



Local and National News

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"And Ye Shall Know The Truth..."

April 1, 2009



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## This Strikes Us ...

*A Sojourner's Truth Editorial*

What are we looking for in our next mayor?

During a meeting last week, Pastor Raymond Bishop of Mt. Pilgrim Church expressed his opinion that the ideal candidate for mayor – and the ideal mayor – would be the one who claimed education as his or her primary, overriding issue and concern.

Bishop called for a candidate to step forward and declare that he or she was ready to change the culture of Toledo. That's right, change the culture of Toledo with respect to education in order to drastically reduce the drop out rate and the lack of educational attainment, not only within the minority communities but within our metropolitan area in general.

We whole-heartedly endorse this sentiment. We would very much like to see a candidate embrace the notion that the single most important issue facing this area, facing most areas of the nation in fact, is the challenge of developing a highly-educated workforce.

As Bishop noted, we can talk about pot-holes and paving streets, we can talk about the need to enhance inclusion of minority contractors on public projects, we can talk about job creation, we can talk about our budgetary woes ... all of these are important issues. All of them, however, are secondary to the need to change the way we approach education. Moreover, without improving educational attainment, it will be difficult to solve those other issues in the long term.

We are not talking about improving the Toledo Public Schools system, and neither was Bishop when he spoke of the need to change the culture. We are talking about changing our attitudes towards our schools in general.

Typically, schools provide the services that are demanded of them. Typically, schools live up to our expectations of them. If we expect little, or demand little from them, we get exactly what we expect.

We recognize the fact that the typical politician's response, and the one sure to meet with widespread approval, to the question of the most pressing issue will be "jobs, jobs, jobs."

Unfortunately, in these times when regions with a traditional base of manufacturing jobs find themselves at the mercy of evolving job markets, the arrival of a knowledge-based economy, NAFTA and global markets, the value of having a highly educated population drives job growth more than ever.

We frequently bemoan the fact that young people receive their college degrees and move away from this area in droves – the dreaded brain drain. Just as frequently the solutions to eradicating brain drain appear to be bringing more jobs to the area and increasing the types of entertainment found in more attractive places such as Chicago, Atlanta and even Columbus.

The fact is, however, that we risk putting the cart before the horse if we do not recognize the first step of that equation is the development of an educated work force. If we are going to bring jobs to the area, we need first to be able to fill the types of jobs that will mean sustained growth. Once we have the educated workforce, companies typical of this new economic wave will be more inclined to start up or relocate here. Once the jobs come, entertainment will follow to satisfy the needs of a new wave of workers.

It won't be easy. In 2002 when then Mayor Jack Ford called for a parents' forum on education, he held the event at The University of Toledo's Nitschke Hall. Considering the turnout of interested parents, he might just as well have held the event in a broom closet.

That has to change.

Our next mayor needs to forget about the fact that the public school system does not report to him or her. That is really unimportant.

Our next mayor needs to take control of what he or she can do to bring about meaningful change – using the bully pulpit to preach about the need for the community to embrace education, forging partnerships among businesses and educators, encouraging the local colleges and universities in their efforts to bring more area students into their institutions, celebrating and rewarding academic achievement, making sure that poverty presents no obstacle to completing high school or attending and completing college.

The next mayor needs to bring all elements of the community to the table to work together on this issue.

President Obama promised during his campaign and in his recent address to Congress to bring a new focus to education. Presumably that means that the federal government is poised to throw more money at a situation that has seen an abundance of money already tossed its way.

We applaud Obama's desire to solve this nation's academic woes but we doubt that it is a problem that the federal government can impact in any realistic way.

It's a local issue and a local elected official needs to take the lead in order to get anything done. We hope our next mayor is just such a person.

## Community Calendar

### March 21-April 18

Marvin Vines Art Exhibit: The Truth Art Gallery; Opening reception on March 21 from 6 to 9 pm: 419-243-0007

### April 2

MLK Kitchen for the Poor 40th Anniversary Fundraiser: UFCW Local 911; 6 pm: 419-241-2596

United MBC Revival: 7 pm; Guest Rev. James Perkins of Greater Christ of Detroit

### April 3

NBNPWC Vocal Arts Competition: St. Paul MBC; Audition for Angela Moore; 6 pm

### April 3-4

United Methodist Church Rummage/Bake Sale: Friday 9 am to 6 pm; Saturday 9 am to 2 pm; Saturday is bag day: 419-476-8034

Greater St. Mary's MBC Bar-B-Q: Friday 11 am to 6 pm; Saturday 11 am to 4 pm; Deliveries available: 419-699-7330 or 419-244-2663

### April 4

Grace Temple COGIC 2nd Annual Mother Daughter Fashion Show: Grace Temple Waddell Fellowship Hall; 11:30 am: 419-841-4614/419-242-9321

### April 5

Indiana Avenue MBC: 44th Anniversary celebration for Pastor John Roberts and Mother Bernice Roberts; 3:30 pm; Guests Rev. John Williams and Eastern Star Baptist

### April 8-9

Scott High School presents "Children of Eden;" 6 pm: 419-283-8303

### April 11

HIV/AIDS Training: Bethesda Christian Center Cathedral; 10 to noon and 1 to 3 pm: 419-944-0984

### April 15-17

Calvary MBC Revival: 7 pm nightly; Guest Bishop Clifton Jones of Agape Love Ministries of Sandusky

### April 17

Lagrange Street's Customer Appreciation Day: 11 am to 5 pm; Shops and stores sidewalk sales, raffles and give-aways: 419-255-8406

### April 17-18

Evangelistic Crusade: Se'Lah Ministries; Services nightly at 7 pm; Power House Tabernacle; Host Pastor Nelson Clark; Guest speakers include Sis Freda McCoy

### April 18

West Toledo Bereavement Support Ministry: Community Center Port Lawrence Homes; 10 am: 419-241-2133

Fifth "Annual Health in Motion" Health Fair: Warren AME; 10 am to 2 pm; Free healthy lunch for attendees; Screenings for vision and hearing, blood pressure, diabetes and more: 419-243-2273

### April 19

Indiana Avenue MBC: 44th Anniversary celebration for Pastor John Roberts and Mother Bernice Roberts; 4 pm; Guests Rev. Jerry Boose and Second Baptist



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My View

By Jack Ford
The Truth's Political Columnist



Mike Hart, Wilkowski's PR guy, a run for his money.

My father-in-law, John Holmes, was a professor or marketing at Bowling Green State University and later at Skidmore in upper New York State. He used to say that "you can not be held accountable for something you never said."

If that observation has any truth to it, then Bell should just keep his views unknown and run as the former fire chief.

Chief Bell is a hero to many people and they really do not care what his views are at the moment. So he should just keep smiling.

My guess is that as soon as he gets specific on layoffs or any budget-cutting steps he is considering, that is when his political armor will begin to show chinks. Early, unofficial, unscientific polls show Bell way ahead in the mayoral sweepstakes.

Would it be good for Toledo to have a second mayor who happened to be black? I think so and Bell is a thoughtful guy who has worked this campaign out in his mind.

I almost feel sympathy for Keith Wilkowski. He has done everything right - well, almost everything - and yet now faces a double hit by Bell and Ben Konop. Wilkowski has to run essentially two campaigns in that Konop will attack him on his right and Bell on his left. Konop has to chip off some Wilkowski support and stay close to Bell for the run-off after the primary.

As stated before, Wilkowski and Bell will contend for support from the same neighborhood bases - the Polish 4th Ward and Old Orchard. Wilkowski will have to double his projected budget to win this thing.

Konop cannot win unless he gets a boat load of help from The Blade. Konop is their creation and The Blade has continued to backstop him through all of his quixotic jousts with his fellow commissioners, the dog warden and others. Konop has not done any substantive things but that does not always mean failure in Toledo politics.

If The Blade starts working hard for Konop and pulls no punches on the other two, this thing will be close.

Unless Mayor Carty Finkbeiner gets in.

I hope Finkbeiner jumps in just to see if he can pull another cat out of the bag. In a crowded field, as this thing is shaping up to be, someone who polls 23 percent or more in the primary is probably in the runoff. And if you are one of the final two, anything can happen with enough money and help from certain places.

It is my opinion that Jim Moody is going to fade out of view. By the way, I'm not getting in the mayor's race.

Whoever wins is going to face a decimated city tax base in 2010. Further cuts at Dana, Owens Corning, the auto plants, auto suppliers, government and non-profits will probably hit another 3,000 workers in 2009. Tax revenues

may fall below \$139 million in 2010.

Good luck, Mr. Mayor.

The Democratic Party endorsements for the Toledo Board of Education are long finished and Darlene Fisher was left off the dance cards for the Dems. Fisher was replaced by Brenda Hill and Aji

Green. Green is a protégé of George Hillard, vice chairman of the Party, and is a member of Mt. Pilgrim Church.

Fisher has rubbed many people the wrong way. She had a long-running feud with former school board member Larry Sykes and she campaigned against me when I ran for the board seat.

Having said that, I think Fisher is an asset on the TPS board. She is prepared for committee meetings, she holds her points in debate, she has been consistent in supporting minority youth improvement. She does not have to like me for me to recognize her usefulness to TPS students.

Dying and Parasitic Schools: An Alternative

By Rev. Donald L. Perryman, D.Min.
The Truth Contributor



been perceived by many to be starving or killing off some schools in order to feed or fortify the strength of others. TPS finds itself saddled with the impossible task of addressing excess and under capacity building issues without overly fueling apathy in the community.

Rather than continuing to travel over the well-worn path of educational failure which has proved to be an exercise in futility, one solution that has actually worked to the benefit of concerned parents, teachers, the community, school administrations and more importantly for students is outlined in The Case for School-Based Integration of Services: Changing the Ways Students, Families and Communities Engage With Their Schools by Public/Private Venture (P/PV).

The perception of who gains and who loses is bound to lead to emotionally-charged debate whether concerning an athletic contest or surrounding the implementation of proposed administrative policies. Many times the discussions take on a life of their own and become mired in subordinate issues and talk about the problems rather than solutions or what is broken rather than how things can be fixed.

This certainly has become the focal point in the Toledo Public Schools Building Capacity Plan where TPS has

low-income children. Their expertise lies in the areas of education, employment, prisoner reentry, juvenile justice, public health and youth development.

P/PV has researched the affect of partnering, integrating or co-locating nonschool learning and social services on existing educational operations via a central access point in school buildings.

In the first instance, healthcare infrastructure - health clinic, dental and vision care - was integrated with the school in one single, central location. The findings revealed that not only were health services more easily accessible, but that children begin to shift toward regular preventive care and away from emergency and palliative care.

Children in a school with integrative services are also 10 times more likely to make a mental health or substance abuse visit, have an enhanced sense of attachment to school, are less likely to drop out of school and more likely to

(Continued on Page 4)

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## Konop Rounds Out Field of Top-Tier Challengers ... "Let Me Lend a Hand" He Asks Voters

By Fletcher Word  
Sojourner's Truth Editor

For months now, Toledoans have been speculating on who and how many mayoral aspirants would declare their candidacies for the 2009 contest. At least some of that guesswork can now be put to rest. With his announcement of Monday, Lucas County Commissioner Ben Konop made it official. He will be squaring off against the other two

top-tier challengers, former Commissioner and School Board Member Keith Wilkowski and former Toledo Fire Chief and current Ohio State Fire Marshal Mike Bell.

The three will be the high-profile candidates vying to replace Mayor Carty Finkbeiner although speculation continues on whether or not Finkbeiner will join the battle himself. He has been uncharacteristically mum on that subject so far.

While there are a host of obscure candidates vying for the top city post, Konop, Wilkowski and Bell promise to dominate the headlines over the next seven months if indeed Finkbeiner does not enter the fray.

Wilkowski was the first to enter the race. "I'm running to bring

(Continued on Page 5)



### Dying

(Continued from Page 3)

graduate than those without integrative services.

In addition, P/PV found, because there are more adults present, students are more likely to adopt or maintain pro-social, pro-school attitudes because they believe the adults in the school building care for them.

Their parents also trust the school more and feel more comfortable accepting referrals and accessing social services for themselves when they are located in this trusted institution that they come to know as their child's school.

A second complementary learning component of school-based integrated services which was also associated with positive effects on school attitudes and behaviors and improved attendance is Out of School Time programs. When these programs such as after-school, extended-day and summer-learning programs are on-site with schools, increased participation is fostered and skills in music, art, dance, etc. are developed. On site OST programs were also shown to significantly lessen school-related disobedience and reported instances of truancy compared with participants of other types of after-school activities.

The out of school time programming also kept youth away from high-risk behaviors, hanging out in the streets, gangs, negative peer pressure and getting into trouble and provided more opportunities to assume leadership roles. Participants did their homework more consistently, achieved higher grades and made greater gains in math scores compared to nonparticipants and the program fostered increased parental involvement and trust in the school.

A third and final component of school-based integrated services providing noteworthy benefits was the area of family support programming including GED-prep, English Second Language instruction, parental counseling or support groups, immigrant services, food stamps and Medicaid benefits, child care and health insurance subsidies.

Making the school a place that assists parents with income, employment and other needs helps to dissolve feelings of alienation that many parents in underserved communities often feel towards school and it improves their involvement in their child's education.

The problems addressed by both TPS and dissident community voices which now focus on buildings, while an important issue, has consumed large amount of energy and resources while the critical issue of the epidemic loss of our disadvantaged or low-income black and brown children to prisons or juvenile detention centers, cemeteries, teen parenthood, illiteracy and other paths to nowhere have been reduced to merely an annoyance or afterthought.

The P/PV study suggests that when health care services, Out of School Time and family support programs are co-located within a school, it will not only effectively combat the problems which are most critical for disadvantaged children and families but also provides a meaningful way to reduce school building capacity issues and provide fiscal considerations.

However, the cooperative interactions of community partners including TPS and other organizations such as United Way, Lucas County, faith-based, non-profit and business communities, who with the single, targeted focus of helping children learn and succeed must prevail over the narrow interests that currently dominate.

Contact Dr. Donald Perryman at [drdperryman@centerofhopebaptist.org](mailto:drdperryman@centerofhopebaptist.org)

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## Konop

(Continued from Page 4)

jobs back to Toledo – not with empty promises but with real plans and the best team to implement them,” said Wilkowski back in December when he made his candidacy official. “We can turn Toledo around.”

Since that time, Wilkowski has been busy raising money and putting together advisory panels to assist him in creating his platform.

Bell jumped in on March 25 and has promised to be the communications candidate. He is touting his executive experience as fire chief and state Fire Marshal and his ability to bring people together to reach consensus and find solutions to problems. Bell, a life-long Democrat has decided to run as an independent in order to stress his commitment to work in a bi-partisan fashion.

Now comes Konop who became county com-

missioner two years ago after a campaign in which he promised to serve his complete term as commissioner and even drafted a pledge to do so – inviting, taunting some would say, his opponent to sign as well.

During his two-year stint, Democrat Konop has clashed repeatedly with his fellow commissioners – both Democrats – over just about every issue placed before the board.

On Monday, as he made his formal announcement, Konop addressed those two concerns during his speech.

“I began by demanding bold changes to the way economic development is done in Lucas County,” said Konop in explaining his numerous battles. “I fought for better leadership, higher salaries and ultimately that politics be removed from the board that over-



sees the LCIC.”

Konop listed his struggles against the “good ol’ boy network” – the wins and the losses – and admitted that his

aggressiveness had made him enemies.

“I am not the most popular guy in many board rooms and back rooms where the wagons are circled, your futures are decided and your tax dollars allocated,” he said. “I wear that unpopularity as a badge of honor.”

As to the matter of his pledge to serve his entire term, Konop noted that when he made that pledge “unemployment in Toledo wasn’t hovering

around 13 percent ... the city’s budget didn’t have a 27 million dollar hole in it ... Toledo was not at the epicenter of a national economic crisis

to bring awareness of Konop’s pledge to the public, issued a statement calling Konop “the least qualified” candidate for mayor.

**“I am not the most popular guy in many board rooms and back rooms where the wagons are circled, your futures are decided and your tax dollars allocated, I wear that unpopularity as a badge of honor.”**

and a national housing crisis ... its police officers were not about to be laid off and less of its streets had potholes that will go over a year without being fixed.”

Konop also said that when he signed his pledge he made a promise to bring positive change to the community. He can continue to try to do that, he said, as mayor.

The issue of the pledge, however, will linger throughout the seven-month campaign. After Konop’s announcement, Tom Morrissey, who ran the unsuccessful 2007 recall campaign against Finkbeiner and who has led the charge, thus far,

“Mr. Konop signed an ethics pledge in which he promised to serve the full duration of his term,” reads the statement. “He signed this pledge twice ... asserting his opponent would use the seat of county commissioner as a springboard to Toledo mayor ... Ben Konop represents the past and broken promises while promising something new.”

Konop, however, will wage his campaign of change. “I believe that there is still life left in the Glass City,” he said. “All that’s needed is someone in the mayor’s seat who’s willing and able to open the right doors for all Toledoans.”

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## It's All About the CORE!

By Diana Patton  
Guest Column



much. The April 2, 2009 Health Disparities Forum that will be held in Columbus Ohio will discuss the stats but, it's safe to say, we still have a long way to go.

*What do you suspect the problem is?* I contend that people already know they need to exercise, they know they need to eat

thing is healthy does not mean you will eat it. Folks need a charged up emotional trigger to take *action* and maintain a high-performance lifestyle. How do you tap their emotional triggers? Tap at the very essence of their souls – their beliefs, their cores!

Most minorities – especially African-American

in me! I stand on the truth that I can do ALL THINGS through Christ that strengthens me (Philippians 4:13). I know I can't do it on my own will because eventually I will fail without Christ. Today, I break free from the spirit of bondage and I wage war against all the sickness and death that has plagued my family by first taking personal responsibility for my body, mind and spirit – regardless of my current circumstances. Through my faith, I am sure of what I hope for. And I am certain of what I do not see. (Hebrews 11:11). I am willing and ready to do ALL the work necessary with my stand for wellness. I hold true to what Christ taught me – to live with forgiveness, humility, and service to others."

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cleanse/detoxification course, and three-week jumpstart program that will strengthen your faith and BUST the wellness doors wide open for you, your family and your church body. The needle will not only move – it will be removed and so will any other gaps and disparities. It starts with a change of heart that only God can provide.

Now that's getting to the core!

Go to our website at [www.FITatudes.com](http://www.FITatudes.com) to learn more about ways you can get to the core. And hurry, the six-week cleanse/detoxification course begins April 6. Send us an email at [info@FITatudes.com](mailto:info@FITatudes.com) to get more details and sign-up ASAP.

*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 the faith based community, women, athletes, and sports families' lives with the FITatudes concepts.*

**"I have absolute trust in God that he will provide."**

more fruits and vegetables and drink more water. And, they certainly know about the statistics because their own folks are being diagnosed with high blood pressure and diabetes before 40 years of age and their aunts, uncles, cousins and sisters and brothers are dying in their 60's without even enjoying their "wonder years."

*The answer:* We are not getting to the core issue – the root of the devastation. Knowing some-

and Hispanic women are very spiritual, have had a long lasting faith in God, attend a place of worship and are typically the figure of "hope" in most families.

So, Grandma and Mama – I am going to invite you to take a moment and read this out loud:

"As for me and my family, we stand for wellness. I have absolute trust in God that he will provide. I proclaim today that doubt, fear and anxiety do not reside

My orthopedic doctor examined my hip after I had complained of periodic hip pain after a recent 3.5 mile race I ran. He said, "you need to work on strengthening your core (your abdomen) and lower back, and do some stretching and that will help support your hip." Huh ... I never would have thought he'd say that.

That got me to thinking – often times, when issues arise, people look at fixing the problem without getting to root cause or the core. As a result, the problem may go away for a little while but will return again and again.

That brings me to the issue of minority health.

April is minority health month. Ever since April 1989, Ohio has celebrated minority health month as means to promote healthy lifestyles, provide crucial information to allow individuals to practice disease prevention, among other things.

It's been 19 years since

Ohio Minority Health Month's inception. While strides have been made to increase the level of awareness the disparities and gaps continue – the needle has not moved



Joan, Doctor and Sally's Daughter



**"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.

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## CareNet: Providing Health Care Has Become an Even Larger Challenge

By Fletcher Word  
Sojourner's Truth Editor

During his inaugural address in 2002, then-Toledo Mayor Jack Ford issued a challenge to northwest Ohio's huge health care providers – ProMedica and Mercy Health Partners – to use their power and influence to helping bring health care coverage to the vast numbers of Lucas County residents who were under or uninsured. The total number was estimated to be around 44,000 at that time.

Very shortly after that speech, CareNet was formed, a partnership comprised of ProMedica, Mercy, The University of Toledo Medical

Center, the Academy of Medicine, St. Luke's Hospital, the Toledo Lucas County Health Department, the Dental Center of Northwest Ohio the Pharmacy Counter and Neighborhood Health Association (NHA).

Now in its seventh year of operation, CareNet consists of a network of eight hospitals, 15 clinics and 155 volunteer specialists. The organization has connected over 16,000 low-income Lucas County residents to medical homes and primary health care and currently has on its rolls about 5,000 clients.

"We have been blessed with great primary care providers," says Jan Ruma, executive director of CareNet since its inception. The bulk of such care is being provided these days by NHA, says Ruma, which takes care of roughly half of CareNet's clients. Mercy and ProMedica see about 800 clients each and St. Luke's and UT take care of the rest.

In truth, NHA has always provided such assistance to those in need.

The main value of CareNet, says Ruma, lies in the organization's ability to heighten awareness of

health opportunities.

"CareNet has raised awareness about sources of care and connected people to these primary health care clinics," she says. "People can be pro-active in seeking medical health. Most primary care providers don't connect people to all of the services they need. CareNet has relieved that burden for patients who declined to seek services because they could not pay the bills. CareNet also provides specialty care and access to pharmaceuticals."

Yet in spite of CareNet's efforts over the past years to reduce the number of uninsured in Lucas County, recent developments in the economy have produced setbacks to that mission. Traditionally Lucas County's uninsured adult rate hovers at around 12 percent, says Ruma. These days that rate

is approximately 19 percent – the second highest in Ohio. "The drivers are unemployment and the fact that more and more businesses are not offering health care to employees," she says. "Those we are enrolling have gone without for a while."

That figure of 19 percent means that there are currently about 50,000 uninsured adults in the county. CareNet's annual budget is about \$300,000, some of which is provided by ProMedica and Mercy (\$65,000 each). The City of Toledo raises some funding and other monies come from United Way, UT, St. Luke's, the Academy of Medicine and the Lucas County Commissioners.

"We are in good shape for 2009," says Ruma. "We are in the process of going to funders to ask for pledges for 2010 to 2012."

In spite of the work Ruma and CareNet have done to provide access to care for those who cannot afford it, there is still a long way to go, she admits.

"The demand is so high here," Ruma says. "People know they need assistance but don't seek it because they can't afford it." Indeed, in the best of times, CareNet reaches only about one third of those eligible, she says.

So, what does Ruma think of a national health care plan's potential to put an end to the issue of the uninsured as we know it? Will such a plan make CareNet's job that much easier?

"I'm sad to say, the longer I work in health care, the more difficult it is to say what is right, there are so many pieces in play," she says. "Part of me is always thinking – just don't make it any worse."



Dr. Rita Lee, Dr. Nadine Rogers, Dr. Nicole Nelson, and Dr. Anne Lambie are all Board Certified Radiologists with their Radiological Associates which staff St. Rita's Imaging Center.

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## How Diet Affects Brain Health

By Sarah Boes  
The Truth Contributor

Alzheimer's disease is estimated to affect four to four and a half million people in the United States according to the Alzheimer's Association. Alzheimer's disease usually appears after the age of 60 with almost half of those 85 years old and older having the disease.

Alzheimer's is a life-changing disease but fortunately there are ways to prevent and protect our brain from the disease and that includes eating a brain-healthy diet. A brain healthy diet reduces the risk of heart disease and diabetes, encourages blood flow to the brain and is low in fat and cholesterol. This healthy diet helps the brain function properly and helps prevent damage to the brain.

**Antioxidants:** research has found that some foods may protect brain cells. Fruits and vegetables with dark skin are full of antioxidants which fight against free radicals. Vegetables such as spinach, Brussels sprouts, broccoli, beets, peppers, onion and corn are all high in antioxidants that help protect brain cells.

Fruits that are full of antioxidants include raisins, blueberries, blackberries, strawberries, raspberries, plums, oranges, red grapes, and cherries. Studies have specifically found that berries are especially important for brain health. Diets high in berries alone have the ability to lower stress and inflammation in the brain, which has been shown to decrease the risk of developing Alzheimer's disease. Along with fruits and vegetables, nuts such as almonds, pecans and walnuts are a good source of vitamin E, an antioxidant, and have also been shown to protect brain cells.

**A low fat and low cholesterol diet:** a diet high in saturated fat and cholesterol can clog arteries not only to the heart but to the brain and is therefore associated with the risk for Alzheimer's disease. In general, the main sources of saturated fat

are from animal products primarily red meat and whole-milk dairy products, including cheese, sour cream, ice cream and butter.

Cholesterol is found in all food that contains animal fats. Major sources of cholesterol are egg yolks, beef, poultry and shrimp. By eating a diet low in saturated fat, one can lower their intake of cholesterol because foods high in saturated fat generally contain substantial amounts of cholesterol.

There are two types of cholesterol. LDL and HDL. LDL or "bad" cholesterol circulates in the blood and can build up in the arteries to the heart and brain. HDL or "good" cholesterol carries cholesterol away from these arteries to the heart and brain to help prevent a blockage.

Studies have shown that HDL cholesterol does protect brain cells and thus helps in preventing Alzheimer's disease. Exercising, losing weight, quitting smoking, limiting trans fatty acids (found in vegetable shortening, margarines, crackers, cookies, snack foods, fried foods, and other foods made with or fried in partially hydrogenated oils), limiting alcohol, increasing intake of monounsaturated fats (found in plant based foods such as canola oil, olives, olive oil, nuts, seeds, and avocados) and increasing intake of soluble fiber are all ways to increase HDL cholesterol.

**A healthy body weight:** a long-term study with 1500 adults showed that maintaining a healthy weight decreased the risk of Alzheimer's disease later in life. Those that were obese during their middle ages were twice as likely to have Alzheimer's later in life. Along with weight, those who had high cholesterol and high blood pressure also had a six times greater risk of Alzheimer's disease. By eating a healthy diet that is nutrient-rich full of fruits and vegetables, whole grains, lean meat, and healthy fats and eating in moderation can help maintain a healthy body weight.

Alzheimer's disease is a serious and life changing disease that is affecting more and more individuals every year. However, research strongly shows with prevention of a brain healthy diet primarily of antioxidants, low intake of saturated fat and cholesterol, and a diet that helps maintain a healthy body weight can decrease the risk of Alzheimer's disease.

This article was written by Sarah Boes, a BGSU Dietetic Intern in partnership with The Ohio State University Extension, Lucas County. Information gathered from the American Heart Association and the Alzheimer's Association.

## The Mayores Center Is a Haven for Toledo's South End Senior Population

Sojourner's Truth Staff

In the late 1980's, an organization named the Centro Unico began meeting in the MAYA building (Mexican American Youth Association) which later became the Swiss Hall.

The hall was located on St. Claire across from Sts Peter and Paul Church. The seniors who attended were called "mayores" which means elder or senior in Spanish. The center was eventually renamed the Mayores Senior Center.

In 2005, the Neighborhood Health Association (NHA), in collaboration with then City Councilman Robert McCloskey and Billie Johnson, executive director of the Area Office on Aging (the partial funding source for the Center), moved the Mayores Center into a newly built structure at 2 Aurora Gonzales Drive. This 7,684 square-foot building sits on three and a half acres and has expanded its client base to approximately 150 seniors who enjoy a wide range of activities and services provided by NHA.

Johnson and McCloskey were so critical to this project, said NHA CEO Doni Miller, that the Center's large conference room is named for the pair.

"Our mission is to provide services to the elderly population of Toledo's Old South End along with neighboring communities," said Richard Langford, director of the Center. "And to support the independence, empowerment and well-being of older adults, enhance their dignity and self respect and promote their participation in all aspects of community."

The services the Mayores Senior Center provides include counseling and assistance in filling out forms for HEAP,

Homestead, Ohio Energy Assistance Program, income tax returns, financial assistance, legal assistance and health insurance.

Seniors are also provided with opportunities to acquire knowledge on a variety of topics through formal academic classes and by guest speakers and instructors from local agencies, businesses, government

and health care.

NHA offers seniors primary health care - physician, nurses and social workers are on staff at the agency. Health assessments - blood sugar and blood pressure, for example - are regularly available.

Nutrition is a huge part of the Center's focus. A health, balanced lunch is available at

(Continued on Page 9)



Richard Langford

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## The Mayores

(Continued from Page 8)

the nominal cost of \$2 along with a food box program and commodity supplements to take home – both on a sliding fee scale.

The Mayores Center, which is open Monday through Friday from 8 a.m. to 4:30 p.m., offers a range of daily activities for its members such as bil-

liards, cards, computer games/classes, walking, arts and crafts, access to the in-house library and the ever-popular Wii, which, as Langford said, “helps develop gross motor skills, endurance and hand/eye coordination.”

Currently, the Center is hosting a six-week Wii bowling tour-

namment consisting of five teams and 15 participants. A banquet at the end of the tournament will celebrate the bowlers and after that, said staffer Roberto Martinez, the Center hopes to organize a city-wide senior Wii tournament.

And there are special events throughout the year such as

casino trips and visits to the Toledo Museum of Arts, the Toledo Zoo and the various parks.

Escort service is available for shopping trips to stores such as WalMart and Big Lots.

While the Mayores Center began years ago with an emphasis on Toledo’s South End Latino community, it has evolved, said Langford, into a

multicultural hub of activity where all ethnicities are celebrated. And the nearly four-year old facility has the capacity to host so many more members of the community. In fact, Langford’s goal is to more than double the current membership of 150.

In addition to the Johnson McCloskey Community Room – which is available to the pub-

lic for rental – there are two other conference rooms, two offices, a billiards room and the library.

“There are lots of seniors within our community who don’t like to leave home,” said Langford. “We’re trying to change that and get them in here – socializing will improve their overall health.”



Clarence Didion and John Yglesias

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Health Fair

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Central Lagrange Community Center  
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Location: 3015 Lagrange Street  
Corner of Lagrange and Central Avenue  
(419) 936-3090

Saturday, April 18, 2009 from 11:00 a.m. - 4:00 p.m.

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Funded by a grant from the Ohio Commission on Minority Health.

# Mayores Senior Center

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## The Lighthouse Road UNDERSTANDING LUPUS

By Dr. Anita Lewis Sewell  
Guest Column



Lisa Carol Henson-Joshua was a unique and special person. She had a bright and engaging smile that could light up a room. She loved her family and she loved God. She believed in educating and helping others.

As a 16-year veteran of the Toledo Police Department, Officer Henson-Joshua pledged to protect and serve the people of her community to the best of her ability.

However, one day she fell victim to a complex and insidious illness called lupus that forced her to resign from her job as a police officer and to engage in a struggle for her own life and health.

### What is Lupus?

Systemic Lupus Erythematosus (SLE), commonly known

as lupus, is a widespread and chronic (lifelong) autoimmune disease that causes the body's immune system to attack its own healthy tissues and organs, including joints, kidneys, brain, blood or skin.

There are three types of lupus:

- Discoid (aka cutaneous) Lupus
- Drug-induced Lupus
- Systemic Lupus Erythematosus (SLE)

Discoid lupus is always limited to the skin. It consists of a rash that may appear on the face, neck, or scalp. It is usually diagnosed per biopsy of the rash and generally does not affect internal organs. A blood test (ANA) is positive in most patients with cutaneous lupus.

Drug-induced lupus occurs with use of certain prescription drugs, like hydralazine or procainamide. This type is more common in men, but has a very small occurrence rate. The symptoms usually go away when the drug is stopped.

SLE is the most common and serious type and it can attack almost any organ system of the body.

### The Immune System

The immune system normally protects and defends our body against viruses, bacteria, and other foreign materials (like splinters, thorns, or bullets) with the use of cells called antibodies. Antibodies are cells that normally fight diseases and wound infections.

In an autoimmune disease like lupus, the immune system loses its ability to tell the difference between foreign substances and its own cells and tissues.

In patients with lupus, the immune system forms antibodies directed against "self" or the body's own cells and tissues. This leads to a variety of physical, mental and emotional health problems.

### Who is Affected

More than five million people worldwide struggle with the health consequences of lupus. Over 1.5 million Americans have a form of this disease.

Lupus generally affects more women, especially African-American and Hispanic women, although it can strike men and women in various age and ethnic groups, and even babies.

The Ohio Commission on Minority Health (OCMH) notes that one out of every 62 black and Hispanic women have lupus, compared to about one in 123 white women.

Nine out of 10 people with lupus are women. About 80 percent of new cases affect women ages 15 to 44 years of age. This creates serious considerations during pregnancy, as these are the peak reproduc-

tive years for women.

### The Great Imitator

SLE Lupus has been nicknamed the great imitator because it mimics many other disorders. Symptoms can be vague, intermittent and vary from person to person, which makes it difficult to diagnose.

Lupus sufferers experience "flares and remissions," which means their symptoms may come and go over long periods of time.

### Complications of Lupus

The effects of lupus can range from mild to severe. Death or long-term disability from complications can result in serious cases.

Inability to maintain employment or to attend school on a regular basis due to illness-related absenteeism, learning problems, frequent hospital stays, and expensive health care costs are some of the challenges created by lupus.

Lupus permanently disables many young women. It can cause disfiguring rashes and scarring, multiple miscarriages, kidney failure, heart failure, and lung failure.

Impaired neurological (nervous system) failure leading to seizures, strokes, heart attacks and death can occur.

Chronic or recurrent pain and fatigue are common with lupus, and this disorder can greatly complicate the treatment of other co-existing health problems like diabetes and cancer.

### Causes of SLE Lupus

The cause of lupus is unknown. Genetic factors, environmental factors, and hormonal factors may all play a role in this disease.

Lupus flare-ups may be triggered by infections, antibiotics, hormones, extreme stress, drugs, and ultraviolet light. Lupus is not cancerous, it is not contagious or infectious.

Signs and Symptoms of Lupus

Lupus patients often complain of achy joints, frequent fevers, arthritis, cold hands (Reynaud's Syndrome), prolonged or extreme fatigue, skin rashes, anemia, chest pain with deep breathing, hair loss, mouth or nose ulcers/sores, seizures, and may have blood-clotting problems.

The butterfly is commonly used as a symbol of lupus. One of the hallmark signs of lupus is a distinct (malar) skin rash often seen on the face of affected persons and often thought to resemble the shape of a butterfly.

A proper diagnosis of SLE requires a careful medical history of the patient, lab tests (ANA, CBC, kidney function tests), skin biopsies, and a high index of clinical suspicion by physicians.

Eleven specific criteria are used to diagnose SLE Lupus (see medical literature).

### Treatment of Lupus

Treatment of lupus is tailored to individual patients as each person's profile can be drastically different. Goals are to minimize symptoms, reduce inflammation, maintain normal body functions and to help

patients lead as active a life as possible.

### Hope for the Future

The prognosis for persons suffering from lupus has improved over the past 20 years. Research efforts continue to gain a better understanding of the disorder.

The OCMH funds lupus support groups, training for health professionals, and awareness campaigns during National Minority Health Month each April.

World Lupus Day is observed in May, while October is set as Lupus Awareness Month in America.

The Lupus Foundation of America, Inc. (LFA) sponsors chapters across the country, raises funds for research, and provides educational literature.

\*\*\*\*\*

Lisa volunteered in support groups and awareness programs to help others cope with lupus. She would want us to continue her mission to protect, to serve, and to help others who are living with lupus.

Lisa waged her difficult and painful battle with lupus for over 10 years before she died on March 9, 2009, from complications of pneumonia.

This issue of *The Lighthouse Road* is dedicated to her memory, to her excellent spirit of endurance, and to ongoing efforts to find a cure for Lupus.

For more information, visit: [www.mih.ohio.gov](http://www.mih.ohio.gov) (OCMH) click on Lupus Fact Sheet) or [www.lupus.org](http://www.lupus.org), (Lupus Foundation of America, Inc.)

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The Lupus Foundation of America is the nation's leading nonprofit voluntary health organization dedicated to finding the causes of and cure for lupus and providing support and services to all people affected by lupus.

[www.lupusnwoh.org](http://www.lupusnwoh.org)

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## The Toledo Hospital Receives Grant From March of Dimes

*Special to The Truth*

The Toledo Hospital (TTH), a member of ProMedica Health System, has received a \$19,356 grant from the Ohio chapter of March of Dimes. The grant will provide start-up support for a new program called "Centering Pregnancy," which will help enhance prenatal care services for minority and/or low income women. The program is offered in other cities and has successfully improved pregnancy outcomes in at-risk populations by empowering women to improve

their health.

"We're proud to be involved in this program which will provide a great service to women in our community by encouraging them to seek the best possible care during pregnancy," says Kevin Webb, TTH president.

The program will be implemented by a certified TTH nurse midwife who will work alongside a team of nurses to measure its benefits and the possibility of expanding services to other prenatal clinics. Services will be provided

at the Huron Street Clinic, operated by Neighborhood Health Association. The Huron Street Clinic is located in one of the five census tracts with the highest rates of low birth weights and infant mortality in the county.

"It's always tough to find ways to keep this most fragile population engaged in prenatal care," Doni Miller, chief executive officer, Neighborhood Health Association. "The program, along with the terrific patient management skills of the midwives might

be just the combination necessary to address the needs and barriers to care for at-risk pregnant women. We are very excited to be partners in this effort."

There are also plans to eventually establish a program at TTH's Family Medi-

cine Center, which offers a wide range of gynecologic services, advanced birthing facilities, Certified Nurse Midwives of Toledo, parenting preparation classes and breast care education.

For more information

about this program, contact Liz Jackowski at 419-291-3789. For more information about TTH's comprehensive diagnostic care and medical services, visit [www.promedica.org](http://www.promedica.org).

**CareNet & its partners are proud to present the following sessions for Minority Health Month**

**Tuesday, April 8th, 2009**—How oral health relates to high blood pressure. Stop by any time between 10am—4pm at Aurora Gonzalez Family Ctr. 1949 Broadway; receive **FREE DENTAL KITS, FREE BLOOD PRESSURE SCREENING AND FREE HOME BLOOD PRESSURE MONITOR**

**Monday, April 13th, 2009**—Learn about Colon Cancer 10am-11:30am or 2pm-3:30pm at The Pharmacy Counter 2655 W. Central Ave. Q & A session with a physician **FREE INFORMATION ON COLONOSCOPIES & FREE HOME SCREENING KIT**

**Wednesday, April 15th, 2009**—Learn to prepare healthy ethnic snacking at Aurora Gonzalez Family Ctr. 1949 Broadway 10am-11:30am; Latino snacking & recipes 1pm-2:30pm African American snacking & recipes **FREE RECIPES, FREE FOOD SAMPLES & HANDS ON PARTICIPATION**

**Tuesday, April 21st, 2009** How body mass index & diabetes relate. Any time b/w 10am-4pm at the Aurora Gonzalez Family Ctr. located at 1949 Broadway. Have your body mass index (BMI) and hip to waist ratio measured, talk with a certified diabetic educator **FREE DIABETIC MEDICAL ALERT BRACELETS**



The event is sponsored by a grant through the State of Ohio Commission on Minority Health

### 11th Annual Free Prostate Screening Program

The Toledo Council of Black Nurses, Inc. have collaborated with the Omega Psi Phi Fraternity, Inc., for 22 years to bring free prostate screenings to the public. As a result, minority males' disease prevention behaviors have improved over the years; more men now seek prostate screening than in the past. Other programs provided are: health education, free blood pressure monitoring, cholesterol and diabetic screening



**Saturday, April 25, 2009**

**10:00 a.m. to 2:00 p.m.**

**Cordelia Martin Health Center**  
430 Nebraska Avenue

For more information call 419.531.4310

## TOPS Offers Support to Conquer Emotional Overeating

*Special to The Truth*

For many people, emotions can trigger overeating, and food becomes a crutch when they're bored, tired, anxious, or stressed. TOPS Club, Inc. (Take Off Pounds Sensibly) recognizes the temptation of emotional overeating and the health problems caused by it. This is particularly timely in April, Emotional Overeating Awareness Month. With support and education from TOPS, weight-loss warriors can take steps to control those emotional cravings.

"Eating gave me comfort. Fast-food chicken was my favorite quick fix for emotions," says Teena Conrad, a TOPS member. At one point, she defined herself as "an emotional binge-eater," but now she says, "I am a former compulsive binge-eater. I now choose to get healthy and see my grandkids grow up."

Another TOPS member, Joan Savage, says, "I tended to eat when I was happy, sad, mad, or just because the food was there." Now, she says, "I exercise, I eat 1,200 calories a day, and I feel good inside. I'm happy with myself."

Patience and persistence have paid off for Joan and Teena. Although Joan was accustomed to spending time devoted to her large family, she decided that it was okay to take time for herself. After reaching her highest weight of 262 pounds, she dedicated her time to the TOPS program of wellness education, healthy eating, and regular exercise. Rather than

eating to deal with her emotions, she became more active. Exercising helped give Joan results, which gave her extra resolve to ultimately lose 86 pounds.

Teena, who once weighed 303 pounds, accepted that no quick "diet" would work to lose her excess weight. She realized that she needed a new style of healthy eating to replace her emotional eating. Teena embraced her weight-loss journey and has since lost 120 pounds.

Both Joan and Teena replaced the temporary "fix" of emotional eating with the lasting effects from weight loss and feeling healthy makes them happier than overeating ever did. Joan says, "I didn't know I could be so happy losing weight." When Teena no longer needed to use electric scooters to shop in large stores, it was a day of celebration for her and her family. Teena shares, "I was the happiest in 30 years when I dropped my weight to under 200 pounds."

### Tips from TOPS

Here are a few guidelines to help avoid emotional overeating:

1. Prevention works. Don't bring high-calorie foods home from the grocery store.
2. Routine helps build good habits. Try to eat at the same time every day and stick to the basic food groups. Fill up on whole grains, vegetables and fruits, as well as low-fat dairy products and lean meats.
3. Notice what's happening emotionally within

yourself. Learn to recognize if your hunger is real.

4. Monitor food intake for several days, writing down when, where, how much, and why food is eaten. Recognize negative triggers that prompt overeating.

5. Before giving in to emotional overeating, hit the personal "pause" button. Take a walk, or call a friend. At these times, many TOPS members call friends in their chapters for support.

6. Plan for healthy snacks between meals. Keep fresh fruit and pretzels available and skip the chips.

TOPS Club, Inc. (Take Off Pounds Sensibly), the original, non-profit weight-loss education and support organization, was founded more than 60 years ago to champion weight-loss support and success. Founded and headquartered in Milwaukee, Wis., TOPS promotes successful weight management with a philosophy that combines healthy eating, regular exercise, wellness education, and support from others at weekly chapter meetings. TOPS has about 170,000 members in nearly 10,000 chapters throughout the United States and Canada, and several chapters in Europe.

Visitors are welcome to attend their first TOPS meeting free of charge. To find a local chapter, view [www.tops.org](http://www.tops.org) or call (800) 932-8677 for more information.

**Saturday March 28**  
**Women and Girls HIV/AIDS Awareness Day Program**  
 11:00-4:00pm  
 Free HIV education and lunch provided  
 Main Branch Library  
 1085 Deer Street  
 419.297.5360

**Friday April 3**  
**Minority Health Month Community Kickoff Event\***  
 3:30-5:00pm  
 The Toledo-Logan County Auditorium  
 2127 Jefferson Street  
 Dr. Alfred Jackson, Director, The Ohio Department of Health is the keynote speaker for this event that features free parking and refreshments.  
 \*Sponsored by ProPublica Health System  
 419.253.4097 or RSVP

**Saturday April 4**  
**Asian Health Day**  
 9:00am-2:00pm  
 Free blood pressure, blood glucose, and cholesterol screenings  
 Asian Resource Center  
 1805 Finch Street  
 419.297.7542

**Check Me Out: Monitoring my Oral Health\***  
 11:00am-4:00pm  
 Oral health awareness, prevention education, and referrals. Each participant will receive an oral health kit.  
 Greenbush Place Apartments  
 806 Cherry Street  
 Sponsored by AEDS Resource Center Ohio-Toledo  
 419.244.9444 extension 403

**Living a Healthy Life Health Fair\***  
 11:00am-5:00pm  
 Information sharing about diabetes, nutrition, and nutrition. Health screenings will be provided and vendors will be on hand to distribute reference materials.  
 Chester Zabolko Central Lagrange Community Center  
 2013 Lagrange Street  
 Sponsored by Parkwood Seventh Day Adventist Church  
 419.936.3080

**Mother/Daughter Fashion Show**  
 11:00am-2:30pm  
 Luncheon, fashion show, and discussion of health issues.  
 Grace Temple Church of God in Christ  
 2750 Fulton  
 419.841.4614

**Wednesday April 8**  
**Taking Care of Me: The Relationship Between Oral Health and Hypertension\***  
 10:00am-4:00pm  
 Participants will receive information on proper oral health. Blood pressure screenings will be available.  
 Participants will receive dental kit and home blood pressure monitor.  
 Aurora Gonzalez Community Center  
 1201 Broadway  
 Sponsored by Toledo-Lucas County Carelink  
 419.842.0800

**Monday April 13**  
**Taking Care of Me-Preventable, Treatable & Resolvable\***  
 10:00-11:00am; 2:00-3:00pm  
 Information and discussion on colon cancer will be presented by Dr. Elyson Yip. All participants will receive a free home screening kit.  
 The Pharmacy Counter  
 2855 West Central Avenue  
 Sponsored by Toledo-Lucas County Carelink  
 419.842.0800

**Tuesday April 14**  
**Lead Testing and Education\***  
 7:00-7:00pm  
 The Ohio Department of Health will be conducting lead testing and provide educational materials.  
 East Toledo Family Center  
 1020 Varland Avenue  
 419.291.4000 extension 216

**Wednesday April 15**  
**Taking Care of Me: Healthy Ethnic Smoking and Fighting Obesity\***  
 10:00-11:30am (2:00pm)  
 1:00-2:30pm (African-American)  
 Participants receive information on healthy ethnic smoking and how to combat obesity. A hands-on healthy snack sampling will engage participants to make better food selections. Healthy recipes will be provided.  
 Aurora Gonzalez Community Center  
 1201 Broadway  
 Sponsored by Toledo-Lucas County Carelink  
 419.842.0800

**Reduces of stress jogues ran son hips**  
 4:00-4:00pm  
 (Reducing the Stress, Play With your Children)\*\*-Refreshments provided.  
 Adams, The Latino Resource Center  
 520 Broadway  
 419.244.8440

**Thursday April 16**  
**Toledo-Lucas County Commission on Minority Health Meeting\***  
 8:45-10:00am  
 David Miller, Neighborhood Health Association and Jan Rame, CareNet will be the guest speakers. Program updates. Open to the public.  
 EMS Training Center  
 2127 Jefferson Avenue  
 419.253.4093 or RSVP

**Saturday April 18**  
**17<sup>th</sup> Annual Health in Motion Fair\***  
 10:00am-2:00pm  
 This event provides participants with blood pressure, blood sugar, and cholesterol screenings, nutrition education, free safety, and exercise demonstrations.  
 Warren AME Church  
 913 Collingswood Blvd  
 419.266.7687

**Men's Health Empowerment Day**  
 10:00am-2:00pm  
 This event provides men with health information and tools for stress and health. Includes information on health, education, and employment. Free health screenings and information about preventing heart disease, stroke, and hypertension.  
 New Life Church of God in Christ  
 1215 Delwood Avenue  
 Sponsored by Ohio South First African American Church of God in Christ  
 419.242.2630

**Check Me Out: Monitoring my Heart Health\***  
 11:00am-4:00pm  
 Information sharing on heart related health awareness, prevention education, and referrals to area services. Blood sugar, blood pressure, and cholesterol screenings will be provided.  
 The Family Center  
 1224 South Sagamore Street  
 Sponsored by AEDS Resource Center Ohio-Toledo  
 419.244.9444 extension 403

**Living a Healthy Life Health Fair\***  
 11:00am-5:00pm  
 Information sharing about diabetes, nutrition, and nutrition. Health screenings will be provided and vendors will be on hand to distribute reference materials.  
 Warren AME Church  
 2013 North 14th Street  
 Sponsored by Parkwood Seventh Day Adventist Church  
 419.241.7218

**Supper 'n' Sip: Diving for Good Health\***  
 2:30-4:30pm  
 An evening of informational and interactive games focusing on cancer prevention. A demonstration on cervical infections screening will be conducted.  
 Sargent Branch Library  
 3010 West Central Avenue  
 Sponsored by ProPublica Health System  
 419.824.8422

**Sunday April 19**  
**Healthy Heart Forum**  
 12:00-1:30pm  
 Presentations and discussions on weight loss, healthy eating, and exercise.  
 St. Martin de Porres Church  
 1119 West Bancroft Street  
 419.530.1908

## APRIL 09

**Monday April 20**  
**Cholesterol and You**  
 12:45-1:45pm  
 Presentation by Dr. Jason Lee, Podiatrist  
 Total Wellness Program  
 Asian Resource Center  
 1805 Finch Street  
 419.297.7542

**Tuesday April 21**  
**Taking Care of Me: How Body Mass Index and Diabetes Relate\***  
 10:00am-4:00pm  
 Participants will learn their body mass index and what to be extra measured, a certified diabetic educator will discuss results.  
 Aurora Gonzalez Community Center  
 1201 Broadway  
 Sponsored by Toledo-Lucas County Carelink  
 419.842.0800

**Oral Cancer Education and Screenings\***  
 9:00-7:00pm  
 The Dental Center of NW OH will provide oral health education and oral cancer screenings.  
 East Toledo Family Center  
 1020 Varland Avenue  
 419.691.4000 extension 216

# MINORITY HEALTH MONTH

CALENDAR OF EVENTS

**Saturday April 25**  
**17<sup>th</sup> Annual Minority Health Fair**  
 10:00am-2:00pm  
 Health fair featuring free health education, cholesterol, and prostate screenings.  
 Cordelia Martin Health Center  
 430 Nodawa Avenue  
 Sponsored by Toledo Council of Black Nurses, Inc. and Omega Psi Phi Fraternity, Inc.  
 419.511.4310

**Check Me Out: Monitoring my Asthma Health\***  
 11:00am-4:00pm  
 Information sharing on HIV/AIDS and other STDs. Life entertainment and HIV/AIDS testing will be provided.  
 Main Branch Library  
 1085 Deer Street  
 Sponsored by AEDS Resource Center Ohio-Toledo  
 419.244.9444 extension 403

**Healthy Smiles\***  
 12:00-2:00pm  
 Participants will learn how to maximize good oral health through education and prevention.  
 Warren AME Church  
 913 Collingswood Blvd  
 419.535.6780

**JADE Health Project\***  
 1:00-3:00pm  
 Information sharing on hepatitis B, cancer, and other chronic diseases. Glucose, cholesterol, and body mass index screenings will be conducted.  
 Korean Church  
 West Central Avenue near Seagr Road  
 Sponsored by the Chinese Association of Greater Toledo  
 419.201.2094

**Supper 'n' Sip: Diving for Good Health\***  
 2:30-4:30pm  
 Social dinner event featuring blood, body & soul fitness club. Free giveaways.  
 Wildwood Ward Pavilion  
 5300 West Central Avenue  
 Sponsored by ProPublica Health System  
 419.824.8422

**The Pharmacy Counter**  
**Free Diabetes 101 Education**  
 Every Wednesday 9:30-10:30am  
 1313 Douglas Road  
 419.473.1401

**Sunday April 26**  
**JADE Health Project\***  
 2:00-4:00pm  
 Learn the Asian art of wellness and good health.  
 Toledo Chinese Alliance Church  
 2500 West Central Avenue  
 Learn the Asian art of wellness and good health.  
 Toledo Chinese Alliance Church  
 2500 West Central Avenue  
 Sponsored by the Chinese Association of Greater Toledo  
 419.201.2094

**Health in Motion Gospel Fest\***  
 4:00-6:00pm  
 A workshop on good nutrition and healthy eating. There will be music and refreshments.  
 Warren AME Church  
 913 Collingswood Blvd.  
 419.535.6780

**Monday April 27**  
**Diabetes and You**  
 12:45-1:45pm  
 Presentation by Jay Carlson of the Ohio State University's Extension Education Program.  
 Asian Resource Center  
 1805 Finch Street  
 419.297.7542

**Toledo-Lucas County Health Department**  
 605 North Erie Street  
**Free Child Lead Testing**  
 Monday-Friday  
 9:00-11:00am, 1:00-3:00pm  
 419.213.4104

**Free Pregnancy Testing**  
 Monday, Tuesday, Wednesday, Friday  
 9:30-11:00am, 1:00-3:00pm  
 419.213.4209

**STD Testing**  
 Monday, Tuesday, Thursday, Friday  
 1:30-5:30pm  
 Identification and STI kit  
 419.213.4100

**Shot for Two Child Immunizations**  
 April 8, 13, and 27  
 Monday 9:30-11:00am, 1:00-4:00pm  
 STI Administration fee  
 419.213.4121

**Free HIV Testing**  
 Planned Parenthood NW Ohio  
 1301 Jefferson Avenue  
 Wednesday 6:00-8:00pm  
 419.253.1105

**University of Toledo Medical Center- Ruppert Health Center**  
 3905 Arlington Avenue  
 Monday 4:00-8:00pm  
 419.261.1341

**Substance Abuse Services, Inc.**  
 1995 North 12<sup>th</sup> Street  
 Thursday 9:30-11:00am  
 419.243.7224

**Tuesday April 28**  
**Oral Cancer and You**  
 12:45-1:45pm  
 Presentation by Dr. Brad Burdick  
 Asian Resource Center  
 1805 Finch Street  
 419.297.7542

**Domestic Violence Awareness\***  
 5:00-7:00pm  
 Anne Oliver-Nolan, LSW will be presenting on education and resources with respect to domestic violence.  
 East Toledo Family Center  
 1020 Varland Avenue  
 419.691.4000 extension 216

**La importancia de amamantar a su bebé**  
 10:00am-12:00pm  
 (The importance of breast-feeding)\*\*  
 Refreshments and breastfeeding provided.  
 Adams, The Latino Resource Center  
 520 Broadway  
 419.244.8440

**Wednesday April 29**  
**Biodiversity and End of Life Care\***  
 1:00-4:00pm  
 This free seminar will examine how diversity influences end-of-life decision making and the impact that culture has on the time and death and during bereavement. Concludes with a local panel discussion.  
 McMaster Center, Toledo-Lucas County Public Library  
 323 Mulgrew Street, downtown Toledo  
 Sponsored by Hospice of Northwest Ohio  
 419.258.5200

**Thursday April 30**  
**Sharing the End-of-Life Journey: Monitoring in the Rhythm and Those Who Love Them\***  
 8:00am-12:00pm  
 This program recognizes the important role in the support of seriously ill people, their families, and helps participants feel more comfortable with death and bereavement.  
 Parkwood Place Event & Conference Center  
 2392 Parkwood Place, Maumee  
 Sponsored by Hospice of Northwest Ohio

**Toledo-Lucas County Commission on Minority Health Social Marketing Campaigns Unveiling\***  
 4:00-7:00pm  
 Celebrate and share your local Commission on Minority Health, the new Minority Health Coordinator, and be the first to see the artwork that will be used for the Commission's HIV and Cancer Social Marketing Campaigns during May and June. Free parking and refreshments.  
 The Thrift Art Gallery and Event Center  
 1411 Adams Street  
 419.224.4000 or RSVP



   
 Minority Health Month is a 30-day statewide high-visibility health awareness and disease prevention campaign sponsored by the Ohio Commission on Minority Health during the month of April each year.  
 \*Diverse Ohio Commission on Minority Health goes national soon.  
 \*\*Diverse Spanish-speaking only event.  
 Note: Times, dates, and locations of local Minority Health Month events may subject to change after the printing deadline. We suggest contacting the telephone number listed for verification of events.

## When Legends Stir the Soul: Gospel Legends Awards Banquet

By Vickie Shurelds  
Sojourner's Truth Reporter

There was no doubt in the minds of anyone who ever heard Lela Latson put herself into a song that she was indeed a cousin of gospel great Mahalia Jackson. The power, the deep heart wrenching sounds of her incredible voice produced a surge of emotion that shook every listener from the core.

Historians associate gospel music with black culture, labeling it as having the strongest influence in African-American history between

the years of 1945-1965. Those who experience the culture from the inside know the tradition predates American history altogether. The traditional chants, rhythms, and collective voices rose in praise and prayers to God were brought over during the Middle Passage.

The songs were of pain, fear, sorrow, hope and promise and announced a belief in God so unrelenting that it brought the soul somehow to a place of peace. The sing-

ers of gospel music were given a special quest: to touch the soul of a people who had to learn to protect themselves from every circumstance while keeping their mind open to God and their faith intact.

Even today, gospel musicians are challenged with bringing joy to the surface during unspeakable pain and torturous suffering. The use of their gifts was the focus of the initial Gospel Legends Awards Banquet held on Saturday, March 21, 2009 on the lower level of the Future Church of Tomorrow in Lima.

The standing room only crowd was treated to a delicious meal, meaningful fellowship and gospel music of the highest caliber.

The event was the first hosted by J&R Productions; the grandmother/grandson team of Justin and Rosa Luster.

"I had been to events similar to this in Cleveland and in other big cities, and I kept saying, 'we can do this.' We



should do this to honor all those great singers that have come out of Lima" finally, they agreed, and it's a reality," said 23-year-old Justin Luster who has a passion about gospel music, life, and family.

"I grew up watching my grandmother and my mother sing gospel music in their own groups. They'd go to practice and I'd watch and listen - and I'd cry if they told me I couldn't go! This is what I know, what I love and what keeps me deep in the word of God."

Justin Luster has been re-

cluding Bob Lewis and Ruth Glover who continue to play the best in gospel music every Sunday morning on Clear Channel Lima's Variety Mix station.

"I praise God and thank Him, because there were a lot of other people that could have been chosen for this job, and He chose me!" said Lewis. Lewis and Glover feel a strong connection with the community and with the churches in the Lima area. Adrienne Thompson-Bradshaw of Ohio Northern University's radio station

continuing ministry of gospel music groups.

"This will be a night that will keep on giving. We will offer DVD of the performances, CD's and we're even putting together a book documenting the history of gospel music in Lima, Ohio," said Justin Luster. "That will take a little time, because we want to do it right."

Justin Luster promises this will be a tradition in Lima.

"We won't just stop here," he said. "There's a story to be told, and a lesson for Lima's young people to be taught about living your life in the right way. I want young kids to know the worldly way is not the right way. The Godly way is the way to live your life. My brothers and I are young, but we've already decided we're going to walk in the way we've been taught, and we're going to hold each other up when times are hard, and always remember to praise God, praise God with our music and the talent He has given us."

"We honor those who came before us, and we will help those who are ready to follow. We've opened up a recording studio now, and we want to help other young people who want to record their own music; who are serious about letting people hear their message. We're already working with some new groups, and we have room for many more. My grandmother and I are working together on this project, just like we've worked together my whole life. I thank God for the opportunities He has given us, and the wisdom He's also given us, and for every success we have, we'll give Him all the praise and the glory."

Awards, kind words, laughter and truths told, the Gospel Legends Awards Banquet reminded its full capacity crowd of an undeniable fact: gospel music touches the heart, lifts the spirit, and stirs the soul.



searching the past singers in Lima and was overwhelmed by the stories told to him by neighbors and family - some even had recordings of legendary singers who passed on long before or soon after he was born.

"I've listened to those songs over and over again, and the music just touches my heart, and my brothers and I sing those songs in our rehearsals and have church right there!" said Justin Luster. "The Gospel Sensations are one of my favorite groups! Man, they could SING! I could listen to them all night long. Lima has always had a lot of talent. We still do."

Along with musicians and singers, the Lusters included promoters and media influences as well. Honors were bestowed upon television and radio personalities in-

cluding Bob Lewis and Ruth Glover who continue to play the best in gospel music every Sunday morning on Clear Channel Lima's Variety Mix station.

Sister Helen Roberts was honored for her promotion of gospel music. Her Solofest and other programs bring a variety of musicians and singers into traditional and non-traditional venues. She is a tireless energizing influence even taking on the promotion of her friend Viola Dorsey who recently released her first CD at the age of 84.

As the night continued, the packed house was treated to memory stimulation as the Luster Brothers performed under their stage name: The Humble Sons. Other newer groups like the Voices of Harmony and Vessels of Honor also sang in honor of those who paved the way for the

**Scholarship for Female Nontraditional Minority Student Ages 25-35**

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**20 Year Reunion**



Scott High School Class of 1989 is seeking class members for their 20 year reunion.  
Contact John Glover at 419-787-7124 or Tyrone Cleveland at 419-810-6077

**Special Notice**

RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted April 13 - 17, 2009 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

1. Must be 18 years of age or over.
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

**LIBRARY CLERK (part-time, evenings)**

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# CLASSIFIEDS

April 1, 2009

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## Teachers Wanted

A Rainbow's Treasure is looking for teachers  
ELI preschool – infant, toddler areas

- Must exhibit professionalism
- Love children
- Be willing to take required classes for ELI and Step Up to qualify

Please fax resumes to 419-874-4275  
Call 419-720-4313 between 10 am and 3 pm to speak with Alison

## Notice to Bidders: Inquiry # FY09-97,

(Project# 1020-07-481) for Campus Waterproofing - Snyder Memorial Exterior Renovation 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, April 22, 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 \$35.00 will be charged per set. Any further information may be obtained from Dave Serra of The Collaborative Inc. at 419-242-7405. One Pre-Bid Conference will be held on Wednesday, April 15, 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: \$1,209,498.00; Breakdown: General Const: \$1,209,498.00.

## Legal Notice

Proposals will be received by the Lucas County Department of Job and Family Services (LCDJFS) office, 3210 Monroe Street, Toledo, Ohio, until **4:00 p.m.**, (local time), **April 30, 2009** and opened immediately thereafter for the selection of Contractor(s) for **Social Services for the Senior/Disabled Population**. Submitted proposals must be completed according to the specifications and provisions outlined in the Request for Proposal. The contract period will be from approximately **July 1, 2009** through **June 30, 2010**.

On **April 1, 2009**, the Request for Proposal will be released. It will be available for potential bidders to download by going to the site: <https://apps.co.lucas.oh.us/bids>.

A Bidder's Conference will be held on **April 8, 2009 from 2:00 p.m. to 4:00 p.m.** at the LCDJFS office. **ATTENDANCE IS OPTIONAL, BUT IS HIGHLY ENCOURAGED**. If any changes are made to the RFP as a result of the Bidder's Conference, an addendum to the RFP **will be posted on the website address (noted above)**.

ANY BIDDER WHO PLANS TO RESPOND TO THE RFP MUST SUBMIT A LETTER OF INTENT WITH PERTINENT INFORMATION SUCH AS NAME, ADDRESS, TELEPHONE NUMBER AND EMAIL ADDRESS TO THE LCDJFS OFFICE BY April 9, 2009, by 4:00 p.m. Attention: Michelle Niedermier.

Prior to the **April 30, 2009 4:00 P.M.** (local time) deadline, each bid upon submission must be stamped for the time and date and placed in our bid box. The bid box is located at the Security Desk on the first floor of the LCDJFS office. No bids will be accepted after **4:00 P.M.** (Bids that are time-stamped at the Document Center will not be accepted.)

This notice is posted, as of **April 1, 2009**, at <http://www.co.lucas.oh.us/inex.asp?NID=621>

The right is reserved to reject any and all bids.

By order of the Board of County Commissioners, Lucas County, Ohio.

Pete Gerken - President  
Tina Skeldon Wozniak - Commissioner  
Ben Konop - Commissioner  
Bid. 48-10-RFP-02-LCDJFS

## Safe-T-City Coordinator and Teachers

The Toledo Police Department is accepting resumes for the position of Coordinator and Teachers for the 2009 summer Safe-T-City Program. Interested applicants shall send their resume, home address, contact information, copies of any/all teaching certificates and experience coordinating or instructing child safety programs, and three (3) references (include name, address, and telephone number of each reference.) All information shall be submitted to Toledo Police Department, Personnel and Public Affairs Bureau, 525 N. Erie Street, 43604 by no later than April 17, 2009. EOE.

## NORTHGATE APARTMENTS Now Accepting Applications

1 AND 2 BEDROOM APARTMENTS  
Mature Adult Community for Persons 55 and Older or Mobility Impaired. Rent Based on Income. Heat, Appliances, Drapes and Carpeting Included.  
Call Call (419) 729-7118 for details.



## INVITATION FOR BIDS

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

JOB NO.: 29016  
PROJECT NAME: Elevator Alterations at Ashley Arms Apartments  
WALK-THRU DATE: Tuesday, April 7, 2009 @ 10:00am  
BID OPENING DATE: Tuesday, April 21, 2009 @ 11:00am

All bids will be publicly opened and read aloud in the 2<sup>nd</sup> Floor Conference Room on the dates shown above, in the Redevelopment & Capital Investments Department (formerly Modernization), at 201 Belmont Street. Contract documents and technical specifications/drawings will be available from the RCI/Modernization Department, and will be provided upon request.

The prevailing wages for this locality, as established by the Department of Labor and Wage Determination OH20080028, as modified, must be paid all persons employed for this work.

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

All bidders shall be required to meet the Affirmative Action requirements and Equal Employment Opportunity requirements as described in Executive Order #11246. Each bidder must insure that all employees and applicants for employment are not discriminated against because of their, race, creed, color, religion, sex, national origin, disability, handicap, age, ancestry, or military status.

LUCASMETROPOLITANHOUSING  
AUTHORITY  
RCI/MODERNIZATION DEPARTMENT



## Faith Dry Cleaners & Tailoring Shop 2491 Collingwood Blvd.

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Zipper repair as low as \$5.50; Leather repair starting at \$10.00; Leather coat cleaning \$42.00; Suits cleaned \$9.25

We do it all, with Excellent Service!  
Monday-Saturday 11:00 am – 7:15 pm  
On Site Fitting Room!  
10% off with this COUPON  
(Strip mall corner of Delaware and Collingwood)

## Legal Notice

Proposals will be received by the Lucas County Department of Job and Family Services (LCDJFS) office, 3210 Monroe Street, Toledo, Ohio, until **4:00 p.m.**, (local time), **April 30, 2009** and opened immediately thereafter for the selection of Contractor(s) for **Employment Services for the OWF Population**. Submitted proposals must be completed according to the specifications and provisions outlined in the Request for Proposal. The contract period will be from approximately **July 1, 2009** through **June 30, 2010**.

On **April 1, 2009**, the Request for Proposal will be released. It will be available for potential bidders to download by going to the site: <https://apps.co.lucas.oh.us/bids>.

A Bidder's Conference will be held on **April 8, 2009 from 10:00 a.m. to 12:00 p.m.** at the LCDJFS office. **ATTENDANCE IS OPTIONAL, BUT IS HIGHLY ENCOURAGED**. If any changes are made to the RFP as a result of the Bidder's Conference, an addendum to the RFP **will be posted on the website address (noted above)**.

ANY BIDDER WHO PLANS TO RESPOND TO THE RFP MUST SUBMIT A LETTER OF INTENT WITH PERTINENT INFORMATION SUCH AS NAME, ADDRESS, TELEPHONE NUMBER AND EMAIL ADDRESS TO THE LCDJFS OFFICE BY April 9, 2009, by 4:00 p.m. Attention: Michelle Niedermier.

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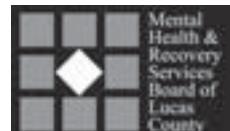
By order of the Board of County Commissioners, Lucas County, Ohio.

Pete Gerken - President  
Tina Skeldon Wozniak - Commissioner  
Ben Konop - Commissioner  
Bid. 48-10-RFP-01-LCDJFS

## To Place Your Classified Ad Call Pam at 419.243.0007

## Attention: Lucas County Residents

The Mental Health and Recovery Services Board of Lucas County is seeking interested citizens to participate on a time-limited workgroup to develop a strategic plan for prevention services. This plan will include both Alcohol and Other Drug prevention as well as Mental Health promotion and wellness. Interested parties are asked to request an application in writing by April 8, 2009. Please submit request to: Mental Health and Recovery Services Board of Lucas County Attn: Prevention Dept., 701 Adams St., Suite 800, Toledo, OH 43604.



## Independent Housing Facility

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

Call 419-872-3510 or 419-874-4371



# The Toledo Club of Atlanta Is on the Lookout for Fellow Sojourners

*Special to The Truth*

They say that hard times bring out the best in people. That is exactly what is happening between Toledo and several of its former residents now living in the city of Atlanta, Georgia.

With U.S. unemployment rates reaching 25-year highs and mortgage foreclosures causing a rise in the number of Americans becoming homeless, a group of individuals from Toledo are trying to help citizens who have relocated to Atlanta survive the worst economic downturn since the Great Depression in 1929.

The Toledo Club of Atlanta, Georgia began pulling former residents of Ohio together on January 1, 2009 in metropolitan Atlanta for the purpose of helping those who have moved south survive these vicious economic times.

A small group of about a dozen individuals are recruiting the names, phone numbers, and email addresses of former residents of Toledo who now call the Atlanta area their home. Professor Kenneth L. Spruce, one of the group's organizers says that "the Toledo Club is trying to

receive the names of people who have moved to Atlanta and need help getting themselves established or on those individuals who desire to help their fellow former Toledoans succeed in Georgia".

The Toledo Club is the brainchild of Sandra Alexander and Spruce who were classmates in the Toledo Public Schools in the 1960's. Alexander established the model for the creation of the Toledo Club in 2007 when she offered personal and financial assistance to Spruce after he had moved to Atlanta from Toledo in 2006.

These two individuals got

together and talked about all of the other people whom they had known who also had tried relocating to Atlanta from Toledo but who had suffered from a lack of job contacts, or auto transportation, or knowledge of inexpensive housing or rides to the various government benefits offices.

In January of '09 Teresa Alexander along with her four sisters (including Sandra) hosted the very first meeting of the Toledo Club in her home in Riverdale, Georgia just south of Atlanta's airport. Spruce points out that the Toledo Club is not, nor does it intend to be a "party organization." Spruce says



Mr. and Mrs. Wade Harrison

that "we are not about drinking, dancing and socializing." He suggests that community service and professional networking are the real cornerstones of the organization.

Another founding member of the Toledo Club of Atlanta, GA. is Wade Harrison, a professional artist who recently moved south from Toledo and who is promoting one of his artistic exhibitions through his networking connections growing out of the Toledo Club. Harrison is a graduate of the Toledo Public Schools.

The Toledo Club of Atlanta is seeking to make contact with native Toledoans of all ages. The group is striving to make connection with young people from Toledo who are currently attending Atlanta's 25 area colleges and universities, Toledoans who have come to retire in Atlanta, as well as those who have moved South seeking better economic and professional opportunities.

Some of the areas of emphasis that the Toledo Club will be focusing upon in the

future include benevolent donations, employment networking, housing referrals, religious and spiritual counseling, Toledo reunions in Atlanta, mentoring and assisting college students and supporting business people who come from Toledo. The group has been meeting monthly and plans to become involved in the arts, bereavement assistance, local politics, youth guidance and fund-raising.

A recent example of the work of the Toledo Club of Atlanta saw an unemployed member of the group contact another member for assistance. The troubled member was stranded on Atlanta's notoriously congested interstate highway system with no help and no money!

The stressed out member called another member of the Toledo Club who immediately drove down to the federal interstate during the dark of night.

The club member assisted the distressed situation by providing back-up support to the stranded member, pro-

viding transportation to a safe place, a ride back home, plus this Toledo Club member picked up the troubled member at 5:00 a.m. the next morning at the distressed member's home and drove him back to the stranded automobile where the Club Member used his emergency road assistance membership in AAA to get the stranded auto safely towed to a reliable automobile dealership.

This is the real and true essence of the Toledo Club of Atlanta says Spruce. He stresses that the group is all about helping other people who happen to be former residents of Toledo, Ohio.

The members of the Toledo Club of Atlanta, Georgia are asking that everyone who reads this article and who has knowledge of or knows personally a loved one living in Atlanta that you send us their phone number, email address and name so that we can contact them to solicit their membership in the Toledo Club of Atlanta, Georgia.

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Dorothy E. Day