



Volume 15, No.19

"And Ye Shall Know The Truth..."

February 25, 2009

Jan Scotland
State Farm Insurance Agent



In This Issue

Letters and Columns
Page 2 and 3

In Memoriam
James Cobham
Page 3

My View
Page 4

Perry Burroughs Banquet
Page 5

Economic Times
Cover Story
Jan Scotland
Page 6

The Stimulus Package
Page 7

Talking Real Estate
Page 8

Super Saturday Bus Tech
Page 10

Job Fair
Page 11

Lima Truth
NAACP 70th
Page 12

Minister's Stress Test
Page 13

BlackMarketPlace
Page 14

Classifieds
Page 15

"Some choices are poorly made, especially with younger people who feel 'that will never happen to me.' There are too many things at risk and any hiccup may throw you out of balance."

This Strikes Me ...

By Geneva Chapman
Sojourner's Truth Reporter

New York Post Cartoon Based on Long-Held, Hidden Assumptions Historically Associating African-Americans with Apes That Still Persist As Evidenced By Cartoonist

"A woman was mauled by a chimp in Stamford, Connecticut, and a police officer shot the chimp dead. How do you use that image to comment on the controversial Stimulus Bill passed by Obama? Well, if you're Sean Delonas of *The New York Post* simply caption the shooting of the chimp in this way: 'They'll have to find someone to write that next stimulus bill'" (huffingtonpost.com).

Some folks didn't get it when most African-Americans reacted negatively to the nooses hung from a tree in Jena, LA. Some folks thought Don Imus' "nappy headed 'ho' remark was just sexist, not racist. However, many folks are taking exception to Attorney General Eric Holder saying during a recent African-American Black History Month celebration, "We are a nation of cowards" when it comes to discussing race.

I'd understand the outrage had Holder said "white people are cowards" when it comes to discussing race. However, he didn't say that. He said we are a *nation* of cowards. That means all of us: black, white, Hispanic, Asian, Native Americans and every other shade, color and hue.

Believe it or not, there are many African-Americans who don't want to discuss race either—that is until they become the victim of *racism*; then they become willing participants and often leaders of that discussion. I used to joke that black folks in Toledo hated Floyd Rose (a minister who lived in Toledo for several decades and was a community/social activist) right up to the moment they went to him when they got passed over for a job/promotion, housing, a business loan or some act of institutionalized racism that infuriated them.

The reaction to Holder's statement notwithstanding, most people—except for the ones who work at the New York Post—seem to get that the cartoon in *The New York Post* is racist. Obviously, since Obama is the author of the current stimulus plan, the cartoon's caption evokes thoughts of him. Add to that the shooting down of a primate and you might get the idea that the cartoonist seems to be indicating that the police officers have just shot a black man, specifically our newly elected president, America's first black president in a nation with a regrettable history of Presidential assassination attempts, four of which were successful.

"At its most benign, the cartoon suggests that the stimulus bill was so bad, monkeys may as well have written it. Others believe it compares the President to a rabid chimp. Either way, the incorporation of violence and (on a darker level) race into politics is bound to be controversial. Perhaps that's what Delonas wanted" (columnist, Sam Stein).

Stein could be right given that the cartoonist, frequently accused of bigotry, was nicknamed "the Picasso of prejudice" due to his frequent attacks on gays, associating them with bestiality. However, the cartoon which does seem to be about Obama implicitly, like those nooses in Jena imply violence against blacks, has a much deeper significance in that discussion about race that Holder says we—all of us—as a nation are too cowardly to address.

There is a historical precedence that accounts for the virulent reaction among most African-Americans to Delonas's political cartoon that dates back to the earliest contacts Europeans had with Africans.

"The representation of blacks as apes has been on the cultural conscience of westerners since shortly after the first contact of Europeans with West Africa. 'Early European maritime writings described primitive people who seemed more closely related to apes than white explorers'" (ScienceDave, "Discrimination Against Blacks Linked to Dehumanization," NowPublic, 2/11/08).

Unfortunately, history that is not examined and discussed, often repeats itself as demonstrated by ScienceDave's article focusing on the findings of six studies published by Stanford, Penn State and UC Berkeley psychologists. "Their work aimed to answer, 'Is it possible to hold an implicit association between apes and blacks if one is unaware that such an association ever existed?' In other words, do people inherently associate 'apes' with black people, even if they have had no experience with any such association" (ScienceDave). Why are blacks still being associated with apes in the 21st century?

Another article about the studies written by Tom Jacobs (2008) offers a possible answer. "In a widely heralded speech, presidential candidate Barack Obama asked Americans to begin a more honest discussion about race, anger, and prejudice. Such a conversation is unlikely to get far, however, if someone's not even aware of their bigoted assumptions. And a just-published series of six studies suggests one racial stereotype—that blacks are somehow apelike—is lodged in the minds of white Americans, just below the level of consciousness" (Jacobs, "Studies Expose 'Apelike' Stereotype Among Whites," Miller-McCune, 3/21/08). Are blacks still being associated with apes in 2009, because of deeply rooted, assumptions that prevent "honest discussion about race, anger, and prejudice?"

The studies in question used white university students as subjects and three test groups who were shown a black person's face, a white face or no face followed by degraded images of animal faces that gradually became clear. "Interestingly, it took the test subjects fewer frames to recognize the ape after being primed with a black face than no face and more frames when primed with a white face than the control" (ScienceDave). Also, given the word "ape" as a prime, subjects who simultaneously watched videos of police beatings of blacks were more like to claim the beating was justified for blacks than whites.

Publication of the findings of the study concluded that "Despite widespread opposition to racism, bias remains with us," Eberhardt (an author on the study) said. "African-Americans are still dehumanized; we're still associated with apes in this country. That association can lead people to endorse the beating of black suspects by police officers, and I think it has lots of other consequences that we have yet to uncover" (ScienceDave).

Historically, these associations have been considered reasonable and scientifically justified. "In the influential and now infamous 1854 book *Types of Mankind*, Josiah C. Nott and George Robins Gliddon rank Negroes between Greeks and chimpanzees on the evolutionary ladder. 'I don't think it's intentional, but when people learn about human evolution, they walk away with a notion that people of African descent are closer to apes than people of European descent,' Eberhardt told the Stanford University press office. 'When people think of a civilized person, a white man comes to mind'" (Jacobs).

The persistence of these associations and their historical origins that seem to explain in some fashion the results of the studies is also stated by lead author Phillip Atiba Goff. "'The notion of blacks as apelike began with the first European contact with Africans,' Goff said. 'There were illustrations of apes descending from the trees having intercourse with African females. It was perhaps the most popular pictorial representation of people of African descent in the 17th, 18th, and early 19th centuries'" (Jacobs). An image from Jan Nederveen Pieterse's book *White on Black: Images of Africa and Blacks in Popular*

(Continued on Page 16)

Community Calendar

February 25

All Saints Episcopal Church: Ash Wednesday Services; 5 am, noon, 5 pm

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 (NABCJ): 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 27

Lourdes College BHM Event: Trip to National Underground Railroad Freedom Center: 419-824-3837

Ella P. Stewart Academy for Girls: Dedication of Ella P. Stewart Museum; Special guest Congresswoman Marcy Kaptur; 5:30 pm; Gymnasium: 419-671-5350

February 27-28

BGSU BHM Dinner Theatre: "Grease Is the Wors;" Bowen-Thompson Student Union Grand Ballroom; 8 pm on Friday; 7 pm on Saturday (Buffet dinner): 419-372-2642

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

MBE Electrical Contractors' Summit: Mott Branch Library; Conducted by Parker Enterprises; Exploring market trends, bid opportunities, collaboration, certifications, branding, etc.; 2:30 pm to 4:30 pm: 419-508-5981 or www.parkerenterprisesllc.com

Mt Nebo's "Stepping Out In Faith" Banquet: Clarion Westgate Hotel; 6 pm; Voice of Hope Outreach Ministry: 419-246-8561

Quilting Class: Historic Third Baptist Church; Stitches From the Soul Sistah; 10 am to 2 pm: 419-248-4623

March 1

Mt. Nebo MBC Shoe Giveaway: Women's shoes, hair accessories given away at 11:30 am service: 419-246-8561

March 7

Rev. Clyde Tisdale Scholarship Fund Musical: Rossford 1st Baptist Church; Featuring Del Grace & the Amazing Grace Praise Band; 6 pm: 419-531-0291

March 14

Sigma Gamma Rho Sorority, Inc. 12th Annual Nationwide Youth Symposium: "H3: It's All About Me (Healthy Choices, Healthy Living, Healthy Generations); Workshops, Guest speakers, hip-hop/rap contest co-sponsored by UGE; Mott Branch Library; 10 am to 2 pm: 419-509-3625

The Sojourner's Truth

Toledo's Truthful African-American
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My View

By Jack Ford
The Truth's Political Columnist



Urban League to thank the league for being around for the last 99 years. But they need money to help keep their community operations going not just good feelings. Anyone who can should go into your pocket and write a \$100 check to the Greater Toledo Urban League, 701 Jefferson Avenue, Toledo, OH 43604.

It seems to me that we are letting our community organizations die a slow death. The Frederick Douglass Community Association is on the ropes and has recently been regiminated by the help from the United Way and Red Cross Director Tim Yenrick.

We celebrate the 100 anniversary of the NAACP this year – 2009. The Toledo branch NAACP came into being in 1915 under the leadership of attorney Albertus Brown, among others.

The Toledo branch is the third oldest chapter in the nation.

It is time, however, not just for the NAACP to be celebrated. The National Urban League will also hit 100 next year in 2010.

That year will also be the centennial of the famous silent march of 10,000 women in the streets of Harlem in 1910 to protest lynching. And, finally, the Omega Psi Phi Fraternity, Inc., will celebrate its 100th anniversary in 2011. That period, 100 years ago, was truly as time of social reform and innovation.

The local Urban League is facing troubled financial times – \$50,000 in the red – and needs an infusion of money. The board should have taken care of that a year ago but failed to do so. You can help by sending \$100 to the Greater Toledo

Then we must lament the passing of the Connecting Point. This is a terrible result for the community. How can you have a \$9 million agency one month and then in debt and broke just a few months later?

As you may know, the board of directors of 501(c)(3) are liable for the mismanagement of non-profits in Ohio not the staff. Maybe if someone filed a lawsuit against a few board members, we might stop seeing the demise of programs like Connecting Point.

When a Connecting Point goes out of business, you are consigning kids to suicide, prostitution and drugs. Essentially, you are killing some of them. That's the real consequence of an agency such as Connecting Point going out of business.

It could have been avoided. People knew for some time that they were in trouble

but they did not want to jeopardize the Mental Health Board levy. Something is very wrong here.

Lucas County Ban Konop should stop worrying about how much weight Andrew Z loses and worry more about his and Commissioners Pete Gerken's and Tina Skeldon Wozniak's responsibilities to make sure their appointees to the Mental Health Board conduct proper oversight.

Somebody did not tell the truth early enough on this one. And we all have a stake here because it was our tax funds that went down the drain and it is our children who will suffer.

If you do not have a clue what I am talking about, get educated. The governor and the county commissioners appoint board members to the Mental Health Board to provide agency oversight. One of the agencies of the MH Board is, or was, Connecting Point. Connecting Point has its own board which reports to the MH Board.

Ironically, the Mental Health Board merged several small agencies into SASI in 1981 as a way to streamline the treatment delivery system. Now, because of the implosion of Connecting Point, we will return to a fragmented system of substance abuse treatment in Lucas County.

I think it is time for mandatory state training on fund accounting for non-profit board members. You cannot leave to chance a \$9 million agency.

Ricci Gardner a Finalist for Port Authority Top Job

Sojourner's Truth Staff

Toledo's Ricci L. Gardner, who was employed with Dana Corporation from 2002 to 2008, has emerged as a top candidate to fill the vacant post of president of the Toledo Lucas County Port Authority.

In his last position with Dana, Gardner served as global vice president of logistics which entailed building and negotiating plants in Mexico, spearheading international transportation and logistics, overseeing trucking, small parcel, rail, air/ocean and property and facilities management.

Prior to assuming his tasks in logistics with Dana, Gardner was the vice president for human resources in charge of six global business units and, prior to that, was vice president for product development and strategic planning.

Before he joined Dana, Gardner was with Burlington Northern and Sante Fe (BNSF) Railroad, most recently as vice president of the automotive business unit. AT BNSF, Gardner was also a vice president for human resources and vice president of the property and facilities division.



Gardner emerged as one of three top candidates for the president's post in early February after surviving a process that originally included hundreds of applicants. The other finalists were Sean Connaughton, who dropped out of the contest in order to accept a government post in Washington, D.C., and the other remaining finalist, Michael Stolarczyk of Westerville, OH, a director of business development with Americas for Exel, Inc.

Gardner's career high-

lights include: signing a \$100 million, 10-year contract with a top tier Japanese auto maker; directing human resources duties for 35,000 professionals with six global business units and negotiating contracts with global logistics suppliers.

He has earned a prestigious award from Honda Motor Corporation for professional excellence.

Gardner is a graduate of The University of Tennessee with a degree in transportation and economics.



Excuse Me...

(Continued from Page 3)

systematic institutional policies, practices and procedures which operate to the advantage of whites and to the disadvantage of people of color. Even though whites may not be to blame for prior discrimination, they still benefit from systematic racial housing discrimination, racial bias in lending practices among our well-known banks and financial institutions, the racial tracking and disparities in resource allocation in the public schools and the lack of opportunity to acquire contract dollars for public projects or goods and services purchased by governmental entities.

In addition, the inner city has become a colonized entity whose assets, talents and resources are exported elsewhere for the benefit of others without reciprocal investment or development. As a consequence, areas such as Dorr Street in the inner city, much like the process endemic to continental Africa, becomes underdeveloped and barren while other areas flourish at its expense and countless contemporary negative disparities in health, wealth, achievement, education and other areas reflect advantage for whites and disadvantage for people of color.

The difficulty in breaking through this lies in the fact that blacks have little social power or access to social, cultural and economic resources and decision-making which leads to the institutionalization of racist policies and practices as whites are not only the majority, but they also hold most of the positions of power, wealth and decision making as well.

There are, of course, fewer and fewer active racists today (although some sources suggest that the proliferation of hate groups is on the rise). There are others who are passive racists, who do not actively practice racism but who do nothing to change things. What is urgently needed are antiracists – people, black or white, particularly those who have access within institutions, who will take an active, visible, affirmative role in interrupting racism by equalizing things through inclusion.

This flawed system of advantage for some and disadvantage for others will continue to grow more toxic if we do not acknowledge its existence. The process of change most surely will be painful, but one thing is absolutely certain – we can not afford to not have intelligent, honest, and ongoing dialog on the subject of racism. It is in the best interest of all of us to talk now before more drastic measures take place or heavier costs are incurred.

Contact Donald Perryman, D.Min., at drdperryman@centerofhopebaptist.org

Who Is Watching Your Child?

BEFORE YOU LEAVE YOUR CHILD WITH ANYONE

—a friend, neighbor or even a relative—ask yourself,

"What do I really know about this person?"

Most of us can't be with our children 24 hours a day. We have errands and appointments that require leaving them in the care of others. Most people turn to friends, neighbors or loved ones to watch their kids. But don't assume they have the experience—or patience—to supervise children.

Parents know it's normal for babies to cry, but boyfriends or girlfriends may not. Parents are used to their kids making messes, but friends and neighbors may not be.

ASK THE HARD QUESTIONS.

"Do I know how this person handles children?"

"Have I seen how they respond to stress?"

"How would they discipline my child?"

"How would they respond in an emergency?"

Remember: Children cannot defend themselves like adults can. It only takes an instant for a child to get hurt.

KNOW WHO IS WATCHING YOUR CHILD.

To report suspected child abuse or neglect, call 419-213-CARE (2273).



To learn more about preventing child abuse and neglect in our community, visit www.lucaskids.net

Mayor Clarence W. Hawkins of Bastrop, LA – “An Uncommon Man”

Sojourner's Truth Staff

The Perry Burroughs Democratic Women's Club Annual Black History Brunch has quickly become, since its inception five years ago, one of the signature events of the February celebration season in Toledo.

Last Saturday, February 21, over 400 guests packed the ballroom of Gladieux Meadows to celebrate youth, rub shoulders with elected officials and with those eager to join the ranks of the elected and greet Mayor Clarence W. Hawkins of Bastrop, LA, the keynote speaker.

This year, however, the celebration – just a month removed from President Barack Obama's inaugura-

tion – was not confined only to local events. As the program for the Fifth Annual Black History Brunch read: “Rosa sat ... so Martin could walk ... so Obama could run ... so our children can fly.”

The Perry Burroughs Democratic Women's Club was founded in 1942 “to study, understand and perpetuate the principles of the Democratic Party and aid in the election of endorsed Lucas County Democratic candidates.”

Perry Burroughs, for whom the club is named, was a central figure in the Democratic Party at that time. He was the first black elected as 8th Ward Committeeman and was elected



Councilmen Brown and Michael Ashford present City Proclamation

as a delegate to the 1944 and 1948 National Democratic Conventions.

Saturday's brunch included a recognition of the many students in attendance, most of whom were sponsored by a variety of Toledo Democratic Party notables.

Then former Toledo Mayor Jack Ford introduced the guest speaker calling him “an uncommon man.” Noting that Hawkins had been in Toledo for several

days before Saturday's event and that the two mayors had had ample opportunity to spend time together (Hawkins was a guest on “Coffee With the Fords”) Ford said that the Bastrop chief executive had “excelled at different times in different occasions.”

Hawkins indeed has a

life of public service that spans more than 40 years. Reared in Mississippi, Hawkins earned a bachelor's of science degree from Grambling State University in 1965 and a master's in education from Northeast Louisiana University in 1972. He served

the Morehouse Parish as teacher and administrator for many years. He was elected mayor of Bastrop in 1989 and currently serves as the secretary of the National Conference of Black Mayors.

“When you have been mayor for 20 years,” said Ford, “you are no longer just a mayor, you're an in-

stitution.”

His address by offering a prayer and then spoke without notes for about 25 minutes on what people need to do to move forward: take individual responsibility, get the younger generations involved and serve each other.

“Each of us has a responsibility,” said Hawkins. “And if each individual will take responsibility for his or her area, it's remarkable how much change you can make.”

He encouraged the older members of the audience to avoid cultivating a mindset that resists change. “Just because you have been doing it a certain way for a while does not mean it's the right way to do something,” he said.

Hawkins also called on his audience to celebrate their different cultural experiences comparing America's diversity to his home state's signature dish – gumbo.

“God wanted us all to be different,” the Bastrop mayor said.

As is the tradition at the



State Rep. Edna Brown and the mayor



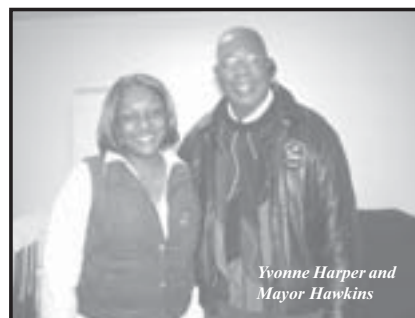
Hizoners

annual event, Hawkins was presented with numerous gifts and awards by the club, the City of Toledo and many of the schools in attendance.

The Perry Burroughs members honored several individuals at the event for their accomplishments during the past year. Emerald Woodberry, a senior at Central Catholic High School, earned a full scholarship to Notre Dame University valued at \$200,000, one of the largest in Toledo history.

Also honored was Patricia Parker, an entrepreneur who owns Horizons Employment Services, a temporary staffing and employment agency, as well as a tax preparation service, a computer training center and a transportation service.

Yvonne Harper and Mayor Hawkins



Yvonne Harper and Mayor Hawkins

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The Truth ECONOMY

Tackling Tough Times

Page 6

Jan Scotland: In a Bad Economy Insurance Is Still a Vital Part of Financial Protection

By Fletcher Word
Sojourner's Truth Editor

"I understand when people say that insurance is expensive," says State Farm Insurance Agent Jan Scotland. "But for a small percentage of your earnings, you can protect your wealth. Sometimes it's the difference between inconvenience and starting all over."

It's especially difficult during these economic times, Scotland readily concedes, to buy or maintain insurance when there is only enough household money for necessities such as food and clothing.

Nevertheless, insurance is a way of building and maintaining wealth, he says, as well as transferring it to younger generations. The transfer of wealth is particularly difficult these days.

"It's hard to transfer wealth in an economy when taxation is a big issue," says Scotland. "And it's hard to protect it if you don't have proper insurance." Especially, he says, when cataclysmic events occur such as last summer's Hunter Ridge apartment building fire in South Toledo that leveled eight buildings, damaged several others and left 200 homeless.

But, of course, there is that little issue of the economy.

Scotland, a Republican who once served on Toledo City Council and who has run unsuccessfully for office on three occasions, is a fiscal conservative with several takes on the state of the economy.

"There are two things going on," says Scotland. "First, there is the very real issue of competition — large corporations making bad decisions, particularly lending institutions. Secondly, the perception of [a downturn] will kill the economy no matter what is going on — and that is created, by and large, by the media. In an election year, when a Republican is in office, the news takes the confidence away from buyers — it's our engine of de-

struction. A good example is the oil industry. Most of the reason behind the four-dollar gas prices was because of speculation not a result of supply and demand.

"My expectation is that because there is a lot of hope surrounding [President Barack] Obama, news will start to change and that may help the economy."

Nevertheless, Scotland is concerned about certain sectors of the economy and the forces that may hinder development of those sectors. Topping his list of nay sayers are environmentalists and their efforts to tamp down advances in energy development — oil exploration, coal, windmills and nuclear plants.

"It's going to be a funny mix of things," he says of the future of the economy. "There are no jobs in the auto industry, the banking industry is tight. We must utilize industries that put people back to work and we have to make decisions based upon those facts. Spotted owls are nice but ..."

Scotland, a New York native, took a circuitous path to Toledo and the insurance business. He earned his undergraduate degree from Hampton University in chemistry and, after graduation,



"It's hard to transfer wealth in an economy when taxation is a big issue, and it's hard to protect it if you don't have proper insurance."

accepted an offer with B.F. Goodrich in Cleveland as a chemist. He eventually moved into chemical purchasing and then joined Owens Corning in Toledo as a purchasing supervisor.

He was approached in the early 1990's by a representative of State Farm and enticed to go into business for himself as an agent. The prospect of joining State Farm had most of the elements he was

seeking at the time: "it was business, you are depending on your own effort, working with people, helping people and the income could provide some level of comfort."

It's been almost 19 years now since Scotland opened his agency on Dorr Street and he has never had cause to second guess that decision.

Scotland is married to Maggie and the couple has two children — Alexander, 20,

who attends Baldwin Wallace College, and Dawn, 16, a Central Catholic High School student.

While family, business and politics consume much of Scotland's time, he also has a passion for community service. He is on the board of the Frederick Douglass Community Association and the African American Student Recruitment and Retention Board at The University of Toledo Health Science Campus. He has in the past served on the Board of Community Relations, the NAACP board and the Civil Service.

Twelve years ago, Scotland founded Sleepy Hollow in order to give kids a safe environment in which to play sports. During those years over 2,000 kids have been part of Sleepy Hollow, a year-round program that offers competition in football, basketball, baseball and golf. The sports are coached by parent volunteers.

As for insurance, however, Scotland has not just been an agent over the years, he has also been a client — a client who knows first-hand just how re-assuring it can be to have the protection that insurance provides.

In 2005, as Scotland was watching his home burn to

the ground, he thought of the great inconvenience it was to lose the personal items — photos, for example — that meant so much to his family.

What he did not worry about was where he family would go in the following weeks, or even how they would manage to find lodging that very night.

When Scotland speaks of insurance, he emphasizes that it is all part of the grand scheme of building generational wealth and avoiding calamity... by making the right choices.

"There are a large number of people who will but a 45 inch flat screen TV but not coverage," says Scotland. "Some choices are poorly made, especially with younger people who feel 'that will never happen to me.' There are too many things at risk and any hiccup may throw you out of balance."

Home owners, renters, auto — it's all part of the grand scheme of protection. As is life insurance, says Scotland.

"Life insurance enables the transfer of wealth without probate, taxation or delay," he says. "It helps eliminate problems for those left behind. In life, the rich get richer and the poor have to pass the hat to take care of those who have passed away."



Joan, Doctor and Sally's Daughter



HOSPICE
OF NORTHWEST OHIO

"I saw firsthand the depth of care from Hospice of Northwest Ohio."

"I'm a physician. Occasionally, I've referred my patients to Hospice of Northwest Ohio, and I've always been impressed by their care. But I never realized the full depth of the care Hospice provides until I experienced it firsthand with my mother, Sally."

"When my mom first went to the Hospice Center, she was experiencing a lot of pain. The expertise of the Hospice staff was amazing. They not only controlled mom's pain, they took care of her emotional and spiritual needs as well."

"In fact, I'm convinced the expert care from Hospice of Northwest Ohio helped my mom live three to four times longer than expected."

"And those last weeks became a celebration, making them some of the happiest moments of her life. I recommend families contact Hospice of Northwest Ohio early, so they can take advantage of all the benefits Hospice offers."

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The Economic Stimulus Plan and How It Will Affect Americans

*Special to The Truth***Taxes:**

The recovery package has tax breaks for families who send a child to college, purchase a new car, buy a first home or make the ones they own more energy efficient.

Millions of workers can expect to see about \$13 extra in their weekly paychecks, starting as early as April, from a new \$400 tax credit to be doled out through the rest of the year. Couples would get up to \$800. In 2010, the credit would be about \$7.70 a week, if it is spread over the entire year.

The \$1,000 child tax credit would be extended to more low-income families who don't make enough money to pay income taxes, and poor families with three or more children will get an expanded Earned Income Tax Credit.

Middle-income and wealthy taxpayers will be spared from paying the Alternative Minimum Tax, which was designed 40 years ago to make sure wealthy taxpayers pay at least some tax, but was never indexed for inflation. Congress fixes it each year, usually in the fall.

First-time homebuyers who purchase their homes before Dec. 1 would be eligible for an \$8,000 tax credit, and people who buy new cars before the end of the year can write off the sales taxes.

Homeowners who add energy-efficient windows,

furnaces and air conditioners can get a tax credit to cover 30 percent of the costs, up to a total of \$1,500. College students — or their parents — are eligible for tax credits of up to \$2,500 to help pay tuition and related expenses in 2009 and 2010.

Those receiving unemployment benefits this year wouldn't pay any federal income taxes on the first \$2,400 they receive.

Health Insurance:

Many workers who lose their health insurance when they lose their jobs will find it cheaper to keep that coverage while they look for work.

Right now, most people working for medium and large employers can continue their coverage for 18 months under the COBRA program when they lose their job. It's expensive, often over \$1,000 a month, because they pay the share of premiums once covered by their employer as well as their own share from the old group plan.

Under the stimulus package, the government will pick up 65 percent of the total cost of that premium for the first nine months.

Lawmakers initially proposed to help workers from small companies, too, who don't generally qualify for COBRA coverage. But that fell through. The idea was to have Washington pay to ex-



tend Medicaid to them.

COBRA applies to group plans at companies employing at least 20 people. The subsidies will be offered to those who lost their jobs from Sept. 1 to the end of this year.

Those who were put out of work after September but didn't elect to have COBRA coverage at the time will have 60 days to sign up.

The plan offers \$87 billion to help states administer Medicaid. That could slow or reverse some of the steps states have taken to cut the program.

Infrastructure:

Highways repaved for the first time in decades. Century-old waterlines dug up and replaced with new pipes. Aging bridges, stressed under the weight of today's SUVs, reinforced with fresh steel and concrete.

But the \$90 billion is a mere down payment on what's needed to repair and improve

the country's physical backbone. And not all economists agree it's an effective way to add jobs in the long term, or stimulate the economy.

Energy:

Homeowners looking to save energy, makers of solar panels and wind turbines and companies hoping to bring the electric grid into the computer age all stand to reap major benefits.

The package contains more than \$42 billion in energy-related investments from tax credits to homeowners to loan guarantees for renewable energy projects and direct government grants for makers of wind turbines and next-generation batteries.

There's a 30 percent tax credit of up to \$1,500 for the purchase of a highly efficient residential air conditioner, heat pumps or furnaces. The credit also can be used by homeowners to replace leaky windows or put more insulation into the attic. About \$300 million would go for rebates to get people to buy efficient appliances.

The package includes \$20 billion aimed at "green" jobs to make wind turbines, solar panels and improve energy efficiency in schools and federal buildings. It includes \$6 billion in loan guarantees for

renewable energy projects as well as tax breaks or direct grants covering 30 percent of wind and solar energy investments. Another \$5 billion is marked to help low-income homeowners make energy improvements.

About \$11 billion goes to modernize and expand the nation's electric power grid and \$2 billion to spur research into batteries for future electric cars.

Schools:

A main goal of education spending in the stimulus bill is to help keep teachers on the job.

Nearly 600,000 jobs in elementary and secondary schools could be eliminated by state budget cuts over the next three years, according to a study released this past week by the University of Washington. Fewer teachers means higher class sizes, something that districts are scrambling to prevent.

The stimulus sets up a \$54 billion fund to help prevent or restore state budget cuts, of which \$39 billion must go toward kindergarten through 12th grade and higher education. In addition, about \$8 billion of the fund could be used for other priorities, including modernization and renovation of schools and colleges, though how much is unclear, because Congress decided not to specify a dollar figure.

The Education Department will distribute the money as quickly as it can over the next couple of years.

And it adds \$25 billion extra to No Child Left Behind and special education programs, which help pay teacher salaries, among other things.

This money may go out much more slowly; states

have five years to spend the dollars, and they have a history of spending them slowly. In fact, states don't spend all the money; they return nearly \$100 million to the federal treasury every year.

The stimulus bill also includes more than \$4 billion for the Head Start and Early Head Start early education programs and for child care programs.

National debt:

One thing about the president's \$790 billion stimulus package is certain: It will jack up the federal debt.

Whether or not it succeeds in producing jobs and taming the recession, tomorrow's taxpayers will end up footing the bill.

Forecasters expect the 2009 deficit — for the budget year that began last Oct. 1 — to hit \$1.6 trillion including new stimulus and bank-bailout spending. That's about three times last year's shortfall.

The torrents of red ink are being fed by rising federal spending and falling tax revenues from hard-hit businesses and individuals.

The national debt — the sum of all annual budget deficits — stands at \$10.7 trillion. Or about \$36,000 for every man, woman and child in the U.S.

Interest payments alone on the national debt will near \$500 billion this year. It's already the fourth-largest federal expenditure, after Medicare-Medicaid, Social Security and defense.

This will affect us all directly for years, as well as our children and possibly grandchildren, in higher taxes and probably reduced government services. It will also force

(Continued on Page 9)

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Taking Real Estate to the Next Level

By Rodney Neely
Real Estate Contributor



In today's economy no one has the time, money or the inclination to gamble with the limited resources available to them. Tomorrow is counter intuitive to invest money in training and motivation at a time when every dollar has to be focused and bring the kind of tangible return we need to keep growing. Yet, to be successful you have to have a firm grasp and understanding of the what's and where's, who's and why's in an ever-changing marketplace.

Since I began to write these articles specifically dealing with real estate I have focused primarily on the education of the novice buyer and/or seller of property. I have been giving some of the ins and outs of the deal structure and explaining where to find resources.

Initial vet, today I want to speak to those who are working in every aspect of the industry. I receive many emails after each article requesting help from individuals on actual deals. Although I have declined most of their offers, I have returned advice in hopes of helping these investors and preventing major mistakes or substandard ones.

In recent years I have been asked to do a seminar and I followed up on myself. I recommend that in seeking the best help to talk with the pros in the field, that some deals may contain. Finding a mentor or professional coach can be the difference between success and failure during this very fluid financial environment.

Locating a good coach can be difficult. Many charge from \$200-\$1,000 per month for 30-60 minutes of training each week for motivated coaching. Nevertheless, this could be the single best investment you could make under the current circumstances. In my opinion, this step is instrumental in taking real estate to the level.

The business concepts that I promote are not unique to real estate alone. Their applications in time management, follow up, prospecting new business, research, risk management and negotiating permeate every business genre.

My specific training began in college, then as a commercial real estate agent, from there as a coach and trainer of broker and mortgage professionals in Irvine, Ca. for the largest and most successful organization in the industry. Consequently, I have developed over 15 years of experience in cultivating these disciplines.

Real Estate

(Continued from Page 8)

Beware of the dream killers who will forever be trapped in a 9-5 job. They mean well but lack the courage and initiative to do what you want to do and be successful at it. Furthermore, don't be foolish, but be diligent in your pursuit of your ambition. Always remember that in life success is the greatest revenge....

Rodney Neely
Rodney@g3development.com

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Affect

(Continued from Page 7)

continued government borrowing, increasingly from China, Japan, Britain, Saudi Arabia and other foreign creditors.

Environment:
The package includes \$9.2 billion for environmental projects at the Interior Department and the Environmental Protection Agency. The money would be used to shutter abandoned mines on public lands, to help local governments protect drinking water supplies, and to erect energy-efficient visitor centers at wildlife refuges and national parks.

The Interior Department estimates that its portion of the work would generate about 100,000 jobs over the next two years.

Yet the plan will only make a dent in the backlog of cleanups facing the EPA and the long list of chores at the country's national parks, refuges and other public lands. It would be more like a down payment.

(Continued on Page 11)

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Stimulus 2009: Something for Nearly Everyone

95 percent of workers to benefit – but they will need to know how to take advantage of tax cuts

Special to The Truth

Millions of taxpayers will take home more money from the almost \$790 billion American Recovery and Reinvestment Act expected to be signed into law early this week, but most provisions won't happen automatically.

"The Recovery Act gives taxpayers money to spend, incentives to spend it and choices to spend it on," said Amy McAnarney, executive director of The Tax Institute at H&R Block (NYSE:HRB). "There are provisions that pay you now and some that pay you later. But for most individuals, this isn't a check-in-the-mail stimulus. Taxpayers will need to have guidance to maximize the benefit."

H&R Block notes five key areas that impact individual taxpayers today and in the future:

- Putting money in taxpayers' pockets now
- Helping more of those who have less
- Making homeownership more affordable
- Increasing access to higher education
- Getting green from the garage

"Taxpayers want to know how this Recovery Act affects them so they can get all the credits and deductions they're due," McAnarney said. "The Tax Institute recommends consulting with a trusted tax professional to help decipher the complex changes and what they mean to each individual."

Putting money in taxpayers' pockets now.

The bill includes several provisions that immediately boost the wallets of workers, non-workers, the unemployed and retirees. For both 2009 and 2010, the Making Work Pay tax cut means up to \$400 for individuals and \$800 for couples through a reduction in income tax withholding; in other words, bigger paychecks. Eligible workers may need to work with their employers to ensure any adjusted income tax withholding is appropriate for their situation. For example, if all working taxpayers are automatically transferred to the new reduced withholding amounts, certain taxpayers may actually owe more taxes when they file their 2009 and 2010 returns.

"Knowing your tax situation is extremely important in instances like this," said McAnarney. "How and when this credit is actually going to be administered is still unclear."

(Continued on Page 11)

WORKING FAMILIES URGED TO "CASH – IN" ON FREE TAX PREPARATION SERVICES

As the 2009 tax season begins, the Greater Toledo CASH (Creating Assets, Savings & Hope) Coalition will be offering free volunteer tax assistance for working families.

According to the CASH Coalition, 11 Volunteer Income Tax Assistance (VITA) sites will provide free tax preparation to working families throughout Lucas County, encouraging many to take advantage of up to \$4,824 in earned income tax credits.

The Cash Coalition is a partnership of Lucas County Commissioner Ben Konop, Lucas County Treasurer Wade Kapszukiewicz, United Way of Greater Toledo several local bank, credit unions and non-profit organizations.

For more information or to schedule a free tax preparation appointment, residents are encouraged to call United Way of Greater Toledo 2-1-1 or Toledo Urban Federal Credit Union (419) 255-8876. Or

Join Toledo Urban Federal Credit Union and The Huntington Bank For Super Saturday Tax Day

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March 21, 2009 April 12, 2009**

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2008 EITC Qualifying Income Guidelines
\$38,646 (41,646 married filing jointly) with two or more qualifying children

-or-

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-or-

\$12,880 (\$15,880 married filing jointly) with no qualifying children

If you meet one of the above criteria, you might qualify for the Earned Income Tax Credit

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Attend "Smart Investing," a free informational session to learn more about the advantages of "passive investing strategies," specific personal finance strategies, and free local investing resources. The event is scheduled from 6:30 p.m. to 8:30 p.m. on Thursday, February 26 at the Holland Branch Library, 1032 S. McCord Rd. Registration is required by calling 419.259.5209.

- Robert Kneisley, author and Accredited Pension Representative with Indicator Advisory Corporation, will discuss a different way of looking at mutual fund investing and techniques to help you win the "investing marathon."

- Gary Wise, Chartered Life Underwriter and Chartered Financial Consultant with Seymour and Associates, will be on hand to provide personal finance strategies and discuss different services that all investors should consider in their financial planning.

- David Topoleski, Main Library Business Technology reference librarian, will present and demonstrate the use of free library resources on business topics and investing.

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Affect

(Continued from Page 9)

When it comes to national parks, the plan sets aside \$735 million for road repairs and maintenance. But that's a fraction of the \$9 billion worth of work waiting for funding.

At EPA, the payout is \$7.2 billion. The bulk of the money will help local communities and states repair and improve drinking water systems and fund projects that protect bays, rivers and other waterways used as sources of drinking water.

The rest of EPA's cut — \$800 million — will be used to clean up leaky gasoline storage tanks and the nation's hazardous waste sites.

Police:

The stimulus bill includes plenty of green for those wearing blue.

The compromise bill does out more than \$3.7 billion for police programs, much of which is set aside for hiring new officers.

The law allocates \$2 bil-

lion for the Byrne Justice Assistance Grant, a program that has funded drug task forces and things such as prisoner rehabilitation and after-school programs.

An additional \$1 billion is set aside to hire local police under the Community Oriented Policing Services program. The program, known as COPS grants, paid the salaries of many local police officers and was a "modest contributor" to the decline in crime in the 1990s, according to a 2005 government oversight report.

Both programs had all been eliminated during the Bush administration.

The bill also includes \$225 million for general criminal justice grants for things such as youth mentoring programs, \$225 million for Indian tribe law enforcement, \$125 million for police in rural areas, \$100 million for victims of crimes, \$50 million to fight Internet crimes against chil-

dren and \$40 million in grants for law enforcement along the Mexican border.

Higher Education:

The maximum Pell Grant, which helps the lowest-income students attend college, would increase from \$4,731 currently to \$5,350 starting July 1 and \$5,550 in 2010-2011. That would cover three-quarters of the average cost of a four-year college. An extra 800,000 students, or about seven million, would now get Pell funding.

The stimulus also increases the tuition tax credit to \$2,500 and makes it 40 percent refundable, so families who don't earn enough to pay income tax could still get up to \$1,000 in extra tuition help.

Computer expenses will now be an allowable expense for 529 college savings plans.

The final package cut \$6 billion the House wanted to spend to kick-start building

projects on college campuses. But parts of the \$54 billion state stabilization fund — with \$39 billion set aside for education — can be used for modernizing facilities.

There's also an estimated \$15 billion for scientific research, much of which will go to universities. Funding for the National Institutes of Health includes \$1.5 billion set aside for university research facilities.

Altogether, the package spends an estimated \$32 billion on higher education.

The Poor:

More than 37 million Americans live in poverty, and the vast majority of them are in line for extra help under

the giant stimulus package. Millions more could be kept from slipping into poverty by the economic lifeline.

People who get food stamps — 30 million and growing — will get more. People drawing unemployment checks — nearly five million and growing — would get an extra \$25, and keep those checks coming longer. People who get Supplemental Security Income — seven million poor Americans who are elderly, blind or disabled — would get one-time extra payments of \$250.

Many low-income Americans also are likely to benefit from a trifecta of tax credits: expansions to the existing Child Tax Credit and Earned

Income Tax Credit, and a new refundable tax credit for workers. Taken together, the three credits are expected to keep more than 2 million Americans from falling into poverty, including more than 800,000 children, according to the private Center on Budget and Policy Priorities.

The package also includes a \$3 billion emergency fund to provide temporary assistance to needy families. In addition, cash-strapped states will get an infusion of \$87 billion for Medicaid, the government health program for poor people, and that should help them avoid cutting off benefits to the needy.

Stimulus 2009

(Continued from Page 10)

Eligible self-employed taxpayers can adjust their quarterly estimated payments. For those taxpayers who do not receive the full amount this year, they will receive the remaining as a credit on next year's tax return.

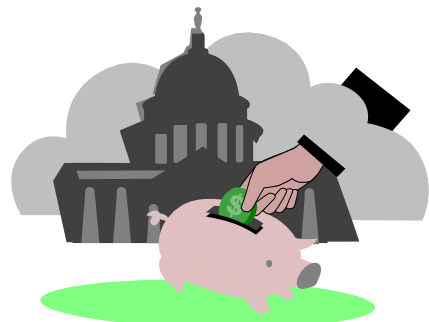
Social Security and SSI recipients, retired and disabled veterans, and railroad retirees will get a one-time payment of \$250. The Social Security Administration and Veterans Administration will provide the information about who qualifies for this payment, so eligible individuals won't have to do anything. Individuals on a federal or state retirement program who don't receive Social Security benefits can claim a \$250 credit when they file their 2009 tax returns.

"However, there's no double-dipping," said McAnarney. "Taxpayers who qualify for both the Making Work Pay Credit and the \$250 payment can't get

the full amount of both benefits." In these cases, the Making Work Pay Credit will be reduced by \$250.

The Act has several benefits for the unemployed. Many will receive a \$25 weekly boost to their unem-

every dollar earned over \$3,000. For taxpayers, this change translates into a refundable credit of up to \$1,000 for each qualifying child under 17. Refundable credits give taxpayers a real boost because if the person



ployment check. In addition, the first \$2,400 in benefits will be exempt from federal tax in 2009. Eligible unemployed workers paying for COBRA will benefit from a 65 percent federal subsidy for their monthly insurance premiums.

Helping more of those who have less

The Recovery Act expands the Child Tax Credit, allowing families to begin qualifying for the credit with

has no tax liability, the credit is issued in the form of a refund.

This is the second year in a row the income threshold has been lowered. For 2008, it was lowered to \$8,500 from \$11,750.

The Act also increases the Earned Income Credit for families with three or more children, where previously EIC benefits were capped at two children. The Act would

(Continued on Page 14)

Toledo Zoo Seeks Seasonal Help at Job Fair

On Saturday, March 7, The Toledo Zoo offers some great seasonal employment opportunities for the region as it presents its annual Job Fair from 10 a.m. to 1 p.m. in the African Lodge. The Zoo is looking for upbeat, reliable individuals to work in a number of part-time positions throughout the spring and summer.

The Zoo will be recruiting individuals 18 and over for help in the Concession, Café and Catering departments, as well in the Park Operations, Grounds and Merchandise departments. In addition, the Zoo's Education Department is seeking interpreters to deliver

narrative speeches on the train in the *Africa!* exhibit.

More information about these positions and their requirements can be found on the Zoo's website at www.toledozoo.org (Click on "Volunteer and Jobs," then on "Work at the Zoo.") or by calling (419) 385-5721. Those attending the Job Fair should park in the Anthony Wayne Trail lot and tell the gate attendants that they will be attending the Job Fair. For those unable to attend on March 7, applications are available at the Visitor Services office every day from 10 a.m. to 4 p.m.

Toledo Zoo employees enjoy flexible scheduling, a

retirement savings plan, paid time off, discounted health benefits (employee paid), and a wonderful work environment. Zoo employees also receive free Zoo admission and discounts on food and merchandise. The Toledo Zoo is an Equal Opportunity Employer.

The Toledo Zoo is open daily from 10 a.m. to 4 p.m. and is located on the Anthony Wayne Trail (US 25), four miles south of downtown Toledo. For more information, please visit www.toledozoo.org or call (419) 385-4040. Lucas County residents are admitted free of charge each Monday from 10 a.m. to noon. ID showing proof of residency is required.

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Lima Chapter of the NAACP: Celebrating 100 Years Nationally – 70 Years for the Local Unit

By Vickie Shurelds
Sojourner's Truth Reporter

On the eve of the election of the 44th President of the United States the change Barack Obama repeatedly spoke of during his campaign began to take place.

As Americans listened to radio and television coverage of the historic event, newscasters struggled to display their knowledge of African-American history. They began saying names only spoken freely in February prior to 2008: W.E.B. DuBois, Frederick Douglass, Ida Wells ... awkward references in unfamiliar surroundings.

It was as though a wave of thought was traveling across the nation: suddenly, the contributions of African-Americans to America mattered to everyone.

It may be a happy coincidence, fate, or just because the time had come that this moment in history arrived in the same year the NAACP celebrates 100 years of existence.

"The Call" to end racial and social injustice in America was answered on February 12, 1909 when the National Association for the Advancement of Colored People was founded by a multiracial group of activists who initially called themselves the National Negro Committee. Ida Wells-Barnett, W.E.B. DuBois, Henry Moscowitz, Mary White Ovington, Oswald Garrison Villard and William English Walling laid the groundwork for the group now referred to as the oldest civil rights organization in America.

The national headquarters asked every current unit to host a celebration of the anniversary and, across this great land,

people gathered to honor the history, the struggle and the victories that happened nationally and locally through the leadership of the NAACP. In Lima the 100 year anniversary marked 70 years for the local unit.

As with the Niagara Movement of 1906 that preceded the development of the National Association for the Advancement of Colored People, the Lima League for Cooperation and Improvement was the forerunner of the Lima-Chapter of the NAACP.

In the 1930's, many of the local businesses, social organizations, YMCA/YWCA, Schoonover's swimming pool, restaurants, theatres (after



1914) and street cars (until 1929) were practicing some form of discrimination and segregation.

The local hospitals (until May 14, 1936) hotels and motels also practiced segregation. At that time, the Lima-Allen County Schools and the Lima Police Department were the only entities that were integrated.

It was this climate that led Rev. Leroy McGee, Dr. AA Dalton, Letteria M. Dalton and several others to organize the

local chapter of the NAACP. Rev. McGee was elected as the Lima Unit NAACP first president in 1939.

One of the first projects to be undertaken by the NAACP was the integration of Schoonover's swimming pool. Dave Powell was chosen as the person to test the segregation policy. I

n June of 1948, Dave Powell accompanied by two white males laid his money down, ran and jumped into the swimming pool. Powell was arrested and charged with carrying a concealed weapon which was planted beneath his towel by one of the white males who accompanied him.

After this incident, Negroes were allowed to go swimming one day a week (Monday). This one-day-a-week segregation was also practiced by the Lima Roller Rink which was located on West Market Street.

The NAACP under the leadership of Rev. Leroy McGee became very aggressive on civil rights issues, teaming up with the Lima League for Cooperation and Improvement.

The second local NAACP president also followed McGee as the next leader of Fourth Street Missionary Baptist Church.

Rev. E. Dorsey Broyles organized a group of young people from Lima to participate in the 1963 March on Washington. Broyles also held the distinction of being the first African American elected to the Lima City School board. In addition, he served with Msgr. ECHerron Lima's Human Relations Commission.

These humble yet critical events were joined by others

listed below demonstrating the depth of determination NAACP members had focused on their goal of equality. Their tenacity placed them squarely in the ranks of the "Biggest and the Baddest, the Oldest and the Boldest, the Most Feared and Most Revered, the most cursed and most discussed Civil Rights Organization in America.

History of Note
1914 Resegregation of Lima Theatres

4/29/21 Peter McGown writes the history of Allen Counties citizens

1929 Street cars integrated
1936 Lima League for Cooperation and Improvement formed. Dr. AA Dalton integrates St. Ritas Hospital (May 14) Letteria May Dalton protested the segregation policy of the ARK Sweets

1938 Bradfield Center founded – 321 South West Street
1939 NAACP founded in Lima, Rev. Leroy McGee – 1st President

1941 UAW teamed with the Lima Unit of NAACP and were instrumental in getting jobs for Negroes in local factories
1945 Furl Williams was fired after filing grievances in

support of female workers. More than 2,400 workers walked off their jobs at Ohio Steel Foundry in his support.



A strike was initiated that lasted 2 weeks after which Williams was offered his job back

1948 NAACP and the Lima League of Cooperation and Improvement teamed together to challenge the segregation policy of Lima Memorial Hospital

1948 LaJoyce Ricks (1st Black) admitted to St. Ritas School of Nursing, campaign was led by Letteria Dalton

1950 Ranger Movie Theatre integrates after Bob Barkley, representing the NAACP filed a lawsuit. BLH (Baldwin/Lima/Hamilton) loses a two million dollar government contract due to their segregation policy

Lima Unit NAACP Presidents

- 1 Rev. Leroy McGee
- 2 Rev. E. Dorsey Broyles
- 3 Mr. Furl Williams
- 4 Mr. David Powell
- 5 Mr. Cooper Smith
- 6 Mr. Otha Harris
- 7 Mr. Frank Lamar
- 8 Rev. Fayne Wise
- 9 Ms. Johnnie Mae Fuqua
- 10 Ms. Alice Turner
- 11 Rev. Robert Curis, Jr.
- 12 Mrs. Daisie Gibson
- 13 Mr. Brian Miller
- 14 Ms. Helen Roberts (added Putnam & Hancock County)

15 Mr. FM Jason Upthegrove

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By Michael Hayes
Minister of Culture



Okay, so I had an article I was planning on doing but someone was supposed to email me information I needed to center my article around them and what they are doing.

It didn't happen. Deadlines bring stress. Disorganization brings stress.

We've been trying to get this Peacock Show on my birthday (Thursday Feb 26) situated since the new year began, but event planning is hectic at times even when you're as good at it as U.G.E. is.

So trying to get all your ducks in a row, even when you have a great collaboration of people helping, can

still be a little stressful.

The stimulus package madness, the way people are treating our president and the continuing economic collapse – all very stressful.

Then I have a lot of female friends. An army actually.

Most of them single moms. One of whom dared me to find an example of a woman raising a child on her own, working and maintaining on her own with no mate but not leaning on tobacco or alcohol to get her through.

I struggled to find some examples for her.

So the question has been raised: how do you deal with stress?

A lot of us don't deal with our stress, we just cope with it.

When you cope with something, it helps you get along with it... short term.

When you deal with something, you are coming to terms with how to solve it.

Marijuana (aahh, the stickiest of the icky) is how many of you cope.

But raising children, having people depend on you, holding down a job... all of those factors and many oth-

ers make weed an unwise choice for most people when it comes to managing life's mounting frustrations (that's not gonna stop most of you, but hey).

Tobacco is much more prevalent because it's legal, and even more of you cope through smoking cigarettes. I've worked as a Tobacco Prevention "Specialist" before and I can tell you that even the physical act of puffing/inhaling on a cigarette does nothing but put the body under more stress... but would that be enough to stop you?

What you smoke, what you drink, who you have sex with... all these things involve your health. And that's not even enough to help people prevent negative stress coping.

People are gonna do what feels good, even if what feels good isn't good for them.

I can't tell you exactly what I feel you should do.

Habit dictates many of our actions. They created happy hour at the bars because most people are sandwiched between a stress-filled job and stress-filled home and they

need somewhere to go in between so they don't self destruct.

As a non-drinker, that option doesn't really work for me.

My personal way of dealing with stress is centered around my music.

It's funny, some of you who read this column (thank you by the way) think I'm a writer who just started some record company or whatever.

Truth is, music is my first language. I come from musical family.

I grew up in rehearsals for my dad's bands and dance practice for my mom's dance company and all that.

Ironically, one of our artists is too young to perform at our Peacock show this Thursday and it made me think of how I was 10 years old first time I sat onstage at The Peacock because I was playing drums for my cousin who was big on the R&B scene at the time.

But then working with artists can be stressful.

Producing music and using plug ins and the complications of engineering can be stressful.

So when music stops being therapeutic for me, then I know it's time to get on some new ish.

I take walks. I know Toledo well, I'm not afraid of these streets because I have no enemies out here and I spent one half of my childhood running around Lucas/Belmont and the other half on X Block so I feel comfortable in my city.

I find a park, I go for a drive, I visit friends, I play with my baby niece, I find a way to detach myself from whatever is stressing me.

My mom though, dude – no lie... I was talking to my mom like three days ago and she could tell in my voice that I hadn't had but about three hours sleep the night before.

And sometimes all the funny DVD's, and the trips out of town are too time consuming to relieve stress that's

affecting you right here and right now.

And that's when most of us just break down.

That's when the bills, the kids, the boyfriend/girlfriend, the job, the car, the lack of job/car, the friends, the living conditions, the money, the arguments, the demands and EVERYTHING just makes you want to jump off of something tall.

Yeah, admit it. It sometimes gets that drastic.

And when you have a roller coaster lifestyle, you get to the point of being overwhelmed and your good sense stops you from doing something stupid but you're really just de-escalating until that very next time life's roller coaster turns you topsy turvy once again.

That cycle, is what prompted me to look for a way of resolving what stresses me.

I try to make sound decisions. I try to be a good person to everyone even if they don't like me. I try to make peace (because... honestly, I am quite focused when making war and destroying someone will rule my every thought and I'd rather not open that box).

I try to take it up a notch: instead of having techniques for dealing with my stress, I just try to approach my entire life in a way that presents less stress to begin with.

For me... the teachings of Esther Hicks and Wayne Dyer and other people who speak on *The Law of Attraction* is what gives me the most peace.

And when I sit back and look at my life from that place of peace... I feel better.

I'm too focused on success to hate on another man.

I'm too pleased with what I have to walk around sad.

And I'm too excited about my future to be messed up about my past.

These moments of such insight aren't always with me... but the trick is to string

enough of them together to where I feel great about my life every day and every possible minute of every day.

So yes, stress is a monster.

Many illnesses result from stress (because your body and your emotional health are connected). Many problems between lovers, kids/parents and other relationships are harder to manage because of stress.

You'll always have a reason to be mad... but that's a choice.

You don't have to be mad. You can choose to feel good.

And I'm not a master at it yet, I'm still getting my ish together.

But you, my birthday is in a few days... got artists, got shows, got cutbacks, got challenges, got feelings, got all type of stuff going on... and I'm here so I might as well be happy.

If you wanna wish me Happy Birthday... come to The Peacock Café

Thursday FEB 26 – U.G.E. will be there

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Rena Renee (Glass Fam Ent.) and my dude S.S.T.R.E.S. (ahaa... no pun intended. LOL – he's a rapper and the acronym is Still Standing Through Rhetoric and Everything Senseless).

The Last Royalty (U.G.E./ROCKSHOT RECORD compilation album) will be on deck.

So come on down... bring a gift.

I like thin mint girl scout cookies and all types of timbs... LOL.

Peace.

glasscitytruth@yahoo.com
www.ugemusic.com

Stimulus 2009

(Continued from Page 11)

also increase the beginning point of the phaseout range for all married couples filing a joint return. That's good news for married couples regardless of the number of children they have.

Making homeownership more affordable.

Taxpayers on the fence about buying their first home may want to consider the Act's \$8,000 tax credit.

Unlike the incentive passed last year, first-time homebuyers will not have to

repay the credit as long as they live in the house for three years. To qualify, eligible homebuyers must make their purchase between Jan. 1, 2009, through Nov. 30, 2009. Taxpayers who have purchased a home this year can take advantage of this credit on their 2008 return. For those who have already filed, filing an amendment is the best way to capture this full credit on their 2008 tax return.

The plan also includes tax

credits for energy-efficient improvements such as qualified new furnaces, windows and doors to existing homes. The credit applies to 2009 and 2010 tax returns, with a lifetime cap of \$1,500.

Increasing access to higher education.

More taxpayers will be able to qualify for the American Opportunity Tax Credit, which will provide a new, partly refundable \$2,500 tax credit for college tuition in 2009 and 2010. By making

the credit partially refundable, nearly 4 million low-income students now will be able to qualify for the credit. This can be a better alternative for taxpayers than the two existing higher education credits.

Also, computer and computer technology costs will now qualify in 2009 and 2010 under the Section 529 Education Plans, which are tax-exempt college saving plans. Previously, eligible expenses included only tuition, room

and board, and books, supplies and equipment that were required for attendance at the school.

Getting green from the garage.

The package allows taxpayers to deduct the state and local sales and excise taxes paid on the purchase of new cars, light trucks, recreational vehicles and motorcycles. The vehicles must be purchased from the enactment date of the Act through the end of the

year.

The Act also provides a tax credit of up to \$7,500 for families who purchase plug-in hybrid vehicles purchased after 2009 or plug-in conversion after date of enactment and before 2012. Even those taxpayers who don't itemize can benefit from this.

H&R Block will provide ongoing information about the Recovery Act on www.digits.hrblock.com.

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CLASSIFIEDS

February 25, 2009

Page 15

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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.

This Strikes Me

(Continued from Page 2)

Western Culture published in Amsterdam in 1990, shows a graphic representation of prevailing stereotypes in the 17th,

18th, and 19th centuries. Slaveholders promoted the notion that female slaves from Africa were sexually insatiable, stating as fact that these women engaged in sexual intercourse with apes.

Pieterse exposes the intent behind these images. "*White on Black* is a compelling visual history of the development of European and American stereotypes of black people over the last two hundred years. Its purpose is to show the pervasiveness of

prejudice against blacks throughout the western world as expressed in stock-in-trade racist imagery and caricature. Reproducing a wide range of illustrations—from engravings and lithographs to advertisements, candy wrappings, biscuit tins, dolls, posters, and comic strips [see attachment]—the book challenges the hidden assumptions of even those who view themselves as unprejudiced....Looking at conventional portrayals of

blacks in the nursery, in sexual arenas, and in commerce and advertising, Pieterse analyzes the conceptual roots of the stereotypes about them. The images that he presents have a direct and dramatic impact, and they raise questions about the expression of power within popular culture and the force of caricature, humor, and parody as instruments of oppression" (Yale University Press, 2008).

The question remains, "how is this being transmitted

from generation to generation? 'It's a fascinating question,' Goff said. 'If you look at depictions of Colin Powell, Condoleezza Rice, and Barack Obama in editorial cartoons, they are frequently simian-looking representations'" (Jacobs). T-shirts with a monkey labeled "Obama in '08" were sold in Arkansas, during the election which, along with a sock puppet monkey dressed in a suit and wearing an Obama campaign button, created quite a bit of controversy. The folks who made the puppet were shocked at the negative response, but were quick to apologize and attempt to explain themselves.

"We at TheSockObama Co. are saddened that some individuals have chosen to misinterpret our plush toy. It is not, nor has it ever been our objective to hurt, dismay or anger anyone. We guess there is an element of naivete on our part, in that we don't think in terms of myths, fables, fairy tales and folklore. We simply made a casual and affectionate observation one night, and a charming association between a candidate and a toy we had when we were little" ("Creators of TheSockObama™ Of Course We Aren't Racist!" posted by Jeff Fecce on Shakesville Blog, 6/13/08).

Some people still don't get it. Obviously, the folks at TheSockObama Co. didn't bother to do any historical research or they would have run across books like *Types of Mankind* and *White on Black* or some of the caricatures of blacks that were popular a less than a century ago and that can still be seen in Asia and Latin America, as well in some places in Europe. (This writer was dismayed to see such a stuffed toy in a window display in Europe's then largest shopping mall in Paris, France, in 1990).

I think these images and the underlying beliefs they represent persist because Holder is right: we are cowards when it comes to discussions about race because those who hold these beliefs (including some blacks who look down on other blacks—the uneducated and/or poor—believing they are superior to those they consider lower classed) don't want to admit to those outside their circle that they have them and those about whom these beliefs are held often don't want to be confronted with such assumptions.

If we were to have that discussion about this issue which has had such a significant role in the history of our country out in the open, bringing out all of the ugliness and stupidity that surrounds race on all sides, everyone would know that things like nooses being hung from trees and African-Americans being depicted as monkeys, chimpanzees, or apes are offensive, traumatic, and unacceptable; and they'd also know why.

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