



Volume 14, No.20

"And Ye Shall Know The Truth..."

September 03, 2008

In This Issue

The Truth Editorial
Page 2

Voter Registration
Page 3

Obama/Biden Visit Toledo
Page 4

Conventioneers
Remember Denver
Page 5

MTAN Festival
Page 6

Health Section

NHA's Richard Langford
Page 7

Dr. Anita Lewis Sewell
Page 8

Prostate Cancer Awareness
Page 10

Dear Ryan
Page 11

Corbitt Reunion
Page 12

Minister on DC
Page 13

BlackMarketPlace
Page 14

Classifieds
Page 15



Richard Langford
Director, Mildred Bayer Clinic for the Homeless

"I want to stay and serve the community. It's important for young people, young males in particular, to stay and act as role models. My satisfaction has always been in the industry of helping people."

This Strikes Us ...

The Sojourner's Truth Editorial

Some thoughts on the Democratic National Convention ...

The DNC ended far too soon to satisfy all of the party's supporters.

After a four-day feast of remarkable presentations, so many of the party faithful left town thinking that they did not hear precisely the phrase they were awaiting – whatever that phrase might be.

Senator Ted Kennedy led the proceedings with a call to arms for Barack Obama and he was followed that evening by a speech by Michelle Obama that threatened to steal the show.

That threat was short-lived as Hillary Clinton, on the next night, gave the speech of her political career while looking, as one of her die-hard supporters proclaimed ... "presidential." Nevertheless, some thought she did not say enough for Obama

"Barack is my candidate," said Hillary in terms loud and clear, mentioning the presumptive nominee's name about a dozen and a half times and vowing to go once more unto the breach – this time for Obama. What she omitted to say, according to some who pored over every word and phrase, was "vote for Obama."

Meanwhile, former Virginia Governor Mark Warner had given the keynote address and introduced, in what some observers called the best speech of the convention, the policies of the future. His speech went largely unobserved because of the political ramifications of Hillary's.

On Wednesday night, Bill Clinton lit it up again and managed to explain economic policy and politics in everyday terms as he has so often in the past. He proclaimed that Barack was indeed ready. Yet some observers, parsing every sentence, opined that he fell short of really extolling the accomplishments of the candidate.

And then, or course, on Thursday, Obama lit up the skies. Actually the fireworks after his acceptance speech lit up the skies, but his speech was exactly on point. It was substantive, it addressed concerns, it had a hard edge as he challenged John McCain. There was little of the lofty rhetoric that characterized, for example, his Berlin speech.

The purpose of his address was to introduce himself anew to listeners. He had been urged by observers to use the platform of the convention to do precisely that. But some of those doing that urging were disappointed afterwards. He omitted lofty rhetoric they exclaimed.

One would think that after 19 months of over-analyzing every word and phrase that drips from the mouths of candidates who are so often too tired to remember their own names that the American people would be content to take a rest and watch a little baseball.

Apparently not. Looks like we are just getting warmed up.

We also noticed an awful lot of crying at the convention. From Kennedy to Barack Obama, every orator brought forth a vale of tears.

For our part, however, the most emotional moment was the roll call which emphasized the historic occasion of an African-American being nominated by a major party for the office of the presidency.

"From the prodigious hilltops of New Hampshire," said the delegate from the Granite State, evoking the "I Have a Dream" speech description of his home as he cast the majority of his delegation's votes for "Barack Obama, the next president of the United States."

The "great State (are there any states that are not great?) of Mississippi" cast most of its votes for Obama as well – as did all of the states in fact. As one state after another from the Deep South cast its votes for Obama, the ugly DNC moments of the 1960's seemed to be the aberration. This was, after all, the way things always should have been.

Undoubtedly, the high point of the convention occurred when the Illinois delegation passed on the proud moment to cast its collective vote for its favorite son and deferred to the home state of Obama's chief rival.

Hillary Clinton chose that moment to make her appearance and, taking the microphone to cast her delegation's vote, she moved that the convention nominate Obama by acclamation. The conventioners did so within seconds. High drama at its best.

The Democratic National Convention did all it was intended to do – it seemed to bring together the disparate forces of Obama and Clinton. It presented the candidates – and Michelle – in the best possible light and it got great ratings.

And, somehow, the convention prompted McCain to select a highly questionable running mate in order to steal a little thunder.

What else could the party faithful possibly want?

Community Calendar

September 6

Yard Sale/Flea Market: Mildred Gibson Center of Zion Lutheran Church; 9 am to 4 pm

Rummage Sale: Jerusalem Baptist; 10 am to 5 pm

Yard Sale: Elmwood Ave – corner of Bancroft and Sylvan; 9 am to 4 pm

New Kingdom Missionary Baptist Church 1st annual Howard Williams walk-a-thon leaving 1411 Broadway new location walking to Walbridge park for picnic. For more info call 419.250.1907

September 7, 14, 28

3rd Pastoral Anniversary: First MBC; For Pastor Donald Murray; Guests Rev. W.L. Perryman of Jerusalem Baptist, Rev. John Roberts of Indiana Avenue MBC and Supt Hobbs of Greater St. John Church

September 10

4th Annual City Wide Support the Troops Rally: Friendship Park; 6:30 p.m.: 419-699-3439

September 11

Women's Entrepreneurial Network: Getting Started in Business Seminars at the Waterville Branch Library; 6:30 pm: 419-345-9497

September 12

UT Black Greek Fundraiser: The Peacock; 9 pm

Seminar: "Researching Historical Records for African American Studies and Genealogy;" BGSU Student Union, Rm 228; 1 to 4:30 pm; Speaker Reginald Washington, archivist/genealogy specialist; RSVP by September 5: 419-372-2411 or lmlclair@bgsu.edu

September 14

Double Authors Event: Sponsored by Toledo Kwanzaa House; Lighthouse Community Center; Fritz Mays and W.N. Shaharki-Heard; 5 pm: 419-471-1912

September 18

Women's Entrepreneurial Network: "Writing a Business Plan;" Waterville Branch Library; 6:30 pm: 419-345-9497

September 19

Rhema Word Christian Fellowship Church: Women's Ministry '08 Conference; "Women Anointed for Battle;" Friday – 9 am to 2 pm workshops, 6 pm prayer, 7 pm service; Saturday – 11:30 am luncheon in Fellowship Hall; Sunday – 9 am Worship Service, 11:30 am Worship Service: 419-534-9840

September 20

Making a Difference Conference: St. Stephen's C.O.G.I.C.; 2 to 4 pm: 419-810-7973

September 21

Indiana Avenue MBC Women's Day: 10:50 am and 4 pm; "Christian Women Being Kept in Perfect Peace Because They Trust in the Lord;" 419-720-2602

September 23

Free Prostate Screenings: Mercy Cancer Centers; Family Care Center – corner of Franklin and Bancroft, 12:30 to 3 pm; Regency Surgery Center – 2000 Regency Ct, 5 to 7:30 pm: 419-251-4000

September 25

Women's Entrepreneurial Network: "Marketing Your Business;" Waterville Branch Library; 6:30 pm: 419-345-9497

The Sojourner's Truth

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Who Can Register to Vote

You are qualified to register to vote in Ohio if you meet all the following requirements:

1. You are a citizen of the United States.
 2. You will be at least 18 years old on or before the day of the general election.
 3. You will be a resident of Ohio for at least 30 days immediately before the election in which you want to vote.
 4. You are not incarcerated (in prison) for a felony conviction under the laws of this state, another state or the United States.
 5. You have not been declared incompetent for voting purposes by a probate court.
 6. You have not been permanently disfranchised for violations of the election laws.
- You are eligible to vote in elections conducted in your voting precinct more than 30 consecutive days after you are properly registered to vote in this state.

wants to vote in Ohio have to be registered to vote here?
Yes.

When to Register
To vote, you must register if you have not registered before, are a new county resident or have not voted at least once in the past four years. Registrations are taken throughout the year, but you must register 30 days before an election to vote in that election.

Where to Register
You can register at the Lucas County Board of Elections; municipal buildings in Maumee, Sylvania, Oregon, Waterville, Whitehouse and Ottawa Hills; the Heatherdowns AAA; UT Student Union Building; public high schools; public libraries; at the office of any Bureau of Motor Vehicles; during Voter Registration Drives or by mail upon requesting a

registration form from the Board of Elections. The form must be returned 30 days before an election.

How is voting residency determined?

Ohio election officials use rules set forth in law (R.C. 3503.02) to determine a person's qualifying voting address. Under those rules, your voting residence is the place in which your habitation is fixed and to which, whenever you are absent, you intend to return. You must intend your residence in the county to be permanent, not temporary. You will not lose your voting residency in Ohio if you leave temporarily and intend to return, unless you are absent from the state for four consecutive years.

(Exception: You will not lose your residency after four years if your absence from Ohio is due to your employment with the gov-

ernment of this state or the United States, including military service, unless you vote in, or permanently move to, another state.)

If you do not have a fixed place of habitation, but are a consistent or regular inhabitant of a shelter or other location to which you intend to return, you may use that shelter or other location as your residence for purposes of registering to vote.

May a student register and vote from the student's school address in Ohio?

Yes, a student may vote using the student's Ohio school residence address if

- both:
1. The school residence is the place in which the student's habitation is fixed and to which, whenever the student is absent, the student intends to return, and
 2. The student intends to reside permanently in the Ohio county in which the school residence address is located.

How to Change Your Name

You can report a name change to the Board of Elections by mail or at the polling place when you vote.

How to Change Your Ad-

dress
To change your address within a precinct, report in advance by mail or in person to the Board of Elections or on election day at your former polling place. If you move from one county to another in the state, you may report your address change by mail 30 days before an election. You may report the change and vote the day of the election at the Board of Elections.

For more information You can reach the Lucas County Board of Elections at 419-213-4001, write to Board of Elections, One Government Center, Suite

Does everyone who


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Lucas County Children Services offers **FREE** foster/adoptive parent training classes. Our *accelerated session* begins **September 6**, from 9 a.m. to 4 p.m. You can complete your training in six consecutive day-long Saturday classes.

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- Can work outside the home
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- Agree to a background check
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Call 419-213-3336 to register today!

McCain's' VP Choice?

John McCain looks at the Democratic nominee for the presidency of the United States of America and says... 'Hey, Republicans can have a candidate who makes history with a popular personal story too!' John McCain thinks that we will buy a ticket based on gimmickry and focusing on a popular American story – a woman and mom as VP. Listen, our country is full of great American personal stories.

However, John McCain doesn't get it that the importance of this election is not about the marketability of the candidates. The center of this election is about choosing a candidate who can lead and make sound judgments on the issues that matter to us. As Barack Obama said in his acceptance speech and as he has said time and time again... *"It's about the American people."*

John McCain still doesn't get it and realize that what the vast majority of Americans need is a political change that is not just reflected in the surface promotion of candidates but in the policies and actions the candidate stands for that impact our day-to-day lives. And when the focus is taken away from gimmickry ads and surface candidates we can get down to the real issues that impact the lives of American people. What will you do for the vast number of Americans in the areas of economics, health care, foreign policy and war, and education? How will you keep our jobs here in America? How will you secure a promising future for our children? How will you ensure the safety of this country? How will you promote America to the world?

And as long as McCain continues to define middle-class as someone making under \$5 million a year; continues to propose hundreds of billions in tax breaks for big corporations and oil companies but not one penny of tax relief to more than 100 million Americans; only offers health care plans that would actually tax people's benefits, or an education plan that would do nothing to help families pay for college, or a plan that would privatize Social Security and gamble my retirement; and now to make the most important decision as a presidential candidate of a VP based upon what he *thinks* is popular rather than the best choice for the country – "HE" IS STILL "MCSAME" and that is NOT the judgment and leadership we the people need.

Don't be deceived ... we *Need* BARACK OBAMA November 4, 2008!!!

Tina Lawrence
Toledo, Ohio - Obama Supporter!

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Obama and Biden Make a Rooftop Visit to Toledo

By Fletcher Word
Sojourner's Truth Editor

"Holy Toledo," exclaimed Senator Barack Obama with obvious glee as he started his remarks this past Sunday before an audience of about 250 on the rooftop of the Toledo-Lucas County Main Library.

Explaining that he really enjoyed using that expression before his Toledo audience, Obama quickly gave the invitation-only crowd another reason for his good mood.

"We had a pretty good week this week," he said of the party's convention during which Obama became the first African-American to be nomi-

nated for the presidency by a major political party. He spoke of his wife Michelle's widely praised speech on opening night and moved on to thank Senator Ted Kennedy's address and those of both Hillary and Bill Clinton.



And then, the candidate was in full vigor with his stump speech. "If you think we are better off than we were four years ago ... vote for John McCain," said Obama. "If you think we are in a defining moment in our country's history, it is your obligation to vote for change."

The afternoon Toledo event brought Obama and Senator Joseph Biden, the vice-presidential nominee, to town as part of their post-convention bus tour through the important swing states of Pennsylvania, Ohio and Michigan. Each man spoke

for about 15 minutes before taking questions from the audience about free trade, education and the economy. Obama noted in response to the first audience question that he is a believer in free trade. His presidency, he promised, will enforce, more effectively, existing trade agreements. "I believe in free trade," said the candidate. "We don't benefit if China or India is poor. But trade is a two-way street."

Biden, who had addressed the audience prior to Obama's speech, interjected with another aspect of China's fore-

sight by referring to that nation's investment in infrastructure—an investment that America has failed to match in recent decades.

In response to a question from Toledo Board of Education member Lisa Sobecki, Obama said he would like to make some changes to the No Child Left Behind legislation. There are two big prob-



lems with NCLB, said Obama—lack of funding and the emphasis placed on "assessments based on a single high stakes test given during the school year so that teachers began to teach to the test."

Obama promised to provide more resources for teachers and to aid local communities in being more creative by ensuring that information about best practices was fully shared. He also suggested that such assessment tests should be given at the start of the school year, or the end, in order to "let teachers teach during the school year."

Keith Wilkowski, a candidate for mayor of Toledo in 2009 and one of the organizers of Toledoans for Obama in early 2007, asked Obama whether his administration would be a friend of cities. Wilkowski presented Obama with a copy of Jane Jacobs book, *The Death and Life of Great American Cities*. Obama was fully aware of the book and agreed with Wilkowski that it was a great work.

"We need a friend in Washington who is a friend of cities," said Wilkowski.

"If you want a thriving suburban area then you better have a thriving city," responded Obama in agreement. "It's all linked together. We have to get past the notion that we can leave the cities and let them rot ... we will all rot."



Obama praised the work done in his hometown of Chicago and cited its continued growth over the years even as shift's were made in the city's main industries.

The visit to Toledo was Obama's second during the 19 months he has been on the

campaign trail. He spoke before an audience of thousands at a packed University of Toledo Savage Hall event on the Sunday prior to the Ohio March primary.

This visit was a good deal more intimate as the two candidates wandered into the

circle of supporters from time to time and also called on questioners themselves.

The next stop on the Democratic tour was Michigan on Monday as Obama and Biden moved on to Monroe and the Detroit area.



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Living the Dream in Denver at the DNC 2008

By Annette Wright
Op/Ed Special to The Truth

My first trip to a Democratic National Convention could not have come at a better time than last week in Denver, Colorado.

The obvious historic impact of watching the first African American become a major party nominee for our land's highest office was a phenomenal experience in itself.

However, I must admit that there were some experiences contending for the spotlight that week in the Mile High city.

I am a campaign worker for U.S. Representative John Conyers of Detroit, Michigan. As such, I was told that I would have the credentials necessary to gain entrance to all of the exciting events taking place during the DNC. Great, right?

Well, lo' and behold, upon checking into my room in Lakeside, I phoned my counterparts and was told that there was a big glitch in our credential arrangements and that staff and volunteers were SOL. (If you don't know what that means, do like me and ask your offspring).

Now, any other time this

would have broken me down into tiny pieces of sadness, disbelief and well, forget it, I would have been pissed. But, not this time. In fact, I wasn't the least bit upset. If I had to put my car up against the stadium wall, I would still be able to say that I was there, that I was present for this historical event. This is exactly the type of magical feeling that permeated the entire city that week.

I understand that many people were engulfed in watching the pundits spewing remarks that there was all of this party discord, but trust me, I was there – and I know magic when I see and feel it.

Every race, creed and color on the planet was represented in Denver. It was an ocean of humanity. And even during the late night hours, strolling up and down the entertainment and dining venues downtown, when hardly anyone could walk a straight line, including yours truly, people were just plain happy. And friendly. And caring. And respectful. And, wow, can we just keep it like this, folks?

On Thursday, the big day of Obama's speech, 45 years to the day of Dr. King's "I

Have a Dream" speech, I had a strategy meeting with the Obama campaign that ended around 3:00 p.m. There was high anxiety of the very best kind among all 12 of us who were present.

I requested and was denied a special pass to get inside of the stadium for the big event, even after explaining the matter about the Conyers' staff credentialing fiasco. My request was politely denied. Yet, again, I remained on cloud nine and headed over to the stadium, anyway.

When I arrived, however, the cloud I was riding on crashed upon the sight of a nearly two mile long line of people waiting in direct sunlight to gain entry into the stadium. I walked the entire length of the line, which started at the first security checkpoint located at one single entry gate, across four huge parking lots, back into several neighborhoods. I knew that there was no way that I, nor most of the people in that line, would be able to get through the line in time to hear Obama's speech.

So, I did what a lot of us do in times like these, I started

dropping names of well known people whom I knew in DC and pulled out my Truth Press ID and my previous Obama Press Credentials and talked an officer into walking me up to the head of the line. Hey, it felt pretty good, being escorted to the head of the line like that and I'm sure the big smile on my face reflected my utter joy and excitement to all who dared to hate on a sister.

The nice little lady at the gate, however, was not impressed. She looked at me and my credentials and smiled and said, in a nutshell, nice try, girlfriend, but you may not pass go.

I found myself sitting on a curb, surrounded by SWAT officers, under a tree. A nice man gave me a bottle of water and joined me, as he too was booted from the line. We both started laughing as we watched person after person escorted to the front of the line only to join us on the curb.

By this time, Al Gore was speaking, as I could see one of the big screen televisions from inside the stadium. I was still happy, but I did bow my head, closed my eyes and said

"if it is meant for me to be inside I will be inside."

Now, here I want you to know, that there were hundreds, if not thousands, of vendors present. They were selling everything from T-shirts, to buttons, to towels and pillows. There was an enormous amount of paper on the ground, flyers, cards, banners, you name it.

Well, remember that magical feeling?

When I opened my eyes, from saying my little prayer, there were two large cards of some sort, laying face down in the dirt, among all of that other debris. One slightly on top of the other. Dirty footprints were evidence that they had been trampled on.

For some reason, (somebody say, amen) I walked over to those two cards, picked them up, turned them over and there in my hand were two community credentials for entry into the event! And the seats were great! I had to cover my own mouth to keep from shouting, Thank You!"

I ran over to the man who gave me the water, gave him one of the credentials, to his amazement, and we were in

there!

What a joy! One of the same SWAT officers who had watched me sitting out on that curb escorted us to an even better section and even took a picture with me. The stadium was absolutely jam packed. And many, many more did not gain entry into the stadium.

This is the type of atmosphere that resonated that day, as it had that entire week. Senator Barak Obama, a man who literally embodies so many levels of diversity, has indeed ignited a movement of unity and hope that has touched so many.

While there is no doubt that there are some extremely serious issues that we all must consider as we move forward into creating and being that better country that, soon-to-be President Obama speaks of, there was also alive and well in Denver that day, the lingering hopes and dreams of another great leader. A "King" if you will.

Oh yes, his presence was also felt and his dream, these 45 years later, yet unfolds into reality. One only had to open their eyes that day to see that we are finally beginning to live that dream.

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Community Agencies Gathered to Host Back-to-School Festival

By Artisha S. Lawson
The Sojourner's Truth Reporter

Dozens of community assistance agencies gathered on Saturday, August 30, 2008 at the Bethlehem Life Center on Bancroft to sponsor a back-to-school festival.

on the college tour," said club member Gwen Banks.

Students were able to participate in several tables that offered interactive activities. Hairstyles were offered by Teri

"The library wanted to get the word out about how important the library is to the community. We have something for everyone - elementary students, teens, and their parents. The crafts they made were a bug hat tied into the library's summer reading club theme," said Rebecca Roberts, Mott Branch librarian.

More Than A Notion (MTAN) was formed just five months ago, and the festival served as their second event. Their first was a special graduation for students of single-parent households.

"This event was needed in our community, we wanted to introduce this ministry to the community and make them more aware of our programs. We know of struggles, both single and married have because they don't know where to get help, and that in return can cause stress," said Glenda Brown, executive director of More Than A Notion.

Thirty-five agencies and sponsors participated in this



More Than A Notion board members Pastor Tim Williams of Upper Level Ministries; Jeffrey Reed, MTAN treasurer; Glenda Brown; MTAN Executive Director; Wanda Addie; and Shawn Mahone Sr; Young Men & Women for Change Executive Director



Teri Boyd of Proper Kuts & Styles

At National Association of Negro Business & Professional Women's Club, Inc. (NANBPWC) Maumee Bay Club's table, parents and teens found information about the club's upcoming black college tour that plans to visit eighteen colleges in April 2009. "This year we are combining the Eastern and Southern Tours, last year alone we had over 90 kids

Boyd of Proper Kuts & Styles, while barber Zale Dubose performed hair cuts for a \$2 donation to More Than A Notion ministries.

Kahala Art by Klairé did body painting for several parents and their children in decorative designs, while Mott Branch Library offered a craft table that tied into the summer reading club program.

day-long community event including: American Family Insurance, Ameri Plan Health, Boys Scouts of America, Connecting Point, Creative Image, Dental Center of Northwest Ohio, Foster's Barber Shop, Girl Scouts of Maumee Valley, House of Bread Ministries, J. Reed Enterprises, JIJ Vision Outreach, Lucas County Fire Prevention, Lucas County Public Library, Monroe Neighborhood Center, More Than A Notion, Musical Melodies,



Kahala Art by Klairé



Mott Branch Library craft table

"This has been a great opportunity to bring awareness to the community through different agencies giving out formal information and letting the community know about change - good change in our community,"
~ Shawn Mahone Sr


Shop; School Matters Uniform; Upper Level Ministries; Wal-Mart; and Young Men & Women for Change.

"This has been a great opportunity to bring awareness to the community through different agencies giving out formal information and letting the community know about change - good change in our community," said Shawn Mahone Sr, executive director of Young Men & Women for Change.

More than a Notion can be reached for further assistance to parents by calling 419-346-5275 or E-mail address MTAN4Singleparents@yahoo.com.

NANBPWC -Maumee Bay Club black college tours, New Works Writers Series, Obama Campaign, Parents Helping Parents, Prevent Blindness, Pro Medica Health, Proper Kuts & Styles, Studio 360, The Truth Art Gallery, United Way 211, United Way Read and Learn, Wayman Palmer YMCA, Women Blessing Women, Young Men & Women for Change. The event was sponsored by: Clester Williams, licensed barber; Yale Dubois of Foster's; GCreations Events; G-Rod Entertainment; Maurice Parker of Head Doctor Barber

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




September VIP - Ray Wood, Labor Leader

For Ray Wood, president of United Auto Workers Local 14, the issue of worker representation extends just trying to get the highest salaries possible for the workers. If the company does not prosper, says Wood, the employees will suffer. These days, he points out, the operation of a company should be a working partnership between management and union rather than simply an adversarial relationship. In July, Ray Wood and Local 14, which represents about 1,600 active employees at Powertrain and another 3,000 or so retirees, were honored by the City of Toledo in the category of business investment. And while the union no longer operates in the old-fashioned way of legend, the union, says Wood, is anything but out of style. "Some things about life won't change - the need [to press for] human rights, worker rights and civil rights," he says. Evoking the name of Walter Reuther, the iconic labor figure who shaped the UAW into such a powerful force on the American landscape, Wood explains where his own labor fire originated. "My passion is here because these things - human rights, workers' rights and civil rights - are always going to be needed ... it's a course and it's a movement."

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Richard Langford: Collaboration Is the Key to Success for Non-Profit Agencies

By Fletcher Word
Sojourner's Truth Editor

There are several indicators of both the changing nature of homelessness and the woeful state of the economy, according to Richard Langford, director of the Neighborhood Health Association's Mildred Bayer Clinic. The clinic's mission is to provide healthcare for the homeless.

First, the sheer numbers of homeless have increased dramatically just within the past 12 months. The Mildred Bayer Clinic has provided services to 20 percent more homeless patients this year than during the same period in 2007.

Second, says Langford, is the changing face of the homeless themselves. "In the homeless community, we are finding a trend of younger patients," he says. "The average age used to be around 40 to 45 years old. Now it's 18 to 35 years old. They are real transients ... going from shelter to shelter and from house to house."

Are a lot of these younger patients a result of the overflowing foster system which releases unprepared kids at the age of 18 into society, a visitor asks Langford? Indeed they are, he confirms.

The Mildred Bayer Clinic

was started by the community activist of the same name about a quarter of a century ago. Bayer started by providing medical assistance to the homeless in different shelters on a rotating basis, says Langford. Her clinic was named the Mildred Bayer Clinic for the Homeless in 1985 and dental services were added.

The clinic merged with NHA in 2000 and NHA was able to enhance services with a social worker, a trans-

portation component and a medical records staff, says Langford. The range of services has expanded ever since.

The clinic offers free medical service to all clients who reside in shelter; it provides transitional facilities – some internal, some external and it provides services for those who, in Langford's words, are in a "doubling up situation." Those are individuals with no income who are

living with a distant relative or friend and are therefore in a tenuous situation.

The clinic provides nursing for patients at four different clinics – St. Paul's, Cherry Street Mission, Family House and the Sparrow's Nest.

There is a Tuesday evening clinic from 5 to 8:30 p.m. which utilizes the services of local medical students and a supervising doctor and a dental clinic which operates three days

Mobile Unit, St. Luke's Hospital, the UT College of Medicine, for example.

Part of the way to become successful at collaboration, says Langford, is through active participation in community events. "It's important for people to attend community meetings," he says. "You don't know when or where you can meet those with solutions."

Langford cites the influence of Gov. Ted Strickland

commitment to collaboration.

Black Bag was started to provide medical service to the homeless on the weekends – a time when hospital emergency rooms tend to overflow with the uninsured. A Black Bag team consists of a doctor, nurse, medical assistant and pharmacist.

Originally the program had government funding but that source of revenue dried up. It has been brought back to life, says Langford, with the help of students at UT.

Prior to joining NHA, Langford worked with migrants for four years with the Texas Migrant Council before transitioning to the E.O.P.A. Migrant Head Start Program as community partnership director.

The Toledo native and St. Francis de Sales High School graduate earned his undergraduate degree from Heidelberg College and is currently working on his MBA at Heidelberg.

Active in the community outside of work – Toledo Area Alliance to End Homelessness, community liaison for the Migrant Head Start Program, Lutheran Social Service Board, Big Brothers/Big Sisters Planning Committee – Langford is married to Karlene, a systems designer with Blanchard Valley Hospital. They have a son, Kaden, 7, and a daughter Ryan, 5.

His decision to work in the public service field has been anything but accidental.

"A lot of people have the opportunity to move out of Toledo for higher pay and better jobs," he says. "I want to stay and serve the community. It's important for young people, young males in particular, to stay and act as role models. My satisfaction has always been in the industry of helping people and I anticipate doing this for a while"



"It's important for young people, young males in particular, to stay and act as role models."

a month by means of volunteer hours contributed by local dentists.

There is also an eye clinic six days a month – again staffed by local volunteers. Free eyeglasses are provided through the help of Toledo Optical.

The key to the success of the Mildred Bayer Clinic is in the recognition that the clinic can not handle all of these services without a lot of help. As Langford explains, collaboration is the path to maintaining and improving the services the clinic can provide – collaboration with as many partners as possible.

The clinic's current partners include Mercy Pharmacy Center, The University of Toledo College of Pharmacy, the St. Charles

in helping to crystallize his own understanding of the power of collaboration. "At an Ohio Health Conference," Langford recalls, "Gov Strickland said 'One of the best ways to solve issues is to collaborate with other agencies. Instead of chasing the dollars, find other players – what are their specialties and how can they help to solve problems.'"

Langford has been with NHA at the clinic for almost three years. During that time he has been instrumental in restarting the dental program and initiating a migrant assistance program in collaboration with the Farm Labor Organizing Committee (FLOC). He also has reinstated Project Black Bag, another by-product of his

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Celebrating Sisterhood and Women's Health Month

By Dr. Anita M. Lewis Sewell, MD
Guest Columnist



The secret sister is a practitioner of love and kindness. A secret sister selects a woman whom she will provide with special (often anonymous) ongoing encouragement. That person can be chosen at random, for example, by pulling names from a hat.

inscribed "**Faith Will See Us Through**," now hangs in my kitchen.

One beautiful Sunday after church, I went for one of my many "faith walks" on a bike trail along the Sandusky River. I wore this light-blue t-shirt that was a gift from my secret sister. She hoped I'd

just wonderful. But God has given me so much more.

He gave me a really cool "secret sister."

He blessed me with many special sister-friends like Miss Annie, Anna, Anne, Barbara, Becky, Betty, Brenda, Cassandra, Char-

lotte, Charlene, Charlon, Connie, Deborah, Delores, Denise, Dorothy, Elvesta, Elza, Gayle, Gloria, Heather, Imogene, Jan, Jane, Jeannie, Joanne, Joy, Juanita, Julie, Karen, Latrise, Lorna, Mac, Marcia, Margaret, Maria, Marie, Marilyn, Mary, Mattie,

Mollie, Pat, Paula, Rhonda, Robin, Sharon, Shauna, Shirley, Stacey, Sylvia, Tina, Wendy, and Yasmin (whew...just to name a few).

He blessed me with a "Jazz" Godmother, Pauline Harrison, who will celebrate

(Continued on Page 10)

"It does not have to cost money to show love."

I've got a secret...a secret sister that is.

Okay, so it's not *REALLY* a secret because I know who she is; but I'm not going to tell you because (shhhh!!!) it's supposed to be a secret. That's part of the fun. Still, knowing who she is does not diminish the joy she has brought to my life.

Have you heard the phrase: "Random acts of kindness, and senseless acts of love?"

The Bible tells us to do good, especially to those of the household of faith, and to encourage one another. Secret sisterhood is a simple, yet significant ministry.

(My secret sister simply announced that she was going to adopt me, and that was that.)

She then finds simple, creative ways to show love in the form of prayers, phone calls, e-mail, cards, gifts, visits or unexpected surprises. It does not have to cost money to show love, and this is an endearing way for women to support each other in life.

One day my secret sister knocked on my door and shoved a plastic bag into my hand, saying "this is for you." The wall plaque in the bag,

enjoy wearing it when I went out to exercise. The slogan on the shirt read: "Exercise Your Faith...Walk With Jesus."

I often go on "faith walks" to meditate on the wonders of God's creation and to seek His direction for my life. More recently, I have also hoped by faith (and exercise) to lose at least 30 pounds and graduate from that dubious land of...obesity. After all, we "can do all things through Christ."

Sisters are great. I have three real sisters, Brenda, Cynthia, and Diana, who are

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Which Tests Are Right For You?

Special to The Truth

A lighthearted ad campaign depicting middle-age men in medical gowns has been created to remind them to take preventive steps in their health care. There's good reason: Men are 25 percent less likely than women to have visited the doctor within the past year and are 38 percent more likely than women to have neglected their cholesterol tests. Furthermore, men are 1.5 times more likely than women to die from heart disease, cancer and chronic lower respiratory diseases.

African Americans are more likely to develop colon cancer than any other racial group, yet 80 percent of black men have never had a colonoscopy. African Americans also have a high rate of heart disease but 1 in 5 black men has never had his cholesterol checked.

The U.S. Department of Health and Human Services' Agency for Healthcare Research and Quality (AHRQ) and the Ad Council are running a public service advertising campaign that encourages men over 40 to learn which preven-

tive screening tests they need to get and when they need to get them.

Real Men Wear Gowns
The new television, radio, print and Web advertisements feature the theme "Real Men Wear Gowns." The lighthearted ads incorporate family as a key motivating factor for men to take a more active role in preventive health. They show the target audience that being a real man means taking care of yourself (and your health) in order to be there for your family and in the future. Ad Council research showed this was a strong motivating factor for men. To view the PSAs, visit www.ahrq.gov/realmen.

The site provides the recommended ages for preventive testing (as well as a list of tests) and links to online resources where you can find more medical information.

"We hope this campaign will inform men about the importance of prevention and show them that they should work with their health care providers to find out what they should do to

stay healthy," said AHRQ Director Carolyn M. Clancy, M.D.

Which Tests Are Right For You?

"By taking steps to prevent disease and stay healthy, men can live longer and more productive lives," said U.S. Preventive Task Force Chair Ned Calonge, M.D. "Prevention is a decision that includes participating in regular physical

activity, eating a healthy diet and finding out which preventive medical tests are right for you."

This campaign, created pro bono by McCann Erickson Detroit, complements AHRQ's existing efforts toward improving the safety and quality of health care and promoting patients' involvement in their own health care.



The Ad Council's new "Real Men Wear Gowns" campaign is a lighthearted effort to encourage men over 40 to take their health risks seriously by learning which preventive screening tests they need to get and when they need to get them.

September is Prostate Cancer Awareness Month

All men are at risk for prostate cancer but older age, race, and family history may increase risk. Learn about the risks and benefits of prostate cancer screening.

Among men in the United States, prostate cancer is the most common form of cancer (other than some kinds of skin cancer). It is the second leading cause of cancer deaths, after lung cancer, and the seventh leading cause of death overall for men in this country.

Several things may increase a man's risk of getting prostate cancer, including:

- **Age.** The older a man is, the greater his risk for getting prostate cancer.¹
- **Family history.** A man with a father, brother, or son who has had prostate cancer is two to three times more likely to develop the disease himself.¹
- **Race.** Prostate cancer is more common in some racial and ethnic groups than in others, but medical experts do not know why. Prostate cancer is more common among African-American men than among white men. It is less common among Hispanic, Asian, Pacific Islander, and Native American men.

Screening

The most commonly used screening test for prostate cancer is called the PSA, or prostate specific antigen test. The PSA test is a blood test that measures the prostate-specific antigen, an enzyme produced only by the prostate, to see if the PSA level is within normal limits. The doctor also may use this test to check for any change in PSA level compared to the previous PSA test.

Another test that is used to find prostate cancer is the digital rectal exam, or the DRE. During this test, the doctor inserts a gloved and lubricated finger into the rectum. This allows the doctor to feel the back portion of the prostate (where most cancers begin) for size and any irregularities.

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Prostate Cancer & African-American Men: 10 Things to Know

A 10-minute blood test and physical exam could save your life

By *Tedra White, ProMedicaHealth*
Guest Contributor

Prostate cancer is the second-leading cause of cancer death for African-American men. But when diagnosed early, prostate cancer can be treated before it becomes life-threatening or requires aggressive treatments that can increase the risk of conditions like erectile dysfunction and urinary incontinence. **On Sept. 8, ProMedica Cancer Institute will offer free prostate cancer screenings at Hickman Cancer Center at Flower Hospital in Sylvania, from 6 – 8 p.m.**

Annual PSA (prostate-specific antigen) screenings are helping doctors detect the disease sooner and causing patients to live longer. According to the American Cancer Society, nearly 100 percent of African-American men diagnosed with early stage prostate cancer are still alive five years after diagnosis.

Oncologist Timothy Kasunic, MD, says the risk of developing prostate cancer increases significantly after 50 and is even greater if an individual's father or brother has the disease. He also says that men should be screened until the age of 75.

"My advice is for men to talk to their family physician about the best time for them to be screened, based on their health condition and family history," says Dr. Kasunic.

According to the National Prostate Cancer Coalition, there are 10 things that every African-American man should know about this disease:

- 1. One in four African-American men is at risk of prostate cancer.**
- 2. An estimated 5,050 will die from prostate cancer this year.**
- 3. African-American men are 2.5 times more likely to die from the disease than Caucasian men.**
- 4. The chances of get-**

ting prostate cancer are one in three if you have just one close relative (father, brother) with the disease.

5. Every African-American man age 40 or older should get an annual screening.

6. There are no noticeable symptoms, which is why screening is so important.

7. With the widespread use of screening, 88 percent of cases in African-American men are now found early.

8. Nearly 100 percent of African-American men diagnosed with early stage prostate cancer are still alive five years from diagnosis. Of those diagnosed in



late stages of the disease, 29 percent survive five years.

9. Screening for prostate cancer involves a simple blood test and a physical exam. It takes about 10 minutes and is covered by health insurance in many states.

10. Obesity and high cholesterol levels are

strongly associated with advanced prostate cancer.

To register for a free prostate cancer screening, call the Hickman Cancer Center at Flower Hospital at 419-824-8822. For more infor-

mation about prostate cancer, including risk factors and prevention, visit www.fightprostatecancer.org.

Sisterhood

(Continued from Page 8)

her birthday this September 11. Although she makes the yummiest peach cobbles and sweet potato pies on earth, she is an excellent role model for healthy living, good nutrition, physical fitness, and community service.

"Sister Care" is a "sisterhood" group at my church. We periodically meet to eat, to greet, and to treat each other with

gifts of mutual camaraderie and spiritual edification. Our church mothers – Mothers Hall, Hurse, Jones, Lee, and Phillips – come when they can to share their wisdom with us.

These women have all been unique sources of support, guidance, inspiration and friendship for me, time and again.

September is Women's Health Month. This is a fit-

ting time to acknowledge and to uplift the special women and sister-friends in our lives.

Exercise your Faith for Women's Health Month and become a secret sister. It's a wonderful way to share and show love for others. And a really special thank you to my very own secret sis! God Bless.

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Laura, Willie's Wife

"Whenever we had questions, Hospice explained every answer. They knew what to provide even before we knew what to ask for. And the staff connected on a personal level, too. My dad's nurse was like part of our family.

"Hospice made all the arrangements to get dad to my graduation, including the wheelchair and portable oxygen. Having dad see me cross that stage meant the world to me. Now that I'm an RN, I know great care when I see it. My dad had the best."

Joya, Willie's Daughter

Hospice can help make the end of life meaningful and fulfilling. To learn more, ask for our FREE brochure series, "Hospice Answers." Call 419-661-4001 or visit hospicenwo.org.

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Dear Ryan,



I would like to put more size on my back but I'm struggling with it. Seems like it never gets sore either. What can I do to improve my back size?

Rick

Dear Rick,
Believe it or not, the back is one of the hardest muscles for a lot of people

to train. The reason for this is that most people can't visualize their backs and this makes it harder for them to work on it.

You need to learn how to feel the muscles in your back in order for you to train it properly. I suggest dropping your weights for a few weeks so that you can concentrate on feeling the muscle well.

If you have a training partner have him repeatedly tap on your back as you are working the muscle in order to help you focus on it better. As you feel the muscles in your back working then you can increase your weights again. Any one can go through the motions but it's the quality of what you do that's going to improve the quality of your muscle.

Start out doing pull ups. This is a hard exercise for a lot of people, myself included. Begin with 20 reps total. If you have to do 10 sets of two then so be it. I do sets of eight to 12 until I hit 40 reps and at times some of my sets are only five.

After your 20 pull ups, move onto a seated or bent over rows doing four sets of 12 reps making sure that your squeezing your shoul-

der blades together so that your contractions are felt hard in your back.

Reverse grip, close grip pull downs can follow your rows and again make sure you are squeezing your back tight at the bottom of the movement as you pull

your elbows down to your sides and back. After a few weeks of this and you are feeling your back muscles well, feel free to increase the weight. Just remember don't sacrifice weight for technique or you'll be back to square one. Good luck

and hard training

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We Are Designed to Live 100 Years

By Diane Parrish, RN
Guest Column

Did you know our bodies were designed to last at least one hundred years? If you believe this, then why it is some bodies do and some don't.

What things influence the longevity of our lives and what affects the health and soundness of our bodies? A simple answer and one that is ever so basic is found in the level of responsibility we assume and respect we give to this precious, marvelous and truly unique body.

Our bodies are so marvelous and unique that often when things happen to the body it has the awesome ability to adapt and reestablish some normalcy.

For example, when we skin or cut our body, the body begins to work through its intricate systems to repair. When our bodies are antagonized with a foreign organism the body's system quickly springs into action to trap and destroy this foreign intruder and when our body is confronted with disease, immediately wonderful mechanisms began to re-establish its equilibrium in order to preserve this precious gift of life.

As a nurse, I am continually amazed at the body's miraculous ability to repair and give us another chance to survive. The body is truly designed to be very forgiving and deserves respect and responsibility in order to last as long and healthy as possible.

Note, the operative word is **healthy**. When the body is racked with disease and pain living 100 years is not the miraculous wonder it was intended to be.

"Health," defined by Noah Webster's 1828 edition is "the state of a living body which the parts are sound, well organized and disposed, and in which they all perform freely their functions. In this state there is no pain; free from disease; sound state of mind; natural

vigor of faculties".

This definition brings me back to the reason I'm writing this article which is to remind us that caring for the body is a unique responsibility and a daily commitment.

In our youth most of us unknowingly didn't care for our bodies as we should have. We often abused and neglected ourselves perhaps because we had already learned that the body is forgiving and easily repairs and returns to normalcy.

Let's consider what happens when we have challenged ourselves and insulted our bodies so much that the repairs and return to normalcy take longer and longer? Are our bodies telling us something? Are our bodies aging normally or has it been damaged so much that we prematurely started the aging process? Yes it's natural for us to age but aging was not designed to be a state of disease or pain.

There are centenarians in a list of countries throughout the world, now being studied in Japan, Italy, Spain, Greece, England, Israel, Cuba and here in the United States who remain active and functional. These centenarians have a number of things in common.

A published study from Harvard Health Publications cites "physical activity is a recurring theme, as well as exercising the brain, by reading, painting, playing musical instruments and even continuing to work." Eating habits, environmental factors, socialization also are important components to longevity and well being.

Healthy eating is essential - fruits and vegetables, food that strengthen the immune system rich in vitamins, omega 3, unsaturated fats, nuts and little or no meats. The Harvard study also points out that most centenarians don't smoke or drink heavily, they gained little or no weight during adulthood and that being overweight makes people more vulnerable to may life threatening illnesses, such as heart disease, diabetes, can-

cer and stroke. In essence they don't over eat.

I would add drinking water - women eight glasses a day and men, 10 glasses. Adequate rest time and good sleep at night (preferably eight hours) are also key components for good health.

What we think about and how we view the world is another influencing factor. Having a positive outlook and having a personality that sheds stress easily is also cited. An inability to control emotional stress has been linked to memory loss and heart disease. In other words how you respond to emotional stress effects your health and has a direct effect on your healthy well being.

Positive socialization, friendships, family and faith add to our living healthy lives along with environmental factors, clean air, sanitation, vaccinations and medicine.

By now you are probably asking what part do genes play in good health and long life? Genetics have been and will always play its role in our bodies. However, with modern medicine and new methods of treatment genetics may not be the absolute deciding factor in how long we live.

Perhaps you are experiencing disease and pain in your body and have missed the years of life when prevention could have been practiced. It's not too late.

Your body still repairs and will make the right adjustments if you will do all the things necessary to promote good health. Follow your doctor's advice, take your medications, report any medications that is causing unusual side effects, sleep at least eight hours a night, avoid emotional stress, exercise, lose weight if needed, think good thoughts, learn new things, meet new and interesting people and remember the special ingredient... laughter.

ProMedica Introduces New Community Health Program: Lunch 101 Food for Thought

Lunch 101: Food for Thought is ProMedica Health System's new community health program to help combat childhood obesity and encourage healthy eating habits. The program includes a scholarship competition for students in

grades 10-12 who live within PHS' service area which covers 27 counties across north-west Ohio and southeast Michigan. Students are invited to enter the competition for a chance to win a \$5,000 college scholarship. For more details about the

program and a special kick-off event on Sept. 13 at Wildwood Athletic Club in Toledo, visit www.promedica.org (type "lunch 101" in the search box on the home page).

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55th Corbitt Family Reunion

Special to The Truth



Photo Courtesy of: The Toledo Journal

The Corbitt family, as we know it now, had its beginnings in the mid-1800's. Dandy Corbitt, the patriarch and a native of Butler, GA, married

Sirlema Mhoon in 1874. Ten children were born of this union.

Eventually the family moved to Mississippi where Dandy Corbitt, a gifted fid-

eler, joined the Midway Baptist Church, then the Shady Grove Baptist Church and, finally, the Union Grove Baptist Church where he served as

a deacon until his death in 1926.

This past weekend, hundreds of Dandy Corbitt's descendants, some from as far away as Mississippi and

California, gathered in Toledo for the 55th Corbitt Family Reunion at Wildwood Metropark.

Pictured are the brothers and sisters of Toledoan

Leola Haynes' mother's family. Her mother Idele Woodward is on the far right.

In Memoriam



Lillian McWhite Robinson was born in Pamplico, SC, on September 24, 1924 to George and Inez Eaddy McWhite. Lillian went to eternal rest on August 27, 2008. she was preceded in death by both parents, five brothers, one sister, one grandchild, two great-grandchildren, one daughter-in-law and her husband of 45 years, Smiley Robinson.

She is survived by sons, Orvil (Barbara) and Alvin (Nicolette); daughters, Edna Tarver and Betty Robinson; 13 grandchildren and nine great-grandchildren; brother Bennie (Fannie) McWhite; sisters Virginia (Herbert) Runnels, Julia Weakfall and Elizabeth Tillmon; sister-in-law Verline McWhite; daughter-in-law, Debra Williams.

She is also survived by a host of relatives – cousins, nieces and nephews. Lillian was a charter member of United Missionary Baptist Church and was on the Mothers' Board. She loved singing in the choir and being on the Missionary Society.

After declining health, a couple of the things she missed most was not being able to attend church and not being able to cook for family gatherings. Lillian loved her family. She continuously kept her family lifted and covered in prayer. She will be missed by everyone who knew and loved her.

God knew how much she could bear and He decided it was time for her pain to end. She is at peace forever now in his hands.

The family would like to thank: Parrish HomeCare (Diane Parrish and Reneesha Parrish-Nnaji, nurses); Stacie Robinsin and Kim Watson, STNA's; Cassandra Houston and Tequilla Wynn; Dr. Thomas Smallwood; the staff at St. Ann Mercy Hospital; Dr. L.S. Aguillion; Dr. M.F. Patel; Julianne; Tammy and all the staff in the ER and the IC units. The family wishes to extend its sincere gratitude to all for their prayers, cards, calls and other gestures of kindness. They are eternally grateful for all the help.

Proverbs 3:5

Trust in the Lord with all thine heart and lean not unto thy own understanding. In all thy ways, acknowledge Him and He will direct your paths.

September 7, 14, 28

3rd Pastoral Anniversary: First MBC; For Pastor Donald Murray; Guests Rev. W.L. Perryman of Jerusalem Baptist, Rev. John Roberts of Indiana Avenue MBC and Supt Hobbs of Greater St. John Church

Hosted at the **Stranahan Theater at 7 p.m.**, each Authors! Authors! program features an hour-long speech and a question-and-answer session presented by the featured author.

The program, now in its 14th year, welcomes bestselling authors to Toledo as they discuss their writing and careers, answer questions, and sign books. **Tickets are \$10** and can be purchased at any Library location or at the event. Books provided by Barnes & Noble will purchase at each program. **419.259.5266.**

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D.C. Wins 16 Bar Beast Freestyle Battle!

Yeah, He's a Beast y'all.

By Michael Hayes
Minister of Culture

D.C. took home top place at the first installment of the 16 Bar Beast Freestyle Battle earlier this summer.

And, as promised, this is his feature interview.

For all those who may have been out of town or under a rock back in July let me put you up on.

Stressed Out Productions (S.S.T.R.E.S.! - holla!) and the good folks at U.G.E. put on an event like no other this city has ever seen.

The Hip Hop vs. Rap Showdown.

We had a taped hip-hop panel discussion which took place in the Truth Art Gallery (some of the footage is on youtube now) and we just wanted to make the event interesting from jump.

Local rhyme spitters increased their reputation by being hand-picked to get onstage alongside the night's

headlining acts, S.S.T.R.E.S. and Onasis (T.Dime & Thee Untouchable Dizzy T.).

We had Black Swamp there reppin' hard (some of the most interesting subject matter you will ever here at a local live rap show). We had G just hot off of a recent trip back home to NYC.

We had Yung Flo go hard for his and I was happy we tapped him to get involved,

but it was so hot she was there because we ended up with more females in the audience than we anticipated and she held it down for them plus she emceed the 16 Bar Beast Battle where D.C. was eventually crowned king!

D.J. Boody! dropped some heat that night so any rhyme animal would wanna get open in an environment

"I always liked battling. That's my type of thing."

he was among the crowd favorites of the night.

B.M.G., another crowd favorite, was on deck and gave another memorable performance.

We had Ladi who put it down even with a sore throat,

like that.

I even had just regular crowd members and even a few billed acts damn near begging U.G.E.'s Darron Scott (who helped facilitate the sign up) to let them onstage so they could get a piece of the action.

It's just something about a freestyle session in particular, but a BATTLE?

Aww, man, the excitement was contagious and everyone wanted to get in.

But, you had to sign up and you had to pay and that's that!

So this article is part of D.C.'s prize.

A free, professional photo shoot by Adonis of U.G.E./Brooks Photography.

A feature article in The Sojourner's Truth Entertainment Section (that's this, y'all, LOL - and 90,000 people read this paper every week ... so if even half of them read my section then that's a good look for D.C.).

And he will also be receiving two free beats from The Under Godz to use as he pleases.

So no hating allowed!

If you wondering "how this dude get all that? Why he get to be a freestyle champion?"



Because you didn't stop him!

And I'm sure he's gonna show up when U.G.E. & S.S.T.R.E.S. bring out

The 16 Bar Beast Freestyle Battle, part 2!

So without further adieu, Toledo let me introduce you to a rhyme champion...D.C.

Michael: Okay, when did you first start rappin'?

D.C.: About 1991

Michael: What made you wanna get into hip-hop?

D.C.: I was at a party with my cousins Bo Shed and Lyte N Rod and people just started rappin' and I wanted to get in it.

Michael: How would you describe your style?

D.C.: I don't know, kinda like a street knowledge flow ... try to kick the truth to the young, black youth.

Michael: Okay, that's what's up. What made you wanna compete in the 16 Bar Beast Battle at U.G.E.'s Hip Hop vs. Rap Showdown?

D.C.: I always liked battling. That's my type of thing, I been battling since '98 back

at Frankie's and Main Event.

Michael: Aww, man, I remember I stepped on that stage a few times...wasn't even old enough to be in there yet. But yea, you wanna explain what the experience was like in the 16 Bar Beast Battle?

D.C.: It was fun, it was different. Something to keep me on my Ps and Qs.

Michael: Did you feel any pressure from your other competitors?

D.C.: Naw, not really - I try to add the pressure. Like when I first signed up I saw Wes Craven's name on there and he had like the most scariest name on there so I went and found him and was like 'see you in the finals' and then I ended up seeing him in the finals.

Michael: What did you think about the whole Hip Hop vs. Rap show overall?

D.C.: I like how U.G.E. had it so you couldn't tell what was next or who was next and the artists didn't have sets you just had to keep guessin' who was comin' next. I liked that because you don't see a hip-hop show like

that around here.

Michael: Yea, we try to do that at a lot of our shows...sets us apart in a way.

D.C. And y'all were able to get a lot of black people in Mickey Finns! Plus I liked that B.M.G. dude and that whole "Success Messin With My Mind". That's the type of flow I like right there.

It was a cool night.

Michael: Yea, okay what separates you from other local rappers in this scene?

D.C.: Well as far as the bling bling type of style, about 20s and rims - I don't really rap like that.

Michael: Where do you see yourself fitting in the larger industry?

D.C. I don't know, I just wanna be the cat that opens the door that help the next man get there.

I'm 32 now, so it might be hard for me to be that platinum artist but if I can help the next man get in I'm cool.

Michael: Who is your favorite current rapper, and who is the greatest rapper of

(Continued on Page 16)

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CHAMPIONS

Let's be real... D.C. is the greatest rapper of all time. He's the only one who can rap like a champion.

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CLASSIFIEDS

September 03, 2008

Page 15

CLINICAL THERAPIST/DIAGNOSTIC ASSESSOR

Clinical Therapist/Diagnostic Assessor needed to complete diagnostic assessments and provide group and individual therapy to adults and children. Qualified candidates must have strong clinical skills including the ability to make clinical decisions, knowledge of therapeutic principles and practices, thorough knowledge of DSM-IV and strong group process skills. Masters degree and Ohio license required. LPCC or LISW preferred.

Send or fax resume with cover letter to:



Human Resources - CT-DA
1425 Starr Avenue
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Fax 419.936.7574

CHEMICAL DEPENDENCY COUNSELOR - JOINT VENTURE PROGRAM

Opportunity is available for experienced CD Counselor to work in a Joint Venture Program providing individual, family and group counseling and case management services. Candidate must possess a Master's degree, a minimum of two years experience working with individuals with chemical dependency issues and one of the following Ohio licenses—LSW, LISW, PC, PCC, LCDC III or LICDC.

Send or fax resume with cover letter to:



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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



Director of Workforce Development

The Greater Toledo Urban League is seeking a highly motivated, self-starter to fill the position of Director of Workforce Development. The successful candidate should possess strong communication skills, a proven track record of job development, and previous managerial experience. A Bachelor's Degree is required. All interested parties should submit a resume by **September 15, 2008** to 608 Madison Ave., Suite 1525, Toledo, Ohio 43604 or via email at gtulea@aol.com.

MANAGING ATTORNEY

Work to Make A Difference

Every year approximately 25,000 migrant farmworkers come to Ohio to plant and harvest vegetable and fruit crops. Migrant workers also work in dairies, nurseries, and food processing plants. These workers along with approximately 100,000 low-wage immigrant workers in non-agricultural settings are essential to Ohio's economy. For the past 36 years, Advocates for Basic Legal Equality, Inc. (ABLE) has fought to protect the rights of these workers through its Migrant Farmworker Program. Last year ABLE expanded its program to include representation of detained immigrants. Migrant workers and immigrants are often subjected to systemic exploitation and abuses in the areas of employment, housing, and civil rights. On behalf of these individuals, ABLE Advocates seek to vindicate their rights through vigorous advocacy in a variety of forums. The work includes litigation in the federal and state courts and the immigration court system, along with administrative and legislative advocacy at the state and federal levels to ensure fair treatment.

About ABLE

ABLE is an unrestricted civil legal services program. We are a non-profit law firm for the poor. We partner with Legal Aid of Western Ohio, Inc. (LAWO) to ensure that low income people are provided a full range of legal services. Combined we are the largest legal aid provider in Ohio. As part of its services ABLE represents migrant farmworkers and detained immigrants statewide, and non-agricultural immigrant workers in 32 counties of western Ohio through its Migrant Farmworker and Immigration Program. The Program has a hard-working, diverse, and competent staff committed to creative and challenging legal work in employment, immigration, civil rights, and other related areas. The Program currently has eight full-time staff and is adding other full-time positions along with six summer outreach and law clerk staff.

Managing Attorney Position

ABLE is seeking a hard working, passionate, energetic and dedicated lawyer to lead its Migrant Farmworker Program and serve as its Managing Attorney. The position is one of major responsibility. The individual will be an integral part of our senior leadership team. The individual must possess the combined qualities of excellent legal, administrative, and managerial skills, and have excellent leadership skills. Being able to work well with and lead a group or team is required. The individual must have a minimum of five (5) years of legal experience, preferably in providing legal services to the poor and preferably with migrant farmworkers and/or immigrants. The individual must have excellent communication skills (oral and written), and a demonstrated commitment to legal services to the poor. Membership in Ohio Bar or ability to be admitted by motion or examination is required. Fluency in Spanish is highly preferred. Computer proficiency is required. Position is based in ABLE's Toledo office.

Compensation and Benefits

Salary is based on relevant legal experience up to \$80,000 with added compensation for Spanish language ability. We have a comprehensive benefits program which includes health, life, and disability insurance, a flexible benefits program, generous leave, employer contribution matched 401(k) program, moving and bar admission allowance up to \$3500, excellent training opportunities, and access to the Ohio Legal Assistance Foundation's Loan Repayment Assistance Program which is currently \$6000 per year and is tax free.

How to Apply

Send resume electronically as soon as possible, in Microsoft Word format only to:

E-mail: jobs@ablelaw.org

Subject: MFIP Managing Attorney

Applications will only be accepted by e-mail. Position will remain open until filled. Equal access to ABLE's office is available. Applicants requiring accommodation to participate in the interview/application process should contact the Recruitment Coordinator at the e-mail address listed above. EOE

INVITATION FOR BIDS



The Lucas Metropolitan Housing Authority is seeking bids from qualified contractors/builders for construction of two (2) tri-plex units (6 units in all) at 6020/6030 Kincora Drive, Toledo, OH 43612:

JOB NO. PROJECT WALK-THRU DATE
BID OPENING DATE

Job # 28072 Construction of Tuesday, 9/
16/08 @ Tuesday, 9/30/08 @
Two (2) Tri-Plex Units 10:00am
11:00am

At 6020/6030 Kincora
Drive (Total of 6 units)

Sealed bids will be received in accordance with law until September 30, 2008 @ 11:00am in the office of the Lucas Metropolitan Housing Authority, 201 Belmont Avenue, Toledo, Ohio 43604, at which time and place all bids will be publicly opened and read aloud in the 2nd floor conference room.

There will be a walk-thru for this project at the site, 6020/6030 Kincora Drive. Any questions should be submitted in writing, no later than one (1) week before the specified bid opening, to Mike Field at the address shown on the cover of the bid package.

Contract Documents and Technical Specifications are available in the office of the LMHA Modernization Department, 201 Belmont Avenue, Toledo, Ohio 43604, (419) 259-9462, and will be provided upon request. A fee of \$20.00 will be charged for each set of plans provided. This fee will be non-refundable.

The prevailing wages for this locality, as established by the Department of Labor and Wage Determination OH20080028, as modified (Davis Bacon), must be paid all persons employed for this work. **Bid bonds are required for this project. Performance bond will be required.**

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 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 DIVISION

The Beast

(Continued from Page 13)

all time according to D.C.? there's just no one that sounds like that cat.

D.C. My favorite current rapper would have to be Young Dro.

His flow and his wordplay,

Michael: Yeah, he is original with his.

D.C. And as far as greatest rapper of all time... I would have to say Ice Cube.

Michael: Yeah, now that's the king of Street Knowledge rap right there!

So what can the people in Toledo expect from D.C. in the near future?

D.C. Well I'm workin' on my mixtape "Don't Let The Glasses Fool You," and I'm just gonna work with other artists, get on stages, go to open mic nights and get my stuff tighter.

Michael: That's what's up man, we will see you around.



So it is what it is, people! The 16 Bar BEAST FREESTYLE BATTLE.

D.C. brought the lyrics and he took home the crown.

We will be doing another one. Sooner than you think.

Shouts to S.S.T.R.E.S., Rick Rubin, Mickey Finn's, D.J. Boodyland all the U.G.E. camp and affiliates who helped out.

We will be at it again, real soon.

Also, on the R&B side of things... U.G.E.'s own Aye Dee and Darron Scott will be fea-

tured on Buck Buchanan's radio show/worldwide pod cast The Pro Audio Show on September 27th.

What you missed this past week @ The Listening Lounge presented by U.G.E.

Atmosphere was poppin', The Sojourner's Truth Art Gallery is a great place for what we are doing and in it's second week our open mic night doubled in attendance.

U.G.E. acts T. Dime, Thee Untouchable, Darron Scott and Aye Dee performed.

Gotta mention that Aye Dee performed "Worry About Us" from the upcoming

U.G.E./Rockshot release "The Last Royalty" and he left a few people close to teary eyed in the audience with the raw emotion of that song.

Ladi blessed us with her presence.

And we had a host of poets who read about subjects ranging from finding/losing your soulmate to the war overseas to masturbation.

It was a wild and crazy night

and that's exactly what we wanted.

If you are an artist... spoken word, hip hop, R&B, whatever!!

And you weren't there? You can make up for it this upcoming Saturday @ 9 p.m. 1811 Adams (next to Ottawa Tavern across from Life Skills, a block up from Manos).

The Listening Lounge is your chance to debut your new material, deepest thoughts, rants & raves and all that in a laid back environment.

See you Saturday!

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