



Local and National News

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In This Issue

Guest Commentary
Page 2

Ministers Get Out the Vote
Page 3

Hungry4Change
Page 4

Arena Feasts
Page 6

The Health Section

What and How to Eat
Pages 7-8

New Mercy COO
Page 9

Ask Ryan
Page 10

Medical Budget Cuts
Page 11

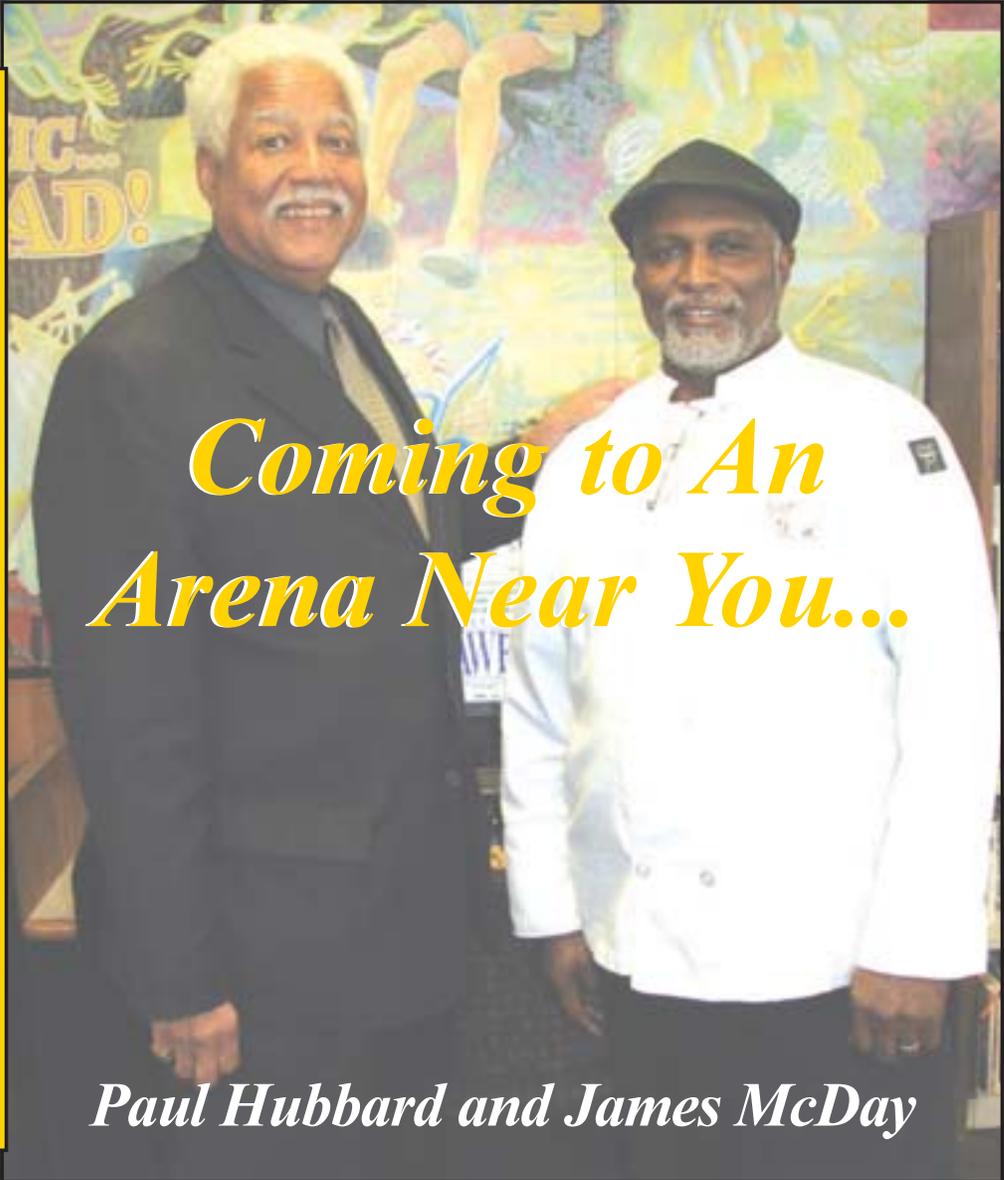
Book Review
Page 12

Minister's Relationship
Angst
Page 13

BlackMarketPlace
Page 14

Classifieds
Page 15

UT Minority Incubator
Page 16



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This Election, Put Kids First!

By Stephen Ward
Guest Column

It is a shame that we have allowed public schools, the most liberal gift of humankind in the world to be virtually destroyed.

It is an absolute shame that we have allowed this institution which was built upon the proposition that everybody should have an excellent education, to be governed by politics and special interest groups.

There was a campaign launched by the nonpartisan organization Strong American Schools, which released a report called, "A Stagnant Nation: Why American Students Are Still at Risk," berating politicians for allowing schools to linger in mediocrity. This report goes on to say that, "The missing ingredient isn't even educational at all. It's political. Too often, state and local leaders have tried to enact reforms of the kind recommended in A Nation at Risk only to be stymied by organized special interests and political inertia."

When reading this, I thought of the current state of the Toledo Public School system. I thought about the 2008-2009 School Year Report Card and how the state requirement is 75 percent for reading and mathematics, and yet TPS scored 65.6 percent in reading and 71.0 percent in mathematics, both in Third Grade Achievements.

And in Eighth Grade Achievements those numbers dropped to 47.5 percent in reading and 36.5 percent in mathematics. I looked at the Ohio Graduation Tests results for 10th Grade, and TPS scored 69.7 percent in mathematics and 60.6 percent in science, again below the state requirement of 75 percent. The Toledo Public School system, in my opinion, is failing the children. Especially when the 2008-2009 School Year Report Card shows 14 schools, including DeVeaux Junior High, on Academic Watch, and eight schools on Academic Emergency including Robinson Junior High, Glenwood Elementary and Pickett Elementary.

Yet, in the midst of this we have political bickering and infighting between special interests groups and the school board. We have a school board president who instead of fulfilling his term, lets the children down by using the board as a stepping stone to enter another political office such as being appointed to Toledo City Council.

In addition, we have union presidents criticizing board members who take the initiative to look out for the children, by setting up a program so that teachers can have adequate school supplies to use in their classrooms. While this madness continues, it is the students, our children, who suffer.

A.B. Alcott stated, "The true teacher defends his pupils against his own personal influence." David T. Kearns said, "Today's public education system is a failed monopoly: bureaucratic, rigid, and in unsteady control of dissatisfied captive markets." Will Rogers stated, "The schools ain't what they used to be and never was."

My belief is if the public schools stand for education for all, whether all choose it or not, it ought to be the best of all. When the private schools won't accept you, when the parochial schools don't have room for you, when the charter schools cannot accommodate you...where are you going? Public schools!

The deliberate deterioration of public schools due to politics taking priority over the kids is a shame! As I stated when I was running for City Council...government solely exists to serve all people, the greatest leader forgets himself and attends to the development of others. With the current condition of the Toledo Public Schools, it behooves us not to elect politicians, but true statesmen. We must elect leaders to the school board who will not be bought or bossed, but who will protect the interests of the children and put them before politics.

For this reason, I endorse Darlene Fisher, James Jones, and Vince Hornik for the Toledo Public School Board.

Since Darlene Fisher has been on the school board she has been a champion for all students. She has not been a politician, but a mother who cares for the children. She has served as PTA President of Elmhurst, served on the Parents Alliance for Children & Education, Toledo Public Schools Reform Committee, and the list goes on and on. She has worked tirelessly to bring transparency to the district. Darlene Fisher has went against the status-quo numerous times more recently with the issue of the oversight committee. She has supported the breaking down of OFSC contracts so minorities, women, and small local contractors have the ability to participate in the program.

James Jones brings the knowledge of being both a teacher as well as an administrator to the board. He served as an administrator within the Toledo Public Schools, and his studies and expertise has allowed him to be a professor of Education at Bluffton University. In addition, with so many kids in the inner-city dropping out of school, as well as schools being under Academic Emergency, we need someone on the board who can relate to the every day struggles of some of these inner-city students. We need someone who can not only serve on the board, but can also approach that "at-risk" student, speak to them on their level, gain their trust, and redirect them back on the right path.

I believe that James Jones is more than capable of handling this task, as he lives within the inner-city in an area in which the dropout rate is extremely high. Because of this, I believe that he can be a direct influence not only to those at-risk students, but can also welcome dialog among their parents in a non-threatening, non-judgmental way.

Vince Hornik brings a fresh voice to the Board of Education. One of the things that won me over with him was at the Candidates for School Board debate held at the Collingwood Arts Center, he spoke with passion and sincerity in wanting to help the kids. Furthermore, when asked a question that he did not have the answer to, rather than attack one of his opponents, or make up an answer, he was honest and said that he did not know, but would research it to get an answer.

Vince Hornik has shown great parental involvement within the school district. He served as President of the Parent Teacher Network at Elmhurst Elementary and President of the Parent Teacher Network at DeVeaux Middle School. In addition, he even took the initiative to start girls slow-pitch softball at Elmhurst and DeVeaux.

I believe that inspiration is the key to true leadership. In my opinion, these three candidates have inspired many students to do their best, and they have been active setting an example before them. Therefore, I ask that when you cast your vote for the Toledo Public School Board to put the kids first. We cannot continue to do the same thing and expect different results. We cannot continue to allow politicians and special interest groups to run the schools. That gets us low scores on the School Year Report Card, and schools under Academic Emergency. It is time to help the students, our children, achieve greatness! Put Kid's First! Vote Darlene Fisher, James Jones, and Vince Hornik for the Toledo Public School Board.

Stephen Ward may be reached by email at: pastorsmward@yahoo.com

Community Calendar

October 5-10

Tabernacle of Praise Christian Church's "Annual Walking in the Spirit Conference:" Theme "Training for Reigning;" 7 pm nightly Monday through Thursday; 7 pm Friday; Saturday workshop from 9 to 11 am: 419-794-8671

October 8

Resurrection Dance Theatre of Haiti: A presentation at St. Martin de Porres Church; 7 pm: 419-241-4544 or 419-244-6711 ext 511

October 9-11

Bethesda Christian Center Cathedral Fall Youth Revival: 7 pm on Fri and Sat; 5 pm on Sun; "I Want It All Back;" 419-944-0984

October 10

"Callie Lily Educators' Award:" Phi Delta Kappa, Inc Sorority's Beta Gamma Chapter of Toledo's first annual awards luncheon; Pinnacle; Honoring individuals who go beyond the call of duty to help students achieve

St. Paul AME Zion 92nd Anniversary Celebration: Fellowship luncheon; Noon: 419-322-5817

10th Annual Cancer Awareness Workshop: Presented by the African American Women's Cancer Support Group; Southern MBC; 10 am; Healthcare information, support groups, Q & A, facts and statistics; Refreshment and door prizes: 419-535-3126 or 419-480-0122

NAOMI Transitional House Free Fall Gospel Concert: 7 pm; Friendship Baptist Church: 419-254-7819

Toledo Interfaith Mass Choir Concert: Greater St. Mary's MBC; 6 pm: 419-244-2663

October 11

Calvary Baptist Church 80th Anniversary: "Don't Forget to Remember;" Special guest Rev. George Mitchell; 4 pm: 419-242-9173

Mt. Zion Church 86th Anniversary & Mortgage Burning Celebration: Guest speaker Bishop Liston Page; 6 pm

Union Grove MBC Annual Men and Women's Day Services: Men's service at 11 am - "A Man After Mine Own Heart;" Women's service at 4 pm - "A Fixed Up Woman; Humble in Spirit, Strong in Faith;" 419-531-1994

October 17

Trulight Cathedral Well-Watered Women of Faith program: "Oasis of Hope;" 11 am - 1 pm: 419-537-8629 or 419-450-2950

Third Baptist Church 5th Pastoral Anniversary: Noon luncheon; Hilton Garden Inn: 419-248-4623

St. Paul AME Zion Church 92nd Anniversary: Community Fun Day: 419-322-5817

2nd Annual Making a Difference Against Chemical Dependency Conference: St. Stephens COGIC; 10 am to 2 pm; Conference presenter Rev. William "Tony" Thomas, former Youth Authority Placement Coordinator for the state of Calif: 419-539-2696 or shr4273@aol.com

October 18

Third Baptist Church 5th Pastoral Anniversary: 11 am service: 419-248-4623

Calvary Baptist Church 80th Anniversary: "Don't Forget to Remember;" Special guest Bethlehem Baptist; 4 pm: 419-242-9173

St. Paul AME Zion Church 92nd Anniversary: 11 am and 4:30 pm services: 419-322-5817

October 21

Mt. Zion Church 86th Church Anniversary & Mortgage Burning Celebration: Guest speaker Bishop Duane Tisdale; 6 pm

October 23-25

Scott High School 30th Class Reunion: 419-283-2775 or 419-514-0215

The Sojourner's Truth

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The Sojourner's Truth, 1811 Adams Street, Toledo, Ohio 43604

Phone 419-243-0007 • Fax 419-255-7700

thetruth@thetruthtoledo.com

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Midtown Post Office Saved – At Least for the Moment

Special to The Truth

The Midtown post office at 1609 Dorr Street in Toledo will survive the latest round of service cutbacks by the U.S. Postal Service according to Congresswoman Marcy Kaptur (OH-9). The congresswoman made the announcement last week after receiving assurances from the Postmaster General that Midtown will be removed from the Service's ongoing closure study.

"We had to work quite diligently," said Kaptur during an informal ceremony last Friday morning at the Dorr Street post office where she was joined by Toledo City Councilwoman Wilma Brown, Pastor Talmadge Thomas, NAACP's WillAnn Moore, United Food and Commercial Workers's Justin Richmond and Toledo Federal Urban Credit Union's Suzette Cowell, all of whom led the effort to save the postal station.

"The information I have received is positive for Toledo and for the Dorr Street corridor," said Kaptur. "I am confident that the Dorr Street station will continue



Suzette Cowell, Councilwoman Wilma Brown, Congresswoman Marcy Kaptur, Justin Richmond, WillAnn Moore, Pastor Talmadge Thomas

to provide service for our community and am grateful that postal officials recognized the important role it has as an anchor in the Dorr Street corridor."

Kaptur, acting on concerns expressed by various community leaders, had argued to the Postal Service that Midtown station is crucial to economic redevelopment efforts in the Dorr Street corridor. The Office of Postmaster General has now informed Kaptur that the Midtown station will be removed from a list of several hundred post offices

around the country that are under review for possible closure.

"The Postal Service sometimes thinks more about mail than communities," said Kaptur. "They tend to suburbanize postal offices and this is not a unique fight but it's one that continues. They think more about trucks and highways than they do about public service."

"I'm very happy," said a beaming Brown. "We've been working on this for 10 years, we have needed a new building and a parking

lot expansion. When we heard about it being closed,

that's when everybody went to work."

"All accolades go to Pastor Thomas," said Moore. "He heard the clarion call."

"I'm glad to be involved in a worthy cause," said Thomas. "Sometimes it takes more than a village, it takes a leader."

The Point Place station had also been on the national consolidation study list, but was removed in September. At the time, Kaptur announced that efforts by businesses and residents in Point Place to raise awareness about the need for a station there had convinced postal officials of the nega-

tive impact closure would have on Point Place.

More than 400 retail stations and branches remain under consideration for possible consolidation, according to Postal Service officials. With almost 37,000 facilities, the Postal Service maintains the largest retail network in the United States. A decline in mail volume due to the economic recession and the shift to electronic communication has forced postal officials to implement a range of cost-cutting measures. Mail volume in 2009 is projected to decline by approximately 10 percent from the previous year.

Ministers Urge Voters to Get to The Polls, Vote No on Issue 3, Yes on Issue 4

*By Fletcher Word
Sojourner's Truth Editor*



The Interdenominational Ministerial Alliance (IMA) announced on Monday, October 5, that the pastors of central city churches will spend the next four weeks encouraging members of their congregations to get to the polls.

"We were able to encourage many to turn out and vote in 2008," said IMA President Rev. Cedric Brock during a

press conference at Brock's Mt. Nebo Baptist Church. "We intend to duplicate that this year. We expect no less now."

Joining Brock and about two dozen ministers of the IMA for the press conference were several elected officials – Lucas County Commissioner Tina Skeldon Wozniak and Toledo City Councilmen Michael

Ashford and Phil Copeland.

The urgency of the ministers' appeal was underscored during this September 15 primary election as turnout in central city wards ranged from a high of 15.7 percent of registered voters to a low of 6.8 percent. Those figures were far below 2008's presidential voting turnout and much lower than the comparable contest in the 2001 primary which featured two non-incumbent mayoral candidates, one of whom was African-American, as in this year's race.

"This is a tremendous opportunity to tell people of the community who you want to represent you," said Skeldon Wozniak. "The next generation of leaders is going to matter greatly and everyone needs to cast their opinion on how they want their community to be."

(Continued on Page 5)

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NOVEMBER 3

Sweet Success Gala Set for November 6 in Perrysburg

Special to The Truth

Fourth Annual Event is Major Diabetes Youth Services Fundraiser

The Carranor Hunt & Polo Club, Perrysburg, will be the setting for the 2009 Sweet Success Gala Friday, Nov. 6, from 6:30 to 10 p.m. The event is the fourth annual fundraiser for Diabetes Youth Services (DYS).

The Sweet Success Gala helps to fund educational services for more than 3,000 children in Northwest Ohio and Southeast Michigan living with type 1 diabetes. DYS teaches children and their families to manage their diabetes on a daily basis through summer camps and year-round programming. DYS is also the only area resource to local schools in providing training for school staff.

Gourmet grazing stations and a cash bar will be a high-

light of the event. Featured will be a wide range of unique and interesting items, offered in silent and live auction formats. Among the auction items will be travel packages, sports tickets, theatre and music experiences, and golf instruction and tee times. In addition, a live auction will help to fund campers and advisors at the DYS education camps Big Shots and Little Shots each summer.

Serving as host for the evening's activities and leading the live auctions will be Beth Rose of Beth Rose Auction. Specializing in real estate auctions and business liquidations, Rose is a licensed Realtor in both Ohio and Michigan. Rose has been recognized by the Ohio Association of Realtors with several awards and endorsed by the Building Industry

Association in 2008 for helping builders in tough economic times through the auction method. And Rose was named the 2009 Michigan Auctioneer Champion, the first woman in competition history to receive the honor.

"Every day is sweet success when you learn to live with your diabetes," said Tricia Shirk, DYS gala chair. "In acknowledging national Diabetes Awareness month of November, our Sweet Success Gala is a celebration of hope and courage."

Tickets for the Sweet Success Gala are priced at \$75 each. For more information about Diabetes Youth Services, to become a sponsor or make a reservation for the gala, phone 419.887.8739 or visit www.dys4kids.org.

Hungry4Change Candidates Kick Off Breakfast Tour

Sojourner's Truth Staff

Four youthful candidates for political office began a weekly tour of local restaurants on Saturday, October 3 with a breakfast

of Education, have joined forces to campaign as "Hungry4Change."

"All of us are young Democrats who don't adhere to the

better schools and a balanced budget. "But it's more an issue of trust," said Biel. "Toledoans feel that they've been let down."



visit to the Green Lantern at 509 Broadway.

City Council President Joe McNamara, Terry Biel and Adam Martinez, all endorsed by the Lucas County Democratic Party for at-large City Council seats, and Aji Green, endorsed by the party for the Toledo Board

old politics," said Martinez.

"People are unhappy and have been unhappy for a while," said Biel. "As youth candidates, they might be willing to give us a shot."

There are several issues on which the four candidates expressed solidarity – such as job creation, public safety,

The Hungry4Change candidates spent the afternoon combining their canvassing efforts. They will be visiting a different restaurant every Saturday morning until the November 3 election.

Ministers

(Continued from Page 3)

"This is a serious matter," said Copeland. "Our voting was so low it was a shame."

"We can do better than 11 to 20 percent," said Ashford during his time at the podium. "We're not telling you how to vote – just asking that you vote. You can call the Board of Elections to request absentee applications. Our goal is to increase turnout in our community to 40 percent."

In spite of the councilman's disclaimer about not telling the public how to vote, other speakers were not so hesitant to advocate specific votes.

IMA members made it clear that they would be urging the public to vote against Issue 3 – the constitutional amendment that would bring four casinos to Ohio. They will also be asking voters to approve Issue 4.

"We encourage every family member to take a look at Issue 3," said Brock. "Gambling is rooted in an effort to get rich quick but often ends in poverty."

Rev. Steve Anthony of Central City Ministries was even more pointed in his remarks. "Vote no on Issue 3," said Anthony. "It's not jobs, it's a social nightmare. You want to know how casinos don't work, just ask our neighbors to the north in Michigan. You can't fix a state budget on vice."

Issue 4, as Billie Johnson, executive director of the Area Office on Aging and part of the panel at the press conference, would explain, is not a new tax but a replacement levy for the current Senior Services Levy that expires at the end of this year. The annual cost to the owner of a

\$100,000 home is \$13.78. The funds provide meals, transportation, home care services and other assistance to Lucas County seniors.

"Vote for Issue 4 – that's for the Area Office on Aging and that is something of great importance and we support them," Brock said.

In order to bump up the voting totals, Brock said the ministers will be speaking to their church members, issuing bulletins and providing transportation to and from the polls.

Absentee voting, also called early voting, is available to all registered voters. Those who wish to cast an early ballot can do so at any time before the Nov. 3 general election at the Early Voting Center at 653 Miami Street.

"My children earned a first-class education in Toledo Public Schools, the University of Toledo, and the MCO. Now my grandson is entering kindergarten here. We all need our schools to succeed, giving our children and grandchildren the skills necessary to compete in the changing economy."
- Brenda Hill

For our kids, our schools, our future...

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Democrat for School Board

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TPS SCHOOL BOARD MEMBERS CONTINUE TO "PIMP" THE AFRICAN AMERICAN COMMUNITY

However misappropriated the word "pimp" may sound, the word is entirely appropriate for describing how TPS Board Members and TPS Administration officials have treated the African American Community.

How Are We Being Pimped?

- In order to get elected and for tax levies to pass, TPS Board Members (Steve Steel, Robert Vasquez, Darlene Fisher and Lisa Sobecki) promised the African American Community that 20% of all contracts would go to Minority Business Enterprises (MBE) and 5% to Woman Business Enterprises (WBE) during the TPS School Rebuild Program.
 - **FACT:** TPS has never come close to reaching this promise.
 - **FACT:** Steve Steel (Past TPS Board President) showed virtually no interest in achieving minority inclusion goals. Mr. Steel now wants to pimp us again for votes to elect him to City Council.
 - **FACT:** When asked by the African American Community Leaders Coalition to meet and discuss his vision for the African American Community, Mr. Vasquez (Current TPS Board President), declined to meet on September 15, 2009 while freely welcoming an invitation to Meet with a Hispanic group on September 14, 2009 to discuss his vision for the Latino Community.
 - **FACT:** Robert Vasquez is quoted in the October 28, 2008 edition The Toledo Journal, "TPS Board and TPS Administration have little say in who receives construction contracts and subcontracts." Unquestionably, this statement was a gross distortion of the truth. According to the Ohio Schools Facilities Commission and now TPS itself, all agree that TPS has a lot of input into who receives construction contracts and subcontracts, Mr. Vasquez now wants to pimp us again for votes to re-elect him to the TPS Board. This time, let us make sure we send him home empty handed.
 - **FACT:** Steve Steel and Robert Vasquez have failed the African American Community by not championing for breaking down TPS contracts to allow minority contractors a greater opportunity to be included. Their lack of leadership cost the African American Community over \$88 million dollars in lost economic opportunities.
 - **FACT:** Since 2002 TPS has invested approximately \$920 million dollars with regional financial institutions. However, Steve Steel has failed to support a plan to address requiring financial institutions that TPS does business with to develop minority inclusion goals. These financial institutions profit from African American tax dollars.
 - **FACT:** Steve Steel and Robert Vasquez have both refused to champion any minority inclusion plans. Steve Steel, who campaigned heavily in the African American Community during his 2005 election, is eager to pimp our community again in spite of such a horrible record of accomplishment.
 - **FACT:** On February 20, 2009 in a meeting with Ohio Schools Facilities Commission (OSFC), TPS Board Members, TPS Staff and approximately 76 minority contractors and vendors at Mott Library, OSFC officials confirmed that they never told TPS that they could not break-down contracts into smaller units. In fact, OSFC officials stated that they encourage this practice to help increase small business, minority business and women business participation. After years of providing misstatements to the African American Community, neither TPS Board Members (Steve Steel, Darlene Fisher, Lisa Sobecki, and Robert Vasquez) nor TPS Staff (John Foley, Dan Romano, and John Gilliland) refuted the facts provided by OSFC officials.

In light of their outlandish records of accomplishment, why should African Americans vote for Steve Steel or Robert Vasquez on November 03, 2009? It should be noted that Steve Steel, Robert Vasquez, Lisa Sobecki (TPS OSFC Committee Chairperson) are all members of Team Wilkowski for Mayor. We are hopeful Mr. Wilkowski will purge all pimps from his team and deal with our community fairly and honestly.

BOTTOM LINE: IT IS TIME TO VOTE THESE PIMPS OUT OF OFFICE!

Lucas County Arena Oversight Committee Pleased with Progress, Not Satisfied

By Fletcher Word
Sojourner's Truth Editor

Now that the Lucas County Arena is up and running, members of the oversight committee that worked with the Board of Commissioners to ensure the participation of a reasonable percentage of certified minority business enterprises took a breath on Monday and shared their sense of relief that the process had gone fairly well and also their sense of anticipation that other projects could benefit from their experience.

Art Jones, one of the original members of the oversight committee and its most visible spokesman during the Arena construction, noted the improvement in minority participation. "The oversight committee has been part of all that," said Jones.

Indeed the recent tally of MBE dollars indicates that the commissioners will fall short of their goal of 15 percent participation – but not by much. And those figures are certainly much higher than those for other recent public, multi-million dollar projects in the area such as the Toledo Public Schools' rebuilding program or the City of Toledo wastewater project.

According to the oversight committee's reports, as of August 20, 2009, the Lucas County Arena had awarded 14.2 percent of total contracts to MBE's and had a payroll for minority workers of 12.4 percent. That last figure will apparently be corrected upwards to 13 percent noted one of the committee members.

"We are not going to reach 15 percent but it's a good start," said Jones. "We've made some gains and there are more to come. We need to continue to talk about goals."

Jones said that he was cheered by the early commitment shown by Lucas County Commissioners Pete Gerken,



Rev. D.L. Perryman, Jim Snodgrass, George Davis, Jr., Art Jones, George Hillard

Tina Skeldon Wozniak and Ben Konop during the process and by indications that other institutions, such as The University of Toledo which launched a minority business incubator project last week, are following suit.

"We have to go further yet," said Jones. "We have to issue challenges to others – do you have a diversity plan? The groups we will be challenging include United Way, MetroParks, the Port Authority, the Zoo, TPS and the City of Toledo. And our committee will not dissolve, we will continue to monitor Arena Progress."

Part of what the committee has been monitoring with respect to the Arena is minority participation and hiring in the ongoing operation of the facility. Arena officials announced earlier this week that two minority food vendors will be among the regular concessionaires in the Arena – Paul Hubbard with his Hub's Chicken and James McDay and his We Are Ribs. Both companies will have stands and will be on the catering menu for the

luxury suites. "These contracts would not have happened without the oversight committee," said Hubbard. "We got a lot of promises when Fifth Third Field was built and nothing happened but this committee kept pushing."

Another of the original members of the committee, Jim Snodgrass, observed that one of the incidents that spurred the group on was the comments of retired president of UAW Region 2B, Lloyd Mahaffey when he spoke out about minority participation in the political process.

Snodgrass said that a lot of progress had been made on contracts for goods and services but not as much in placing minorities in the long-term jobs available at the Arena.

"The County Commissioners are the bosses over the Arena and they are all there to make money," said Snodgrass. "We can help the Arena and the County Commissioners turn a profit."

Rev. D.L. Perryman, D.Min., another of the original members, praised the progress made

on the Arena but also acknowledged the shortcomings of black contractors, and the community at large, in its inability to tackle large projects.

"One reason we could not do better is that several minority companies did not have the capacity," said Perryman. "Why don't we, as the African-American community, work with them to build capacity. We need to work and partner with whomever to build capacity."

Perryman also observed that African-Americans have to change practices that allow dollars to flow out of the community. "We have to turn over the money within our own community – as other ethnic groups have done."

Now that the Arena construction project is completed, the oversight committee has evolved into a more permanent body called the Friday Noon Caucus. Joining Jones, Snodgrass and Perryman on the Caucus are George Davis, Jr., George Hillard, Angela Lucas and Tracee Perryman Stewart.

Coming to an Arena Near You ...

Sojourner's Truth Staff

Both Paul Hubbard and James McDay have been pointing towards this moment for quite a while now. And it has finally arrived.



Paul Hubbard, in partnership with his son, Paul Hubbard, Jr., the owner of the Church's Chicken franchise on Franklin and Bancroft, will be bringing Hub's

Chicken to the Lucas County Arena.

Hub's Chicken will feature chicken fingers along with boneless Asian and hot chicken wings. Eventually the offerings will also include barbecue wings.

Along with the chicken wing stand, Hubbard will also have two popcorn kiosks featuring Chicago-style caramel and cheese popcorn. In addition, Church's Chicken, from the Hubbard franchise, will be featured on the Arena's catering menu for the luxury boxes.

The inclusion of Hub's Chicken in the Arena will mean that the Hubbards will be adding approximately 10 part-time employees to their workforce.

McDay, who has been in the food service business since 1989, started catering events by working out of his home. He eventually opened a restaurant – We Are Ribs – at 21 Wenz Road with sit-down and take out service. Large groups, small groups, weddings, graduations, reunions, picnics... McDay has taken his ribs, rib tips, baked beans and pulled pork all over Toledo in the last 20 years – truly moveable feasts.

In 2007, 2008 and 2009, McDay participated in the Northwest Ohio Riboff and was voted – all three years – First Place Golden Rib Award and First Place Peoples Choice Award. Even those honors did not attract a lot of attention in the mainstream media.

Now he has indeed arrived. Gladieux will have a BBQ cart that will feature McDay's products. The state licenses McDay was required to obtain in order to sell his products wholesale to Gladieux Enterprises will further enable him to sell his wares anywhere in the state – "in any locale, whatsoever," said McDay.

In fact, the next move for McDay will be to mass produce items at a location in Bowling Green so that he can market to grocers and other retail outlets.

But in addition to the BBQ cart, McDay's items will also be on the menu offerings for the luxury suites.

And it's happening already, by the way. As we spoke to the two gentlemen about the Arena events, they were preparing to supply food to the location this very weekend.

Ribs, chicken wings, popcorn for hockey games, concerts, wrestling events, arena football and tractor pulls – the moveable feasts have found a home.

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Dishing Up Food Safety

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

As you work hard to stretch your food dollar, making smart purchases of frozen, canned and fresh food, follow the four food safety steps to serve healthy, safe food in your kitchen! You are the first line of defense in keeping food safe. Keep yourself informed and follow these guidelines to “fight bac” (bacteria) and prevent food poisoning. The four guidelines are: clean, separate, cook and chill.

First, CLEAN your hands, counters, table and cooking tools with hot, soapy water before and after food preparation. Wash hands with warm water and soap for twenty seconds before and after handling food. Bacteria can spread throughout the kitchen from contact on hands, cutting boards, knives, and countertops. Frequent cleaning of countertops and kitchen tools can bacteria from spreading.

Rinse fresh fruits and vegetables under running tap water just before eating. Rub firm-skin produce (or scrub with clean brush) under running tap water. Raw meat, like chicken, does not have to be rinsed. Try to prevent spreading or splashing juice from raw meat on the counter or in the sink. When you use a food thermometer to make sure the food is cooked to the proper temperature you will



be preparing food safely. For example, chicken should be cooked to at least 165°F degrees. The information on COOK will go into more detail on this topic.

SEPARATE raw foods from ready-to-eat foods. Keep raw meat, poultry, and seafood and their juices away from fresh foods like fruits and vegetables. At the grocery store, bag the raw meat and keep separate from fresh foods in your cart and in bags at the checkout. Continue to store it in a separate place in the refrigerator.

When thawing frozen meat or storing fresh meat in the refrigerator, store it on a plate or in a container so juices can't drip on other foods. Keep foods like fruits and vegetables separate from raw meat when preparing them on a cutting board. Use different cutting boards for fresh produce and raw meat or clean one cutting board with soap and hot water before and after preparing raw food.

When cooking the meal, never place cooked food on a plate that previously held raw meat, poultry, eggs or sea-

food. So, if you're cooking out on the grill, bring the raw meat from the kitchen to the grill on one plate and have a second clean plate or platter to place the cooked meat.

CHILL cold foods. Bacteria spread fastest at temperatures between 40°F and 140°F. That's why it is important to chill food properly in a refrigerator of 40°F or cooler or to cook or reheat food to a temperature that is hotter than 140°F. If you are having a get together and food will be sitting on the table for an extended period of time, use a bowl of ice underneath the serving plate to keep cold foods cold.

Chill leftovers and take-out foods in the refrigerator or freezer within two hours. Thaw frozen meat, poultry, and seafood in the fridge, not on the counter. When thawing frozen meat in the refrigerator, place it in a container so juices can't drip. You can also use the defrost setting on the microwave to thaw frozen meat and then cook it right away.

COOK food to the proper internal temperature. This proper temperature varies for different cuts and types of meat and poultry. For example, the USDA recommended safe minimum internal temperatures are: 145°F for fish, steaks and roasts (beef, veal, lamb), 160°F for any egg dishes and

(Continued on Page 11)

Just Tell Me What to Eat!

By Diana Patton
Guest Column



That's what we hear our clients say the majority of the time so we decided to write a book and give it away for FREE. You can pick up your free copy at www.FITatudes.com.

But in reality we know, after many years of working with clients, that's not what they really want or need to

know. We even mention it in our book.

If we all sat down and took a test in “What-To-Eatology,” we bet you'd all pass the class with flying colors. Let's see if you were thinking this: more fruit and vegetables, less meat, less junk food, and drink more water. Did you pass? Sure you did!

If it's that easy, why don't we all do it? The birds, cows and squirrels know what to eat and you don't hear them complaining and confused about what to eat. And we are more intelligent than they are – right? So, what gives?

Our free will – that's what gives!

What we should be asking is “Just Tell Me How to Control Myself.” That's the more productive question. What we need is *self control* and we talk about that in FITatude No# 5 – Life Budgeting!

What we want FITatudes is we must learn to “Eat to Live, Live to Worship and Get Full on the Word!” So, what does that mean?

It means that if we learn more of what the Bible has to say about self-control, and areas of being well, we'll learn how to live a life of worship to God. In return, we'll stop worshipping food and seeking the latest food trend and fad, we'll demolish our addictive behavior toward food and we'll *eat to live!*

And the cool thing is you don't have to have a nutrition degree or carry around a gram, calorie or point counter because God will guide your path! It's true.

We know a lot of you are thinking – *What is she talking about?*

Let me share my story as an example:

“After giving birth to my first child and gaining 66 lbs and having 30 lbs to lose post pregnancy, I needed to crack down on my food consumption. I picked up a book called *Body for Life*, by Bill Phillips. I was determined to get the weight off. I read the book in a matter of days and started to do the meal plan. I managed to follow two days of the meal plan and had to go back to work – my six-week leave had expired and I still had a TON of weight to lose. What I found myself doing was taking the basic concepts from the book and applying them to my life by eating more fruits and vegetables – baked potatoes

(Continued on Page 10)

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I Love to Eat!

By Angela Steward, Fitness Motivator
Guest Column



I love to eat fresh vegetables and fruits: asparagus,

spinach, green beans, strawberries, blueberries, melon, apples (try Honey Crisp apples – the best!)

But I also love to eat foods like smothered cabbage, macaroni & cheese, greens, lasagna, pizza, my mother's homemade rolls (YUM), fried chicken, fried fish, any and everything fried.

We all have unhealthy foods we love to eat. Eat them – in moderation. Depriving yourself increases temptation. PRACTICE MODERATION, NOT DEPRIVATION!

Do you know someone

who wakes up excited about what's for breakfast, lunch and dinner? Many people LIVE to eat. I want you to eat to live!

Many different methods are used to lose weight: counting calories, counting carbohydrates, measuring food portions, and weighing food on a scale. Those methods always seemed to take more effort than I was willing to give! I needed a method that would fit my lifestyle, give me the results I wanted, and still allow me to occasionally eat my favorite foods. I began splitting my meals in half and

noticed I was losing weight faster and feeling energized after eating smaller portions. It worked for me so I'm sharing it with you – I call it "The Half Plan."

By splitting my meals in half, I eat four to six small meals throughout the day. Eating every three to four hours decreases my snack cravings and allows my body to burn calories at a faster pace.

Food is fuel to your metabolism, like gasoline is fuel. The fuel in your car lasts longer when you fill up your gas tank – right? But \$10 of gas in the tank burns quickly. Your body burns calories the same way. When you eat until you're STUFFED, your metabolism slows down, you become sluggish and the next thing you know – it's naptime. Splitting your meals in half fuels your metabolism, you burn more calories and your energy level increases – because you're not FULL of food.

Your stomach will begin to shrink, and adjust to the smaller portions of food you eat. You won't be able to eat as much, and you won't like

the way you feel when you've eaten too much. Smaller portions will become normal portions. You're now eating just enough to stay energized, healthy and fit – that's Eating To Live!

Another key to the Half Plan is, of course, exercise. These four basic exercises, when done daily, will tone your body, rev up your metabolism and burn calories.

1. Ab Crunches. Lay on your back making sure your back is flat to the floor. Your knees should be bent with your feet flat on the floor. Hands should be placed behind the head; elbows are pointed out away from ears. Lift your shoulders from floor, tuck your belly button in towards the spine and exhale as you lift the chin towards the ceiling. Keeping the belly button tucked, lower your shoulders back to the floor. Repeat eight times.

2. Standard Squat. Stand with toes facing forward and feet shoulder width apart. Squat – imagine sitting in a chair. Keep knees over toes and chest up. Make sure your weight is in your heels, not the toes. You should be able to

wiggle your toes in the down position of the squat. Putting your weight in the heels – stand back up. Repeat eight times.

3. Push-Ups. Start in a plank position (knees) or push-up position (toes). Position shoulders over wrists, head is aligned with the spine. Engage core. Hold stomach in tight and lower chest toward floor (not your head). Return to starting position. Repeat eight times.

4. Jumping Jacks. Start with feet together. Arms are down by your side. Jump up spreading feet apart and bring your hands together overhead. Return to starting position. Repeat eight times.

Perform each exercise daily. Performing these basic exercises, practicing moderation, and splitting meals daily, will help you fit in that favorite dress before you know it. Don't change everything you eat, just change how much. Try THE HALF PLAN for 30 days – IT WORKS!

As always, I look forward to hearing from you.

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Mercy Announces Appointment of Chief Operating Officer

Special to The Truth



Judge Vernelis Armstrong, Laneta Goings, Deborah Barnett, Andrea Price, Doni Miller, Jennifer Bemby

Mercy Health Partners announced the appointment of Andrea R. Price as Chief Operating Officer and hosted a reception for her at The Toledo Club on Tuesday, September 29.

Price joined Mercy in September at which time she assumed responsibility for the operations and performance of Mercy's hospitals and associated outpatient sites. In this key position, she will be responsible for driving quality, patient safety and customer service to even higher levels. She will oversee Mercy's seven hospitals

in Toledo, Oregon, Tiffin, Willard and Defiance with more than 7,400 employees, 1,350 medical staff members and net revenues of nearly \$900 million. She brings experience in operating children's hospitals and level one trauma centers to Mercy's regional referral centers that include St. Vincent and St. Vincent Children's, and to graduate medical education as Mercy is the region's largest provider with more than 190 residents annually.

Price will work extensively with hospital presidents and chief executive officers to

meet the needs of physicians and their patients throughout the organization and in key services for which Mercy is known - cardiology, oncology, neurology and critical care services including trauma, emergency and high-risk neonatal services. Enhancing operational effectiveness will be a key component to her role in advancing Mercy's mission of caring for all. In 2008, Mercy provided more than \$78 million in community benefit.

"We welcome Andrea to Mercy and to Northwest Ohio. She is a dynamic, ex-

ecutive leader with more than 25 years of healthcare experience," Steve Mickus, Mercy CEO, said. "Andrea's understanding and embrace of Mercy's mission coupled with her extensive management expertise will help position Mercy for continued growth and success in meeting the healthcare needs of the communities we serve."

Prior to her joining Mercy,

Price served as executive vice president and chief operating officer for Sparrow Health System in Lansing, Michigan. She was responsible for the daily operations of the system, which includes two Lansing campuses with Sparrow Hospital, a 600-bed level one trauma center; hospitals in St. Johns, Carson City and Ionia County; and numerous ambulatory centers and ser-

vices. Sparrow, with 7,200 employees and 885 medical staff members, serves as the primary teaching affiliate of Michigan State University and through this partnership, has 24 graduate medical residency programs and 210 residents.

"Joining Mercy will provide an opportunity to be part of an organization that is truly

(Continued on Page 11)



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Ryan,

I am a 45 year old male and I've been training for just a few months. I feel a lot better and I have more energy than I did before I started. I have heard a lot about you and I wondered if you would give me some pointers. I just don't think I'm losing weight like I should be, I do cardio four days a week and weights two times. Any suggestions?

Jason

Jason,

Thanks for the email. First off, I would hope that you have changed your eating as well. Lots of lean meats, vegetables and healthy fats cutting down on your simple carbs and your sugars, as well as drinking a lot of water. During workouts I have my clients do their cardio *after* they weight train if fat loss is a primary goal. The reason for this is that you have burned most of the glycogen out of the muscles at this point and you burn more body fat for energy when you do your cardio afterwards.

I would also increase the number of days when you weight train. I suggest getting in a minimum of three days per week and do cardio immediately after your weight training. When you use weight-bearing exercises your body burns fat for up to 36 hours after your training ends, you raise your metabolism and become a fat burning machine.

When you are finished with just a cardio work out, you do just that, you finish. There is no thermogenic process that keeps your body burning fat when you are done. You want to make sure that you are keeping a fairly quick pace throughout your workouts.

Since you are a beginner, I would doubt that in lifting heavy weights you would need longer than 60-90 seconds to rest between sets. I usually try to have my clients rest no longer than 60 seconds between sets and some days they get no rest. We will go immediately from the exercise to a minute of some sort of cardio then back to the exercise. A combination of weight training and cardio is best along with making sure that you are eating clean. Stay consistent, focused and keep moving.

On another note I have been getting emails about training people. Well, I am back from Cuba and I will be taking on clients again at the end of this month. If you are interested please send me an email and we can get you set up. I am glad to be back and excited to work with all of you once again.

Ryan Rollison
Dream Bodies
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What to Eat

(Continued from Page 7)

became my favorite carbohydrate, no eating past 7 p.m., controlling the amount of food I ate, tons of water and I sprinkled in gobs of Bible reading, goal setting, exercise reciting scripture, and hanging around other highly motivated people who encouraged me along the way. I used the Bill Phillips book to supply a recipe from time-to-time but I never, ever followed the meal plan 100 percent. In fact, I don't know that I have ever followed a meal plan 100 percent. So while the book told me what to eat, I knew I needed much more than that, I needed to *live to worship and get full on the word!* As a result, I lost the weight, and applied the same principles to my second 60 lb weight pregnancy and I am happy to say, I have kept all the weight off. No more baby weight to speak of. In fact, I even found my six-pack again – *okay wait, let's just say it's a*



two-pack and call it a day!

Bottom line: self-control is a toughie, folks! Sure, you can certainly try to do this on your own but we don't recommend it because it leads to frustration and ultimately failure. People have turned to "self-help" books only to realize that "self-help" only takes you so far.

The answer is God – every single time. To operate minute-by-minute, day-by-day, you need God's word in your heart

so that you can recite it when times get tough. But it doesn't stop there – you must hang around others who can encourage you and lift you up when you feel weak. That's that the real deal!

The awesome thing about the FITatudes is we just so happen to package a message of wellness in a manner that is easy to comprehend and follow and it's completely biblically based. We don't mind standing behind this product and we guarantee results every single time.

Want to try it for yourself? Sign-up for the class "Faith-Based Weight Loss Secrets for You ... Eat to Live, Live to Worship and Get Full on the Word" Go to www.FITatudes.com and click on classes and workshops and click on the "Sign-up Now" button.

We look forward to "seeing" you in class!

NAMI of Greater Toledo

By Lisa Canales, Director of Education
Guest Column

The National Alliance on Mental Illness of Greater Toledo is part of the National Alliance on Mental Illness (NAMI) and NAMI-Ohio.

We are a grass roots, family-oriented *support, advocacy, and education organization*.

Our goal is to improve the quality of life for children, adolescents and adults who suffer from mental illness/psychological problems and to support their families.

What is Mental Illness?

Mental illness is a term used for a group of disorders causing severe disturbances in thinking, feeling and relating. These disorders result in substantially diminished capacity for coping with the ordinary demands of life. Mental illness can affect person of any age-children, adolescents, adults and the elderly-and can occur in any family. Several million people in this country suffer from a serious, long-term mental illness. Mental illness is not the same as mental retardation. The mentally retarded

have a diminished intellectual capacity usually presented at birth.

NAMI FAMILY SERVICES

We provide ongoing family support groups for the families and friends with severe mental illness. We provide a strong voice so that the mental health system knows and understands the needs of people who live with mental illness. Our services include: a family/consumer support group, a minority outreach family-to-family support group, an Hispanic outreach family-to-family support group, an Hispanic outreach Latina women's family-to-family support group, a family/consumer/Flower Hospital support group, a NAMI-CAN sharing and caring support group, a MindWorks support group for children/teens, a NAMI Connection recovery support group and individual support and discussion.

We also have classes such as a family-to-family education course, a family-to-family

minority outreach course, a hand-to-hand education course and a dual community education & support series.

Why do I need a support group?

Attending a support group is often difficult at first. It takes time to feel comfortable sharing your problems with people you do not know. However, the experience of many family members and people with psychiatric diagnosis is that once they opened up, they found that their problems were not so different from those of other support group members. Suddenly, the people they were sharing with were not strangers at all, and by sharing with others in the same situation, they felt less alone. NAMI Toledo is here for you to support, advocate and simply listen to your needs and the needs of your family.

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Budget Cuts Will End Medical Program for the Needy on November 1, 2009

Legal Aid Advocates Advise on Other Options for Assistance According to legal aid advocates for low income persons, the Ohio Department of Job and Family Services is terminating its Disability Medical Assistance (DMA) program effective November 1, 2009. "If you have been getting your prescription drugs

through the DMA program, your last month to do so will be October 2009," says Rebecca Steinhauser, Regional Managing Attorney for Government Benefits at Legal Aid of Western Ohio, Inc. (LAWO). "If possible, DMA program recipients should refill their prescriptions at or near the end of the month in order to give themselves time to make

other arrangements," she adds. Advocates say those other arrangements could come from a variety of options. "People who are on the DMA program should ask their caseworkers at Job and Family Services to help them apply for Medicaid and to review their eligibility under all the Medicaid categories," says David Koening, senior attorney

at Advocates for Basic Legal Equality, Inc. (ABLE). If that fails, he encourages DMA recipients to apply for assistance from two programs: the Ohio's Best Rx Program, www.ohiobestrx.org, and the Rx for Ohio program, www.rxforohio.org. Ohio's Best Rx provides prescription drug assistance to seniors and low-income families. Rx for Ohio assists individuals and families in enrolling in the patient assistance programs offered by prescription drug manufacturers. Large retail chains also may have prescription drug assistance programs available. The DMA program has operated entirely with state funds and is not to be confused with the Medicaid program, which will continue unchanged. Close to 1,300 Ohio residents currently receive DMA.

Mercy

(Continued from Page 9)

mission oriented," explained Price. "It is apparent to me that the mission and values are part of the daily decision-making at Mercy. The organization is known and respected nationally for its strong performance and leadership team. My goal is to help make the organization even stronger to benefit the people and communities Mercy serves."

During her tenure at Sparrow, Ms. Price had been responsible for driving strong financial and performance metrics, creating leadership development programs, developing the strategic direction and turnaround of Ionia County Memorial Hospital, and enhancing Sparrow's bariatric surgery program. Additionally, Price has held leadership positions at Hurley Medical Center in Flint, Michigan and Children's National Medical Center in Washington, D.C.

She received a bachelor of arts degree in psychology from the University of Michigan, and a master's degree in Health Administration from Tulane University School of Public Health. Price is a fellow in the American College of Healthcare Executives, and is the recipient of its Distinguished Service Award. In 2008, she was selected by Modern Healthcare Magazine as one of the "Top 25 Minority Executives in Healthcare." She is active in her community and has been engaged in various community organizations including the American Red Cross and the YWCA. She and her husband, Edward Johnson, M.D., have four children.

Food Safety

(Continued from Page 7)

pork, as well as ground beef, veal and lamb, and 165°F for any type of turkey, chicken and duck. Even for experienced cooks, the improper heating and preparation of food means bacteria can survive. A food thermometer is the best way to determine the temperature when cooking. Unfortunately, you can't tell if food is cooked safely just by how it looks.

If food has not been properly thawed, prepared, or has been out of the refrigerator for more than two hours or doesn't look or smell right, follow the directions, "when in doubt, throw it out."

You cannot always see or smell poisoned food but according to public health and food safety experts, each year millions of illnesses in this country can be traced to bacteria on food. Although you do not want to waste food, it

is not a good idea to keep food that could make you or your family sick.

If you follow the four food safety guidelines, you can be confident that you are serving safe food as you continue to follow the guidelines of MyPyramid to serve healthy food. If you have any food safety questions, there is a toll-free Food Safety Hotline, 1-800-752-2751.

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By Terri Schlichenmeyer
The Truth Contributor

You don't have a thing to wear.

While the average person might peer into your closet and see a wealth of wardrobe, you know the truth: Yes, technically speaking, there are clothes jammed in your closet and dressers. Yes, you're not running around nekkid. But every dress, each pair of pants, every bra, blouse and boot and belt is *sooo* outdated.

And because of that, you have nothing to wear.

Now imagine dressing for the spotlight with a few million of your friends watching. In the new book, *Michelle Obama: First Lady of Fashion and Style* by Susan Swimmer, you'll see how our president's wife pulls it off.

For as long as there've been First Ladies, someone has been paying atten-

tion to what they've got on their backs. Even Martha Washington was criticized for wearing British gowns at a time when most Americans were trying hard to separate themselves from the Brits.

Over the years, First Ladies who favored certain colors have had those colors named after them (Reagan Red, Mamie Pink). Some have had a signature "look" that goes down in history (who can see a pillbox hat and not think of Jacqueline Kennedy?), while others have, through the power of office, influenced consumer confidence with their clothing (Lou Hoover's fashions practically saved the cotton industry).

And a few First Ladies apparently cared little about making a statement at all.



Michelle Obama, says Swimmer, favors high Empire waist dresses – as evidenced by so many of the frocks we saw during

the campaigns. She loves bold, unconventional colors and uses jewelry to make an impact. While most women shun bright

patterns, Michelle Obama embraces them.

While Mrs. Obama isn't afraid to shop at chain-stores just like the rest of us, she seems to like furthering the fame of lesser-known and unknown designers, even though she "appreciates the... artistry" of some well-established ones. She also likes to keep a few secrets up her famously-sleeveless sleeves. Jason Wu, who designed the Inaugural Ball gown, didn't know that his creation was going to be worn to the gala until he saw it on TV.

The Michelle Obama Look, says Swimmer, "is sleek and streamlined, classic and creative, decidedly American....She plays with her look... she knows that versatility is a fashion-lover's best friend."

Although *Michelle*

Obama: First Lady of Fashion and Style gets a little dramatically breathless in its gushing, and although there are a few annoying mistakes in photo captions, Fashionistas will easily be able to forgive those transgressions once they get their hands on this book.

Author Susan Swimmer uses a wealth of pictures, snapshots, and portraits to give readers a sense the current First Lady and others, as well as the fashions of their respective times. That makes this book historically important, as well as just plain fun to read.

If you've watched the First Lady with fascination and a bit of envy, and loved her sense of style, don't miss this book. For you, *Michelle Obama: First Lady of Fashion and Style* is a perfect fit.

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Lynette Jones

—LYNETTE JONES, TOLEDO

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- \$8.7 million annually in new revenue for Lucas County Public Schools.¹
- \$6.3 million for Lucas County in new annual revenue.¹
- \$11.3 million for Toledo in new annual revenue.¹



(1) Analysis of The Innovation Group Study, May 2009;
(2) University of Cincinnati Economics Center for Education & Research Economic Study, June 2009

TUESDAY, NOVEMBER 3

For more detailed information, visit
www.YesOnIssue3.com

Let's Not Discuss Love – The Hiatus Part One

By Michael Hayes
Minister of Culture



I went on a self imposed relationship hiatus from Sept. 1 to Oct. 1.

Well, not really abstaining from love and the elements of a love life,

but I took a hiatus from discussing love life stuff. Period.

I promoted it on Facebook, I alerted friends via text message in the weeks leading up to September 1 and in the final hours a small fuss was actually being made about it.

Numerous calls, texts and emails poured in on ...some asking for advice, others just wanting to know what in the hell I was up to now ...

The rules of my hiatus were as follows:

No discussing relationships whatsoever.

No discussing past relationships, current love interests, or friend's relationships.

No GIVING advice on relationships.

No SEEKING advice on relationships.

No woman bashing (ie. No categorically judging women in matters of how they treat men in any way).

No sticking up for Good Men or championing our cause to the world.

No expressing opinions on battle of the sexes, gender roles and such.

No talking about my relationship preferences or expressing dis-satisfaction

with being single.

The ONLY discussions I was allowed to have regarding a love life in any way was if I were to discuss my feelings about someone with that someone.

I called it "The Hiatus" or "Mercury Love Life Operation Stealthmode" on Facebook and someone pointed out to me that it had taken on a life of its own. Imagine people at work talking about me and my hiatus.

REASONS WHY I WENT ON THIS HIATUS:

In my circle, I am somewhat of the 'go to guy' for relationship/love advice and/or general venting. Which makes no sense, because I'm single. I have seven close female friends, and almost as many male friends and discussions about our love lives could amount to dozens of hours in the course of a week.

So... #1. I wanted to spend my time wiser and

#2. Actually I had to ask myself

"If I'm single, what makes ME so qualified to dispense advice?" I had to check myself, you know?

Also... since the days of holding relationship forums on campus at UT back in the earlier part of this decade, I have been a constant advocate for Good Men everywhere! But even though I would have tons of support from men, and even a few women who would acknowledge my points as correct, the tide never turned. The more I spoke about the virtues of good men 35 and under, the more the women of this same age group went on thinking, acting and believing as they always had. Completely unmoved by my exhaustive efforts to bring fairness to the love debate. I

challenged outdated and false notions, and the notions were still winning.

I hoped to gain clarity and purpose from my hiatus. I wanted to just shut the hell up and listen. A part of me wanted to see if perhaps my own conclusions about women in Gen Y and Gen X had been wrong. Had I unfairly categorized innocent, unsuspecting females as... well, I won't even dive into what much of my conclusions had been.

But nonetheless, I wanted to sit still and let evidence come to light...let knowledge build wisdom into understanding. As the month marched along, two wars waged. An internal struggle to fight my own habitual thought patterns, to quell voices that had been saying the same old thing.

Also an external battle because those close to me were experiencing their own love ups/downs and many of them desperately wanted to tell me what was going on. Also... days before my hiatus began, my own love life experienced a turn of events that had many people close to me pressing for details ... but as operation love life stealthmode commenced, I spoke not a word about my biz. Now... truth be told, some friends of mine are quite devious. At the halfway point of September, I had three people just TELL me about their situations and I'm like "yo, I can't hear this right now..." and they're like "you don't have to give me advice, just listen" ...then they'd talk and when they finished they'd look at me and I'd just be staring at them like "what?" Internally I had one hell of a close call the day Whitney Houston appeared on Oprah because I surely wanted to give females a piece of my mind related to a portion of that

interview...and it was so super difficult but I maintained silence. I even had emails from about six people DEMANDING that they be first in line

on October 1 to either hear about my love life, get advice or vent about their own. On a more serious note, I had things going on in my life that helped to place focus where it was needed.

When love lock down was over with and October 1 and 2 came and went, I had some events occur in my life that let me know that the world and people's notions were no different than they had been 30 days earlier. On Facebook I said a lot of things those first two days that some challenged out loud but then privately told me they agreed with. But as the understanding ciphers, one thing I have always tried to do is to separate notion, opinion and conjecture from evidenced-based accounts of reality. Which then again begs the question of how to decide which evidence and which account of reality is the prevailing standpoint to act as a measure for what is actually happening. I was a group leader at NYSP for a few summers earlier this decade. During one class exercise I had the delightful task of helping to oversee a small exercise for my group. I had the 12-year olds. Usually they were about 44 strong, but on this day I happened to have exactly 15 boys and exactly 15 girls in class. The exercise called for each of the kids to write down their 10 most important life goals in order of importance. As the kids read their writings aloud and the sheets were being collected I had noticed that out of the 15 boys, at least 10 of them had the following life goals in their top three:

WIFE MARRIAGE LOVE.

Out of the 15 girls, not even five of them had any-

thing about marriage, husband or love...but nearly 10 of them had having a baby on their list and that was somewhere near the bottom (college and buying a home and buying stuff for their mom was in the top five of nearly all the girls). All of the panels, discussion groups and papers I had done on how men are the true nurturers, and how women pass up decent men and so forth... with this one accidental survey my point had been proven.

My point being:

Men born and/or raised during the 80s, 90s, and 00's do not deserve the "all men are dogs" rap our fathers had because the very women who those men abandoned made sure to raise US with a greater emotional sensibility than we are given credit for. Where our fathers and others ran from relationships, a far greater number of us seek them even if we don't have all the tools to make them successful.

My point being:

There are men who will treat a woman right. There are men who will treat a woman wrong. However... ask yourself when is the last time you've seen a player without someone to play? I see good men quite frequently who can't find any woman to be good to. However the players and cheaters have a seemingly unending string of women. Which points to a faulty element in why many women choose who they choose.

My point being:

The girls raised through the 80s, 90s and 00's for the most part were taught to focus on education, independence and a set of relationship values that objectifies the very elements of love and courtship that the men of our generation were being taught to value. Romance was something mothers told

their daughters to put on the back burner. However, the sons were being told more and more that romance is important. Now, of course, this is generally speaking. Of course, there are many exceptions. But in my findings, this was the rule...this was the shoe fitting a wide majority. Or so I thought. The hiatus was good for me because it helped me put away my own data. No matter how valid I felt it was... I truly tried to let it all go and just take an honest look at what is going on around me. My hiatus was me saying "yo, your degree and training is PR and entertainment, not anthropology, psychology and what not." My hiatus was about me just being still. Perhaps a month wasn't long enough. Where I am right now, I still feel that good men get a bad deal. I also see a lot of great women putting up with a lot of nonsense. In all of my efforts to get women to account for how they are, I have to put a mirror to men's faces too in terms of our insecurity and lack of achievement.

I might know more relationship-ready guys than I do girls, but the girls are kicking butt in terms of home ownership, credit scores and education. All in all, with everything that is happening in our world – swine flu, economic collapse.. etc etc. – one thing that will never cease to be of importance is the relationships we have. This man & woman stuff is powerful, it is what propels civilized society from the pair, to the family unit to mankind. Like Nas said "...the american black 'person' is the teenager of this world." We have alot of maturing to do. I hope we get where we're going together.

facebook search and join me:

glasscitytruth@yahoo.com

Peace.

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DJ Reese

International Writers and Artists Association Honors Local Resident, Two Others

Sojourner's Truth Staff

Antoine Kabwasa, visiting professor at The University of Toledo and former United Nations diplomat, was honored by the International Writers Association (IWA) during a ceremony on Saturday, September 26 at the home of the president of the IWA, Teresinka Pereira. Kabwasa received the IWA's honorary doctorate

degree.

The same honor was bestowed on Antero Flores Araoz Esparza of Peru and Angele Kadima-Nzuji of Congo.

The IWA was founded in 1978 in order to promote understanding, friendship and literature and art exchange among the continents. The group is concerned about

war, ozone and soil depletion, pollution, racism, sexism, human rights violations, homelessness and scourge of HIV/AIDS. There are nearly 1,400 members in 127 countries around the world.

Kabwasa, a Sylvania resident, is a native of the Congo and a senator with the International States Parliament for Safety and Peace. He has

been a diplomat in the International Senior Civil Counselor of the United Nations, head officer of the Economic Commission for Africa in UNESCO and an economic advisor of the Ministry of National Economy in Congo.

Kabwasa earned his undergraduate degree in economics and international relations from UCLA, ad-

vanced degrees from both the University of Michigan and the University of Wisconsin and a doctorate degree from the University of Toronto.

Antero Araoz is a former Minister of Defense of Peru and has degrees in law and international business relations. He has been a professor of law at several univer-

sities in Peru and is the president of the Popular Christian Party. He will be a candidate for his country's president.

Angele Kadima-Nzuji, also from the Congo, is a poet who writes in French and an artist who makes dolls and dresses. She has a degree in anthropology.

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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 lulu.com/content/5743710 for only \$5.00**

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CLASSIFIEDS

October 07, 2009

Page 15

Notice to Bidders: Inquiry # FY10-033,

(Project #0054-10-641) for McComas Village Fire System Upgrade 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, October 21, 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 \$40.00 will be charged per set. Any further information may be obtained from David Desjardins of JDRM Engineering at 419-824-2400.

One Pre-Bid Conference will be held on Wednesday, October 14, 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: \$225,000.00; Breakdown: Electrical: \$225,000.00.

Accepting Applications

John H. McKissick Senior Apartments are accepting applications for 1 bedroom waiting list for elderly housing, 62 years or older. Rent will be based on income. Applications will be taken on a FIRST COME FIRST SERVE BASIS on Wednesday, October 07, 2009 from 9:00 A.M. – 3:00 P.M. at 1030 Brookview Drive, Toledo, Ohio. For further information, call (419) 389-0361, M-F 8:30 A.M. – 4:30 P.M.



Looking for opportunities to serve? Ways to bring about change in your community and abroad?

At www.ChristianVolunteering.org, you can search our database of short term missions trips, virtual volunteering opportunities (where you volunteer from home), and volunteer opportunities working in churches and missions serving the poor.

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If you have any questions, you can email me at info@christianvolunteering.org

APARTMENTS

Abundant Life of Perrysburg is a subsidized independent housing facility for those 62 or older. We are located in a beautiful, quiet residential setting in Perrysburg. Abundant Life offers one bedroom garden apartments with private patios, indoor mailboxes, reserved parking and busing to local grocery stores. Applications are now being accepted. Call 419.872.3510 or 419.874.4371



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Lucas County Children Services is seeking candidates to develop social service policies & procedures, oversee program audits and RFP process. Education and experience requirements can be viewed at:

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Send resume and salary requirements by **10/14/09** to: LCCS, 705 Adams St., Toledo, OH 43604 Fax: 419-327-3291 EOE valuing diversity

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- Must possess some electrical knowledge
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Resumes accepted through October 23, 2009

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Preferred Properties, Inc. is accepting applications for 2 bedroom apartments. Monthly rent is \$415 + electric. **A portion of gas utility will be paid by owner. Section 8 vouchers accepted.** Applicants must be 18 or older and meet income eligibility. Applications will be taken at the model apartment on **Friday, October 2, 2009 between 9:00 a.m. – 3:00 p.m.** Application fee is \$25. For more information call (419) 389-0361.



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Email cover letter, resume and references to glenda@womenblessingwomen.org by October 12, 2009

WOMEN BLESSING WOMEN
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223 Page Street
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Special Notice

RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted October 12-16, 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.

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Send resume to:
Human Resources, LCCS, 705 Adams St., Toledo, OH 43604 or fax to 419-327-3291 by **09/25/09**. EOE-Valuing diversity

UT Minority Business Incubator Open for Business

Sojourner's Truth Staff

The University of Toledo announced the opening of its Minority Business Incubator on September 30 with an event at the site of the new operation on the Scott Park Campus of Energy and Innovation. The incubator's mission is to foster an environment that offers assistance for minority-owned early stage firms. Even as the incubator project was announced, visitors were greeted by the first occupant – Cosine Group, LLC's Oona Temple.

"I think it offers more resources," said Temple of her new location. "As an owner, you are concentrating on the things you need to grow the business."

Temple is an experienced executive recruiter who started her own business in March 2007 working out of her own home. With her move to UT, she has access to services such as office space, conference rooms, furniture, utilities, security, the loan of a desktop computer, copier, fax and parking. She will also have the networking opportunities that occur with so many businesses in the same site.

In addition to the physical facilities, the incubator's services will include financial review, mentoring, business development services, access to university research and technology transfer services and connection to university business resources,



Oona Temple

among others.

"Great events occur when there is a convergence of value systems," said Dr. Lloyd Jacobs, MD, president of UT during the ceremony marking the opening of the incubator. "We believe in diversity, we believe in economic development. Institutions are only made better by diversity. Diversity is a source of strength. And this is about our commitment to diversity and the intersection of the two value systems."

Toledo Mayor Carty Finkbeiner also spoke at the

ceremony and praised the university for its leadership in fostering both diversity and economic development.

"A university is not only the center of education but of economic development," said the mayor. "We are in an era when women and minorities are going to take their rightful place in the leadership of the nation and the world. There is a responsibility on Toledo to empower the university so that the university can empower the people around it."

Also speaking at the open-

ing ceremony were Lawrence Burns, UT vice president of External Affairs and interim vice president for Equity and Diversity; Rosemary Hagggett, Ph.D., UT provost and executive vice president; Vince Wiggins, president of the Toledo African Ameri-

can Bureau of Commerce; Gary John, president of the Northwest Ohio Hispanic Chamber of Commerce and George Robinson, director of the Minority Contractors Business Assistance Program at the Toledo Regional Chamber of Commerce.

The incubator falls under the leadership of Shanda Gore, Ph.D., director of Student Diversity, Recruitment and Retention. For more information, contact Gore at 419-530-5538 or Megan Reichert-Kral at 419-530-3805.

Ohio Residents Participate in Launch of National Web-based Video Campaign: "Say 'Yes' to Health Reform"

Citizens of Ohio are voicing their support for health reform that prioritizes prevention and wellness with the launch today of "Say 'Yes' to Health Reform" (www.sayyestohealthreform.com) – an online video campaign of the Partnership to Fight Chronic Disease (PFCD) directed at Congressional leaders in Washington.

The campaign Web site features video testimonials of residents of Ohio and 16 other states across the nation who talk about why they "say 'yes'" to comprehensive health reform that tackles issues of affordability, access and quality brought on by our nation's high rates of poorly prevented and mismanaged chronic disease – and why they "say 'no'" to the status quo.

"It's important for our Congressional leaders to hear what health care providers, advocates and patients need as health care reform proposals are being considered in Wash-

ington," said Columbus Public Health Commissioner Dr. Teresa Long, an Ohio PFCD partner who filmed a video testimonial. "We need to put the 'health' back in health reform by creating a system that does a better job helping Americans prevent, detect and manage chronic illnesses such as diabetes, cancer and heart disease."

The PFCD, which has chapters in 17 states across the country including Ohio, has been active in the health reform debate throughout this year and during the presidential election, to inform national and local leaders about the crisis of chronic illness and how it is impacting Americans' health and the affordability of health care.

Across the nation, 130 million Americans suffer from chronic disease – and 75 cents of every dollar spent on health care goes to treat patients with one of more chronic conditions. In Ohio, more than 6.7 million residents suffer from at least one of the top seven most common chronic conditions. The total costs, including direct expenditures (e.g., health care costs) and indirect costs (e.g., lost productivity), related to these seven chronic diseases alone amount to \$56.8 billion.

While these figures are staggering, the newly-released Web-based video campaign puts a human face on the issue in an effort to draw the attention of national policymakers

so – now that they are back in Washington – do not lose sight of the concerns of the everyday Americans they represent.

"It was imperative for me as a family physician to participate in the "Say 'Yes' to Health Reform" campaign because every day, I see firsthand the many Ohioans who need preventive care. Many chronic diseases and illnesses can be treated and avoided if patients have a patient-centered medical home led by a personal primary care physician," said Sarah Sams, M.D., president-elect of Ohio Academy of Family Physicians and associate director of the Grant Family Medicine Residency Program in Columbus. "Any health care reform must be built on the cornerstone of primary care and convert our present 'sick care' system to one that emphasizes prevention."

To date, the "Say 'Yes' to Health Reform" campaign features over 100 videos submitted by residents of Ohio as well as Arkansas, Colorado, Connecticut, Delaware, Illinois, Indiana, Iowa, Maryland, Minnesota, New Hampshire, New Jersey, North Carolina, Pennsylvania, South Carolina, Washington, and Wisconsin. The video testimonials represent a diverse mix of concerned individuals – from patients and caregivers, to physicians, nurses and other clinicians, to business owners and local leaders. Many live with a chronic illness or care for a chronically ill family member.

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