



Volume 35, No. 6

"And Ye Shall Know The Truth..."

October 7, 2015

2015 Legends Weekend



AALC's Legends - Doni Miller, Theresa Gabriel, Ben Williams, John Moore, Elinor Allen, Ron Jackson, Sr

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That's What Friends Are For

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

All I want to do, is to make things a little better for you.

- Deniece Williams & Johnny Mathis, 1978



U.S. Senator Elizabeth Warren gave a powerful address confronting the prospects for black America at the Edward M. Kennedy Institute for the United States Senate on September 27, 2015.

Other than the U.S. Senate candidate and Cincinnati City Councilman P. G. Sittenfeld's "urban agenda," Warren's speech uses the strongest and most direct language on the topic I've heard from a prominent elected official who isn't a person of color.

Does the black community have friends anymore?

If so, our traditional allies that we have supported for human, worker, and civil rights both back in the day and in the recent past, have lately seemed more like just old acquaintances than friends.

When it comes to Black Lives Matter and institutional racism, Where my homies at?

Where is Labor? Where my g's on the left? My dawgs like Bill and Hillary Clinton and company? My progressive pals and BFFs?

Even, the beloved Pope Francis, after meeting with Black Lives Matter representative in Vatican City in June to discuss the devaluation of black life and police brutality, was acting like he didn't even know us during his recent monumental trip to the United States.

Undoubtedly there is fear, at least on the part of progressive electoral candidates, even those who have not been afraid to address controversial and unpopular causes in the past.

The trepidation grows not only out of "being seen in certain company," but also from cultural insecurity and unfamiliarity with operating in contemporary non-privileged racialized settings. The penalties for making political missteps around today's brand of young front line activists can be harsh.

Hillary Clinton has been quiet as a church mouse, seeming to avoid issues surrounding Black Lives Matter and, when cornered, as she was when interrupted during a recent speech in Cleveland, her response then, and now, seems to be canned and very well rehearsed.

Sanders, also, learned a valuable lesson rather quickly after a misguided and uninformed response of "All Lives Matter" to issues raised by Black Lives Matter proponents. The activists were able to open Sanders' eyes when they hijacked his microphone and provided a "teaching moment" to let the Senator know that he "truly doesn't get it" and is totally missing the point on issues that confront black America.

For sure, today's generation of freedom fighters are taking their grievances directly to those who purport to want to serve the community and are finding that everybody sporting the progressive label "ain't down for the cause."

Yet, there are those in the "struggle" who "keep it one hundred (100)" and go beyond superficiality in their relationship with the black community and Black Lives Matter.

Responding to the silence surrounding Black Lives Matter and the black urban agenda, P. G. Sittenfeld states: "Yes, all lives matter. But in too many cases, the police treat people who look like me (white) differently than they treat people who look like you (people of color)."

And worst of all," he adds, "too many black lives are being snuffed

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Community Calendar

October 7

Mt. Nebo Church In Time Seminar: Instructor Bill Harris of Rapture Ministries; 6 pm: 419-246-8561

Third Annual African American Forum: Presented by NAMI of Greater Toledo; Warren AME Church; 9 am to 3 pm; Focus on children/adolescents and mental health; Keynote speakers Dr. Olatunde Fatinikin, Larry Hamme, Ph.D, Megan Bond-Stokes, MSW: 419-243-1119

October 10

Libbey HS 5th Annual Spirit of Libbey Christmas Party Organizing Meeting: Reynolds Corner Library; 1:30 pm: 419-450-7227

Josh Project Registration/Orientation for Swim Lessons: Noon to 1 pm; UT Scott Park Campus Room 1080C: 567-343-0766 or info@joshproject.org

October 11

Union Grove MBC Annual Women's Day: 4 pm; "Women with a Charge to Keep and a God to Glorify;" Speaker Sis. Thelma Autman of Shiloh MBC: 419-531-1994

October 17

Josh Project Registration/Orientation for Swim Lessons: Noon to 1 pm; UT Scott Park Campus Room 1080C: 567-343-0766 or info@joshproject.org

Jerusalem Baptist Church Scholarship Ministry Concert: Interfaith Mass Choir; 6 pm; An evening of praise and worship
Flanders Church of Christ Clothing Giveaway: 9 am to 2 pm

October 16

Indiana Avenue MBC Anointed Mime Praise and Worship Night: 6 pm; Speaker Min. Sandel Harris

October 18

Charity MBC Annual Women's Day: 4 pm; Guest speaker Sis Tammie Knighten of Northwestern MBC
Indiana Avenue MBC Annual Youth and Young Adult Day: 10:50 am; Youth speaker Paula Smith; Young Adult speaker Shun Scott

October 24

Beauty, Beau and Business Brunch: Sponsored by Gamma Phi Delta Sorority and UAW Local 12 Jeep Civil Rights Committee; Vendors shopping event; 10 am to 3 pm; UA Local 12 Hall; Local business men will speak on management: butterfly99@gmail.com

October 30

Braden United Methodist Church All Saints' Day Celebration: 6:60 to 8:30 pm; Free games, prizes, food and fun for children of all ages: 419-386-2700

The Sojourner's Truth

Toledo's Truthful African American
Owned and Operated Newspaper

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Marticia Hurst - Office Manager

Tricia Hall - Reporter
Carla Yvette - Social Scene Editor
Rev. D.L. Perryman - Columnist

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Not A Surprise to Me

By Lafe Tolliver, Esq
Guest Column

Well, the Pope has left the house. The fanfare and hoola-hoola over his visit to the States was covered by the media as if an alien had visited the planet.

Seemingly, the media and the populace could not get enough of seeing the Pope and how he interacted with the fawning public.

Every word he said was examined and weighed in the hope of finding any subtle messages that could foretell where the doctrine of the Catholic Church was headed.

Why, the Pope's word were so embracing and illuminating that when he spoke to the joint session of Congress, in the background, you clearly saw the House Speaker John Boehner wiping his eyes.

To have the Pope visit and speak to Congress was one of the lifelong dreams of Boehner who said, in part, that the visit and the words of the Pope were a partial cause for him to resign his speakership.

The Pope even met with a same-sex couple and purportedly with Kim Davis, the Kentucky court clerk who is still balking at having her name listed on any marriage license by which same sex couples are married.

With all of the merriment and goodwill and cheer caused by the Pope's visit, you could think that the Age of Aquarius was nigh over the next bend in the road. You know, peace and love and happiness for everyone!

But wait. What is this I read? When the Pope returned to his enclave known as Vatican City, he fired a Polish gay priest who is in an active and "committed relationship" with another man.

Somehow this priest thought that with all of this talk of goodwill and acceptance and unity, it was a propitious time to make known his romantic feelings towards his boyfriend.

Boy, did he ever misread the Pope's tea leaves! I guess this now unemployed priest is sitting somewhere in a near-empty bistro in Rome wondering three times over, what happened?

What makes this priest even the more clueless is that he was part of the powerful committee that determines the doctrine of the Catholic Church

And to date, that committee has not remotely hinted at changing the Catholic Church's position on gays and same sex marriages.

When the news of this priest voluntarily outing himself and the swift response of the Pope to dismiss him from his cleric duties hit the airwaves, the media was somewhat dumbfounded because they assumed that the Pope, would strike a conciliatory tone.

After all, earlier, before he came to America, he was asked a tough question about homosexuality and his tepid response was, "Who am I to judge?"

Well, for this particular Roman Catholic priest, he was judged and was found wanting.

For the media to believe that there was a clear nexus between the exuberance caused by the Pope's visit and a softening of his position on gays and same-sex marriage, it is clear that the media also does not know how to read the tea leaves.

To their chagrin, media watchers and those not familiar with Catholic doctrine simply assumed that the grandfatherly Pope would turn a blind eye and say again, "Who am I to judge?" on that issue.

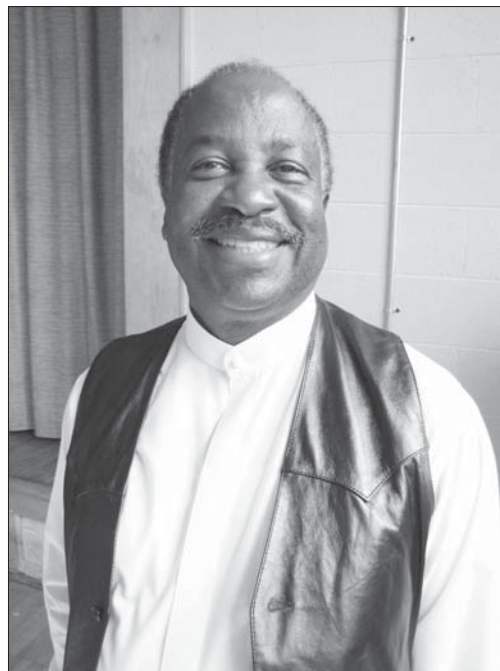
For readers who were blindsided by the Pope's pronouncement of firing this errant cleric, it shows that you err because you know not the scriptures.

The Pope was and is the champion of the Catholic faith and he was not about to violate his view of scripture for the sake of generating warm fuzzy feelings from his parishioners or to play up to the media to get "papal points."

I know...I know. One might feel somewhat miffed at what appears to be a Pope riding the crest of popularity and people expressing statements that he is changing the world and that his compassion and love is refreshing and his embracement of the outcasts of society is commendable and needs to be emulated by others...but.

The "but" is that the pontiff is still grounded by church dogma on certain nonnegotiable issues of the faith and that those judgments will remain intact by those guarding that dogma in spite of the wishes and demands of a pluralistic society that want change – wanting that change in their way and in their fashion.

Contact Lafe Tolliver at Tolliver@Juno.com



Lafe Tolliver

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The 45th Annual Congressional Black Caucus Legislative Conference

By Paul Hubbard

The Truth Contributor

The 45 Annual Congressional Black Caucus Legislative Conference was held in Washington DC at the Walter Washington Convention Center from September 16-20 and had 98 workshops and activities listed and, in addition, offered at least another 100 activities and meetings that were not listed.

Virtually every issue and subject that is a concern to the black community in American was addressed. Many non-profit interest groups and for profit businesses were in attendance.

There were national black caucuses in attendance representing every African-American interest from black hip-hop to black labor union members. It was especially refreshing to see thousands of black youth and young adults participating in the weekend on all levels. Most workshops and activities were convened by a black congressperson.

Congressman John Conyers from Michigan, who is the dean of Congress after 50 years in office, convened the session on full employment. The presentations discussed how the Federal Reserve is one of the major factors that influence full employment. When interest rates are low businesses will hire more people. When interest rates are high businesses lay off employees because they down size to cut cost.

Black unemployment, noted panelists, is always twice as high as white unemployment. Black teen-age unemployment is six times as high as white teen unemployment. Full employment means people with felonies and less education can find jobs. It also means less welfare, fewer unemployment checks, lower crime rate and more people paying taxes so government benefits from full employment.

The future for full employment in the United States is more small businesses and community-based businesses that are high-tech oriented because manufacturing jobs are being exported to other countries paying lower wages.

We need to insist, we were told, that our elected officials enforce Section 3 and stop allowing waivers to contractors. Section 3 is a federal law that says

if government money is being used on a project minorities must be a part of the labor force. Looking at our road workers on Michigan and Ohio freeways and cities and you see very few African-Americans participating.

Congresswoman Robin Kelly convened the Health Brain Trust. She has a 2015 report on the "Disparities In Health Care" just published. I recommend that you read it on line. Smoking, poor food choices, lack of health education, lack of preventive health measures, lack of access to medical resources are the major reasons for health problems of the black community.

There was a lot of discussion for the need for more African-American employees in upper level positions including CEO's of hospitals. Full employment leads to better health because people can buy better food and have money for proper medications.

The Nation Urban League's President Mark Morial convened the discussion on mental health. Seventy-five percent of youth in the juvenile court system have mental health issues and at least 35 percent of adults in prison have mental health issues. Mental illness should be viewed the same way we view other illnesses and not be stigmatized, according to the panelists. For more information on mental health programs that work for youth. Adults and parents can go to the National Urban League web site.

There were also a lot of parties and receptions during the four-day conference. This was also a perfect opportunity for networking in the halls of the Convention Center as well as in the hotel lobby, bar and restaurants.



Paul Hubbard

African Art Has Arrived!!

Hundreds of wood carvings from Ghana have recently arrived at
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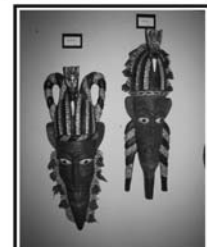


The Gallery is open Monday through Friday from 8 AM to 4 PM



See more art online at
www.thetruthtoledo.com

The Truth Gallery
1811 Adams Street
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The 2015 African American Legacy Project's Legends Weekend

By Fletcher Word

Sojourner's Truth Editor

Over the past 11 years, the African American Legacy Project's Legends Weekend has become the centerpiece of the area's fall events as hundreds gather to celebrate not only those who have made enormous contributions to the community over the decades but also those who are on the verge of making their own significant marks.

This past weekend was no exception as the founder Robert Smith and the AALP feted a half dozen living legends, two deceased ones and four emerging leaders.

On Saturday afternoon, the community honored the legends during a lunch-time ceremony at the Hilton Garden Inn at Levis Commons in Perrysburg. Those honored this year were Elinor Allen, Ronald Jackson, Sr, Theresa M. Gabriel, Doni Miller, John Moore and Ben E. Williams.

The ceremony consisted of performances by Obed Shelton, a violinist; Marcia Bowen-Jones, vocalist; remarks by Romules Durant, Ed.D, superintendent of Toledo Public Schools and by Toledo Police Department Chief George Kral.

Allen, a longtime educator with the Toledo Public Schools, has long

...continued on page 12



Emerging Leaders - Jason Woodward, Rashieda Timpson, Larome Myrick, Kelly West-Moreland



Ben Williams



Doni Miller

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The Truth HEALTH



Ohio Apple Crunch

By Patrice Powers-Barker, Ohio State University Extension, Lucas County
The Truth Contributor

What is Apple Crunch Day? To be honest, when I first heard of this event in October, I thought the term was referring to a dessert recipe. When I was growing up, we used the word "crunch" to describe a fruit dessert that might also be known as "crisp". When I heard Apple Crunch Day, I pictured a homemade apple crisp.

Actually, the national and Ohio Apple Crunch refer to the act of "crunching" an apple and promoting healthy eating.

The celebration of Apple Crunch Day has grown nationwide since 2012. In 2012, approximately 400,000 New Yorkers bit into locally grown apples at the same time on Food Day, October 24.

In 2013, the Big Apple Crunch set a world record with 1,000,000 people participating. The Apple Crunch celebration is now happening across the country, including Ohio. It can be one day like October 24 but, ideally, people are celebrating Apple Crunch throughout the whole month!

It takes place in schools, homes and worksite cafeterias and is highlighted on social media with pictures and hashtags #FoodDay2015 and #OhioAppleCrunch. If you are on Facebook or Twitter, post your own pictures of your Apple Crunch Day. Ohio Apple Crunch is as simple as eating your favorite apples and promoting healthy eating with your friends and family.

From a healthy eating standpoint, apples contain nutrients such as vitamin C, fiber and vitamin A. In addition, apples and other fruits like peaches, plums and apricots have the antioxidant quercetin. Red apples contain the most quercetin, with lesser amounts in other apples and fruits.

Quercetin works as an antioxidant as well as an anti-inflammatory, and has been associated with overall lung health. Many of the nutrients and phytonutrients are found in the skin of fruits, so go ahead and eat the peel, too.

The Ohio State University Extension Farm to Health Series shares ways to enjoy fresh apples:

- Spread apples with peanut butter for extra protein.
- Make a fruit quesadilla with a whole wheat tortilla, low fat cream cheese, a sprinkle of cinnamon, and sliced apples, pears, peaches, apricots, and/or plums.
- Dip slices into low fat vanilla yogurt as a fruit dip.
- Dice apples and mix into a fruit salad. Sprinkle with granola for extra fiber and crunch.
- Slice thinly and add to a green salad.
- If you have more fresh apples than you can eat at once, they store well in the refrigerator and canning and freezing are also good options. Applesauce freezes

and cans well.

Apples are one of the few fruits you can easily find fresh any time of the year. However, fall means a large selection of local Ohio apples. There are thousands of varieties of apples and over 50 kinds are grown all over the state of Ohio. The different varieties of apples can be sweet, tart, soft and smooth or crisp and crunchy and all different colors from yellows to greens to reds!

With so many different kinds of apples how do you choose just one? The good news is you can easily and affordably try a few different varieties of apples to try new tastes and for different purposes. There are many good all-purpose apples for eating fresh or using in a recipe.

Other varieties are best for using in certain ways like eating raw or making applesauce or baking. Apples that quickly go soft when cooked are usually best for applesauce; others keep their firm shape and are better for baking whole. Tart apples are good for cooking; sweeter apples, for eating fresh. Try some new varieties. Do a taste test in your household to see which ones are favorites.

Apples are a very versatile fruit to add to the day. They can be eaten raw or cooked, chopped and added fresh to salad and shredded and added to baked goods. While apples are wonderful on their own and are a favorite in fall desserts they can also match well with vegetables.

Apples can be cooked and combined with sweet potatoes, red cabbage and winter squash. Apples are often matched with pork in recipes. Finely chopped or shredded apples can be added to other daily recipes such as tuna salad, pancakes or coleslaw. This recipe for a side dish of spiced apples is from the What's Cooking, USDA Mixing Bowl.

Spiced Apples

Ingredients:
3 apples
1/2 cup raisins
1/4 cup chopped pecans
1/2 teaspoon cinnamon
2 teaspoons butter

Instructions:

Cut apples in quarters and core them; slice into smaller wedges (about 12 per apple).

Toss with raisins, pecans, and cinnamon.

Heat butter in medium sauce pan. Add fruit mix.

Sauté lightly about 3-5 minutes. Apples should still be slightly crisp.



What ways will you enjoy apples this month and into the late fall and wintertime? What ways can you share your enjoyment of apples with friends and family?

LEGAL SERVICES

- [1] CRIMINAL DEFENSE AND TRAFFIC CASES
- [2] JOB DISCRIMINATION INCLUDING AGE, SEX AND RACE
- [3] PROBATE CASES AND ADOPTIONS
- [4] BANKRUPTCY CASES (CHAPTER 7 FOR A FRESH START)
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- [6] HOUSE CLOSINGS AND LAND CONTRACTS



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Classes are held at the LCCS training center, 705 Adams St., in downtown Toledo.



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Let's Talk About Alopecia – Hair Loss

By Hope Mitchell, MD
The Truth Contributor

The word "alopecia" is the medical term for hair loss. Alopecia does not refer to one specific hair loss disease -- any form of hair loss is alopecia. Mistakenly thought to be a strictly male disease, women actually make up 40 percent of American hair loss sufferers.

Hair Loss Happens and is a common concern at any age. Most hair shedding is due to the normal hair cycle, and losing 50-100 hairs per day is no cause for alarm. People who notice their hair shedding in large amounts after combing or brushing, or whose hair becomes thinner or falls out, should consult a dermatologist.

At Mitchell Dermatology, we have been treating patients with alopecia for 20 years and it can be caused by many factors from genetics to the environment. While androgenetic alopecia (male or female pattern baldness) is by far the most common form of hair loss, dermatologists also see many people with other forms of alopecia such as alopecia areata, ringworm, scarring alopecia, and hair loss due to cosmetic over-processing.

Did you know that you are born with all the hair follicles you will ever make in your lifetime? Interestingly, by week 22, a developing fetus has all of its hair follicles formed and we do not generate new hair follicles anytime during the course of our lives. There are a total of one million follicles on the head, with one hundred thousand of those follicles residing on the scalp. We are naturally going to lose follicles as we age; therefore, we need to protect them by avoiding over processing and tightly pulled hairstyles.

Did you know that at any given time, a random number of hairs are in one of three stages of growth and shedding? At any point, 90 percent of our hairs are in the growth phase, which can last three to six years. The other 10 percent are in the shedding phase. Some people have difficulty growing their hair beyond a certain length because they have a short active phase of growth -- likely three years or less. On the other hand, people with very long hair have a long active phase of growth -- likely three years or longer.

When evaluating your hair loss, some of the questions we may ask you about include your diet, medications and family history of hair loss, recent illness, and hair care habits. In some cases blood tests or a scalp biopsy may be required for an accurate diagnosis. It's important to find the cause of hair thinning as soon as possible for early and effective intervention. We might recommend nutritional supplements, prescription creams and/or pills, injections or the newest technology-Platelet Rich Plasma (PRP) injections-to help stimulate hair growth and counteract hair loss.

After having the procedure myself and seeing great results in terms of increasing my hair density and length, I believed it offered an advanced treatment option for my patients that are experiencing hair loss. **PRP** is a promising new hair loss treatment for women and men to regrow and thicken hair without surgery. **PRP** works by injecting platelets from my patient's own blood directly into the scalp. These platelets contain growth factors that stimulate regrowth and thickening of hair follicles.

If there is no scarring of the hair follicles, patients can see results as early as a few weeks after the treatment. This procedure is safe and ideal for patients who are experiencing any hair loss from localized thinning in the temples to diffuse or generalized hair loss.

Visit our website www.mitchellderm.com for more information about **PRP** injections. Call Mitchell Dermatology today **419-872-HOPE (4673) to schedule your consultation.**

The following two treatments have been clinically proven to successfully treat hair loss in men to varying degrees.

Finasteride is the generic name for the brand name drugs Proscar and Propecia. Finasteride was originally developed by Merck as a drug to treat enlarged prostate glands (Proscar). During the trials on men with prostate problems an intriguing side effect of hair growth was observed.

At this point, the only truly effective medically proven way to arrest the hair loss process is to lower DHT levels. The American Hair Loss Association recommends finasteride as the first line of attack for all men interested in treating their male pattern baldness.

Minoxidil (loniten) was the first drug approved by the FDA for the treatment of male pattern baldness. For many years, minoxidil, in pill form, was widely used to treat high blood pressure. Just like finasteride researchers discovered a very interesting side ef-

fect of the drug. People taking the medication were growing hair in unexpected places like on their cheeks and the back of their hands, some even grew hair on their foreheads.

The American Hair Loss Association still recommends the drug for those who have not responded favorably to finasteride treatment or for those who would like to add another product to their regimen.

Currently there is only one FDA approved treatment for female pattern hair loss.

Below you will find a list of treatments currently being used to treat hair loss in women. Some of these drugs have not been approved by the FDA for this particular application, however they have all been approved for other applications and are used "off label" to treat hair loss.

Many dermatologists do prescribe minoxidil five percent for women with androgenetic alopecia if used under their supervision.

Spironolactone is an antiandrogen that works in two ways. Primarily it slows down the production of androgens in the adrenal glands and ovaries. Secondly it blocks the action of androgens in part by preventing dihydrotestosterone from binding to its androgenic receptor.

Estrogen/Progesterone Also known as hormone replacement therapy (HRT) and commonly prescribed at menopause, estrogen and progesterone pills and creams are probably the most common systemic form of treatment for androgenetic alopecia for women in menopause or whose estrogen and/or progesterone are lacking for other reasons.

Finasteride works quite well for most men in both preventing hair loss and triggering regrowth, and it may work for some women, although women must not take it if they are pregnant and must not get pregnant while on the drug because of the risk of birth defects in a male fetus.



Dr. Hope Mitchell

Mayoral Candidates

Forum




The Toledo branch NAACP in partnership with the Toledo Alumnae Chapter of Delta Sigma Theta Sorority Inc. and The Sojourner's Truth Newspaper, will sponsor a

"A Mayoral Forum"
 October 15, 2015
 Calvin M. Woodward High School
 701 E Central Ave, Toledo, OH 43608
 From 5:30-8:30 pm

We are pleased to offer this event to help the public learn more about where the candidates stand on the issues.

It is important that voters become better informed about the candidates before casting their ballots, for the November 3rd, General Election".

This forum promises to be enlightening, and we believe the public will benefit from the discussion.

Let's Also Be Aware of Colorectal Cancer This Month

By Dianne Hart Pettis, MS, FNP-BC

The Truth Contributor

Yes, October is Breast Cancer Awareness Month, and it's hard not to notice all the tremendously helpful coverage everywhere. I am going a different direction this month though, inspired by my recent work experi-

ence. I am doing some work with the University of Pittsburgh Medical Center (UPMC) Liver and Pancreas Cancer Center. Most of the patients referred to the surgeons have liver cancer that has spread from their colon/rectal cancer.

I was not aware that approximately 60 percent of patients who have colorectal cancer go on to have a secondary cancer in the liver. So, I've said all that to say; awareness and prevention of colorectal cancer is what I want to focus on today. Though breast cancer tops the list of estimated new cancer cases; colorectal cancer is the second leading cause of cancer deaths in the United States.

The colon and rectum are at the lower end of the digestive system. The colon, or large intestine measures about four to five feet, and functions to absorb large quantities of nutrients and water from the undigested food then transfers them to the bloodstream. The colon leads into the rectum, which is the last several inches of intestine. The rectum stores, then expels waste (feces).



Dianne Pettis

... continued on page 10



FREE Masters Series Lecture Smithsonian National Museum of African Art Director

Johnnetta Cole

**Thursday, October 8
6 P.M. | Peristyle**

Scholar, author, and activist Dr. Johnnetta Cole has broken ground as the first African-American woman to lead Spelman College and the first woman elected to the board of Coca-Cola. During her lecture, she will share best practices for museums to move toward "a new day" where boards, staff, exhibitions, programs, and audiences reflect the diversity in our nation.

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Perryman... continued from page 2

out under suspicious circumstances or following petty crimes that don't even merit jail time, let alone the death penalty. The problem of institutional racism is real. It must be addressed. And public officials need to acknowledge that not every problem in our inner cities is related to economics."

True friendships are not one-sided. They are give-and-take relationships that not only receive benefits but also make contributions. One such friend to the local black community is Equality Toledo and its Executive Director Nick Komives.

"I don't think it's any secret that Equality Toledo is 100 percent backing Black Lives Matter, the movement. Any time that I hear something locally, some rumbling, anything that's happening, we share whatever we can to help get folks out and get them energized and keep them informed on what's happening. So Black Lives Matter is definitely something that Equality Toledo cares about," says Komives.

"To us, the Black Lives Matter movement is similar in many ways to the work that we're doing, and that's why the coalition and partnership (with the black community) is important. Equality Toledo has been shifting more to a progressive stance on most policy issues, so we're not afraid to say that we support Planned Parenthood or any of these issues that other organizations might stay away from. We would consider ourselves very progressive in that we believe in equality for LGBT people, but then also for everybody else in terms of their choice and what they do. So yes, as an organization we're 100 percent behind the Black Lives Matter movement without hesitation," Komives further explained.

Yes, because that's what friends are for.

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

Colorectal Cancer... continued from page 8

Most colon cancers develop in the tissues of the bowel wall and slowly grow through the layers, forming polyps (abnormal growths of tissue). Not all polyps are cancerous, but an adenoma is a certain type of polyp that develops into a cancer. At some point in life, about one out of every 20 people will have colorectal cancer. This is why it is so important to be screened beginning at the age of 50 and continuing to age 75.

Screening should begin at age 40 if there is a family history of polyps or colorectal cancer. A polyp is not something you can see from the outside of your body. When two or more are found during an exam, they should be removed to prevent cancer from developing.

There are multiple tests available to check for cancer:

Flexible Sigmoidoscopy – It is recommended every five years. This is a scope that looks at only the lower third of the colon. It's less expensive than a colonoscopy, and does not require sedation, but it does not catch many cancers and pre-cancerous polyps.

Colonoscopy – This scope allows the viewing of more of the colon (large intestine) and rectum. It is recommended every 10 years.

Double Contrast Barium Enema – Barium and air is put into the rectum and an x-ray is taken of the intestines. This helps to show any abnormalities. It is used to evaluate any suspected disorders of the lower GI tract. It is recommended every 5 years.

CT Scan (Computerized Axial Tomography) – This test creates a cross-sectional view using x-rays. It is recommended every 5 years.

Symptoms of colon cancer

There are local symptoms in the abdominal area, and systemic symptoms throughout the body. Locally, there will be a change in bowel habits like constipation, diarrhea, or an alternation of both. There may be rectal bleeding or blood in the stool. There may be abdominal cramping, discomfort or bloating. You may have stools that are thinner or the feeling that your bowel doesn't completely empty.

Systemic symptoms occur because the tumor has grown deeper into the tissues or spreads. There may be unexplained weight loss, unexplained loss of appetite, nausea/vomiting, unexplained anemia, yellow jaundice, or extreme weakness and fatigue.


Risk factors

With the risks being so high of developing colorectal cancer, how can you protect yourself? There is no real cause known, but we look at risk factors. Having a risk factor doesn't mean you will get colon cancer. It just means that it increases your chances. The more risk factors you have, you increase the odds of having an abnormal colorectal examination.


Age is a big risk factor. There is a dramatic increase in cancer after the age of 50. The highest incidence of colorectal cancer is in African-Americans. Obesity increases risk because body fat secretes pro-inflammatory chemicals, which cause injury to the cells. Family history of colon cancers increases risk. Diet is a major risk factor. Diets very high in meats, especially red meats, highly processed and grilled (barbequed) meats greatly increase risk. Diets low in fiber also contribute.

Smokers are at major risk, as well as heavy drinkers. Other chronic illnesses such as diabetes, inflammatory bowel disease, and breast, ovarian, or uterine cancers also increase risk.

If you have multiple risks, you must make sure you take steps to modify that risk. You must be determined to get your recommended screens, such as Hemocult tests, and one of the scans I mentioned above. The earlier a cancer is detected, the more successful treatment will be.




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Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Dream Bodies,

I know it's a little early but I want to get a jump on next year. I am at least 50 pounds overweight and I need to get busy so that I am not dying next summer. I am tired of sweating just walking to my car. I cannot seem to get a handle on my weight and I do try. I eat pretty well but I just can't spend the time working out that I need to. I have no motivation to finish a workout and it becomes overwhelming to me. I last 10 minutes then I am finished. Any advice you can give me on how to make this 50 pounds go away will be appreciated.

MM (and not the candy)

Dear MM,

It is never too early to get started for any goal you may have. It's like I tell the athlete, "there is no off season." You start now and it becomes that much easier as the time and your results progress. Fifty pounds is no walk in the park and any activities that you choose to do is a step in the right direction.

You were working out 10 minutes a day? That is a big deal. You do realize that that's better than zero minutes a day?

You need to get back at the 10 minutes and each week and increase it five minutes.

By the end of the month you will be up to a half hour, burning more calories and losing more body fat. Remember the key is to lose body fat not just weight. There is a difference.

I have a few clients that need to lose 50-plus pounds and we have set small obtainable goals. One client has a goal just to stand up without putting her hands on their knees to assist her. Another has a goal to just be able to get up and down from the floor.

I suggest you pick something, along with adding the extra five minutes weekly, to your goal list. Make it something realistic and simple, then increase it after achieving each goal.

You also need to become accountable to someone other than yourself. A friend, husband, wife, relative or anyone that you can confide in.

Most people give up and do not give themselves a chance for results. Take baby steps and realize that baby steps turn into yards that turn into miles. Make time for yourself and be prepared for your day,

Grab two or three friends who want to lose weight as well and form yourselves into a little group. Remember this is for you and you are worth this time effort and the energy that will improve you.

Good luck! I would be more than happy to meet with you and go over a few things to help you along this journey. That goes for any of the readers.

UNLEASH YOUR HERO!

Ryan Rollison

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African American Legacy.. continued from page 5

been devoted to reading, research and history and became involved with the local Reading Is Fundamental program in order to continue her passion for instilling the love of reading and learning in children.

Jackson, a former officer with the Toledo Police Department, joined the force in 1967 and rose to the rank of deputy chief, the first African American to be so appointed. After retiring from the TPD, he has remained engaged through his service with a number of city and community organizations.

Gabriel, currently an at-large member of Toledo City Council, has spent a lifetime in public service with the City of Toledo rising to positions such as director of Parks and Recreation, director of Human Resources, Clerk of Court for the Municipal Court and assistant chief of staff for the mayor of Toledo. She has also served on numerous boards and commissions over the years.

Miller joined Neighborhood Health Association when it had but one clinic. She has overseen the growth of the community health center to a dozen clinics and will be opening a 43,000 square foot medical facility in downtown Toledo, currently under construction, within months. She has been engaged in numerous boards and community organizations and is also the host of a Sunday morning television talk show, Bridges, on the local ABC affiliate.

Moore, a longtime banker and college educator, became in his retirement an author, consultant, motivational speaker, professional fundraiser, school board member and mentor to scores of young people. Moore has also devoted his life to volunteerism as a member of dozens of area organizations and

boards over the years.

Williams, former teacher and basketball coach, is well-known as the former coach of Scott High School's many accomplished teams as attested to by his 429 wins, 11 Ohio top 10 rankings, 11 City League titles, nine district titles, five regional titles and a state championship in 1990. After retirement, Williams has been a tireless advocate for students and athletes in the inner city.

Two legends, both longtime physicians in the Toledo area, were honored posthumously – Drs. Frank A. Brown and Roland A. Gandy, Jr.

Brown, a native of Jamaica, who grew up in New York City, was already an accomplished doctor when he and his family moved to Toledo in 1949. He became a staff member of Riverside, Mercy and St. Vincent's hospitals. He also became active in the community particularly in educational and civic affairs.

Gandy, a native of Philadelphia, PA, arrived in Toledo in 1955 to start his medical practice. He became a noted surgeon and served as chief of surgery and later chief of staff at Maumee Valley Hospital. He also served as director of the Surgery Residency Program at Mercy Hospital as well as chairman, Department of Surgery. He later was elected chief of staff at Mercy Hospital and was awarded "Outstanding Physician Award" by Mercy Hospital.

Friday night's opening ceremony at the Toledo Club was the occasion to celebrate the accomplishments of four Emerging Leaders – Larome Myrick, Rashieda Timpson, Kelly Westmoreland and Jason Woodward.

Myrick, a graduate of the University of Toledo with a master's in Organizational Leadership from Lourdes University is a member of Kappa Alpha Psi Fraternity, a board member with the Beach House Family Shelter and board president of the MADD Poets Society.

Timpson has earned a nursing degree from Lourdes University and is completing a master's degree on her way to becoming a nurse practitioner. She is also founder and CEO of United Sisters, a non-profit organization.

West-Moreland, attends Davenport University majoring in business and marketing. She is a ward chairman of the Democratic Party and is an agent for Bankers Life and Casualty.

Woodward has earned bachelor's and master's degrees in accounting from UT and works for the Office of Equity, Diversity and Community Engagement as a fiscal specialist.

This year's hosts were Bill Harris – who has served in that capacity every year of the ceremony, Kristian Brown of Channel 13 ABC and Charles Welch, Jr, a/k/a Charlie Mack of The Juice (WJUC).

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Hoops to Hippos! True Stories of a Basketball Star on Safari! By Boris Diaw with Kitson Jazynka

By Terri Schlichenmeyer
The Truth Contributor

Peanut butter and jelly.

Bacon and eggs. Rock & roll, Mario & Luigi, whip & nae nae, Batman & Robin. Some things just naturally go together; they belong in pairs. And for NBA player and author **Boris Diaw**, there are two things he likes to add together. Read *Hoops to Hippos* (with **Kitson Jazynka**), and see what they are.

A long time ago, when Boris Diaw was a little boy growing up in Bordeaux, France, his mother took him and his brother to Senegal to visit the boys' father. Neither Boris nor his brother, Marcus, had ever been to Africa and they were excited! Boris wanted more than anything to see wild animals in Africa; he bought a camera while he was traveling, and he hoped to take lots of pictures.

On that trip, he saw zebras and giraffes, monkeys, hippos, birds, and wart-hogs. He never saw lions or tigers then – but he wasn't done traveling! He still wanted to see the Big Cats but first, Diaw grew up to become a professional basketball player in France, then he moved to the U.S. to play for the San Antonio Spurs. After his rookie year in Texas, he returned to Senegal again, to catch wild animals with his camera.

Diaw snapped pictures of hyenas and chameleons. He saw a herd of elephants and "noticed a baby elephant standing in between the legs of his mom. He was so small!" Hiking in the bush, he saw impalas and he played a traditional African bush game. Diaw was also startled by a huge African buffalo.

On later trips to Africa, Diaw saw lions and rhinos, and he steered clear of hippos and crocodiles, both of which can run quite fast. He and his group were once stalked by a pack of hungry hyenas who wanted a piece of a basketball star!

While in India, Diaw learned a lot about tigers before he saw a mother tiger and her cubs in the wild. And he noted how animals and basketball players

c. 2015
National Geographic Kids
\$5.99 / \$6.99 Canada
112 pages

have a lot in common: it's safer, easier, and sometimes more fun to work together as a team.

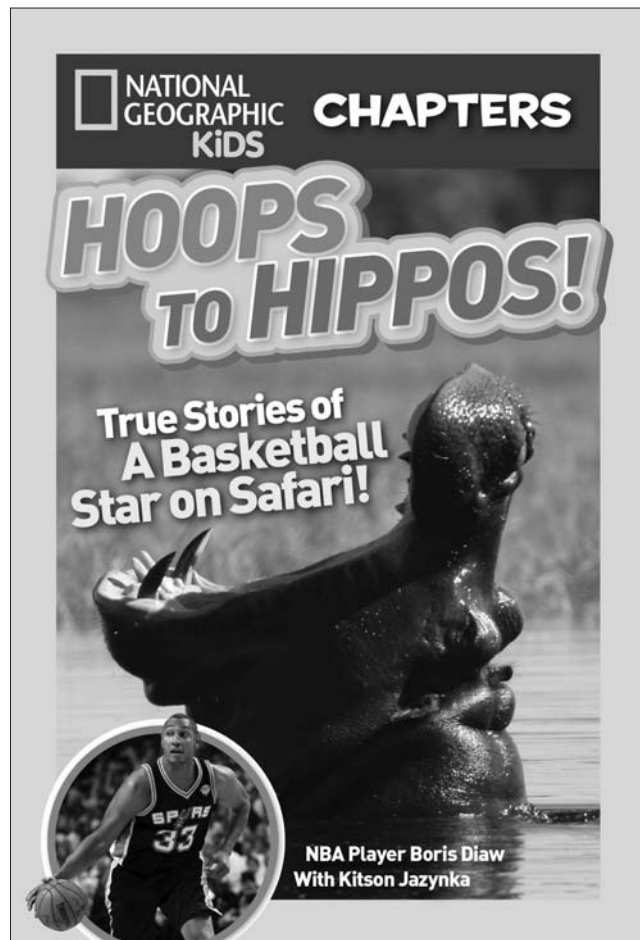
In your child's life, he'll have many interests. One of them may become her career but in *Hoops to Hippos*, she'll see that it's possible to have many passions.

Though, obviously, basketball is a subject that author Boris Diaw (with Kitson Jazynka) loves, wildlife and photography really are the focus of this book. In it, Diaw explains what it takes to hunt animals with his camera and, among tales of spotting creatures in their natural habitats, he also shares with young readers the thrilling adventures he's had on safari. Conservation-minded parents will be happy to know that Diaw also carefully explains why it's important to protect those animals he seeks.

For young basketball fans and for seven-to-nine-year-old animal lovers who are just starting to read chapter books, this one is a great pick-up. Filled with pictures, surprise, and fun, *Hoops to Hippos!* plus your child equals a very good match.



Hoops to Hippos Author



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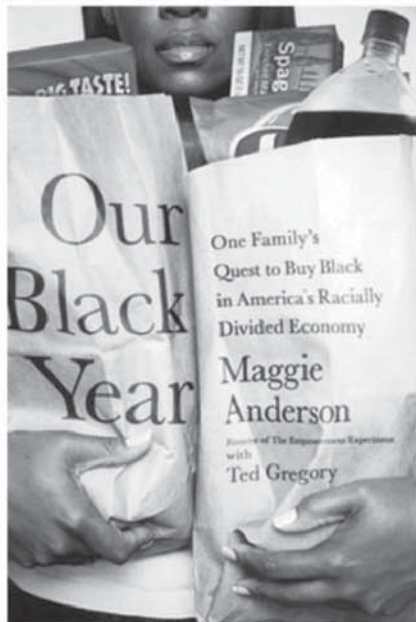
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CLASSIFIEDS

October 7, 2015

Page 15

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RFP#15-R017

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Saturday, Oct 17 2015 11:00am-3:00pm

Location

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Instructor

Library Staff

Note

11am - 1 pm: Extreme Couponing with LaTisha Williams; 1-2pm Activities and Information tables; 2-3 pm Ten Ways Americans Lose Money—and How NOT To. Jean Kujawa, Professor of Business, Lourdes University.

Status

No Registration Required

Date/Time

Saturday, Oct 03 2015 12:00pm-4:00pm

Location

Mott Branch General Space

Instructor

Library Staff

Note

12-2 pm: Activities and Information tables; 2-4 pm: Extreme Couponing with LaTisha Williams

Status

No Registration Required

Call to place your ad

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Second Baptist Holds Pastoral Anniversary

Sojourner's Truth Staff

The appreciation of the Rev. Jerry Boose and First Lady Debra Boose's Seventh Pastoral Anniversary on Sunday September 27, 2015 by the Second Baptist congregation was, in fact, a dual celebration. This year's anniversary took place in the church's new facility in Monclova – a welcome site for a growing congregation that had long sought a permanent home.

Pastor Boose had been active at Indiana Avenue Missionary Baptist church and the tutelage of Pastor John E. Roberts for a number of years when he was called to shepherd the flock of Second Baptist. At Indiana Avenue he had been a youth and young adult leader, a Sunday school teacher and deacon.

Over time he attended Bible school and earned a bachelor's degree in religion and later his master's and doctorate of divinity degrees

Second Baptist had struggled for 56 years before Boose arrived and brought stability to the small congregation. Then the congregation began to grow, eventually forcing them out of their church and into the Spencer Township Center where services were held until the edifice on Maumee Western Road in Monclova became available.

During his seven years of service to Second Baptist, Boose has also led the effort to acquire 10 acres of land and Irwin Hall which will be used to service the community. There will soon be a health clinic in the Irwin Hall facility. The pastor has also formed a non-profit corporation, Agape Second Chance Corporation, which will focus on changing the lives of those in the community through training, economic development and upgrading basic education skills.

Two services were held to commemorate the Boose's leadership. The 4:00 p.m. afternoon services, appropriately enough, featured a sermon by Pastor Roberts and selections by the Indiana Avenue Choir.

Deacon Henry Harden, Jr. and Sister Lorraine Bartley served as co-chairmen of the anniversary committee. Other members of the committee were: Mother B. Gracie, decorations; Sister Debra Johnson, hospitality; Sister Kaye Williams, pastor's table; Lee Smith, finance; Bobby Edwards, trustee and Sis Mary Boyd.



First Lady Debra Boose and Pastor Jerry Boose



Pastor Roberts delivers the sermon

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