



Volume 14, No.03

"And Ye Shall Know The Truth..."

May 07, 2008

IN THIS ISSUE

This Strikes Us
Page 2

My View
Page 3

Gabriel Moves On Up
Page 4

Roberts and Wormely Streets
Page 5

The Health Section
Cover Story
Bernice Rumala
Page 6

Women and Heart Health
Page 7

Healthy Moms
Page 8

The Lighthouse Road
Page 10

Dear Ryan
Page 11

Minority Affiliates
Page 12

Minister of Culture
Page 13

Classifieds
Page 15

Breakfast for M'Lady
Page 16



Bernice Rumala
Third Year Medical Student
UT College of Medicine

"This project was initiated as a result of my passion to bring more diversity to the College of Medicine, during a time when there were less than five percent underrepresented minority matriculants in a class of 145."

This Strikes Us ...

A Sojourner's Truth Editorial

It had to happen eventually ... sooner, in fact, rather than later. As the Washington Post reported on Monday, many cash-strapped states are reversing two decades of tough-on-crime policies and are proposing to open the prison gates to release thousands of incarcerated folks, well before their time is up.

Leading the way is California where the governor, Arnold Schwarzenegger, wants to free 22,000 prisoners convicted of nonviolent, nonsexual offenses some 20 months on average earlier than their release dates.

Rhode Island, Kentucky, Mississippi, South Carolina are some of the others. And Michigan, whose incarceration rate is 47 percent higher than that of any other Great Lake State ... an incarceration rate that causes the state to spend more on prisons than it does on higher education, may have to follow suit quickly.

But you knew it had to happen.

In 1984, national politicians started climbing all over each other trying to come up with harsher and harsher sentencing policies. The result was the Sentence Reform Act that brought us sentencing guidelines that tied federal judges hands until the Supreme Court, just a few years ago, ruled that the guidelines were not mandatory.

Then followed the Anti Drug Abuse Act of 1986 which set mandatory sentences for a range of drugs. That's the one that gave us a 100 to one ratio of crack to powder cocaine equivalents for sentencing purposes.

It's almost surreal how some of these things happen. This particular act came about in the aftermath of the drug overdose death of Len Bias, a University of Maryland basketball star who died a few days after being drafted by the Boston Celtics. The Boston fans were outraged and one of their congressmen, House Speaker Tip O'Neill, saw an opportunity for Democrats to get out in front of this issue. Democrats had been accused of being soft on crime in the 1984 elections and their numbers had dwindled as a result.

So the effect of these two acts was a flurry of prison building activities which was certainly good news for all those small towns that now saw their jobs situation improve dramatically almost overnight.

Then the federal government used its ability to control the flow of dollars back to the states in order force those entities to get tough on sentencing.

Presently, the United States has the highest incarceration rate in the industrialized world, 702 inmates per 100,000 population. Canada, our neighbor to the north, imprisons 116 per 100,000 population.

The problem with blowing up the prison population was two-fold. First, it costs a lot of money. Second, you gotta let these folks go sometime. Actually there are a whole host of other problems, but these two stand out at the moment.

The first is obvious. Yes, a lot of jobs were created but the taxpayers paid for those jobs with no return on their investment.

As to the second, you can imprison someone for drug trafficking for five years, or 20 years, or 30 years. Once the sentencing guidelines and the mandatory sentences took effect, a lot of sentences increased from five or so to the 20 and 30 year range. But people are still going to get out over time.

And what has all of this imprisonment given us in terms of decreasing crime rates? Not much apparently. The rate of violent crime is about the same now as it was in the early 1970's.

So we have a failed policy of massive incarceration, at a cost of billions that could have been better spent and, now, seeing few other alternatives to the option of releasing thousands of prisoners, federal and state governments are still avoiding taking any sort of look at long-term solutions to the incarceration craze.

What is it about our current national mindset that prevents us from seeing the obvious: imprisoning huge numbers of people, particularly those who pose no threat to society, is simply not working on any level. This policy does not deter crime, it does not keep us measurably safer, and the punishment itself carries with it untold damage to millions of ex-offenders, their families and society in general.

If we fear the costs of recidivism at all, we have to admit that incarcerating thousands or people who pose no threat to their fellow citizens for ridiculous amounts of time can produce no long-range benefits. If anything, this policy of incarceration guarantees that crime rates – committed by those who are freed and find no other options to earning money or by those who are raised in an environment without the guidance and support of one or more parents – will continue at these same levels.

We have to be a bit more realistic than we have in the past which has been characterized by knee jerk reactions by career politicians. We either have to fundamentally change the way we view crime and retribution or we have to lock up offenders, all offenders, for life.

Fortunately we can't afford the second solution as we are apparently only starting to realize.

The Sojourner's Truth

1811 Adams Street, Toledo, Ohio 43604
Phone 419-243-0007 • Fax 419-255-7700

Published weekly on Wednesday
Printed by Webco Graphics

Subscribe to The Truth Today!

26 Weeks - Only \$40.00 52 Weeks - only \$70.00

Name: _____ Phone# (____) _____ - _____

Address: _____ City _____ State _____ Zip _____

Send your check or money order to:
The Sojourner's Truth,

Community Calendar

May 7-9

IMA Revival: Mt. Pilgrim Baptist Church; Singing by the Ambassadors (conducted by Calvin Hughes); 7 pm nightly; Evang. Edward Vann each night; Rehearsal for Ambassadors each Thursday at Warren AME at 7 pm prior to event: 419-514-8840

May 8

NOBMA Impact Newsmaker Awards: Northwest Ohio Black Media Association honors nine award winners; Toledo Club; Social Hour at 6 pm; Dinner at 7 pm; Tickets available at The Truth Offices: 419-243-0007

May 9

Women's Worship at the City of Zion: Prayer, Praise and Worship with special guest Pastor Cheryl Glenn of Greater Judah of Dayton: 419-372-3643

May 10

Scott High School Alumni Association Scholarship Reunion Dance: UAW Local 14 Hall; 8 pm to 1 am: 419-866-0453

Greater Toledo Urban League Young Professionals: "The Cost of Cool 2008;" The real game of life modeled after the board game "Life;" Kent Branch Library; 11 am to 2 pm; Open to area students ages 12 to 18: 419-464-1201

Pre-mother's Day Free Dinner: Potter's Hand Church; 6 pm; 419-787-5961

May 12

OnyxPros: Informational meeting for Black Nail Care Professionals; 12:30 pm; Kent Branch Library: 419-244-4124

May 15

Supportive Spouses: A 6-session bereavement group for men and women adjusting to life without their mates; Hospice of NW Ohio's Toledo Center; 10 to 11:30 am; May 15 to June 10; Thursday mornings: 419-661-4001

May 16-18

The Holy Ghost Conference 2008: "The Comforter Has Come;" The Garden of Prayer C.O.G.I.C.; Speaker Supt. Chester Trails at 7 pm on Friday; Speaker Prophetess Rhonda Witty on Saturday at 7 pm; Sunday 11 am service with Pastor Anthony Smith: 419-475-4515

May 18

7th Pastoral Anniversary: True Vine MBC's Pastor Melvin Barnes and First Lady Jeanette Barnes. Pre-anniversary celebration at 4 pm with Pastor Floyd Smith and Calvary Baptist Church: 419-241-4717 or 419-215-2632

Women's Day: Third Baptist Church; 11 am; Elder Brenda McWhorter, asse. pastor of First Church of God

May 23-24

State of Emergency Showcase: "Inspirational Music Movement;" Auditioning singers, rappers, bands, poets and comedians; 2 to 6 pm; 316 n. Michigan, Ste 707: 419-213-1077

May 24

A# Sharp Performing Arts Workshop: Youth Theater Project; Grads K-12; Show your talent; Sanger Branch Library; 10 am to 1 pm

May 25

7th Pastoral Anniversary: True Vine MBC's Pastor Melvin Barnes and First Lady Jeanette Barnes; Theme: "The Test Has Been Completed; Go Forth in the Name of the Lord;" 4 pm; Guests Bishop Duane Tisdale and Friendship Baptist: 419-241-4717 or 419-215-2632

The Sojourner's Truth

Toledo's Truthful African-American
Owned and Operated Newspaper

Kevin McQueen
Fletcher Word
Becky McQueen

Publisher
Publisher and Editor
Business Manager

Alexis Randles
Geneva J. Chapman
James Fowler
Artisha Lawson
Jack Ford
Michael J. Hayes

Reporter
Reporter
Reporter
Reporter
Political Columnist
Entertainment Critic

Jason L. Lee Sr.
Jennifer Retholtz
Pamela Anderson
Kathy Sweeny

Layout Designer
Webmaster
Sales Representative
Ad Creation

A Certified MBE, 2007

The Sojourner's Truth, 1811 Adams Street, Toledo, Ohio 43604

Phone 419-243-0007 • Fax 419-255-7700

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

My View

By Jack Ford
The Truth's Political
Columnist



Bingo!

We hit a grand slam last week while fundraising for the Kidney Foundation of Northwest Ohio. While sitting in a west end diner, I asked a great community leader to consider donating to the Kidney Foundation.

The response was astounding! We received a pledge of \$15,000 a year for the next five years. A grand total of \$75,000 for the Kidney Foundation to help clients with medication and transportation costs. I have been on Cloud Nine ever since that meeting.

To date, our efforts have raised a little over \$76,000 for the Foundation and at no cost to the organization. And, I have enjoyed asking for the

money. We have another \$20,000 in pending requests.

Shifting to politics ... are you ready for State Representative Willi Ann Moore?

Moore is pondering a run to succeed State Representative Edna Brown who will be term limited if she is successful in this upcoming November contest. Moore challenged Brown years ago but Brown prevailed then. Moore has great strength in housing (ONYx president) and has a long-time background as an NAACP branch leader. Moore was also a teacher for more than 30 years.

Look for Nate Ford, formerly the Toledo police chaplain, to be in the mix of state executives working on homeland security. Ford, a talented guy, had turned down police chief desks in various localities. Ford came within a whisker of being appointed Toledo top cop a few years ago.

Telegram to Mike Bell! If you are running for mayor, you need to start acting like it. Let key people know precisely what you plan to do.

I got confused by Calvin Brown, commissioner of the Office of Affirmative Action/Contract Compliance, this week. Brown said that Toledo hit 30 percent minority compliance last quarter in con-

tracts awarded by the City of Toledo yet a few days later, Brown said Toledo only has single digit capacity. How do you go from 30 percent to less than 10 percent? Either the city can deliver that much minority participation or they did not?

Marc Dann may be out as Ohio Attorney General by the time this goes to print. Dann, who admitted last week to an affair with a staffer, can not survive this scandal no matter how he tries to tough it out. He rode to power on the white horse of indignation over Tom Noe. There is no way Ohio will allow him to remain in office. The statewide peers and the GOP will be unrelenting in urging Dann to resign.

Look for either Lt. Governor Lee Fisher to take the attorney generalship or Ben Espy, executive assistant attorney general and deputy attorney general for criminal justice, who is leading the investigation into the sex inquiry. Espy, a former Ohio Senate minority leader, is a veteran attorney from Columbus where he played football at The Ohio State University under Woody Hayes. Espy's selection would add diversity to the Dem ticket next time around.

Mike Ashford's recent

fundraiser at Manhattan's was a huge success. He raised around \$8,000 which is not bad for a guy who is not up for election anytime soon - he just won his re-election campaign this past November.

Ashford is a nice guy when he is not fighting Mayor Carty Finkbeiner or Council President Mark Sobczak or whom ever. But he is mighty expensive and he takes politics very seriously. Ashford ran candidates in his wards to ensure that no one would encroach on his territory. Now, that is developing a political machine. And, Ashford has qui-

etly put together his machine in the Old West End.

I hear that most of the African-American House Democrats in the Cleveland area have cut their deals with State Representative Armond Budish if the Dems take the majority in the Ohio House this November. Budish will be vying for the Speaker of the House post. This means that our own Matt Szollosi can not count on too many Cleveland rep votes in his bid for the top job. However, if he has counted accurately, it may not make a difference. You only need 50 percent plus one to be

speaker - possibly as few as 26 votes.

Let's see who gets a street named after them next. Last week it was Rev. John E. Roberts of Indiana Avenue Missionary Baptist. The very next day, it was Rev. Robert P. Wormely of Southern Missionary Baptist Church.

Expect a section of Norwood Street to be renamed next for St. Mark's Baptist's Rev. I.J. Johnson, who is the dean of local Baptist pastors with over 50 years of service. Pretty soon, the name of every pastor will adorn a local street sign.

My Little People at RCS...

Forever in My Heart

Since the decision by the CCMT (Central City Ministry Diocese of Toledo) to close two more schools has been made, I recently received a devastating letter, which has definitely saddened me. Many other "long timers" discovered a letter in their mailbox as well. Upon receiving the letter of this upsetting news, I immediately felt compelled to want to say thank you and goodbye to the many families that I was fortunate to have served at Rosary Cathedral School for the last 14 years.

A big thanks needs to be

given to all of my parents/guardians for allowing me to be a part of their child/children's early learning years. Your support and kindness has been greatly appreciated. May you continue to support your child's educational process and continue to provide them with those life skills that made our classroom such a loving, respectful place to learn, grow and develop. I want my "Little People" to know that they will always have a place in my heart and I will think of them often. May the love of Jesus Christ continue to blossom

in you and your family.

To my fellow teachers/friends that also got the heart-breaking news; Please know that your many years of dedication and support of the CCMT's mission has been inspiring as well as impressive. As you set out on a new journey, my prayer is that you find a place where you will be able to continue touching young children's lives. Teaching at RCS has truly been a blessing-it will forever be a part of me!

Miss Kay

A Touch of Tanzania

Special to The Truth

The Toledo-Tanga (Tanga, Tanzania) Sister Cities Committee will be hosting a fundraiser to raise monies for the Tanga AIDS Orphanage on Sunday, May 18 at Manhattan's Restaurant from 4 to 8 p.m.

The event will include a buffet dinner, featuring Tanzanian dishes, along with entertainment such as open mike, an art exhibit, an Afro-Pop band, Mad Poets, the Scott High School band.

Later that same evening, another group will be holding a fundraiser at Wesley's Bar and Grill from 8 p.m. to midnight. That event is to raise funds for a group of Toledoans who are headed to Tanga at the beginning of the summer to work with the Summer Youth Summit, to help to build a room at the Tanga Toledo Schools, to hike from region to region, to work with the cultural tourism project, to assist with the HIV/AIDS Social Awareness Project, to volunteer at an AIDS orphanage and to teach at the Toledo School. The Toledo-Tanga Sister Cities Committee is the umbrella organization for that group also.

Tickets for the two fundraisers are \$25 each.

MISS JUNIOR TOLEDO PAGEANT

Are you interested in becoming a Contestant in the 2008 Miss Junior Toledo Pageant?

Do you possess a performing talent i.e., singing, dancing, poetry, musician, orator, acrobatics etc.? Are you between the ages of 12 & 18 years old not turning 19 before July 27, 2008?

Dare to be different and take a leap of faith! Believe in yourself and in what you can do! Fill out the following form and mail to the address below or fax to 419-531-9406.

Name: _____ Age: _____ DOB: _____

Address: _____ Phone: _____

City: _____ Zip: _____

Performing talent: _____

School you currently attend: _____

Present Grade Level: _____

Mail to: Miss Junior Toledo Pageant
2124 Calumet Avenue, Toledo, Ohio 43607
419-450-7031

More Commentary on the Wright Stuff

I have listened very carefully to Rev. Jeremiah Wright's presentations, both at the NAACP Freedom Fund dinner in Detroit on April 27, and his speech before the National Press Club in Washington on April 28. Some African-American supporters of Barack Obama may question Dr. Wright's judgment but not the truth of his words.

To suggest that he should not have said what he said, when he said it, or how, denies to him the freedom to be who he is; an uncompromising black preacher. It would, however, be dishonest not to acknowledge that his presentation, especially during the question and answer session, gave those who don't really want to see Obama become this country's first black president, the excuse they were looking for not to vote for him.

Rev. Wright, by his own admission, is not a politician, even though his messages impact politics, just as the words of Dr. Martin Luther King did. He is a preacher. And preachers are not driven by what is politically expedient, socially acceptable or economically feasible, but by what is morally right. And it is the responsibility of the preacher to convict, convince, convert and move people from where they are to where they ought to be.

Dr. King was not a religious entertainer. He was a preacher. When he began preaching we were riding on the back of the bus, and when he got through preaching we were riding on the front of the bus. At that time, the black church was the center and circumference of black life. Since Dr. King's death, it has become far more entertaining than enlightening. It makes us feel good on Sunday morning about feeling bad on Saturday night, but we are no better off on Monday morning.

If you listen to the black preachers who were eager to go on Fox News to condemn Rev. Wright, it is clear that they have done nothing to advance the cause of black liberation, and would never have been asked to appear on Fox News if they were not bashing Barack Obama.

I wish the junior senator from Illinois had responded in a different way to his former pastor. He could have simply said that there are irreversible realities of history. You can't un-slave slavery. Rev. Wright is describing America's past and present and I am working for a future America, and in the words of the bible, "calling things that are not as though they were."

I am, and will remain, both an admirer of Rev. Jeremiah Wright, and supporter of Barack Obama.

Floyd Rose

Valdosta, Georgia

Theresa M. Gabriel Named Assistant Chief of Staff for City of Toledo

By Fletcher Word
Sojourner's Truth Editor



Theresa M. Gabriel, Mayor Carty Finkbeiner, Robert Gabriel

Theresa M. Gabriel began her career with the City of Toledo 45 years ago with the Civil Service Commission. She has since been a commissioner and has had several directorships—first as director of Parks, Recreation and Forestry in 1998 and then as the director of Human Resources when Carty Finkbeiner started his third term in office in January 2006.

Now Gabriel has achieved a new career milestone. Last week, Finkbeiner appointed her to the position of assistant chief of staff replacing David Moebius who retired on the same day.

"She's been here for a respectable number of years," said the mayor at a news conference announcing the move. "She is a wise person and we will all benefit from both her wisdom and her feistiness."

Finkbeiner also took the time to praise Moebius for his expertise in keeping the city's finances in line during the difficult times the City of Toledo has experienced with revenue shortfalls. In doing so, the mayor acknowledged the degree of expertise needed to manage expenses meant that African-Americans had not been as visible in high-level posts in his administration as he would have preferred.

"The challenges we had when we came in—which were largely fiscal—we felt we needed the most fiscally competent team we could assemble," said Finkbeiner of his decision to have Moebius lead the effort to balance the city's budget during his first two years of this term of office.

As he praised Gabriel for

her abilities he also took the time to point out other black members of his administration, many of whom were there for the announcement: Calvin Lawshe, acting director of the Plan Commission; Katie Bond, director of the Department of Neighborhoods; Calvin Brown, commissioner of the Office of Affirmative Action/Contract Compliance, Deputy Fire Chief Brian Bird; Juanita Greene, executive director of the Board of Community Relations and Willie Perryman, commissioner of water distribution.

"She doesn't stop learning," said Finkbeiner of Gabriel. "She is a real hungry person for knowledge and education. She does not want to be wrong and she's willing to pay the price in gathering knowledge so she doesn't have to be wrong. She will help us grow dynamically."

Gabriel noted that she had been pressed for some time to accept the assistant chief of staff post by the mayor until only recently

giving in to his entreaties. "We are a team in the City of Toledo," said Gabriel. "We will advance further than anyone can imagine."

Gabriel's promotion came just nine days after the City of Toledo was charged with racial discrimination in a lawsuit filed by three former African-American administration

officials. That suit, brought in the U.S. District Court, by Perlean Griffin, former director of the Office of Affirmative Action/Contract Compliance; Dwayne Morehead, former co-executive of the Youth Commission and Gary Daugherty, former manager of environmental services. Each is asking for \$1 million and reinstatement.

In that suit, Finkbeiner has been accused of using some uncomplimentary racial statements about black ministers, black women and the parenting skills of African-Americans.

Gabriel, who as director of human resources was involved in the Griffin controversy, declined to comment on the accusations.

Finkbeiner, however, called the charges "absolutely, totally fabrication and false... absolutely, patently false... totally, completely made up falsehoods but we will have our day in court."

Gabriel's appointment as assistant chief of staff does not carry with it the

sioner of that division in 1997 during the second Finkbeiner term in office. In 1998 Gabriel became director of Parks, Recreation and Forestry.

A Republican, Gabriel found herself at odds with top officials in the Jack Ford administration and resigned her post in late 2002. She was immediately appointed to the Toledo Municipal Clerk of Court position to complete the unexpired term of Maggie Thurber after Thurber's successful race for the Lucas County Board of Commissioners.

Gabriel narrowly lost her bid for election to the Clerk of Court job to Democratic opponent Vallie Bowman English in 2003 and subsequently lost a bid to unseat Democrat Bernie Quilter for the Lucas County Clerk of Courts position in 2004.

Gabriel was brought back into city service after Finkbeiner won his bid for election against Ford in November 2005.

Rev. John E. Roberts Has Street Named in His Honor

Sojourner's Truth Staff

"He's a leader in every form and fashion," said Toledo City Councilman Michael Ashford of his pastor, Rev. Dr. John E. Roberts, who has led his flock at Indiana Avenue Missionary Baptist Church for over 40 years. "He's been a cornerstone of our community and he's been a healer," added Ashford.

In acknowledgement of Roberts' many years of service to both his congregation and the Toledo community, a section of Indiana Avenue was renamed to honor him last week.

(Continued on Next Page)



May is National Foster Parent Month.



Mentor. Listener. Cheerleader. Sandwich-making coach. Foster parent.

Lucas County Children Services salutes the foster and adoptive parents who open their hearts and homes to abused and neglected children in our community.

YOU can be a foster or adoptive parent.
Call 419-213-3336 to learn more.

www.lucaskids.net



"She will help us grow dynamically."

Rev. Robert P. Wormely Gets His Way as Well

Sojourner's Truth Staff

On September 1, 1984, ground was broken for the construction of Southern Missionary Baptist Church and over the next 24 years, the Southern flock would grow to include 900

congregants.

Last week, the long-time shepherd of that flock, Rev. Robert P. Wormely, was honored when a section of True Street – from Dorr Street to Indiana Avenue – was re-

named the "Rev. Robert P. Wormely Way" in a ceremony that brought together almost a hundred members of the congregation and a number of political dignitaries.

"This is one of the highest

honors I have ever had," said Wormely as he contemplated the renaming several minutes before the ceremony began.

The renaming came about through an ordinance introduced by Toledo City Councilman Michael Ashford, who, as he had the day before for Rev. John E. Roberts, opened the ceremony.

"This is one of our great leaders," said Ashford. "We have the opportunity to acknowledge and honor [him]."

Ashford saluted Southern members Diane Gordon and Ray Woods for their part in advancing the cause of their pastor and this particular honor.

Also in attendance to salute the accomplishments of the pastor and his First Lady Edna Wormely were Toledo Mayor Carty Finkbeiner, who presented a city proclamation, and Lucas County Commissioners Tina Skeldon Wozniak and Pete Gerken. Both Skeldon Wozniak and Gerken thanked the pastor and the congregation for the many times they had welcomed the elected officials into their house.

"This is *the house*," said Gerken, "and a day of praise and honor."



Roberts

(Continued from Page 4)

"This has been a long time coming," said Ashford who introduced the ordinance to his City Council colleagues.

Ashford is not the only elected official who is a member of Indiana Avenue MBC. "The shepherd leads his sheep," said Councilwoman Wilma Brown, also a member of the congregation. "He's my friend, he's my rock, he's always there for me."

And many members of the congregation turned out to be there with Roberts' on his special day as did other political notables, such as Mayor Carty Finkbeiner and Lucas County Commissioners Tina Skeldon Wozniak and Pete Gerken, along with a host of pastors.

"He is my mentor," said Rev. Willie Perryman of Jerusalem Missionary Baptist Church, "and I pattern my pastoralty after him."

"He's my pastor and he's my chastiser," said Rev. Theodis Horton of Shiloh Baptist.



Several of the speakers spoke of the quiet influence that Roberts exercises on behalf of his congregation and his role in guiding the conduct of those who look to him for leadership.

"He's going to make sure he tells you what is proper and what is right," said WilliAnn Moore, president of the Toledo NAACP.

Pastor Roberts was also joined by First Lady Bernice and other members of his family.

girlfriends
sundays 9:30pm

the game
sundays 9pm

aliens in america
sundays 8:30pm

everybody hates chris
sundays 8pm

WT05-TOLEDO
get into it!
wt05toledo.com

© 2008 Buckeye Cablevision, Inc. ©2008 The CW Network, Inc.

The
Sojourner's



Truth Health

Sponsored by *NAA*

Health Section Sponsored by *NAA* • Health Section Sponsored by *NAA* • Health Section Sponsored by *NAA* • Health Section

Bernice Rumala: UT Medical Student ... And a Whole Lot More

By Fletcher Word
Sojourner's Truth Editor

As you read this, Bernice Rumala, a third-year medical student at The University of Toledo College of Medicine, is in Washington, D.C. presenting a paper to the American Psychiatric Association (APA) along with Dr. David Henderson of Mass General Hospital.

The paper, which examines schizophrenia and health disparities, takes a look at such issues as resistance to insulin by those stricken with schizophrenia and the differences in reaction to such medicines between African-American and white patients and between diseased and non-diseased patients.

The paper grew out of research Rumala conducted this past summer, and will continue to do between school terms. She received a multi-year fellowship from the APA and worked with Dr. Henderson at Harvard for three months last summer.

This presentation follows hard on the heels of two statewide awards Rumala received several weeks ago at the Ohio Association of Family Physicians Research and Education Symposium.

One of the awards was for overall best research education poster presentation. She competed in this category against physicians and medical residents in a project entitled "Through the Looking Glass: Mirroring Professionalism for Medical Students in the Medical Education Environment."

Rumala's project addresses the need for greater professional accountability among faculty and staff in a medical education environment and also presented an inaugural survey to evaluate medical student perceptions of professionalism among faculty and staff.

As a result of that project, Rumala has been invited to give an educational workshop in Baltimore, MD to academic physicians on medical student perception of professionalism. She was assisted on that project by Patricia Hogue, Ph.D., assistant dean for diversity and chairman of the Physician Assistant Studies Department at UT,



and by Dr. Lawson Wulsin, MD, Ph.D., of the University of Cincinnati Family Medicine and Psychiatry Program.

Rumala's second award came for her project entitled "Recruitment of Underrepresented Minority Students of Medical School: Minority Medical Student Organizations, An Untapped Resource."

Rumala initiated this project "to outline how minority student organizations, such as the Student National Medical Association (SNMA) can be used as a recruitment strategy to increase diversity in the physician workforce."

"This project," says Rumala, "was initiated as a result of my passion to bring more diversity to the College of Medicine, during a time when there were less than five percent underrepresented minority matriculants in a class of 145."

And there's more... much more.

Rumala recently published a paper on the latter initiative—the recruitment of underrepresented minorities—in the peer-reviewed Journal of National Medical Association. Her collaborator on this project is Dr. Fred Cason of UT.

But let's go back in time a little bit. When we first wrote about Bernice Rumala two years ago, she had just finished her first year of study at the College of Medicine where she is pursuing both a

medical degree and a master's in health education. She had found the time and the energy during that first year to revive the then moribund local chapter of the SNMA in order to satisfy her desire to help bridge the health disparities gap and to address the scarcity of medical students of color at the university.

"When I came here and saw the appalling numbers of underrepresented minority students, I knew the SNMA could help," she said at that time. "It's an organization of students of color, for students of color. I wanted to bring those initiatives locally."

A Brooklyn, NY native, who earned her undergraduate degree at the City College branch of the City University of New York and started work on her master's at Columbia University (compiling a 3.92 grade point average while earning 29 credits in molecular and biophysical studies), Rumala arrived in Toledo with only two other African-American students in a total class of 140. The shock of those numbers drove her to re-start SNMA.

And if you aren't yet impressed by Rumala's achievements, think about this: her full time gig is that of a medical student... going to class, working in the lab, studying, taking tests... kind of a full-time set of activities for most students.

Rumala has accomplished

watched Rumala play bumper pool with parked cars as she arrived for this interview, we would guess that those lessons are not yet complete.

Rumala has also decided on a specialty—psychiatry. After a period of flirting with the possibility of entering internal medicine, psychiatry has won her heart. She helped with the Community Health Fair last December and that experience sealed the psychiatric deal for her.

And somehow, amongst the studying, the extra research projects, the volunteerism, the recruitment of minority students, Rumala sometimes finds the time to

stay well-rounded and write a poem or two—an award-winning poem or two that is. She finished in second place several years ago in the UT Health Science Campus CultureScape Diversity Poetry, Essay and Art Contest for her poem titled "Beyond the Cultural Veil."

When we first visited with Rumala two years ago, we were impressed. This time we knew what to expect... and we were even more impressed the second time around.

Now, if she can only overcome her little issue with parallel parking...

STATE FARM INSURANCE

Low, Low Auto Rates.

Vince Davis Agency 419-244-2904

Game Savvy

Are you still missing out on the most exciting and unique perspective on Sports and Entertainment? Then stop it! With Game Savvy, Be the Show the Players Watch!

my 58

Stop being so surprised!

Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health Section

Building Bones: The Importance of Calcium

Special to The Truth

Calcium is important for the health of your bones. In fact, your bones provide a kind of "storage depot" for calcium. When you don't get enough calcium in your diet, your body takes calcium from your bones, leaving tiny pores. Over time, these tiny pores weaken your bones. They are more likely to break. In addition to bone health, calcium plays an important role in the muscles as well as blood clotting. Calcium can help lower your risk of cancer, heart disease, stroke and osteoporosis.

Eating enough calcium throughout your life is important for good health, whether you are a man or woman, young or old. While 80 percent of osteoporosis sufferers are women, over 2 million men struggle with it as well. Another three million men are at risk. Osteoporosis happens to men later in life, and since more men live longer today, it has become a major health issue.

The amount of daily calcium you need depends on your age:

- Children: 1-3 years
500 milligrams
- Children: 4-8 years
800 milligrams
- Adolescents: 9-18 years
1,300 milligrams
- Adults: 19-50 years
1,000 milligrams
- Adults: 51+ years
1,200 milligrams

Milk and other dairy foods like cheese and yogurt are a great source of calcium for your body. Milk is also a good food source of vitamins A and D, one of the B vitamins such as riboflavin and protein. If you like milk, it is one easy way to get your recommended calcium for the day. Smoothies or a bowl of cereal and milk are a great way to start the day. For dessert, make pudding with low-fat milk. Ice cream does have some calcium but it does not have as much as milk, cheese and yogurt. Ice cream is a wonderful treat to have occasionally but MyPyramid reminds us to choose dairy products that are low in fat most often.

One misconception about milk is that fat-free or "skim"

milk does not have the same nutrients as whole milk. The difference in the names and the product is the amount of fat. If you compare the nutrition labels, they will have about the same amount of calcium and added vitamin D. The difference in fat content on the



nutrition label could vary from 0 percent total fat and saturated fat to 13 percent total fat and 25 percent saturated fat. By choosing a lower fat milk option, you still get your calcium and other nutrients and you choose less fat.

In addition to dairy products, there are many other

foods that have calcium. Calcium is added, or fortified to some foods like cereal, bread, tofu and orange juice. The package label will often highlight that it's calcium-fortified or check the nutrition label. Salmon patties made from canned salmon with bones cre-

ate a calcium rich meal. Enjoy dark green leafy vegetables like kale, collards, mustard greens, bok choy or turnip greens. Dry beans that have been cooked do not have quite as much calcium as some of the foods just listed but they do have more calcium than ice cream.

Some people have trouble digesting lactose, the sugar in milk. This is called lactose intolerance. There are some ways to add dairy food to your diet without upsetting your stomach. Start with small amounts of milk and drink it with meals. Try lactose-reduced milk. Cheese is lower in lactose than milk and the active cultures in yogurt can make it easier on your stomach. If you do not eat dairy products, make sure you get a variety of other calcium-rich foods during the day. The best way to meet calcium and other daily nutrient needs should be through food first. If you have a question about taking calcium supplements, check with your healthcare provider.

Just like the symbol of the MyPyramid reminds us to balance our food choices with physical activity, getting enough calcium from food is balanced out by exercises to keep our bones strong. Weight-bearing activities obviously include weight lifting and there are many other exercises that strengthen the bones. Weight-bearing means

your bones (and muscles!) are working against gravity—like jumping, running and walking. Many sports would fall into this category such as soccer, basketball and tennis. Many youth games like double-dutch, hopscotch and kickball are good for the bones. Try exercises like push-ups, karate, taekwon do, dancing. Daily choices like making time for exercise and choosing to take the stairs instead of the elevator benefit the bones!

There are a few fun physical activities that do not fall into the weight-bearing activity category. This is not to say that they are not important for your heart and other muscles but make sure you also include weight-bearing activities. Some physical activities that do not bear weight include bike riding and swimming. Enjoy these activities and include weight-bearing activities also.

Information compiled from Nutrition Education Services Oregon Dairy Council, Ohio State University Extension and Eat Right Montana.

Free DVD Player!!



Get a Free DVD Player!

Free DVD player with each new patient appointment for your child at either **Daisy Smith Pediatrics** or **NHA Pediatrics**. Already have a physician? You may still qualify.

For further information call Mark at 419-255-7883 ext 112; Crystal at 419-691-1322 ext 314; or Lyndsay at 419-241-6106 ext. 213

One DVD player per family. Appointment must be made and kept.

NHA Pediatrics
One Aurora Gonzalez Dr • Toledo, Ohio
419-241-4230

DAISY SMITH Pediatrics
430 Nebraska Ave • Toledo, Ohio
419-255-7883

Health Section Sponsored by *NCHA* • Health Section Sponsored by *NCHA* • Health Section Sponsored by *NCHA* • Health Section

Healthy Mom, Healthy Family

By Diana Patton and Tonja Ward
Guest Column

Happy Mother's Day to all the moms, grandmothers, aunts, godmothers and very special women who contribute to the nurturing of children and families!!

It is our hope that you will feel appreciated and loved on your special day. But more than that, our hope is that you can appreciate yourself and not be afraid to humbly recognize all you have been led to do for countless others.

Be grateful that you have the opportunity to serve (remember, it is the Lord Christ whom you serve - Col 3:24) and let go of any expectations of payback (they could not afford it anyway). A grateful heart leaves very little room for disappointment and helps ensure abundant happiness and contentment.

Did you know that women who are nurturers tend to be looked upon for leadership? The healthier you are the better chance your family will be healthy (leading by example). This goes for moms, grandmothers, aunts, godmothers and all women who take care of or influence young people in the home on a regular basis.

By the way, when was the last time you thought about the state of your own wellness and fitness? Are you truly taking care of yourself—from

a body, mind and Christ-filled perspective? Are there things you could do to take better care of yourself and those whom you help to nurture? Are there things you would like to do to take better care of you and your loved ones, but just aren't sure where to begin? What an awesome gift to give yourself and your family this Mother's Day!

Health and fitness is definitely a family affair! When it is done together with guidance from the ones who primarily do the shopping, prepare the meals and keep the schedules (yes, we're talking about you) the likelihood for success is greatly increased.

Here are a few ideas to get you started:

- Have a family meeting to discuss and brainstorm ideas of ways to be healthier. Include both physical activity and general nutrition changes.

- Pray together and ask God to help you and the family set short and long term goals. Remind each other that nothing happens overnight and change is not always easy.

- Make eating fresh vegetables a priority. Find a few new vegetables to try each month and look up recipes online to prepare them.

- Drink *lots more water* and

lots less juice, even less soda and even less sugary drinks.

In closing, we ask all mothers to raise their right hand, stand up and state:

"I vow and do solemnly swear to uphold my God-given right to release all shackled bondages of negative thought, generational curses and areas of my life that hold me back from receiving all the blessings that Christ said are mine for the asking. I receive and humbly accept my abundant, joy-filled, healthy and anointed life. And in return, I shall bestow upon my family my positive legacy for generations to come."

Have a Happy and Healthy Wonderfully Spectacular and Relaxing Mother's Day!

If you need help getting started with the tips discussed above, you can sign up for the **FITATUDES JUMPSTART PROGRAM!** Contact Diana Patton at diana@fitatudes.com or call 419.450.3362 to receive our free newsletter.

Diana (Toledo, Ohio) and Tonja Ward (Houston, Texas) co-own and operate a company called FITATUDES, a Christian based wellness organization that enhances and empowers women and sports families' lives with the FITATUDES concepts.

Women and Heart Attacks: Understand What Your Body Is Telling You

By Tedra White, ProMedica Health
Guest Contributor

Do you know the symptoms of a heart attack? Not all heart attacks begin with sudden, crushing chest pain, like you see on TV and in the movies. Sometimes symptoms can be less obvious or mistaken for heart burn or back pain. This is especially true for women according to Dr. Carolyn Gbur, a ProMedica cardiologist. She says that women are more likely than men to have "silent" or mild symptoms that are more likely to be ignored.

"Heart attacks often feel different to a woman than to a man. For example, women are more likely to have nausea, pain high up in the abdomen or burning in their chest during a heart attack," says Dr. Gbur.

Women are also more

likely to experience shortness of breath and vomiting. These are all symptoms that should be taken seriously and are warning signs to call 9-1-1 and get to a hospital right away.

"It's important for women to understand their bodies and pay attention when something doesn't seem right or feels unusual," says Dr. Gbur.

The stage for heart disease is set before menopause by factors such as diabetes, high blood pressure, high cholesterol, extra weight (especially around the waist) and smoking—all factors that play a part in plaque buildup in the arteries which can lead to a heart attack. Another risk factor before menopause is a blood pressure reading of 120 to 140.

"Any time a woman visits her doctor, including for OB/

GYN, she should always have her blood pressure checked. If it's high, it should be treated aggressively, with either medication, or diet and exercise," says Dr. Gbur. "Your doctor will recommend the best treatment option depending on your overall health."

Dr. Gbur also says women need to watch their cholesterol levels. A good LDL ("bad") cholesterol is below 120. Your HDL ("good") cholesterol should be above 50 (60 is preferable).

For information about recognizing or preventing a heart attack, visit www.americanheart.org. To contact a ProMedica heart specialist, call 800-PPG-DOCS.

Aunt Minnie's Corner for Healthy Cooking

"Changing the Way America Eats!"

Stuffed Cod Fish Delight (With Brown Rice and Steamed Broccoli)

This recipe is so quick and easy ... and wholesome, of course.

Take each piece of cod fish and cut a one inch opening in each piece. Season the cod fish lightly with paprika, salt, cayenne pepper and a dash of lemon or lime juice, topped with one teaspoon of butter.

Place approximately one tablespoon of Aunt Minnie's Cornbread Stuffing in the one inch opening in the fish.

Broil approximately 20 minutes under broiler.

Cook brown rice according to package directions.

Boil water for the fresh broccoli, add a pinch of salt and boil to desired tenderness—no more than five minutes. Drain. (Serving suggestion—add two ounces of low-fat cheese, if desired, and cover for several minutes before serving.)

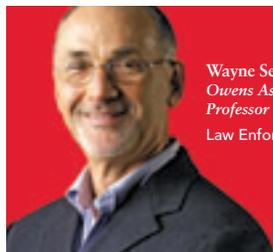
Nothing makes a better dessert for this meal than Angel Food Cake topped with whipped cream and fresh strawberries.

And there you have it ... a good, wholesome meal in less than an hour!

Ed. Note: Minnie Sebree and Claudia Sebree Brown are the owners and operators of Aunt Minnie's, an exclusive frozen food company that places its products, such as peach cobbler, candied yams and corn beard stuffing in dozens of stores in Michigan and Ohio including many in the Toledo area.



Tonja Ward, Diana Patton and veggies



Wayne Seely
Owens Assistant
Professor
Law Enforcement

HIGHER EDUCATION. Beyond Textbooks.

An average class size of 15 and teaching-focused faculty with real-world knowledge will make your Owens education a quality experience.

REGISTER NOW! • www.owens.edu

Summer classes begin May 27 and June 2. Summer weekend classes begin May 30.



OWENS
COMMUNITY COLLEGE

Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health Section

Our Children and Secondhand Smoke

Special to The Truth

Children of women who smoke are more likely to be born too early and weigh less than they should. If

smoke is a factor in crib deaths; better known as Sudden Infant Death Syndrome or SIDS.

buildup of extra fluid in the middle ear.

For African-American children, one of the biggest

disease of childhood. According to the Environmental Protection Agency (EPA), up to a million children are hospitalized each year with asthma attacks. The American Lung Association reports that a African American child is four times more likely to die from an asthma attack than a White child.

Secondhand smoke can bring on an asthma attack. It may even cause new cases of asthma to develop in children. A 2002 report by researchers at the US Center for Disease Control and Prevention found that



children with high exposure to secondhand smoke had more serious cases of asthma and worsened lung function.

Kathryn Grayson

Tobacco Prevention Consultant & Certified Tobacco Treatment Specialist

Visit Us Online at: thetruthtoledo.com



their mothers keep smoking, things can get worse. Even healthy babies under the age of 18 months can become sick if they are exposed to secondhand smoke from mothers, fathers or other adults in the household.

1. Secondhand

2. Children who are around smokers are more likely to suffer from bronchitis, pneumonia, chronic coughing, wheezing, and increased mucus.

3. Secondhand smoke is linked to ear infections in children because smoke contributes to the

health risks of secondhand smoke is asthma. A child having an asthma attack has trouble breathing. A bad asthma attack can be life-threatening. Cases of childhood asthma have more than tripled since 1970. That makes asthma the most common chronic

NHA Adds Prominent Local Physician to Its Staff

Sojourner's Truth Staff

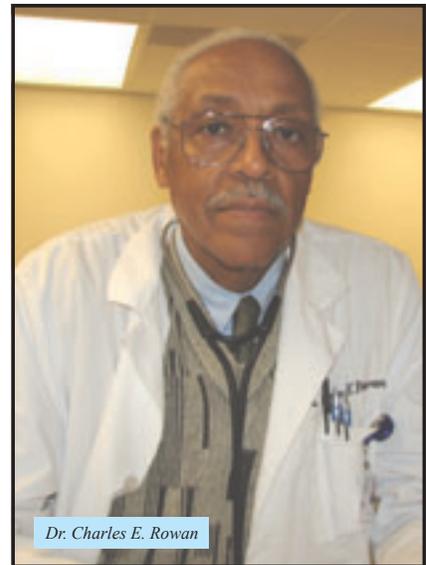
The Neighborhood Health Association has just added another medical luminary to its galaxy of health care professionals.

Dr. Charles E. Rowan, who is an internal medicine specialist, has locked the doors on his private practice and joined the NHA staff at the Cordelia Martin Health Center.

For Dr. Rowan, this is not his first time with Cordelia Martin. The former medical director of the Toledo Health and Retirement Center had a stint with Cordelia Martin at its inception in the early 1980's when he served on the board of directors for the health center and was one of the non-profit agency's first physicians.

Dr. Rowan, who was born and reared in Connersville, Indiana, earned his medical degree from Indiana University and then headed to the Baltimore/Washington D.C. area for his internship and residency. He worked at D.C. General and at the Veterans Administration Hospital before succumbing to his desire to move a bit closer to his roots.

He arrived in Toledo in



Dr. Charles E. Rowan

1965 taking over a private practice that he kept up in between or along with positions with Cordelia Martin, Toledo Health and Retirement and Mercy Health Partners.

"I enjoy medicine, of course, but I enjoy seeing patients even more," says the doctor. "There are so many I've taken care of in

this town. Coming to Cordelia Martin means a new home for some of those I have seen over the years."

Dr. Rowan moved to Toledo with his wife, Odessa Rowan, a former teacher and librarian. Together they raised four children: Michael Terrence, a hospital administrator, Brian Anthony, an orthopedic surgeon, Charles Gregory, an attorney and Sherelle Elaine, a registered nurse.

By his own admission, Dr. Rowan has had a life filled with enjoyment both personal and professional. So after closing his own practice, why has he continued his active lifestyle? "I'm reluctant to stop and do nothing," he replies. "That's just not like me."

Church's Chicken

12 tender strips & 4 biscuits and choice of any large side order
\$12.99

50 pieces of dark (original or spicy)
only \$35.00

Offer good for Church's Chicken locations at 2124 Franklin Avenue, Toledo and Byrns & Glendale, Toledo

Charleston House
An upscale consignment shop
4055 Monroe St. Toledo, OH 43606

NEW MOTHER'S DAY HATS

Designer Suits and Dresses -
Elegant Hats - Name Brand Shoes

Open 10 am - pm - Tues - Sat
419.472.4648

Health Section Sponsored by *NAA* • Health Section Sponsored by *NAA* • Health Section Sponsored by *NAA* • Health Section

The Lighthouse Road: Honor Your Mother

by Dr. Anita M. Lewis-Sewell
Guest Column

Then Jesus answered and said unto her, O woman, great is thy faith: be it unto thee even as thou wilt. And her daughter was made whole from that very hour.

Matthew 15:28

She was born into a world of obstacles, but she was destined for greatness.

Her family was poor. As she was a female, society that did not affirm or offer her the promise of equal opportunities. As a black American, age-old racial barriers stood as daunting hurdles to the hope of a meaningful future. As a child, she was afflicted with a disease that threatened to rob her of the ability to walk.

But her mother was a woman of faith, vision, and determination. This mother refused to accept that her daughter was condemned to a life of physical limitations.

The family could not afford the cost of medical care, so this young girl's mother enlisted the helping hands of her brothers and sisters. They took turns providing

the physical therapy that helped overcome the lingering effects of polio and, thus, played an important part in their sister's future athletic success.

The child's name was Wilma Rudolph.

With the care and support of her family, she gradually recovered. Wilma Rudolph not only walked, but she began to run.

She participated in the 1956 Olympics in Rome and the 1960 Olympics in Melbourne, Australia, winning an impressive three Olympic gold medals and one bronze metal in track and field events.

This "Black Gazelle," as she was known, gained worldwide fame, having overcome personal, physical, and historical handicaps.

Her tremendous accomplishments secured her a distinguished place in history. They stand today as an inspiration to anyone who wonders if the baton of success belongs only to a

privileged few.

Other helping hands, coaches and mentors, cultivated the talent that Wilma exhibited as a young athlete, making valuable contributions to her life journey.

Ultimately, all of America and the entire world applauded and acclaimed her special gifts of grace and physical speed.

It is important to reflect upon life stories of success and achievement. Goals reached against significant, even overwhelming, odds inspire us. Such stories encourage us to keep faith in our dreams, especially if they require great effort, significant resources, and sustained commitment.

The microcosm from which this great athlete emerged holds important lessons for us all. A strong and healthy family is an important foundation for every child. The unity and commitment of family can help to overcome many obstacles.

A good mother goes far beyond simply giving birth to a baby. Hers is a lifelong journey of love, guidance, and support.

A mother's womb is where life first grows and develops. It is the first cradle of commitment that protects and nurtures each brand new human life.

In many ways, the womb is highly symbolic of the family, the community, our societies, and the world at large. Once a child is born, his or her ultimate survival and success in life is markedly influenced by the conditions and environment into which it is ushered.

Our families, neighborhoods, and greater communities have the power to nurture, affirm, and support a child's maturation and success.

These entities also possess the power to limit, neglect, or destroy a child's future through war, violence, abuse, discrimination, poverty, famine, and so many other harmful experi-

ences.

Have you seen a movie titled *The Children of Men*? This rather desperate tale depicts a world at war where children no longer exist. No babies have been born for almost 20 years. The entire world is engulfed in chaos, grief and conflict.

The story involves the efforts of a band of rebels to protect a woman who has managed to conceive in this dark time of infertility and despair. When the child is born, everyone who sees the baby is so riveted and awed by the sight that, for a short interlude, all fighting stops. Every soul is momentarily mesmerized by the miracle and meaning of life. But the effect, unfortunately, is all too brief.

How marvelous it will be when humanity comes to a consensus that all life is sacred, that love is more powerful than hatred and peace is more precious than war.

How wonderful it will be when all children are loved, affirmed, and supported in

developing into their best selves, despite the obstacles that life has placed in their paths.

God has called us to be helpers one to another, but not every important life accomplishment is played out on an international or global scale.

Each child is precious and has a divine destiny determined by God. Our Olympian goal should be to transform this world into a positive place where all our children can achieve their highest potential.

Honor your Mother. Motherhood, without question, is among the most significant of contributions to that eternal tapestry called life. Wilma's mother was an integral part of her daughter's success in life. A mother's love, like the love of God, is a helping and a healing thing.

Happy Mother's Day.

Dr. Lewis Sewell may be contacted at TheLighthouseRoad@wohr.com

Healthcare Heros



Help us find our founders!

If you or anyone you know were involved in the founding of either the Cordelia Martin or the original Aurora Gonzalez Health Centers; if you served on the Board, worked on the auxiliary, please send us your contact information at 720-7883, ext. 216 or www.nhainc.org. We want the world to know that you are a Health Care Hero and will honor your contribution during our August celebration of Health Center Week.



Health Section Sponsored by WAA • Health Section Sponsored by WAA • Health Section Sponsored by WAA • Health Section

Seniors Beware: They're After the Red, White and Blue!!

By Diane Parrish
Guest Column

Thank God for America and thank God for Medicare, but ... I urge all Medicare recipients, especially the senior citizens, to protect their Medicare card.

I've met too many seniors who, when asked questions about their health, quickly flashed their Medicare card. Often, these cards numbers are the same numbers as their social security numbers, which also could expose them to identity theft.

I encourage all Medicare recipients to read their Medicare billing summaries that are sent from CMS (Centers for Medicare & Medicaid Services). These statements could surprise you, especially if someone has billed your Medicare card for services and equipment you did not receive. If you find someone has billed your Medicare card without your permission you have a responsibility as a good American citizen to report it by calling the telephone number on the statement.

A woman came to me last week who was quite noticeably upset about the fraud caused by using her Medicare

card. Someone representing a company came to her building and passed out flyers advertising free transportation while implying that Medicare would pay for it.

She signed a form and was told she would receive transportation to the doctor's office and other places she needed to go around the city. She never received the transportation but she did receive a billing summary from Medicare which showed that Medicare paid \$116.93 for services she did not receive. She argued and said she could have taken a trip South with this kind of money. In case you don't already know, Medicare does not pay for transportation.

Another woman said a doctor came to her senior residence and spoke with some of the people. He found out she was diabetic and said he could order diabetic shoes and a special walker but the only catch was she had to sign a form stating he had been her doctor for the last six months. She said she couldn't do it because she was not going to be a liar. I emphasized that the primary care doctor will and should order

the medical equipment you need. He/she knows your history and is the most qualified to order the equipment you need.

One prominent physician told me a story several months ago about a patient who had been under his care for several years who had little to no health insurance and immediately after receiving her Medicare card was contacted by telephone by a person making a lot of false promises. She and her doctor could not understand how this "so called telemarketer" was able to acquire information that she had received her Medicare card.

Another example of senior Medicare fraud was reported by a group of seniors in a senior residence when several people came to their building and one of the games they played involved their Medicare card which was placed in a bowl and while they were being served a light snack their cards were being held by this group of people. After the snack, cards were drawn from the bowl and prizes were given away.

Later some of the residents were contacted about receiving power wheelchairs from an out of state medical equipment company. One person reported receiving one of these power wheelchairs which turned out to be a "used chair" which never worked and she was unable to contact a company for repairs. Her doctor never wrote a prescription and the equipment cost showed up on her Medicare billing summary.

Medicare wants us to report fraud because certain unscrupulous people are stealing our money, our benefits and our hard work in this country.

Did you recently discover you had a Medicare Advantage plan when you hadn't

(Continued on Page 14)

Diabetes Day: Spring into Health

The ProMedica Diabetes Care Center is holding a diabetes health fair with a focus on the American Diabetes Association standards of care. There will be exhibits and displays by a variety of diabetes experts to answer questions and free screenings for blood pressure, cholesterol, body fat analysis and blood sugar. There will also be eye and foot exams.

The health fair will be held at the ProMedica Health Center - Woodley, 3909 Woodley Road, Toledo (Woodley Road is off of Sylvania Ave., near Westfield Franklin Park Mall.) on Saturday, May 10, 2008 from 9 a.m. to noon.

This event is free and open to the public, but registration is required. For more information or to register, please call 419-291-6767.

Dear Ryan,

I have been working out for a few months and I am seeing progress. I take your advice follow your workouts and I have been eating decent but I could be doing better. My question is about my legs. How do I get rid of the jiggle flab on the inside of my legs.

Carmen

Dear Carmen,

I'm glad that you find my articles helpful and that my advice is working for you. You will need to keep eating properly and better than that if possible. The better you eat the better and faster your results will be.

The key to losing fat is to burn more calories. Plain and simple. You also want to build muscle which will raise your metabolism and you will burn more calories while you are at rest. Now I don't know if your legs are carrying more fat there because they are underdeveloped or that's just where your body stores it or a combination of the two. Our bodies will burn fat where ever it finds it easiest to get it from and then it moves to the more stubborn areas.

Let's tackle this problem as if it is a lack of muscle since you say you have been eating decently. You want to do a lot of leg work and increase your cardio. As far as leg work goes I say always, always, always do squats!

Did I mention SQUATS?

Squats work the whole leg front and back and it is by far one of the most taxing exercises you can do. It will burn more calories, raise your heart rate and keep your body burning on high all day long. Plea squats are great for building the inner thigh. These are also called ballerina squats.

You take a wide stance and stand with your toes turned out as far as you comfortably can and you do a squat. This exercise can be hard on your knees if you do it incorrectly. Be sure to take your time and play around with your footing finding the most comfortable position for YOUR body.

Everyone's body mechanics is different so find the position that best fits you.

Another great exercise is the side lunge. This is as simple as it sounds. You stand straight and step out to your right side in a lunging motion, return to the center and then repeat on the same side for 12 reps or alternate sides.

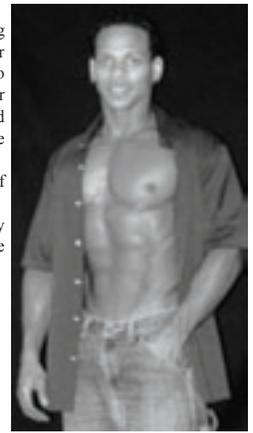
Leg presses with your legs spread wide and toes pointed out work the inner thigh muscles and you don't need to go heavy on these. Make sure that you're feeling it in the inner thigh on all of these exercises. If you are not feeling it there adjust your foot position until you feel it in the right spot.

Don't forget to do straight leg dead lifts, leg curls and extensions. Also remember to do your cardio three to four days per week and it's best to do it first thing in the morning or after your workout. If neither one of these times are good for you just make sure you get it done sometime during the week.

I hope this is helpful to you and let me know of your progress.

I will be starting group classes again in May for four to eight people per class. Please call me for more information

Ryan Rollison
Dream Bodies
1240 W. Sylvania ave
Toledo Ohio 43612
419-476-3494
ryan@mydreambodies.com



Buckeye CableSystem and The Truth vip of the month.

May's VIP --- Patricia Hogue, Ph.D.



Patricia Hogue, Ph.D., is the chairman and assistant professor of the Department of Physician Assistant at UT and assistant dean of Diversity, Student Recruitment and Retention for the College of Medicine. She teaches, she counsels, she sees patients, she serves as a faculty advisor to the on-campus chapter of the Student National Medical Association (the group that helps those members of underrepresented minorities), she publishes, she researches women's health, minority health and geriatric issues, she holds licenses as a registered nurse and a board certified physician assistant.

But, above all, Hogue, who in her spare time earned her Doctorate degree in 2007 in public health education and gerontology, has come to realize over the years that her

true mission is one of enhancing diversity of the institution.

"When I first started, I came in here thinking I was going to bestow my words of wisdom on students." She recalls with a chuckle. "But God revealed to me that I'm here for diversity. It's about health care disparities and one way to eliminate those disparities is the increase the number of minority health care providers.

You too can be a vip!

video
+
internet
+
phone



Buckeye CableSystem
419.724.9800



UT Minority Alumni Affiliate Hosts 17th Annual Recognition of Excellence Reception

By Alexis Randles
Sojourner's Truth Reporter

On Saturday evening, April 26, 2008, The University of Toledo's (UT) Minority Alumni Affiliate hosted the 17th Annual Recognition of Excellence Reception in the Student Union to honor students and alumni who have been trailblazers within their community as well as in their careers.

"How do we continue to engage minority alumni for a purpose, when we are only as strong as the members that are engaged?" asked Master of Ceremony Greg Braylock, president of The University of Toledo Minority Alumni Affiliate.

"We want alumni of all ages and classes, from age 48 to class of 2008, to take an active role in the affiliate as we help carry forth the mission of The University of Toledo and work to prepare students for success so that they too will one day be the outstanding community members, professionals, leaders, and alumni that we need"

Braylock said that the affiliate is a paid membership organization but nonetheless it is their actions and accomplishments that make it a success. "The University of Toledo is not just an institution with walls and classrooms but inside those walls and inside those classrooms are students are young people and scholarship recipients," he said. "We have a strong agenda to push, the agenda of UT, which is to educate and the agenda of the minority affiliate which is to engage minority students with our alumni."

At this year's reception, the Minority Affiliate took a rather unique but successful approach to their normally traditional reception. The change of format was intended to give more students and recent alumni the opportunity to network and become more familiar with the nominated awardees.

To make this possible the previous sit-down style dinner was replaced with an intimate welcome and cocktail hour, which proved to be a crowd favorite. During this time students had the opportunity to put a face to individuals who were once in their shoes and more importantly sponsors had the chance to personally congratulate the individuals whose academic dreams and lifelong goals they have made a reality.

"Growing up in an urban environment in the north end of Toledo I was impacted to grow above what society

would show me, I want my life to be the best that I can make it and that will make a

'conversations of excellence,' which was also a new addition to the program.

within her community. She is most known for her work on the Lathrop House resto-

taught her both by word and deed to leave things better than she found it," said Hollie.

Jones is a lifetime member of the NAACP and employee of the Beta Corporation. When he is not working, he enjoys serving as associate minister at the Christian Temple Baptist Church where his father is head minister.

"I really don't have to read this paper because we go back like frick and frat, like peanut butter and jelly and Tom and Jerry," joked Martino Harmon when introducing Young, the final honoree. "But I want to make sure that I do him justice by reading exactly a short version of his bio."

Young is the interim director of the Office of EXCEL at UT. He is the chairman of the policy committee on the University's Commission on Diversity and also serves on a variety of other school and organizational boards throughout the area. To feed his faith, Young serves on the ministerial staff at New Life Church of God in Christ (COGIC) as an ordained elder.

"Those of us that really had a commitment and a passion for students needed to be directly involved," said Young. "The students that are attending now are facing a whole different set of challenges than I faced. I am glad to be learning from them while they are also learning from me."

After the conversations of excellence, the program resumed by recognizing those who helped make

the event possible. In attendance were representatives from UT's Office of the Dean of Students, Buckeye Cable System, The African American Enrichment Office, The Office of Multicultural Student Services and Paramount Health Care. Each year Paramount along with Equilla Roach, the wife of former educator Arthur Lee Roach, are responsible for awarding one of the Affiliates most notable scholarships, which is the Arthur Lee Roach scholarship.

"My husband was a principal for many years and he prided himself on doing community work and educating students and youth in general," said Roach. "I am just so honored, that with the help of different organizations and individuals we are able to continue what he loved."

The Arthur Lee Roach scholarship is awarded to an individual who has professional goals in a health care field, in addition to showing financial need, academic merit and community involvement. This year's scholarship recipient was William Bidwell, whose goal is to become a pharmacist.

At the close of the reception, Braylock encouraged all attendees to ask themselves how they can retain their strong traditions while also creating new ones. "By understanding how important it is to be engaged with the same institutions that have made you a success," said Braylock. "This reception is not simply about being a member but about being a connector for someone else."



Aretha Gilbert, Monique Long, Kevin Beeler, Debra Thomas

difference in my community but also prove the stereotypes wrong," said Aretha Gilbert, a freshman at UT and one of the outstanding community members. "My environment is always going to be a part of my culture and I will never forget where I came from because it helped shape me in to who I am today."

However, scholarship recipient Monique Long, who is a sophomore majoring in health care administration, is simply thankful to God that programs such as these exist because she has already accomplished one of the many goals that she has set for herself. "My goal was just to get to college to show my community that it is possible and now with college I desire more," she said. "I will start a Christian-based group home for battered women and children. This scholarship is not only money for college but an investment in a better community."

Kevin Beeler, a sophomore at UT with a 3.9 grade point average (GPA) hopes he will be able to prove to the world and not just his community that he is determined. In his scholarship essay he spoke about how a combination of hard work and dedication ultimately equals knowledge and success.

Debra Thomas, the only high school scholarship recipient, is a graduating senior from Rogers High School and will attend UT in the fall to study either marketing communications or forensic science. One of her most recent goals was to graduate from high school a year early and in a few short weeks, Thomas will make that goal a reality.

Following the cocktail hour was a portion of the program appropriately titled

Braylock stressed that the importance of this 30-minute portion was to allow those in attendance to engage in conversations pertaining to excellence with this year's four alumni awardees.

"During conversations of excellence, everyone will have the opportunity to speak with the honored alumni about their experiences at UT as a student, their experiences within the community and in their profession," said Braylock.

In past years, each alumni award recipient has been allotted a certain amount of time during the program to speak about how they arrived at their level of success in their careers. However, this new addition created a relaxing atmosphere that opened the door to candid conversation at each of the four stations that were setup around the reception area. Before the cocktail hour began, each alumni honored was presented with their award and recognized in brief for their outstanding achievements to further jump start the session.

Educator Edrene Cole, received the posthumous award, which recognizes alumni whom are dedicated members to the minority affiliate and outstanding members within their community. Due to her absence, her husband Eddie Cole accepted the award in her behalf.

Joan Harris, Ireatha Hollie, James Jones and David Young were the four alumni honorees who received praise for being pillars of their community and innovators in their careers. Harris has been an educator for over 20 years in the Toledo Public School district and an active volunteer with a multitude of programs

ration committee, which helps preserve the legacy of the Lathrop House and her service at her church Third Baptist.

Hollie is an ordained minister who is known for her work in the medical field for the past 40 years as a pharmacist. Through this course,



Greg Braylock and Ireatha Hollie

Hollie has been instrumental in bringing health care to the minority community. "She was blessed to be a member of an exceptional family who

The House of Day Funeral Service

"Locally Owned And Operated"
"Our Family Serving Your Family"

- * Pre-Arrangements
- * On Line Arrangements
- * Counseling Needs
- * Cremation Service
- * Insurance Available

2550 NEBRASKA AVE.
TOLEDO, OHIO 43607
Phone: 419-534-2550
www.houseofday.com
Email: mday@houseofday.com



2550 Nebraska Avenue
Toledo, Ohio 43607

Remembering "Baby Jack" aka Wilford Ellis Jackson

By Michael Hayes
Minister of Culture

My mom has five sisters, so I have a family full of women.

My dad was an only child, but thank goodness he had a lot of close friends because I have had more god dads and god uncles than I know what to do with.

My dad's legacy centers around growing up in a part of Toledo just outside of downtown.

Bordered by Smith Park, Swayne Field (Monroe/Detroit Intersection) and the expressway in a neighborhood called Englewood (yes, people, Toledo neighborhood's have names... you should start reading the signs and using them).

Prospect Avenue, over behind Robinson, and all that.

My dad ran those streets as a kid with Butch Cranon and Baby Jack (and a host of others).

So, once my dad had a family of his own... not only did he make sure that I knew the history... he also brought my god fathers around and I grew to love my extended family.

Now, when it comes to Baby Jack.

I remember being a kid in the 1980s and my dad and he would hang out re-living their past crazy tales and creating a few new ones.

I remember he was tall, funny, LOUD!

And he lived in California, but when he would come in town... everything would stop and his presence just filled any room.

This was my dad's brother from another mother!

I was surrounded by musicians in my youth, and it was easy to remember Baby Jack because he was my

dad's only friend who didn't play an instrument (at least not that I ever saw) but he would be right there laughing and mixing in with everyone else.

Y'all know how ya parents would have them get together and all you could do was sneak downstairs and get a glimpse of them acting a fool and being silly before you got sent back up to play in your room?

Well, my dad and his friends always talked to me like I was old enough to understand them for some reason. I remember some crazy... like really wild stories being told to my young ears that I dare not print in these pages... maan, my dad and his boys were crazy!

But, when it comes to Baby Jack.

I remember vividly being in the 8th Grade at Old West End.

It was the mid 90s and I have to admit, the whole gang culture in Toledo combined with a lot of other stuff resulted in my grades slipping. I was getting suspended more and more and in B.I.C. when I wasn't fully suspended. In danger of losing my Young Scholars status (wow, that program was a great experience but kinda hokey).

So, like any parent/god father collabo... my dad must've said something to Baby Jack because he was in town for a while during this time and he made sure to get in my face about me getting my act together.

First was the nice approach... later on came that "boy, you betta straighten up and fly right" approach... used by my parents and god parents alike.

I'll never forget this. I told him how bad I felt about

growing up poor, and Baby Jack made me a proposition. On my next grade card, I'd get \$20 for every A, \$15 for ever B and... that was it.

He said he wasn't paying nobody for a C or less!

I was already money hungry enough back then because my parents thought I was weird for ironing my allowance money (but I would barely iron clothes).

So, Baby Jack's proposition was right up my alley.

I don't remember my exact grades, but I remember I got paid!

But even more than that, was... this man who was like a brother to my father, he helped me understand that people I knew could be successful. He made it real to me, he made it seem attainable.

And then I'll never forget, he came to my 8th grade graduation.

He had his own family back in Cali. He had family here.

But he made time to spend half a school year making sure I didn't go to far off the deep end and then came to my graduation as a sign of it all paying off.

He scared me in to taking my education more seriously, he motivated me and he just brought a different energy than I had been around up to that point.

So valuable a person like that can be, that when they pass through the essence... his actual funeral was in California a week ago but his memorial service here in Toledo was enough to pack Braden Church with friends and family who remember him so vividly you could tell his impact on everyone was lifelong.

That's a beautiful thing to say about someone.

So, to my god dad Baby Jack... thank you, and I'll never forget.

And to my dad... Michael

L. Hayes (no, people - I'm not a junior, two different middle initials).

To my dad, I love you and

thanks for bringing so many teachers in my life to reinforce your lessons.

Album Review

Erykah Badu - New AMERYKAH

By Michael Hayes
Minister of Culture

To me, *Mama's Gun* was one of the greatest albums of my lifetime.

Like the way Baby Boomer's feel about the Beatles, or the way Gen Xers feel about *Tougher Than Leather* or something. But - for me, Erykah Badu delivered one of the finest musical masterpieces ever heard by ears.

See, my relationship with Erykah's music is, look... I'm biased.

Why front? Who says I'm a critic? NO -

I am a musical artist with a weekly column.

And in my opinion, ... look.

Just look at the weight of those words... *Mama's Gun*.

The context, the images conjured by that title.

See, if you ain't know - not only is Erykah Badu the queen mother of neo soul (a title most neo soul artists shun, but I like it cuz it is exact - it is soul for a new audience that was too young to catch it when it debuted).

But, in addition to birthing it, killing it (World Wide Underground album cover - look closely) and resurrecting it, Erykah has transcended it.

Buy this album, but do not get it twisted.

This ain't no "Call Tyrone" or even "Back In The Day."

Man, somebody told me that she and I share a birthday... that would be slick!

Amel and Erykah are just... I don't even have words for what they do to me (no words for the feeling and I'm a writer!).

The gifts of their artistry makes me feel grateful to behold what they offer.

New AMERYKAH is beyond.

Whatever your expectations are at this point, it doesn't matter.

This album surpasses anything you could conceive.

It's so necessary.

All my true heads out there (five teach the 85 about the 10, right?) - remember how you would feel listening to certain Wu Tang joints?

Remember that feeling? This is it times 10!

Not that the album is all master teaching, there are a couple joints that address other elements of life.

But primarily, this ain't just music, this is a lesson.

I can't give it away, people.

Maybe this will just be a wack album review.

Because I've been sitting with this album, letting it marinate, soaking it in.

And it's so potent. It's so very potent.

Have to take breaks, and come back to it.

I liken Badu's "Worldwide Underground" to Common's "Electric Circus."

We Pisces (both of them are Pisces, maybe that's why their thing didn't work out) sometimes go overboard in our need to push boundaries, but a boundary to one audience may be familiar territory to another.

Yet and still, after those experimental pieces came masterpieces. A genesis after Armageddon.

Common is two fort two with post-experimental masterpieces.

This is Erykah's first full-length joint since *World Wide Underground* and *New AMERYKAH* is actually a two-part release. The first part is subtitled 4th *World War*.

"Honey" may be the single, but you would be sadly mistaken if you typified the rest of this album by that song alone.

I can't do this one like I normally do.

Song for song, breaking it all down.

That just will not work this time, people. This is just too heavy. Too important.

This is not just music.

This is food.

This is nutrition.

Flavor Flav needs to give up that clock, yo, give it to Erykah Badu.

No one knows the time better than she does.

I can't review this album, y'all.

I can only tell you how very necessary it is.

A large portion of you reading these words right now might buy this album (don't bootleg). You might buy it, and listen to it and... to be blunt - you simply may not think on a level to have this impact your way it should. Perhaps to those casual listeners, this will just be a nice collection of sublime music and interesting lyrics. But, if you know like I know - you need to dig in!

A friend of mine (she knows who she is, you better be reading too!)... she's really starting to make her foray into "conscious" music but her third eye has been open for a while but just not entrenched in the "scene."

A "conscious" person without being conscious of the cool factor of "acting conscious" - feel me?

So, I was explaining to this friend how important Erykah and the whole Soulquarian movement was to me and my development. How, I make music and can play in the world of clubs and bass and pop

(Continued on Page 14)



Fairview
Skilled Nursing and Rehabilitation

Long Term Care
Short Term Care
Respite Care

Hospice Care
Rehabilitation
Physical Therapy

Darrick Beckwith
Community Relations Assistant
Executive Director

4420 South Avenue
Toledo, Ohio 43615
Office: (419) 531-4201
Cell: (419) 367-6376
Fax: (419) 531-3607

Holland Sylvania
Flaire Dr. 1000 S
Reynolds

STUDIO 3.2.9
HAIR NAILS & BEAUTY

TOLEDO'S PREMIERE SALON

OPEN 8:30 AM TUESDAY - SATURDAY

SHAMP/STYLE
\$19.99
EVERY DAY!!!

1ST Tuesday of every month
20% OFF FOR SENIORS

Appointments & Walk-Ins are Welcome

VISA & MASTERCARD ACCEPTED

1238 Flaire Dr. Toledo, OH 43615
(419) 535-1862 STUDIO329@ATT.NET

DIXIE Auto Leasing
Toledo, OH

5880 N. Detroit
Month to Month Leasing
419-476-8674

WE ARE A FULL SERVICE BUSINESS



Seniors Beware

(Continued from Page 11)

signed up for one? Many seniors are reporting this.

If you have a Medicare Advantage plan and got sick in another state, are your benefits limited?

Check to be sure your home care agency, nurse or doctor has a license by calling or logging on the state government to acquire information about their right to practice and de-

liver health care to you.

We live in the most blessed country in the world and as citizen of this great country we have an obligation to quickly report fraud involving Medicare.

Guard your (Medicare) card!!

Diane Parrish is the founder and administrator of Parrish HomeCare

Badu Album Review

(Continued from Page 13)

charts...but my home is this. How I can hear some music that makes me want to step my production/writing or emcee game up.

But then you hear something like this album, and it becomes bigger than inspiration within the sphere of artistry.

This album addresses so much.

And then, there's the imagery... you need to buy this

album. You NEED to see the images, you NEED to read the lyrics.

You NEED to fuse with all you know about this society/country we call America.

You NEED to realize that even when you get to a certain degree, your understanding only expands to the limits of that degree and you have to elevate to increase and build that into wisdom.

I have more hope for tomorrow listening to this than I do listening to presidential candidates. No apologies.

This isn't much of a review, but oh well.

Wise words were once spoken to me in the form of this quote:

"When the student is ready, the teacher will arrive."

I've never forgotten those words (or who told me... thank you, I'll be calling soon, have

much to discuss!).

Stay woke, y'all.

I'm giving New AMERYKAH my highest rating - certified classic album status.

I repeat - stay woke!

You need to go and buy this album and see why it's a classic. If you out there, I know I'll be hearing from you... you'll be thanking me.

And we'll be thanking her. glasscitytruth@yahoo.com

MIDWEST DENTAL...Dr. Taiwo Ngo, DDS
 Accepting New Patients of All Ages
 Cutting edge hi-tech technology, digital equipment
 Most insurance accepted - including Medicaid
 1843 W. Alexis Rd. #4 - 419-475-5450
 2915 Lagrange - 419-244-1691
DENTAL Definitions - 5350 Airport Hwy - 419-382-8888



Dr. Taiwo Ngo

The Black MARKET PLACE

LARRY E. HAMME, Ph.D.
 Clinical Psychologist
 Individual, Family, Marital, Group Therapy
 Psychological Testing, Training
 4125 Monroe Toledo, Ohio 43606
 Phone: 419.472.7330
 Fax: 419.472.8675

PERFECT STARTER!!
IN MOVE-IN CONDITION!! 1818 MACOMBER
 2 bds living rm, dining rm, hardwood floors. All new windows. Newer roof, furnace, and hot water tank. CA, Security System & Patio in rear yard. Appliances stay
Wilma Smith * DiSalle Real Estate Company
 Office 419.866.5900 * Call 419.350.7514

Hicks Day Care
 Where Kids Come First!
 George Hicks
 Administrator
 2469 Maplewood Ave, Toledo, OH 43620
 Cell: 419.870.2335, Phone: 419.243.9175
 Fax: 419.243.9174
 E-mail: ghick3@msn.com * hicksdaycare.com



Want to Get Away?
 For the best deals on travel and hotels, try the Travelocity link on our website - www.thetruthtoledo.com

MCCOYS HAULING & Property Maintenance Specialist
 Warren McCoy
 Commercial & Residential
Clean Ups Demolition
 Attics, Basements, Garages Interior Tear Outs
 Tree & Stump Removal Iron & Metal Removal
 Property Repairs & Maintenance Solid Landfill

2040 Sandringham - \$196,000
 4 bds to full baths, updated eat-in kitchen w/granite countertops, large deck, large master w/bath and adjacent office, built-in bookshelves.
Call Laneta Goings, Welles Bowen, Realtors
 419.467.9302 or 419.891.0888



431 Islington -- \$34,900
DUPEX - GREAT INVESTMENT OPPORTUNITY
 Vinyl siding, 2 car garage - Agents get our clients in.
Call Donnette Tiggs, Welles Bowen, Realtors
 419.290.4567 or 419.891.0888

HUGH PRICE REDUCTION!
 \$99,900
City of Toledo - Grant Money Available!!!! 819 E. Bancroft
 3 beds, 2.5 bath, full basement, deck, 2 car, tax abatement
 Call Emory - 419.392.5428 for showings



Emory

Call
 419.460.1343
 Video, and Photography
Owner - RAMON TIGGS



Better Care Lawn & Show Removal Services L.L.C.
 Commercial/Residential Free Estimates
 Senior Citizen Discount
 Insured and Bonded Landscaping
 Phone: 419.917.6440 * Fax: 419.754.3953
www.bettercarelawnservice.com



Looking for partners to make \$1,000 to \$5,000 during the next 6-12 months working from home. Record setting company:
 1. Go to ... www.mangoisteinfruitinfo.com - For info
 2. Go to ... novarro.1@netzero.com - ask for appointment.
 Mature, self starter, people person - with vision

New Listing!
 Lovely 2079 sq. ft. brick ranch, 3 bds, 2.5 baths, located near the UT campus. Entertain in this beautiful 28x24 family rm w/WB fireplace. Formal dining rm, office area and laundry rm, appliances stay, A/C, privacy, security and more.
Wilma Smith * DiSalle Real Estate Company
 Office 419.866.5900 * Home Office 419.866.1128

You Asked For it TOLEDO - Certified SPANISH TEACHER
SPANISH CLASSES WITH NOVARRO
 Classes now forming
Call: Novarro at 419.464.2361
 NOTE: Only the serious need apply
 Regular Tutorial rates - novarro.1@netzero.com

THE C. BROWN FUNERAL HOME, INC.
 1629 NEBRASKA AVENUE 43607
 419.255.7682
"WHEN TRUTH IN PRICING AND QUALITY MATTERS" IN OR OUT OF TOWN

801 Lincoln Ave. - \$91,900
 2 bds, Master Bath with Jacuzzi, Freshly painted, Finished basement, New roof & eaves, concrete steps. Double lot!
Call Laneta Goings, Welles Bowen, Realtors
 419.467.9302 or 419.891.0888



Toledo's New Premiere - Studio 329
 Multi-Cultured Upscale Salon
 1st Time customers FREE - Cut with any style
 1st Tuesday of every month Senior Days 20% OFF
 1238 Flaire Dr - Toledo, OH 43615 - Ph. 419.535.1862
 Email: studio329@sbcglobal.net

Steven A. Parker
 Barber Stylist at
 Hobbs Barber Salon 419.514.7493
 Call for Appointment 2777 W. Central
 No Wait Toledo, Ohio 43606



5115 Grelyn Drive - \$165,000
 2 bdrm brick ranch w/attached garage and family sized deck overlooking spacious backyard
Call Alma Dortch-Gilbert
 419.297.2301 for showing



Houses For Rent
 Everything New: Paint, Carpet, Stove, Refrig. Section 8 OK
 MVP Property Management
 419-244-8566.

1748 Bobolink Lane \$215,000
 4 Bdrm/possible 5 - 3 1/2 baths, Hardwood floors - finished basement, family rm w/bar
 Beautiful custom Home
Please call Bessie 419.260.0215 or Kim 419.810.7097



2815 Sagamore - \$119,000
 3 bdrms; 1.5 baths home; open living and dining room with hardwood floors; family room and enclosed porch.
 Alma Dortch-Gilbert - 419.297.2301
adortchgilbert@sbcglobal.net



MID WINTER'S NIGHT DREAM!!
 3 beds, rec rm w/updated eat in kitchen, large formal din/liv rm
 Full basement w/rec, 1 car
1705 Parkdale - \$59,999
 Call Emory - 419.392.5428 for showings



Emory

Powell's Barber & Beauty Supplies
 901 Nebraska, Tol, OH 43607
Complete Line of Barber & Beauty Supplies
 Phone: 419.243.7731 - Fax: 419.242.6390
 Mon: 10 - 6 & Tues: Sat. 8 - 5
Calvin Powell

G. Fab
Custom Clothing & Graphic Design
 Graphic Design Layouts for: Custom Printed:
 *Business Cards *T Shirts
 *Brochures *Hoodies
 *Invitations *Hats
 *Flyers *Jackets
 *Obituaries *Jeans
 Contact Jason at 419.467.4320 or gfab@buckeye-express.com
 Special rates for Churches and Non-Profit Organizations

380 Pinewood \$130,000
 Mint Cond. 3bd, 2 1/2 bath, 2 1/2 car gar. Quiet Neighborhood. Private Showing. Move in at closing Call Grace 419.729.9494



1408 Shenandoah Road \$49,000
Nice updated home!
 Great for the money - To get inside
Please call Bessie 419.260.0215 or Kim 419.810.7097



1319 Palmwood - \$27,627
 Two story 3 bd home, newer furnace, some updated windows, stove, refrigerator, dishwasher stays plus an extra lot.
Call Donnette Tiggs, Welles Bowen, Realtors
 419.290.4567 or 419.891.0888



1158 Vance Street - \$34,900
 Great home for a large family! 4 bedrooms/possibly 5, has walk in closets, newer gutters, nice garage.
Call Donnette Tiggs, Welles Bowen, Realtors
 419.290.4567 or 419.891.0888



1543 South Avenue - \$74,900
 Well maintained, newly remodeled with updates, 3 bd, 1 1/2 baths. Basement & 2 car garage.
Call - John F. Kevern 419.261.1233



CLASSIFIEDS

April 30, 2008

Page 15

S.T.R.I.V.E. Summer Tutorial Program: The Challenge to Succeed

Are you a parent concerned about your child's education? Do you have a high school student who is faced with passing the required Ohio Graduation Test? Would you be interested in your child having the opportunity to pass up to two O.G.T. tests this summer?

If you answered yes to any of these questions, then you are interested in the S.T.R.I.V.E. (Success Through Review Incentive Vision Effort) Program. The Greater Toledo Urban League and the African American Police League will sponsor the program for high school students currently in grades 10 through 12.

The student has had to have attempted the O.G.T. test at least once through the school system. This is a free program for students.

High school students can receive instruction in up to two Ohio Graduation Tests. Caring Toledo Public School teachers will instruct the classes at Scott high School.

The classes will begin on Monday, June 9, 2008 through Monday June 23, 2008 and will run from 8:00 a.m. to Noon - Monday through Friday.

The O.G.T. review/test dates will be announced by the teachers. (The review is mandatory). Directly after the review, testing will start at 10:30 a.m.

The classes offered for the O.G.T. will be math, science and citizenship and students are able to take two of the three courses. This will give students an extra opportunity to take the test and if passed it will count towards graduation. The program is not equipped to handle special needs students.

Last summer 200 high school students were administered 300 O.G.T. tests.

If you are interested in your child/children attending this program, please contact Officer Floella Wormely or Diana Vasquez at (419) 245-1162 or (419) 245-1367. Due to limited class sizes, children must be registered by May 30, 2008. Parents must complete a registration form and a release of information.

Please call (419) 245-1162 or appear at Scott High School on Monday June 9, 2008 if you do not receive a call or letter by June 6, 2008 with your child's schedule.

Accepting Applications

Accessible Country Trail, Inc. I & II, Brook View Gardens, Inc. and Ottawa River Estates are accepting applications for 1 and 2 bedroom (waiting list) accessible apartments for persons with physical disabilities, mobility impairments and/or developmental disabilities. Rents will be subsidized by HUD under the Section 811. Applicants must be 18 or older to be eligible. Applications will be taken on a FIRST COME, FIRST SERVED BASIS on Friday, May 9, 2007, 9:00 a.m. - 3:30 p.m. at Lott Industries, 3350 Hill Avenue, Conference Room A & B, Toledo, Ohio. The Fair Housing Act makes it illegal to discriminate on the basis of race, color, religion, sex, handicap, familial status and national origin. Minority persons with eligible disabilities are encouraged to apply. For further information, call (419) 389-0361, M-F 8:30 a.m. - 4:30 p.m.



Business Opportunity

Do you have an hour to spare? Would you like to hear about a fantastic business opportunity? If so, email thetruth@thetruthtoledo.com or call 419-243-0007

Accepting Applications

John H. McKissick Senior Apartments are accepting applications for 1 bedroom waiting list for elderly housing, 62 years or older. Rents will be subsidized by HUD under the Section 202 Program. Applications will be taken on a FIRST COME FIRST SERVED BASIS on Friday, May 9, 2007, 9:00 a.m. - 3:30 p.m. at Lott Industries, 3350 Hill Avenue, Conference Room A & B, Toledo, Ohio. The Fair Housing Act makes it illegal to discriminate on the basis of race, color, religion, sex, handicap, familial status and national origin. For further information, call (419) 389-0361, M-F 8:30 a.m. - 4:30 p.m.



LUCAS METROPOLITAN HOUSING AUTHORITY

INVITATION FOR BIDS

The Lucas Metropolitan Housing Authority is seeking qualified contractors to furnish all labor, materials, and equipment for the following projects:

Job No.	Project	Bid
Opening Date	Walk-Thru Date	
28011	Roof Replacement at Vistula Manor	05/15/08 @ 10:00am
28033	Flory Gardens Lightning Protection	06/03/08 @ 11:00am
05/13/08 @ 10:30am	05/27/08 @ 11:00am	
28034	Renovation of 4032 Isadore	05/13/08 @ 9:00am
05/27/08 @ 11:15am		

Bid packages will be available at 201 Belmont Street, Modernization Department. A **non-refundable** fee of \$20.00 will be charged for each set of plans provided.

The prevailing wages for this locality, as established by the Department of Labor as Wage Determination OH20080028, as modified, must be paid all persons employed for this work.

All bidders shall be required to meet the Affirmative Action requirements and Equal Employment Opportunity requirements as described in Executive Order #11246. Each bidder must insure that all employees and applicants for employment are not discriminated against because of their race, color, religion, sex, national origin, disability, handicap, age, or ancestry.

MODERNIZATION DEPARTMENT
(419) 259-9462

Hair Battle

Stylists and salons ... put your creativity to test for your chance to win \$1,000 in CASH & compete for the Grand Prize of \$10,000 in Washington, D.C. this December. Space is limited, so register TODAY!

Contact Moira Evans at 419-215-9249 for more details.

INTERESTED BIDDERS: TOLEDO PUBLIC SCHOOLS - START HIGH SCHOOL RENOVATIONS AND WEST TOLEDO YMCA

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until **1:00 p.m. on May 29th, 2008**, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor material and supervision necessary for **Start High School Renovations and West Toledo YMCA Bid**, as more fully described in the drawings and specifications for the project prepared by SSOE, Inc. and will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan rooms in Maumee and Columbus, Builders Exchange in Toledo, University of Toledo - Capacity Building, E.O.P.A. - Hamilton Building, Northwest Ohio Hispanic Chamber of Commerce, and The Plan Room in Ann Arbor, Construction Association of Michigan, Toledo Regional Chamber of Commerce and Ohio Construction News.

Bidders may obtain copies of the documents starting **May 7th, 2008** which can be purchased from **Toledo Blue Print, 6964 Mc Nerney Road, Northwood, Ohio 43619 Phone: 419-661-9841. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A PREBID CONFERENCE is scheduled for **May 16th, 2008** at 2:00 p.m. at Toledo Public Schools' Board Room, 420 E. Manhattan Blvd., Toledo, Ohio 43608

If you have any questions or a need for additional information, please direct all questions in writing to LeShay.Hadley@lgb-llc.com, by phone at (419) 776-5600, or (fax) (877) 281-0784.

Bid Item No. 1 Site Work	\$	504,710.
Bid Item No. 2 General Trades	\$	1,038,883.
Bid Item No. 3 Fire Protection	\$	132,400.
Bid Item No. 4 Plumbing	\$	153,700.
Bid Item No. 5 HVAC	\$	971,200.
Bid Item No. 6 Electrical	\$	864,300.
Total Estimate:	\$	3,665,193.

Place your
Ad in
The
Sojourner's
Truth
Call Pam at
419-243-0007

EXECUTIVE DIRECTOR

EOPA seeks applications from candidates with the following strengths and skills:

- * Management Experience
- * Community service
- * Fundraising experience
- * Culturally diverse
- * Supervision
- * Fiscal management
- * Program development
- * Board relations
- * Collective bargaining
- * Facilities

The minimum requirements are: A Master's degree in social services or closely related area from an accredited college or university is required (doctoral degree preferred); seven years of responsible management experience with a publicly funded agency or closely related area required; with three years of supervising a major department, division or agency or an equivalent combination of education, training and experience. Must possess a valid driver's license and must be able to operate a personal computer.

A full job description is available by contacting Dr. Peg Wallace at peg.wallace@toledo.oh.gov. Please submit your resume electronically to Dr. Wallace at that email address by May 16, 2008.

EQUAL OPPORTUNITY EMPLOYER

Delta Hosts Annual Breakfast for M'Lady Event

By Artisha S. Lawson
Sojourner's Truth Reporter

Ladies of Delta Sigma Theta Sorority Inc. Toledo Alumnae Chapter hosted their annual Breakfast for M'Lady on Saturday, May 3, 2008 at Maumee's The Pinnacle.

Saturday's program opened with the announcement of the 2008 Mother of the Year. In honor of Mother's Day, the 2008 winner was Ceebee Kidd. She was born in 1913, and since that date she's accomplished so much and helped so many.

Since her relocation to Toledo, she's been active in her church for over 50 years working as a missionary, class leader, vacation bible school teacher and adult class teacher. Kidd has worked at Kaiser Jeep, taught millinery classes at Ryder School and taught craft classes at Lyman Liggins Senior Center. She loves to garden, is the mother of two, has six grandchildren, 16 great-grandchildren and five great-great-grandchildren.

"I have no intention of stopping now, my desire is making someone smile every day. Continue to pray for my family," said Kidd as her family stood around her during her award acceptance.

Since 1978, Toledo Alumnae Chapter has honored 30 women committed to volunteerism, previous winners included: Lela M. Talmadge, Charley P. Cobb, Shirley Ruth Johnson, Katie

Valentine, Sarah George, Bonita Johnson, Betty Johnson, Martha Boyd, Helen Duffy, Theodis Mercer, Bernice Roberts, Shirley Smith, Joan Coleman, Molene Baker, Lillian Kyser, Evelyn L. Brown, Gracie Stewart, Thelma Adams, Rose McDaniel, Odessa Fletcher, Leola Green Hayes, Nellie A. Vartice, Zephyr Taylor, Edomonia Jackson, Vera Herald, Charlotte Ziefler, Cora Allen, Dr. Samantha Adams, Susie M. Price and Mildred Gilmore.

Along with the mother award, three Central Catholic high school seniors were awarded scholarships because each obtained at least a 3.0 grade point average, submitted two letters of recommendation, demonstrated a financial need for the scholarship and completed an interview.

Recipient Raven Rona Jones plans to attend Miami University-Ohio, and during her years at Central she achieved academic honors, participated in extra-curricular and volunteered in the community. Some of her activities included: National Honor Society, National Honor Society of High School Scholars, Golf, Book Club, also Mom's House and American Red Cross volunteer. "Thank you God, thanks to Delta Sigma Theta Sorority, Inc. Toledo Alumnae Chapter for picking me," said

Jones. Debralyn Woodberry-Shaw plans to attend The Ohio State University and during her years at Central also participated in a variety of activities and earned academic honors. She was a Science Fair participant, was listed in Who's Who Among American High School Students, achieved a 4.1064 G.P.A., became a Deb-in-waiting in her junior year and is a Debutante in this her senior

year honor roll student. "Thanks to all the Deltas that were involved in this decision, and thanks to God for his grace," said Wilson.

Chapter President Bettina Shuford, Ph.D., enjoyed another successful event that acknowledged academic achievement. "This is our 28th year doing the breakfast. It's a good opportunity to bring community supporters together to give scholarships to young ladies who value

fashion show which featured Vogue Esquire Models from Chicago and Sepia Fashion Review. Fashions were divided into six scenes: "Simply Elegant" that included red and white attire; "Business Chic" included dress for success attire; "Colorific" included various colors and styles of attire; "The Knit Connection" featured clothing from St. John; "Glitter In The Dark" focused on clothes that sparkled and "Gala Evening" included various styles of gowns and evening wear. The clothes were modeled by Fannie Hamilton, Robin Harris, Tim Bolhar, Mykel Thomas, Shayla Hamilton, Mershuan Watson, Angel Jones, Adrena Taylor and Jeffrey Timms.

An auction and sale was held for several pieces such as full-length men's outdoor coats, men and women hats, purses of various fabrics, little black dresses, oversize bags, women's pant and skirt suits, men's two and three piece suits and vacation wear.

Saturday's event was organized by chapter officers Shuford, First Vice-President Jeannine Tyree, Second Vice-President Joyce Henderson, Corresponding Secretary Cynthia Dye, Recording Secretary Tiffany Triplett, Treasurer Ambershaun Byrd, Financial Secretaries Tiffany Pasker and Clara Brank, committee members Bessie M.

Mack, Trevor Black, Tiffany Triplett, Sheryl A. Riggs, Billie Lothery, Phyllis Wadley, Yatika Langford, Shirley Duckins, and chapter members.

Delta Sigma Theta Sorority, Inc was founded on the campus of Howard University in 1913 by 22 collegiate women and has since grown to a membership of over 250,000 women. Locally the first Delta chapter was established in 1937 by seven members, and in 1972 the Toledo Alumnae chapter was founded.



Mother of the Year
Ceebee Kidd

year in the Cotillion participant. She also volunteers with Safe-T-City and Girl Scouts. "I want to say thanks to all those involved, this is going towards my room and board so I can attend The Ohio State University," said Woodberry-Shaw.

The final recipient Rebecca Wilson plans to attend The University of Toledo. Her activities included: basketball and volleyball player, singing and dancing at Upton United Methodist Church and she was a four-

education," said Shuford. The event closed with a



Mother of the Year Ceebee Kidd and family



Debralyn Woodberry-Shaw



Raven Rona Jones



Rebecca Wilson



Vogue-Esquire Models

John 10:10
"I am come that they might have life, and that they might have it more ABUNDANTLY."

Salvation is the Beginning
Abundant Life Living is Next

TOFWC
WE GOT NEXT!

We are people of great joy, achieving good success!

**Toledo Urban
Federal Credit Union**

"It's Your Turn"

Free Checking
Savings & Loans
Pay All Utility Bills
Free Tax Service

1339 Derr Street
419-255-8876