



Local and National News

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“And Ye Shall Know The Truth...”

February 04, 2009

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Dr. Hope Mitchell, MD.
Mitchell Dermatology

“Those who take care of their insides will glow on the outside. If you think about what you consume, your lifestyle, you will have healthy hair, nails and skin. You really have to think about supplements, drinking enough water and having your health under control.”

This Strikes Us ...

A Sojourner's Truth Editorial

"Let's get serious about education," said Governor Ted Strickland during a visit on Monday to Toledo's Grove Patterson Academy where the staff, teachers and students have definitely gotten serious about education.

Strickland was answering a question about some flak he has taken on his plan to extend the school year from 180 days to 200 days since he introduced the idea in his State of the State Address.

There are, for example, some families concerned that extra days will cut into vacation plans, there are some operators of tourist-oriented businesses who feel that a shortened summer season will mean they will take a hit, there are some who feel that youngsters will be less available for summer employment.

Really?

As Strickland said, let's get serious about education.

The governor certainly got serious last week. He has introduced a plan to increase funding, to hold higher education costs to families down, to change funding formulas, to mandate all-day kindergarten, to change the types of tests required for graduation and, as noted above, to increase the number of school days in a year.

Above all, the governor announced to all concerned that more needs to be done by the State if we ever hope to improve the state of education.

In 1983, the President Ronald Reagan National Commission on Excellence in Education released a report based upon their analysis of this nation's educational status. Their conclusion was aptly summed up in the title of the report: "A Nation at Risk."

The report went on to state: "Our nation is at risk. The educational foundations of our society are presently being eroded by a rising tide of mediocrity that threatens our very future as a Nation and a people."

The commission reported that, among other issues, 23 million people in this nation were functionally illiterate, 13 percent of all 17-year-olds were functionally illiterate and there had been a steady decline in science achievement scores.

That report turned a lot of heads in the early 1980's as it noted that test scores – such as SAT's – had fallen over the decades, students were not doing homework and the nation's students were falling further and further behind their foreign counterparts. The report also advocated for seven-hour school days and the expansion of the school year to 200 to 220 days.

Regrettably, Reagan decreed that less is more and opined that what we needed to do as a nation was to reinstate school prayer, implement a school voucher program and eliminate the Department of Education.

What has improved in the ensuing two and a half decades?

Not a great deal. The tide of mediocrity remains alarmingly high. SAT scores, for example, have improved slightly but are still below levels of the early 1970's. Students still do not get enough homework, parents are no more involved – less so most of the time, and we are still far behind many other nations in just about every measure of educational attainment.

Clearly we cannot adopt the Reagan formula of vouchers and smaller government and simply trust that democracy and a free market economy will stabilize a failing educational system. Markets have never addressed the issue of education. We need, as Strickland asserted last week, to do more, much more.

In a perfect world, there would be no need for students to spend more time in school in order to reach their potential. Education should never depend only on the direct interaction of student and teachers. Ideally, education should continue in the home as an extension of the school process.

Unfortunately, parents have increasingly abdicated their responsibilities to contribute to the process. One can argue that such a development is a result of societal changes – single parent households, two working parents – that make it difficult for a child to get the attention in the home he or she received decades ago.

Whatever the reasons, the household has changed and it makes sense to acknowledge that fact and mandate more time in school for students.

The major problem we have with Strickland's proposals is that some, such as the 200-day item, will take too long to implement. The governor has suggested phasing in such a change over a 10-year period. That makes no sense. We have known since at least 1983 that we need to keep students in the classroom for longer periods of time, let's get moving on that immediately.

Let's get serious about education.

Community Calendar

January 20-February 10

"Breathe Free: The Plan to Stop Smoking;" Collingwood Center; Smoking cessation program with sessions on January 20, 22, 26, 29, 30, February 3, 10; 5:30 pm each day; Facilitated by healthcare practitioners and a support team: 419-474-6639 or 419-345-6452

February 5

Sistas Movin' On Discussion Circle: For women incest and child sexual abuse survivors; Elizabeth House; 6 to 8 pm: 419-729-0245 or www.mynirvananow.org

February 6

St. Luke's Hospital: Wear Red for Women; 7 to 8:30 pm; Hospital auditorium; Guest speaker Patti Hathaway, CSP: 419-897-8484

Black History Month at UT: Movie, Food and Conversation; "What's Race Got to Do With It;" 7 to 10 pm; Student Union Rm 2582; Featuring John Singleton's Higher Learning

American Heart Association Go Red For Women Luncheon: 10:30 am to 1 pm; Hilton Garden Inn; Guest speaker Zonya Foco – author and TV host; Vendors, goodie bags, survivor stories: 419-740-6170 or www.sonya.thomas@heart.org

February 7

Joshua School of Leadership: 705 Lodge St; Noon to 3 pm: 419-944-0984

February 8

2009 Spring Festival (Chinese New Year) of Toledo Chinese Community: UT Student Union Auditorium; 6 pm

St. Martin de Porres: Black History Month Mass with presider Most Rev. Shelton Joseph Foba of New Orleans; 10:30 am

February 18

Black History Month at UT: "Whites in Black History: A Choice of Legacy;" Discussion led by Marshall Rose of BGSU's Office of Equity and Diversity; Noon; Health Education Bldg Rm 103; Health Science Campus; \$19-383-3438

February 19

Artist Willis "Bing" Davis: Two interactive sessions; 9:30 to 10:30 am at The Learning Center at The Source; 1 to 3 pm at Owens CC Center for Fine and Performing Arts (Oregon Rd – I-75 exit 198); 419-283-7300

February 22

St. Martin de Porres Black History Month Event: An Evening with the Toledo Symphony; 5 pm

February 23

UT Annual MLK Scholarship Benefit Dinner: "A Progression of Change;" Speaker Ohio State Senator Ray Miller; 7 pm; Student Union Auditorium: 419-530-8520 or 419-530-2508

February 26

Black History Month at UT: Dr. Lancelot C.A. Thompson Achievement Program; 7 pm; Student Union Auditorium; Recognizing African-American students with 3.0 GPA or better

National Association of Blacks in Criminal Justice (NABCIJ): Meet and greet; Tabernacle of Faith Worship Center; 6 to 8 pm: 419-514-9367 or rjohnso19@yahoo.com

Nirvana Now! Evening of Rest and Rejuvenation for women incest and child sexual abuse survivors; Elizabeth House; 6 to 9 pm: 419-729-0245

February 28

Sistas Movin' On Discussion Circle: For women incest and child sexual abuse survivors; Elizabeth House; 6 to 8 pm: 419-729-0245 or www.mynirvananow.org



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Privatizing Refuse Collection

By Karen Shanahan
Guest Column

With the need to invest in new refuse collection equipment, (\$12.2 million for 40 trucks), this is the optimum opportunity to consider privatizing (sub-contracting) refuse collection in Toledo.

The Mayor was quoted in The Blade article, 1/30/09, that there would be an estimated savings of \$3.6 million if refuse collection was privatized (sub-contracted). I have long advocated the switch to sub-contracted refuse collection to save cost and used the information provided in The Blade article and other data to study the effects of such a change. It may be overly optimistic to expect a 31 percent savings by switching service to the private sector based on the following data.

In an analysis of the 2008 Budget, the actual expenditures from 2004 though 2007 and 2008 budget for the Refuse Department are listed with an estimated per cent of savings if \$3.6 million is an accurate amount as quoted by the Mayor:

Per Cent Savings by Privatization			
\$10,324,386	34.9%	2004 Expenditure	
\$10,840,653	33.2%	2005 Expenditure	
\$11,348,331	31.7%	2006 Expenditure	
\$11,716,547	30.7%	2007 Expenditure	
\$11,348,181	31.7%	2008 Budget	

(The above expenditures include all expenses associated with refuse collection in the 2008 Budget such as: Buildings, Capital, Maintenance, Office Supplies, Salaries and Benefits. See Google spreadsheet "Toledo Refuse Cost" for line item expenditures.)

One method of calculating savings is to figure the cost per household; however, there are different calculations by the City of the number of households. Councilman Collins stated in 2008 there were 91,000 households, the City website quotes 114,000 households (Solid Waste Department Webpage); therefore, both are shown in the calculation of annual cost per household:

Total Annual Budget	114,000	91,000	Explanation
\$11,348,181	\$99.55	\$124.71	City collection per year per unit.
\$7,748,181	\$67.97	\$85.14	City collection less \$3.6 million savings
\$23,256,000	\$204.00	\$255.56	Private at \$17 per month
\$20,520,000	\$180.00	\$225.49	Private at \$15 per month

A sample of fees for Ohio cities shows the annual fee for city operated and city sub-contracted service ranges from \$64.44 to \$200.04 per year. For a privatized collection, the rates range from \$120.00 to \$210.00 per year. Most of these cities have a more limited program of refuse collection than Toledo.

Private or Contracted Refuse Collection Cost

	PerMO	Per Year	
Stow OH	16.67	200.04	
Brunswick, OH	13.50	162.00	
Aurora, OH	13.90	166.80	
Mentor, OH	5.37	64.44	
Parma, OH	7.11	85.32	

City Collection Rate		
Akron OH	10.80	129.60
Sylvania, OH	10.00	120.00
Barberton, OH	11.30	135.60
Canton, OH	12.40	148.80
Cuyahoga Falls, OH	17.50	210.00
Warren, OH	14.12	169.44



These numbers do not support a savings through subcontracting refuse collection in Toledo. However, several questions remain to be answered:

1. Are all expenses associated with refuse collection in Toledo charged to that department?
2. What type of service was included in the bids received by the Mayor?
3. How many households are in Toledo?
4. What is the basis for the claim of a \$3.6 million savings quoted by the Mayor?
5. In the information received, what was the total annual and monthly fee quoted to the Mayor?

Is it time to privatize refuse collection and can it be successful? In reviewing the data, one would conclude it would be cost effective to keep the current form of service even if we do spend the \$12.1 million for new equipment; however, a thorough study is crucial.

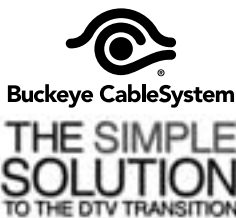
City Council must be diligent to ensure accurate data is used to make an informed decision. If the Administration is not forthcoming in providing all necessary detail to make an informed decision, Council must demand this information so they can analyze and justify any decision. If the above information is complete and accurate, Toledo will be better served by keeping the current form of refuse collection.

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The Super Bowl and New Definitions of Black Men

By Rev. Donald L. Perryman, D.Min.



rare insight, wisdom, professionalism and character which immediately commands respect from all who come into contact with him.

the thug/gangsta/hypersexualized/urban predator expression. The success in combating anti-social behavior, low educational performance, high incarceration rates and the negative ways in which young black males perceive themselves and are perceived by the mainstream media may be increased not just by boycotting or protesting against hip-hop culture and pop appeal alone but also by continuing to provide alternative positive images of black male expression such as those of Tomlin, President Barack Obama, and others.

Tomlin gives some of the credit for his opportunity as head coach to the 2003 Rooney Rule, which was put in place to address the lack of diversity in the NFL coaching ranks. There have been 11 black head football coaches since the rule's inception. While Rooney may have opened the doors for other minority coaches to enter the NFL, it is no secret that NFL teams with coaching vacancies are looking especially for those coaches black or white, who fit the Tomlin mold - young, professional, principled, focused, competent and articulate.

One of the unintended benefits of the Steelers' Super Bowl victory may be that it has brought mainstream recognition to an additional image of contemporary black masculinity which counters

the solution to many of our social and economic problems may come about merely when blacks are no longer a curiosity in positions of authority and institutions where their presence has been a rarity.

Contact Dr. Donald Perryman at dldperryman@centerforhopeandjustice.org

Wilkowski Mobilizing Grassroots Campaign To Turn Toledo Around

Special to The Truth

Just days after officially kicking-off his bid for mayor of Toledo, Democrat Keith Wilkowski is moving forward confidently.

Wilkowski launched his mayoral campaign on Tuesday evening, hosting over 400 supporters at a celebration at the Stranahan Theater's Great Hall.

Wilkowski begins the campaign in a strong financial position. Last Friday, the Wilkowski For Mayor Committee reported to the Lucas County Board of Elections that they have raised over \$120,000 to date. The committee raised over \$55,000 since its last filing and retains over

\$87,000.

The Wilkowski For Mayor Committee also announced on Friday that Josh Thurston, a former North Central Ohio regional

field director for both Barack Obama's presidential campaign and the Ohio Democratic Party, will serve as campaign manager. Thurston joins chief cam-



Keith Wilkowski and C.J. Manning



MLK Benefit at UT to Support Student Scholarships

Special to The Truth

The legacy of Dr. Martin Luther King Jr. has been heightened during historic events of the past few months.

Recognizing the civil rights leader's continued influence, The University of Toledo has hosted a series of commemorations during the past few weeks. Its final event, the annual Dr. Martin Luther King Jr. Scholarship Benefit Dinner, themed "A Progression of Change," takes place Monday, Feb. 23, at 7 p.m. in the Student Union Auditorium.

According to Sandra Rivers-Gill, manager of diversity programs in UT's Office of Institutional Diversity and chair of the benefit planning committee, the theme calls to mind a succession of historical events that have been catalysts for a season of change. Supporting the university's assistance of undergraduate African-American students in fulfilling their dreams, she added, is crucial during this time of economic uncertainty.

"One way of helping students fulfill their dreams is through financial sponsorship," Gill said. "It is a promise of hope and possibilities, even through times of adversity. It is important to support programs that help our students successfully continue their educational pursuits. This event is a major fundraiser that supports the Dr. Martin Luther King Jr. Scholarship Fund."

Last year, Gill said, two recipients received the MLK scholarship. The committee would like to see the fund expand to assist more students.

Ohio Senator Ray Miller is the keynote speaker. He will focus on diversity, the overall significance of King's dream, how it pertains to the recent inauguration of President Barack Obama, as well as how education resonates as the support system to success.

Musical performances by Lift Your Hands Ministries, Sign-mime Choir, Amy Hancock and David Cunningham will be the entertainment highlights. A silent auction also is planned from 6 to 8 p.m.

Tickets are \$60 per person and \$30 per student. Tables of eight may be purchased for \$480. Another option called Table Plus allows sponsors to purchase tables that include two tickets for current UT students at a cost of \$540.

Those interested in purchasing tickets and tables, or exploring other means of supporting student scholarships at UT are encouraged to contact the Office of Institutional Diversity at 419.530.2508 or e-mail ella.armstead@utoledo.edu.

paign strategist Ben Krompak.

Seeking to emulate Obama's "neighborhood team" organizing model, Wilkowski's campaign has already recruited hundreds of community activists who have begun phoning voters and talking with their neighbors about

Wilkowski's plans to turn Toledo around.

"We are marshaling the necessary resources and mobilizing hundreds of volunteers for an unprecedented grassroots campaign," said Wilkowski. "With so many people joining forces for change, we can turn Toledo around and

bring jobs and prosperity back to this city that we love."

February 22

St. Martin de Porres Black History Month Event: An Evening with the Toledo Symphony; 5 pm



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25th Annual Youth Minority Conference Attracts over 500 Students and Parents

By Artisha S. Lawson,
Sojourner's Truth Reporter

Families, students, parents, politicians, community leaders and residents attended the 25th annual conference for Aspiring Minority Youth on Saturday, January 31 at The University of Toledo's Student Union Auditorium.

The Marine Honor Guard led the flag procession, which opened the program as Mistress of Ceremonies Alexis Means of 13 ABC Action News welcomed the panel of politicians, EXCEL graduates, community leaders and EXCEL supporters. All stood for the singing of the National Anthem and listened as four current EXCEL students: Rushia Edwards of Central Catholic High School, Sinem Damci of Whitmer High School, Mariah Walker of Springfield High School and Michael Miranda of Bowsler High School shared personal reflections of their proud participation in this program and excitement over the future..

Several political officials greeted the students and parents and congratulated

the conference on 25 successful years. Greetings were given by Margaret Traband, interim executive director and vice provost of the University of Toledo Learning Collaborative; State Senator Teresa Fedor of 11th District State of Ohio; Judge Charles Doneghy of Lucas County Common Pleas Court; Toledo Mayor Carty Finkbeiner; Toledo City Councilman Michael Ashford and John Foley, superintendent of Toledo Public Schools.

During Judge Doneghy's welcome address, he encouraged the students to take the most recent inauguration of President Obama as a sign that times are changing. "You live in the age of historic achievement; the first African American was elected to these United States. I never thought I would see this in my lifetime. Now you see that commitment of hard work makes all things possible. To EXCEL program, continue to think yes we can."

Ashford presented David Young, the interim director of Toledo Office of EXCEL Programs at The University of Toledo, with a resolution from The City of Toledo in commemoration of the 25th annual conference and encouraged students to heed the speaker. "I thank the parents for their leadership; student will hear words of encouragement, so always believe in your goals."

Guest speaker Hill Harper, the current actor on the hit

dreams into a plan. "All of us have goals that start in some place. How are we actually going from this room, on this cold Saturday to our goals? Most don't know how and have no idea, because they grew up in the lotto culture. We want to win the lotto, but don't have an approach on how to make that a success."

He kept returning to a theme from his first book, *F.E.A.R.* which stands for false evidence appearing real. "There are road blocks to achieving dreams. The road blocks I am talking about are *F.E.A.R.* that is what fear is. We are bombarded with fear and it is due to my business. In the last 10-15 years, my business, the entertainment business, has done more to convince you that unless you have a certain jacket or car - that you are not accepted."

After the morning session with Harper, concurrent student and parent sessions were hosted in separate rooms to enforce the theme, "25 years later: Rekindling the Commitment to Education."

During the student session, panel members: Harper, Lionel Brock, Attorney Philip Carlisle, Patrice McClellan, Ph.D., LaToya Pitts and Christina Spears sought to motivate students to make plans to become more active in the community and take charge of their future.

Students were encouraged to visualize their life through different exercises, learn about the importance of giving back, and defining what empowerment meant.

The parent and educator session focused on how to help parents and educators motivate students to set goals, develop their academic skills and to make plans that will prepare them for the leadership roles of tomorrow.

During their session, parents and educators were provided with tools for guiding



Hill Harper

and mentoring students and shared methods of helping their students achieve goals. Parents were encouraged to help their students to become pro-active members of their communities. This panel was led by Marie Bush, Ph.D., Kathy Gregory, Deborah Carlisle, and Khadija Ahmed.

"I was overwhelmed by the students and parents that are here today," Young said as he addressed the crowd of parents and teachers before the close of the morning session. "We had all types of people saying that people won't go out into the cold and you are here and on time and I am just thrilled that you decided to be a part of this program. I've been here at The University of Toledo for almost 20 years doing one thing or another with young people."

Co-sponsoring organizations were: Alpha Kappa Alpha Sorority, Inc; Alpha Phi Alpha Fraternity, Inc; The Coalition For Equality Education; Delta Sigma Theta Sorority, Inc; Kappa Alpha Psi Fraternity, Inc; Omega Psi Phi Fraternity, Inc; NAACP Youth Organizations; The National Sorority of Phi Delta Kappa; Sigma Phi Fraternity; National Association of Negro Business & Professional Women's Club of Toledo; Zeta Phi Beta Sorority, Inc. and the 36 members of The

(Continued on Page 14)



Panel of elected official, EXCEL graduates and supporters

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CBS show "CSI: NY" is also an accomplished author including published books: *Letters to a Young Brother* and *Letters to a Young Sister*. Harper was also awarded two NAACP Image Awards for Outstanding Literary Work by a Debut Author and Outstanding Literary Work for Youth/Teens. Harper graduated magna cum laude from Brown University, and cum laude from Harvard, where he earned advanced degrees - a master's in public administration from the Kennedy School of Government and law degree.

Harper opened his speech with a brief DVD presentation that highlighted his film and television career, as he walked around and interacted with the students throughout his speech. He began with an explanation of how to make

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Gov. Ted Strickland Visits Toledo Elementary School – Touts Seamless System of Education

By Fletcher Word
Sojourner's Truth Editor

Gov. Ted Strickland included Toledo as part of his state-wide tour designed to boost various parts of the education plan he outlined during last week's State of the State address. On Monday morning, he stopped by Grove Patterson Elementary School and praised the strides that school has made during its 10-year existence.

"This is a great school," said the governor after he had been given a tour of several classrooms. "There are a lot of things happening in this school that I would like to see happen around the state."

Grove Patterson is a Toledo Public School that operates under magnet or charter school principles – students are chosen by lot, the schools days and hours are extended and parents are expected to agree to participate in monitoring their students' activities.

Strickland was taken around to classrooms in which the students were studying, as part of their daily routine, German and Spanish. Even kindergartners at Grove Patterson are introduced to a foreign language.

"I came to this school because I like what's happening here," said the governor at a news conference after his tour. "I am concerned about Ohio's future. If Ohio is going to have a bright and prosperous future, we have to make sure children get the right education. I have been trying for two years to see how we can have that seamless system of education that starts for a child early in life and continues for them through to college."

Strickland had laid out a number of education proposals in his State of the State address including:

- expanding the school year from 180 to 200 days,
- making all-day kindergarten mandatory,
- reducing the minimum number of property-tax mills that school districts must levy from 23 to 20 with the state making up the difference,
- implementing a two-year tuition freeze for community colleges and regional campuses,
- implementing a one

year tuition freeze for four-year colleges, adding new student topics to include global awareness and life skills,

- replacing the Ohio Graduation Test with the college ACT college assessment test,
- granting permission to districts to ask voters to convert property tax levies into mills that would increase in dollar value to the district as property taxes rise.

The last measure would eliminate, the governor stressed during his visit to Grove Patterson, the problem of "phantom revenue" that assumes that districts are collecting more in local taxes than they actually are as property values rise.

"This is a good plan for Ohio in many aspects," said Strickland. "There are reforms in the way we organize and teach and reforms in the way we fund schools."

The governor's proposed budget would invest an extra \$925 million in K-12 education over the next two fiscal years - \$331.5 million in 2010 and 603.5 in fiscal year 2011.

Since Strickland put forth



Gov. Strickland and 8th Grader Deontae Cole

his proposals for a longer school year last week, various critics, such as those in the tourist and amusement parks business, have suggested that a 200-day school year would adversely affect the tourist business from the standpoint of both visitors and summer employees.

"I say let's get serious about education," said Strickland when asked about the criticism. The governor took to task those whom he said were unable to think creatively about solutions to problems because they were so used to their routines – whether successful or not. He used a term from psychology called "func-

tional fixedness" to describe some people's inability to "look and seek solutions beyond the way they have always done things."

Strickland maintained that he is committed to a longer school year and that obstacles to such a plan could be overcome. "I am committed to these changes," he said.

"We have constructed a path forward that we are confident will enable us to sustain this investment," he added. "Over an eight-year period of time, [we can] continue to put more and more resources into elementary and secondary schools."





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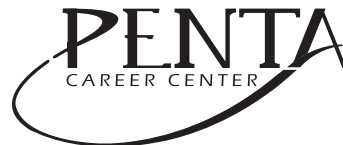
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Dr. Hope Mitchell, MD: Hard Work, Endurance and Education Paying Dividends

By Fletcher Word
Sojourner's Truth Editor

Dr. Hope Mitchell, MD, is in a unique position. She is a medical doctor, she has her own practice in dermatology and she is the only African-American – male or female – dermatologist in the area.

"I feel I'm here today not because I'm super smart but because of endurance," says Dr. Mitchell. "Anyone can be in my position

now The University of Toledo Health Science Campus.

Why dermatology?

"I felt it was an underserved field," she recalls. "I was also fascinated by the fact that you could have all age groups as patients and could do surgical procedures as well as having a clinical practice and do cosmetology."

tered nurse and the source of her inspiration – first in Brooklyn and then in Westchester, NY. She earned her undergraduate degree at the University of Rochester where she met an aspiring lawyer who was from Toledo – Richard Mitchell.

Both headed to Toledo to earn graduate degrees – Richard (who has his own

"Running an efficient practice has been my goal and the practice is going well."

... being a physician. But I like to stress the importance of education and any young people who want to talk about education ... seek me out."

In fact, Dr. Mitchell has a lot to talk to young people about – education, hard work, paying attention to the details of running a business whether or not running a business is your specialty.

Her specialty is dermatology, a field she selected during her third year of medical school here at the Medical College of Ohio –

These days, Mitchell Dermatology, a four-year old private practice, has all of that going on. Dr. Mitchell has a "wonderful staff of staff of 12 young women" – a registered nurse, four medical assistants, a nurse practitioner, three estheticians, a billing manager and two receptionists – assisting her at her Perrysburg office.

But it has been, as she points out, a lot of hard work to get to this point.

A New York City native, Dr. Mitchell was raised by her single mother – a regis-

downtown Toledo private law practice after a number of years as a partner with Shumaker, Loop & Kendrick, LLP) from UT's law school. Married almost 19 years ago, the Mitchells have four children ages 13, 11, nine and seven.

Dr. Mitchell headed to the Henry Ford Hospital in Detroit for her residency and eventually joined the local firm of Dermatology Associates where she spent six years before starting her own practice. "I had different goals and expectations of how a practice



should be run," she says now while acknowledging that the opportunity to work with experienced doctors was a huge advantage for her professional growth.

Now, however, Dr. Mitchell is both physician and businesswoman and she has always taken pains to point out – whether to an interviewer or to classes of medical students at UT – that being a successful doctor in private practice means, in great part, being a successful business person as well.

"You are responsible for everything and you have to be on top of things in the office," she says. "For some doctors, it's difficult to look at a practice in the business sense ... finances, managing employees, marketing, and so forth. But the autonomy is worth it."

So far, so good.

"Running an efficient practice has been my goal and the practice is going well. We have lots of patients and I [enjoy] monitoring patient volume and patient expectations."

The "bread and butter" of Dr. Mitchell's practice consists of patients concerned with complexion issues such as skin breakouts, acne, moles, h-spots, etc. Then come those seeking treatment for various types of skin cancers. In third place are those who have hair and scalp-related concerns.

And, of course, as the first and only African-American clinical dermatologist in the area, Dr. Mitchell is well prepared to handle conditions common to those of color such as keloids, razor bumps, ringworm, moles, light and dark patches and eczema.

"We handle external, rather than internal, medi-

cal issues – nails, hair and skin," says Dr. Mitchell. That's not to say, however, that the dermatologist is not concerned with the internal.

"Those who take care of their insides will glow on the outside," she says. "If you think about what you consume, your lifestyle, you will have healthy hair, nails and skin. You really have to think about supplements, drinking enough water and having your health under control. And you have to be careful about smoking and drinking. Smoking impairs healing and ages the skin, as does alcohol consumption."

Mitchell Dermatology is located at 702 Commerce Drive in Perrysburg and can be contacted by calling 419-872-4673 or be email at www.mitchellderm.com.



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And the Greatest of These Is LOVE!

By Diana Patton and Tonja Ward
Guest Column



Ah yes - February ... the *LOVE month!* This month we recognize the need to love each other as we celebrate Valentine's Day; we learn to love our hearts by becoming "Heart Healthy" through the American Heart Association, and we even recognize and love the wonderful works of notable African-Americans through Black History Month!

But what if we took the time to truly love each other and our hearts *every single*

day instead of just during recognized holidays? What exactly would that look like?

Well, good thing we have a set of "love" standards that we can use to see how we are doing. Check how well you are doing with your "lovin'" (see below)

So, how did you do? What areas do you need to work on? What areas do you do well in and where do you excel?

Just think about it - what if we actually put this list into action and lived out our lives every single day according to these principles? Imagine how much better our health would be? It just makes sense that we'd lower our stress level - we'd have less road-rage, child-abuse,

divorce, violence, war; we'd most likely decrease our chance of depression, sadness and overall despair, and we could actually *increase* our energy level, zeal for life and live a more excited, passionate and purposeful life.

You know, once I (Diana) stopped keeping a list of wrongs done by my husband toward me, I felt a deeper sense of hope and confidence in our relationship and everyday I grow less likely to immediately "attack" him when I think he is saying something that I perceive as rude or unkind.

It wasn't unheard for me to even write down everything that my husband did that hurt me. Eventually, I realized how keeping this list

(whether mental or written) began to devour our relationship and I could truly feel my blood pressure rise when I would read my thoughts or when our conversation would remind me of something from our past.

I would grant this unconditional love toward most anyone else - my children, sisters, mother, co-workers - you name it, *but not my husband*. While it's good that I extended this love toward my friends and family, I realized I needed to truly extend this love, in the form of forgiveness and humility to my husband.

I have come to learn that this sort of list keeping is an act of pride. What if God kept a list of how I wrong him on a daily basis? As much and as often as I need to be forgiven clearly, in all humility, I should have no problem cutting my husband some slack and giving him the benefit of the doubt. I am growing deeper and deeper in love with my husband everyday because I am ask-

ing God to help me apply the principles of LOVE as I work on my FITatudes!

You've probably heard the above list before - perhaps at a wedding or in a greeting card. This list originated in the bible in 1 Corinthians 13. God has always been in the love, wellness and healing business! He wants us to know that love conquers all! Christ said the greatest of all commandments in the law is love. In Matthew 22:36-40 Jesus said that the law hangs on two commandments that's to "Love the Lord your God with all your heart and with all your soul and with your entire mind and to Love your neighbor as yourself."

That's why we created the FITatudes. We realize that we can stay "FIT" when Family and Friends Feeling Inspired Together. And when "FIT" collides with having the attitude of Christ by putting Love first, we can actually live out our FITatudes and have a life of wellness!

We are taking the time to ask God to help us live out our FITatudes every single day. How about you?

Do you need help learning about and living out your FITatudes which include the above love principles? Perhaps you may wish to join one of our FITatudes' programs or you may need encouragement by reading our monthly newsletters. Whichever the case, be sure to check out our web site at www.FITatudes.com and take our quiz to receive our newsletter. Or simply send us an email at info@fitatudes.com to learn more about our programs.

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

- o Love is patient
- o Love is kind
- o Love does not envy
- o Love does not boast
- o Love is not proud
- o Love is not rude
- o Love is not self-seeking
- o Love is not easily angered
- o Love keeps no record of wrongs
- o Love does not delight in evil but rejoices with the truth
- o Love always protects
- o Love always trusts
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- o Love always perseveres.

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The Lighthouse Road Mother Shepard's Legacy of Love

By Dr. Anita Lewis Sewell, MD
Guest Column



Shepard Sr. (who later became a minister) to Flint, Michigan.

This move occurred during a historical period known as the "Great Migration" (sometimes referred to as the "Black Exodus") when many black Americans migrated North, fleeing the harsh conditions of the rural, post-reconstruction, segregated South.

What does it mean to live a life of love?

Mother Hattie Shepard personified a life of love and service. Her inspiration came from the Bible. "God is love" was a spiritual truth she took to heart. Words and acts of love exemplified her life and continue to have an impact even to this day.

Mother Hattie Shepard was the daughter of former slaves. Born Hattie M. Covington on January 22, 1928, in Adel, Georgia, she got married at the age of 16 and soon after relocated with her husband, Clarence

Like many other women of her generation, Mother Shepard was a homemaker. This mother of six loved to cook and sew. She also loved hats. She was stately and regal, but generous and selfless in her concern for others.

As a pastor's wife for many years, she took the task of caring for the spiritual, emotional and physical needs of people seriously. She was always feeding, housing and helping people. Dorothy Atkins noted in sharing these stories about her mother's life. Mother Shepard enjoyed cooking for everybody, es-

pecially on Sundays after church. She even dreamed of having her own restaurant one day.

She became a widow years later after she and her husband moved their family to Ohio.

Mother Shepard served as senior church mother with the Ebenezer Church of God in Christ in Fremont, OH, where

She was stately and regal, but generous and selfless in her concern for others.

she was known as a prayer warrior. This "spiritual" mother and godly counselor modeled how to live a Christian life with welcoming smiles, warm hellos and heartfelt hugs. She served as a mentor, teacher, and so much more. She possessed faith, grace, humility, wisdom and a genuine compassion for people.

"It may be tight, but it's

right," is a saying attributed to Mother Shepard who would gently, firmly defend the word of God. She was not loquacious, but never hedged on what "thus saith the Lord."

Ebenezer's Pastor C. J. Burel remembers she loved to play the tambourine. Her favorite song was "My Soul Loves Jesus." She embraced

the sanctuary near the front of the church. Although she could hardly stand, she still waved her hands, praised God, and prayed for others.

Atkins recalls that Mother Shepard always prayed for Dr. Martin Luther King Jr., who embraced the biblical truth that service is the true path to greatness.

The final fragile months of her life were filled with recurrent hospital stays and valiant battles to overcome illness. Eventually, weary and drained, after months of pain, she decided to stop the life-sparing dialysis and go home. I will never forget her final words to me, words she had spoken so often in her life.

I kissed her hand and asked "how are you, Mother?"

She opened her eyes briefly. "I love you," she whispered weakly, then closed her eyes. Shortly after that visit, she died.

Although she is no longer physically with us, Mother Shepard's good works continue through others whose hearts and lives she touched.

The "Disciples in Action Soup Kitchen" was recently established by Dorothy Atkins to honor of her mother's legacy of helping others. Owner Jan Nowak offered the Pontifex Building as operational site for the soup kitchen, where meals are now served each Monday from 5 p.m. to 6 p.m. to needy adults and children with the help of volunteers and donations.

A team of people, most of who knew Mother Shepard, including Elder and Mrs. Dennis Ritchie, Minister Lorna McKinstry, Patricia Jones, Martha Glover, Mother Mary Hall, Mother Annie Lee, Christine Jones, Wilma Castile, Mabel Rayford, Mary Bowie, Sister Olivia, and Ruby Jones, and others helped launch this much needed community project.

The **Mother Hattie Shepard Award** was also created in her honor and annually goes to someone who exemplifies a life of love and service. It will be presented at a **Black History Banquet** with the theme: **People Making a Difference, Helping People Along the Way**

(Continued on Page 10)

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Dear Ryan,

I am trying to better my whole physique but things just don't seem to be moving fast enough. I've been working out for a few weeks and I haven't noticed anything except that I'm not as tired as I used to be. How long before I notice a change in my appearance? I work out like you suggested in your articles but I need to see more results. What else should I do?

Karen

Karen,

I'm glad that you read my column and take the advice I give to you. Look, Rome wasn't built in a day and your gains will not happen in a day either. You have to give things like this some time to work.

Everyone thinks that just because they start working out that they will be in shape overnight. They are going to wake up and be three sizes smaller and in great health. I understand you follow the workout but what about your eating habits?

Are you as consistent in your eating habits as you are with your training program? If you are not then that is the area that you need to handle now. Results will not be as great if you have bad eating habits. This is the area that most people fail in.

It is hard to get on a good eating schedule after you've been eating badly for so long. Take a tablet of paper and log everything that you eat for one week and I mean *everything*. You will be surprised at how much junk you eat or how little real food you eat during the course of just one day.



You need to eat enough to feed your muscle tissue and not your fat! You need to figure out how badly you want to get into shape and how important it is to you.

The only advice I can give you is to keep going and give it time to work. You shouldn't lose more than two to three pounds per week. If you do then you are losing muscle tissue. Good luck and keep going.

REMEMBER: NOTHING CHANGES UNLESS YOU DO SOMETHING!

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Neighborhood Health Association Now Provides Full-Time Pediatric Services

Sojourner's Truth Staff

Until recently, Neighborhood Health Association's (NHA) Daisy Smith Pediatric Clinic has offered services on a part-time only basis. That changed recently when the clinic brought on a full-time pediatrician in order to establish "more of a presence to build up the patient base" said Temple O'Brien, RN and NHA manager of clinical services.

Thomas Wojciechowski, Jr., MD, started his duties at NHA in January. He will be working six half days at the clinic on Nebraska Avenue and four half days in various public schools in the city - Lagrange Elementary, LeVerette Middle School and Libbey and Woodward high schools.

His shifts in the schools are part of the reason Dr. Wojciechowski (he answers the telephone as "Dr. Wojo" which will make the name thing easy for countless numbers of young patients) opted to make the move to NHA after spending the last several years with Pediatric Hospitalists of Northwest



Thomas Wojciechowski, Jr., MD

Ohio at Findlay's Blanchard Valley Hospital. The doctor and his wife Lisa will be relocating from Findlay to Toledo in the near future.

"I was looking for a change of pace and this was an interesting choice - the schools are a lot of fun ... that's really my niche," he told *The Truth* a week or so after he started his new rotation.

Dr. Wojciechowski found

his interest in medicine early in life, when he was just a kid himself. A Toledo native, Dr. Wojo grew up in a medical family - his father has had a medical practice for years and, by the fifth grade, the future pediatrician knew what he wanted to do later in life.

Dr. Wojo earned his undergraduate degree - a bachelor of science - at Bowling Green State University with *summa cum*

laude honors and his medical degree from the Medical College of Ohio (now The University of Toledo Health Science Campus) in 1994.

His desire to specialize in pediatrics came early for him. "It's the population I related to the best, I found out," he said. He appreciates kids' personalities and the fact that they heal faster than adults.

For NHA, the addition of a full-time pediatrician means that gaps in that service can now be closed, said O'Brien. With the half days covered by Dr. Cecelia Peters, a pediatrician who has been on staff since early 2008, the Daisy Smith Pediatric Clinic is now a full-time operation and can expect to grow the number of patients treated to about 36 per day. Prior to Dr. Wojciechowski's arrival, that number would have been about 19 every other day, said O'Brien.

The Daisy Smith Pediatric Clinic is located at 430 Nebraska Avenue. For more information call 419-255-7883.

Mother Shepard

(Continued from Page 9)

Valentine's Day, Sat., February 14, @ 6:30 p.m. at the Pontifex Inc., 416 W. State Street, in Fremont.

When President Barack Obama issued his first proclamation on January 20, 2009, and declared **A National Day of Renewal and Reconciliation**, he called upon "all of our citizens to serve one another and the common purpose of remaking this Nation for our new century."

With the same caring spirit shown by Mother Shepard, let us all accept this call to arms with prayer, with words of hope and encouragement, and with greater acts of love and community service. We can each seek to serve as stalwart spiritual levies against the economic and social hurricanes swirling around so many people's lives today, reminding them that "God is love" (1 John 4:16).

Mother Shepard was a precious soul who left a legacy of love and service for us all to follow.

Although she never got to use it, when it was finally completed, the church handicap ramp was also named in her memory. That ramp serves as a constant reminder of someone who lived her life in service to others. God Bless.

For more information about the Disciples in Action Soup Kitchen or the Black History Banquet call 419-333-9667 or 419-332-0535

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Soup's On!

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

On these cold winter days, create a healthy, hearty meal based on a bowl of hot soup. Soups can be created using foods from all five food groups. Although soups made with a fruit base are less common than vegetable soups, they are especially popular in the summer when strawberries, melon and fresh herbs like mint are growing in the garden. Common soups in the wintertime can include grains like rice, pasta and barley.

There are numerous vegetable soups from tomato-based soups to all different creamed vegetable soups. Creamed soups include milk as an ingredient but they often have a lot of added fat as

well. If you enjoy a smooth creamed soup, try a low-fat recipe. Make creamy, rich soups without adding a lot of fat, by using mashed potatoes, sweet potatoes, rice, vegetable purees, refried beans or low-fat milk instead of cream.

Meats and beans are also popular ingredients in soups. Meat can add flavor, such as ham in split pea soup. Beans are an excellent low-cost addition to almost any soup. Think minestrone, chili, and vegetable soup. Even eggs are used in soup such as an easy Egg Drop soup.

Be heart smart. While there is nothing wrong with opening and heating a can of

soup or using canned ingredients to create your own recipe, be smart about sodium. Canned food, unless it's low in salt usually adds a good deal of sodium to the



daily recommended allowances. Some ways to keep the sodium low in your soup are to:

• Choose low-sodium ingredients. That's fairly easy

if you are using fresh or plain frozen vegetables. Frozen vegetables in a sauce are often more expensive and have added sodium as well as fat.

• Do not add extra salt to the soup pot.

• When using canned vegetables as one of the ingredients, rinse them in water before adding to the soup.

• Broths and bouillon cubes often have a lot of salt. Reduced-sodium tomato juice makes a nice soup base or make your own broth without added salt.

It's easy to make your own broth. It's also a great way to stretch the food dollar. Make a soup broth from all kinds of vegetables, beef, pork, ham, chicken or turkey bones. Place bones, meat pieces and vegetables in a large pot covered with water. For meat broth add a few fresh vegetables like large pieces of onion and celery or whatever you have on hand. Bring to a boil and then simmer for 3 hours. Throw bones and

vegetable pieces away and refrigerate broth.

When broth is cold, skim the fat off the top and throw away the fat. Use in any recipe that calls for broth. When planning a meal like chicken or ham or even ground beef, plan your second meal to be a pot of soup. Make chicken noodle soup, bean soup with ham or chili! It's easy to make the broth or soup once the meat is cooked.

If you have a slow-cooker, it's time to use it. What is better than coming home in the evening with a great smelling kitchen and dinner ready to eat? A few food safety tips to remember include thawing frozen meat before cooking. You can prepare all the ingredients beforehand but be sure to keep raw ingredients refrigerated until they are to be put in the slow-cook crock pot. Cut vegetables into small pieces to help them cook all the way through.

There are many conve-

nience items you can add to your favorite soup recipe to increase the taste as well as the nutrition. Try some frozen vegetables like green beans, frozen chopped spinach or frozen butternut squash. Although canned beans have more sodium than dry beans, rinse them off and add them to soup if you are short on time. Try some frozen tortellini. Also, on the day you make the soup, double the recipe for an additional meal. Most soups freeze well and it be easy and tasty to thaw and heat up later in the month!

For a well balanced meal, take your bowl of soup; add some crackers or whole grain bread, a side of fruit and a glass of milk and you have all five food groups of MyPyramid!

For more information, contact Ohio State University Extension, Lucas County 419-213-4254.



From left: Dr. Lisa Lee, Dr. Nehama Rogers, Dr. Nicole Nelson, and Dr. Alison Sawyer are all Board Certified Radiologists with Ohio Radiological Association which staff St. Rita's Imaging Services.

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Interview with DJ Kaj Boogie and DJ J. Roc of WJUC

Part II

By Michael Hayes
Minister of Culture



Dem Radio Boys have been doing big things for a long time and as fitting for two legends in our city's entertainment scene, it's only right to bring you part two of what peeps have been telling me was a recent favorite of theirs — me chopping it up with Kaj Boogie and J. Roc.

Michael: So tell our Truth readers out there a little more about your thoughts on Toledo's talent

Kaj Boogie: It's fire out here, they just need to know how to do it, need to know how to get in.

J. Roc: I concur with him 100 percent. People don't know the business. Once people educate themselves then you'll see the whole scene progress to the next level. But as far as raw talent...aww man.

The time I saw the most talent, is when we would do Battle of the Beats Live!

Michael: Battle of the Beats Live?

J. Roc: We would do it at Vamps and have people come up and perform...maan.

I never wanted to be a judge...man. We stress to people that having a hot song ain't everything, you have to know how to perform. All of these artists would come through and kill it.

Kaj Boogie: We used to also do it at Bubble Up on Airport. Used to do Open Mic

Mondays.

This was more geared to hip-hop and M.C.'s.

We would take a hat and put it on the floor. You wanna get on the mic, it's five dollars.

We'd pick some judges and whoever was the tightest performer would just take the whole hat.

That's making people go home and sharpen their axes and come back.

You really never know how talented somebody is until their back is against the wall.

Cats was so talented...cats like Naul Spits and Clemmye... Toledo has so much to offer.

J. Roc: And we're bringing Battle Of The Beats Live back real soon!

Michael: Will you guys go on record to say who in the city you feel has the momentum behind them right now...the right mix of industry knowledge and fan base and a big enough budget and have been doing it long enough that they could break through any minute...who fits that description here in Toledo in your opinion?

J. Roc: Ray Stone, obviously. Cuntry and the Swagga Boyz doing great things.

Michael: Yeah, those are some of the ones we all can agree have huge movements and doing big things no doubt.

J. Roc: Shout out to everybody on the East Side, too. You know Left 2 Write got a show tonight and all that...they keep it poppin.

Michael: Yeah... Cuntry, Magic Juan, Ray Stone and Sir Verse and other luminaries on the scene we all look to them for how successful they have been and I'm sure you guys must feel very gratified to see all these people in a position to get shows out of town and do it big.

J. Roc: Fa Sho! - and I wanna also say that people

should consider following Lyfe's example.

Sometimes you gotta go to blow. When we go to these conferences out of town, some of these unsigned artists have budgets that...their marketing game is so tight. They got posters wrapped around brand new trucks and calendars with all their shows and all that.

But then again...you can have all the budget you want but the bottom line is your raw talent and your work ethic.

Michael: Plus — my partner and I tell our artists just like I try to tell my readers that burning bridges can be your own undoing as well. The first time Atlantic records flew us up to NYC as producers one of our mentors told us that...

Kaj Boogie: Maan, this is all about relationships Man!

Michael: Right!

Kaj Boogie: How you talk to people, that goes along way.

Michael: The industry is struggling... the music industry is gonna need a government bailout soon.

Even with the dwindling music industry, how much opportunity is really out there for all these people that still got these platinum dreams?

Kaj Boogie: The game has changed. You're not gonna move five million like 50 Cent used to.

Soldier Boy did it. If you can't do it with Best Buy, do it on Myspace.

Michael: So what's next for Dem Radio Boyz?

J. Roc: We got the area wide D.J. Conference that's coming up March 13, which is gonna be like the jump off party for the big Birthday Bash with me, One Tyme and Lyte N Rod.

We got Battle Of The Beats Live returning in the spring and we gonna do a big...cumulative concert based on who won a lot of

those...so we got a lot coming up.

Michael: Man, I'm happy we could sit and let the readers know what's up with y'all!

Kaj Boogie: It's cool bro, anytime.

J. Roc: Yeah, any time.

That's our chat, hope you all enjoyed it.

Kaj Boogie and J. Roc host Battle of the Beats most weekdays at 4 p.m.

I have to shout out my artist T. Diamond...we made the beat, but it's his song and we have had a nice time doing on Battle Of The Beats with his new single "Haterz Get Mad."

T. Diamond will be performing this song at CLUB ROCKS

this upcoming Saturday.

See B. Wills, Shells, Mac Man, T. Diamond and Yung Reesy all performing at Club Rocks on Lewis one block north of Laskey this Saturday at midnight.

U.G.E. — as we have done for months and months now, will be hosting our own open mic night for all poets, rappers and singers at The Listening... 1811 Adams every Saturday 9-11pm.

I have had the pleasure of meeting and greeting and making some official networking time with a few cool local entertainment peeps: Cuntry, Mike Feez, Embrace, Whitney, Bobby Lucas, Yung Prof and more.

Also gotta give props to

Mac Man, Taylorman, D.J. Lyte N Rod and all other fellow artists who have called in and voted for T. Diamond "Haterz Get Mad" on The Juice — it's always nice when we all respect each other's work - we appreciate the love.

Let's keep things moving in a good direction in '09.

Until next week, y'all, peace.

glasscitytruth@yahoo.com
www.myspace.com/undergodzent

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Buckeye CableSystem and The Truth vip of the month.

February's VIP - John Preston

When Lt. John Preston joined the Toledo Police Department in April 1968, in the midst of one of the most turbulent years in American history, his intent was clear. "I felt I could effect change more from the inside than from the outside," he recalls. "In those days, people were trying to change the force from the outside. It was a challenge." That challenge was anything but simple. But the challenges facing him, and other African-Americans who came on board with him in 1968, were not only from within the force but also from within the African-American community.

"When I started, as an African-American trying to serve well on the force, most African-Americans thought of the police as the enemy," he says. "The African-American community expected a great deal more from us than from other officers." The pressure was enough to move Preston to consider resigning even as his career was starting. What kept him going? "God," he replies unhesitatingly. "He placed me there for a reason." His faith is a recurring theme in a conversation with Preston who retired from the TPD on January 2, 2009 after 40 years, nine months and one day as a police officer - a lieutenant since 1990.

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Local Media Guide

Coffee With the Fords

Sunday mornings at 6:30 am on WTVG-13abc!
Black History Month is always celebrated at the Ford House.

Special guest **Aaron S. Bivins** of UPS painted a watercolor portrait of our 44th President, **Barack Obama**, at the Ford's kitchen counter and let Cynthia help. Several of Bivins' portraits can be seen at the **2009 Black History Month Exhibition at 20 North Gallery** throughout February. **Amy Hall, President, Ebony Construction**, and daughter of the late **Billy Joe Smith** shared what is like to run a huge company, bid on contracts, and run a household with three young sons. She's even a hockey mom ... oldest son, Joseph (13) plays on nationally ranked Belle Tire Team in Detroit, Michigan.

On February 1, **artist of Dayton, Ohio, Willis "Bing" Davis**, told of his recent trip to the United Nations Building in New York to launch the **2009 Global Black Arts Festival being hosted in West Africa** where his work will be exhibited. The community is welcome to observe a master class with Bing Davis at **The Learning Center at The Source** at 9:30 am or at the **Center for Fine and Performing Arts at Owens Community College** starting at **1:00 pm on February 19**.

Sunday, February 8

Jack and Cynthia love soul food and want to learn how to make peach cobbler from the best. **Ms. Ruby, Proprietor, Ruby's Kitchen** will give step-by-step instructions and tips for what makes her kitchen run smoothly! Also, emerging **artist/author/photographer, Marcus Nunn** will share samples from his manuscript and describe how living in Toledo inspires him. The Fords will share their cobbler with **Gary Sweegan, admissions director, BGSU** to describe what's in store for everyone checking out the campus at BGSU on President's Day, February 16.



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BGSU- 3rd week in February
UT- 1st week of March

BGSU College Tour will air February 28th?

Contact info: keyser@believe1.org



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The Mix 95.7

website:
www.mix957.net

phone number: 419-868-7914 ext. 402

Schedule:

Brandi Brown- Weekdays 10 am-3 pm
Saturdays 12 pm-6 pm

Solid Gold Sundays with Double R (Roland Reddick)- Saturdays 6 pm-midnight

Rocky Love and Crawdaddy- 9 pm-12 pm Saturdays

Michael Baisden-Weekdays 3 pm-7 pm

Tom Joyner Weekdays 6 am-10 am



Hot 97.3

Website:
www.hot973.net

Phone number: 419-868-7914

Schedule:

Hutch Daddy Dolla- Monday-Saturday 2-6 pm

Lil D-Monday-Saturday 6-10 pm

During the month of February tune into Mix 95.7 and Hot 97.3 between 6 am and 12 midnight for "Black History Comes Alive".



FM 107.3 "The Juice"

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Fax: 419-861-2866
Request line: 419-826-1073

Personalities
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weekdays 6 am-10 am

Charlie Mack
Tisha Lee
J-Roc
Kaj Boogie



Wendy Williams- Weekdays 2pm-6 pm

Dj One Tyme
Weekdays 6 pm-10 pm

Cuntry Saturday 6 pm-10 pm

Pastor Will- Sunday 5 am to 10 am

Schylar Meadows- Juice Talk Sunday 10 am-11 am

Martini Saturday and Sunday 2-6 pm



Excel

(Continued from Page 5)

University of Toledo Joint Committee.

The conference sponsors were Alpha Kappa Alpha Sorority, Inc. Zeta Alpha Omega Chapter; The Andersons, Inc. in Maumee, Ohio; BASF Corporation The Chemical Company of Whitehouse, Ohio; Buckeye CableSystem of Toledo; Cooper & Walkinski of Toledo;

Delta Sigma Theta Sorority, Inc. Toledo Alumni Chapter; Fifth Third Bank of Toledo; Negro Business & Professional Women's Club of Toledo; Owens-Illinois Inc., of Toledo; Toledo Public Schools; UPS of Maumee; WTVG-TV 13 ABC of Toledo and The University of Toledo.

The University of To-

ledo EXCEL program began in 1988 as a scholarship incentive program at the university and continues to prepare students for college success. To date, 96 percent of former students have enrolled in college and 80 percent are college graduates or students working towards graduation.



Councilman Ashford reads resolution

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CLASSIFIEDS

February 04, 2009

Page 15

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Notice to Bidders:

Inquiry # FY09-76, (Project # 0103-09-602) for PVC Lab Buildout for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Wednesday, February 18, 2009. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5393 for an appointment to pick up bid package. A cost of \$50.00 will be charged per set. Any further information may be obtained from Tim Fry of The JDI Group, Inc. at 419-725-7161. One Pre-Bid Conference will be held on Wednesday, February 11, 2009 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$689,125.00; Breakdown: General Const: \$239,200.00; Plumbing: \$76,400.00; HVAC: \$94,275.00 & Electrical: \$279,250.00.

Notice to Bidders:

Inquiry # FY09-78, (Project # 5040-08-1395) for Power House Exterior Siding Replacement for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Wednesday, February 25, 2009. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$30.00 will be charged per set. Any further information may be obtained from Michael Rowe of Buehrer Group Architecture & Engineering, Inc. at 419-893-9021. One Pre-Bid Conference will be held on Wednesday, February 18, 2009 at 10:00 a.m. in the Center for Creative Education Building, Room 0111 at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$51,659.00; Breakdown: General Const: \$51,659.00.

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MAUMEE BAY CLUB'S 6TH ANNUAL BLACK COLLEGE TOUR

Seats are still available for the 6th Annual Historical Black College Tour sponsored by The **Maumee Bay Club**, a local club of The National Association of Negro Business and **Professional Women's Club**. The Tour departs on Sunday, April 12, 2009 returning on Friday, April 17, 2009. Campus visits are scheduled for select **HBCU colleges in Tennessee**, Alabama, Florida and Georgia. For more information please contact either Trevor Black at **(419) 478-7844** or Gwen Banks @ **(419) 944-5912**.

Notice to Bidders:

Inquiry # FY09-77, (Project # 310-2003129) for Core Lab Renovations - Move to Facilities Support Building for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 3:00 p.m., Wednesday, February 25, 2009. Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$60.00 will be charged per set. Any further information may be obtained from Michael Rowe of Buehrer Group Architecture & Engineering, Inc. at 419-893-9021. One Pre-Bid Conference will be held on Wednesday, February 18, 2009 at 11:00 a.m. in the Center for Creative Education Building, Room 0111 at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$999,100.00; Breakdown: General Const: \$551,000.00; Plumbing: \$74,800.00; HVAC: \$192,800.00; Electrical: \$139,500.00; & Fire Protection: \$41,000.00.

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Notice to Bidders:

Inquiry # FY09-79, (Project # 0051-07-524) for North Engineering Renovation Bid Package 2 for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Thursday, February 26, 2009. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$100.00 will be charged per set. Any further information may be obtained from Chris Ewald of SSOE, Inc. at 419-255-3830. One Pre-Bid Conference will be held on Thursday, February 19, 2009 at 11:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$4,320,000.00; Breakdown: General Const: \$1,860,000.00; Plumbing & Fire Protection: \$310,000.00; HVAC: \$1,100,000.00 & Electrical: \$1,050,000.00.

Job # 2069 IT MANAGER

Company Overview

Xunlight Corporation, a technology spin-off from the University of Toledo, engages in the development, manufacture, and marketing of photovoltaic modules that convert sunlight into electricity. The company develops thin-film silicon based photovoltaic products and manufacturing equipment for high throughput production of flexible and lightweight photovoltaic modules at low cost.

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Fourth Annual Black Bridal Expo

Special to The Truth

Gcreations 4th Annual Black Bridal Expo took place at Bethlehem Life Center located at 1430 W. Bancroft Street on Saturday, January 31, 2009 from 12-5 p.m. Engaged brides and grooms weathered the cold weather to seek out vendors participating from Toledo, Perrysburg, Columbus, Ohio and Monroe, Michigan. Gcreations' engaged couple Sherry! Johnson and Bill Winston traveled from Columbus, Ohio to seek vendors to finalize their wedding scheduled for August 8, 2009.

Bride's gift bags included a 2009 calendar, a delicious wedding cookie, bottled water, vendor directory and other special vendor information and giveaways. Some of the prize giveaways for brides included a photo package from Stan Burt, a Gift Certificate from Sweetheart Balloons, a one-quarter page ad from The Sojourner's Truth, tickets to see *The Color Purple* and more.

An Elegant Look Wedding Services provided decorations for the Renewal, **Debra Wedding Cakes & More** provided a delicious cake for Renewal, **Chef Les Catering** provided food samples for event guest and a delicious roast beef dinner for the Renewal reception, **M-Sews It Formal Designs** provided services for Mrs. Ella Pickett's Renewal Gown, **Stan Burt Photographer** provided services for the event, **Sweetheart Balloons & Floral** pro-

vided balloon decorations, **Unique Visions** provided decorations for the venue, **Keeler Florist** provided a lovely bridal bouquet for the Renewal Ceremony. **The Sojourner's Truth** provided advertising, along with **Midwest Urban Newspaper**.

Additional Vendors represented: Eyes Have Not Seen Travel, Tera's Cakes, Melody Curry-Mary Kay Products, Classy Decorations, Susan's Floral Fantasy-Perrysburg, Ohio; Ne C's Beauty Salon-Monroe, Michigan; Soul On Canvas-Columbus, Ohio; MTAN Scholarship Fund; Shanda Gordon-Parklane Jewelry Rep & Soloist; Katrina Barnhill-Saxophonist; DJ Keith Success

Fashion Show Commentator: Marie Dunlap-Ali of M-Sews It introduced her beautiful models showcasing her formal wear designs.

Fashion Show Commentator: Teema Boyd (teacher and single parent) introduced the MTAN Scholarship Fund models: Candace Brown, Marissa Austin, Kavina and adorable Israel Williams, the flower girl. Models showcased bouquets by Susan's Floral and tiaras by Puttin On The Glitz.

A portion of this event will go to benefit MTAN (More Than A Notion, Inc.) Scholarship Fund. MTAN Silent Auction items including bridal gowns were available for purchase. For information for purchase or donations email

MTANsingleparents@yahoo.com or contact Glenda Brown @ 419-346-5275.

Gcreations would like to thank everyone for their support and the sponsors for making this event a great success! To receive a free vendor directory request one by visiting our website www.gcreationsproductions.com



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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.



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