



# Capital City Courier

News, views & the other side of the story

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December 2008

**INSIDE, DR. CORNEL WEST PG. 26**



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# From The EDITOR



Michael Pittman

**W**ell he did it!!! On November 4<sup>th</sup> Barack Obama made history by being the first Black person elected President of the United States. Now as he waits to take office in January he will undoubtedly have several major problems to deal with from the economy to the war and all the problems “in between.” Needless to say he will have his hands full. I for one will be praying for Barack as I’m sure scores of other Americans will be also. God bless you Barack.

It is without a doubt that black Americans are proud to have Barack as President as they have shown it throughout the country through t-shirt sales, songs, radio talk shows and a host of other avenues that have allowed blacks to “stick their chest out.” By the same token there is also a “small group” of individuals that still have “rocks in their jaws” over Barack’s election and will do whatever they can to try and steal our joy. This was evidenced by a phone call I received from an individual that said that when they went in to work the day after the election their bosses told them that they could not wear Barack Obama paraphernalia (i.e. t-shirts, caps, pins etc) on the job because “other” co-workers complained to management that they found the gear to be “offensive.” All that I would have to say to those individuals that found the apparel offensive is three words: GET OVER IT!!! And in the mean time I need somebody to “hold my mule” because now I need to shout.

Our October edition of the CCC featured a story on Springfield, Illinois barber Audrey Austin. The story noted that Audrey was Springfield’s first black female barber. It has been brought to our attention that Audrey was not the first black female barber but that Bessie Daugherty owner of “His and Her’s” barbershop was the first. We stand corrected and would like to give Bessie her “props.”

I would like to offer my congratulations to the Sacred Heart Griffin Cyclones on their Class 6A State Football Championship. The Cyclones, who were led this season by All-State players Gary Wilson and John Lantz, brought home their third State Championship trophy. I would also like to congratulate coach Ken Leonard. Every time that I have heard Coach Leonard speak about his team’s success he has always thanked God and given him the glory. It is refreshing to see individuals such as Ken Leonard not being ashamed or afraid to honor God publicly.

This month’s cover story written by Kim Gordon is entitled “Where Are Black’s Spending Our Money.” Also in this month’s edition are stories on “The Silent Black Disease - The Mystery Behind Sarcoidosis” written by Kim Connor, an interview with Princeton University Professor Dr. Cornell West written by Kam Williams and articles by Dr. Claude Anderson titled “Financial Turmoil” and “Healing Holiday Depression” written by Delmetria Millener.

I hope you all enjoy this month’s edition.

Michael Pittman  
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Illustration by Norman Calmese

# Heal Holiday Depression, Naturally

By Delmetria L. Millener

**T**he holiday season is a time of love and happiness, joy and peace—a joining of family and friends, eating, celebration and sharing. However, for some people it can also be a time of depression and desolation. People who suffer from what experts refer to as “holiday depression” battle during the holidays with financial burdens, loneliness, unrealistic expectations, stress, fatigue, nostalgia, anxiety and other psychological factors.

But there are cures—natural cures that not only help heal holiday depression, but prevent the disorder from returning each year. These natural remedies can also be used throughout the year anytime stress, anxiety or depression becomes an issue.

Brigitte Mars, an herbalist, nutritional consultant and author of 12 books on Natural Health (including *The Desktop Guide to Herbal Medicine*, *Healing Herbal Teas*, *Raw-some!*, *Beauty by Nature* and *Addiction Free Naturally*) says, “include colorful, fresh fruits and vegetables in your diet and consider drinking lemon and water—the sour flavor helps activate the liver which promotes natural healing.”

Mars also suggests eating

at least one meal a day that consists of green, leafy vegetables, such as a nice, big salad, and use olive oil dressing. The professor at Naropa University, Boulder College of Massage and Bauman College of Nutrition, Mars also recommends wearing bright colors when the weather’s gloomy because gloomy weather makes people depressed.

“Wearing reds and pinks—even if its just accents—will boost your mood,” says Mars. “Also, think about doing volunteer work. Go into [the holidays] with thoughts of helping and hearing other people’s stories because it will allow you to see how valuable your contributions are,” she says.

According to Mars, other mood uplifting techniques include getting outdoors to walk, drinking enough water, getting enough rest, breathing deeply to generate more oxygen and minimizing expectations of family and friends.

“Instead of having high expectations for the holidays, realize that the season is not about what fits your family’s or friends’ images of you and how you’re living. Trying too hard to please or convince your family and friends that you “fit” in some category or image that they have of you can rapidly spiral you into depression,” says Mars. “Also, sleeping is crucial because when you’re awake

many hours, the liver cannot regenerate like its designed to do during late hours,” she said.

Mars says that you should avoid too much sugar, refined carbohydrates and empty calorie snacks. Instead, she suggests eating raw vegetables as snacks, or eating healthy foods you have at home before going to a party so you won’t feel obligated to pile up on energy zapping foods.

Herbs are also a natural way to heal yourself of depression. St. John’s Wart and lemon balm are just two of the hundreds of natural, already prepared products that will help restore your energy. A visit to your local, natural food store can help you find out what’s available

Barbara Stone, Ph.D., LISW, DCEP and author of *Invisible Roots: How Healing Past Life Trauma Can Liberate Your Present* says following a warm shower with a cold rinse, getting an abundance of natural light and laughing a lot are three things you can do to avert the holiday blues.

The winner of the Book News USA Award for the Best Book in 2008, Dr. Stone suggests that the shock treatment of the cold rinse “kicks depression out the window” and laughing produces hormones that lifts your mood.

Brookfield, Connecticut psychotherapist and author of *Power Abused, Power Healed*, Judith Barr, says, “Rather than cope

with depression, people need to know they can heal depression to the root. Our culture—even our world—has developed a tremendous fear of our own feelings.”

Dr. Barr notes that one of those consequences is depression. “In our quick-fix society, people will accept band-aids as the real thing. However, “fast-acting” remedies for depression teach people to manage their thoughts and feelings and to control their behaviors, feeds people’s and society’s addiction to the quick-fix ... and doesn’t teach them it is possible to heal to the root.”

Many factors trigger depression. Experts suggest that as people get older and family members move away or die, they are reminded of how holidays used to be when they were kids—one big, happy family with lots of kids, love and laughter. As a result, feelings of nostalgia can ultimately lead to depression, anxiety or stress.

Remedies on how to overcome holiday depression range from therapy to planning specific activities to occupy time, experts say.

“Depression is a clue to what inside us needs to be tended to and healed from our childhood experience....our ancient wounds that are at the root of depression. We all have something from our childhood that needs to be healed,” says Barr.

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# Here's To a Healthier, Happier Holiday

by Delmetria L. Millener

**T**he holiday season is the time of year to gather with friends, family and loved ones, and take pleasure in sharing a plentiful table. It is also the time when resolutions and weight loss goals are ignored and plates are piled high with lofty levels of high fat and sugary foods.

"We are eating ourselves into heart disease and diabetes, especially during the holidays when there is an abundance of food," says Tonné Bobsaith, chef-owner of Creative Events of Dallas. From vegetarian and seafood to Middle Eastern and Creole-influenced dishes with an East African, neo-soul twist, Bobsaith's culinary cabinet includes a myriad of food specialties.

Bobsaith, along with chef Cassandra Armstrong of Dining Table Restaurant & Catering, and nutritionist, Malcolm Hoard, offer the following cooking tips that can save your life and please your palate.

To start, soak up excess oils from your chicken, turkey and other meals. As an alternative, cooking with olive oil can lower bad cholesterol and raise good cholesterol, decrease the risk of coronary heart disease, increase insulin sensitivity in people prone to diabetes and is the richest source of beneficial monounsaturated fat.

"Olive oil is rich in antioxidants, which means it can protect against a variety of cancers," said Bobsaith.

Chef Cassandra suggests

becoming familiar with the "trinity" of cooking—onions, garlic and celery—as alternatives to the traditional health-hazard food items like salt.

"These three ingredients add an abundance of succulent flavor, particularly to holiday dressing," she said.

According to Bobsaith, "Using herbs instead of table salt or using celery seed or sprinkling your food with sea salt just before serving, will add flavor and zing to all your meals."

All three food experts agree that margarine, whole milk and refined sugar, especially in excess, contribute to obesity, heart disease and diabetes, among other degenerative diseases, especially in African Americans.

"Butter acts as a binder and provides moisture and richness, especially in cakes," says Bobsaith. "Tofu does the same thing," she says. When cooking desserts, she suggests that you dust away excess white and refined sugars and whole milk and replace them with raw or natural sugar and milk alternatives such as almond, rice or soy milk to obtain scrumptious flavor.

While some worry about compromising the tradition of a family handed-down recipe, Bobsaith assures that alternative methods can still be your grandma's cooking—with the same flavor—just without the artery-clogging ingredients.

Also, healthier eating does not mean compromising taste. Cooking with various, but rarely thought of seasonings, herbs,

spices and fresh foods makes it possible to enjoy favorite meals, yet benefit from their nutritional value.

"It is imperative that fresh fruits and vegetables be included in your diet," recommended Bobsaith. "The less processed a food item is, the healthier it is for your body. Fresh fruits and vegetables are very important to eat because of their nutritional value. Eat very little animal fat and add more protein to your nutrition plan," she said.

Malcolm Hoard, nutrition expert and co-owner of Whole Beings Nutrition Counseling Center, agrees that fresh fruits and vegetables are important to your diet, but warns against eating them together like most people tend to do during the holidays.

"When consumed together, the body breaks these foods down to form gastric juices and hydrochloric acid which later will cause gas or upset stomach," said Hoard.

For more than 20 years, Hoard and his wife-business partner have run organic bakeries, vegetarian kitchens and now manufacture a line of healthy, organic, vegetarian products.

For the holidays, he recommends trying candied beets with a sweet-sour lemon gelatin flavor instead of the traditional candied yams.

People on special diets should especially monitor what they eat this time of year. Hoard suggests that diabetics stay away from anything "white." White flour,

*"We are eating ourselves into heart disease and diabetes, especially during the holidays when there is an abundance of food"*

white sugar, white rice and white pastas should be replaced with wheat or whole grain foods.

"African Americans have a harder time processing white foods," added Bobsaith. White flour turns to sugar, providing the diabetic with an overabundance of sugar," she said.

For vegetarians, holiday eating can be just as tasty as any other meal. A specialty food preparer, Hoard creates nutritious, tasty meals for vegetarians and those suffering with degenerative diseases.

An avid international traveler, Bobsaith has a basketful of advice for non-meat eaters.

"The vegetarian should explore using different spices from different parts of the world. As an alternative to cornbread dressing, vegetarians can delight in eating brown rice blended with pecans, walnuts, almonds and peanuts all seasoned with Mediterranean herbs. And raw vegetables sliced thinly and tossed with various herbs and sesame oil is delectable," she said.

Other tasty foods for the vegetarian include lentils or red beans cooked in coconut milk and blended with onions, peppers and herbs, or spinach lasagna prepared with almonds.

Whatever you decide to

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# Heal Holiday Depression, Naturally

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“The attempt to avoid and hold at bay the feelings we fear, including our depression, will end up creating the very thing we are trying to avoid—circumstances in which we will have no choice but to feel, and will prevent the healing needed individually and globally.”

Motivator and author, Ellie Peterson, beat depression by employing positive self-talk, replacing negativity with positive thinking and exercise, then wrote a book to help guide others through the same process.

Divorced at the age of 23 with three small children, a

low-paying job and inability to pull herself from her couch, Peterson decided to change her life. Her visit to a counselor to learn that she is depressed transformed her life.

“Once I became aware of how negative my self-image was, I began to affirm myself by using positive core value affirmations like “I am good enough,” “I can” and “I am worthwhile.” When I combined these affirmations with different forms of exercise, my life began to change dramatically,” she said.

Using these methods, Peterson was able to quit smoking, accept her past, retrain my mind, attend college, boost her self-esteem and live enthusiastically with energy and purpose. Since, Peterson has written a book, *Meditative Movements* and created a DVD workout, *Power of Positive Aerobics* that shares these same techniques so that others can change their lives.

“My goal is that others who are challenged with depression, poor self-esteem and unhealthy habits can embrace this simple, easy-to-follow program that can provide permanent long lasting effects on their lives.”

Doctors of naturopathy and other qualified health professionals declare that almost 93 percent of all Americans suffer from occasional bouts of depression and anxiety especially during the holidays. If you or someone you know suffers from holiday depression, explore newer, alternative, natural ways to not only diagnose and treat depression, but to prevent it and improve mind, body and spirit, and ultimately achieve optimum wellness success.

## *Four Quick and Easy Ways to Relieve Holiday Depression with Epsom Salt from The Epsom Salt Council.*

Simple and affordable back-to-basics approach using Epsom Salt can help reduce stress levels.

1. Add two cups of Epsom Salt to warm water in a standard-sized bathtub. Double the Epsom Salt for an oversized garden tub. Bathe three times weekly, soaking for at least 12 minutes. For an extra treat, add a few drops of eucalyptus oil for a refreshing scent. Breathe deeply and relax.

2. Mix 2 cups of Epsom Salt with 1/4 cup of petroleum jelly and a few drops of lavender essential oil to create an exfoliant. Use the mixture to gently scrub away dry skin patches. This works great on elbows and feet.

3. Add one cup of Epsom Salt to a tub of warm water to relieve aching feet. It instantly reduces swelling.

4. After showering, massage handfuls of Epsom Salt over wet skin to exfoliate the body. It's the same treatment many upscale spas use, without the upscale price! [www.epsomsaltcouncil.org](http://www.epsomsaltcouncil.org).



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eat during the holidays, it is important to practice control and moderation. Use food as fuel for the body and not as a main event. Whether you're a vegetarian, have health concerns or simply want to improve your health by changing your lifestyle, this holiday season, make the effort to feed your body better.

Specializing in classic, heart smart, healthy Southern cuisine, chef Cassandra lives by the adage, "A pound of prevention is worth a pound of cure." She notes that holiday meals should not be packed with carbohydrates like most African Americans usually prepare. "You can do some makeovers to our old recipes and make them taste good," she said. Armstrong offers these guidelines to lighten up during the holidays:

## TURKEY

Choose a plain bird vs. a self-basting turkey because it lowers the sodium content. And to ensure moisture, leave the skin on while roasting, but don't eat it — it is fattening. Also, don't overcook the bird.

## GRAVY

Use a fat skimmer cup (a juicer-like device that separates the meat's fat from its juice). This is an excellent appliance to have in your cookware collection. If you don't have one, then freeze the turkey juice for 10-15 minutes in a shallow pan so that you can remove the fat. By discarding the fat you save about 50-60 grams of fat per cup.

## DRESSING

It is always good to use low-

sodium items because they are healthier when mixed together.

## YAMS

Lighten up on the sugar by sweetening with apple or orange juice and add ground cinnamon. It will give your yams a nice, wonderful flavor. Omit the margarine. Instead use real butter because margarine has hydrogenated oils that our bodies do not digest well. No marshmallows!

## GREEN BEAN CASSEROLE

Use fresh green beans vs. canned. Add diced potatoes for a low-fat meal. Use low-fat and low-sodium cream of soups or half-and-half instead of regular cream of soups. Top with fresh almonds instead of fried onion rings, which are very high in fat.

If you like don't like potatoes in your casserole, prepare garlic mashed potatoes by using skim milk, garlic powder and a little bit of parmesan cheese instead of whole milk. Use real butter, but use less than your normal amount. Use fresh potatoes. The better tasting ones are new potatoes because they are sweeter and have great flavor. Other potato choices include Yukka yellow potatoes, which have a natural buttery taste.

## SODIUM ALERT:

In the event you add too much sodium in any meal, add potatoes to get rid of some of the salt.

Chef Armstrong says the holiday meal itself is probably the worst for your body when eaten in the "traditional" manner—

several servings during one main sitting, then several servings throughout the day. Eating this way, African Americans, especially, consume about 6,125 calories. This is enough calories to last for three days. That's over 4,000 calories more than the normal approximate requirement of 2,000 calories per day.

Armstrong breaks down the approximate calorie intake in one holiday meal:

- 2 hands full of nuts = 500 calories
- 2 servings of turkey = 400 calories
- 2 servings of dressing = 600 calories
- Mashed potatoes = 200 calories
- 4 ladles of gravy = 800 calories
- Yams = 200 calories

NOTE: These approximations do not include calories from desserts, butter, sugar, coffee and other food items.

Chef Armstrong offers this tip: "Put a small to medium serving of everything on your plate. Drink a couple of glasses of water after your meal. If you're still hungry, instead of stuffing yourself, drink more water, wait five minutes, and you should be full."

Scrumptious Substitutions for your Holiday Meals from Tonné Bobsaith

## FRIED CHICKEN

Oven fry chicken covered with grape seed oil and wheat bread

crumbs and herbs of your choice, instead of frying it in oil.

## GREENS

Garlic (minced finely), celery, bell pepper, onions and herbs minced together provide a good base and seasoning for greens instead of ham hock or bacon. Also try combining olive oil (extra virgin), white wines, Worcestershire sauce to add pizzazz.

## CORNBREAD DRESSING

Use vegetable broth instead of turkey broth.

## YAMS

Use maple syrup and pecans instead of brown sugar and butter.

## CHOCOLATE CAKE

Use applesauce instead of sugar or vegetable shortening, and carob instead of chocolate.

## FRUITCAKE

Use everything wheat and substitute California trail mix for the fruit.

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