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Daisy Smith, RN
Toledo Council of Black Nurses

"I was one of the first and there was a need for more black nurses. There was also a need in the black community for preventive health education ... black nurses could fill that need."

This Strikes Me ...

A Call for Black Civic Education

By Ravi Kumar Perry

I know school for most children is out for the summer. However, it is time for all of us to go back to school – this time, majoring in civics.

Why civics? In terms of local and national politics, blacks who confuse pride and high expectations increasingly frustrate me. Too many African-Americans today have unrealistically high expectations of black political figures – both locally and nationally. To add to this predicament, too many African-Americans lack the appropriate knowledge of government and how it functions.

These developments in the black community are not new. African-American politicians who first ran for mayor in the nation's big cities in the 1960s and 1970s and won suffered a lot of backlash after being elected and the citizens felt the mayor's efforts in their communities was not strong enough.

That backlash was primarily from Caucasian Americans who were upset by the changing racial climate. However, the backlash included African-Americans as well. As Maynard Jackson, Atlanta's first black mayor commented of his black constituents, "the level of expectations of black people when a black mayor is elected is so intensely emotional until it is almost exaggerated. It may be impossible for any human being to satisfy the level of expectations."

The problem was simple. The energy and excitement about a black person occupying a major political office generated extremely high expectations from the citizenry in terms of what could be accomplished. The expectations were and are not inappropriate to have. In fact, it is predictable that such high expectations might be generated from African-Americans since many feel and felt that with a black leader at city hall, the governor's mansion, or in the White House, maybe their substantive interests can finally be prioritized. However, there's a difference between prioritization and immediate change of one's socioeconomic circumstances.

Take U.S. Senator Barack Obama.

Given that Barack Obama will indeed win the Democratic presidential nomination, if elected, he will have to make good on the hope generated throughout the country. He claims his broad-based coalition will do that. I hope he is right. If not, (e.g., if there is too much white or Republican opposition), even if Obama tries as hard as possible, history suggests he will be blamed for the failures.

Although it would not entirely be his fault, (he doesn't give people high expectations, we create them ourselves), as the saying goes "the buck stops at his desk."

As a political observer, I hope his campaign is beginning to theorize and strategize about how to combat this potential backlash. It is so endearing that Obama has managed to raise people's hopes in America again. I only hope (no pun intended) that his efforts, when president, are successful. And if not, that he is in a position to avoid history's hint.

At the end of the day, Obama has already done more inspirationally for this country than most could have imagined. We owe a debt to him and his vision for that. However, for the sake of his future success as a black politician working on behalf of ALL Americans, it is my strongest wish that the high expectations he has played a part in generating are, first, still believed to be possible, yet at the same time, I hope supporters are prepared for the moments when it will not be.

Believe me, the opposition is.

In other words, while it's appropriate to have pride in the first black mayor, such as Jack Ford in Toledo, or a first black president, it's misguided to assume that individual will be able to substantially change your socioeconomic status *instantly*. It's not that they do not wish to. In all likelihood, they strongly desire to do just that because of aligned racial identity and their ingrained knowledge through personal experience of the issues affecting our community. But, there's a thing called red tape and as the young people say, there are plenty of haters. So, to want substantive change gradually is one thing – to expect it instantly is another.

The end result of blacks' confusing instant gratification with reasoned and cautioned genuine socioeconomic improvement is that too many African-Americans are quick to run black politicians under the bus. (Jack Ford?)

(Continued on Page 4)

Community Calendar

July 8

National Society of Black Engineers – NW Ohio Alumni Extension Chapter: Networking event at Buffalo Wild Wings in Maumee: nsbetoledoalumni@yahoo.com

July 11

Libbey High School Reunion: Classes 1964, 1965, 1966, 1967, 1968; Gladioux Meadows; 7:30 pm; 419-699-3846

July 12

ALMA Drum & Dance @ the Delta Chicken Festival: Delta Community Park; 4:30 pm
Daughters of Zion 10th Anniversary and Annual Retreat: Warren AME Church; 8:30 am to 2 pm; All women ... young and old; Continental breakfast and lunch served, childcare available: 419-243-2237

July 12-13

4th Annual African American Festival: Scott Park Campus; Parade starts at 10 am on Saturday; Festival from 1 pm to 9 pm on both days; Jazz, blues, gospel, health fair, food, rides, games and more: 419-255-8876

July 14

Look Good ... Feel Better: For women who are undergoing cancer treatment; 9:30 am at Flower Hospital and 2 pm at Bay Park Community Hospital: 1-888-227-6446 ext 5105

July 14-18

SKILLS Camp at Cornerstone Church: 9 am to noon daily; Ages 7 to 17; Baseball, basketball, cheerleading, drums, football, golf, gymnastics, martial arts, vocal and volleyball: 419-725-5000 or www.cornerstonechurch.us

Vacation Bible School and Bible Boot Camp: Mt. Zion Church; 6 pm nightly; "Counting all things joy!" 419-246-1850

July 16-18

Philips Temple CME Summer Revival: "Hot House;" 7 pm nightly; Features guest Rev. Joseph W. Harris of Rewarding Faith C.O.G.I.C. in Detroit: 419-242-7906 or 419-699-0648

July 18

National Caucus & Center on Black Aged: Annual fundraiser-membership drive and 8th annual Senior Fashion Show; 6 to 8:30 pm; Zablocki Senior Center: 419-478-6004

July 23

SkyHy Ministries Healing Service: West Toledo YMCA; 7 pm; Speedway gas cards and Krogers food cards given away

August 2

City of Toledo Frogtown Fair: Event to promote green living; Erie Street Market; 9 am to 1 pm; Exhibits, rain barrel sales, electronic waste, household batteries: 419-936-3767



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My View



By Jack Ford
The Truth's Political Columnist

We tend to ignore the "Daniels" of the world. We should not but we do far too often. Well, go find your cousin and sweet talk him into voting.

This past weekend I attended a family reunion in Nashville, TN. One of my distant relatives was lamenting that she could not vote because she will not be quite 18 by November. Well, in some states you can vote at 17.5 years. All in all, you might be surprised at the number of folks who are not even registered to vote.

So how does one get to vote more than the one time that the law allows?

It's quite simple. Get someone else to cast a vote for your candidate – a someone who would not otherwise plan to vote.

Who are such people? They are all around you. You know them well. Remember your 86-year-old Aunt Annabelle in Cincinnati? She is in a nursing home and she has not voted in eight years. But she can vote. The next time you visit, register her to vote. Then, at the proper time, have her vote with an absentee ballot. It is that simple.

What about your rolling stone cousin Daniel who has never voted. He has never worked – just sits around. He has some type of "problem."

Former Toledo Fire Chief Mike Bell will not enter the contest. Bell is content with the life he has and might like to be asked to be Safety Director in a Wilkowskiregime.

The new GOP leader might throw a wrinkle into a Carty-Keith tiff. Jon Stainbrook has to show he can compete so coming up with a bone fide Republican mayoral candidate would be just what the doctor ordered.

Stainbrook might be able to lure insurance agent Jan Scotland back into elective politics. Scotland, a black Republican born in New York City has been an active "R" for many years. He has helped in numerous campaigns for the GOP and has served on the MCO-UT board.

Scotland has directed youth programs throughout the city. He is tough skinned and hews to the orthodox Republican line. The state and national Republican Parties would help a Scotland candidacy. We shall see.

If you want Barack Obama to be the next president, send him your checks now. And I mean checks. Send him more than one.

If you want John McCain, do the same. Now is the time to line up and support your candidate with funds. I have sent Obama four checks and plan to write at least three more.

Does Scott High School Really Want to Survive ... ?

By Lafe Tolliver, Esq.
Guest Column

Have you noticed the number of people in attendance at the meetings regarding whether or not the current Scott High School building should go the way of the wrecking ball or be rehabbed?

From the newspaper reports I have been reading, the attendance is modestly embarrassing to say the least. At some of these publicly announced meetings, there are fewer than 14 people in attendance. And this is in regards to saving this "hallowed" place of learning.

The point of contention is that the school is very old and outdated and would cost more money to rehab than is currently allocated. In addition the pupil population has taken a dramatic nosedive (due to various reasons). The dwindling population places a limit on available state funds.

My take on this? If the fabled Bulldog alumni (purportedly, there are thousands of Scott High School grads located both locally and around the country) cannot muster enough bodies to give even an illusion of concern, tear the joint down and start fresh and anew.

Not being from Toledo, nor being a Scott Bulldog, I find it incredulous that so many people speak fervently and teary eyed of Scott High School but when it comes to systematic and sustained organizational and fund raising skills to inform the thousands of Scott alumni of what is happening with their alma mater and how to organize public and political pres-

sure, the response to date has been a mind numbing ... "Duh" (with the exception of Ben Williams and a few other die hard partisans).

But yet when it comes to the Scott Band executing precision foot stepping drills in

your memories of Scott with you, swallow your Bulldog pride and move on and get a new building. In the process, one hopes, a new attitude about learning will be born.

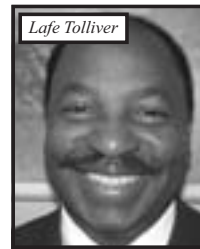
Scott is not knocking down any academic records as compared to the other public and parochial high schools. I will let you in on a fiercely guarded secret:

A person can learn physics, English, Spanish or logic sitting under a peach tree in a back yard. All it takes is a willing and receptive student and a competent and dedicated teacher so, please, enough talk about how saving Scott H.S. is required for the transference of knowledge or that it is the alter ego of the black community.

Our forebears had to learn and excel under the most primitive and restrictive educational conditions imaginable and they came through. Was it fair? No. Was it right? No. But it was what it was.

Being a Bulldog gets you no bonus points on the US Postal Exam, the SAT, the GRE or a civil service exam...and much less any discounts when applying for a home mortgage or a car loan.

No, my Bulldog friends, shout all you want about being a Scott H.S. grad and reminisce all day and tomorrow about the fun days on Collingwood Blvd but until you (not a blanket categorization of all Scott grads or current students) can demonstrate academic excellence and exhibit acceptable character and behavior, no rehabbed or new building will make any difference.



Lafe Tolliver

a parade or the basketball team doing a Lebron James type of round house dunk, the hundreds of alumni in attendance can not scream and holler loud enough about being a proud Bulldog! Give me a break and let it rest, people.

A learning institution is ultimately defined and honored by its scholars and its attendant scholarship and not by the toot of a horn or the adroit dribble of the round ball. I have written before on this scenario some time ago and my predictions then are becoming true. The fabled Scott Bulldog alumni are paper thin on rigorous organizational commitment and community support to save the school and to also improve the learning environment.

At the risk of sounding like a broken record, I say that if the money is not there to rehab Scott ... and we know very well that the Scott alumni (white and black) are not going to raise the millions of dollars needed to save the school, then take



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It's time for a Quiet Conversation.™

Dear Editor,

Children in our communities are going hungry this summer. That should never happen, especially because programs that make food available to our youngsters are severely underutilized.

The Ohio Department of Education reports during the 2004-2005 school year, nearly 475,000 low-income Ohio children received free or reduced-price lunches through the USDA's National School Lunch Program. During the summer of 2005, though, only about 50,000 children ate free and reduced-price meals. Where are the remaining 425,000 kids eating during the summer? Are they eating at all?

There is help. Schools, faith-based groups and other organizations throughout the state can serve as Summer Food Service sites where kids can receive free, nutritious meals from June to August. We need more groups, however, to step forward and become host sites; there are areas in my district alone where no meals are available through this program. In fact, a recent community meeting invited 1,100 groups to learn about the effort. None showed up.

I hope when we educate families that they can call 1-800-481-6885 and enter their zip code to find a Summer Food Service site close to home, there will be convenient sites available to offer their children nutritious meals they need to thrive.

Sandra Williams
State Representative
Ohio's 11th District

Achievement Gap Program Brings Teens in Touch with Motivational Speaker

Sojourner's Truth Staff

The Wayman Palmer YMCA hosted a motivational speaker event last Friday for young people participating in several summer youth programs.



Crystal Ellis, Ronald Parker, Steve Steele, and Michael Ashford

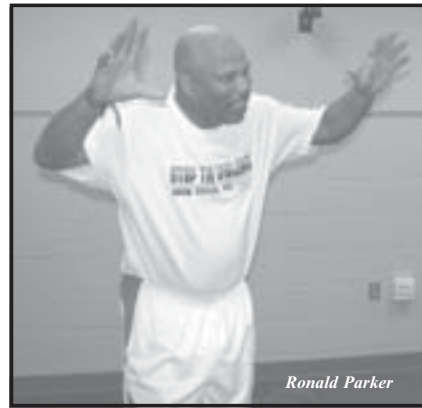
Crystal Ellis, Ronald Parker, Steve Steele, and Michael Ashford, City Council member and YMCA official. The students were participants in the Wayman Palmer Community YMCA Kids Club, the YMCA Chance for Change, the Youth Opportunity Program, UMADAOP and the To-

ledo Public Schools' "A Closing the Achievement Gap" program. The Achievement program is a grant-funded initiative administered by the governor's office and operates in 35 urban schools across the State of Ohio. "What you do in the classroom is a reflection of what you will do the rest of your life," said Parker during his speech. Then, after asking students what their career aspirations were, Parker told each one who volunteered what it would take to reach that goal. In some cases he asked them to consider setting their sites higher, in some he advised them to consider a back up plan. "You are our future," said Steel. "I'm hoping our community will be better after I leave it and we want to give you the tools to make it better."

event last Friday for young people participating in several summer youth programs. Ronald Parker of Omaha, Nebraska informed his audience at the onset of his speech that he was a high energy speaker. In that regard, he certainly did not disappoint.

A former high school teacher, Parker, who also is known by the moniker of Mr. B. Clean, runs a youth group in Omaha called the Black Angels. Additionally he is principal of an after-school program titled Students of Success (S.O.S.).

"Every child is a star," Parker told his audience. "We just need to find out what is our rotation in the universe." More than 70 students were on hand at the Mott Branch Library to hear not only Parker's message but also those of Steve Steel, Ph.D., president of the Toledo Board of Education; Crystal Ellis, Toledo Pub-



Ronald Parker

This Strikes Me

(Continued from Page 2)

Simply put, change is not immediate in electoral politics and governing – especially, for any type of change rooted in altering the structured systems of discrimination, inequality, and disenfranchisement that often plague minority communities.

To help each of us with the confusion and avoid an Obama case of abandonment as many did with Jack Ford here in Toledo when their desires for instant gratification were not met, I suggest the important and active black organizations in the city collaborate and in preparation for the November elections, and build a Black Civic Education Program where African-

American Toledoans are educated on what government at the local, state, and federal level does, how it functions, and how it can help.

If successful, the new conclusion won't be an abandonment of Obama due to a perception (based in a severe lack of understanding of how the system works) that he may have faltered in some capacity (as many of us did with Ford).

Rather, it is my hope that the new conclusion will be a greater knowledge base to prepare black business owners to continue to compete for government contracts equitably with other groups, a greater knowledge base for educators, community and political leaders to use their resources and skills to help each of us learn

about government, and a greater information base for every African American in Toledo to use their newfound knowledge of how government functions – both local and national – and what realistic expectations may be generated as a result.

It's time to go to civics class, Toledoans. Now, all we need are teachers. Any volunteers?

Editor's Note: Ravi Kumar Perry is a Ph.D. Candidate in the Department of Political Science at Brown University. For comments or suggestions on future topics, he may be reached at Ravi_Perry@brown.edu A Call for Black Civic Education

Obama Campaign Holds Unite for Change House Parties

Sojourner's Truth Staff

On Saturday, June 28, the Barack Obama campaign held 4,000 house parties across the nation in an effort to continue to generate the grassroots support and enthusiasm for the candidacy of the junior senator from Illinois and presumptive Democratic Party nominee for president.

Here in Toledo, four such events were among the estimated 200 that were held in Ohio.

At 2:00 p.m., Rose Ellis and Twila Wheaton brought together about two dozen Obama supporters at the Kent Branch library to view a tape of the candidate, to listen to an Obama campaign worker from Illinois and to share their concerns and enthusiasm with each other.

Other house parties were hosted by Tracee Perryman Stewart at the Center for Hope



Baptist Church at 3 p.m.; by Dan Garcia at 6 p.m. and by Marty Skeldon at 7 p.m.

At the Kent Branch session, Tommy Brown, who just recently graduated from high school and is planning to spend the summer as an Obama volunteer, confidently guided an audience that one member estimated as having an average age of 60 through their thoughts

about the relevant issues for this campaign.

Brown said in his introduction to the audience that he learned during his government class last year that "it you're not pissed off, you're not paying attention."

Brown spoke of Obama's sacrifice early in his career after graduating from Harvard Law School and being in a position to "make a ton of money" of coming back to the community to help organize.

"I know I'm working for the next president of the United States," said Brown. The audience agreed wholeheartedly with that sentiment.

The purpose of the Unite for Change events is to spark an interest among the audience members in holding such events on their own during the upcoming months of the campaign



Rose Ellis, and Twila Wheaton

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community Action

United Way Announces Community Investments; Area Youth Top Priority Once Again

Special to The Truth

Thanks to the generosity of this community, United Way of Greater Toledo will invest \$13 million during the next funding year, July 1, 2008 through June 30, 2008. United Way will dedicate \$8.6 million of this to 125 programs in Lucas, Wood, and Ottawa counties. An additional \$4.4 million will be distributed to specific programs based on donor designations.

Last week's announcement marks the final year of a three-year funding plan. Investments will remain fairly consistent across the board, with nearly all significant increases supporting children and teen programs. Funding recommendations are made by a cabinet of dedicated volunteers and are based on four impact areas outlined in the *United Way Community Impact Plan 2009*. The areas, and several investments made for each, are as follows:

Success By 6 (previously referred to as *Right*

From the Start) – For the third year in a row, United Way will direct more than \$1 million to 14 programs to ensure children under six are healthy and well-prepared for kindergarten. This year, United Way will increase funding to Dental Center of Northwest Ohio by 30 percent for promotion of early oral care, and to WGTE by 40 percent for its *First Book* program promoting early literacy.

Giving Children and Teens Strong Foundations – United Way volunteers will invest \$2.4 million in 40 programs that help children and teens develop strong foundations for meaningful and productive lives. As a part of this, Adelante, Inc. will receive an additional \$35,000 over last year's allocation. This will allow its *Ganas* program, an after-school program for at-risk teens, to grow in north Toledo at Woodward High School. East Toledo Family Center will also receive a 15 percent increase to help

fund its *Kids Kare* program.

Empowering Vulnerable Families and Adults to Thrive – United Way will allocate \$3.7 million to programs that assist families in reaching and maintaining independence. For the third consecutive year, United Way volunteers will distribute more than \$1 million of this amount to its 10 Family Resource Centers.

Giving Help and Mobilizing Resources – For the second consecutive year, volunteers will boost funding to this area by 10 percent. Of the \$391,650.00 allocation, a significant portion of the increase will assist the *Family Information Network (FIN)* which recently came under *United Way Community Outreach* after its sponsor program ceased operations. *FIN* provides information, support, and mentoring to families of children with developmen-

tal delays and disabilities.

Terry Smith, chairman of United Way's Community Impact Cabinet which makes all recommendations for investments, commented: "This year, United Way had the opportunity to increase aid to several programs that, because of various circumstances, were in critical condition. We were able to step in where some other funding sources fell short, and also to assist where some unanticipated expenses had surfaced."

Expanding on Smith's comments, Bill Kitson, president & CEO of United Way of Greater Toledo, said, "I am thrilled the Community Impact Cabinet recognized these organizations' need for increased funding. Overall investments will remain fairly level during this final phase of our three-year plan, but we are very pleased to be able to increase support to those programs which desperately need it."

Kitson added, "Our ability to fund these types of programs through generous donor gifts is just one of the ways your United Way is advancing the common good."

University of Toledo to Host Fourth Annual African-American Festival

Special to The Truth

An event that has become a Toledo Urban Federal Credit Union tradition over the last few years will have a new home this July. On July 12, and 13, Toledo Urban's African-American Festival will take place on The University of Toledo Scott Park Campus.

The celebration of the African-American culture features, music, food, rides and a parade. The parade will begin on Saturday, July 12 at 10 a.m., with the festival activities running from noon-10 p.m. and from 11 a.m. to 7 p.m. on Sunday, July 13.

"We're thrilled that The University of Toledo has offered to host this important community event," Suzette Cowell, CEO of Toledo Urban Federal Credit Union and the event organizer. "We will have an extensive musical line-up and some wonderful activities for the whole family to enjoy."

According to Cowell, the new location is appealing, in that it keeps the event close to the community, without some of the logistical challenges a neighborhood event can pose.

"This event will retain the character of the original," said Cowell. "Each year we have grown in turn out, and we expect that to continue with UT as a partner."

"Holding this event on our Scott Park Campus seemed a natural fit," said Lawrence J. Burns, vice president for enrollment, marketing and communications. "We at The University of Toledo want to do all we can to build connections with our community, and this is a perfect way to further develop that relationship."

For more information on the Toledo Urban Federal Credit Union's African-American Festival, contact Cowell at 419.255.8876.

Jan Scotland Sets His Sights on a County Commissioner Seat

*By Fletcher Word
Sojourner's Truth Editor*

Jan Scotland, State Farm Insurance Agency owner and one-time member of Toledo City Council, has decided to run for the Lucas County Board of Commissioners, the longtime Republican told *The Truth* this week.

Scotland, also a contributor to this newspaper in the recent past, was asked by newly-elected head of the Lucas County Republican Party, Jon Stainbrook, to consider a campaign for the seat currently held by Democrat Tina Skeldon Wozniak. That seat will be in play in the November 2008 general election.

Scotland was appointed by the Republican Party to serve on Toledo City Council in 1987 and subsequently lost an election bid the following year. Jack Ford finished ahead of Scotland in that contest and started his career as an elected official.

Scotland ran for office on two later occasions – against June Boyd for a district council seat and against Ford for a state representative position – los-

ing both times.

For the past 10 years, Scotland has run the Sleepy Hollow Athletic League offering over 2,000 youths from around the city an opportunity to compete in sports such as golf, soccer, baseball and softball. "The idea is for kids around the city to get to know one another," he said. "The league teaches respect for authority as well as the

games themselves."

Scotland has also served on a host of boards over the years such as the Frederick Douglass Community Center, the NAACP Freedom Fund Banquet, the Civil Service Commission. He is chairman of the UT/MUO President's Council for the Recruitment and Retention of African American Students.



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Daisy Smith, RN: Helping to Raise Community Awareness of Health Disparity Issues

By Fletcher Word
Sojourner's Truth Editor

When we finally got together with Daisy Smith for a conversation, we found her at the Fairview Nursing Home on an early Sunday evening. That was one of the few times the retired nurse could manage to work us into her still very hectic schedule.

She was in the room of James Bell, her longtime patient who neither hears nor speaks. Smith has been helping to care for Bell for about 17 years, she said.

How long have you been retired, we first asked.

"I have never retired," replied Smith. "I just don't get paid for what I do anymore."

But for the record, Smith, who became a registered nurse in 1963 when she graduated from the Medical College of Ohio with honors, retired first from Mercy Health Partners in 1975 and then from Cordelia Martin Health Center in 2000.

These days she just takes it easy ... taking care of numerous patients such as Bell, working on various community service organizations such as the Toledo Council of Black Nurses, completing on her master's degree at The University of Toledo, participating on the Commission on Minority Health, helping to plan events such as this weekend's Community Health, Wellness and Weight Loss Challenge Health Fair ...

Well, perhaps she has a point. Perhaps she really isn't retired at all.

Certainly the primary reason for the fact that Smith has not eased into retirement is that she just loves what she does and has been doing for the past four and a half decades.

"Helping people ... I like the hands on nursing," said Smith. "I rarely had a chance to do that because people always put me in managerial positions."

Smith became clinical manager of Riverside Hos-

pital after earning her RN and assumed the same duties at Parkview Hospital a year later. She took on additional such duties at Mercy Hospital in 1969.

In 1981, Smith organized, with the help of friends and fellow nurses such as Mary Gregory and Donna Todd, the Toledo Council of Black Nurses.

"During those years there were very few black nurses," said Smith of the reason for founding the group. "I was one of the first and there was a need for more black nurses. There was also a need in the black community for preventive health education ... black nurses could fill that need."

Indeed during those

medical institutions to help them in their endeavors.

And Smith has no doubts about the success the Council has had over the years in educating the community and preventing disease.

The almost three decades since the formation of the Toledo Council of Black Nurses has seen an increasing emphasis on examining and rectifying the health disparities that minority groups face. Daisy Smith is, in no small measure, one of those responsible for that enhanced emphasis.

In the late 1970's one would have searched in vain for a publication detailing such disparities. Smith and her collaborator,

When Smith started her nursing career in the 1960's, black patients were being cared for not in hospital rooms but in the hallways of the institutions.

days, Smith found herself being the "first" at any number of institutions - Riverside, Mercy, Parkview. The first and only black nurse at most hospitals.

In fact, when Smith started her nursing career in the 1960's, black patients were being cared for not in hospital rooms but in the hallways of the institutions. "That motivated me to choose community outreach," she said.

Over the years, the Toledo Council of Black Nurses has maintained an active core membership of Smith, Gregory and Todd and has consistently engaged in community activities designed to educate the community on health matters. "We have been in public schools, in churches. We have given scholarships to individuals to pursue nursing," said Smith. They have also engaged the

UT's Dr. James Price, first began to examine health disparities and eventually published the first articles written on such issues.

The results of such groundbreaking work are the formation of a local Commission on Minority Health and a pediatric facility at the Cordelia Martin Health Center named, appropriately enough, the Daisy Smith Pediatrics Center.

"We should continue with disease prevention and education, there always seems to be a need," said Smith of what the future looks like for the Council. "And we need to continue to organize and encourage upward educational mobility."

The mother of three grown children, Smith continues her own upward educational mobility as she juggles all of her other responsibilities. Now a



master's candidate, she earned a bachelor's of education from UT in 1996.

A native of East St. Louis, IL, Smith came to Toledo with her husband who died shortly after the birth of their third child.

"I was a very fortunate person ... a single mother who lived in the projects," said Smith. While she worked as a nurse, Smith recalled, her neighbors would watch her children free of charge. All three would go on to graduate from college and have productive professional careers.

This weekend's project, The Community Health Fair, is an example how the Toledo Council of Black Nurses have influenced community awareness of health issues. About a decade or so, the Council approached Vince Davis, owner of a State Farm agency and a member of Omega Psi Phi Fraternity, Inc., about reaching out to men in the African-American community to for prostate cancer screenings.

According to Smith, the Council felt they would have more credibility if they partnered with a men's or-

ganization.

The prostate screenings have been going strong ever since and Davis has been inspired to broaden that outreach by organizing the quarterly health fairs, the one this weekend in conjunction with the annual African American Festival at the Scott Park Campus.

Free health screenings - for diabetes, cholesterol, hypertension, HIV, BMI and lead - will be held on Saturday from noon to 5 p.m. and on Sunday from noon to 4 p.m.



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Community Health, Wellness and Weight Loss Challenge Health Fair

Special to The Truth

The third Community Health, Wellness and Weight Loss Challenge Health Fair will take place next weekend, July 12 and 13, in conjunction with the Fourth Annual African American Festival.

Both events will be held at The University of Toledo Scott Park Campus at Nebraska and Parkside.

The Health Fair – noon to 5 p.m. on Saturday and noon to 4 p.m. on Sunday – will feature free health screening for a variety of conditions – diabetes, cholesterol, hyper-

tension, HIV/AIDS, lead poisoning, among others.

“We do not take obesity seriously until someone

“We do not take obesity seriously until someone loses a leg or goes blind or both,”

loses a leg or goes blind or both,” said Vince Davis, owner of a State Farm Insurance Agency and the organizer of the Community Health Fairs. Wellness is a

making a conscious decision to living a healthy life.” In addition to State Farm, other sponsors of the Health Fair include the Toledo Council of Black Nurses, the Neighbor-

hood Health Association, Owens Corning, Omega Psi Phi Fraternity, Alpha Phi Boule, Mercy Health Partners, NAACP, the Committee of the Whole, The Greater Toledo Urban League, Alpha Kappa Alpha Sorority, Delta Sigma Theta Sorority, the UT Department of Diversity and the Toledo Club of the National association of Negro Business and Professional Women’s Clubs Inc.

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“Feed the Children Lunch Program”

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Flower Hospital Receives National Recognition From American Hospital

Studies show that people gain two hours of life for each hour spent exercising Flower Hospital (FH), a member of ProMedica Health System (PHS), is one of 31 hospitals in Ohio which have been declared “Fit-Friendly” by the American Heart Association (AHA). FH received a gold-level recognition which goes to companies that implement a recommended number of activities that encourage physical fitness, nutrition and a healthy workplace culture. To qualify, companies must have programs and services that have been in place for at least a month.

“The health of our employees is very important and we’re happy to do our part to encourage healthy habits in the workplace,” says Pam Jensen, vice president of Professional Services, FH. “We believe that healthy employees are happier, more productive and able to provide superior service to patients.”

FH offers a variety of wellness programs and practices to encourage healthy habits at work, which include:

- ~A program called Fit Express that provides stretch bands and floor mats for employees
- ~ProMedica’s Scale Down weight loss program which specializes in long-term weight loss success
- ~Contests that reward employees who share ideas, such as healthy recipes
- ~Vending machines with daily, fresh made sandwiches and salads, healthy snacks, and fruit
- ~Weight Watchers employee discounts
- ~A wellness bulletin board that promotes PHS-sponsored walks
- ~Posted maps that show the distance between areas inside and outside the hospital, including walking trails
- ~Posted motivational signs which promote the benefits of taking the stairs instead of elevators

To learn how to become a Fit-Friendly Company, visit the heart association Web site. For more information about Flower Hospital’s programs and services, visit www.promedica.org.

Exercise Is a Way of Life

Sojourner’s Truth Staff

Steven Corggens has been a personal trainer for 17 years. Among the precepts Corggens passes along to his clients – a mix of professional athletes and every day citizens – is “live to eat to live and not to live to eat.”

Corggens’ background is steeped in coaching and training. He had been a high school coach in several different sports before he started studying health and fitness. Then he started gravitating towards professional and semi-professional sports to assist those athletes.

Corggens has served as



a personal trainer to a number of local athletes such as Jimmy Jackson and Nate Washington.

He served as the fitness coach and trainer for the short-lived American Bas-

ketball Association team – the Toledo Ice – several years ago and then as the head basketball coach and trainer for the Ice’s successor, the Royal Knights.

“Exercise is a way of life,” says Corggens of his philosophy about training – a philosophy he applies with his clients at Synergy Sports and Fitness at 5400 West Central.

Appropriately enough, Corggens’ business entity is named “Getting’ ‘em and Keepin’ ‘em Fit.” He can be reached at 419-356-0401.



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July’s - VIP Folasade O. Akala, Pharm. D., R. Ph.

Folasade O. Akala is the director of pharmacy for the Neighborhood Health Association (NHA) and as such is charged with the task of ensuring that patients have the proper dosages of the proper medication. That works out to about 150 prescriptions in a typical day.

Akala sees her duties as encompassing more than just matching patients with the correct medication. In a community pharmacy, such as NHA’s, the patients, as Akala notes, often do not have the financial wherewithal to obtain medication.

Her job, therefore, expands “to see that patients have access to medication.” That task starts with the decisions that are made as to exactly which drugs the NHA pharmacy is going to stock. The pharmacy is smaller than a typical retail pharmacy, for example, and is restricted in the inventory it can stock.

To an extent, those duties - being able to work more closely with patients - are why Akala is in a community or clinical pharmacy environment rather than with a retail operation which generally provides more compensation for pharmacists.

Akala has been the director of pharmacy at NHA for about five years. She is also a lecturer at UT’s College of Pharmacy.

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Zeta Luncheon Features Surgeon, Author and Motivational Speaker, Dr. Sam Christian

By Annette M. Crosby-Wright

Special to The Truth

Major Dr. Sam Christian, who as a battalion surgeon in the United States Army Reserves inspired and motivated troops into achieving

optimal physical fitness and has been sharing that message around the world ever since, came to Toledo this past Saturday, June 28 to in-

spire and motivate local residents.

The event, a luncheon with a purpose sponsored by the Zeta Alpha Omega Foun-

ation, Inc. of Toledo, was held at the Holland Gardens in Holland, Ohio. The foundation is organized under Alpha Kappa Alpha Sorority, Inc. which is presently celebrating its centennial.

The theme of this year's luncheon was "Fighting the War on Obesity." Sounding the call to rise against this deadly epidemic, particularly among African-Americans, was this true-to-life soldier.

The audience of about 200 women and men were captivated by the message as well as by the messenger. Opening his presentation with a historical overview of famous African-American women who have overcome great obstacles, including Sojourner Truth, Mary McLeod Bethune and Michelle Obama, Dr. Christian informed the crowd that insurance and health plans do not control one's decision to live a

healthy lifestyle.

"We have control over what we do with our bodies," said Dr. Christian who told the sorors that 1908 was not only the birth year of the Alpha Kappa Alpha Sorority it was also the year that the first national health campaign took place in rural Mississippi, a thought provoking and interesting coincidence considering this year's theme.

Dr. Christian's weight loss program has been labeled a "healing ministry" by those who know him. He indicated that he was inspired to treat obese patients non-surgically when he noticed that patients were losing weight just upon the mention of being scheduled for surgery. Considering the fact that surgical weight-loss procedures are more financially lucrative for the medical industry, Dr. Christian has been recog-

nized for putting the interests of his patients first.

The sorors of Zeta Alpha Omega Foundation, Inc. were amazed as they listened to the story of one of Dr. Christian's most challenging patients - a man who ate his way up to 1,400 pounds and had to be delivered to the care of Dr. Christian via a flat bed truck while his body had to be hoisted by a construction crane.

Under Dr. Christian's unique treatment program, this same man lost 1000 pounds (and counting) over an 18-month period and is now living a far more abundantly healthy lifestyle. Thus the claim of "how to lose up to 1000 pounds," as featured on the cover of his book *Mamafast Miracle*, has already manifested in that patient's life.

Born in Dominica, Dr.

(Continued on Page 10)



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Healthy Eating: Focus on Fruits

By Patrice Powers-Barker, OSU Family Nutrition Program Guest Column

The message, “focus on fruits” covers all types of fruits from fresh, canned, frozen or dried and they may be whole, cut-up, pureed or 100 percent fruit juice.

There are many options of fruit-flavored drinks that include no or little amount of fruit juice. Look for options that have 100 percent fruit juice. One hundred percent fruit juice is a great option for drinks, especially over a choice like soda pop but don't substitute drinking 100 percent fruit juice in place of eating fruit.

Eating plenty of different fruits, along with other healthy habits, may help protect you against many chronic diseases. Fruits provide vitamins, minerals, fiber and other substances that are important for good health including potassium, vitamin C, vitamin A and folate. Whole or cut-up fruits provide dietary fiber.

Fruit juices contain little or no fiber. Because most fruits are naturally sweet, there is no need to add sugar. When choosing canned fruits, read the label to find fruit canned in

100 percent fruit juice or water instead of syrup (sugar). Substituting fruits as a dessert for other higher fat foods could be one way to help lower caloric intake.

Eat different colors and kinds of fruit. Orange col-

sources. Folate (a B vitamin) is found in oranges and the best fruit sources of potassium are bananas, dried fruits such as apricots and prunes, cantaloupe and orange juice. Colorful fruits provide a variety of vitamins, miner-

juice or 1/2 cup dried fruit or one medium sized whole fruit. By adding fruit to your favorite snacks or meals, you can easily eat the recommended amount for your best health. Here are some easy ways to add more fruit options to your day:

~Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

~At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes;

~Try a fruit mixed with low-fat or fat-free yogurt.

~Individual containers of fruits like peaches or applesauce are easy and convenient.

~Dried fruits make a great snack and are easy to carry and store well. Because they are dried, 1/4 cup is equivalent to 1/2 cup of other fruits.

Try new recipes with fruits. For breakfast add blueberries or bananas to your pancake batter before cooking. Or make whole grain pancakes and sliced

peaches in their own juice as a different kind of “syrup”. Add fruits to your favorite meal like baked apples with pork chops or chicken with apricots or mango chutney. Order your pizza with pineapple and some vegetables. When grilling this summer, put a foil packet of peaches on the grill or add some pineapple chunks to kabobs.

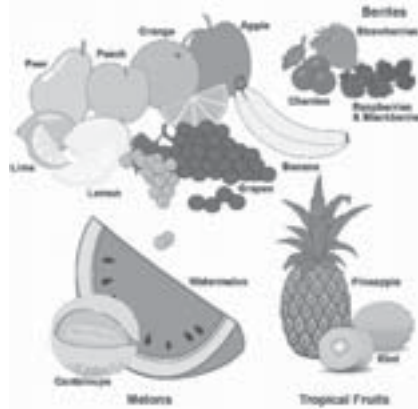
Try fresh or dried fruit on salads or add some chopped fruit to coleslaw. Many fruits taste great with a dip or dressing. Try low-fat yogurt or pudding as a dip for fruits like strawberries or melons. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try applesauce as a fat-free substitute for some of the oil when baking cakes.

Set a good example for children by eating fruit everyday with meals or as snacks. While shopping, allow children to pick out a new fruit to try later at home. Offer children a

choice of fruits for lunch. They can help prepare the fruit by washing it in under clean, running water. Show them how to rub fruits briskly with your hands to remove dirt and then dry after washing. For a family trip, find a “pick-your-own” fruit farm where you can pick and buy your own strawberries or blueberries in the summer or apples in the fall.

Buy fresh fruits in season when they may be less expensive and at their peak flavor. For local fruit, shop at a farm stand or a farmers' market. Some of the fruits that will be in peak season in the next couple on months in northwest Ohio include strawberries, rhubarb, cherries, gooseberries, black and red raspberries as well as muskmelons and watermelons later in the summer.

For more information or fact sheets on the importance of eating fruit, contact The Ohio State University Extension, Lucas County office 419-213-4254.



ored fruits such as cantaloupe and apricots are a good source of vitamin A. For vitamin C, citrus fruits (oranges, tangerines, clementines, grapefruit), kiwi fruit, strawberries, cantaloupe, guava, papaya, and pineapple are good

als, and chemicals that your body needs.

For good health, most people need about two cups of fruit a day. A one-cup serving of fruit is either one cup of cup up fresh, cooked or canned fruit, one cup of 100 percent fruit

Zeta Luncheon

(Continued from Page 8)

Christian credited two strong women in his life with contributing greatly to his success – his mother, Albertha Christian who as a nurse in the Caribbean ignited his passion for the care of others, and his lovely wife, June Christian, Ph.D., a scientist and president of their Heartland Nutrition Institute located in Tiffin, Ohio.

As mother of their two sons, June Christian has a personal affinity for the health and well-being of children, as evidenced by her on going leadership in spearheading the development of effective strategies in reversing childhood obesity.

Drs. Sam and June Christian can be contacted by logging onto www.mannafast.org. Via their web site, those interested can access an interactive program that will guide them into taking the first steps necessary to change

from an unhealthy lifestyle to a lifestyle of abundant health and well-being. The book *Mannafast Miracle*, which has been called inspiring and easy to read, can also be ordered via the web site.

The Zeta Alpha Omega Foundation, Inc. led by Helen V. Cohen, committee chairman, and by Lisa Dubose, chapter president, gave those in attendance more than food for the body at its luncheon this past Saturday.

Mistress of Ceremonies Edna Robertson, program co-chairman, spoke plainly when she stated that “the issue of obesity effects all of us; the work of Dr. Christian is extremely important.”

In keeping with their stated primary purpose “To Serve Mankind,” the organization, in featuring Dr. Christian, provided the attendees with nourishment for the mind, body and soul.





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Savor and Survive the Summer Cookout - Under Control!

By Diana Patton and Tonja Ward
Guest Column



June 21st marked the beginning of summer. It's officially vacation season. The kids are out of school and it's that time of year where we gather with friends and family for reunions, graduations, weddings, parties and any occasion celebrations. And the one common thing about these gatherings is the **abundance of food.**

There is nothing worse than to experience that gas and bloated feeling after literally swallowing a plate of food. Believe us; we know what that is like! And like us, you probably tell yourself "now why did I do that" as you sit there in agony. Once again, the fruit of the spirit "self control" gets challenged. But, don't be dismayed. If you ask the Father to help you on your journey to wellness and getting a FITitude, then with His help you will manage just fine...even at "Big Mama's" cookout!

The great thing is summer cooking naturally lends itself to healthier options. We instinctively eat lighter, cook less, grill more and make foods that tend to be closer to their natural state, like salads and fresh fruits,

than we do in the winter. Here are a few strategies to help you put your faith into action while at the gatherings we spoke of above:

First, choose water as your beverage of choice. In the heat, water is the best source to keep you hydrated. Plus think budget, no need to drink your calories and spike your blood sugar unnecessarily.

Secondly, use a plate instead of unconsciously picking from the hors d'oeuvre trays or chip bowls. When you graze it becomes very easy to lose track and overindulge and lose self-control. So get a small plate or napkin and go for the fruit platter and vegetables with dip first. Then proceed by saying "I will go lightly on the chips & salsa, potato chips and dip and pretzels in Jesus name" and keep your choices balanced.

Third, when it comes to the main course, think fractions as you fix your plate. Fill half your plate with vegetables (especially leafy greens). Then use one quarter of your plate for protein such as grilled chicken, fish,

burger or beans. Complete the last quarter of your plate with starchy carbohydrates such as sweet potatoes, corn, carrot salad or whole grains. More traditional menus may have a selection of macaroni salad, potato salad, cole slaw, baked potatoes, etc. Try sticking with grilled and fresh preparations rather than deep fried options. Keep the bread portion small or skip it all together. It's a good idea to have the antioxidants in orange slices and berries with your grilled selections to combat the carcinogens from the grilling. And, if you know the outing that you are about to attend typically does not have vegetables as an option, be sure to bring a dish to share that you can fill your plate with and still have a great time!

Now, **enjoy your meal by taking a seat and eating slowly!** Savor each bite and chew everything well. Don't rush! Enjoy your friends and family and socialize - after all it is the holiday! Since it takes about 20 minutes for your stomach to register with the brain that you are full, by eating slow you may find that you don't even need seconds. The hardest thing may be stopping when you are full even though there is so much food around you. And again, here is where you put on the armor of Christ to help you maintain self-control! Trust the fact that you will get hungry again and that will be a better time to enjoy rather than over-stuffing yourself.

After your meal get

moving as you fellowship. Join in the games and activities or get them started. Play basketball, volleyball, or kickball. Go for a swim. Throw the Frisbee. All of these are great ways that you can be sure to get some movement in.

And finally, when it's time for dessert - think taste and moderation. Why not share the slice of cake, the jumbo cookie or dish of cobbler with a friend? Get a kiddie-size scoop of ice cream or sorbet. Or simply settle down with a cold glass of water and good conversation.

Using these strategies will help you not feel deprived and will allow you the opportunity to enjoy your family and friends, not just the food. So go ahead, taste it all in moderation, get moving and be an example for your family and friends. Some of your friends and family may comment on your food selection and portion control. Take this opportunity to let them know that you are working on your FITitude and invite them to work on theirs by joining our newsletter list at www.fitatude.com and tell them to take the FITatude quiz!

Keep on Keeping on!

Ed. Note: Diane Patton (Toledo) and Tonja Ward (Houston, TX) 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

Dear Ryan,

I have been reading your articles in the truth since your very first column. I just wanted to say thank you for all the great information that you have provided over the years. You have made getting in shape easy to understand and very simple to follow. I have lost over 100 lbs in the past few years and I can't tell you how much better I feel. Thank-you again for all the information you have provided over the years and I thank The Truth for finding you.

M.A.G

Dear M.A.G.

Thank-you and congratulations! I would love to see some before and after pictures of you. I hope you have continued success and can spread your excitement with your family and friends to motivate them. If you want to you can send some pictures to my website ryan@mydreambodies.com

Dear Ryan,

OK, summer is here and I'm still not ready to get into my bathing suit. I have been working out for a few months and I see results but they're not what I want. It seems like I am not getting results fast enough. I have been training for about two months and eating pretty good but I can't seem to lose it fast enough. Any suggestions you can give me to tighten up in these next few weeks. I am going on a tropical vacation in July and I NEED to look better. Please help.

Kathy

Dear Kathy,

OK, well let's start first with your eating of course. If you're not getting the results you want your going to have to make a few more changes. Try cutting your carbs down and replacing it with more protein. Now notice I said cut them down lower, not out! If you cut out two grams of carbs you should replace it with 2 grams of protein. Also, eat only meat and veggies for dinner with no bread or starchy type foods.

Water consumption is very important too. Make sure that your getting at least .55 oz of water per pound that you weigh.

Now let's touch on your workouts. Start doing total body workouts and focus on large body parts such as legs, back, and chest. These larger groups burn more calories and raise your metabolism. Pick two exercises for each and go through all six without resting then do a minute on cardio then right back into your next six sets.

Repeat this three to four times without resting. When you are finished pick an exercise for shoulders, biceps and triceps and repeat the workout. Do two to three sets of these three exercises and take time to stretch when you're finished.

Hope this works out for you and if you have any more questions you can email me on my website mydreambodies.com. Good luck and have fun on your trip.

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MESSAGE TO GRADUATING SENIORS OF 2008

By Michael Hayes
Minister of Culture



Okay, better late than never, lil homies.

I've been getting the emails (myspace/facebook and yahoo) from graduates and parents of graduates.

I have to say that the response from parents this year has been greater than any year before.

Thank you all. Last year's address was so personal because my baby sister was part of that class and I really... I don't know, I just really wanted it to be special.

This year is big too because my record label, U.G.E., has a young up and coming singer/songwriter named Timothy R. Sherman, a/k/a T. Rtist, who came out of Scott High. His family is very proud of him and we are too.

We all want him to do well and he's handling his like a man.

So here we are again, everyone.

Deciding on that next step.

Evaluating, re-evaluating, etc.

If you just came out of high school and you know what you wanna do with your life, more power to you. But for some, that kind of peace of mind may elude them.

And, actually, it's okay... I'm not old enough to have any teenage children so I'm not thinking like a parent. I'm just dealing with what's real - and what's real is, it's okay if you don't know yet what you are going to do.

I was one of those people who just knew.

It was music, it was media, entertainment, etc. I've known since I was 12 what degree I was going for even before I fully understood what college was about.

But one of my closest friends didn't have a plan until he was in his 20's and he's doing great. I mean great, like built a home - the whole nine.

This is the key.

While you are deciding what you are about to do...

#1. Try to avoid getting caught up in something that will could make your

dreams more difficult to achieve - early parenthood, club life, alcohol/drugs, gang activity, crime, etc.

You'd think that you graduating from high school means that the drama is over

That ish is so far from the truth it's hilarious!!

There's a lot more time and opportunity to get caught up in stuff now, so be smart.

#2. Do not just chill. Video games, hanging out, getting fly - yeah, that's all still here for you to do.

But one thing about adulthood is that you can look up and you're 25 and that video game, that block, that girlfriend/boyfriend has had your attention for the last seven years and ya ass hasn't moved forward yet.

You just been chillaxin so hard and time was stomping ahead leaving you where you stand.

#3. Make a damn plan! Gotsta get in ya face on that one because it's so important.

Sit down, pen and paper and write out some goals you want to achieve.

Sit down and think "if I could do one career and really be fulfilled by it, what would it be?"

Think of the loot, but don't *only* think of the loot.

Plenty people make big bucks at factories, medical jobs and all that around here...and that good money is keeping them fly but they HATE going to work everyday.

You might have to walk that walk one day too, but while you have the luxury of time on your side... really try to evaluate what will make you happy and then do it so well that you can live however you want.

#4. Network. Y'all see me mentioning my record label in here a lot, and it's not just promotion.

Trying to get this CEO/producer plan of mine up and running has taught me a lot.

A record executive who The Undergodz know and trust asked me this question last fall:

"How many millionaires do you know?" And he was serious.

He was like "How many millionaires do you have direct access to - as in if you called them they would know your name and have a conversation with you."

He was speaking in terms of finding funding for the

label, but it was a valuable tool in assessing how well I've done as someone networking with other people powerful enough to change my position.

So it's so important that when your mom, dad or uncle or whoever wants to introduce you to some friends of theirs - show up, be on point.

You never know all the doors that can open from whom you know.

And lastly #5. Be humble. Too good to work at Taco Bell?

Ya moms is one of those cool moms who buys you \$300 Coach bags and thousands of dollars of bling?

You wont roll a whip if ain't rimmed up?

Okay, that's on you. But if you know you need a job, you know you wanna look fly and you know you wanna start rolling. Don't be too proud. Gotta start somewhere.

One of the scariest things about growing up is that all that stuff parents say kinda starts to make sense.

When ya mom is on you about not laying up in her house, you think she's tripping.

But what's really happening is a difference in priorities.

You just graduated high school. You feel free. You wanna celebrate.

If it takes a whole summer to get it out ya system, oh well, because you've been waiting for most of your life to walk out that school for the last time.

I feel you. I think I've been back in Jesup W. Scott not even three times since I left that mug.

You are thinking celebrate and relax because you know you have to prepare for whatever is next.

However, Mom dukes is thinking about bills.

She's not shiftless, she's out getting it done.

So it's driving her crazy to see you on the porch, on the xbox, hanging out all times of the night etc. and you don't seem to have any direction.

What you need to do is be humble enough to see her point.

Don't defend your right to kick it, that will get you a quick beat down.

If you see her point, get a little plan in motion.

You'll be free to do you.

QUICK RULES ON COLLEGE:

If you go, sit in front of every class!

And pick stuff you are interested in so you will go every day!!!

Understand - No one is gonna give a damn about your education but you.

Even if your advisor loves you like fam, it's up to you.

Last year I took a day off of work and literally walked my sister through every inch of UT's campus she would need to know about for her first year.

If you can find someone to do that, good - if not, grab a map.

You've got to look at your education as an investment, it's not like high school.

No one is forcing you. Get ya grown man/woman on and handle ya B.I.

QUICK RULES ON SEX:

No secret, you can probably count on one hand the people you know who are "innocent."

No point in acting like it's not going down when we all know it is.

Just exercise restraint. This ain't no advice for 18

year olds, this is just real life ish.

You have got to treat your sex life like something you value.

Your health is at stake. Your peace of mind is at stake.

Make wise choices that you can live with.

If you wouldn't trust someone you just met with your paycheck, your house keys or your car keys...why trust them with your body?

Dudes too.

The girls in college are 10 times rougher than whomever you were messing with in high school.

Do what you do, but just assess the situation first.

And if you know you a freak already and there just ain't no stopping the 'ignant' acts you are about to commit... please protect yourself. At the very least, protect yourself.

But at the very most - Think thoroughly before you act.

QUICK RULES ON GETTING INVOLVED:

Y'all are basically it.

Our parents are all Baby Boomers, our older brothers/sisters are Generation

(Continued on Page 14)

Calling all Dogs from the Scott High School class of 1988.

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Knowledgeable Homebuyers Plan Rather Than React

By Alvin Thomas
Real Estate Columnist



The following scenario occurs all too often on the streets of Toledo: Jack and Jill are frantically speeding down Parkside Avenue, no doubt going somewhere extremely important, and suddenly Jack slams on the brakes and throws the gearshift into reverse. He stares out of his car window in amazement and says to Jill "Baby, look at that!" His wife, Jill, turns to see what has mesmerized her husband and suddenly she becomes motionless—spellbound. They both sit captivated.

Outside their window

stands a huge, white colonial home guarded by four towering majestic pillars resting on an expansive front porch and a for sale sign seemingly flashing of neon in the yard. Bam! This is their dream house, and they want it now. They simultaneously close their eyes and telepathically share the same daydream. They picture themselves swaying peacefully in straw backed rocking chairs perched on the front porch while their two children romp gaily in the abundant, lush front lawn. Abruptly, Jack and Jill

are rudely awakened from their trance by the honking horn of the car stopped behind them. As their illusion fades, their senses return. They realize that

probably not a good time for them to look at buying a home. Unfortunately, far too many Toledoans share this experience of a dream turned nightmare by allow-

with an experienced, competent mortgage loan officer you trust to be pre-approved. In fact, most realtors will not work with homebuyers unless they

including its location and amenities. I strongly recommend that you hire the services of a realtor during this phase. A good realtor will provide you with in-



since they are racing to their attorney's office to file bankruptcy, this is

ing the home buying experience to become a knee-jerk reaction rather than a well thought out planned goal.

have a pre-approval letter in hand. There is already plenty of stress associated with purchasing a home so let start by reducing the suspense.

formation regarding schools, pricing trends, neighborhood characteristics and negotiate the terms of the purchase on your behalf. In addition, for you, they'll work cheap because you don't have to pay them. Realtors are normally paid by the seller.

Until they drove by that charming colonial home, Jack and Jill had no immediate intentions of buying a home. They had given the idea absolutely no forethought. That's not even a good way to buy shoes, let alone a home. During my many years as a mortgage loan officer, I've heard countless stories like Jack and Jill's. Unfortunately, because these potential homebuyer's decisions to apply for a mortgage loan to purchase a home are made as a mere impulse triggered by a nice home that caught their eye, many stories like Jack and Jill's sadly end in a loan denial.

After meeting with the loan officer you should know how large of a mortgage you can qualify for and how much, if any, cash you'll need for your down payment and closing costs. Part of the approval process includes actually documenting that you have the cash necessary required to purchase a home.

The third step is potentially the lengthiest phase of the home-buying process. This is when buyers and sellers, parties with conflicting interest, must come to an agreement. This is when realtors really earn their keep.

Under any circumstances, buying a home can be a madding experience, but there is a universally prescribed method to eliminate most of the madness. The following four steps will demonstrate a more deliberate and prudent approach to the home-buying process that typically ends with new happy homeowners.

However, if your loan officer informs you that you are not currently qualified for a mortgage loan, he should also provide clear direction as to how you can resolve the challenges. Many of the issues that temporarily prevent buyers from qualifying for a mortgage loan such as delinquent credit, insufficient funds or excessive current obligations can be resolved in a relatively short period, clearing the path to purchasing a home in the near future.

At last, the great day arrives. The day that dreams magically become reality is called the closing. It is in the closing that the final loan documents are signed to transfer ownership of the property and loan documents including the mortgage is given to the lender.

Then, Bam! After the implementing the plan outlined above, even Jack and Jill can become homeowners.

The next step is probably the most fun and, possibly, the most stressful. Assuming that you receive a pre-approval from your loan officer, it's time to shop. It is at this point you should decide the particulars of the home you want

Alvin Thomas is a mortgage loan officer with over 20 years of banking and mortgage lending experience. He can be reached at alvin.thomas@noic.com or (419) 885-8300 ext. 150.

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Message

(Continued from Page 12)

X. The generation America described as not giving a damn about much.

But those born from late 70s to around 1990 is Generation Y.

We are the ones they say love to get involved.

We grew up on video games, the internet and hip-hop as a mainstream influ-

ence.

We are connected and we are not apathetic... if anything we care too damn much.

So, if you are looking for somewhere to put all that energy, get to it.

You've got a historic presidential race taking place.

You can speak up for the

environment, speak up for the arts, speak out against police brutality... etc.

Just try to manage your schedule so you don't get burned out.

At one point, I was working on the Kerry campaign ... still running my poetry night (in its final year), still performing and producing as one half of The

Undergodz... still working a job - I don't really get tired. But I was just mad all the time. Felt like I had no 'Michael - time.'

So, it's great to get out and do something.

Ya life don't have to revolve around the club and the mall.

Do something, but just put it in perspective. (some-

thing really ironic, I'm listening to windows media player on random and it just went to that "broke phi broke" skit from Kanye's album).

So that's all y'all. One thing the old heads say that will always and forever be true:

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
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CLASSIFIEDS

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Page 15

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1. Must be 18 years of age or over.
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.
4. Twenty dollars (\$20) must accompany application.

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Parker Hannifin Corporation, a Fortune 500 leader in the motion and control industry, has an immediate need for a 2nd shift CNC Machine Operator. Qualified applicants must have at least 4 years CNC machine operating and set up experience. Applicants must have a High School diploma, machinist apprenticeship card and experience with Mazak equipment is preferred. The starting hourly rate is \$18.41 plus \$0.45 shift differential. Parker offers a full benefit package including 401k and pension as well as profit sharing after one year of employment.

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Maintenance Manager

Sunoco, Inc., an independent refiner and marketer of petroleum in Toledo, has an immediate need for a Maintenance Manager. The selected applicant will provide functional leadership ensuring a well trained, skilled and productive work force; efficient tools and equipment are employed; and state of the art maintenance techniques are used to provide a safe, reliable, and environmentally sound operation of the refinery at the optimal cost.

Candidates must hold a Bachelor degree in Engineering and a minimum of 10 years experience in refining or petrochemicals or 20 years of multi craft maintenance experience in refining or petrochemicals with 10+ years of maintenance management (Superintendent & Manager level) experience. Previous management/leadership experience of inter-disciplinary teams and large groups. Turnaround or Capital Project management. Bachelor's degree in Mechanical Engineering preferred. Line management experience in maintenance preferred.

For confidential consideration, please submit your resume through our website career center at www.sunocoinc.com . EOE/M/F/D/V

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Sunoco, Inc., an independent refiner and marketer of petroleum in Toledo, has an immediate need for a Project Controls Lead. The selected applicant will be responsible for the oversight of all project control and forecasting activities for capital projects including tracking and forecasting costs and scheduling during all phases of capital projects. Also monitors material, rental equipment and other indirect expenditures.

Candidates must hold a high school diploma or equivalent and 10 years accounting/financial performance analysis and auditing experience with a minimum of 5 years in project control/project management experience. 3-5 years oil industry experience preferred. Working knowledge of Microsoft Suite applications, with proficiency in Excel and Word required. Experience with SOX (Sarbanes-Oxley) preferred. B.S. degree in Engineering, Finance or Accounting preferred.

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The mission of the Jamil Lewis Multicultural Center for the Arts is to provide space and opportunity for a multicultural community to express itself as a collective.

JLMCA Executive Director Audrey Johnson has been an advocate for the arts and youth programming for many years. Johnson and the JLMCA board members recognize the importance the arts as a way to "bridge cultures around the world".

This year is the beginning of many local collaborations and global connections. As such JLMCA has asked for support in a celebration to display the mural and achievements of the participating youth.

The Jamil Lewis Multicultural Center for the Arts with the support of Hostelling International Toledo Area Council, City of Toledo Youth Commission and City of Toledo Board of Community Relations sponsored a Community Wall Mural project created by seven youth, ages 11-18. The participating youth worked as a team instructed



Melvin Claybrooks explains his art to Mayor Carty Finkbeiner

by artist Odes Roberts, Sr. to research and create a 40"x 60" mural in honor of Rosa Parks reflecting images of the 1950's era.

The participating youth were recommended by teachers from Rosa Parks Elementary School, Horizons Science Academy Toledo and Scott High School Arts & Media Department. The Rosa Parks Community Wall Mural will become a permanent collection to be placed at the newly named Rosa Parks Elementary School located at 3350 Cherry Street.

In April, the mural was presented at the Hostel International Regional Conference in Detroit Michigan. The Community Wall

project has established a JLMCA youth mentoring program and partnership with the Toledo Museum of Art Outreach Program for scholarships to continue further development in the arts.

The mural will be on exhibition throughout NW Ohio during June – September of 2008: City of Toledo One Government Center (June 24-July 21), Mott Branch Library (July 28-August 18) and Kent Branch Library (August 25-September 15).

This project afforded underserved youth the opportunity to utilize their creative talents while developing skills, experience history, fostering group inter-

action and the learning mechanics of presentation. The project was designed to engage the youth to participate in performance fundamentals and leadership roles. The group project ensured awareness of talented youth and established their potential in a positive view through multiple disciplines of the arts in a non-traditional environment.

"You can do anything if you really believe you can," said young artist Will White, Jr. of the lesson he learned from his time working on the mural.

Artist Melvin Claybrooks, who graduated this spring from Scott High School and will be taking his talents to Owens Community College in the fall, has already branched out with his art. The mural gave Claybrooks an opportunity that he quickly translated into a number of individual pieces.

The aspiring young writer and artist sums up his artistic goals succinctly: "I'm striving for change."



Trevor Nettles, Claybrooks, Finkbeiner, Will White, Jr., Charles Brown, Jr.

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