



Local and National News

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"And Ye Shall Know The Truth..."

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In This Issue

This Strikes Us ...
Page 2

Commentary
Page 3

Ward Declares
Page 4

Cover Story:
George Hillard
Page 6

Health Section

Loving Madea
Page 6

Getting IT
Page 7

Senior Weight Issues
Page 8

NHA Dental Clinic
Page 9

Garden Health
Page 10

Deltas Breakfast
Page 11

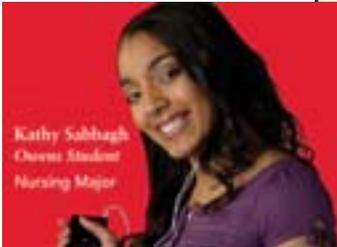
Jack 'n Jill
Page 11

Young Mr. Hampton
Page 12

Minister's Interview
Page 13

Classifieds
Page 15

Southern MBC's Celebration
Page 16



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This Strikes Us ...

A Sojourner's Truth Editorial

As we view the crisis in the national economy, the impact of the auto industry's downturn on the local economy and the resulting budget issues facing the City of Toledo, we are struck by the fact that a lack of leadership is about as debilitating as a lack of money.

Not that a lack of leadership here is a new issue. The budget deficit is the result of many years of a leadership problems particularly with respect to the taxpayers' pickup of unionized employees' state pension contribution.

In 1996 when the American Federation of State, County and Municipal Employees (AFSCME) asked the City of Toledo to pick up the employees' contribution to the state pension plan, Mayor Carty Finkbeiner turned the responsibility over to a fact finder instead of keeping the decision in his office where it rightfully belonged.

The fact finder recommended that the city indeed pick up the employees' share of the contribution and no one had the courage to flout the fact finder's suggestion.

That fateful decision led to the City taking over full employee contributions for AFSCME, the Patrolman's Association and the Toledo Firefighters. Over the years, the pension pickup has added millions of dollars to the city expense line.

In 1996, Finkbeiner blamed City Council for dereliction of duty. Not much has changed in the intervening 13 years. He is still "absolutely livid with the inability of council to deal with tough decisions."

So Finkbeiner has put forth a plan to decrease spending, chiefly through layoffs, and increase revenues, through assorted taxes and fees. City Council members, candidates for political office and just about anyone else who can get access to the media has voiced opposition to these proposals.

So when we say there is a lack of leadership in town, we are not just talking about what is happening, or not happening in the mayor's office, we are talking about the collective mindset of those who are in elected office and those who wannabe.

The mayor, as we all know, is a charge-straight-ahead/take-the-bull-by-the-horns/let's-everyone-pretend-we-are-on-a-football-field type of leader. He has no patience and no sense of nuance.

Several years ago during an interview with this paper, Finkbeiner suggested that he understood perfectly the political situation that faced City Council members. Each one, he said, is only one of 12 and from a political standpoint, each one feels obligated to grandstand in an effort to grab the spotlight. He said that he understood and appreciated that situation and that such resulting actions provoked no ill feelings in him.

Unfortunately during crunch time, the reflective mood has dissipated. What Finkbeiner has been unable to do during difficult situations is open his eyes to suggestions from members of Council, sit down at the table with them and negotiate a resolution to the crisis by treating their proposals with any semblance of open-mindedness.

On the other hand, other city leaders are not without blame in this matter. This budget issue is a political hot potato that every elected official and candidate wants to avoid addressing head-on if he or she doesn't absolutely have to. Let's face it, cutting expenses is not enough to overcome the crisis. Not at this point at least. There may have been many ways to avoid this situation as we blindly kept increasing spending over the years, but at the moment, it's pretty hard to imagine balancing the budget without a combination of drastic spending cuts and at least a modest increase in taxes and fees.

What we are seeing is so many leaders and aspiring leaders, who do not occupy offices on the 22nd floor, suggesting that we need to neither lay off police officers nor raise taxes and fees. That's neither realistic nor politically honest. Even the police officers' union leader has declined to back the mayor's request for a trash fee increase or an elimination of tax credits for those Toledo residents who work outside of the city. We can understand the politicians' reluctance to call for more taxes, that's what politicians do regardless of the circumstances. But when a leader is negotiating to maintain the status quo on an issue of overcompensation and declines to endorse revenue enhancements, that's another example of failure of leadership. There is no honesty in that position.

It looks as if we are going to have a new mayor in 2010. It also looks as if we are going to have the same old budget deficit problems. It would be especially helpful if those running for mayor lay down some concrete ideas on how to deal with this matter rather than standing on the sidelines and playing it safe.

The Sojourner's Truth

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Community Calendar

May 6-9

Interdenominational Ministerial Alliance Revival: Friendship Baptist; Services 7 pm nightly; Speakers - Edward Branch, Edgar Vann and J. Lewis Felton: 419-246-8561

May 7

Area Office on Aging Mayores Kinship Club: "Positive Solutions for Families;" 11:30 am

Foreclosure Prevention Seminar: Presented by 5/3 and LC Treasurer's Office; 6 to 8 pm; East Toledo Family Center: 419-418-6677

May 8-9

Dorcas Ministries 2009 Don't Touch Me Symposium: Living Word Ministries; 6:30 pm each night and 11 am on Saturday; Guests include Min. Tabitha Williams, Elder Simeon Moultrie, the Everready's, Min. Haith Johnson, Orlando Gregory, Pastor Darrell White: 419-283-8321

May 9

Pilgrim Church Flower Sale: 9 am to 2 pm: 419-478-6012

Ladies Hat Luncheon: 910 Woodville Rd; 11 am to 1 pm: 419-290-4503

May 13

Area Office on Aging North Kinship Club: "In Lean Times, the More You Know, the Better off You'll Be;" Zablocki Senior Center; 5:30 pm

May 15

Lions Club of Central Toledo: Award ceremony for RT Braddy of Toledo Metro Umpire Assoc and Elbert Burgess, former coach of Pickett Tigers baseball team; Pickett Elementary; 5:30 to 9 pm; Refreshments served: 419-244-1236 or 419-265-0725 or 419-376-3971

May 15-17

Holy Ghost Conference 2009: Garden of Prayer Church International; "The Comforter Has Come;" Fri and Sat at 7 pm; Sun at 11 am; Guest speakers Pastor Ronald Godbee of Detroit, Pastor Nolan White of Toledo, Pastor Anthony Smith of GOP; GOP Praise & Worship Team: 419-475-4515

Bethesda Christian Center Cathedral 13th Pastoral Anniversary: Celebrating Bishop Marjorie Holt; 7 pm on Friday with guests Bishop and Pastor Williams and End Times Christian Fellowship; 5 pm on Sunday with guests Bishop McGee and Serenity C.O.G.I.C.

May 16

Unity of Toledo Healing Arts and Spiritual Living Expo: 10 am to 7 pm; Exhibits include organic bliss, alternative physical therapy, spiritual eldering, etc: 419-537-1001

American Assoc of Univ Women: "Transitions Conference for Women Seeking Higher Ed Opportunities;" 8:30 am to 2 pm; Scott Park Campus: 419-530-8587 or aauwtoledo@gmail.com

May 17

True Vine 8th Pastoral Anniversary: "Called to Be a Servant Leader;" 4 pm; Guests Rev. Floyd Smith and Calvary MBC

Historic Third Baptist Women's Day: Speaker Min. Sarah Sawyer; 11 am

May 21

Northwest Ohio Black Media Association 15th Annual Impact Newsmakers Award Banquet: Ramada Westgate (formerly the Clarion); 6 pm: 419-243-0007

May 22

Mission Possible Youth Services: 910 Woodville Rd; 7:45 pm: 419-290-4503

The Sojourner's Truth

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Everybody Gotta Have A Dream...

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

The situation for African-American employees of small businesses in Toledo is dramatically different to those of similar firms across the nation. At least it is when you are talking about black-owned firms.

Nationally, the incidence of African-American employees working for white-owned small businesses pales in comparison to those who work for black-owned small business employers. Over 40 percent of white firms employ no blacks while an overwhelming majority (93 percent) of African-American firms rely upon black workers for at least half of their employees.

This prevalence of minority employees typifies both large and small as well as white-collar and blue-collar black-owned firms except when it comes to those Toledo African-American construction contractors who have benefited from Lucas County's Arena minority participation goals of 15 percent in both contracts and workforce participation.

Many feel that the Arena project, expected to be completed in August 2009 and for which the current accumulated performance numbers show 14.2 percent in contracts and 13 percent in workforce participation, may have likely achieved their goals had the workforce patterns of Toledo's African-American contractors typified those

of black-owned firms nationwide.

Indeed, while white-owned firms hired primarily white workers and Hispanic-owned firms employed a majority Hispanic workforce on the Arena, two contracts awarded to African-American firms of approximately \$400,000 each revealed zero (0) black employees or payroll for a black electrical contractor, and 23 percent of total payroll paid to African-American workers for a metal studs/dry-wall contract respectively. A \$150,000 contract received by a black painting contractor paid out 45 percent of its payroll to African-Americans.

Part of the problem may point to something that has been swept under the rug for a long time in the African-American community: that race signals to black as well as white employers certain presumed work habits and job suitability characteristics based upon widespread negative stereotypes such as blacks are lazier than whites, have more discipline problems and are less reliable.

Others feel that the black contractor/white employee mix is beyond the control of the contractor and is solely a reflection of the makeup of labor unions which have a scant supply of African-American workers who either tend to be further down the list to be called for

available jobs or are working on long term jobs with abundant overtime possibilities.

"It is a matter of economics. The few available skilled workers are not willing to trade long-term security for a job that will likely end in a couple of weeks. Neither would they be willing to end and then start the process to receive unemployment benefits after only one week," says a local construction manager.

However, there is one other possible explanation that comes to light, particularly when the following question is raised: If the implementation of goals for minority inclusion on construction projects does not provide an increase in the African-American employment in those minority firms receiving contracts, then who benefits?

When minority business enterprise procurement programs are used carefully, they can be an indispensable tool for economic empowerment and MBE assistance but they can also present a façade of statistical success resting on a foundation of front companies.

"In Name Only" firms – also known as front companies, which are African-American firms actually operated and controlled by non-minorities – arise because of structural deficiencies in MBE procurement programs or because MBE's lack capacity and as a result need to

sell the contract to a non-minority firm to generate a quick profit or to eliminate risk of going out of business. The front company option thus becomes a choice necessitated for business survival which may also be closely tied to personal financial survival.

The incubation of front companies further occurs as the government pays their bills to the minority contractor slowly or fails to penalize front company abuses thereby encouraging abuse and destroying the economic development viability or potential of the MBE.

What can be done about the situation? Perhaps nothing at this point as far as the Arena project is concerned, but a number of measures should be implemented for future Toledo/Lucas County projects in order to empower MBE firms and enable them to increase minority employment within their firms.

Lucas County Commissioner Tina Skeldon Wozniak, Ohio Representative Edna Brown and State Senator Theresa Fedor were all instrumental in Governor Ted Strickland's April 8, 2009 signing of Executive Order 2009-55 creating the Ohio Minority Business Advisory Council to facilitate opportunities for minority businesses to do business in Ohio and to promote programs and policies that close the gap in assets and wealth for minority-owned businesses.

But in addition to the State level action, bonding and working capital assistance and support should be provided on a local level for legitimate MBE's to increase their broader participation. Also, on-site compliance reviews should be performed in order to detect the true nature of MBE-registered firms and to weed out front companies. Written certifications

containing penalties for fraud should be obtained and made a part of each contract in order to guarantee that the MBE will actually perform the work on the contract. And, finally, mechanisms for assuring the small MBE of prompt payment for work, materials or services should be put in place. It is then that MBE program goals can serve as a valuable economic development tool that optimally fosters minority employment.

In the meantime, when it's "hard on the boulevard" small African-American contractors and businesses continue to hustle and flow, doing what they have to do to survive, perhaps with the attitude – "you know what they say, everybody gotta have a dream."

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

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The Swami Sees All and Tells All!

By Lafe Tolliver, Esq.
Guest Column



cat ministers to come out of their four walls and walk their surrounding neighborhood streets both day and night along with their 'pew glued members' and thus take a bite out of crime.

Many of these pastors have the ear of their community twice a week (Sundays and Wednesdays) and they need to preach against criminal conduct and negative family values and lifestyles that promote this nonsense.

Are we stating that without cops on the beat babysitting us, we will simply act the fool and kill and rob each other? Wait a minute....don't answer that! Where o' where is that old fashioned preaching of sin and hellfire that brings one to true repentance... including street hoodlums?

On Mike Bell: Former Fire Chief Mike Bell is running for Mayor as an independent.

PREDICTION: The Swami sez: Gird up your loins and with your knees a knocking, go to Pharaoh (a.k.a. Carty Finkbeiner) and tell him that you is no King Kong and you is not gonna take it anymore and dat you is free as a country western dancer in an East Toledo nightclub and...well, you know the rest. I hope Mike did not quit his day job to run for mayor! Seems to be a nice guy but not a **strong** mayor type.

On the unions and the city hall scrum: It appears that the powers that be and the

local unions are going toe to toe about who is going to blink first...Carty or the police/fire unions. PREDICTION: The Swami sees all and knows all and says that the police union will solidly hold rank and file; and with a firm grip on their 9mm Glock, they will tell the Mayor that what he gives, he can not take back...so there! Carty, you can not be an Indian Giver and go

around saying... "Carty Gets Results!"

On a profit making venture: I am seeking investors in my new company called: PAMS...Pastors' Anniversaries Made Simple. PAMS is gonna be a sure fire hit.

The way I figure, if you multiply the number of pastors who have anniversaries in Toledo and multiply that by the number of pastors in the USA, there are hundred of thousands of income opportunities.

I figure that if we charge 15 percent of the gross that we raise for a pastor's celebration (20 percent if the pastor is still holding celebrations after 20 years of service...come on...how many plaques and Cadillacs do you need or want?!), that the stockholders will realize an annual return of approximately 38-43 percent!

We will do all of the announcements, legwork, arranging for a speaker, choirs, balloons, oversized tissues (something to cry into when you get that new Lexus), rubber chicken dinners and fund raising (our company slogan: "give until it hurts or we will hurt you until you give!")...is that sweet or what?

PREDICTION: Swami says: We will be so swamped with orders that we may have to cut back the planned celebrations from three weeks to that of just one long week-end.

Well, folks, that is all for now. The Swami is dead tired. These predictions take a mighty toll on me and I need my rest because next week, I have to attend a Cotillion in Cleveland and predict Who Is Who in Black Society to over 80 young black ladies being introduced into "society." (Question: Whose society are we talking about and why is they not in it already?)

Stephen Ward Announces Candidacy for City Council

Sojourner's Truth Staff

Stephen Ward, a north Toledo activist, announced his candidacy for a Toledo City Council at-large seat last week promising to bring the citizens of Toledo into the decision-making process of city government.

"At the end of the day, what matters most is working and making decisions—decisions not of my own or a political party, but that of the citizens of Toledo," said Ward during a press conference held at Salem Lutheran Church. "No longer can decisions be made with too little input from the citizens, who will be affected by those decisions."

Ward also promised not to seek donations to finance his campaign and to take a 20 percent pay cut if elected. He challenged fellow council candidates to join him in that pledge.

Ward is the founder of Remix Outreach Ministries, an organization designed to reach urban youth



caught in the web of violence, low self-esteem and other social pressures. He is also the founder of Daddy's Home, an organization created to help people avoid the emotional, economical and social consequences of being fatherless. He has served on the board of the Lagrange Development Corporation and on the Board of Community Relations for the City of Toledo.

"Toledo is in a crisis and in desperate need of transformation," said Ward. "It is time for citizens of Toledo to be heard, regardless of social status."

Ward said that the key issues facing the City of Toledo at the moment are the budget crisis and the lack of opportunities for youth.

The candidate plans to fund his campaign through his own finances and he anticipates spending about \$500 in the effort to win an at-large seat.

At the end of the week, Ward repeated his call for community participation by asking the mayor to host a series of town hall meetings.

Councilman Copeland Calls for Local Participation in Construction Projects

Sojourner's Truth Staff

Toledo City Councilman Phil Copeland, who is running to retain his at-large seat this fall, held a press conference last week in front of the Fiberglas Tower to encourage decision makers to include local contractors in public works projects.

"Local jobs for local people," said Copeland, business manager for Laborers Local 500, as he referred to the Fiberglas Tower as an example of applying that principle to local projects. The Tower has sat empty for years because of asbestos issues and the City of Toledo has sought funds from the State of Ohio for remediation purposes. Copeland wants to ensure that local contractors have the opportunity to get those jobs, he said.

"It's in the common interest," said Copeland. "Many people have not seen a crisis like this in a lifetime and we are giving jobs to out-of-towners."

Joining Copeland at the press conference was Mike Haupricht, president of the Northwest Ohio Building Trades Council, who called for a commitment to hiring union workers on such projects. "Skilled construction workers mean jobs may be completed under budget," said Haupricht.

It is estimated that cleansing the Fiberglas Tower of asbestos may cost between \$3 and \$4 million.

"In recent months, the City has given contracts for projects like the Marina District to out-of-towners," said Copeland. "That hurts our economy."



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George Hillard: The Man Behind All Those Candidates

By Fletcher Word
Sojourner's Truth Editor

It's political season again. Well ... it's always political season actually. The day after every election day, candidates begin jockeying for advantage for the next election and those behind the scenes who helped the latest batch of candidates receive just a brief respite before signing on for another battle.

Eight years ago, mayoral candidate Jack Ford asked for volunteers to assist his fledgling campaign. George Hillard, who had retired from Sun Refinery just two years before and had never envisioned himself working as a political operative, heeded the call and signed on.

"All I ever did before that was vote," recalls Hillard of his distinct lack of involvement in the political process prior to 2001. But that summer and fall, he placed yard signs, raised money, went door-to-door - "I did it all" - in the effort to help elect Toledo's first African-American mayor.

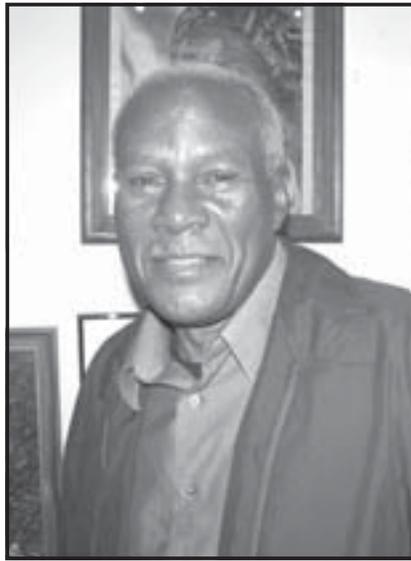
Bitten by the political bug, Hillard eventually ran for precinct committeeman

and then for ward chairman at the urging of long-time party and union leader George Davis.

Hillard has been signing on ever since as he has risen in the ranks of the Lucas County Democratic Party to the position of vice chairman. He has, by his own account, worked on every current Lucas County Democratic elected official's campaign, as well as that of President Barack Obama's in the fall.

One of Hillard's chief contributions to the Obama campaign was overseeing the yard sign drive of the local party. To the distress of local party members, the Obama campaign came to town without an understanding of the importance that local operatives place on yard signs. The Obama folks could not be swayed to invest in such signs so the Lucas County organization took it upon themselves to do so and Party Chairman Ron Rothenbuhler assigned the task to Hillard.

The party would end up buying more than 7,000



signs which they sold for only two dollars - just about at their cost. In addition they ordered between 2,000 and 3,000 "super signs," says Hillard.

For several months, with the assistance of party mem-

bers Jim Snodgrass and Yvonne Harper, executive director of the Lucas County Democratic Party, Hillard labored seven days a week to make sure signs were spread all over the county and sold to Obama supporters in Michigan and Indiana as well.

It must have worked. The fact is, Hillard works a lot more now in retirement than he did while on a payroll. As his wife Gloria is fond of saying - he may be the only man in town who works 80 hours a week and doesn't get paid.

Those 80 hours, by the way, are not all spent working with the Democratic Party. Hillard also volunteers at Jones Middle School. He's there practically every day the school is open.

The work he does in politics and in education dovetails nicely with what Hillard feels is his mission in life. "My thing is, I want to encourage young people to

get involved in their community," says Hillard.

Hillard's first community was Bastrop, LA. He came to Toledo in 1962 at the age of 18 in search of a better life. "Living in Louisiana under Jim Crow or segregation, once you got out of school, you had nothing if you didn't go to college or into the military," says Hillard.

So North he headed to

English has been endorsed for the judgeship.

Council and mayoral candidates will not be endorsed until after the primaries, a practice that is the legacy of the bitter fight between the Party's A and B teams. That's a fight that Hillard says is over, primarily due to the efforts of Chairman Rothenbuhler.

"All of that is gone," says Hillard. "Ron has done a real

"Lots of these young guys coming in to run, they think they can just come in and get in a race...It's the Obama effect.."

work first in the 7-Up Bottling Co. Then it was on to Sun Refinery in 1974 where he worked until retirement.

In June 1963 he met Gloria through the efforts of a mutual friend. It was "love at first sight," as Gloria says, and the couple were married two months after that initial meeting.

As the politics inevitably continue, this local election cycle is shaping up as a classic and Hillard will be right in the thick of things. Up for grabs in 2009 are the mayor's office, the six at-large Toledo City Council seats, three Toledo Board of Education seats and various judgeships.

As a member of the party's screening committee - one of 17 - Hillard has taken on the responsibility of helping to bestow the party's endorsement on candidates. The committee has endorsed three school board candidates: Aji Green, Brenda Hill and incumbent Bob Vasquez. Lucas County Assistant Prosecutor Ian

good job - he is fair, he treats everybody in the same way. We have come together because of him and we are not dealing with that A and B team stuff anymore, thanks to Ron."

But here's the cautionary note for anyone who would be king. Hillard has no aspirations to run for office himself but he advises anyone who wants to do so to learn the ropes in the same way he did.

"Lots of these young guys coming in to run, they think they can just come in and get in a race," says Hillard. "It's the Obama effect. The problem is, they don't know what happened before. Obama started in the community. You just don't start at the top. If you have ambitions, start now, I tell them. Get involved in someone's campaign. Get to know what you are doing."

If you don't know what you are doing, go see Hillard at Democratic Party headquarters. As always, he's ready to help.

The Toledo Urban Federal Credit Union



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currently located at 1339 Dorr Street, has just launched their "Brick Campaign." The TUFUCU has begun this campaign in an effort to raise funds for the new building which will be built at the corner of Detroit Avenue at Dorr Street. If

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\$100.00 for each "Vestibule" brick
\$500.00 for each "Archway" brick

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The Lighthouse Road I Love Madea.

By Dr. Anita M. Lewis Sewell
Guest Column



When Tyler Perry created the raucous and outrageous comedic character of Madea, I believe an iconic, cinematic voice for this generation was born.

It is true that laughter is good for the soul. However decades of racist humor once used to humiliate and denigrate blacks often made it difficult for me to embrace comedy that parodies, or casts, negative images of African-Americans. This is especially true when it comes to the influential media and movie industries.

Recently, however, I was treated to a girls' night out with the sisters from my church shortly before I was slated to move away to start a new job. We had a fun dinner then we all went to see the comedy *Madea Goes To Jail*. It was hilarious, but with a serious subplot, and I enjoyed it immensely.

I'm glad they didn't ask what I wanted to see. I might not have picked *Madea*, and would have missed a delightful experience.

A week later, I was invited again for dinner and a movie by another dear friend as a good-bye gesture, and guess what we went to see. I hadn't the heart to tell her I had just seen *Madea* a week before. But I wanted to see it again to study the characters and to absorb the significant messages carefully woven into the story.

If you are scratching your head and wondering why this column isn't about some health-related topic of concern, let me explain.

Someone should invite Madea to write a guest column or to have a TV talk show. She would have more impact than Dr. Phil and

Oprah combined. Maybe Pastor T.D. Jakes should invite Madea to speak at the MegaFest or Woman Thou Art Loosed Conferences. Madea would not mince words, and folks would listen.

What if Tyler Perry made a movie titled *Madea Gets a Mammogram*. We would roar with laughter at the idea of Madea getting a pap and pelvic exam (Oh boy, I would like to be there for that one !!!). She would probably thrash or chew out any medical staff who tried to take her blood pressure, raise the subject of exercise or obesity, or to do a rectal exam.

What impact might that film have on decreasing rates of cancer? Madea might be able to straighten out the "stinking thinking" and unhealthy lifestyles that have led to devastatingly high rates of lung, colon, prostate and breast cancer. Maybe then more women and men would pay closer attention to their own health.

In the film, Madea meets with Dr. Phil for counseling. Her attitude is pretty typical of most people whose problem is apparent to everyone else but them. She declares, "I don't have an anger management problem."

Nothing Dr. Phil says can change her mind. It reminded me of all the times I hear patients tell me nothing is wrong with them. They insist they don't want to, don't need to, don't intend to or just can't help smoking, drinking, over-eating and under-exercising. Too many avoid getting help for depression, anxiety, anger or other emotional problems.

And what would Madea say today about crime, domestic violence and drug abuse? We laugh when Madea fires her handgun, chasing the drinking, drugging, loose-living partygoers out of her house. It was clear to me that she was chasing all of that nonsense out of her house, just as we should.

The rate of violent deaths and imprisonment of black males continues to sky-

rocket in our nation, plague our communities and devastate our families. It demands our undivided attention.

Now, thanks to the crazy, twisted antics of Madea, hot grits, the "Po-Po," resisting arrest, and pistol packing mommas have taken on new meaning.

I hope and pray that women don't go home and start boiling grits after seeing *Madea's Family Reunion*. The message, rather, that Madea was giving us is that we don't have to live with or settle for abusive relationships.

Deliverance and restoration is possible, with the wisdom of our elders, support of our family and friends, and the courage to fight against any violent or demeaning treatment of women.

I really love that fact that Tyler Perry's films always usually show us a strong, hardworking, positive, heroic male role model who is kind, sensitive and willing to commit to those he loves.

Madea is imperfect, as are we all. Still she offers sound advice and exudes a witty wisdom worthy of embracing. She understands that kids need love, discipline and guidance. She believes in fair play. She tries to tell folks when they are wrong.

Even when tossed in jail, Madea still tried to help and care for others. But she made it quite clear that her goal was to do all she could to get out of jail. I think the gospel according to Madea would be that no one should aspire to remain in negative or harmful circumstances. I love that about Madea.

May is a month we honor the Madeas in our lives. Who has been the essence of Madea in your life? You may call her Mother, Momma, Ma, Mom, Mommy, Madre, Me-maw, Nanna, Gran, Grandma, Granny Lady or some other surrogate maternal term of endearment. These nurturers try to point us along happier and healthier paths of existence.

Are you listening?
Contact Dr. Lewis Sewell at asewell@woh.rr.com

UT College of Pharmacy Partners with American Heart Association to Identify Medication Errors

Special to The Truth

The University of Toledo College of Pharmacy, in conjunction with the Start! Toledo Heart Walk and the American Heart Association, is helping to improve the human condition by organizing medication reviews through area pharmacies.

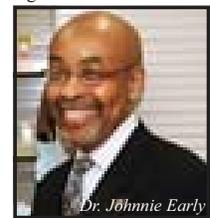
Medication reviews allow pharmacists to identify problems that might result from being cared for by multiple physicians or using multiple pharmacies.

The Start! Heart Walk will take place Saturday, May 16, beginning and ending at the Glass Bowl on UT's Main Campus. Free medication review vouchers, valued at \$100 each, will be available at the Heart Walk and at participating pharmacies. The participating pharmacies have committed more than 1,000 total hours, at a value of more than \$100,000,

for the medication reviews.

Johnnie Early, Ph.D., dean of the College of Pharmacy and chairman of the 2009 Start! Walk, has enlisted the participation of local pharmacies, including some local Kroger, Rite Aid, Target and Walgreens pharmacies; local community pharmacies Kahler Pharmacy, The Pharmacy Counter and Ryan Pharmacy; the UT Employee Health Center; the Cordelia Martin Health Center Pharmacy and the Mercy Health Partners pharmacies at St. Ann, St. Charles and St. Vincent.

The medication review project initiated by the college is the first of its kind to



Dr. Johnnie Early

be associated with the Start! Heart Walk and the American Heart Association.

The UT College of Pharmacy has a national reputation for consistently training well-prepared and knowledgeable pharmacists who successfully transition into pharmacy practice. Through the efforts of prestigious faculty, the college enjoys more than a 90 percent on-time graduation rate and a 100 percent placement rate for its graduates. The college offers bachelor's degrees in pharmaceutical sciences with majors in medicinal chemistry, pharmacology/toxicology, pharmacy and health-care management and pharmaceuticals; master's degrees in several areas; the PhD in medicinal chemistry and the PharmD; and residency and fellowship training.

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- A clearly-defined discipline code and a safe, secure environment

Take charge of your education at Phoenix Academy. For more information and a list of available courses visit www.phoenixtoledo.org and click on *Credit Recovery Program*.

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Hey Mom – I get *IT* now!

By Diana Patton
Guest Column



I could never understand why you got up at 5 a.m. to read your bible, pray and just meditate on God's word when you could have actually gotten an additional 45 minutes of sleep in preparation for the double shift that you were getting ready to endure. But, I get *IT* now.

I could never understand why you cried when certain gospel songs would come on the radio, or why you would blast Christian music to the highest level on Saturday morning while you were pressing our hair ... and why you would cry out "Thank you Jesus" for your life, even though you knew our lives weren't the greatest. But, I get *IT* now.

I could never understand why you would sometimes scream at the top of your lungs at us, as you were moving here and there at "warp speed,"

getting it all done ... or why you would discipline us by making us get our own switch from a tree so that you could tear up our little legs. But, I get *IT* now.

I could never understand why we had to go to church so much – sometimes on Monday, but always on Wednesday, Saturday *and* Sunday, even though the pastor said just about the same thing, week-in and week-out – over and over ... the same message about salvation. But, I get *IT* now!

I could never understand why you risked an argument with Dad and a lot of frustrations in our home to get me out of the house so that I could go to the prom with a date – knowing Dad forbid it – But, I get *IT* now!

I could never understand why you stayed with Dad, your husband, even with all of the abuse that he caused you, my six sisters and my one brother. But, you know what Mom; I really do get *IT* now!

Now that I am 40 years old, a wife, a mother, business-owner, author, speaker, board member, music ministry member, sister, friend ... oh, the list goes on – but most importantly, Christ follower -- Oh -- mom, boy-oh-boy -- do I get *IT* now!

We aren't supposed to be perfect; we are just supposed to rely on God for everything!

That's EVERYTHING – not just the one or two things that we may have seen Him work out before – but everything we think is totally and irrefutably impossible!

God knew he had to create a being who could withstand a ton of pressure and be very good at doing multiple things at once. He realized this being would be responsible for a lot of things – like bearing children, cleaning, cooking, trying to fit this "perfect-size" paradigm – and God knew one day that these beings would push through and want to take *on more* – like running businesses, being leaders in the church and in the corporate world. Yep, He knew these beings would have to have easily accessible outlets – such as crying, talking, listening, hugging, and caring for one another – being the ultimate nurturer. That's where the *woman* came in to make room for the *mommy, mom and mother!*

So here's to all mommy, moms and mothers: – you will get tired, stressed out, and feel overwhelmed, you will be called "the mean mom" and feel like your children's enemy at times ... ***but NOT TO FEAR!*** Believe in this Proverb 22:6: "*Train up a child in the way he should go, even when he is old he will not depart from it.*" Training someone takes time, effort and lots of persistence. But, your training is never in

vain. Be sure to wear your "Mean Mom" medallion with pride and share it with other moms who are striving to merely be their child's friend at the sake of falling for everything!

My mom did it for me. She taught me that when things are 100 percent unstable in your life, you can have 100 percent stability in Christ Jesus. That message has stayed with me

and I know everything will be all right ... **EVERYTHING** ... and you know what Mom, **I GET IT NOW!** My children don't get *IT* now, but *one day* – *one day* ... they will!

If you are not sure what the "IT" is, contact us at www.FITatudes.com to find out.

Diana Patton (Toledo, Ohio) and Tonja Ward (Hous-

ton, Texas) co-own and operate a company called *FITatudes*, a Christian based wellness organization that enhances and empowers women and sports families' lives with the *FITatudes concepts*. Go to www.FITatudes.com to learn more!

Still Time to Get Involved in "Making Strides Against Breast Cancer"

Event scheduled at Town Center at Levis Commons

Special to The Truth

On Mother's Day weekend, thousands of Northwest Ohioans will come together in a common cause: the American Cancer Society's fight against Breast Cancer. Their goal will be to live out the event's motto: "Hope Starts Here." The event is the third annual Northwest Ohio "Making Strides Against Breast Cancer" walk, which will kick off at 9:30 a.m. on Saturday, May 9 at The Town Center at Levis Commons, Perrysburg, Ohio.

The walk's major contributing sponsors are the University of Toledo Medical Center, Savage and Associates, The Town Center at Levis Commons, The Thompson Williams Group at Merrill Lynch, and 101.5 The River.

Last year's event was a great success. More than 3,000 walkers raised over \$87,000 to directly influence the American Cancer

Society's unique mission of research, education, advocacy and patient service programs.

Making Strides Against Breast Cancer has no registration fee and no fundraising minimum. The Northwest Ohio noncompetitive walk is 3.1 miles, and men, women, and children of all ages are encouraged to participate. Participants in Making Strides Against Breast Cancer help the American Cancer Society take one step closer to ending breast cancer once and for all.

Participating in the walk will be cancer survivors, their families and other people in the community who want to do their part to help defeat breast cancer.

One in every 10 women in the United States will be diagnosed with Breast Cancer, based on the latest statistics from the American Cancer Society. It is the most common reportable cancer among women in Ohio, with an average of 8,235 new cases each

year. Nearly two thousand (1,941) Ohioans die each year from Breast Cancer.

Anyone wishing to form a team or learn more about how to get involved in Making Strides Against Breast Cancer can visit www.cancer.org/stridesonline or may contact Sara Foes of the American Cancer Society at (888) 227-6446 ext 5209 or nwohio.strides@cancer.org

The American Cancer Society saves lives and creates more birthdays by helping people stay well, by helping them get well, by finding cures and by fighting back. Founded in 1913 and with national headquarters in Atlanta, the Society has 13 regional divisions and local offices in 3,400 communities, involving millions of volunteers across the United States. For more information anytime, call toll free 1-800-227-2345 or visit cancer.org.

More Than A Notion, Inc. (M.T.A.N.)
\$ 500.00 Scholarship

Mission: "Empowering Single Parent Households"

Spiritual Empowerment Scripture: "For I know the thoughts I think towards you with the Lord, thoughts of peace, and not of evil to give you an expected end" Jeremiah 29:11

Applicant Requirements

- Must be a 2009 High School Graduate from a single parent family
- Must live in Lucas County
- Must have a 2.5 G.P.A. or higher based on 4.0 Grading Scale
- Must meet all state requirements for graduating by June 2009
- Applicant must attend a two or four year college in the fall of 2009

Request your Scholarship Package
Email: MTAN4singleparents@yahoo.com
For Additional Information
Contact: Glenda D. Brown 419-346-5275

DEADLINE: MAY 15, 2009

ATTENTION TOLEDO!!

**CLINTON D. DUDLEY, SR.,
FOR COUNCILMAN AT LARGE
INDEPENDENT**

There shouldn't have been a POLICE lay-off at all. Laying off council at large would be another error of city officials. Other cities have suffered the same crises and rectified the problems with no lay-offs at all in those areas of city employment.

Also, we will address President Obama's stimulus plan for Small Businesses.

Politics as usual in Toledo will not strengthen the City Time for a change! Collaboration & Unity for the Tax Payers!

Clinton D. Dudley, Sr., will be declaring his candidacy for City Councilman at Large on Tuesday, June 2, 2009 at 5:30 p.m. and address how to re-employ the police officers forthwith at Robert B's Banquet Hall, 2495 Collingwood Blvd at Delaware.

Seating is limited – call to reserve a seat
419-210-4699

Paid for by the Committee to elect Clinton D. Dudley, Sr For Councilman at Large

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Garden for the Health of It

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

Grow your own vitamins! Growing a few vegetables can help you follow some of the key recommendations of the Dietary Guidelines for Americans. First is the recommendation to eat enough fruits and vegetables every day. Don't forget to choose a variety of types and colors since most fruits, vegetables and legumes (beans) have lots of vitamin A, vitamin C and potassium.

Select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week. In the same way, when planning your backyard, container or community vegetable garden, you can grow a rainbow of fruits and vegetables. Fresh produce from your garden is also healthy for your food budget. A vegetable garden can be an economical way to eat more vegetables, fruits and herbs.

Another key recommendation from the Dietary Guidelines for American is for the general public to con-

sume less than 2,300 mg (approximately one tsp of salt) of sodium per day. Some individuals tend to be more salt sensitive than others, including people with hypertension, blacks, and middle-aged and older adults. It is advised that these individuals aim to consume no more than 1,500 mg of sodium per day. In addition, it is important to eat foods high in potassium since dietary potassium can help lower blood pressure and balance the effects of salt on blood pressure in some individuals.

The good news is that fruits and vegetables are potassium-rich foods! A great way to season all your foods is to add some dry or fresh herbs in place of salt. What herbs do you use most when cooking? Some common ones include sage, parsley, oregano and basil. All of those herbs, plus many more, grow well in northwest Ohio.

You can use containers of potting soil or the rich soil in the ground to grow some tasty fresh herbs. The Ohio



State University Extension is offering classes on growing your own Victory Garden as well as classes on Victory in the Kitchen. Some of the topics in Victory in the Kitchen include healthy cooking and

using fresh produce to make great meals. Balance your healthy eating with regular physical activity.

Different intensities and types of exercise offer different benefits. Cardiovascular

exercise like fast walking or pushing a lawn mower increases your heart rate. A study of men at high risk for heart disease, who kept up moderate physical activity for an average of 50 minutes a day, including gardening, were less prone to heart disease than those who did not exercise.

Resistance exercises, like weight lifting, hauling bags of mulch or turning a compost pile increase muscular strength and endurance. Weight-bearing exercise also has the potential to reduce the risk of osteoporosis. One study indicated that yard work and weight training are two of the most significant activities for maintaining healthy bones and preventing osteoporosis in women age 50 and older. In addition, regular exercise can prevent falls, which is of particular importance for older adults.

Physical activity also appears to promote psychological well-being and reduce feelings of mild to moderate depression and anxiety. Tend-

ing a garden can reduce stress by providing a break from the general rush of life. Treating gardening as a form of exercise will also encourage you to stretch before and after working in your garden. As with any physical activity, it is important to warm up and stretch before you begin gardening. For your comfort and safety, keep these garden tips in mind:

§ Bend at knees and not your back

§ Avoid all day gardening – break it up into smaller times

§ Change your position often

§ Listen to your muscles – don't overdo it!

§ Drink a glass of water before, during and after gardening to replenish your body with fluids

§ Sun safety – make sure to wear a three-inch wide brimmed hat and use a sunscreen with an SPF of at least 15 and reapply it regularly.

If you are interested in gardening for your health,

(Continued on Page 10)

"My doctor told me I can treat my fibroids without a hysterectomy."
— Tanya, age 43

**Heavy Periods? Pelvic Pain?
Frequent Urination?
Constipation/Bloating?**

You might have uterine fibroids

Uterine fibroids are non-cancerous tumors that grow on or in the muscles of the uterus (womb). At least 25 percent of women in the U.S. have fibroids. African American women are more likely to develop fibroids.

Uterine Fibroid Embolization (UFE) is a safe non-surgical FDA approved alternative to hysterectomy.

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NHA Dental: It Doesn't Need to Be an Emergency

Sojourner's Truth Staff

"We are trying to educate people to come in here before it becomes an emergency," says Dr. Debra Fulton, DDS, of the care provided by the Neighborhood Health Association's Cordelia Martin Community Health Center's dental clinic. "We also do basic dental care such

as checkups, cleanings and fillings and a lot of extractions."

Dr. Fulton has been with Cordelia Martin for about three years. She works at the dental clinic one day a week – on Tuesdays – serving about 12 to 14 patients a day. Those are primarily adults

and most are emergencies. Those are numbers that Fulton, and her colleagues at the one-day-a-week clinic, would love to change—fewer emergencies and more children.

"We'd like to see more children," says Dr. Fulton. "Our services are provided

on a sliding fee scale based on income and family size and anyone can come in – insurance or no insurance."

The dental clinic accepts all Ohio Medicaid plans plus regular insurance. In addition, the clinic also accepts those children who qualify for the SCHIP (State Children's Health Insurance Program) program – which means that children in particular should have no problem gaining access to affordable dental care – preventive or emergency.

In fact, in order to improve that access, the dental clinic will be adding some Saturday hours to its schedule during the summer.

And what an impressive facility the dental clinic is. There are four dental operatories in the clinic along with ample waiting areas. Spotlessly clean, the clinic is staffed by Dr. Fulton; Vondine Rome, a dental hygienist and Kathy Primas, a dental assistant

Dr. Fulton has her own private practice when she is not at Cordelia Martin. One of only two female African American dentists in the Toledo area, Dr. Fulton, a Youngstown native, graduated from the Case Western Reserve School of Dentistry in 1987 and then joined the legendary Dr. Franklin Duffy in his Toledo practice. She took over that practice, on West Laskey Road, when Dr. Duffy retired.

Both in private practice and in her duties with NHA, Dr. Fulton stresses the same primary concern about dental care: "prevention, prevention, prevention."

"It is important to have regular dentist appointments," she says. "Do not wait until it is too late and you are suffering in pain from a toothache ... you need to go to your dentist twice-a-year."

"A lot of dental and medical issues correlate with socio-economic issues. If an individual's situation in terms

of socio-economic issues is not great, neither will be their situation in terms of dental and medical health issues."

Dr. Fulton also points out the fact that studies have shown there to be a link between oral hygiene, gum disease and heart disease. "Many medical problems are related to poor dental health such as cardiovascular disease and even low birth rate," she says.

The message of prevention is especially important for African-Americans, says Dr. Fulton, because so many lack dental insurance. Of course, lack of insurance should never stop anyone from seeking care at the dental clinic.

The NHA Cordelia Martin Dental Clinic is open on Tuesdays from 8:30 a.m. to 5:30 p.m. Appointment may be made, or messages left, five days a week by calling 419-255-7883 and asking for the dental clinic.



Dr. Debra Fulton, Vondine Rome, Kathy Primas

Mayores Senior Center

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The Mission of the Mayores Center is 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 life.

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Seniors Put Best Foot Forward to Fitness in TOPS

Special to The Truth

Gaining weight can aggravate the natural problems of aging and, logically, losing weight can solve some of those problems. Joan Savage, a 74-year-old grandmother of 33, joined TOPS Club Inc. (Take Off Pounds Sensibly) two years ago.

Savage lost 86 pounds after joining TOPS, the nation's original nonprofit weight-loss support organization. "I exercise 45 to 90 minutes a day. I use our treadmill and I do the three-mile power walk. My cholesterol is down to 145. I love my new healthy body. I am only 10 pounds heavier than I was at age 19," Savage says.

May 27, which is National Senior Health and Fitness Day, highlights the importance of a healthy lifestyle, which can determine quality of life for older adults. Strength, energy, and independence, which can be very meaningful to seniors, are benefits gained through healthy eating, wellness, and fitness.

According to Dr. Ahmed Kissebah, M.D., Ph.D., F.A.C.P., and TOPS' medical advisor, older adults face an increased risk of gaining weight because they tend to be less physically active than they were in previous years. With age, muscle mass decreases, metabolism slows, and fewer calories are needed.

No matter how slight an exercise may seem, it can benefit older adults. Stretching and resistance movements can preserve muscle tone and mass, boost circulation, and aid mobility. Resistance exercises, including water exercises, can help prevent os-

teoporosis. Walking, even slowly, helps reduce the risk of cardiovascular and other diseases.

"I tell people it's never too late to start exercising," says Amy Goldwater, M.S., educator, former bodybuilding champion, and physical fitness expert for TOPS. "Even if they're just doing chair aerobics, they're doing something. Any movement is better than no movement."

Along with fitness concerns, older adults should be aware of other health issues, such as osteoporosis, which is thinning of the bones. Steps to mitigate this condition include getting between 1,200 and 1,500 milligrams of calcium daily, performing weight-bearing movements such as walking, and taking vitamins.

Health concerns for seniors also can include iron deficiency, lactose intolerance, and digestive issues caused by a lack of fiber. To lessen these risks, older adults should eat balanced meals that include protein, choose foods rich in Vitamin C, switch to lactose-

free milk if lactose-intolerant, eat plenty of dark green vegetables, and exercise regularly. Seniors should always consult with their doctor before beginning a new exercise program.

TOPS Club, Inc. (Take Off Pounds Sensibly), the original, nonprofit 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 or call (800) 932-8677 for more information.

Garden

(Continued from Page 8)

there is a lot of information to help you grow healthy plants. For more garden and nutrition information, check out the fact sheets at www.ohioline.osu.edu. For local answers for your gardening questions, call the Horticulture Hotline at 419-578-6783. The Horticulture Hotline is staffed by Ohio State University Extension Master Gardeners on Monday, Wednesday and Friday from 10:00am - 1:00 pm. If you are interested in classes on growing your own Victory Garden or Victory in the Kitchen, please call the hotline for more information.

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

Dear Ryan,

I have been trying for several months to increase the size of my legs. Both my wife and I have nice upper bodies but to be honest we have neglected our legs for quite some time. A trainer told us we need to do a lot of leg extensions, leg curls and leg presses. I don't think we're seeing the results that we should be. Any advice?
M & P

Dear M & P,

It's a common problem with people who work out unless they are die hard power lifters or bodybuilders. Even a lot of bodybuilders lack good leg size.

I don't know why the trainer skipped on telling you to do squats unless you have bad knees. Even if that's the case most gyms have machines that mimic the squat and keep the pressure off of your back and knees.

My first piece of advice is to squat, squat, squat! There is no substitute for this kind of leg development. You don't have to go heavy just work on your form and feeling your muscles, keeping your heels firmly planted and driving through them and not your toes.

Do three to four sets of 12 reps and stretch your quads between sets. Then you can move on to leg extensions and leg curls. Again you don't have to go heavy on these either, use an amount that you can get a good 12 reps with.

It should be a weight that's tough but not making you turn blue in the face trying to complete your set. After a few weeks of these exercises start adding a few more like lunges, straight leg dead lifts, leg press and begin to supersets and change the order of exercises every work out.

I hope this helps and you begin to see the results you desire.

Ryan Rollison
MWR fitness -Coordinator
US Naval Station, Guantanamo Bay
011-5399-75576



May is National Foster Care Month.



Mentor. Listener. Cheerleader. Sandwich-making coach. Foster parent.

Lucas County Children Services salutes the foster and adoptive parents who open their hearts and homes to abused and neglected children in our community.

YOU can be a foster or adoptive parent. Call 419-213-3336 to learn more.



www.lucaskids.net



SERVICE UPDATE

Alcohol & Other Drug (AOD) Treatment Services for Children and Adolescents

The community's recognized and preferred leader in behavioral health care services for over 35 years now provides AOD services for children and adolescents. AOD services include: assessment, individual treatment, home-based therapy, intensive outpatient (IOP), and aftercare. Confidential treatment provided in a safe and supportive environment.

Call Unison Behavioral Health Group at 419-693-0631 for more information.





Local Delta Chapters Honor Mother and Award Scholarships

By Artisha S. Lawson
Sojourner's Truth Reporter

The Pinnacle was decorated with crimson and cream decorations, soft jazz music and warm invitations for the annual Breakfast for M'Lady sponsored by the Toledo Alumnae Chapter of Delta Sigma Theta Sorority, Inc. on Saturday, May 2, 2009.

Chapter president Bettina Shuford, PhD, opened the program with a brief history outline of the organization and welcome to those in attendance.

"Greetings on behalf of Toledo Alumnae Chapter of Delta Sigma Theta Sorority, Inc. This is our major fundraiser for the year in which we award three scholarships. Congratulations to the three scholarship recipients and Mother of the year. Thank you to Chair Bessie Mack and committee and you for attending," said Shuford.

During the annual program one of the highlights is the announcement of Mother of the Year. This year's recipient, Mattie McAlister, was completed shocked by the announcement. She was nominated because she has given her life to others. McAlister grew up in South Carolina, the youngest of 11 children.

She wanted to become a lawyer, but worked and achieved a master's degree in education. She helped to pilot the first program in Toledo for emotionally disturbed children and played an important role in writing the guidelines for the program. She helped to write the guidelines for the Title One reading department and served as the reading department chairman until 1990 and she played a major role in the opening of Collingwood Learning Center. McAlister is a member of Toledo's NAACP chapter and the

Nelson Grace/Nellie Gale Democratic Club. She is also a member of True Vine Missionary Baptist Church where she is on the Mother's Board and Pastor's Aid.

"Oh, these Deltas! I knew they were talking about me when they said Belton, South Carolina, because no one is from Belton" said McAlister. "Thank you Delta ladies for your dedication to the community in the area of education. I don't think I'm special, so I didn't know what to think when I was being asked all these questions. Thank you."

Three scholarships were awarded in the amount of \$1,500 each to three Toledo-area high school seniors. Recipient Nickellatt Edwards is graduating from Start High School this spring and plans to attend Wright State University. While attending Start she was a member of The National Honor Society, Latin Club, Activities Director for Youth-to-Youth, seventh chair in the first violin section, co-captain of the tennis team, and youth organization program. "First thank to God, my parents and God-parents for being there for me. Thanks to Deltas for seeing potential in me," said Edwards.

Jasmine Poston is graduating from Notre Dame Academy this spring and plans to attend Eastern Michigan University. While attending Notre Dame she received third honors and first honors for academics. She is an African American club member, Latin Club member, stage production stage crew, peer tutor, Angel Tree volunteer, NAOMI House volunteer and attended mission trips to Appalachian Mountains. "Just want to say thanks to Delta, for this opportunity to continue my education.

Thanks to my parents for their sacrifice and sharing their love of knowledge with me," said Poston.

Jasmine Shells is graduating from Central Catholic High School this spring and plans to attend The University of Notre Dame. While attending Central Catholic her academic accomplishments included: Summa Cum Laude, Academic Letter, Lamp of Knowledge, National Honors Society, Regents' Scholars, Insignis Society; member of Gospel Choir, Student Government, African-American Club, Fall Play, Winter One Acts, Debutante Cotillion, Interscholastic Activities Committee, Spiritual Commission, STARS, Mission Tutor, Northwest Ohio Development Center and Footprints Daycare. "Good morning and thank you ladies of Delta. I am truly humbled for this great blessing and this scholarship," said Shells.

The final feature of the event was the annual show by The Vogue-Esquire Models of Chicago. This year's theme "Fashions through the Decades," with models Fannie Hamilton, Mykel Thomas, Shayla Hamilton, Shani Veal, Dayjaney Dugar, Angelina Joplins, Terrell Riggins, Tim Bohar, Kenneth Keith, and Steve Thomas.

There were eight scenes: Runway Evening, Designer Classics, Delta Red and White, Hip Attire, Casual Dressing, Knit Connection, Imports/Exports, After Five in Black, Gowns and The grand wedding. The crowd of women and men enjoyed the show which featured various high fashion attires. Pieces included: two-piece floral print dress with knee length skirt along with black and white accessories, a red wool one-piece dress coat and white high pumps, a two-piece white skirt suit with fox collar and hat with gold sequin trim, a brown and cream



Breakfast committee with Shuford and McAlister

three-piece casual men's wear with gold and brown shoes, a kelly green suit jacket with black side zip pants and fur collar, and also a tulip yellow and white strip three-piece men's suit with black and white dress pants.

(Continued on Page 16)

Jack and Jill's Mothers Against Mediocrity Discussion

Special to The Truth



Cynthia Tetterton Williams, Desiree Carn, Paula Martin, Dorothy Bateson

The Toledo Chapter of Jack and Jill of America, Incorporated presented a debut afternoon discussion titled "Mother's Against Mediocrity: How to Help Your Child Become More Successful in School," held recently at the Ward Pavilion at Wildwood Preserve.

The Toledo Jack and Jill Chapter hosted the discussion to invite mothers like themselves to hear a panel of local educators present information on available resources to encourage a child's best educational opportunities.

The mothers of our chapter felt as if this discussion event was a necessary topic. As parents we all want what is best for our children, but sometimes don't know where to turn for assistance. We invited some of the powerhouses in education in our local community to help guide us along the right path for our children," said Asha Barnes, president of the Toledo Jack and Jill Chapter.

Panelists of the afternoon discussion were: Desiree Carn, lead counselor at J.W. Scott High School; Paula J. Martin, Cross-Categorical Special Education supervisor and Dorothy J. Bateson, director of Language Arts and Reading, ESL (English as a second language), and coordinator of Direct Instruction and Success for All.

Some 60 guests, all mothers invited by Jack and Jill members, were treated to a afternoon lunch of chicken salad, pasta and fruit salads, punch and desserts in the Ward Pavilion, which was decorated in the organization's colors of blue and pink.

After presentations, which included topics which ranged from how to ready your child for educational success to tips

(Continued on Page 14)

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Flipping the Script by Paula Chase

c.2009, Dafina / Kensington

\$9.95 / \$11.95 Canada 320 pages

By Terri Schlichenmeyer
The Truth Contributor

How long have you had your BFF?

If you've always gone to the same school, maybe you've been best friends

since kindergarten. Perhaps you found ya girl because your lockers were next to one another or because she said something hilarious in En-

glish class and you had to meet her. Or maybe you met when you were babies because your mothers were BFFs, too.

However you met, you know you'll be best friends until the end of time, right? That's what everybody in the Del Rio Bay High School clique thought, too, but in the new book *Flipping the Script* by Paula Chase, it's the end of junior year and maybe the end of the clique.

Mina Mooney couldn't wait until her shift at the mall was over. Not only did she have a frienemy relationship with her supervisor, Jess, but the sooner time disappeared, the faster Mina's boyfriend, Brian, would be home for the holidays. Having a boyfriend away at college was such a drag.

It was going to be great to have the whole clique together again. With Brian gone to Duke, it seemed to Mina like it was always couples time with the clique. Lizzie and Todd hooked up, and Kelly had Greg. Jacinta was supposed to be dating Raheem, but with him away at

Georgetown this year, Mina noticed that JZ and Jacinta were getting tight. Outta sight, outta mind, right?

And then there was Michael. Mina had known him since they were five years old, and she loved him like a brother. He was JZ's boy, too, but Michael seemed to be pulling away from the clique lately.

Back when they were freshman, Michael had confided a secret to Lizzie, knowing that it would be no big thing to her. But now that Michael is deeply involved in Bay Dra-da, the school's drama department, it's getting harder and harder to hide his true self.

The summer before senior year was supposed to be fun. But when JZ learns of Michael's secret and Mina sees Brian listed on a fan website, it seems like the whole DRB clique is flipping out.

Many times, when I'm reading a teen novel written

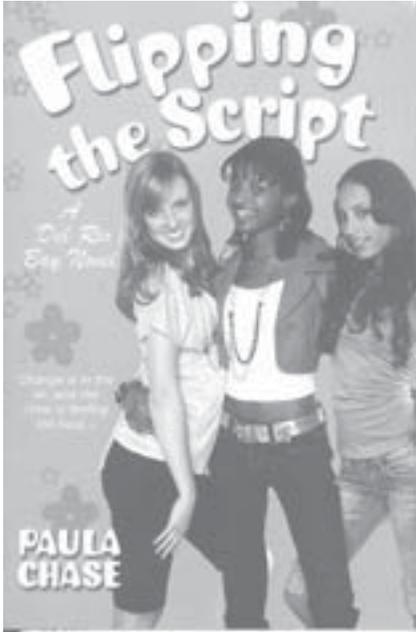
by a grown-up, I notice that the adult author has the speech all wrong. Teens speak their own slanguage, but most books don't reflect that.

Happily, *Flipping the Script* does.

Author Paula Chase makes every member of the Del Rio Bay clique as real as possible. Mina is a dreamer and an optimist, and she hopes that the clique will be together forever. Michael is deep, JZ

is a playa, and Jacinta is playing him. Add them all together and you've got a ton of drama. Throw in a teaser chapter for the next DRB book, and you've got a book that will have fans wanting more.

Filled with texting and teen-speak, this book is meant for teens ages 12-to-16 but adults are allowed to read it. So get *Flipping the Script*, read it, enjoy it and share it with your BFF, S-O-O-N.



Local TV

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Made in Hollywood (4th Season - actors introduce their new releases)

Saturdays: 9 pm - WT05 (ch. 5)

Made in Hollywood: Teen Edition (3d Season - media career advice for ages 13-16)

Fridays: 7 am on WUPW-TV Fox-Ch 12

Saturdays: 1 pm on WKBD-TV Detroit/CW - Ch 50

Toledo native Cleveland O'Neal III, creator, announcer and executive producer of both programs.

Toledoan Selected Ohio Youth of the Year

Special to The Truth

Jerney Hampton, a member of the Boys & Girls Clubs of Toledo, was selected Ohio Youth of the Year during an awards luncheon Saturday, April 25 at the Hilton Garden Inn in Perrysburg.

Hampton, 17, has been a member of Boys & Girls Clubs of Toledo for 10 years and will be graduating from Libbey High School this spring. He was selected from a field of 12 Boys & Girls Clubs members throughout the state during Boys & Girls Clubs of America's annual Area Council meeting. He plans to pursue a degree in physical therapy at The University of Toledo.

In his acceptance remarks, Hampton credited the Clubs with being his only home for much of his childhood. "I spent some time in and out of shelters," Hampton said. "The Clubs allowed me to make something of my life."

Holding up his Club membership cards, Hampton told the luncheon crowd of about 250 people, "These are the keys to my home."

Hampton is now eligible for National Youth of the Year competition. The winner will be announced in September. Boys & Girls Clubs of Toledo is no stranger to the national



Jerney Hampton

competition. In 2004 Mieasha Hicks was chosen National Youth of the Year to represent the more-than-4,000 Clubs in America. Hicks is now attending medical

school in Cleveland. For more information, contact Dave Wehrmeister, executive director, at 419-241-4258.



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Native Toledoan Pursues Music Goals in Atlanta

By Michael Hayes
Minister of Culture



Drayton Rouse, Ronve O'Daniel (members of The Undergrads) (also but not present at interview: Jevares Myrick, Adams Toomor)

I sat down with Drayton Rouse who I linked up with through U.G.E. artist Leigh Ashley.

He is a native Toledoan and Bowsher High School graduate (c/o 2000).

Moved to the ATL three years ago to make bigger moves for his music career and since he was in town this weekend with his partner Ronve, we all felt it was a good look to sit down and chop it up:

Michael: How did you first start doing music?

Drayton: I wrote my first verse after I heard Canibus "2nd Round Knockout" I always did poetry but never thought about doing hip-hop or rhyming until then.

Ronve: Redman inspired me to write my first rhyme, I was 11 and I listened to "Dare Iz A Darkside" - I listened to that and wrote a rhyme just like him. *Method Man*, first album, and *Common Resurrection*.

Michael: Man, I remember those being young and having that East Coast influence.

Growing up in Toledo...Drayton, you have to admit there is a lack of East Coast hip-hop heads unless you link up with some of 'em yourself...how did you handle being that type of minority?

Drayton: Me being a poet, I have a thing for lyricism and I'm not really big on what everybody say is hot. I recognize each song for what it

is. Me listening to Canibus put me on to Pharoah Monch...Common...Outkast and the whole movement. It was always kind of easy to keep an East Coast mind state, because what you listen to lyrically progresses you as a writer.

When I heard "Reflection Eternal" and "It Was Written," it made me realize that my rhyme schemes can change and as far as being an emcee I learned I didn't have to just rhyme in a bar form or what was just simple and plain enough for people to comprehend. So after I heard "Stillmatic" and linking up with Varsity Squad (which is the production team behind The Undergrads) has helped me grow lyrically and as a total artist.

Michael: So, can you guys put my readers up on who and what exactly is your movement in Atlanta?

Ronve: Varsity Squad is a production team consisting of two people, myself and J.V.

We've been blessed to

also Stimulus Checks which is an underground TV show. We do a lot of open mic nights, and we perform out in Atlanta at least once a week sometimes four times a week.

Ronve: We've made appearances at Florida State, Spelman and Morehouse and all that.

Michael: When you think of the sound that typically comes from Hotlanta, certain names...instrumentation and

And we are able to speak on any topic, any issue very fluently.

Ronve: On the production end - The Undergrads we can kind of do a little of everything.

You may hear a song with a soul sample or another song with some rock elements.

Drayton (laughing): Or just a hard trunk-rattling ugly face feel kind of track.

Ronve: Regardless though, it's gonna be crazy



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through that we met people that gave us opportunity. At the end of the day, we still had to have something hot. They chose three tracks from us.

If you think of The Neptunes and N.E.R.D. that explains how Varsity Squad are the producers and also members of The Undergrads.

Drayton: We just got done performing at Beauty and The Beast 4 through Strong Arm management and

production styles and even rhyme content comes to mind.

How do The Undergrads differ?

Drayton: Being that me and Roc (Adams) were born in the Midwest and Ronve being born on the East Coast and J.V. being born in Alabama - lyrically we have a lot more to offer. When I think of our music the one word that comes to my mind is versatility.

whatever it is. The sound is unique.

I think that's what is missing in Atlanta, versatility. Everybody kind of sticks what they hear on the radio so it's kind of our mission to kind of go left.

Michael: I gotta wrap it up for the time being but since you are from here, Dray/ E. Credit... tell people that know you how they can access all you're currently involved with.

Drayton: Myspace.com/undergradsup Facebook search: undergrads/ varsity squad.

Youtube.com/rodashtoc - That's our undergrad TV series.

Twitter.com/undergradsup - and Undergrads radio coming soon.

For all the cats in Toledo that do music, if you ever find yourself in Atlanta just hit us up and we can link up and we'll put you on shows, onstage whatever.

By the way... Do you - don't do what's on TV. Until next week, Toledo... I'll see ya.

Upcoming Interviews: King Keyser, Lil D, Embrace Ent, Project 360 Studios and more.

Also... shouts to two businesses linking up to show customer appreciation (Trade First and Allied P.C. - what up Justin)

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Jack and Jill

(Continued from Page 11)

on navigating the system if a problem arises in school, Carn, Martin and Bateson handed out numerous preparatory books, CDs and pamphlets to help prepare the attendees' children from K through 12. The Toledo-Lucas County Public Library provided a display of guide books designed for parents of elementary through college-aged youth. The books are all available to check out at any library branch location.

After Carn, Martin and Bateson's stirring and educa-

tional presentations, local holistic health expert Diana Patton, left the audience with a motivational and uplifting message crafted to encourage attendees and to remind the mothers that their walk is not alone in raising their children.

"This signature event certainly will not be the last time the Toledo Chapter hosts such a powerful gathering. Our professional educators were so informative - every single mother attending was so enriched by the information our

speakers shared. The event demonstrated how all of our struggles and concerns are very similar regarding our precious children," said Cynthia Tetterton Williams, Jack and Jill's National Legislative chairman and Regional Legislative liaison - Mid-Western Region. Tetterton Williams, the immediate past president of the Toledo Chapter of Jack and Jill, invited the presenters to share their information.

Toledo Chapter Vice President Tina Asiedu, and her event committee comprised of

Jack and Jill mothers, came up with the idea to host Mothers Against Mediocrity to arm area mothers with the most up-to-date educational tips and information for the benefit of their children.

"Our afternoon discussion was simply priceless. We knew that if we had questions as a chapter made up largely of professional mothers, then there were others in our community who also needed advice on helping their youth to succeed in school," said Asiedu, who also serves as

the chapter's membership chairman. "We hope to host similar events during our 2009-2010 programming year."

The Toledo Chapter of Jack and Jill of America, Incorporated, recently held its end-of-year Family Day picnic on May 2 and will close out its programming year in June.

Jack & Jill of America, Inc. was founded January 24, 1938 in Philadelphia, Pennsylvania from a meeting of 20 mothers by the leadership of Marion Stubbs Thomas with the idea of bringing together children

in a social and cultural environment. In 1964, as more groups became active, bylaws were drawn up and incorporated under the laws of Delaware. Jack and Jill is a non-profit family organization by mothers of children between the ages of two and 19 holding membership. Jack & Jill celebrated its 50th Golden Anniversary in January 1988. The organization continues on, dedicating its resources to improving the quality of life, particularly for African-American children

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NEW NOVEL by Toledo Writer:
 A black farmer takes his sons to see a silent horror film showing at a new theater Halloween night in 1930, in central Texas. Nearly 500 blacks were lynched in Texas that year; a movie about a vampire hardly seemed frightening except to the youngest son, Lijah, who consoles himself with his father's assurance that in the film, "they just be killing white folks". Download at tull.com/content/5743710 for only \$5.00

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CLASSIFIEDS

May 06, 2009

Page 15

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REQUEST FOR QUALIFICATIONS/ PROPOSALS

The Lucas County Workforce Development Agency requests qualification statements and proposals (RFQ/ RFP) from payroll, staffing, professional and/or qualified firms to perform necessary functions for its FY 2009 Stimulus Summer Youth Employment Program. Lucas County is seeking services associated with its summer program for an estimated five hundred youth ages 16-24. Scope of work includes all payroll related functions consisting of but not limited to; issuing payroll checks, calculating all necessary federal, state, and local withholdings, serving as the liable entity for employment, issuing year end earnings documents and forms to participants, obtaining work permits for minor participants (under age 18), if necessary coordinating physicals, developing banking programs for cashing checks and/or direct deposit, and coordinating payroll delivery with Lucas County's selected Youth Service Providers. The duration of the program spans from 5/1/09 – 9/30/09.

All proposals must be responsive to the Scope of Services section of this RFP and must meet the content of RFQ/RFP criteria. Offerors are invited to submit one original and one copy of their response to **The Lucas County Workforce Development Agency C/O Director Eric Walker at The Source 1301 Monroe St. Toledo, Ohio 43604** no later than **Tuesday May 12, 2009**. The Complete RFQ/RFP may be requested from The Lucas County Workforce Development Agency (419-213-6300) or www.co.lucas.oh.us department Workforce Development.

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PUBLIC NOTICE

Lucas County Children Services (LCCS) is issuing a Request for Proposal (RFP) for Educational Assessment, Planning and Specialized Tutoring services.

The goals are to (1) conduct comprehensive, standardized assessments of children's educational needs, (2) identify appropriate services to address educational deficits, and (3) provide specialized, subject specific tutoring for children with significant deficits or who are at risk of school failure.

LCCS is seeking proposals from public and privately employed individuals and agencies capable and willing to provide educational assessment and specialized tutoring services for children living in substitute care. RFP materials will be available from April 27 through May 7, 2009 at 705 Adams St., Toledo, Ohio, 40604. To make arrangements to pick up an RFP packet, call 419-213-3658. An applicant information meeting regarding the RFP will be held on May 7, 2009 at 10:30 a.m. in Room #913 at the above address.

The deadline for submitting completed proposals (NO FAX) is 4:00 p.m. on May 28, 2009. No proposal will be accepted after that deadline.

By Dean Sparks,
Executive Director
Lucas County Children Services

ATTENTION ALL MOMS!!!

Are you between the ages of 18-40 and feel that you are HOT?

Looking for beautiful, physically fit and fabulous moms for an equally fashionable project. Call 419.870.8757 for details or an audition if you or someone you know fits this profile.

REVISED-INTERESTED BIDDERS:

Toledo Public Schools – Old Bowsher High School, Birmingham Elementary School, Riverside Elementary School, Old Elmhurst Elementary School And Walbridge Elementary School Demolitions

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until **1:00 p.m. on May 20, 2009**, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the demolition of the Old Bowsher High School and Birmingham, Old Elmhurst, Riverside, and Walbridge Elementary Schools as more fully described in the drawings and specifications for the project prepared by The Collaborative Inc, Munger Munger and Associates Architects Inc, and MacPherson Architects and will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan rooms in Columbus, Builders Exchange in Toledo, University of Toledo – Capacity Building, E.O.P.A. – Hamilton Building, Northwest Ohio Hispanic Chamber of Commerce, and The Plan Room in Ann Arbor, Construction Association of Michigan, Toledo Regional Chamber of Commerce and Ohio Construction News.

Bidders may obtain copies of the documents starting **May 06, 2009 which can be purchased from Toledo Blue Print, 6964 McEnerney Rd., Northwood, Ohio 43619, phone: (419) 661-9841. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A **MANDATORY PREBID CONFERENCE** is scheduled for May 8, 2009 at 3:30 p.m. at Toledo Public Schools' Board Room, 420 E. Manhattan Blvd., Toledo, Ohio 43608. A walk-thru schedule will be provided at the pre-bid meeting.

If you have any questions or a need for additional information, please direct all questions in writing to jessica.dandino@lgb-llc.com, by phone at (419) 776-5600, or (fax) (877) 281-0784.

Birmingham K-8 School

Bid Item No. 1 Birmingham K-8 School Building Demolition: \$ 155,307.00
Bid Item No. 2 Birmingham K-8 School Site Demolition: \$ 61,233.00
Total \$ 216,540.00

Old Bowsher High School

Bid Item No. 1 Old Bowsher High School Building Demolition: \$ 715,215.00
Bid Item No. 2 Old Bowsher High School Site Demolition: \$ 82,428.00
Total \$ 797,643.00

Old Elmhurst Elementary School

Bid Item No. 1 Old Elmhurst Elementary School Building Demolition: \$ 145,034.00
Bid Item No. 2 Old Elmhurst Elementary School Site Demolition: \$ 26,291.00
Bid Item No. 3 Old Elmhurst Elementary School Site Restoration \$ 30,000.00
Total \$ 201,325.00

Riverside Elementary School

Bid Item No. 1 Riverside Elementary School Building Demolition: \$ 211,547.00
Bid Item No. 2 Riverside Elementary School Site Demolition: \$ 25,953.00
Total \$ 237,500.00

Walbridge Elementary School

Bid Item No. 1 Walbridge Elementary School Building Demolition: \$ 226,068.00
Bid Item No. 2 Walbridge Elementary School Site Demolition: \$ 29,359.00
Total \$ 255,427.00

Pastor Wormely Celebrates 26 Years of Leadership at Southern MBC

By Nadean Hamilton
Sojourner's Truth Reporter

On Saturday, May 2, more than 75 members of the congregation, relatives and friends gathered at Southern Missionary Baptist Church for a banquet celebrating pastor Robert P. Wormely's 26-year anniversary of leading the flock of the central city church.

The evening began with Wormely's niece, and church member, Denise Alexander, paying tribute to her uncle by recalling a discussion between she and her sister about an incident that occurred in their youth between their parents.

"I did not realize how far

them...and uncle Robert was trying to get in between them," recounted Alexander.

"So I take him as being there [for us], being an uncle to us, [and] being there all [of] the time, so uncle Robert, reverend, I love you," said Alexander.

Fourteen-year-old Zaccheus Dinwiddie also paid tribute to Wormely by wowing the crowd with his rendition of "His Eye Is on the Sparrow."

Following a short intermission to enjoy a delicious dinner of soup and salad, the anniversary banquet continued with two musical selec-



check my schedule, and I'll get back to you; well, two seconds later, I got back to him," Green told the amused crowd.

"It is certainly a blessing, an honor, and a privilege to be able to come out here tonight and share with you this great man of God," Green continued.

Green then went on to expound on the banquets theme of A Godly watchman.

"A Godly man is a man who is concerned about whether or not he lets down God," Green told the crowd.

"A Godly man will consider his walk, and ways, and the things that he says and does in the presence of people, but most of all, his main focus is on not letting God down," said Green.

"You have a Godly watchman."

Green also urged members of the church to continue to trust, respect, and follow Wormely's leadership if the church is to continue to be a place of solace.

"There are so many leaderships that are burdened because they got hard-headed folks," said Green.

"Paul said to the church to obey and submit to those who have rule over [you] so that the ministry would be a joy

"Pray for his vision [and] his health and there will be some healing on this street."

Before the evening concluded, Sister Lola Glover, a 15-year member of Southern MBC, presented pastor Wormely with a plaque commemorating his 26 years of leadership.

The church youth group also presented Wormely with tokens of appreciation for his teachings, guidance, and support.

Wormely, a native of Brown, AL, moved with his family to Birmingham, AL in the early 1940's and then by himself to Toledo in 1951. He joined the army and returned to Toledo in 1955.

Wormely married Edna Nolan in 1957 and from that union four children were born (Alonzo, Robert, Jr., Yolanda and Felicia). He served as a deacon in his church from 1968 to 1978 when he was called into the ministry.

He was named pastor of Southern MBC in 1983 and in

1985, the new home of Southern was completed.

During his tenure at Southern, among his many accomplishments, Wormely has established a scholarship committee, expanded the church building and ordained four ministers who now are pastors at their own churches.

After the celebration, Wormely spoke of his appreciation and gratitude for his years of leadership of Southern MBC, as well as the kind acknowledgements that he has received for a job well done over the years.

"What makes it such an honor for me is that when we first started, we did not have a church home, and we had maybe 30 members," said Wormely.

"I am very, very, very, honored, because [not] every preacher gets an opportunity like I've got," Wormely said.



he went back with us until I was talking to my sister yesterday, and she said I don't know if you remember when [Wormely] came over [because] momma was so upset with daddy that she had those grits cooking and [she] threw

tions by Sons of Joy, followed by an abbreviated sermon by pastor Benjamin Green of New Covenant Baptist Church.

"Pastor Wormely asked me if I would come and speak tonight, and I said let me

and not a burden," Green said.

"[So] the most important thing that you can do for pastor Wormely is to obey the word of God that he preaches on Sunday."

Green concluded his sermon by reminding the congregation of the need for and power of prayer.

"If you pray like you ought to pray, then you are going to need some knee pads," said Green.

Deltas

(Continued from Page 11)



Scholarship winners and their families with Chapter President Bettina Shuford (left seated)

Delta Sigma Theta Sorority, Inc. was founded on the campus of Howard University in 1913 by 22 college women, and has grown to a membership of over 250,000 professional women. Delta

women provide service to the community through their Five-Point Program Thrust of Physical and Mental Health, Educational Development, Economic Development, International Awareness and

Involvement, and Political Awareness and Involvement.

Locally the alumnae chapter was formed in February 12, 1972 and continues their mission of service through projects such as: scholarship opportunities for high school seniors, Habitat for Humanity house in Africa, voter registration activities, mentoring and tutoring children through Delta Academy programs, and physical and mental health programs. The breakfast was organized for chairman Bessie Mack and committee members: Herneika Johnson, Robin Stone, Clara Brank, Sue Fletcher, Gussie Hawkins, Tasha Nelson, Yatika Langford, Temeaka Gray, Pascha Jackson, Felisha White, Stacey Jackson-Harris, Gwen Banks and Wanda Terrell.

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