



Volume 14, No.16

"And Ye Shall Know The Truth..."

August 06, 2008

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Yvette "Angelica" Harris
Founding President of the BadBoyz Motorcycle Club



Nicole Rice
Owens Student
Business Management
Major

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This Strikes Us ...

The Sojourner's Truth Editorial

The most astonishing aspect of the Toledo Lucas County Port Authority's handling of the Jim Hartung affair (pun most assuredly intended) is that the whole matter could have been handled quietly rather than turning it into a lurid public display.

The mayor, for whom discretion has never been a strong suit, could have made his case to the Port's board of directors who could have investigated the issue without the intense scrutiny of the press.

Picture this ... hizzoner, informed of a situation involving the Port president, calls board members together and tells them "you people have a problem in your midst and you need to look into it." That's what might have happened in an ideal setting.

Not here in Toledo. Here in Toledo, we use the media to deal with situations not merely report on them.

The report by the Port's legal team might well have been seen in a different light without pressure from the media. We don't know yet what the report says since it is still a matter of attorney-client privilege. We can only guess that perhaps the very public airing of the alleged indiscretions forced board members to act in a manner they might not have had they been able to operate *sub rosa*.

Of course, that was the very point, isn't it?

Since the objective all along was to get rid of Hartung, then a private discussion of his private life might have not brought about the same result.

Therefore, for those who wanted Hartung gone, it was important to make a public display of the matter and damn the consequences to those people, those families whose lives would be unalterably affected by such a public humiliation.

Shame on us, Toledo.

Again not knowing what the report says, we would like to think that more was involved than simply matters of the heart. But knowing that the object of the witch hunt was to get rid of Hartung, we are forced to concede that a private indiscretion would have been enough. Certainly given the atmosphere, it apparently would not have taken much for the board to give him his walking papers.

Of course, all of this could be put into a certain amount of perspective if Toledo and Lucas County were on track in terms of bringing in jobs and consolidating our efforts at enhancing economic development. We aren't.

Jim Hartung was generally well respected for his efforts in economic development but the development picture was not exactly rosy when he was here. What we are left with now is a totally dysfunctional array of tepid development efforts resulting in precious little activity.

We have a multipurpose arena in the works, to be sure, but beyond that, very little.

We see no movement on Southwyck. In the last few years more businesses have left the downtown area than have been attracted to locate there. The Toledo Steamplant conversion is stalled. And the Marina District, that's been delayed ... again. The worst-kept secret in town is that there simply is no money for the project anywhere.

The Lucas County Improvement Corporation is a political football and the only big news out of the mayor's office in the last few months on the economic development front is that Advocates for Basic Legal Equality (ABLE) are moving into a downtown office ... from another downtown office.

But we do these things to ourselves, Toledo.

When a big city such as Detroit or a mega state such as New York has a scandal, they do it up right ... elected officials hiding or moving money to cover up official misconduct, improper pay offs, perjury, expensive call girls.

Even Idaho, with its very own Senator Larry "Wide Stance" Craig, knows a thing or two about real scandal, certainly a thing or two more than we in Toledo know.

Here in Toledo we "tsk, tsk" at the *perception* that private wrongdoing might somehow translate inevitably into public malfeasance. On a scandal scale of one to 10, this Port Authority mess rates a score of about minus three.

But the most important thing is that those who wanted to get their man, got their man. Riddled themselves of someone who had proved to be somewhat untouchable in the past. Regrettably, even now folks can't seem to bring themselves to let the past go.

There are those who still seem to relish the idea of beating a dead horse, flogging the old nag unmercifully in order to uncover the salaciousness they suspect must have been perpetrated during public time.

Is there any possible way that we can restore just the least bit of dignity to this city?

Shame on us, Toledo.

Community Calendar

August 4-8

Vacation Bible School: Ridgewood Church of Christ; 6 to 8 pm nightly; "Walking in Sonlight." 419-726-2210

August 8

2008 Youth Empowerment Award Ceremony: Sponsored by the Board of Community Relations; 2 pm; One Gov't Center; Honoring Greg Braylock, David Bush, Joel Todd and Adelante, Inc. 419-245-1565

August 9

3rd Annual Community Health Awareness Fair and Back-to-School Celebration: Toledo CDC; Smith Park; 10 am to 4 pm: 419-255-7500

2nd Annual Rainbow Tea: St. Paul MBC; 2 to 5 pm; Modeling and the Rainbow Colors in the spirit of the Lord: 419-246-2886

August 10

Center of Hope Baptist Church's Annual Men's Day Celebration: 11:30 am; Speaker Jack Ford

August 10-17

St Paul AME Zion 91st Anniversary Celebration Week: "We're Still Here;" Sunday at 11 am - Friends and Family Day; Friday at 7 pm - pre-anniversary musical special with guest pastor Rev. George Maize and Warner Temple AME Zion of Wilmington NC; Saturday at 11 am to 3 pm - BBQ dinners and clothing giveaway; Sunday at 11 am - 91st church anniversary celebration service: 419-243-1065

August 12-14

2nd Annual Revival: New Hope MBC; 7 pm nightly; Guest Pastor Benjamin Stanley Baker of Southfield MI: 419-244-2964 or 419-349-2323

August 13-16

UMADAOPS of Ohio 19th Annual Conference: "Rebuilding the Fallen Bridge;" Hilton Hotel; Featuring CNN's Roland Martin, the Rance Allen Group; Dr. Stephen Perry, Kelly Williams, David Miller, Coach Powell and Dr. Jorge China: 419-255-4444 or www.regionline.com

11th Annual Holy Convocation: Interfaith Fellowship of Churches; The Clarion Hotel on Reynolds: 419-944-0984

August 16

Good & Plenty Party: Peacock Café; Proceeds to benefit Susan G. Komen Race for the Cure: 419-241-8004

Third Baptist Church of Holland Men's Musical: Featuring the Sons of Union of Romulus, MI; 6 pm

August 16-17

2nd Annual Uptown Family Festival: St. Paul's United Methodist Church; Noon to 8 pm on Saturday, Noon to 6 pm on Sunday; Entertainment, crafts, vendors, food, kids' rides: 419-243-8284

August 22

Aurora Project's 15th Annual Golf Scramble: Presented by National City and Cousino Harris; Stone Ridge Golf Club in Bowling Green: 419-244-3200

August 23

5th Annual Showcase of the Arts: Owens CC; 1 to 4 pm; Sponsored by AKA; Participants include visual and performing artists: 419-450-9552 or 419-973-8525

Alpha Phi Alpha 14th Annual Scholarship Golf Tournament: Eagles Landing Golf Course; 4 pm

Abundant Joy Ministry's "A Night to Praise & Worship;" New Kingdom MBC; 6 pm; Voices of New Kingdom, Positive Force Christian Dance, Apphia & Heart Musick, COGIC Prime Ministry and more: 419-787-3732 or 419-699-0586



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My View

By Jack Ford
The Truth's Political Columnist

Last week we heard of the tragic loss by drowning of a father and his young son off Cullen Park near Point Place. The mother of this family quickly caught our attention because of her almost stoic acceptance of the tragedy.

The mother said she was at peace because she knew she had raised her son in the Lord. This view point, coupled with the father's obvious attempts to nurture his family life through camping made for a compelling, albeit sad, story.

Then, we heard that the mother was told that she had to leave her apartment because it was leased in her sister's name not her own. A two-bedroom apartment is just not big enough for eight children.

We ought to be able to fix this problem in the short run. This community has LMHA, EOPA, United Way, Urban League, NAACP, the ministerial alliance, three black city councilmen, a state representative—all in positions of power.

Can't we figure this out? The last I heard was that the services were going to be at Blessed Sacrament due to a friendship with the father who drowned. We ought to have one group of leaders who can come together instantly whenever there is a crisis. And we should be able to fix the problem without relying always on the outside community.

Mayor Carty Finkbeiner might be smart to stop jousting with Municipal Court Judge Tim Kuhlman over the city's share of court expenses. The Ohio Supreme Court recently weighed in on a similar case out of Akron and came down on the side of the court. Surprise! Judges backing up judges! Let it go, Carty. You are just wasting time and money.

I am going to start pushing Toledo Public Schools to leave the Manhattan/Elm fortress and move its headquarters into the renovated Scott High School. TPS ought to affiliate

with a graduate program such as Spring Arbor and place a college at the Scott site as well. We will not gin up support for a new Scott until we find some ways to do things differently there.

It looks like Councilman Michael Collins is getting the best press of anyone on City Council right now. Collins regularly takes on the 22nd Floor and wins. Maybe you can add Collins name to the mayoral states in 2009. Collins could run for mayor without losing his seat on council if he lost since his term is not up until 2011.

I have always been intrigued by our Mike Collins at least in part because of his pedigree—one of his great uncles was the renowned Michael Collins who was a key leader of the Irish uprising of the first quarter of the 20th Century.

Why did I file a complaint against the Greater Toledo Urban League?

Because it is dead wrong for a civil rights organization to say that age was a factor in a hiring decision. You can not say that and age discrimination cases are the fastest growing cases in employment law in the nation.

Black Diversity

By Ravi Perry
Guest Column

The recent CNN special "Black in America," a series billed as including "the varied experiences of black women and families and investigates the disturbing statistics of single parenthood, racial disparities between students and the devastating toll of HIV/AIDS" is an effort that we should applaud.

For a mainstream cable television network to place the lives, issues, concerns and experiences of African-Americans in the United States on display is achievement enough. However, to do so at a time that is not the Rev. Dr. Martin Luther King, Jr.'s birthday or Black History Month—is notable. I hope you recorded it or found it on youtube, because the likelihood of seeing a series like that again is well—unlikely.

With that said, the series could have benefited from more serious profiles, discussions, and commentary from the diversity of experiences of those who happen to be black in the United States. While I understand there is only time for a few highlights, a profile of "The Black man," "The Black Family" or "The Black Woman" is highly simplistic. The lives of African-Americans clearly extend beyond those rudimentary descriptors. Yet and still, for the reasons

stated above it was an educational experience from which everyone might have benefited.

It should come as no surprise that mainstream media's attention to black issues is likely and partly a result of the historic presidential candidacy of U.S. Senator Barack Obama. His life's experiences and self-identification with African-American culture in the United States in many ways has forced some in our country to educate themselves about the experiences of black people—and for them—that might mean ignoring the stereotypes and seeking the truth.

The only "problem" (if there even is one) with Obama serving as the symbol for people suddenly seeking of clarity on all issues black is that Obama is bi-racial. That is something we should all embrace, support and understand but we should also use as a tool toward greater understanding of his entire life experience—which goes back to why rudimentary categories of the black man or the black woman on the CNN special are problematic.

Obama's recently concluded world tour is a perfect example of why such labels are increasingly losing their usefulness. As the junior senator from Illinois, and a recent entré onto the national political stage, Obama embarked on a tour of many countries, their historic sites

and their current leadership.

As the presumptive Democratic nominee visited each country, he was welcomed as a fresh face that many across the world hope will lead America come 2009 as our new president. During this tour, Obama transcended race in that he was making an effort to decrease the number of detractors who claim his foreign policy experience is lacking, and in so doing, was viewed by many, (even some Republicans), as presidential.

Finally, a label that makes sense. Notice that the label did not include any reference to being black.

Many of my colleagues might argue that his ability to be viewed as something other than black might suggest that he will not take on black issues if elected. While there is some logic to that line of thought, there is more that does not make sense than what meets the eye.

First, there are no such things as *black issues*. Yes, there are issues that matter more to African-Americans in the country given their intensity of preference, suffering or, perhaps, discrimination given the issue. But, that in and of itself does not make it a black issue.

Secondly, Obama can not run for president of the United States as the junior senator from Illinois and as a *black president*. Why?

(Continued on Page 5)

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Open Letter to Michael Shoemaker

Ohio School Facilities Commission

This letter is being written to provide a clear understanding of where the African American Parents' Association stands on the OSFC/TPS Board of Education/TPS Administration proposal being put before the Toledo Public School Board as it pertains to Segment Five of the Building for Success Program.

The segment of the community that we represent and humbly speak for, implore you to keep Jesup W. Scott High School in Segment Five of the program scheduled for renovation. Because this segment of the community has been ill served, deceived and lied to over the years, we can only surmise that this pattern will be repeated. However, now that this process is being opened up (thanks to board member Darlene Fisher) and the public is being included in an open venue, it is imperative that we put our inscription on this tablet and state that Scott High School must be kept in the original plan.

Because we have waited six years for our turn and have seen the decimation of Scott High School's academic programs that pushed students out and into other high schools through the *out of district* program, the population of students has decreased tremendously as would be expected with this type of academic damage. Now the community is being punished for not allowing their children to attend Scott High School (in its present condition) to commit academic suicide.

The population is not there because every generation wants something more for their progeny. The something more has not been at Scott during the six years that we have waited patiently for our turn. Structurally and academically the building has plummeted into an abyss that would be very hard to recover from.

According to the Toledo Blade's editorial of July 27, 2008, it is written that you have "pledged to give TPS every break possible to make the renovation plan happen," we are asking that you give our community the break and listen to the constituency that tipped the scale in favor of the Building for Success program in how it voted for Issue 2 in 2002.

African American Parents' Association
Charles Brown 419-535-3075
Twila Page 419-243-3813

Thirteenth Annual Miss Junior Toledo Pageant Shone Light on Three of Toledo's Most Talented Teens

By Geneva J. Chapman,
Sojourner's Truth Reporter

These days most competitions are judged by those least likely to be objective: the American public. All too often people win because they're crowd favorites, have a nice smile or members of the opposite sex think they're "cute." Well, that's not how the contestants of the Miss Junior Toledo Pageant are judged.

When Tricia Allen started the pageant in 1995, she was real clear that the contest for young ladies between the ages of 12 and 18 was not going to be based on popularity or superficial beauty.

"What I didn't want was a beauty pageant," says Allen. "Beauty means different things to different people. Working from the inside out was my goal and to motivate our young women to take a leap of faith and step out of the box."

The three contestants for this year's pageant certainly measure up to Allen's ideal. Breyana Crittenden (16), Brandy Jones (17) and Corrine

Moore (17) exemplify the poise and grace the pageant endeavors to promote.

Held at Bethlehem Baptist's community center, Sunday, July 27, 2008, the 13th Annual Miss Junior Teen Pageant was as elegant and classy as its founder, Allen.

An ambience of elegance and class was pervasive in the center decorated with floral arrangements and populated with the friends, family and supporters of the three contestants.

All three young ladies

seemed to emulate Allen as they competed in contests to display their public speaking abilities, amazing talent, striking evening gowns and ability to answer a variety of questions spontaneously and skillfully.

Each contestant shone like the star she is through each contest, making the task of judges Allison Cox, Miss Junior Toledo 2006-2007 Destiny Fordham, Eric Wright and this writer very difficult, if not impossible.

Each contestant introduced herself in a novel way

to show her future goals and aspirations. Crittenden wants to have her own dance studio and later demonstrated her expert dancing ability in a beautifully choreographed modern dance during the talent competition.

Jones wants to be a pediatrician and also teach dance to children and later performed an innovative dance routine incorporating dance styles from vaudeville all the way up to hip-hop, thinking way outside the box.

Moore wants to design clothing for large women and later proved to be a true fashionista in an elegant purple and lavender gown in the evening gown competition. Jones wore a vibrant orange gown with an empire waist and pleated skirt.

However, it was Crittenden's satin lavender gown with a fitted bodice and full skirt and a matching shawl that won that contest hands down; the gown and her beautiful smile gave her the appearance of a true queen.



Moore's talent for singing, mature beyond her years, made her a *cappella* performance of "Summertime" from Gershwin's "Porgy and Bess" a show stopper. Although nervous during the public speaking segment of the program, Moore was quite confident and communicative during the judges' interviews the day before the pageant and during the question and answer segment of the competition. Her bubbly personality and bright smile were infectious.

Most amazing was the improvement in Brandy Jones showed since last competing in the pageant a few years ago. Much more confident, engaging and communicative, she definitely proved that Miss Junior Toledo's goal to "up lift" and build self-esteem is being met.

The winner of the 2008-2009 Miss Junior Toledo Pageant crowned by last year's winner Ashley Minj'on

(Continued on Page 16)



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19th Annual UMADAOP Conference Coming to Toledo

Sojourner's Truth Staff



Roland Martin

The Lucas County UMADAOP (Urban Minority Alcoholism Drug Abuse Outreach Program) will be hosting the 12 Ohio UMADAOP chapters this year during the 19th Annual Conference. It's the first time the conference has been held in Toledo since 2004, says Wakeso Peterson, assistant director of the local chapter.

The theme of this year's event is "Rebuilding the Fallen Bridge: Eliminating the Risk Factors that Produce Educational Achievement Disparities among

Minority Youth" and a host of keynote speakers have been assembled to address this topic during the four-day conference which will be held from August 13-16 at the Toledo Hilton. Patterson anticipates about 250 to 300 attendees.

The keynote speakers include: CNN's Roland Martin; Jorge Chinea, Ph.D. of Wayne State University; Dr. Stephen Perry, author of *Man Up: No One Is Going to Save You*; David Miller of the Urban Institute; Kelly Williams, author of *Single Mommahood*;

Phillip Jackson, Illinois state representative and founder and president of the Black Star Project; Alfred "Coach" Powell of the Human Motivation Council and Dr. O'Dell M. Owens, Hamilton County coroner.

In addition to the keynote speakers, there are about 20 workshops on the busy four-day schedule. The workshops are intended to help flesh out solutions to the problem of the lack of educational attainment on the part of minority youth, says Peterson.

The Rance Allen Group will be performing on Wednesday night, August 13, at the hotel at 7 p.m. Tickets for this event are \$20.

The awards banquet is on Thursday night at 7 p.m., also at the hotel. Perry will be that event's keynote speaker. Tickets for the banquet are \$35.

Friday night's entertainment will be provided by a youth group called The Distinguished Gentlemen of Spoken Word from Cleveland – also at 7 p.m. at the hotel. The event is free to the public.

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Applications available for The University of Toledo Starz Program



Applications are currently being accepted for the after school enrichment program for high school students (particularly those who are historically underrepresented in the sciences) interested in pursuing careers in the health professions.

The Starz program runs from September 23, 2008 – May 19, 2009, 4-6pm, where students will be involved in monthly interactive medical-related presentations.

Students grades 9-12 who have a 2.0 GPA or better are eligible. The deadline for applications is September 5, 2008.

For an application packet or for more information, please contact the UT Office of Institutional Diversity at 419-383-3438.

Black Diversity

(Continued from Page 3)

First, he would not get elected. (Recall Jesse Jackson in 84 and 88?) Second, for those interested in seeing him get elected, they should, in my opinion, advocate for issues that matter to them and lobby his campaign to make them priorities if they are not already.

The major avenue to ensure Obama supports any of the issues you might support is to ensure his victory. We can all help, for those interested, by ensuring people get registered to vote – your friends, your foes, your co-workers, your neighbors (even the ones you don't like), even ex-felons in the state of Ohio can vote. So there is a lot of work to do in this area.

Finally, we should want Obama or any politician to

care about issues that affect everyone because addressing those issues effectively will bring to light the many socioeconomic substantive problems that plague the African-American community. Effectively addressing those issues includes being careful to note the racial disparities, discrepancies or significance of any kind given the issue.

By noting the common humanity of fellow Americans and highlighting issues that affect blacks (as well as others), we encourage others to further recognize the unique experiences of African-Americans. Perhaps then we will be better equipped to work to improve those experiences that are *wrongfully unique* like the disproportionate number of black males in prisons nationwide.

If we are careful to address the substantive problems within the black community in a *fashion* in which we are careful not to lose sight of our common heritage as Americans, those problems might be less severe sooner than we think.

Diffusing rudimentary, traditional labels of those who happen to be black and who live in the United States is one step toward that effort.

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

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Bad Boyz Seventh Annual Motorcycle Ride 4 Sickle Cell

By Fletcher Word
Sojourner's Truth Editor

The seventh annual "Motorcycles Ride 4 Sickle Cell," a fundraiser designed to help the Sickle Cell Foundation of Northwest Ohio promote education and discovery, is rapidly approaching.

The Ride will take place this year on August 30 and the organizers, such as Yvette (Angelica) Harris from The Mix 95.7FM) Harris of the Badboyz Motorcycle Club, are looking for sponsors.

Sickle cell disease converts normal soft, smooth red blood cells into hard, sticky cells that are shaped like crescents or sickles. Normal round red blood cells course easily through blood vessels bring-

ing oxygen to every part of the body. Sickle-shaped cells can get stuck and clog the blood vessels which prevents oxygen from getting through. The lack of oxygen causes pain and harms organs, muscles and bones.

Although the disease is not strictly confined to African-Americans, one out of every 10 African-Americans has the sickle cell trait. When two persons who carry the trait pair up and conceive, the chances are one in four that their offspring will have the disease itself—a disease that is incurable.

And while between 80,000 and 100,000 Americans suf-

fer from the sickle cell disease, these numbers are not large enough to prompt pharmaceutical companies to devote extraordinary time, effort and money in trying to develop medications to cope more effectively with the illness.

"It doesn't affect the millions that cancer does," says Kortney Weber, project director for the Sickle Cell Project of Northwest Ohio, a program maintained by the Neighborhood Health Association (NHA). Weber acts as a clearinghouse for sickle cell information for the 11 counties of northwest Ohio and her program provides counseling, education and testing for patients and potential patients with the disease.

The Ride 4 Sickle Cell was organized by Harris and the Badboyz seven years ago during the inception of their chapter. The predominantly African-American national motorcycle club—15 chapters across the country—requires its chapters to find a community project to devote their members' time and attention to. Harris, native Toledoan and Rogers High School graduate, the local chapter's founding president, selected sickle cell and developed the annual ride as its chief fundraiser. The event attracted 15 motorcyclists during its first year; last year the number had grown to several hundred.



Yvette "Angelica" Harris and Charles "Crash" Stuart

It's quite a spectacle, says Harris, starting at 1:00 p.m. at the McDonalds at Collingwood and Dorr and ending at the Harley Davidson dealership at 7960 W. Central and under a Toledo Police Department and Lucas County Sheriff's Department escort all the way.

The cost to ride is \$20 per bike; \$25 with an additional passenger.

After the Ride, a party will be held at the Golfers Club starting at 4 p.m. Live entertainment will be provided by Lady K and Daryl Banks. There will also be food and vendors at the evening event.

The common denominator for those who are affected by sickle cell disease is pain,

says Weber, a Bowling Green State University graduate who has been with NHA for about two years. All newborn babies in Ohio are tested for the sickle cell disease, she says, and her office follows up on these screenings.

"There's not a whole lot of things to do except for pain maintenance," Weber says. Pain crises are brought on when the body is deprived of oxygen that the sickled cells are unable to deliver. Hydroxyurea is the medication of choice for those with the disease and keeping hydrated is the key to preventing pain crises.

Unfortunately, Weber sees no cure on the horizon that would be applicable to

the vast numbers of people affected by sickle cell. A bone marrow transplant would provide a cure but the procedure is highly risky given the difficulty of finding matches and the high percentage of rejection of the marrow. To the best of Weber's knowledge, only one U.S. patient has ever received such a transplant—successfully, by the way.

The proceeds from the Ride go into a scholarship fund at The University of Toledo in the name of Rhea Hammond and Patricia Duhart who died from complication of sickle cell. For any questions about the Ride or your tax-deductible contribution, contact Yvette Harris at 419-514-7200.



Kortney Weber

Buckeye CableSystem and The Truth **vip** of the month.



August VIP - Daisy Smith, RN

"I have never retired," says Daisy Smith. "I just don't get paid for what I do anymore." For the record, Smith, who became a registered nurse in 1963 when she graduated from the Medical College of Ohio with honors, retired from the Cordelia Martin Health Center in 2000.

These days, however, she maintains a busy schedule working on various community service organizations such as the Toledo Council of Black Nurses, completing her master's degree at UT, participating on the Commission on Minority Health, helping to plan events such as the Community Health, Wellness and Weight Loss Challenge Health Fair.

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

She is also deeply rooted in the larger picture of working with organizations on health disparities that minorities face.

"We should continue with disease prevention and education, there always seems to be a need. And we need to continue to organize and encourage upward educational mobility.

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Prime Time For Wellness or "We Need A Revolution"

By Dr. Anita M. Lewis Sewell
Guest Column



Dr. Marilyn Hughes Gaston, M.D., co-author of a health and wellness resource book titled *Prime Time*, is passionate about helping African-American women to live healthier lives.

Prime Time, a comprehensive guide on black women's health, was co-authored by Gayle K. Porter, Psy.D., a clinical psychologist with over 25 years of counseling and providing psychotherapy to black women.

Dr. Gaston, a former U. S. Assistant Surgeon General and Bureau of Primary Health Care administrator, was the first African-American woman to direct a Public Health Service Bureau. She joined a panel of distinguished researchers and clinicians for a health symposium on critical health issues affecting black women at the recent NAACP 99th Annual Convention in Cincinnati, Ohio.

Other symposium panelists included Dr. Nelson Adams, President of the National Medical Association; Dr. Freda M. Jackson from Atlanta, Georgia,

whose topic was the health effects of gendered racism and Dr. Pamela Lynn Redden, Cleveland, Ohio, who discussed heart health.

Dr. Gaston's introductory remarks at the symposium were neither typical nor traditional.

She approached the podium smiling broadly. Then, quite unexpectedly, she began to clap her hands, waving and gesturing for the audience of nearly 300 people to rise to their feet, as some lively, upbeat music began to play.

People seemed surprised at first but soon everyone was laughing, clapping, moving and grooving to the beat right along with Dr. Gaston.

Then, at the top of her lungs and with heart-felt and boisterous sincerity, she shouted out loud the words: "WE NEED A REVOLUTION!"

After repeating her spirited and challenging refrain several times, Dr. Gaston received a round of thunderous applause from the enthralled and captivated group. She had truly primed and electrified this audience for the message she wanted them to receive as she launched into the heart of her talk on critical health issues facing black women.

African-American women are dying at a greater rate than any other ethnic group in America, Dr. Gaston began, citing heart disease, cancer and strokes as the top three leading causes of death. In contrast, Asian women in the United States and worldwide

have the longest life spans of all ethnic groups, she said.

"We are not living lives of prevention," she noted.

Dr. Gaston, whose specialty is pediatrics, added that "this health crisis is also affecting our children."

She believes "radical changes in our health" are needed "in our nation, in our community, in our own lives and our families."

She expressed concern that African-American women are at greater risk for breast cancer. They are diagnosed later, are less likely to get regular and follow-up mammograms and also get more aggressive forms of breast cancer, she said.

There is an epidemic of diabetes and obesity among African-American women due to inactive lifestyles, Dr. Gaston continued.

"Ladies, we have got to start moving," she urged, directing her comments to the majority of women present.

Sometimes women can be "too stressed to know we're blessed," Gaston noted. In reference to mental and emotional health, she said stress, anxiety, and depression can have a negative impact on health problems, like diabetes, hypertension, COPD (chronic obstructive lung disease), multiple sclerosis, thyroid disorders, and overall immune function.

Untreated depression can actually increase the risk of death from cardiac or heart disease, she said

Poverty, unequal or less aggressive medical treatment, decreased knowledge of symptoms, obesity and inactivity were just a few of the factors she noted as contributing to this health crisis. However, she emphasized, at least 70 to 80 percent of chronic illnesses can be prevented by lifestyle changes.

"We need to develop habits of health," Dr. Gaston declared. "Start the revolution with you."

"Sweat that head," Dr. Gaston said emphatically, regarding physical fitness, "even if you have to wear a wig, a weave or a scarf." Many black

women avoid exercise for hair care and cosmetic reasons, but, "you don't want to have the best looking head in a coffin," she quipped.

She asked women to start walking and gradually work up to between 30 and 60 minutes a day, adding that strength and flexibility training are also important.

She urged everyone to get a pedometer and give one as a gift to encourage others to start a fitness program. She listed health habits women need to establish, such as:

1. Start putting your health and yourself first.

2. Determine your risk factors.

3. Practice prevention every day.

4. Get moving, get fit.

5. Manage your stress.

6. Eat to live.

7. Be a partner with your health care team.

8. Remember that health is holistic: involving mind, body, and spirit.

When people refer to the 'prime of life,' they usually mean middle age. The phrase 'prime time' is also used to refer to the evening hours when television shows for adults are usually aired.

Prime Time was purposely written for and targets the "midlife" or middle-aged woman, Dr. Gaston explained.

One chapter of the book is devoted to helping women develop their own "Prime Time Wellness Plan." Although directed toward the midlife woman, younger women will also benefit from the information in this book she believes.

The book explores the power of prevention, managing stress, anxiety and depression, dealing with menopause; diabetes, sexual wellness cardiovascular diseases and healthy weight and exercise, and more.

"Health is wealth," said Dr. Gaston, who views health as a civil rights issue and firmly believes some form of universal health care is needed in America.

She advises women to laugh more, and fill their lives with healthy, positive people. Deep breathing, yoga, Tai Chi, meditation and prayer are some good ways to relieve stress, she added.

Dr. Gaston closed by reading a poem titled "Reaching the North Star" found in the last chapter of her book, which talks about the power to change.

"Woman have a great influence on the health of the family," Dr. Gaston explained. "If you can change her life, she can influence (her) community and family."

Dr. Gaston is internationally known for her efforts in improving management of sickle cell disease. She is frequently asked to speak on subjects related to women and children's health, improving health care access and eliminating health disparities.

She is recipient of the National Medical Association Living Legend and Scroll of Merit Awards. She has also received the prestigious Daniel Drake Medal, the highest award bestowed by the University of Cincinnati Medical College, which has also named a scholarship in her honor.



Dr. Marilyn Hughes Gaston



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Diabetics Basics: What Is Diabetes?

Diabetes is a group of diseases marked by high levels of blood glucose resulting from problems with the hormone insulin. Normally, the pancreas (an organ behind the stomach) releases insulin to help your body store and use the sugar and fat from the food you eat. Diabetes is when one of the following occurs:

- * When the pancreas does not produce any insulin,
- * When the pancreas produces very little insulin, or
- * When the body does not respond appropriately to insulin, a condition called "insulin resistance."

Diabetes is a lifelong disease and one of the leading causes of death and disability in the United States. Approximately 18.2 million Americans have the disease and almost

one third (or approximately 5.2 million) are unaware that they have it. An additional 41 million people have pre-diabetes. As yet, there is no cure. People with diabetes need to manage their disease to stay healthy. Black Americans are almost twice as likely to have diabetes as white Americans.

Types of Diabetes

Type 1 Diabetes (formerly called juvenile diabetes) results when the body's immune system attacks and destroys its own insulin-producing cells in the pancreas. People with this form of diabetes must have insulin delivered by injection or pump. If not treated, this can be a life-threatening condition. Symptoms include: increased thirst and urination, constant hunger, weight loss,

blurred vision and extreme fatigue.

Type 2 Diabetes (formerly called adult-onset diabetes) results when the body does not make enough insulin or cannot use the insulin it makes effectively. Type 2 diabetes accounts for about 90-95% of all diagnosed cases of diabetes. While most cases can be prevented, it remains for adults, the leading cause of diabetes-related complications such as blindness, non-traumatic amputations and chronic kidney failure requiring dialysis. There is no cure for this illness, but some people can manage their type 2 diabetes by controlling their weight, watching their diet and exercising regularly. Others may also need to use medication that helps their body use

insulin better. While some suffer no symptoms, the most common symptoms are: feeling tired or ill, unusual thirst, frequent urination—especially at night, weight loss, blurred vision, frequent infections and slow healing wounds.

Questions & Answers

Diabetes is a common fear on my father's side of the family. I am 21 years old and my father keeps asking me to get checked. Do I have anything to worry about at this age?

Both type 1 and type 2 diabetes have genetic components. As a result, anyone with a first-degree family member who has diabetes needs to be more aware of the diabetes warning signs. There is a clear advantage to having new-onset diabetes detected early. If

your father has type 2 diabetes and you, in addition to being a first-degree relative, have other risk factors—obesity, high blood pressure, or being a member of an ethnic group predisposed to diabetes—it would be quite reasonable to have your fasting blood glucose checked regularly.

I want to know how diabetes is detected. I am 33 years old and I want to find out now before I get older. A family member (my great uncle) was diagnosed.

Diabetes is diagnosed by blood tests. The most sensitive way to detect the tendency for the development of diabetes is with a test called the glucose tolerance test. It's a good idea to have blood glucose and cholesterol tests done during your annual visit to your primary care provider.

Does type 1 or insulin-dependent diabetes cause impotence in men from time to time? And if so, is there any medical help? Can I use Viagra? Also, do women with diabetes have problems with sexual function?

Yes, type 1 diabetes can predispose men to impotence, however, sexual dysfunction is not a necessary outcome of diabetes. It has to do with not feeling well and diabetes not being in good control. When your diabetes isn't under control, your sex drive is affected

like everything else. There are clearly individuals with erectile dysfunction that require assistance with medication. There are also devices available to help the male, and creams for the women. Viagra should not be seen however as just a matter of "popping a pill and that will take care of it," there can be many complications. You should first be seen by a doctor to find out the underlying issue for the dysfunction as there are a number of other causes of impotence as well. No one should be afraid to talk to their doctor or their diabetes educator about problems with sexual performance; often they can find a solution. Depending upon the cause of the impotence there are a number of approaches to treatment that can provide significant improvement.

I have just been diagnosed with diabetes, is there a cure?

While there is a tremendous amount of research going on in this area, unfortunately at present, there is no cure. Diabetes is a lifelong. People with diabetes need to manage their disease to stay healthy.

The opinions expressed herein have not been reviewed by an NHA Physician and are meant for informational purposes only. If you have a question about your health, you should consult your personal physician.

NEIGHBORHOOD
Health Association

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Obesity Problem Hitting Home for Ohioans:

How to determine if you're obese and take action

By Tedra White, ProMedica Health
Guest Contributor

Obesity is one of the most talked about issues in the news right now and is a serious problem nationwide and here in Ohio. According to The Centers for Disease Control and Prevention (CDC), 27.5 percent

of Ohio adults are considered obese. Ohio ranks 13th in the nation following Michigan at number 12.

"Obesity is a major risk factor for a number of chronic diseases such as type 2 diabetes,

heart disease and stroke. These diseases can be very costly for states and the country as a whole," said Deb Galuska, associate director for science for CDC's Division of Nutrition, Physical Activity and Obesity.

healthy diet and exercise. According to ProMedica physician Traci Watkins, MD, adopting healthy habits is easier than many people think and doesn't always require going on an elaborate diet or joining a health club.

says. "Water has no calories and is the best form of hydration for the body."

Dr. Watkins advises people to talk to their doctor prior to starting any form of exercise, especially the elderly and individuals with chronic illnesses, such as heart disease, high blood pressure or diabetes. "A physician can prescribe

a specific exercise routine for you to maximize long-term benefits, assure safety and reduce risk for injury," says Dr. Watkins.

For more information about obesity, visit the CDC website at www.cdc.gov or talk to your doctor. To find a ProMedica physician, call 800-PPG-DOCS or visit www.promedica.org.



Traci Watkins

"Walking at least three days a week for at least 20 minutes is a great way to get exercise,"

What is considered obese? For an adult, it's having a body mass index (BMI) of 30 or higher. For example, a person who is 5'9" tall and weighs 203 pounds or more would be categorized as obese. Several websites, including the CDC contain BMI calculators to help you determine whether or not you are obese.

Simple ways Toledoans can shape up.

It's no secret that the solution to the obesity problem is a

"Walking at least three days a week for at least 20 minutes is a great way to get exercise," says Dr. Watkins. "Plus, it's safe, easy, free and there is a low risk for injury."

Dr. Watkins also says a trick to help curb overeating and hunger is to drink plenty of water.

"Drinking a full glass of water before each meal can give the stomach a sense of fullness and thereby decrease food and caloric intake," she

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2008 Back to School Blast!

By Diana Patton and Tonja Ward
Guest Column



August is here and for most families that means it's "Back to School" time! The air is filled with the excitement and anticipation of a new school year, a new beginning, a new season. If you listen closely, you can even hear a little teeny weenie, it'sy bitsy "yippee" from the kids. New teachers, new grades, new classes, new teams, new books, new experiences, new...WOW!!!! We need a **game plan to make the most of this year!**

Well, we have just the plan! It is the "FITatudes 3 - Back-to-School Game Plan for Success." These winning strategies for a successful school year are designed for the whole family and will keep everyone involved.

Winning Strategy No. 1 - PLAN AND PRIORITIZE

~Start by purchasing a large family calendar and write down **ALL** school and extra curricular activities.

~Mark busy days and

nights and think about what meals will work well on those days.

~Contact family and friends and solicit their support. For example, you may ask them to commit to help you on designated days.

~Help your child(ren) with goal-setting. One good idea that has worked well is journaling. Purchase a small journal book for your child(ren) have them write down goals for their behavior and attitude toward school, staying organized, the types of grades they'd like to achieve in school, and what it will take to achieve these goals, and even the types of foods they will eat. By putting dates to these goals, they can begin to look forward to reviewing them with you during the year.

~Plan for some fun time, too!!

Winning Strategy No. 2 - HEALTHY FOOD AND PROPER HYDRATION

~Schedule a few family

meetings throughout the year to discuss school lunch options.

~Frequently discuss the importance and connection between healthy eating and ability to focus and concentrate and get good grades. Find articles to share with your family and talk about over dinner.

~Check out www.laptoplunches.com for a few quick easy tips and ideas for lunch. When you order their lunch boxes, they have a book that provides even more tips. And Parents, you may even consider these boxes for your lunches as well!

~Encourage your children to assist with the grocery list and then go shopping together and be sure to read food labels.

~We recommend purchasing a water bottle - preferably stainless steel since plastic water bottles leach chemicals when heated or reused.

~Have water drinking goals - encourage the whole family to drink water during the day - try for one half your body weight in ounces per day!

Winning Strategy No. 3

- REST

~Plan to "settle down" each day. What will your family do to settle minds and bodies for the night before bed? Perhaps your child

could read for 15 minutes or take a bath or listen to soft music, and be sure to pray. Remember, we are readjusting from summer's late nights and fun in the sun.

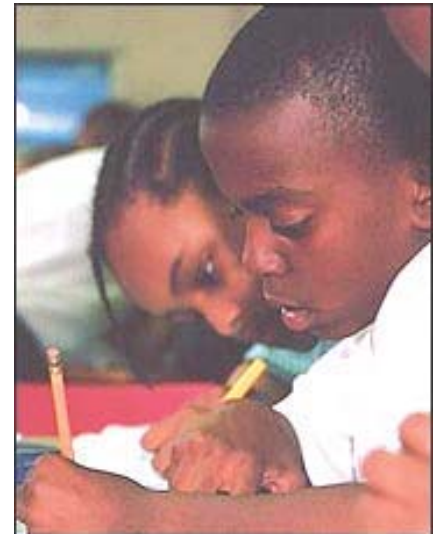
~Start mimicking your school schedules a couple of weeks before school starts. For example, you could get the kids to bed early to see what time they naturally get up on their own. *Of course, getting them to bed early may require some skillful negotiation.*

o Special NOTE TO PARENTS: This strategy is for parents and children!!

Need some help getting started with the tips discussed above? Sign up for the FITatudes **JUMP START PROGRAM!** Contact Diana Patton at www.FITatudes.com and take our quiz or call 419.450.3362 to learn of additional products and services that we offer such as the Fall Cleanse Program and Speaking Engagements.

Diana (Toledo, Ohio) and Tonja Ward (Houston, Texas) co-own and operate the company called FITatudes, LLC a Christian based wellness organization that inspires and empowers Christian women, sports

families, and individual athletes to lead what we call a high performing life (HPL). FITatudes empowers people to live an HPL by giving them tools to achieve it!



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EOPA / Toledo Lucas County Need Start
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Healthy Eating: Vary Your Veggies

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

Vegetables are important sources of many nutrients, including, folate (folic acid), vitamin A and vitamin C. Some vegetables give us calcium and iron, and all give us some potassium. Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans and split peas.

Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories. Most vegetables are naturally low in fat and calories. None have cholesterol. (Remember, sauces or seasonings may add fat, calories, or cholesterol.) Other nutrients in vegetables are important too. These other substances lower our risk of common diseases such as cancer, heart disease, and diabetes.

Any vegetable or 100 percent vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated and may be whole, cut-up or mashed. Now is a great time of year to try fresh vegetables from a farm stand or farmers market.

A person who eats 2000 calories each day should eat about 2 1/2 cups of vegetables a day. Vegetable juices such as tomato or carrot juice should be limited to no more than one cup a day. Sometimes canned vegetable juices are high in sodium. In addition, you need the fiber that comes in the solid food.

In general, one cup of raw

or cooked vegetables or vegetable juice, or two cups of raw leafy greens can be considered as one cup from the vegetable group. (Or count

vegetables for the week. Does that sound like a lot? Look at all the different kinds of vegetables and ways that we can eat them!

eaten vegetables in each subgroup. Dark green vegetables include broccoli, spinach, romaine lettuce, bok choy, and collard, turnip, kale and



one cup of raw leafy greens as one-half cup of your vegetables for the day).

There are recommendations for daily and as well as weekly intakes of vegetables. Once again, on MyPyramid, the amount of vegetables you need to eat depends on your age, sex and level of physical activity. The 2005 Dietary Guidelines for Americans suggest that for 2000 calorie a day diet, we should eat 16 and a half cups of

Vegetables are organized into five subgroups, based on their nutrient content. Try to "vary your veggies"! For the total week, eat about three cups of dark green vegetables and two cups of orange vegetables. For the two other groups, legumes and starchy vegetables eat about three cups for each. Mix up all the "other" vegetables during the week by eating six and a half cups from that group.

Here are some commonly

mustard greens. Orange vegetables include carrots, sweet potatoes, winter squash, and pumpkin. **Dry beans and peas, or legumes can fit in the vegetable group or the meat and bean group. Don't count them in both groups when you eat them. This includes all cooked dry beans, peas and soybean products, such as pinto, kidney, navy and black beans, black-eyed peas, split peas, chickpeas/gar-**

banzo beans and tofu. Starchy vegetables include white potatoes, corn and sweet peas. Other vegetables range from artichokes to zucchini and many others like tomatoes, onions, green beans, cabbage, beets, summer squash, peppers, turnips and okra.

Some vegetables, especially the starchy ones like potatoes get a bad rap from the high-fat sauces and foods we partner them with like butter, gravy or deep frying them. All of these seasonings have their place, in moderation, once in a while. On a daily and weekly basis, try seasoning your cooked and raw vegetables with herbs, lemon juice, or a little bit of vegetable oil or soft margarine without trans fats. Try making a tasty vegetable dip from low-fat yogurt. Remember to go easy on salty seasonings.

We don't commonly eat too many vegetables at breakfast but break out of the mold and try your veggies any time of day. In order to add more vegetables

to your daily routine, try some of these ideas.

~Fill half your dinner plate with vegetables, one quarter with meat & beans, one quarter with grain, add a side of fruit and milk and you have all five food groups!

~Keep fresh vegetables like carrots in the refrigerator for snacks.

~Add fresh vegetables to foods you already like. For example, add LOTS of romaine lettuce and tomato to a sandwich. This makes the sandwich juicy and moist so you can cut down on the high calorie sauces you add.

~Choose a baked potato with a low-fat topping like salsa or a salad instead of fries.

~Serve an extra side dish of vegetables with dinner

~When a recipe includes veggies, double the amount. Add more veggies to easy recipes like omelets, soups, spaghetti, casseroles or pizza.

This information is from The Ohio State University Extension, Family and Nutrition Program.

SATURDAY ADOPTION CLASSES BEGIN SEPTEMBER 6

Lucas County Children Services Seeking Foster and Adoptive Families

Lucas County Children Services (LCCS) is welcoming adults interested in becoming foster or adoptive parents to attend its series of free training classes.

A new fall session of classes, which are required for foster or adoptive licensing, begins Saturday, September 6, 2008. The classes run from 9 a.m. until 4 p.m., allowing participants to complete the entire curriculum in just six Saturday sessions. Registration for the classes is available by calling 419-213-3336.

While LCCS strives to help children remain with their families by working with their parents to build a safe, nurturing environment, it's not always possible. As a result, the agency needs foster and adoptive parents for children of all ages, but particularly families who can provide loving and stable homes for teenagers and groups of brothers and sisters. The agency is also seeking parents to join its therapeutic foster care program, providing care to children with behavioral, developmental or physical challenges.

Qualifying to be a foster or adoptive parent is easier than you think. You...

- * Must be at least 18 years of age to adopt; 21 to become a foster parent
- * Can be married, single or partnered
- * Can own or rent your home
- * Can work outside the home
- * Don't have to earn a lot of money, just enough to support yourself
- * Need a safety inspection for your home
- * Agree to a background check
- * Receive free training
- * Receive financial support, based on your child's needs

A 12-week series of Tuesday evening classes will begin on October 7, and run through January 13, 2009, from 6 to 9 p.m.

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Addressing the Haters ... Pt. 1

By Michael Hayes
Minister of Culture



One of the U.G.E. New York reps gave ya boy a major look recently.

While trying to get our tracks sold, he ran into one of the highest ranking people at The Source Magazine and told this person about me being a writer.

Writing samples were sent, yada, yada—who knows where this could lead but I'm excited.

I've been committed to this city for a long time.

But in that commitment, I've noticed that like many relationships... it's sometimes a one way street.

I speak about my career as a producer/artist because it's what I've been doing longer than anything.

I was not hired as a critic because I'm critical... I was hired as a critic because I'm an artist first.

I have six years under my belt as a weekly, published writer and I have the highest esteem for this publication...but trust and believe...there is no high and mighty, self indulgent, God complex

that comes with being the Minister of Culture for The Sojourner's Truth.

I'm still quite humble.

I get approached at gas stations, corner stores, movie theatres and even my own shows about:

I gave this album the wrong grade, something I said was hot someone else said was wack, etc., etc., etc.

I get told how to do this job by arrybody and his mama.

And, I'm still quite humble.

I have adopted thicker skin, I have become gracious to hear other people's opinions but I'm very blunt and I will tell someone when I just have to keep it moving and I can't stand here for 20 more minutes while you tell me why I shouldn't have liked Hancock.

HOWEVER:

What has been happening recently is a bit different than readers just expressing a difference of opinion. I can handle you not agreeing with me, that's all good. But...

Now, people are actually trying to tell me HOW to do my job.

It's like being a weatherman...no one is ever gonna be happy with what I do, unless they are happy with conditions that neither of us can really control.

So what I do an article on you?

90,000 people will read it, but that doesn't mean that you instantly have good publicity or even a reputation.

So what if I mention you two times, but not three times... is it really that serious?

I have people tell me they don't even check for my article and how my writing isn't all that, and how our paper doesn't mean much.

But then these same people call/email/text or even approach me when they haven't gotten mention they feel they deserve.

Some people want me to do four or five articles on them, and anything less is an outrage.

Some people want me to give them the cover, and anything less is an outrage.

And anyone at the office will tell you... all cover stories are decided by the editor!

I didn't even know my own mother was on the cover last week until when ???...when that joint hit the newsstands.

That's when I found out and I put that on my life.

This humble little column will not make or break anyone's career.

Best believe there are people doing well in this city in all aspects of entertainment who have never had an interest in appearing in these pages and that's all love.

Aside from bragging

rights, and public relations portfolio material... the biggest thing that you can really receive from being featured here is an endorsement.

When you have seen feature stories I've done...from D.J. Lyte N Rod, Dre P, D.J. Mpress, Hutch Daddy Dolla, etc.—that's my ENDORSEMENT.

That's me using whatever voice I have to say to everyone "yo, this person is doing their thang... you should support them because I get down with them and they are great at what they do, and they bring pride to our area."

Look at Cuntry.

I don't even know that dude.

I just realized who exactly he was recently when someone pointed him out.

I've been hearing his music, I've been at events he hosted...hell, I've stood right next to dude on several occasions and only recently having someone point him out when we're like 5 feet away did I really recognize him and now I'll know him whenever/wherever I see him.

But I've said good things about him because his grind deserves praise.

For years...this dude has been impossible to ignore.

I've been at events and hear him on the mic or I'll see flyers and at one point his name was on like seven out of every 10 flyers laying around Toledo. "Look At Me" is a hit record and you can't deny it.

But I don't know him.

He doesn't know me.

Never done a track together, no ties to U.G.E.

That's why I routinely cover people I know personally

or whatever because... even though I can't vouch for someone's whole character it's still me saying to the masses MY experience dealing with this person has been positive.

Last week, Yung Flo and B.M.G. got major props from me...and they were on a show sharing a stage with artists who are signed to me and I still shouted THEM out cuz they impressed me.

If you don't get mentioned in these pages, it doesn't mean I'm hating.

If you do a show and you don't invite U.G.E.... guess what, U.G.E. might STILL come and show love.

You might still see a write up if I had time and nothing else on my plate at the moment.

I just try to be a stand-up dude.

If you throw a show, do an album etc. and you don't involve me or my music or my roster...

IT'S STILL ALL LOVE.

And furthermore, you won't find me in the streets kicking dirt on your name because of what you didn't do for me.

So in return:

If I do something and you don't get mentioned ... lighten up, people

Square Biz!

Now, if I incorrectly mention something ... let me know and we can make sure everything is everything.

Like the boy Dre P.

I think I gave peeps the impression that other parties were responsible for Yung Joc coming here last week.

And trust & believe, I might have my own music grind...but I'm still out of the

loop in a lot of ways so when I get eight different calls all saying they were responsible for this and that it gets kinda hard to sort things out.

But the call I got from Dre P. —he's always been humble and up front about his and I like that.

Yung Joc coming here was largely due to his efforts but many other people helped and don't take me not mentioning you as me fronting on you.

But that is someone I endorse. Shouts to Dre P.

So sometime soon, the hating has to stop.

Or at least get creative with it.

I have been called names... I was even hung up on a few times in recent weeks.

Black folks, stop having nigga moments... please.

Let me rock doe.

I'm about to have a hater hotline or something, maan.

We gonna point em out.

Y'all lucky I ain't on the radio...we'd be naming names and all dat!!

LOL.

Naw. J/k.

TOLEDO.

Let's work smarter.

Let's work together.

And the word for the day is...HUMILITY...say it with me everyone HU MIL ITY.

Breathe in.... breathe out.... aaahhhh —

Sinful pride y'all... be aware of when that swag you worked so hard to perfect starts to become ugly and work against your whole operation.

Peace.

(Watch Boondocks...the cure for any Ni**a moment is what ??? — PEACE !!)

Now Enrolling for Rosary Cathedral Preschool

We offer a warm loving environment that encourages growing children to discover, be active, make choices, and to experiment through hands on activities meeting the needs of the whole child. The children's developmental path of learning will enhance their spiritual, social, emotional, cognitive, and multicultural experiences. (Student must be 3 years old by September 1st and fully potty trained.)

Full Day Session

Starting Date: August 19th
Hours: 8:00 AM to 5:00 PM
Monday through Friday
\$1,000 per school year

Specials Include:

- Gym Class
- Art Class
- Music Class
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Catholic SCHOOLS

Please contact the school office ASAP to register your child for this wonderful educational opportunity.
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TOLEDO ZOO

A Toledo Zoo Membership can pay for itself in just two visits, and it's the best way to create family memories!

Keep the fun alive all year round with a Toledo Zoo Membership. For more information visit www.toledozoo.org or call 419.385.4040.

"The kids will never forget this" I LOVE MY ZOO

COMMUNITY PSYCHIATRIC SUPPORTIVE TREATMENT CLINICIAN

Unison is seeking Community Psychiatric Supportive Treatment Clinicians to provide community support services to adults with serious and persistent mental illness. Responsibilities will include duties such as assessment of client needs, assisting in the development of the treatment plan, coordination of the treatment plan, crisis management and stabilization, advocacy and outreach, education and mental health interventions addressing the mental illness.

Bachelor's degree in Social Work or Psychology and a valid driver's license required. Ohio counselor or social worker license and experience preferred. Send or fax resume with cover letter to:

Human Resources - CPST
1425 Starr Avenue
Toledo, OH 43605
Fax 419.936.7574
Email: HR@UNISONBHG.ORG
EOE

RN Supervisor

Lucas County Board of MR/DD is seeking a RN Supervisor to supervise our nursing staff at multiple locations.

Minimum requirements are current RN licensure, graduation from an accredited nursing school diploma program or Bachelors degree in Nursing. Three years of supervisory experience in a nursing capacity is also required.

Experience with individuals with MR/DD is preferred. Starting salary is \$43,320 annually, plus benefit package.

Please apply in person or send resume to:

Lucas County Board of MR/DD
Attn: Human Resources, Mary K.
1154 Larc Lane
Toledo, OH 43614
EOE

**REQUEST FOR PROPOSALS
UPCS Annual Inspections**

The Lucas Metropolitan Housing Authority is soliciting proposals for conducting annual inspections of their public housing units to the Uniform Physical Condition Standards (UPCS) protocol for the years 2008 and 2009.

Request for Proposals information is available for pick up at the Central Office Administration Building, 435 Nebraska Avenue, Toledo, OH 43604. The documents will also be available by mail, fax, or e-mail.

E-mails should be directed to Mr. Ron Jackson at rjackson@lucasmha.org.

If further information is required, you may call (419) 259-9457 or fax (419) 259-9434.

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

**The Black
MARKET PLACE****GREAT INVESTMENT OPPORTUNITY!!
1506 LINCOLN - TOLEDO, OHIO**

Ready to move in w/Separate Basement, New Roof, Furnace, Humidifier, Most Windows Replaces, Security System, Security Light & Garage - Property Sold As Is.
Wilma Smith * DiSalle Real Estate Company
Office 419.866.5900 * Cell 419.350.7514

GREAT FAMILY HOME!!**530 ISLINGTON - Ready to move - in!!**

Home located in the historic Old West End. Original oak woodwork, hardwood floors, & bay windows. Living Rm w/fireplace, Dining Rm w/pocket doors. Loads of storage!
Wilma Smith * DiSalle Real Estate Company
Office 419.866.5900 * Cell 419.350.7514

**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. C/A, Security System & Pado in rear yard. Appliances stay.
Wilma Smith * DiSalle Real Estate Company
Office 419.866.5900 * Cell 419.350.7514

**HOUSES FOR RENT!!!!
SECTION 8 WELCOME!!**

Website: www.whittgrouprealty.com
Click on Featured Listings and Navigate
GROUP REALTY OR call 419.536.7377
Email: propertymanagement@whittgrouprealty.com

935 Clifton - \$92,000

3 B.R., Hardwood throughout, 2 season porch, 2 car. Motivated seller.
Call Laneta Goings, Welles Bowen, Realtors
419.467.9302 or 419.891.0888

**HUGE 4 BEDROOM**

833 Nebraska Ave. \$26,000

2 car, bsmt, gigantic eat in kitchen, 1st

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914 Hamilton St. - \$14,000

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www.bfc-seeds.com
Gale@bfc-seeds.com



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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.mangoistenfruitinfo.com - For info
 2. Go to ... navarro.1@netzero.com - ask for appointment.
- Mature, self starter, people person - with vision

**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

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Classes now forming
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START WITH TRUSTSM

Rynard's Barber & Styling Salon

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For Appointment Call 248.9317
Hair Stylist: Clyde * Dell

Latest Techniques in Hair Styles for Ladies & Men

**Steven A. Parker**

Barber Stylist at
Hobbs Barber Salon 419.514.7493
Call for Appointment 2777 W. Central
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**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
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**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
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**1013 Prospect - \$66,900**

Tear off roof 2007, 4 B.R. Freshly painted throughout. Large L.R., D.R. and perfect basement. It won't last long.
Call Laneta Goings, Welles Bowen, Realtors
419.467.9302 or 419.891.0888

**5106 Grelyn Drive - \$185,700**

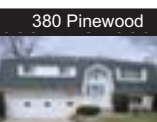
Spacious 2588 sq ft, 3 lg br w/mbrm, 2 1/2 brms, Valleybrook Estates Home on 14600 sq ft. Beautifully landscaped w/access to bike trail.
Call Alma Dortch-Gilbert - 419.297.2301
adortchgilbert@sbcglobal.net

**Powell's Barber & Beauty Supplies**

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Complete Line of Barber & Beauty Supplies
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Calvin Powell

**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

**380 Pinewood**

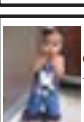
\$130,000
Mint Cond. 3bd, 2 1/2 bath, 2 1/2 car gar. Quiet Neighborhood. Private Showing.
Move in at closing Call
Grace 419.729.9494

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Toledo, Ohio 43606

Phone: 419.472.7330
Fax: 419.472.8675



George Hicks
Administrator

**Hicks Day Care
Where Kids Come First!**

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

CLASSIFIEDS

August 06, 2008

Page 14

ASSISTANT SUPERINTENDENT

The Lucas County Board of MR/DD employs approximately 725 staff and serves over 3000 individuals with mental retardation and/or developmental disabilities and is seeking a highly motivated, people-oriented professional for the position of Assistant Superintendent. Please view our website at www.lucasmrdd.com to learn more about our vision, mission and organizational core values.

This position will be responsible for assisting the Superintendent with oversight of several functions of the Program. Such as, assists with coordinating and monitoring the Comprehensive and Annual Action plans; oversight of development, implementation and monitoring of Board programs, services and resources; budget planning and maintenance; and maintaining effective communication and working relationships with other related human services organizations and community service providers.

Position requirements include a Master's Degree in Education, Rehabilitation, Social Work or related field plus six (6) years of work experience in administration, instruction or habilitation of persons with mental retardation or other disabilities. Three (3) years experience in a management or supervisory capacity is also required.

Must possess Assistant Superintendent or Superintendent Certification as issued by the Ohio Department of MR/DD. Starting salary is \$69,442 annually plus an excellent benefit package.

Please submit resumes and/or applications by August 18, 2008 to:

Lucas County Board of MR/DD
Attn: Mary K., Human Resources
1154 Larc Lane
Toledo, OH 43614

EOE

Master Service Technician

The Lucas County Sanitary Engineer has an opening for a Master Service Technician. The successful candidate will be responsible for periodic service and maintenance on all vehicles and equipment.

For more details, please visit our website at www.co.lucas.oh.us and click on the Job Postings link to review the job description, minimum requirements, and salary.

Please submit a cover letter, employment application/resume and professional references to the Lucas County Human Resources/Personnel Department, One Government Center, Suite 450, Toledo, OH 43604 by August 15, 2008.

Sales Person

The Truth needs a good to excellent sales person. Flexible hours. Work either out of our offices or from home. Excellent compensation. Call 419-243-0007 or email thetruth@thetruthtoledo.com.

Independent Housing Facility

Abundant Life of Perrysburg is a subsidized independent housing facility for those 62 or older. We are located in a beautiful, quiet residential setting in Perrysburg. Abundant Life offers one bedroom garden apartments with private patios, indoor mailboxes, reserved parking and busing to local grocery stores. Applications are now being accepted. Call 419-872-3510 or 419-874-4371



SNOW PLOW OPERATORS WITH VEHICLES

The City of Toledo Streets, Bridges and Harbor Division is interested in contracting with owners/operators of snow plow vehicles for plowing on residential streets during heavy snow conditions. Those interested in bidding should contact the following city office beginning Monday, August 11, 2008 for a copy of the bid proposals and specifications:

Streets, Bridges and Harbor
1189 W. Central
Toledo, OH 43610

RN Supervisor

Lucas County Board of MR/DD is seeking a RN Supervisor to supervise our nursing staff at multiple locations. Minimum requirements are current RN licensure, graduation from an accredited nursing school diploma program or Bachelors degree in Nursing. Three years of supervisory experience in a nursing capacity is also required. Experience with individuals with MR/DD is preferred. Starting salary is \$43,320 annually, plus benefit package. Please apply in person or send resume to:

Lucas County Board of MR/DD
Attn: Human Resources, Mary K.
1154 Larc Lane
Toledo, OH 43614

EOE

For Sale

Three bedroom house
1546 Pinewood
\$20,000 -
419-241-2749

Lead Environmental Engineer

Sunoco, Inc., an independent refiner and marketer of petroleum in Toledo, has an immediate need for a Lead Environmental Engineer. The selected applicant will be responsible for providing cost effective solutions to refinery problems in order to maintain regulatory reporting and record keeping compliance in all assigned environmental areas.

Candidates must hold a BS in Engineering or Environmental Science and minimum of 7 years in environmental field. Strong environmental technical skills (AP-42, emissions estimations, modeling, thorough permitting knowledge for each regulatory program [air, water, waste] etc.). Proficient in MS Office Suite. 7+ years of Process/Technical Engineering experience or extensive Operations experience in a refinery or chemical plant setting in a leadership role required. Knowledge of PSM/RMP regulations and industry practices concerning these regulations is required. Must be able to respond to emergency 24/7 call-ins. Master's degree in Engineering preferred. PE License preferred.

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

RENT SPECIALS1

NO CREDIT / BAD CREDIT OK / SECTION 8 WELCOME

4 BEDRM HOMES & 2 BEDRM APARTMENTS
1425 Buckingham, 2254 Whitney AND
2018 Glenwood, Near Art Museum
CALL 419-865-7787

Plant Maintenance Coordinator 1

Maumee River Wastewater Treatment Plant has an opening for a Plant Maintenance Coordinator 1. The successful candidate will perform maintenance functions to plant equipment, buildings and structures and provides direction of work assignments to maintenance staff.

For more details, please visit our website at www.co.lucas.oh.us and click on the Job Postings link to review the job description, minimum requirements, and salary.

Please submit a cover letter, employment application/resume and professional references to the Lucas County Human Resources/Personnel Department, One Government Center, Suite 450, Toledo, OH 43604 by August 15, 2008.

INVITATION FOR BIDS

The Lucas Metropolitan Housing Authority is seeking bids from qualified contractors to furnish all labor, materials, and equipment for the following project(s):

JOB NO.: 28059
PROJECT NAME: Re-Paving of the Parking Lot at Dorrell Manor
WALK-THRU DATE: Tuesday, August 12, 2008 @ 10:00am
BID OPENING DATE: Tuesday, August 19, 2008 @ 11:00am

All bids will be publicly opened and read aloud in the 2nd Floor Conference Room on the dates shown above, in the Modernization Department, at 201 Belmont Street. Contract documents and technical specifications/drawings will be available from the Modernization Department (419 259-9462), and will be provided upon request. A non-refundable fee of \$20.00 will be charged for each bid package.

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.

Lucas Metropolitan Housing Authority reserves the right to reject any or all bids, or to waive any informality in the bidding. No bids shall be withdrawn for a period of sixty (60) days subsequent to the opening of the bids.

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.

LUCAS METROPOLITAN HOUSING AUTHORITY
MODERNIZATION DEPARTMENT

Notice of Public Hearing

The Board of Commissioners of the Lucas Metropolitan Housing Authority (LMHA) is preparing to submit its Annual Public Housing Agency (PHA) Plan to the Department of Housing and Urban Development (HUD) for the fiscal year beginning January 1, 2009.

The Annual Plan is available for review at LMHA's Website (www.lucasmha.org). LMHA invites you to submit comment on the Annual Plan during the next 45 days. Please provide your comments no later than September 22, 2008, to lgarrett@lucasmha.org.

You are invited to a public hearing on Wednesday, October 1, 2008 at 4:00 p.m., in the McClinton Nunn Community Building, 425 Nebraska Avenue, Toledo, Ohio, 43604. This hearing will provide interested citizens with pertinent information regarding the strategic goals, and program activities of the LMHA. Citizens are encouraged to attend this public hearing and provide additional comments on the PHA Plan.

Should any attendee require auxiliary aids due to a disability, please contact LMHA at (419) 259-9457, at least one week prior to the hearing date to ensure your needs will be accommodated.

William J. Brennan, Chairman
Linnie B. Willis, Executive Director

Nas

Untitled

By Michael Hayes
Minister of Culture

Lyrics from "Sly Fox"

- by Nas

It's sly Fox, cyclops
We locked in an idiot box
The video slots broad-
casting Waco Dividian
plots

They own YouTube,
MySpace

When this ignorant ****
going to stop?

They monopolize and
lose your views

And the channel you
choose

Propaganda, visual can-
cer

The eye in the sky, num-
ber 5 on the dial

Secret agenda, fre-
quency antenna

Dr. Mindbender

Remote control soul
controlling your brain
holder

Slave culture, game's
over

What's a fox character-
istic?

Slick ****, sins in, mis-
information

Pimp the station, over-
stimulation

Reception, deception
Comcast digital Satan

The Fox has a bushy tale
And Bush tells lies and
foxtrots

So, I don't know what's
real (what's real)

[Chorus]
Watch what you're
watching

Fox keeps feeding us tox-

ins
Stop sleeping
Start thinking outside of
the box

And unplugged from the
Matrix stopped you

But watch what you say,
Big Brother is watching

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Stop sleeping
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But watch what you say,
Fox Fire is watching

[Nas]
The Fear Factor got you
all riled up

O'Reilly? Oh really? No
rally needed, I'll tie you up

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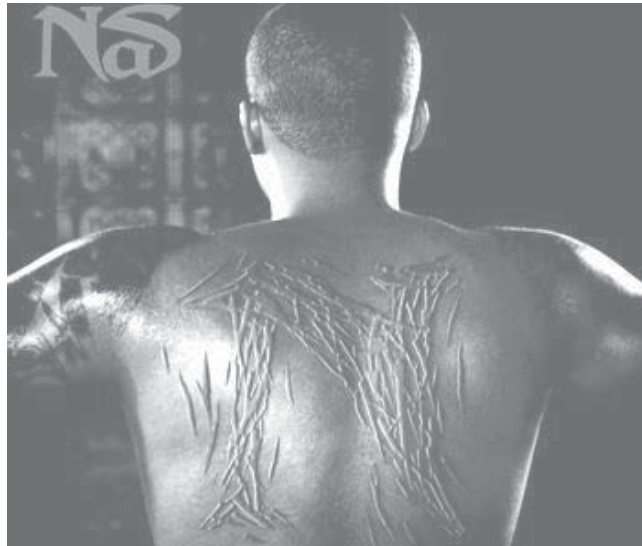
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July 31, 2008

Contact:
Jerry Jones
jerry@matrixbroadcastgroup.com
419.276.8279



The "Help Is Here Express" Is Coming!

E.O.P.A. Health and Education Fair

(Toledo, OH) — The Economic Opportunity Planning Association of Greater Toledo, Inc. (E.O.P.A.), is proud to announce the Toledo stopover of the Partnership for Prescription Assistance (PPA) promotional bus, scheduled from 10-11:30 a.m. on Monday, August 11 at the E.O.P.A. Health and Education Fair. The Fair is scheduled to be held at the Toledo-Lucas County Head Start building, 505 Hamilton Ave. E.O.P.A. will host additional activities at the building from 10 a.m. – 3 p.m.

Pageant

(Continued from Page 4)

few years ago. Much more confident, engaging and communicative, she definitely proved that Miss Junior Toledo's goal to "up lift" and build self-esteem is being met.

The winner of the 2008-2009 Miss Junior Toledo

Pageant crowned by last year's winner Ashley Minj'on Wilbert is Breyana Crittenden (Southview High School); First Runner-Up is Corrine Moore (Horizon Science Academy) and Second Runner-Up is Brandy Jones (Toledo Pre-

paratory Academy).

Also participating in this year's pageant were guest performer Jasmine Williams, Miss Junior Toledo Board Members Tiffany Yvette Jones, Shelly Wilbert and K. Zaheerah Sultan, founder of L'Aime,



Photos Courtesy of:
Semone Wilbert

How will you fight cancer?



FAITH.

HOPE.

LOVE.

Mercy Cancer Centers were created with an understanding that we're not just treating a disease, we're treating a person. Focusing on every need of every patient is how we're leading the fight against cancer. Through Faith, Hope and Love.

Our patients can put their **FAITH** in our experienced physicians and technology that includes advanced chemotherapy and radiation treatments such as targeted MammaSite® radiation therapy.

Every step of the way patients are surrounded by a team of experts – counselors to dieticians to therapists – who collaborate together. They develop an individualized, highly-coordinated care plan centered on giving patients **HOPE** they will win the fight.

And with a spirit of unconditional **LOVE**, patients and their families are supported by compassionate caregivers who focus on healing the whole person – mind, body and spirit – featuring integrative treatment such as massage, reiki and meditation.

LEADING THE FIGHT AGAINST CANCER THROUGH FAITH, HOPE AND LOVE.



ST. CHARLES | ST. VINCENT | ST. V'S CHILDREN'S | ST. ANNE

Care you can believe in.®

Call 1-877-MERCY-4-CANCER or visit mercyweb.org

Inc., sponsor of the pageant.

Escorts were Sean Warren II, Edward Boomer, Jr. and Paul King. "We appreciate all of the grandmothers, the grandfathers, the mothers, the aunts, the uncles and the daddies for bringing the contests out and for all of their supports," Allen said, acknowledging the silent participants in the pageant, the families of the contestants.

The most moving mo-

ment of the event was during the tribute when family and friends bring gifts on stage for each contestant. Four generations of Crittenden's family climbed onto the stage as first her mother, then her grandmother and, finally, her great-grandmother brought her gifts. Crittenden also received a special trophy for exceeding the number of sponsors each contestant was asked to get this year.

HOSPICE OF NORTHWEST OHIO

Ask
for us by name

With the number of hospice programs now serving this area, it's easy to see why people may be confused. But of all the families in this region who seek expert end-of-life care, 3 out of 4 still choose Hospice of Northwest Ohio. We've been here for 27 years, with hospice as our only focus. No one else has more expertise or our scope of care. That's why the community supports us so strongly. Sure, other hospice programs are around. But to get the most experienced hospice care, insist on Hospice of Northwest Ohio.



1-800-441-4001

Just because it says "hospice" doesn't mean it's Hospice of Northwest Ohio. Ask for us by name.