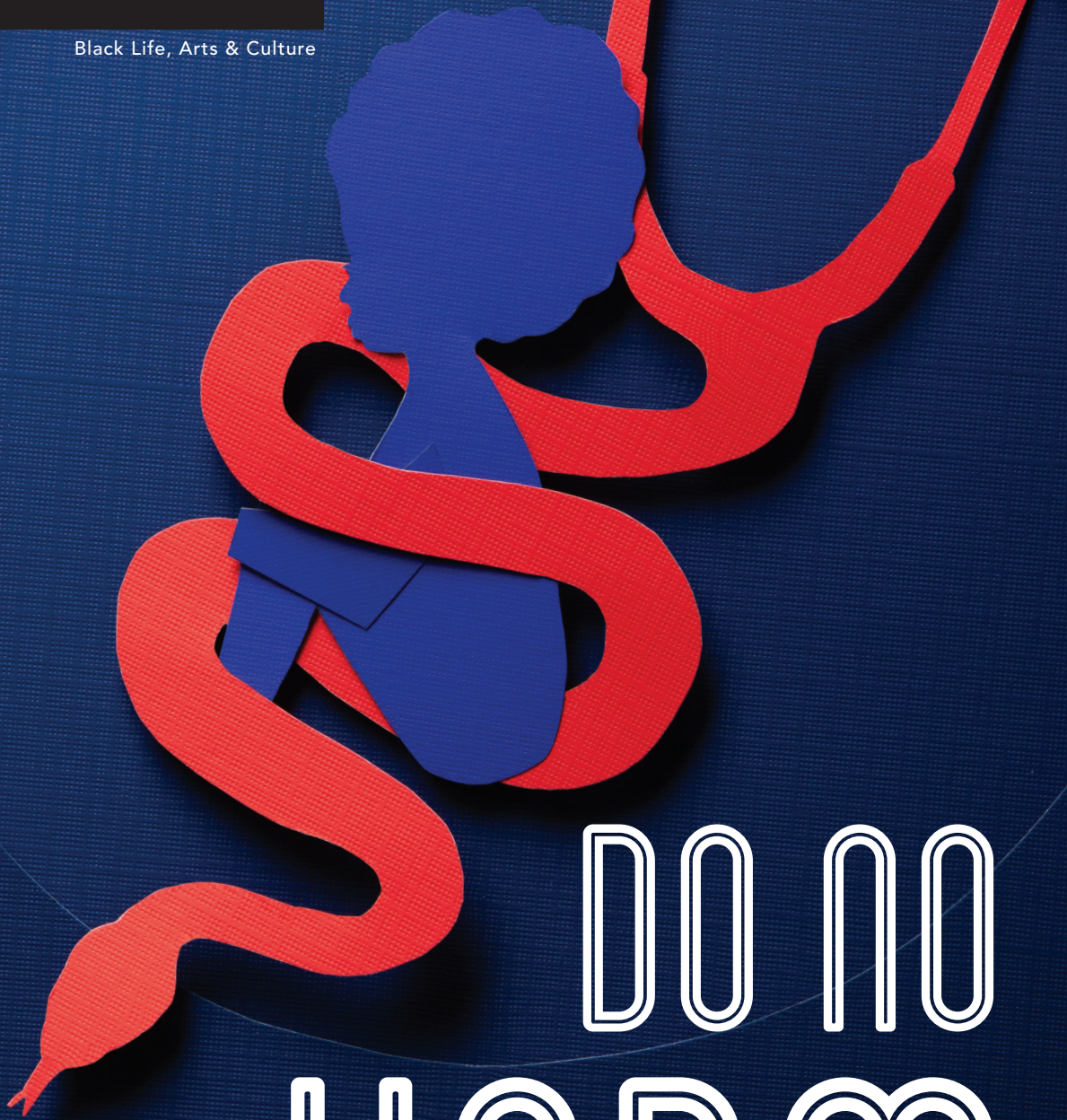


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Cover by Lauren Jeziorski



Online in July

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July Happenings

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Minority Organ Tissue Transplant Education Program Foundation works to inform and save lives.



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Benjamin Osowa, M.D.

What are the ways to prevent a stroke?

African-Americans are more impacted by stroke than any other racial group in the United States, according to the National Stroke Association. In fact, they are twice as likely to die from stroke as Caucasians. Knowing your risk factors for stroke and controlling them is the first step in preventing a stroke, or cerebral vascular accident (CVA), sometimes called a “brain attack.”

“By definition, a true stroke means decreased blood flow to the brain,” explains Dr. Benjamin Osowa, M.D., a board certified specialist in Internal Medicine with the Ascension Medical Group.

There are two major types of stroke: “ischemic” and “hemorrhagic.” An ischemic stroke happens when blood flow to the brain becomes blocked, while a hemorrhagic stroke occurs when an artery in the

brain leaks blood or breaks open. This leaked blood damages brain cells by putting too much pressure on them.

A transient ischemic attack (TIA), sometimes called a “mini-stroke,” differs from the other types of stroke because blood flow to the brain is blocked for only a short time. TIAs typically resolve in 24 hours.

African-Americans suffer strokes at an earlier age, and tend to have more severe strokes, the National Stroke Association adds.

“African-Americans tend to have a far worse presentation with hypertensive strokes,” Dr. Osowa says. With these types of strokes, African-Americans tend to have more bleeding and greater disability after the stroke. Some reasons for this include undiagnosed or poorly treated high blood pressure, diabetes and tobacco use.

The old saying “an ounce of prevention is worth a pound of cure” holds true for reducing the risk for stroke. Some of the risk factors for stroke, such as a family history of stroke, or presence of sickle cell disease, cannot be controlled. However, other risk factors can and should be reduced.

“Modify your risk factors,” Dr. Osowa recommends. “No tobacco. Control diabetes, high cholesterol and high blood pressure.”

Identifying and controlling high blood pressure, or hypertension, is a good place to start. Dr. Osowa, who lost his father and uncles to strokes, urges all African-Americans to know their blood pressure numbers and to work with their doctors to control high blood pressure.

Seeing your doctor regularly and treating high blood pressure is key. Taking your blood pressure medica-

tions as prescribed is also important. Dr. Osowa says that patients who experience side effects from the medications often stop taking them, as his own father did.

“People will say, ‘I was feeling well, then the medication made me feel bad.’ Then, they stop taking the medicine,” he says, adding that people need to discuss any concerns with their doctor, and perhaps try a different medication. Don’t stop taking your medication without your doctor’s approval.

Anyone experiencing signs of a stroke, such as sudden weakness, numbness, slurring words, or mental confusion should go to the emergency room immediately.

“There is a three- or four-hour window to begin treatment,” he says. Procedures like removal of the blockage or emergency medications work best the sooner they are started.



Ford Motor Company Fund

A year-long series featuring Detroiters who are driving positive change in their communities.

Driving Community

Sponsored by Ford Motor Company Fund



Denise Hudson, President of the Board, Freedom House Detroit

A commitment to others drives this seasoned Detroit lawyer to assist in providing asylum-seekers with resources that will help them settle into the community.

Moving to a new country is scary. Fleeing from your home into a new country with no resources or support can be downright terrifying.

Denise M. Hudson, a 30-year probate lawyer, witnessed the struggle firsthand after volunteering with Freedom House Detroit.

"I'm an active member of my sorority, Alpha Kappa Alpha Sorority Inc., the Alpha Row Omega Chapter," she says. "In our sorority, we have target programs, and a few years ago our target was global

impact. As a part of that, I was asked, as a chairperson, to facilitate a United Nations celebration and I reached out and see if they would come and speak."

Leaders with Freedom House agreed to speak and through their words, Hudson increasingly became more interested in their mission, which is to "uphold a fundamental American principle" by providing services and support to people who are seeking asylum in the United States.

"I became increasingly more

involved with Freedom House, playing with children and working with the residents," Hudson adds.

Eventually, they asked her to serve on their board. She agreed, and acted as a member for about three years before becoming president of the board this year.

As president, she works to find volunteers, applies for grants and helps to facilitate fundraisers that support the organization's services for asylum-seekers, which includes everything from job readiness and

English courses to legal services and even shelter.

"I'm so committed to it because Detroit is the only place in the country that (has) a full-service facility," she says. "Whatever it is they need, they can get those services through Freedom House, and it doesn't cost them anything."

The main goal, Hudson says, is to help people who are seeking asylum get settled in the community and restart their lives in the most efficient way possible.

"You have babies, families, people waiting to be reunited with their families, kids and teenagers (at Freedom House)," she explains. "These are people who have skills and who are willing to incorporate themselves into the community and it's good for us as a community and country to be more diverse."

And her work with Freedom House is only one way that Hudson, who currently lives Bloomfield Township, works to assist those living in her native Detroit.

She once worked as an administrator with the U.S. District Court and would see how lawyers were helping others. This experience inspired her, and with her mother's support, she decided to

become a lawyer.

"(My mother) told me that she thought I would make a good attorney and that my father, who I didn't know, wanted to be a lawyer," Hudson says.

She would go on to get a law degree from the University of Detroit (now the University of Detroit Mercy) along with a bachelor's degree in psychology and a master's in counseling from Michigan State University – all of which she uses to assist locals in everything from high-profile court proceedings to litigations, estate disagreements and power of attorney cases.

"Typically, people will come with problems and they don't know what to do, where to turn or how to start," she says. "Counseling and

psychology comes in handy when dealing with families that may have interpersonal problems. Having that person in the middle that isn't emotional and can talk to all parties is very important."

In addition, she serves on the board of the Greater Detroit Chapter of the United Nations Association, where she works to highlight issues that the United Nations focuses on through different activities and community meetings.

She has also taught law at the University of Detroit Mercy for the past four years and volunteers with the community to speak on the importance of estate planning and healthy seniors. Hudson says, "I just really enjoy helping people."



PEOPLE- FOCUSED

You can learn more about Freedom House Detroit and the law practice of Denise M. Hudson online at freedomhousedetroit.org and at denisemhudson.com.

"It takes a village to raise a child – but just one person to change a community."

Ford celebrates Detroit lawyer Denise Hudson in her quest and career of advocacy for others. As board president for Freedom House Detroit she stands steadfast on the two hallmarks of her business philosophy to ensure that others are well cared for and well informed.

At Ford Motor Company Fund, we believe that by working together we can achieve victory and fulfill our mission to strengthen our communities and help make people's lives better. Ford believes in investing in programs that support, promote, enrich and encourage communities. At our Ford Resource and Engagement Centers (FREC) in Detroit, we provide access to opportunities and resources that help people reach their full potential. Through a partnership with a local nonprofit, we've offered vital legal services through free legal clinics that have reached over 1,100 families last year alone.

Ford proudly recognizes Denise Hudson as a valuable resource for our community.

*– Pamela Alexander,
director of community
development for Ford
Motor Company*



A CITY Curated

Come the third week in July, Aleiya Lindsey and Amani Olu will unleash upon the city the eclectic, the captivating, the poignant, the bizarre and the beautiful. In its second year, Detroit Art Week will amass over 150 artists, curators and gallerists for five days of exhibitions, performances, visits to artists' studios and panel discussions, all meant to further stimulate the art market in Detroit. "We're saying to the world, come to Detroit from July 17th through the 21st and experience the city, its artists, its galleries and the people who are living and working here, and helping to inform what an art practice looks like today," Olu says. "We want to be as big as Movement, bigger – 80,000 people coming to Detroit to see art, to party, to hang out, to eat, to drink," he adds.

The project is inspired, in part, by the time the pair spent in New York City attending gallery openings and immersing themselves in the Big Apple's art scene, soaking in the energy of collaboration and creativity. Olu and Lindsey say Detroit Art Week aims to conjure up that same spirit here. They want to make locals proud and invite outsiders to bathe in the creative juices that flow down Woodward and across McNichols. "We're not trying to nail it down," Lindsey says. "We're not trying to define it, but we do want people to understand that there is a contemporary art scene here, and it's compelled by everything that has happened in Detroit – Detroit is such a cool, eclectic American city."



JULY 17-21

For a full schedule of the week's free and ticketed events, visit detroitartweek.org.



YOUNG CURATORS, NEW IDEAS V

A dozen independent curators will transform 12 hotel rooms at Trumbull and Porter Hotel into mini contemporary art galleries. Olu says the showcase will be “a territorial platform for black curators (and) people of color, gender-nonconforming, queer, LG-BTQ independent curators who are looking at some of the most pressing issues of our time.”

JULY 17-21

Trumbull and Porter, 1331 Trumbull Ave., Detroit
\$5

FRAMED BY WDET: PLACES WHERE WE BELONG

Between 2014 and 2018, WDET gathered 18 local photographers and audio producers to present traveling exhibitions that spotlighted the stories of less-celebrated neighborhoods and cultures in Detroit. This multimedia project and panel discussion explores those stories.

JULY 17

1001 Woodward Building, 1001 Woodward Ave., Detroit

SHE, HER, ME: THE POWER & MAGIC OF THE BLACK FEMALE IMAGE

Join this conversation with artists Sherina Rodriguez Sharpe, Sydney G. James and Halima Cassells. Lindsey says, “The conversation of the black, female body is so important – it always has been important. But in the art world right now, people are really having to sit down and understand what it’s like to be in a black, female body. So, I’m happy that artists are really tackling this conversation.”

JULY 18

N’Namdi Center for Contemporary Art, 52 E. Forest Ave., Detroit

DON’T Miss

SHOW ME YOUR SHELVES!

Multidisciplinary artist, dancer and documentarian Bree Gant will install her newly produced work, including performative elements. Gant will also link with fellow Detroiter Jennifer Harge, and with German-born James Gregory Atkinson and Janine Jembere. The group will reflect on the commonalities and differences between German-Afro cultures and the African-American perspective.

JULY 17-19

Detroit Public Library (Skillman Branch, Main Branch, Parkman Branch)

UNBOXING: DOUBLESPEAK

Helina Metaferia debuts a new performance developed especially for MOCAD. Her work builds a conversation around space, language and belonging by asserting the black body into spaces of systematic oppression – specifically institutions and gentrified communities landmarked by historical trauma.

JULY 18

Museum of Contemporary Art Detroit, 4454 Woodward Ave., Detroit

HALAL METROPOLIS

During this tour and panel discussion featuring members of the local Muslim jazz, hip-hop and art scene, Halal Metropolis explores the facts, fictions and “imaginaries” surrounding Muslims in metro Detroit. “They can be a group that is homogenized,” Olu says. “The Muslim communities are extremely diverse, and I think they’re trying to bring that to the table through art and jazz and hip-hop.”

JULY 18

Indus Detroit, 1713 Waverly St., Detroit



WILDIN' OUT

From about 1912 through the mid-1960s, black people couldn't spend vacation days at places like Cedar Point and carnival boardwalks. When we wanted to chill, we went to places like Idlewild Resort in Idlewild, Michigan. It's three hours away, sure, but it was one of the only places we could rent property and hang loose without being harassed. For the last five years, the resort hosted the Idlewild Empowerment Weekend, an African-American music festival.

This year, the tunes are on the move. "We're holding the festival at Ferris State (in Big Rapids) this year instead of the Idlewild Cultural Center, due to overcrowding," says Theresa Randleman, who's producing the event through both her nonprofit W.I.N.G.S. and her entertainment firm T.ROSE. "On one hand, Idlewild's a historical site and we'd love to stay. On the other, it means a lot more people are coming."

In Idlewild's heyday, business

was booming. The festival is held to commemorate and celebrate the history of well-known black entertainers and professionals who owned property and performed there before the Civil Rights Act of 1964. It was known back then as the "Black Eden."

For the festival, the driving phrase is "honoring the past, standing in the present, looking towards the future." Visitors should expect to enjoy three days of black artists showing out with every instrument and style of music out there as well as exhibitions, speeches and dedications to the artists we love.

"Our music tribute this year will be to Aretha, and our poetry tribute will be to Langston Hughes. We'll host guest speakers and have live entertainment as well," Randleman says. Some of the performers scheduled include NuEra, Marqueal Jordan and The Urban Jazz Coalition.

— A.S.

July 12-14
idlewildmusicfestival.com

MAKING WAVES

This summer, birthday parties have a new hot spot in Detroit. The Wayne County Family Aquatic Center in Chandler Park officially opened Memorial Day weekend as the largest water park in the area. "It really is a beautiful park," says WCFAC customer service manager Jasmine Buck. The center is "everything you'd want in a safe, fun environment for kids to have a good time while summer lasts."

So far, the most popular attraction is the Way Cool, Wave Pool! with 15,920 square feet of ripples and whirlpools that even the smallest of swimmers should be able to tackle with an inner tube and some help. The wave pool only gets about 6 feet deep.

"The wave pool is what most people like the most, but the slides are pretty popular, too," says Buck. The 23-foot-high slides tower over the children's Splash Splash Land, so it's easy to see why. They also provide swim lessons for youngsters through August, with enrollment levels ranging from preschool to advanced.

— A.S.

Open daily from 11 a.m. to 7 p.m.
12600 Chandler Park Drive, Detroit
waynecountyaquatic.com

+ BODY MIND

We know the closest urgent care is probably the best move if we've got a cut that's too deep for a Band-Aid or a particularly persistent bout of the flu, but what if you find yourself having a psychotic episode — or struggling to stay afloat in a sea of depression? Team Wellness Center's newly opened psychiatric urgent care unit has been structured to address mental health and addiction crises that aren't necessarily emergent but do require immediate attention.

Team Wellness Center vice president Michael Hunter says, "One of the things we noticed is that the system is being overly burdened with inefficiency because people in a psychiatric urgency are going to the emergency room." This is costly to the patient and to the system, and is usually ineffective because the ER is often ill-equipped to properly deal with such issues. It's why TWC opened the 24-hour, 16-bed facility at its eastside location in April.

Photo by Montez Miller for
the Kresge Foundation



COMMUNITY CENTER

In April, Live6 Alliance unveiled its newest project – a neighborhood HomeBase, appropriately situated on McNichols west of Livernois. The storefront-style meeting space is open to the community and staffed with reps from Live6, Detroit Collaborative Design Center, the University of Detroit Mercy's School of Architecture and from the Fitz Forward project. Live6 Alliance executive director Dr. Antoine Garibaldi says residents, business owners and “people who are just curious about what’s going on in the neighborhood” have been

popping in since they opened. Plus, the space serves as a convening spot for block clubs and other orgs in the community. “It’s a collaborative working space,” Garibaldi says.

Even before the base, Live6’s goals were placemaking, neighborhood stabilization, business attraction and retention, safety and security, and real estate development. “So, this gives us an opportunity to really actualize some of those different things,” he says. “And those goals came directly from the residents in the neighborhood and the business owners.”

Garibaldi adds, “Many people would say, ‘Well, if I wanted to consider starting a business,’ – for example – ‘I would have to go to this person, to that person.’ But now you can bring those individuals to one place and you can have one conversation. So, it really becomes a one-stop shop.”

–P.G.

**7426 W. McNichols Road,
Detroit
live6detroit.org**



**Team Wellness
Center is hosting a
charity golf out-
ing at TPC Michi-
gan in Dearborn
on Aug. 5.**

“Now, if a person goes to a local emergency department, they can call us and say, ‘Hey, we’ve got so-and-so here. We don’t believe this is a medical emergency, and we don’t think it’s a psychiatric emergency, but it is a psychiatric matter. Can you guys help?’” Hunter says. At that point, TWC’s treatment team responds and will typically bring the patient back to their facility for the appropriate care, which involves on-site stabilization and an initial psychiatric assessment. “They’re in a quiet environment (and) they’re away from the rest of the com-

munity, so their dignity is preserved.”

Providers are also licensed to provide substance abuse treatment, which may mean administering Suboxone, used to treat opiate addiction. It’s an alternative to the more popular Methadone, and Hunter says it’s “a little easier on the person depending on how chronic of a condition they have.” When he or she is calmed, they’re allowed to have a meal and take a bath, and then the team goes about facilitating a long-term game plan.

“We don’t turn anybody away,” he says.

They offer a sliding fee schedule for the uninsured or those that are low-income. “If you come to us for help, we’re going to get you the help you need, even if it’s to eventually refer you to someone else.” TWC works with community partners like the state of Michigan, Detroit Rescue Mission Ministries and others.

TWC produces a talk show, *MI Healthy Mind*, which airs Sundays at noon on TV20 Detroit and explores a range of topics related to mental well-being. Hunter says this and the psychiatric urgent care center is meant to send a clear message about mental health. He says, “We are big on eliminating stigma. So we try to champion that cause. If we talk about it, eventually people get comfortable hearing about it and they don’t shy away.”

–P.G.

**3646 Mount Elliott St., Detroit
teamwellnesscenter.com**



Photo by Bruno V,
courtesy of Donut
Shop Studios



A NATURAL

WONDER

1430 Woodward Ave., Detroit
detroitisthenewblack.com

Instead of a *ding-dong*, when you walk into Détroit is the New Black, you'll be greeted by the soft sounds of bird tweets – and that isn't even the coolest change at the new location, but it's pretty high on the list. Consider also the moss and stone walls, and we'd forgive you if you thought you were in an urban jungle and not a clothing store.

And that's exactly the vibe owner Roslyn Karamoko is going for. "I wanted something modern, but also welcoming and natural," she says. "There's an industrial element, too. We wanted to show Detroit's history from a contemporary, art-deco standpoint."

Art jargon aside, the repurposed décor – they recycled marble from the old store – sets the mood for DITNB's rebranding as a company focused on sustainability, morality and ethical fashion, from the source to the rack. Everything in the store is either domestic or organically sourced, including its newest line of the printed tees that started it all in 2014.

Karamoko says that the new direction isn't so much a sudden switch. It's more "finally, we can do this," she says. "Sustainability was always important to me when we first opened, but balancing resources and availability as a startup is challenging. I knew when we relaunched, I wanted a clean slate."

Now, Karamoko is also taking a more active role in fostering the up-and-coming art,

culture and fashion scene in Detroit and beyond. She says she's really excited for the "rotating retail accelerator model," which gives a few new designers and creators temporary pod space in the store to grow a following and push their product to the public.

"We're trying to highlight designers of color and anyone that's underrepresented in the major fashion industry," she says. "And we're going to activate the store in a way that's more than retail."

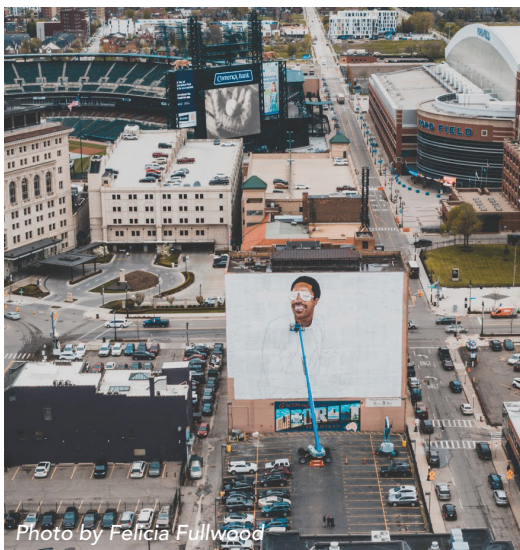


Photo by Felicia Fullwood

LABOR OF LOVE

When music speaks to you, you might roll your shoulders, maybe shake your hips. When music speaks to Richard Wilson, he reaches for his paintbrush. "My art is mostly inspired by the music that I love and the people I consider heroes. I'd like to think it's possible to see or find that feeling in the paintings I create," he says.

The London-based artist followed the sound to Detroit last September to paint a musical tribute to the city for Murals in the Market. Fast forward to when we speak in early June, and he's just a few weeks away from finishing a 100-foot tall, 8,000-square-foot mural of Stevie Wonder on the Music Hall's south-facing wall, wrapping up over a month of work that was self-funded – to the tune of nearly \$10,000.

"They didn't ask me to do the project, I asked them. Life is short and I knew what I wanted to do," Wilson says. The photo inspiring the portrait is an iconic 1976 snapshot of the singer at the keys. In Wilson's mural, Stevie is surrounded by instruments that feature prominently in his songs and wearing a 'Detroit' T-shirt.

After Wilson finishes this mural, he'll start work on a second project commissioned by the London-based nonprofit Education Is Not A Crime, also for the Music Hall, on the west wall this time. He says, "I hope, more than anything, that people see the color, whichever ones they need to see, and that my murals do something to brighten a person's day." **B**

richardwilsonartwork.com
musichall.org

Esoteric Affirmations From 'The Tetra' Encourage You to Fan the Flames Within

BY DESIREE COOPER



It's hard to hear about the record-breaking heat waves, the melting of the polar ice caps and the scorch of fatal forest fires without wondering if we're in the end times. After all, St. Peter predicted how the world would be destroyed the second time around – a prediction reiterated by James Baldwin in the title of his 1963 book, *The Fire Next Time*.

In times like these it's hard to stay centered. Can we retreat into ourselves when the world needs us to be angrier and louder than ever? And yet, how do we protect ourselves from being consumed by the flames of protest? What good does it do if we all melt down?

This was how I was feeling a couple of months ago when an email landed in my inbox. It was from this mysterious source called "The Tetra," and it seemed to be talking directly to me. "I invite you to embody your authentic nature everyday: Fire," it spoke to me in a voice that was both poetic and vernacular. "You are not wilting or stagnant, Your Grace. You are the forest fire. You are sprawling, a light moving through the world – not just ashing, but transmuting. Everything you touch don't just burn ... it wants to burn. Like you."

Could it be that my spark is exactly what the world needs now? Is it possible that I can

transform my world – and the world at large – by embracing the fire this time? It's not the first time that an email from The Tetra has whipped my head around, helping me to face life's challenges, both personal and global. The mysterious emails draw from many paradigms, including popular music (especially rap), mythology, African Yoruba, and mother's wit. Always, they seem to have a calming effect, urging me to seek my own power in the face of perceived powerlessness. They push me toward my creative spirit, allowing me to define my own world and my place in it.

Evidently, I'm not the only person overwhelmed by the roiling heat of these times, nor am I the only one getting daily messages from The Tetra. The emails were started by a couple of Detroiters who saw the need to help people rise above today's turmoil, and to support people living on the margins.

"All the dirt that has been swept under the rug is being uncovered now," said one of the co-founders. "This is one way to help people unpack what's happening and stop walking round

bottled up." The founders started sending out their secret messages as an experiment in community healing on New Year's Day 2018. At first, the list was mostly people they knew in the metro Detroit area. Now, after a year and a half, the list has burgeoned to more than 7,000 people who have heard about The Tetra by word of mouth or who've been invited by their friends and acquaintances to sign up.

The founders are determined to

"homework," some require contemplation. All of them move us closer to the fire inside.

"Change happens one day at a time," one founder said. "Healing is only possible when what we are running toward meets us with greater reverence than what we left behind."

Will the founders ever reveal their identities? Yes, they say, when their Tetra community is ready to move into collective action. Until then, we have to do

"Change happens one day at a time. Healing is only possible when what we are running toward meets us with greater reverence than what we left behind."

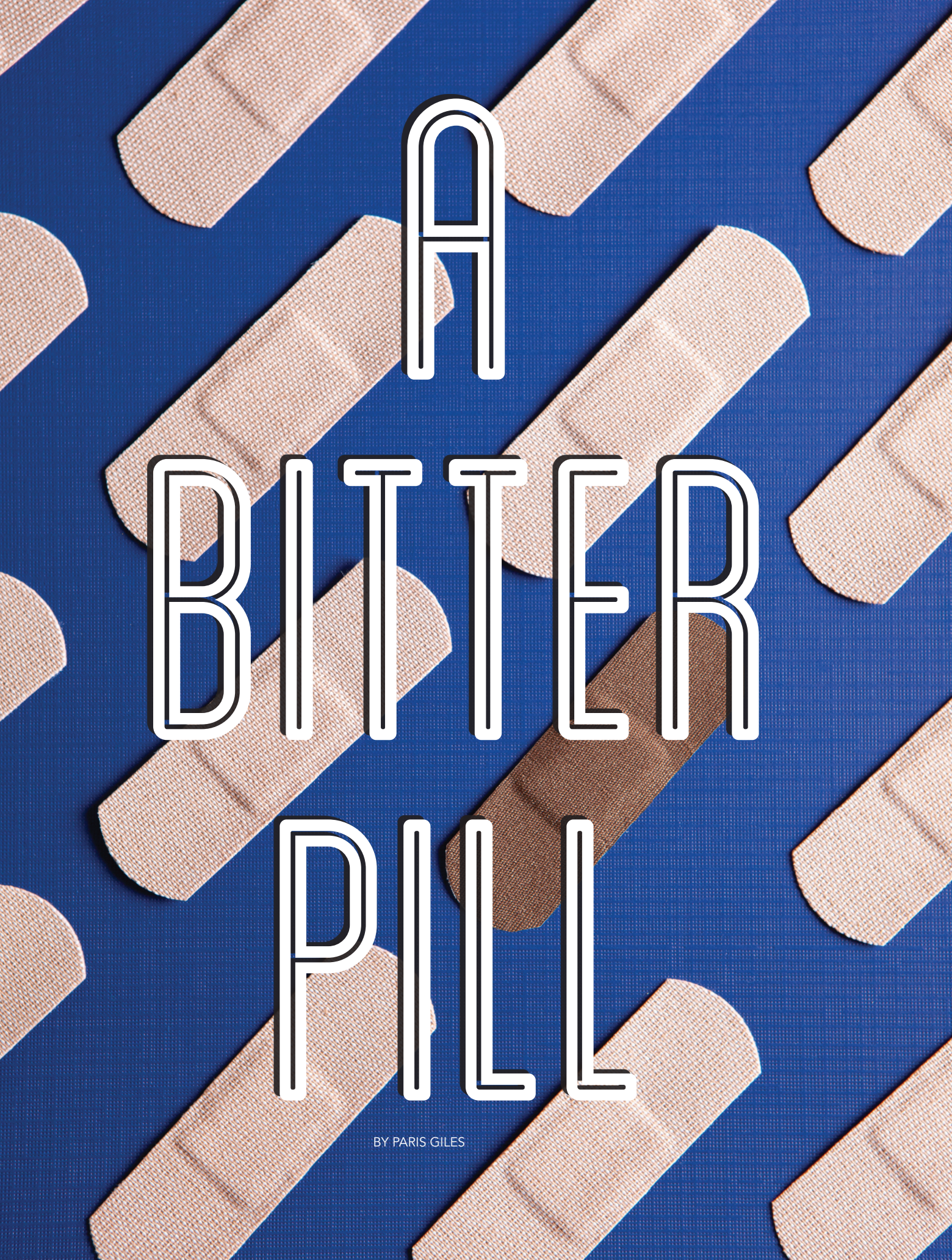
keep their identities secret. "We want people to opt into the community based on how the messages resonate with them, not based on who we are," one founder said. "We want to see whose energy is calling them to join in."

The goal of the project – which is half art, half spiritual practice – is to build a network of people committed to healing, restoring justice and creating the world we need, person by person. Hence, the emails renew daily, helping subscribers ask hard questions of themselves. Some emails require

the work of making sure our individual embers glow as brightly as possible.

"What resistance has been pushing up against your fire, trying to deter it, trying to smother it?" The Tetra recently asked. "What would you like your fire to transform this resistance into?" The Tetra said, "we don't need no water;" let the right things burn.

If you'd like to start receiving daily Tetra emails, sign up at the-tetra.com or email thetetra4@gmail.com. **B**



A BITTER PILL

BY PARIS GILES



The relationship between black America and health care is one that's in critical condition. Historical atrocities committed in the name of medical advancement and recent injustices have bred a general distrust of the industry, evidenced in our reluctance to visit a doctor's sterile office, and if we do dare venture inside, we wonder whether we'll be treated with dignity and compassion. Will we even be believed when we complain of what ails us? Too few black doctors means that our cries of pain are often downplayed, if not outright ignored and, in turn, left improperly treated. Black women die from pregnancy-related complications four times as often as white women. Practicing doctors think that our threshold for pain is somehow biologically superior.

We need more black people in white coats.

HOW THE VIRUS SPREAD . . .

"Let the compromising expedient of the Constitution be mutually adopted, which regards them as inhabitants, but as debased by servitude below the equal level of free inhabitants, which regards the SLAVE as divested of two fifths of the MAN." This is a direct quote from Article 54 of The Federalist Papers, a collection of 85 essays and papers published in 1788 meant to promote the ratification of the Constitution. "The Founding Fathers" were charged with determining representation for each state in the House of Representatives. Because a higher population meant a greater advantage, the Southern states wanted to be able to count their slaves, but then, slaves were considered property not people. James Madison, the article's likely author, argued that slaves, while not persons, were elevated slightly above, say, a mule.

The resulting compromise set forth in the Constitution: "Representatives and direct Taxes shall be apportioned among the several States which may

be included within this Union, according to their Respective Numbers, which shall be determined by adding to the whole Number of free Persons, including those bound to Service for a Term of Years, and excluding Indians not taxed, three fifths of all other Persons." Succinctly, enslaved blacks were to be counted in the subsequent censuses as three-fifths of a person. There. Everyone's happy.

When we talk of slavery, abolitionism and the Civil War, the sound bite often goes, "We were fighting for freedom." Sure, freedom from chains and back-breaking labor was a goal, but the situation was even more dire than that – the fight was for humanity. We were not considered to be full human beings. It's no wonder, then, that J. Marion Sims thought it OK to use black slave women as guinea pigs in a bloody, torturous quest that would eventually lead to the doctor being dubbed "The Father of Modern Gynecology."

Sims made a name for himself in the 19th century as the go-to physician for rich plantation owners; they called upon him to tend to their part-human slaves. Sims originally had no interest in treating female patients, and he had no gynecological training, as was ►

A BITTER PILL



"I had a double mastectomy, and you know what they sent my black ass home with? I-bu-fucking-profen. To get some opioids, a black person would have to show up to the emergency room holding their own head detached from the body."

customary at the time. Examining and treating female organs was thought to be seedy and distasteful. But, when Sims was called on to treat a patient with pelvic and back pain, he realized he'd need to look inside her vagina. He used his fingers to open her up and look inside, diagnosing her with vesicovaginal fistula, a tear between the uterus and bladder, a common after-effect of childbirth in the 1800s that caused persistent pain and urinary incontinence.

This caused Sims to invent what has become the modern-day speculum, and he was determined to develop a repair method for vesicovaginal fistula. A fine aspiration, except, to establish a successful surgical method for vesicovaginal fistula took years and numerous experimental surgeries, and female slaves were his test dummies. Sims operated on these nameless, voiceless black women without consent – and without anesthesia. He, like many others, didn't believe that black people felt pain like white people. We do know the names of a few of his victims by way of Sims' notes. Anarcha was 17 years old and endured 30 surgeries over four years.

Atrocities like Sims' are not artifacts of the slave era; no, instances of unethical torture treatment of black people in the name of medical advancement transcend the Emancipation Proclamation. Certainly, the most infamous of these is the Tuskegee Experiment, or the Tuskegee Study of Untreated Syphilis in the Negro Male, to be official. From 1932 to 1972, the Tuskegee Institute (now Tuskegee University) backed by the U.S. Public Health Service allowed syphilis to ravage the bodies and minds of hundreds of poor, black sharecroppers. The men were not told they had syphilis – they thought they were being treated for "bad blood" – nor were they administered penicillin when it became the recommended treatment for syphilis in 1947. Instead, experimenters watched as the men went insane and blind, passed the disease to their wives and children, and died. The study only stopped when a whistleblower leaked the story to the Associated Press.

But, we're past such evils, right?

THE SYMPTOMS . . .

In Wanda Sykes' recent Netflix special *Not Normal*, the comedian has a bit that's meant to poke fun at the Trump administration's thinly veiled justification for the border wall by claiming that it's being built, in part, to help stop the opioid crisis.

Sykes says, "That's a message to white people, that's for white people – opioid crisis. Because of racism, black people, we don't even get our hands on opioids. They don't even give 'em to us. White people, they get opioids like they're Tic Tacs."

Of course, this speaks to an epidemic of overprescribing addictive drugs like oxycodone, but also to a racist medical system that's less likely to take black patients' pain seriously and more prone to empathize with white patients. Sykes says, "I had a double mastectomy, and you know what they sent my black ass home with? I-bu-fucking-profen. To get some opioids, a black person would have to show up to the emergency room holding their own head detached from the body."

Funny – but sadly, not far from the truth. The University of Virginia published a study in April 2016 that documented racial disparities within the medical system. Lead researcher Kelly Hoffman, then UVA psychology Ph.D. candidate, told *UVA Today*, "Many previous studies have shown that black Americans are undertreated for pain compared to white Americans, because physicians might assume black patients might abuse the medications or because they might not recognize the pain of their black patients in the first place. Our findings show that beliefs about black-white differences in biology may contribute to this disparity."

Hoffman and her team asked 222 white medical students and residents to rate, on a scale of zero to 10, the pain levels they'd associate with two mock cases, a leg fracture and a kidney stone, for a white patient and for a black one. Then the doctors-in-training were told to recommend a course of treatment. The group was also asked whether they believed racist myths about biological differences between blacks and whites: black peoples' nerve endings are less sensitive than whites – sound familiar? – our blood coagulates more quickly than whites, our skin is thicker, black people age slower. All of these are false – yes, even the part about us aging slower. But half of the subject samples believed at least one of these and that mix of med students and residents, in turn, were more likely to give a lower pain rating, and less likely to recommend appropriate treatment – students that will one day become masters.

The conversation as of late has circled around the fact that black women are almost 400 percent more likely to die from complications related to pregnancy than white mothers, even when income, education and other socioeconomic factors are similar. That's

42.8 black women dying per 100,000 live births compared to 13 deaths per 100,000 live births for white women, according to the Centers for Disease Control and Prevention. Black mothers die bringing forth life more often than white, Asian and Hispanic women combined.

Black people, as a whole, are less likely to visit the doctor's office in the first place. We're more apt to ignore a problem until it becomes glaring. These, like most societal issues, have more than one cause. We'd be remiss not to consider that factors like transportation and income influence why blacks are less likely to visit the doctor regularly, and that pre-existing health issues like hypertension and diabetes – common in the black community – contribute to why the maternal mortality rate is so high amongst black women. Still, it'd be foolish not to recognize that black women's cries of concern often go ignored or dismissed and that deep seeds of mistrust stemming from past and current mistreatment certainly play a role in why a doctor in a lab coat can feel as scary as a hothead in a policeman's uniform.



"You've got to speak the same language, and it goes even deeper than saying the words. There's a connection, and that happens in all cultures. There's always a language that's right underneath the surface, and that's where I think we have to start connecting with our patients."

THE ANTIDOTE . . .

When we interviewed Judge Denise Page Hood for BLAC's June issue, the chief federal judge talked thoughtfully about the significance of black boys and men walking into her courtroom and seeing a black face staring down at them from the bench. Hood said while it doesn't necessarily mean the outcome will be different – though we know negative bias can be measured – there's a comfort in knowing, in a vulnerable situation, that the person that holds your life in his or her hands gets you and that you'll be handled with compassion and based on facts, not perceptions.

Less than 6 percent of practicing U.S. physicians and surgeons are black, according to Census data. Detroit Medical Center is partnering with Meharry Medical College to help train its medical students with hands-on experience at Sinai-Grace Hospital. The Nashville, Tennessee institution is the nation's largest private, historically black academic health sciences center, admitting 60 dental students and 115 medical students per year. "We've been piloting this for the past two years, and we're now really, at this point, moving into a more structured program,"

says Dr. Patricia Wilkerson-Uddyback, DMC's vice president of graduate education.

DMC had been bringing on board 10 students per month; that'll start to be ramped up and students will have more opportunities to do core rotations. Typically, medical students spend their first two years studying cases, anatomy, pathology and the like; the next two years are spent gaining real-world experience. "The long-term hope," Dr. Wilkerson-Uddyback says, "will be that these students will come up here, they'll do their rotations, they'll have a great experience, and then when it comes time for them to apply for residency, they'll put our program higher on the list. And then, hopefully, because we've had experience with them and exposure to them, we'll rank them higher so that we can start to improve the diversity amongst our residency program."

She goes on: "And if they have a good resident experience here, then, hopefully, they'll then decide to stay in Detroit, set up practice and begin serving the community, which is what has traditionally happened in Detroit. I think at one point, we had the largest number of Meharry graduates practicing medicine in the city of Detroit." Black doctors practicing in the city means easier access to care and untangled lines of communication.

"You've got to speak the same language, and it goes even deeper than saying the words. There's a connection, and that happens in all cultures," Wilkerson-Uddyback says. "There's always a language that's right underneath the surface, and that's where I think we have to start connecting with our patients. When you have people that look like you, you're going to listen a little bit harder. When I tell patients, 'I know you made your greens with some ham hocks, and that's why your blood pressure is through the roof today,' they look at you and they don't even try to tell you a different story because they know you know."

If anything is going to change with regard to black people's access to health care and the ways in which we're cared for when we walk through the door, we must graduate more black doctors – it's a matter of life or death. Wilkerson-Uddyback says the few black doctors that we do have must engage children of color early and often, taking their little hands and showing them the way. "If we have more doctors who are from the community, they're going to choose to practice in the community, and that improves access at a whole other level." **B**

PARIS GILES IS SENIOR EDITOR OF BLAC. |



SUN BLOCK

Man cannot live on day parties and festivals alone. Listen, we're all for frolicking in the sun, but sometimes, you just need a break. So, when you find yourself all farmers-marketed out and ready to trade the heat for some chill, enjoy our picks of easy summer reads, movies and TV shows, perfect for those that know when to play but also when to lay.

BY ARIANNA SMITH

SMALL SCREEN



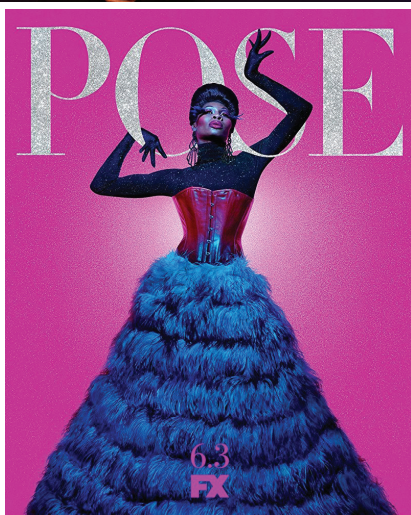
▶ **TUCA & BERTIE**, Netflix

Tiffany Haddish costars in this show as the voice of the hilariously blunt toucan, Tuca – but that isn't why *Tuca and Bertie* makes our list. Fans of adult cartoons like *Bojack Horseman* will appreciate the program's raw comedic perspective on millennial life and womanhood.



▲ **FLEABAG**, Amazon Prime

Hold on to your crown jewels, this isn't *Downton Abbey*. Phoebe Waller-Bridge makes being a terrible person look fun in this raunchy British comedy about coming of age in London. Oh, and apparently there's a hot priest involved.



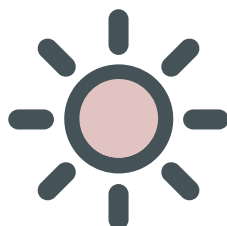
▲ **POSE**, FX

Pride Month may be over, but keep the party going by catching up on the latest season of *Pose*. Season 2 aired on June 9 and jumps forward a year in the show's timeline. It continues to examine the struggles of the underground black and Latino LGBTQ ball scene amidst the stress of going "mainstream" and the worsening AIDS crisis.

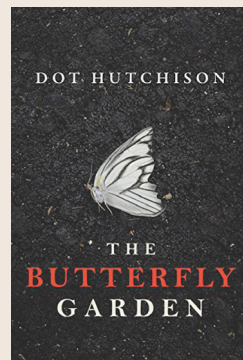


▲ **PEARSON**, USA Network

(series premiere July 17) Are you a *Suits* fan (I prefer *Law & Order*, personally), but wish there was just a little less rich white-guy drama involved? Then, have we got the show for you. Gina Torres reprises her character of Jessica in *Pearson*, a *Suits* spinoff starring the title character as she forges a new career in the Windy City.

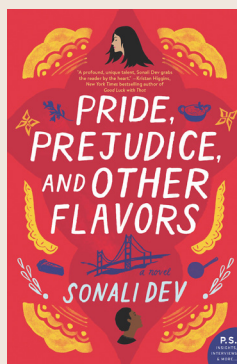


PAGE TURNERS



▲ **THE BUTTERFLY GARDEN**

Dot Hutchinson's *Butterfly Garden*, a twisted crime thriller, follows the journey of two detectives assigned to analyze a case in which a man kidnaps, tattoos and holds beautiful women hostage in a garden for reasons only he understands and only one of his victims, Maya, can explain.



▲ **PRIDE, PREJUDICE AND OTHER FLAVORS**

This romance novel from award-winning author Sonali Dev proves that life is hard. Even harder when you're the genius, black sheep daughter from an immigrant family descended from Indian royalty, struggling to redeem yourself in their eyes and trying desperately not to fall in love. ▶



FEATURE FLICKS

► BEEN SO LONG, *Netflix*

Helpless romantics who want a story with a bit of spice should check out *Chewing Gum*'s Michaela Coel and Arinze Kene in *Been So Long*, a musical love story set in Camden, England. In it, a single mother falls in love with a stranger from a chance meeting – a stranger with a big secret.



► HUNT FOR THE WILDERPEOPLE, *Hulu*

Thor: Ragnarok director Taika Waititi tells the story of a juvenile delinquent who makes the obvious choice to avoid foster care when his mother dies. He runs into the woods to live as a hermit, sparking a manhunt that makes the whole situation that much more hilarious.



◀ NATIVE SON, *HBO*

Based on the 1940 novel by the same name, Rashid Johnson reimagines the story of black teen Bigger Thomas in a startlingly real present-day setting. Much like the book, Thomas is hired as a chauffeur for a rich white businessman and things quickly spiral out of control, with a few extra twists.

◀ SCARY STORIES TO TELL IN THE DARK, *theaters (releases Aug. 9)*

Raise your hand if you remember these creepy books from author Alvin Schwartz! This August, Guillermo Del Toro and André Øvredal will bring the spine-chilling stories that terrified little kids in elementary school to the big screen. Go watch the trailer if you dare, and be jolted back to adolescence.



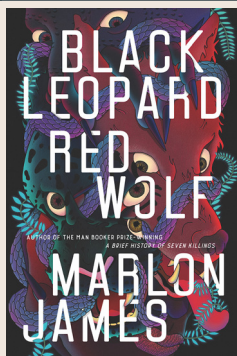
▲ I AM MOTHER, *Netflix*

Skynet from *Terminator* is way scarier when it's your mom. A teenage girl is raised by a motherly AI after Earth is destroyed, only to find out that not everything is on the up-and-up when she meets another human being. **B**

ARIANNA SMITH IS BLAC'S EDITORIAL INTERN. |

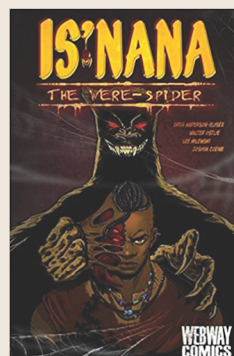
MORE

PAGE TURNERS



◀ BLACK LEOPARD, RED WOLF

If you love all things sword and shield, then this fantasy novel *Black Leopard, Red Wolf* from Marlon James offers a colorful escape this summer. James blends African history and mythology with lush descriptions that give J.R.R. Tolkien a run for his cash.



◀ IS'NANA THE WERE-SPIDER

We've been shouting for years that comics need more color. Greg Anderson-Elysee has answered those prayers with this graphic novel series. Trust the words of a comic book freak – it's amazing. West African religion and mythology gets brought to life with modern twists and a gritty, relatable storyline about the half-human son of the trickster god Anansi.



2005

BLAC's 20th

Anniversary Throwback

A year-long series on where we've been ▶

2005



Still a Thing

The Detroit Science Center is now the Michigan Science Center and our calendar, Stepping Out, is now called Access, but these things featured in BLAC back in 2005 are still relevant today:

1

Fight for reparations

2

Educational reform

3

Dining at
Beans & Cornbread

4

Jumping the broom

5

Idlewild (sort of)

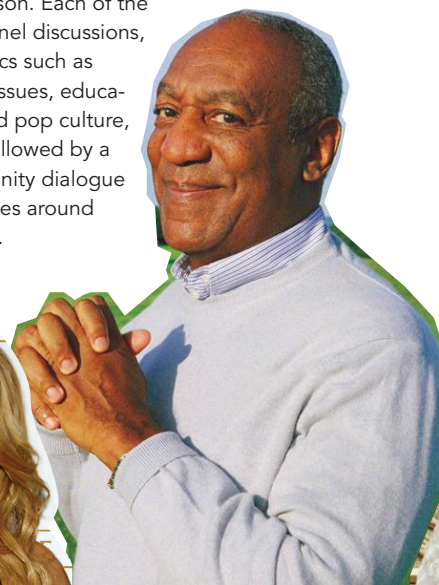
February '05



Maybe credit Hurricane Katrina, but BLAC Detroit, then called African American Family, got a little bit edgier in its coverage in 2005. Sure, there were stories on scuba diving and roller-skating, but there were also some hard-hitting pieces, like one questioning whether right-wing ministers were selling out the community and, in another, reflections from an ex-Black Panther. Here are other highlights from a year that feels like yesterday.

Shut Up, Bill!

Bill Cosby's controversial comments calling into question the parenting skills of low-income African-American families sparked outrage, but it also inspired a four-part televised discussion called *Reclaiming the Village: An African American Family Dialogue*. Presented by BLAC and Meta-Dynamics Inc., the series was moderated by former Channel 50 news anchor Amyre Makeupson. Each of the four panel discussions, on topics such as family issues, education and pop culture, were followed by a community dialogue at venues around the city.



Tyler Perry's *Madea* movie franchise begins

"We Belong Together" by Mariah Carey was the No. 1 song

YouTube

YouTube was founded

In '05

"George Bush doesn't care about black people." – Kanye West



Anchorwomen Extraordinaire

Our October cover featured a trio of "up-and-coming" anchorwomen – Carolyn Clifford, Rhonda Walker and Fanchon Stinger – who dished on their rise through the ranks and their dreams for tomorrow. Of the three, Fanchon is the only one no longer on the air in Detroit, having been let go in 2008 due to her boyfriend's link to Monica Conyer's Synagro sludge-hauling bribe scandal. Today, she's an evening news co-anchor at Fox 59 in Indianapolis. Here are some highlights from their interviews.

Carolyn Clifford

"My girlfriend was the only Black reporter, and even though I was an intern I remember feeling like I would never get a paid slot until she left. I won't say there was a quota system, but when she left, I got that job."

– On diversity hiring at a previous new job

"I really don't think of this as celebrity. I really like being a reporter and writing and working hard, and I know a lot of people get opportunities when they're really not ready. But I don't believe in it."

– On paying your dues

Rhonda Walker

"When I was a kid I liked to get up early. I just really liked the peace and quiet of mornings. I had a brother and sister, so I'd get up at 5, turn on the TV, make my cereal, go over my homework, whatever I wanted to do."

– On being a morning person

"Carman Harlan used to babysit my brother and my cousins. ... I would see her and I would dream about wanting to have her job. It was just an amazing feeling to be here at the station."

– On realizing her dream

Fanchon Stinger

"I learned in high school that I needed to train myself to overcome my shyness. So I would purposefully put myself in situations that forced me to talk, because I knew I couldn't be successful in this field with that fear."

– On preparing for the limelight

"When someone says 'Oh, Fanchon, you did this or you got this award,' well, I'm just a sum total of the people that God entrusted to my life. Everyone from my teachers to my parents."

– On sharing credit for her success

And Still We Rise

In 2005, the newly-opened permanent exhibit *And Still We Rise: Our Journey Through African American History and Culture* prompted folks to make a beeline to the Charles H. Wright Museum. The soul-stirring journey showed the powerful events that shaped our people – from the terror-filled slave ships and the Great Migration to Martin Luther King Jr.'s Freedom Walk and the election of Coleman A. Young. The 22,000-square-foot exhibit, which contains more than 20 galleries, was a must-see then and continues to be today.



In Liberia, **Ellen Johnson Sirleaf** becomes the first woman elected president of an African country



Actress **Holly Robinson** weds NFL player Rodney Peete

History Highlight

Hurricane Katrina devastated New Orleans, killing nearly 2,000 people and displacing hundreds of thousands. The U.S. government was slow to fully realize the impact and need of the mostly black city, prompting Kanye West's famous accusation during a fundraising telethon. "George Bush Doesn't Care About Black People" became a protest song by Houston-based hip-hop artists The Legendary K.O. **B**

access

DETROIT | JULY 2019

Compiled by Paris Giles



28 SUNDAY
KHALID



WWW.WCCCD.EDU

WCCCD

**EMPOWERING OUR COMMUNITY
THROUGH HIGHER EDUCATION.**

14 SUNDAY
AMANDA SEALES



6 SATURDAY

NEGRO LEAGUES FILM. Join the Negro Leagues Film Festival and *There Was Always Sun Shining Someplace*, the documentary narrated by James Earl Jones, featuring rare historical footage and anecdotes. Free. 1-3:30 p.m. Detroit Historical Museum, 5401 Woodward Ave., Detroit. detroithistorical.org.

11 THURSDAY

BABYFACE. Kenny "Babyface" Evans stops in. \$65-\$85. 8 p.m. Sound Board at Motor-City Casino Hotel, 2901 Grand River Ave., Detroit. soundboarddetroit.com.

12 FRIDAY

CONCERT OF COLORS. In celebration of Motown's 60th anniversary, Dave McMurray & The Black Light Collective, Boog Brown, DJ Equad and others perform over this eight-day festival themed "Freedom of Expression: The Power of Owning Our Voices." Free. Times and locations vary. concertofcolors.com.

13 SATURDAY

STREET ART. The annual Berkley Street Art Fest is back, inviting professional and aspiring chalk artists to create street art and murals for the chance at prizes. Free. 11 a.m.-5 p.m. Downtown Berkley. berkleystreetartfest.com.

14 SUNDAY

KITE FESTIVAL. Enjoy on-site kite making by the Detroit Institute of Arts, kite-related activities and professional kite flyers, with participation from local businesses and organizations. Free. 10 a.m.-5 p.m. Belle Isle, Detroit. detroitkitefestival.org.

AMANDA SEALES. The actress and comedian presents *Smart Funny & Black* during her *U Kno The Vibeonics: 101 Tour*. \$29.75-\$75. 7 p.m. The Masonic, 500 Temple Ave., Detroit. themasonic.com.

JILL SCOTT. The three-time Grammy-winning soul singer takes the stage. \$49.75-\$99.75. 8 p.m. Fox Theatre, 2211 Woodward Ave., Detroit. 313presents.com.



BLACdetroit.com

For a complete list of events, visit our online calendar.

To list an event in Access Detroit, send facts and photos two months prior to calendar@BLACdetroit.com. You also may upload information to BLACdetroit.com/SubmitEvent, fax to 248-399-3970 or mail to Metro Parent Media Group, BLAC Calendar, 22041 Woodward Ave., Ferndale, MI 48220. Submissions may be edited or omitted.

Be sure to call before attending events in case of changes. For an expanded version of the calendar, visit BLAC online at BLACdetroit.com.



6 TUESDAY
SMACKDOWN

18 THURSDAY

ANN ARBOR ART FAIR. Celebrate the 60th anniversary of one of the nation's oldest and most prestigious art festivals by perusing 30 city blocks and more than 1,000 artists, plus live music and demonstrations. Free. 10 a.m.-9 p.m. today-July 20, noon-6 p.m. July 21. theannarborartfair.com.

19 FRIDAY

PIG & WHISKEY. At this annual culinary fest, enjoy an epic celebration of booze, barbecue and live music. All ages. Free. 6 p.m.-midnight today, 11 a.m.-midnight June 20, 11 a.m.-11 p.m. June 21.

20 SATURDAY

NAACP NATIONAL CONVENTION. Join the 110th NAACP Annual National Convention themed "When We Fight, We Win," and take part in the five-day conference that'll bring together over 10,000 people including NAACP members and delegates from across

the country. \$25-\$150. Event times vary. Cobo Center, 1 Washington Blvd., Detroit. naacpconvention.org.

INVISIBLE NO LONGER. Celebrate the opening of *Invisible No Longer: LGBTQ+ Detroit*, which showcases the struggle for civil rights by the LGBTQ+ community over the past 50 years in Detroit through photos and artifacts. Free. 4-8 p.m. Detroit Historical Museum, 5401 Woodward Ave., Detroit. detroithistorical.org.

TAMIA. The six-time Grammy-nominated singer/songwriter performs to celebrate the second anniversary of Beacon Park and the 110th NAACP National Convention. Free. 6:30-10 p.m. Beacon Park, 1901 Grand River Ave., Detroit. downtowndetroitparks.com.

27 SATURDAY

MO POP. The Mo Pop Festival is back with a new lineup of artists including Lizzo, Ella Mai and Kali Uchis. \$95-\$129.50. Times vary today-June 28. West Riverfront Park, 1801 W. Jefferson Ave., Detroit. mopopfestival.com.

NIGHT NATION RUN. Join the world's first running musical festival that's part-music festival, part-run. Experience a course featuring live DJs, light shows, bubble zones, and neon and black lights. \$60. 7 p.m. Ford Field, 2000 Brush St., Detroit. fordfield.com.

28 SUNDAY

KHALID. The breakout singer stops through on his *Khalid Free Spirit World Tour* to promote his upcoming sophomore album. \$50-\$100. 7:30 p.m. Little Caesars Arena, 2645 Woodward Ave., Detroit. 313presents.com.

MARY J. BLIGE AND NAS. Two of hip-hop and R&B's most legendary artists perform during their first North American tour together. \$31-\$191. 8 p.m. DTE Energy Music Theatre, 7774 Sashabaw Road, Clarkston. 313presents.com.



27 SATURDAY

MO POP

29 MONDAY

NFL GOLF CLASSIC. The NFL Alumni Detroit Chapter hosts its 40th annual charity golf classic. Play golf, mingle with favorite past players and enjoy a breakfast, cocktail reception, dinner awards ceremony, silent auction and more. \$125-plus. 8 a.m.-8 p.m. Pine Lake Country Club, 3300 Pine Lake Road, West Bloomfield Township. nflalumnidet.org.

30 TUESDAY

BLUEFACE. The "Thotiana" rapper stops through. \$38-\$68. 7 p.m. The Fillmore, 2115 Woodward Ave., Detroit. thefillmoredetroit.com.

31 WEDNESDAY

WIZ KHALIFA. The rapper brings *The Decent Exposure Tour* to town with special guests French Montana, Playboi Carti, Moneybagg

Yo, Chevy Woods and DJ Drama. \$29-\$109.50. 6 p.m. DTE Energy Music Theatre, 7774 Sasabaw Road, Clarkston. 313presents.com.

2 FRIDAY

JOHN MAYER. The Grammy Award-winning artist takes the stage during his *2019 World Tour*. \$59.50-\$129.50. 7:30 p.m. Little Caesars Arena, 2645 Woodward Ave., Detroit. 313presents.com.

4 SUNDAY

KIRK FRANKLIN. The legendary Grammy-winning artist brings his *Long Live Love Tour* to town. \$39.50-\$250. 7:30 p.m. Fox Theatre, 2211 Woodward Ave., Detroit. 313presents.com.

21 SAVAGE. The rapper stops in with special guest DaBaby for the *I Am > I Was Tour*. \$29.50-\$60. 8 p.m. Michigan Lottery Amphitheatre at Freedom Hill, 14900 Metro Parkway, Sterling Heights. 313presents.com.

6 TUESDAY

SMACKDOWN. WWE Smackdown Live brings the thunder. \$30-\$120. 7:45 p.m. Little Caesars Arena, 2645 Woodward Ave., Detroit. 313presents.com. **B**



BLACdetroit.com

For a complete list of events,
visit our online calendar.

Michigan Opera Theatre's BravoBRAVO! 20th Anniversary Celebration

On June 7, Michigan Opera Theatre invited guests to dress in “creative black tie” and celebrate the connection between the theater and Detroit’s residents during this much-anticipated annual fundraising soiree.

Photos by Sydney Kispert-Bostick



Russell Chestnut, John Pendleton, Tish Johnson, Tony Chambers, Andrew Smith



Tiffany Newton, Ronald Newton



Shakeena Melbourne,
Katrine Wilson



Curtrise Garner, Angelia Mock



Brandon Lane, Benson Walflower



Kristen Briggs, Dr. Terry Grant



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