get moving and start a new healthier lifestyle. Go through your cabinets and get rid of the food that doesn't fit your new eating plan. Throw it away or give it to your skinny friends to eat, but just get rid of it!

Diet is such a negative word for people. Now D.I.E.T (De-

terminating I'm Eating Terrifically) can have a new positive meaning.

Do not under estimate the power of you! You can do whatever you truly desire to. Stay conscious on your goals, visualize them, think of them often and repeat them in your head over and over again. If you want to be successful at getting in shape then you must visualize yourself in shape.

When you look in the mirror see your improvements not your flaws. Put a picture of how you want to look on your fridge, your wallet or purse and look at it often. Be realistic about your goals and the accomplishments that you can reach, keep it real. Don't bite off more than you can chew. It will discourage you and you will quit before January ends.

Now after you have set a realistic goal then you must plan your attack. Figure out the foods you like and that you will eat. So many people try to go on a new eating plan and try to eat things that they don't like just because it's on the new diet you found.

If you don't like broccoli then do not try to eat it! Find something else that you do like. Forcing yourself to eat foods that do not appeal to you will result in absolute failure.

Now you have to begin your workout routine. Start easy with three days a week with a total body workout. After a few weeks add another day or start to do more exercises per day that you train. I hope that this helps you all and that you have happy and healthy holidays. Also if you want to email me I will send you a great food list.

I am going out and doing my fit-camps for you and your organizations. If you have five or more people that want to participate, contact me and we will set something up for you.

Also I want five people who have to lose 50 pounds or more for a month of **FREE**, that's right **FREE**, **TRAINING**.

Ryan Rollison
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Eat a Little, Drink a Little, Have a Merry Christmas!

By Angela Steward, Fitness Motivator
The Truth Contributor

There's a rumor going around that most people gain approximately eight to 10 pounds during the holiday season. Actually, it's only three to five pounds, but three to five extra pounds over a 10-year period, equals 30 to 50 extra pounds. Holiday weight gain seems guaranteed, but really, by putting together a few of these pointers you can celebrate the holiday season without gaining any weight!

1. Take a current picture! Just the thought of taking a picture is upsetting to a lot of us, but if you want to stay motivated, do it! A picture speaks a thousand words. In fact, try to take pictures as you lose weight (every 10 pounds) to remind yourself of how well you're doing. Oddly enough it's easy to forget where we started and to not give ourselves credit for how hard we've worked and how far we have come. Put it where you can see it during the holidays – it will help keep you focused on your goal!!

2. Eat lots of turkey! When the platter comes around pile on the turkey. Light meat or dark meat? It really doesn't matter. A four ounce serving of white has 153 calories, and the same serving of dark has 180-so that 27 calorie difference equates to two fewer bites of mashed potatoes. Eating protein increases lean muscle mass, which keeps your metabolism running on high – even when you're resting. Protein also keeps you full. What you really want to avoid is the excess gravy and turkey skin.

3. Identify your trigger foods! Trigger foods are foods that set off a chain reaction of chewing...lol! They make your taste buds go haywire and you can't stop eating it. If you seem them, run in the opposite direction!

4. Cheat Days NOT Cheat Months! Keep your weight in check by having cheat days, not cheat months!! Three or even six **days** of overeating during six holiday **weeks** won't result in weight gain. So treat the holidays like days instead of a season. One day of overindulgence here and there on the actual holidays, like Christmas Eve, Christmas day, New Years Eve and New Years Day will not wreck your diet.

5. Pack, Plan, Prepare! To help maintain your weight during the holiday, offset the holiday gorge by packing your lunch, plan and prepare your weekly meals in advance. Get rid of the junk food in your refrigerator and cabinets and fill them with healthy options. Keep fresh fruit on your kitchen counter, store healthy snacks like nuts in your desk at work. Keep pre-washed pre-cut veggies and fruit in your fridge – whatever you have to do to make the healthiest choice the easiest choice, do it!

6. Sleep! The less sleep you get, the more likely you are to be overweight. When you don't get enough sleep, your appetite hormones go haywire and you're more likely to crave sugar and carbs to stay alert. Be sure to get seven to eight hours of rest. During the holidays a little extra shut-eye won't hurt.

7. Weigh yourself! Step on a scale, sure it can sometimes be disheartening, but its better to face your fears. Weighing yourself regularly can actually help you stay on track. Monitoring your weight keeps your mind on your health and prevents denial.

8. Move your body - but don't use exercise as your license to eat. Continue your regular fitness routine, in fact; add more activity to balance the additional holiday food. Walk after your holiday meal. Tour your neighborhood to check out your neighbors' holiday decorations, plan a family walk through the Toledo Zoo. Walking not only helps you lose weight, it also lowers your blood sugar and prevents your body from storing fat. So take a walk after dinner every night, but especially during the holidays.

9. Celebrate your success even during the holidays. Each time you lose 10 pounds or so – treat yourself to something fancy. No, not a doughnut or carryout Chinese food! I mean a mani/pedi, a massage or a Michael Kors bag. Be kind to yourself – it will help you accomplish your goals.

10. Learn to say "no thank you." There's no need to offer an explanation or feel guilty about making healthier choices during the holiday. It's not uncommon for family and friends to place pressure on you to eat, drink and be merry. Instead of losing control, simply say no thank you! And if you find yourself pushed into a corner, tell them you might indulge later. Just make sure 'later' never comes.

By making healthier choices daily, the unhealthy choices you make

during the holidays won't drastically affect your weight. Don't deny yourself the delicious foods associated with the holidays. Eat smaller portions. Add a daily activity (like walking) to your normal fitness schedule. Enjoy your family and friends! Celebrate the birth of our King! That's what Christmas is really about!

As always, you can contact me with any questions or for information regarding Fabulously Fit classes anytime.

Merry Christmas to You and Your Family!!

Angela R. Steward

Creator of Fabulously Fittm

Certified Group Fitness Trainer & Healthy Living Motivator

Certified Weight Loss & Nutrition Consultant

Head Instructor & Owner of FABULOUSLY FIT *GEM*

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(Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FM0040. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families)

Therza P. Cox Publishes Again – In Her Own Words

Guest Column

I have written three poetry books. Two of my books are published. All of them have a legal copyright. My very first book is called *Life is a Story: A Collection of Poetry*. My second book is titled *Symbolic Rhythm: A Poetry Book*. My third book is complete: *Ms. Diva: Poetry Book 3*. This book will be available sometime in the next year.

When I was a baby, younger than one year old, I was sexually abused. I grew up in and out of foster care. My mother was a single parent, who struggled with a drug addiction. I was sold into prostitution by my mother at an early age. My biological father died when I was four years old.

When I would travel with my family out of town, my mother made it her "mission" to find a date for the night. In exchange for drugs and cash, my mother would sell me to men for several hours. Sometimes, a date would last a few days. I was left alone with men over 30 years old and I was under the age of 10.

June 9, 1999, I graduated from Robert S. Rogers High School. I was 18 years old. My

mother died later that year, in October. So, in January of 2000 I moved with my half sister to Memphis, Tennessee. After 4 months of living in Tennessee, I moved back to Toledo, Ohio. I was homeless and lived in the Sparrow's Nest Homeless Shelter for women.

In September of 2000, I moved into my first apartment. I was completely on my own. I paid my own bills. There was no one to depend on but God. So, I joined Friendship Baptist Church and was baptized into the Baptist Church. I spent years at the Baptist church, but I was also baptized as a Lutheran when I was 12 years old. In February, 2006, I decided to explore The Nation of Islam. In 2008, I became a "registered" member there. I am now a member at First Church of God.

Through all of the experiences in my life, I've had to depend on God alone. I understood that my family would not be there. I've had many struggles, joy, triumphs, and disappointment, but God always helped me get through. Regardless of my own circumstances in life, I am successful.



Therza Cox

My two Poetry books are available, Paper Back and Ebook (electronic Book) online at www.amazon.com and www.barnesandnoble.com. Also the books are available for purchase at People Called Women Bookstore, 6060 Renaissance Pl, Toledo, Ohio. Next to Hungry I Restaurant off of Holland-Sylvania Road. As of today, I have 10 videos at www.youtube.com.

Tips to Ward Off Holiday Heartburn

Sojourner's Truth Staff

Lights, music, family, boughs of holly -- the holidays are known for many pleasant sights and sensations. Unfortunately, seasonal stress, odd schedules and overindulgence in rich foods can mean an upset stomach, heartburn and indigestion for some celebrants.

Take steps to make the holidays more pleasant on your stomach:

- **Seek balance:** Eating a balanced diet is a key factor in preventing indigestion, constipation and other digestive problems, but accomplishing this goal may be a bit trickier during the holiday party season.

Drink plenty of water, hit the veggie tray before the cheese tray, and be sure to incorporate fruit, vegetables, lean meats, whole grains and low-fat dairy into your other, less festive meals.

- **Enjoy slowly:** With so many terrific foods on the menu, why rush? Enjoy meals slowly. You'll be more likely to practice portion control this way. Additionally, digestion will be easier if you don't make your body process too much at once.

- **Reduce stress:** Stress can manifest itself through the digestive system in the form of heartburn. So avoid letting the holidays become an added source of stress. Carve out a few moments daily throughout the season to relax.

- **Cook smart:** Certain herbs are well known to aid digestion or settle an upset stomach. Counteract the effects of all those rich foods and drinks by incorporating basil, dill, mint, cilantro and ginger into holiday cooking.

- **Listen to your body:** Symptoms are usually an expression of the body's attempt to correct an imbalance. Instead of masking symptoms such as acid indigestion, upset stomach, nausea, heartburn or a hangover, try a homeopathic medicine that works with the body to alleviate discomfort.

For example, Boiron makes dissolvable pel-

lets called Nux vomica for symptomatic relief. The sweet-tasting pellets melt in your mouth without water, and won't bother an already upset stomach. Be attentive to the body's signals and use it at the first sign of symptoms. For a natural indigestion remedy or natural hangover remedy, try it after too much coffee, alcohol, spicy or rich food, or when feeling drowsy after a big meal. More information can be found at www.BoironUSA.com.

- **Kitchen cabinet remedies:** Your kitchen cabinet contains an arsenal of remedies, say experts.

"Take two tablespoons of organic apple cider vinegar before eating to help with digestion. You can also try drinking a cup of organic herbal tea, such as chamomile, dandelion or burdock, with fresh lemon juice after meals to help with liver detox and promote relaxation," says celebrity chef and culinary nutritionist Amie Valpone, HHC, AADP.

More healthy eating tips from Valpone can be found at www.TheHealthyApple.com.

- **Exercise:** Regular exercise benefits a healthy digestive system, so get plenty of it. Just be sure to avoid anything strenuous directly after a heavy holiday meal, which can actually put digestion on hold by redirecting blood away from your digestive tract to support the heart and muscles, according to Harvard Medical School.

This holiday season, keep your body in balance with natural remedies to treat and reduce common digestive symptoms.

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Prison Noir edited by Joyce Carol Oates

By Terri Schlichenmeyer
The Truth Contributor

Three-and-a-half steps. Visualize it: that's how big your home is. Back against the wall, three-and-a-half steps until you can't go anymore. Arms straight out at your sides, fingers touching both walls, cement floors. Hardly a palace.

Now you head outside any time you want, day or night, to do what you want to do. But picture bars on your doors and someone telling you when to eat and when to sleep. Then grab the new book *Prison Noir*, edited by Joyce Carol Oates, and read other tales of doing time.

Imagine the difficulty of choosing the best 15 of a 100 exceptional prison stories, a challenge that faced author-editor Joyce Carol Oates in

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259 pages

pulling this book together. That the entries she read were "well-crafted" should be no surprise; after all, each of them was written by someone who is or has been in prison, which lends a "disconcerting ring of authenticity" to tales like these.

You know if you've been incarcerated, for instance, that having cellies can be a thorny issue, but in the first story, "Shuffle" by Christopher M. Stephen, even segregation doesn't mean "true solitary confinement" anymore.

Yes, roommates and block mates can be trouble – but they can also keep a person sane, as in "I Saw an Angel" by Sin Soracco. Conversely, as in "Bardos" by Scott Gutches, the

person two cells down can make you really think – especially when he's dead just shy of his release date.

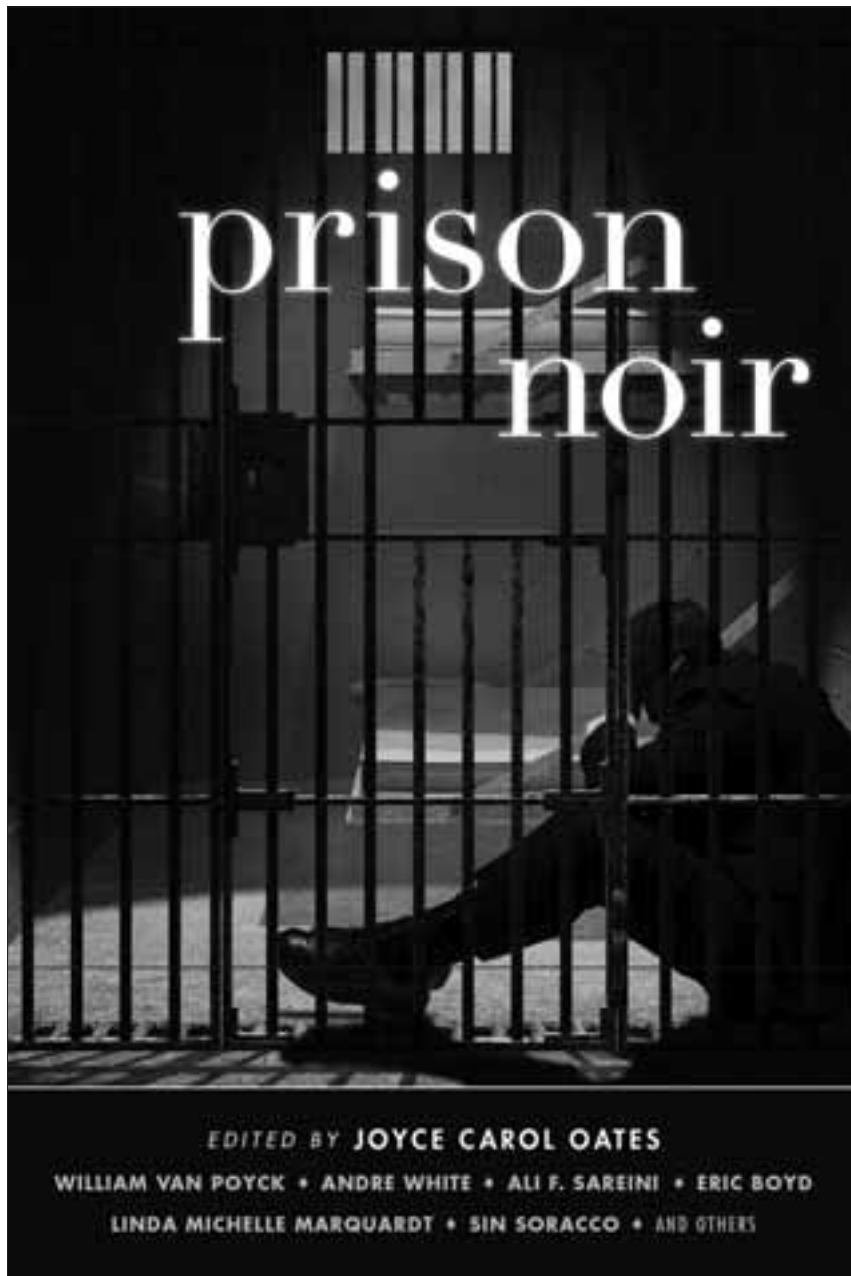
In prison, there is no privacy. There is no escaping the sound of the echoing clink of "hundreds of doors closing at the same time." There can be language barriers that lead to huge misunderstandings. In prison, as in "Milk and Tea" by Linda Michelle Marquardt, there are people just trying to get by and get beyond a crime that surprised even them. And behind bars, there's danger – not just to others but, as in "There Will Be Seeds for Next Year" by Zeke Caliguiri, there's danger to the inmate himself...

In her introduction, Joyce Carol Oates says that there were some stories in this anthology that she read multiple times, and she admits that there were others she didn't quite understand. She calls them "... stark, somber, emotionally driven... raw, crude, and disturbing material..."

And she's right. But she forgot the word "riveting."

Indeed, it's hard to turn away from what you'll read inside *Prison Noir*. There's sadness here, frustration, resignation, and a surprising sense of slyness. You'll find fiction, perhaps, or maybe it's all real – possibilities of which you'll squirmingly have to remind yourself. Either way, the 15 contributing authors didn't seem to be holding anything back which, for the right reader, can be some powerful seat-glue.

Beware, before you pick up this book, that it's filled with exactly what you'd expect from prison literature. I enjoyed it quite a bit, but I wouldn't begin to call it nice. With that caveat in mind, I think that no matter what side of the bars you live on, *Prison Noir* is worth doing time with.



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Qualified candidates must possess a Bachelor's degree, Ohio license as a LSW and a minimum of two years' experience working with children with mental health issues. Master's Degree and Ohio License as LSW, LISW, LPC or LPCC preferred.

Send resume or apply to:

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EOE

Clinical Therapist- Children's Partial Hospitalization Program

Full-time

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Unison is seeking Therapists to provide services to children with severe mental and emotional disorders in the Outpatient Partial Hospitalization Program. Duties will include completing diagnostic assessments, developing and coordinating treatment plans, and providing individual crisis management, group therapy, advocacy, and outreach.

Candidate must possess a Bachelor's Degree and current Ohio License as LSW. Master's Degree and current Ohio License as LSW or LPC preferred.

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EOE

Notice of Lucas County Economic Development Corporation's Draft U.S. EPA Brownfield Cleanup Grant Application and Draft ABCA Available for Public Review and Comment and Notification of Public Meeting

The Lucas County Economic Development Corporation is applying for a U.S. EPA Brownfield Cleanup Grant for \$200,000 to provide cleanup funding for the Former Hotel Seagate at 127 and 141 North Summit Street in downtown Toledo. The grant application and a draft Analysis of Brownfield Cleanup Alternatives (ABCA) will be available for review at the Lucas County Department of Planning & Development/Ohio Means Jobs Office, 1301 Monroe Street, Toledo, from December 9 until December 17, 2014 during regular business hours (8:30 a.m. - 4:30 p.m. Monday-Friday). Hard copies of the application and ABCA can also be mailed or electronic copies can be emailed to interested citizens upon request. The grant application and ABCA will be discussed, and public comments will be solicited, at a public meeting on Wednesday, December 10, 2014 at 6:00 p.m. at the Toledo Division of Environmental Services, 348 S. Erie St., Toledo. Comments regarding the draft application and ABCA will be accepted from December 9 - December 17. Opportunities for public input and comments will be available later in this process as well if the grant is awarded. Please contact Ford Weber at (419) 213-4646 or fweber@co.lucas.oh.us for more project information, to request a copy of the application or ABCA, or to offer comments.

Minority Breast Health Coordinator

Susan G. Komen Northwest Ohio is seeking a part-time (26hrs/wk) Minority Breast Health Coordinator. The role will be the lead for minority health outreach and programs in target counties. The ideal candidate will have a public health, health education, community health background with 3 to 5 years of experience and strong leadership skills, excellent organizational skills, attention to detail with the ability to work independently. Pay is commensurate with experience. Please submit your resume to aubrey@komeennwOhio.org by December 12, 2014.

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Send resume or apply to:

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Fax: 419-936-7574
website: unisonbhg.org

EOE

Notice to Bidders: Inquiry # FY15-32, (Project # 5003-15-1613) for Clinical Academic Renovations - HEB 2nd Fl 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, December 16, 2014 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 Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$85.00 will be charged per set. Any further information may be obtained from Kevin Denman of BHDP Architecture at 614-486-1960. One Pre-Bid Conference will be held on Tuesday, December 9, 2014 at 10:00 a.m. in the Health Education Building, Room 227, 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: \$531,000.00; Breakdown: General Const: \$282,000.00; Plumbing: \$19,000.00; Fire Protection: 20,000.00; HVAC: \$135,000.00 & Electrical: \$75,000.00.

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Indiana Avenue Missionary Baptist Church Holds Annual Men's Day

Special to The Truth

The annual Men's Day at Indiana Avenue Missionary Baptist Church was held on November 16, 2014 with a theme of "Men of God – Pressing Forward in Faith." The message was delivered by Brother Tommie Adams, Jr. of Indiana Avenue. The 5 p.m. service included the annual Men's Musical with male voices from the church and throughout the city.

Sunday's events were preceded by a weekend of activities. On Friday, November 14, the church held its annual Pre-Men's Day Clothing Give-Away for men and children. A barbecue chicken and rib dinner was served.

On Saturday there was a Pre-Men's Day Breakfast and a prostate screening presented by doctors from the University of Toledo Medical Center – Drs Changhu Chen, MD, professor and chairman of Radiation Oncology and Samay Jain, MD, professor of Chief Division Oncology.

Some of the participants in the Men's Day activities were: Deacon Edward Barnett, Deacon Mack Boykin, Deacon Sam Freelon, Trustee Leemon Green, Trustee Lafayette McClora, Deacon Fred Myers, Trustee Willie Perryman, Sr, Trustee William Rife, Deacon John E. Roberts, Deacon Johnnie Scott, Deacon Robert Sampson, Rev. Dempsey Thompson, Trustee Jessie Wilkins.



Pastor Roberts' final remarks included congratulations to the brethren for organizing such a wonderful event. He asked them to: "Behold how good and how pleasant it is for brethren to dwell together in unity."

"Men worshiping together

Giving God His due

Wanting change for the better

By Embracing what is true" – a poem by Ronnie Enoch



Rev. John Roberts

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