



# The *Sojourner's* Truth

Volume 18, No.01

*"And Ye Shall Know The Truth..."*

May 05, 2010

## Dr. Michael Stubblefield, DDS

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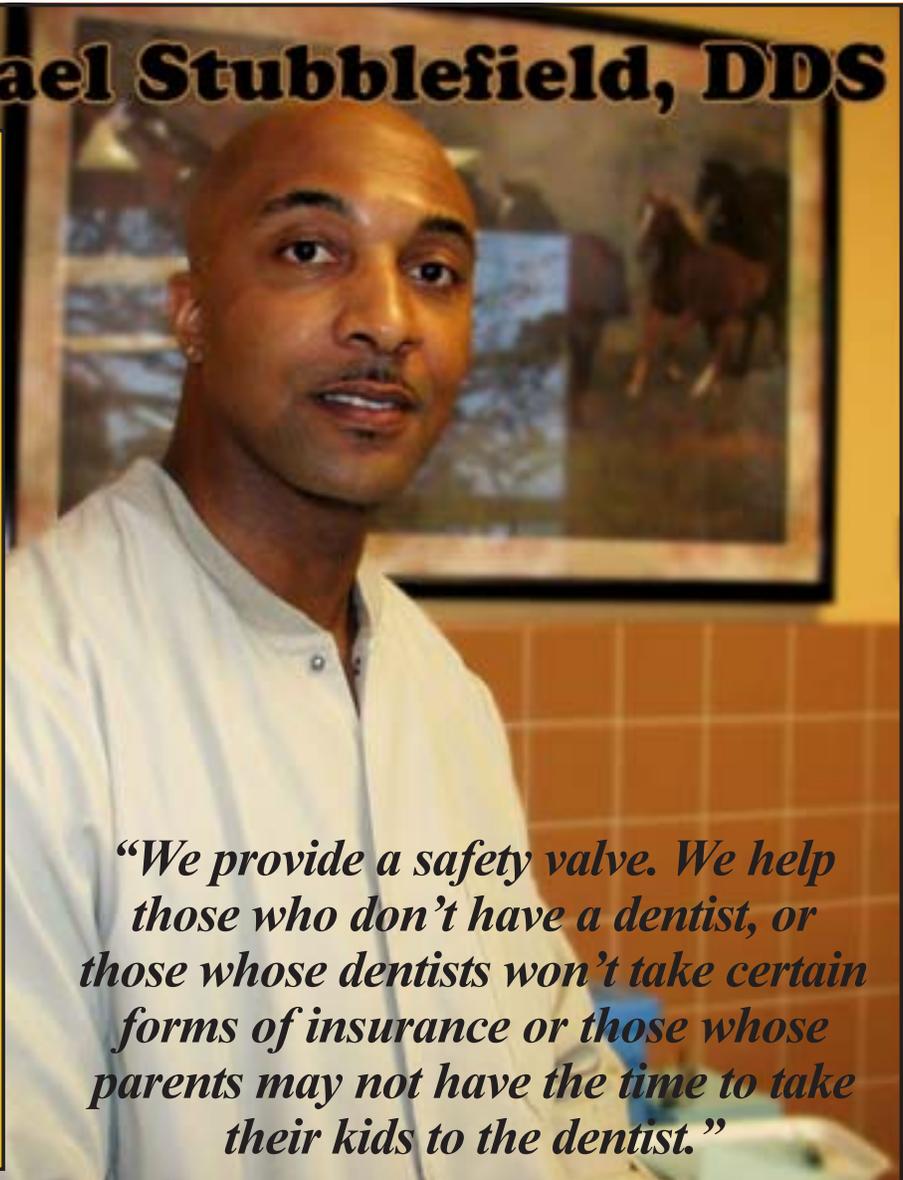
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## Get A Number and Wait Your Turn...!

By Lafe Tolliver, Esq  
Guest Column



One way in which we might stem the recent rash of black on black crime is to have an inner city lottery in which all black males between the ages of 15-27 randomly take a number.

Each day, a number will be called out over the radio stations and local TV outlets and, if you have that number, you are to report to a pre-determined location and you will be handed a loaded revolver and be given five minutes to hide before you are hunted and shot down in the streets before live cameras.

If you can remain alive beyond the allotted five minutes, your number is retired and you are allowed to live for another year and only then will your number be placed back into the lottery for another public calling.

Sounds crazy doesn't it? But guess what? A study of 500 black males between the ages of 15-27 were placed in such a year-long study using a controlled environment wherein the males were able to monitor and manipulate video figures that were made in their likeness.

The results of this controlled experiment showed that if the video-based participants knew that their number was to be called, they would begin to act differently and avoid situations in which the "hunter" could find them and shoot them.

All of the participants in the study (note: the minors received permission from their parents) were hooked up to heart and eye monitors which registered visible fear and trepidation at the thought that they could be randomly killed by someone else simply because their lottery number was called out. Something as silly as being killed over a number!

An astonishing 82 percent of the participants in the study wanted to opt out of the "hunt" when it is their turn to be "hunted" and 85 percent opted out when it was their turn to "hunt" someone else.

According to Randall Fellisope, Ph.D., professor emeritus of sociology at the Davidson-Cardell College in Pittsburgh, who is the African-American author of this controlled study, he discovered that one way urban communities can reduce the dire statistics of black-on-black crime is to have the potential malefactors simulate being both the hunter and the hunted; and only then are they able to understand the value of life...their lives not being rubbed out by inconsequential events.

The inconsequential events were tallied by the study group as being: (1) arguments over girls/women; (2) disputes about money/drugs; (3) fights about family honor or one's "manhood" being challenged and, surprisingly, (4) anger and inner bitterness about not being able to negate societal perceptions that they were of no value or of any importance to anyone.

Fellisope further indicated that the study found that when society has labeled an ethnic group as "trouble," that ethnic group can begin to act out that label in a type of warped self-fulfilling prophecy and commit acts that, if they were not so labeled, they would avoid.

When asked how the results of this study could be applied in the classroom or in the media, Fellisope said that society will have to reverse the purposeful, negative imaging that is still being painted of black males as being aggressors and brutes who lack impulse controls.

But rather, media and merchandisers, including those whose job it is to "sell" to the public, must cease to glorify violence as a means of conflict resolution and in its place promulgate values that do not give "points" to aggression, violence, mockery and ridicule as acceptable means of relating to each other.

The author of the study was quick to point out that the institutions that are best designed and empowered to change images and "re-set" a person's perception of him or herself is the family unit and the local church. If the family cannot rein in negative behavior amongst its member and if the church compromises on its core function of an undiluted gospel message of hope and redemption, the individual is left to his own devices and, in that vacuum, negative behavior takes over the void. The controlled study took into consideration such factors as single parenting, poverty, lack of education and the lack of outlets for young men to engage in constructive dialogue with their peer group and found that the above scenarios did not force or contribute to untoward delinquency or adult violence. Being poor or poorly educated or raised by a single parent does not automatically birth criminal behavior.

On a positive note, it was found that when the individual was repeatedly taught to disregard peer pressure and to discern between good and evil and was taught how to opt out or avoid negative and dangerous interpersonal relationships that could result in violence and in particular gun violence...they did so 95 percent of the time.

One of the core findings of the study was that when the family and the church are in synch with each other's core mission statements and assist each other, kids can successfully grow up in spite of mean streets since parents and family members and cooperating churches can blunt the impact and influence of those streets including the media's and Hollywood's negative depiction of black males.

Contact Lafe Tolliver at [tolliver@Juno.com](mailto:tolliver@Juno.com)

## Community Calendar

### May 5-7

Interdenominational Ministerial Alliance Revival Time: "Experience the Power;" 7 pm nightly; Warren AME Church

### May 6-7

Catherine Productions Company Casting Call: Auditions 9 am to 5 pm; Kent Branch Library; Seeking 25 male models, singers and dancers; 20 to 31 years: 419-243-3329, 567-239-5045 or 419-810-6127

### May 7

Caregivers' Conference: Body of Christ Fellowship Church; "Tips and Tools for Caregivers;" Speaker Arcella Parsons; Basic caregiver skills, home safety, healthy eating, long-term care planning, community resources; 6 to 8 pm: 419-464-8586

### May 8

West Toledo Bereavement Support Ministry: Bethlehem Baptist Church; 10 am: 419-867-2122 or [westtoledobereavement@email.toast.net](mailto:westtoledobereavement@email.toast.net)

Spring Concert: Central Catholic's spiritual and praise dance ministry performance; 6 pm Free and open to the public: 419-787-1717 or 419-973-4437

### May 9

"The Fantasticks;" Musical play by the Village Players to benefit the Monroe Street Neighborhood Center and Toledo Campus Ministry; Reception at 1, curtain at 2: 419-473-1167

### May 12

Economic Empowerment Seminar: Main Library McMaster Center; Earn income in energy conservation, national television advertising, etc; 1 pm: 419-727-3956 or 567-395-1216

### May 12-14

Bibleway Annual Pastoral Celebration Service: "Operating in Kingdom Dominion;" 7 pm nightly; Speakers Pastor Randall Parker, Min. Pat McKinstry, Pas. Tony Williams

### May 14

Majestic Praise Ministries: Fish and chicken dinners: 419-467-9962 or 419-882-7650  
Caregivers' Conference: Body of Christ Fellowship Church: "Legal and Financial Issues;" Speaker Atty Dennis Keller; Advance directives, will preparation, living wills; 6 to 8 pm: 419-464-8586

### May 15-16

Mt. Sinai Pentecostal Church Women's Seminar: "Walk in the Spirit;" 9 am on Saturday, 11:30 am on Sunday: 419-255-8577

### May 16

Warren AME Church Pew Rally: Featuring St. Paul Baptist Choir, Total Praise Dancers, St. Martin de Porres gospel choir, the Inspiring Brother of Detroit and more; 4 pm

Bibleway Annual Pastoral Celebration Service: Sunday morning speaker Bishop Bernard of Adrian

### May 18

"Back in the Day" Picnic Meeting: Kent Branch Library; 6 to 8 pm: 419-242-8170

### May 21

Hannah's Socks Sock Hop: Cousino's Navy Bistro; 7 to 11 pm; Entertainment, classic cars, contests, raffles; Proceeds to benefit Hanna's Socks: 419-893-9600

St. Paul MBC: "Faith Friday;" 7 pm; Guest speaker Min. Allen Smith  
Caregivers Conference: Body of Christ Fellowship Church: "Understanding Alzheimer's Disease and Dementia;" Speaker Cheryl Conley; Memory and aging, treatment and medication, family dynamics; 6 to 8 pm: 419-464-8586

## The Sojourner's Truth

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# Shine On, Debutantes! Shine On!

As a former second runner-up in Toledo's Debutante Cotillion Ball, I was disheartened to read Lafe Tolliver's column this past October attacking the relevancy of cotillion ceremonies in the black community. As a black American female I have my own qualms with many practices that we perpetuate in the black community; most of which I believe to be destructive. Cotillion, however, is NOT one of them.

Mr. Tolliver's article discussed how the original purpose of the ball was not designed with black Americans in mind, and consequently is not relevant or being "remotely replicated with our Shantaes and Leons." He further suggested that excessive costs, "hundreds of dollars spent for gowns, tuxes, flowers, limos, announcements, hairdo's, and the dinners," adversely affect the financial condition of black families in our community.

Now normally I would dismiss the comments of a detractor as uninformed. In Mr. Tolliver's case, however, I think there are significant points on which I believe my participation in the Cotillion will allow me to introduce some perspective. I understand how those who have never participated in Cotillion and have no direct involvement with its organization can be oblivious to its significance. Many of the issues Mr. Tolliver broached are not issues induced by Cotillion but represent larger issues that our communities have. Therefore, before I address Cotillion, I want to address some premises of his discussion in a larger context.

There are distinctive differences between black and

white communities in America. I know all too well that these cultural distinctions extend beyond music, food, and clothing but generally translate into tangible representations of success. Blacks are much less likely to go to college and graduate (which studies show increases life expectancy and quality of life), own homes or acquire any real assets to bequeath to their children, in part because of attitudes and beliefs that we perpetuate in our own communities.

This fosters a cultural association of success with the particular group of people who tend to represent that standard. That's why when black children speak proper they are likely to be accused of "talking white" or any effort, for that matter, to operate outside of cultural norms is met with judgmental scorns and accusations of "forgetting where you came from."

This phenomenon where aspiring to be successful (at least in a financial and academic sense) is threatening and thus attacked, is a double-edged sword. Although it may make someone more accepted (or more black, real, genuine, authentic, etc) in the black community it tends to make that same individual more uncomfortable with the community at large, which is predominantly white. Cotillion combats this phenomenon by exposing black youth to experiences (that many black people consider "white"), in an environment with their peers where they can feel comfortable, that they are otherwise unlikely to have.

It makes being "different" and interested in things other than what you're accustomed to and other than what your own

community popularizes "cool." Although it would be difficult for me to say that participation in cotillion is statistically linked to an increase in salary-earning potential, as Mr. Tolliver suggests it should be, I will say that the exposure forces black youth to operate outside of cultural norms and is more conducive to personal growth than what many high school seniors would otherwise be doing.

The black community is rife with financial illiteracy. In addition to the lack of veracity in the cost exaggerations of Mr. Tolliver's article, he failed to note that black Americans spend unnecessary amounts of money on rims, Jordans, name-brand clothing, etc. I think that if a fraction of that money is otherwise spent on exposure to a different experience, the mandatory preparation of a talent showcase, and an evening infused with poise, it is well worth the "sacrifice."

Contrary to popular belief, however, Cotillion did not cost very much at all. As a private high school and low-income student, my family did not have "hundreds of dollars" to spend on a gown, flowers, announcements, and hairdos, and I've never seen a debutante rent a limo.

Since Cotillion is an annual event, the debts (short for debutantes) from last year always need to get rid of their dresses. I purchased my gown for \$30 from a debutante who had participated in the ball the previous year and sold it to a debutante for \$30 the year after me. My sister, and indeed most debts, made a similar transaction.

Additionally, no one challenges the excessive

amount of money spent on prom nights, which involve no scholarship—a primary objective of the Cotillion. Ultimately, if there is someone that spent "hundreds of dollars" on Cotillion it is a reflection of their own lack of financial prudence and is unrelated to the demands of Cotillion as participants are able to participate fully and tastefully rather inexpensively.

Through my studies of black culture, I have gained an even deeper appreciation for events like Cotillion. I think that it is important for black youth to consistently be reminded of how talented they are and how much potential they have and I support any event that takes advantage of that opportunity.

In America, where being black is often equated with being inferior, an event designed to celebrate black youth and broaden their horizon is okay with me. The night is filled with recognition of youth and members of the community that support them. I have attended several scholarship ceremonies and have a pen-

chant for those, like Cotillion, that provide an evening unlike any other the participants are likely to experience. I mean, where else can a little black girl labeled "at-risk" learn to waltz?

On a more personal note, after Cotillion, on top of the friendships I developed with debts, my interactions with the women who host the Cotillion continued. They became resources in the community, they encouraged and supported me, offered their unconditional guidance, and eventually some of them became my sorority sisters.

With their help as role models, I graduated from The University of Toledo with honors and earned a B.A. in political science, an MBA in finance the following year, and will start law school this fall at the University of Minnesota in Minneapolis. I also get calls annually from aspiring debts to help with their talent preparation and the two young ladies I spent the most time coaching are graduating from college this year, one from Howard,

and the other from Xavier Cincinnati.

These are just a few of the examples that illustrate Cotillion's impact; there are several others I cannot begin to list. Cotillion was one of many steps in my journey to reaching my goals and has instilled a sense of obligation in me to future generations.

Despite its perceived distance from the origins of Cotillion creation, Toledo's Debutante Cotillion Ball has evolved to inspire black youth to attain their goals. It is narrowly tailored, without being outlined as such in a book, to meet the needs of young Blacks, particularly females, in our community. I am proud to have participated and would not be the same person without the experience I was afforded as a debutante. Perhaps, if you don't think cotillion helps to create "success stories" you aren't looking in the right place.

That being said — Shine On Debutantes! Shine On!

**RaShya "Shy" Cunningham**

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## Stop Blaming the Teachers!!!

No one ever asks why Maumee, Oregon, Perrysburg, or Sylvania teachers choose to send or not send their children to the schools where they work. However, this question is asked time and time again of Toledo Public School teachers who live out of the district.

Is it really the schools that keep them from sending their child to TPS? Or is it something else? I have worked in several different TPS schools over the past nine years and I can honestly say that there is not one school I would not promote or endorse to any parent making the decision of where to send their child.

I find very few teachers (two actually and they are retired) that do not love their students and work hard to provide them an excellent education every day. I also know some teachers who do have "out of district vouchers" and others who live in the district, so their child can come to school with them every day as they have the utmost confidence their child will receive the education and skills they need for the future.

So what is keeping teachers from sending their students to Toledo Public Schools? Although I do not know the answer to this question, I do know that it is not the quality of education as Toledo Public School teachers are not to blame.

Ellen Barnhizer



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# The Last Day in the Life of Linda Hicks

As told by Tanya M. Nurphy, Home Operator  
Marria's Adult Family Home

It was Monday, December 14, 2009 and I had called for Linda to come downstairs to take her medication. When she did not come down or answer me, I took her medication upstairs along with a cup of water and knocked on the door.

I could hear her mumbling something and she began cursing at me. She finally told me to come in and I attempted to push the door open, only to find she had blocked it with her cane. She moved it away so I could enter and then sat down on the edge of her bed.

All of a sudden, she jumped up and began walking toward me with a pair of scissors in her hand and was cursing at me. As I left the room and ran downstairs, I realized that she was not following me and I ran into my office to get the phone.

This was so out of char-

acter for Linda. She had never become violent in our home, but I could see her eyes were glassy and wide open. She did not look good and did not look like herself. I dialed 911 to request the Crisis Police Officers and told the dispatcher what had happened. I was asked if she is usually violent and I said "no."

Shortly, two female police officers arrived and as I let them in the door, I was attempting to tell them about Linda and was following them up the stairs and pointing out her bedroom to them. As soon as they reached the top of the steps, they had drawn their tasers and told me to "Move ... go."

I waved my hand saying "Oh, no." I moved a step down, but was still on the stairs and could see Linda's door - closed. When the police told Linda to open the door, she didn't and I told them

that she keeps something against the door and needs time to move it.

The police then kicked in the door. I could see Linda's feet through a mirror which is hanging on the left side of her bedroom wall. She was lying on her bed - face down and quiet.

The police officers

shouted at her and told her: "Don't play dead on us. Get up or we are going to tase you." Linda did not answer.

The officer again told her to "Get up."

Linda cursed at them and then I heard movement in the room. I heard them tase her and I did not hear her say anything.

I heard one of the officers let out a sound and then I heard shots. I heard one of the officers yell, "Go, go" and then I heard one of the officers crying loudly and saw smoke in the hallway. They yelled at me to "go outside and don't come back in."

I could still hear the one officer crying as I ran down the steps. One of the officers said, "No, it's OK. I saw it, too. Did you see it?"

I ran downstairs into my kitchen crying and shouting in disbelief, "They killed her!"

I ran outside - still crying and I called my parents and my daughter. This would be Linda's last day on this earth.

About Linda, My Resident and My Friend

Linda was born in June of 1947. She came to my home in August 2005 after her previous group home had closed. Linda has friends from her pre-

vious group home (Victoria, Kristina and Vickie) who call her and have visited her.

Linda and Victoria made crafts for one another. Linda was fun-loving and loved to play cards and walk to the store to get snacks. She loaned money to other residents (which she wasn't supposed to do), but she had a caring heart.

She loved for me to comb and braid her hair. She loved cook-outs, holiday parties and birthday parties. She loved it when I bought craft supplies - yarn, crayons, markers, craft paper, etc. She loved to knit and make gifts and cards for people. For some reason, she usually gave us our Christmas gifts early - on thanksgiving. I would remind her it's early" and she would say, "That's OK. I don't want anything to happen to them

(Continued on Page 5)



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The Last Day in the Life of Linda Hicks

(Continued from Page 4)

or for them to get stolen. Last August I had a big birthday party for her. At the birthday party we had a big birthday cake and her "family" of other residents sang "Happy Birthday." I will always remember that special party.

my friend and I miss her. When I looked in her file to get her next-of-kin information following her death, she had my name and address. I lost a beautiful person who was part of my family.

What Changed in Linda's Life?

Her agency worker came to visit her on a regular basis and took her shopping and to some of her appointments. She had a good relationship with her.

Two days before her death, Linda was moody but was feeling fine the

(Kristina and Vickie) came to give her Christmas gifts but they are still wrapped in the office - she did not want to open them. She did not eat her dinner that evening and refused her medications. She did this on occasion but usually, she would take them later. Regarding her medication, I had noticed that Linda's medication had been changed two-three times that month.

I am not sure what put Linda into this bad mood that she didn't seem to be able to come out of this

time, but I never would have dreamed that this would be her last day with me.

My Wish

I am struggling with her death and I blame myself. I should have used my own CTI skills. I try to remember that I was just trying to help her.

I still love what I do and I take pride in what I do but I wish I did not have to struggle with keeping my home open - getting the financial support for the rest of my

residents. It is difficult to run this business and not having the financial support scares me, as I do not want to lose the rest of my "family." They have been through enough.

My biggest wish is that there could be a "Linda Hicks Law" - where more training is mandated to law enforcement on how to handle people suffering from mental illness who might just be having a "bad day."

She should not have died that day - not in "her home."

"I never would have dreamed that this would be her last day with me."

Last Halloween she wanted to dress up like a dog but I was unable to find an adult dog costume. She assured me, "That's all right.. I will just make one." She did and she won first place at the Wernert Center (which she attended three times a week).

Sometimes Linda could be moody and we would use different strategies to get her "back up," but she was not a violent person. She was

Linda attended the Wernert Center three times a week where she participated in different activities and socialized with her friends. She did not like change and she had a few different case workers over the years, but she adjusted well to them.

She did not receive counseling but was on several medications.

Also Linda had a bad heart for which she had previously had surgery.

next day. She started off as usual on Monday giving Michelle (direct care staff member) a piece of gum that morning, which was a daily ritual. Michelle assisted Linda in filling her daily medication boxes and checked her sugar.

She was moody after lunch and did not want to talk with her case worker. The case worker indicated that she would come to visit her the next day. Two visitors

Advertisement for Making Strides Against Breast Cancer. Text: 'The journey to a world with more birthdays starts with a single step.' Includes event details for Saturday, May 8, 2010 - Mother's Day Weekend at Levis Commons, Perrysburg, Ohio. Registration begins at 8:30 am, walk begins at 9:30 am. 3.1 miles. No registration fee. Major sponsors include American Cancer Society, Sunoco, and others.

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# Truth Health

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## Dr. Michael Stubblefield, DDS: Dedicated to Service in Public Health

By Fletcher Word  
Sojourner's Truth Editor

"Life isn't always about money," says Dr. Michael Stubblefield, DDS, when asked why he has chosen to use his dental skills and talents working for the Toledo Lucas County Health Department rather than in the more lucrative private practice sector.

"A career in public health is a good fit for me," he says. "I provide access to care for folks who might not have anywhere else to go, plus a lot of these kids have never seen a black, male professional."

A 1994 honors graduate of St. Francis de Sales High School, Dr. Stubblefield earned his undergraduate degree in zoology from The Ohio State University and his doctor of dental surgery degree from the Baltimore College of Dental Surgery, the first dental school in the world, at the University of Maryland.

After dental school, Dr. Stubblefield returned to Toledo to begin work in public health, and with children, in the pediatric office. "I love being able to work with kids," he says.

And work with kids he does. In addition to the time he spends in his office seeing patients, the bulk of the dentist's time is spent in the Toledo Public Schools. Stubblefield's office has a mobile dental unit which travels from school to school, spending as many as six to eight weeks a time in a particular location. In that makeshift clinic, Stubblefield and two assistants perform examinations, cleanings, extractions, fillings, root canals, among a variety of procedures. They will visit five to six schools a year in this manner and see perhaps 150 to 175 kids at each location during those visits which are free

for the most part.

"We do bill Medicaid," says Stubblefield. If the patient has a private insurer, that company will get billed but if the child does not have insurance, they are seen and examined anyway – at no charge to the family.

"We are a safety valve," says Stubblefield of the program. "We help those who don't have a dentist, or those whose dentists won't take certain forms of insurance or those whose parents may not have the time to take their kids to the dentist."

Dr. Stubblefield has the bulk of his dental career ahead of him and he intends to remain in the public health sector, working for the Toledo-Lucas County Health Department. He can envision a future in which he will one day be the Health Commissioner helping to plot what he calls the "uncharted territory" of public health.

From a policy perspective, in fact, he has followed with great interest the ongoing debate over universal health care that finally brought the nation a bill intended to close the gap between those who have coverage and the have-nots.

"The system is broken but something is better than nothing," he says. "We can't stay on the same track. I personally think the bill is a step in the right direction."



**"I provide access to care for folks who might not have anywhere else to go, plus a lot of these kids have never seen a black, male professional."**



What brought Dr. Stubblefield to the practice of dentistry all those school hours ago?

"I knew from when I was young that I would go into the medical field," he recalls. "I also looked at various fields such as pharmacy, veterinary and physical therapy. Dentistry seemed like a good fit because of my

science aptitude and the fact that I like to work with my hands, so the rest is history."

Dr. Stubblefield is active in a variety of organizations such as the T-Town Travelers, Ltd., Psi Omega Dental Fraternity, Alpha Phi Alpha Fraternity, Inc. and is an active member at Mt. Pilgrim Church.

He was the local 2008 recipient of the Ohio Commission on Minority Health Award and the 2005 recipient of the Central City Ministries of Toledo Urban All-American Award.

And the rest is certainly not history, the rest is yet to come.

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**Tracee Perryman-Stewart**

Founder and executive director of the Center of Hope Children's Defense Fund Freedom School; organizer of "GLAM 2010", a fundraising luncheon and style show to support operations of the school that has been in existence in Toledo since 2007.



The Children's Defense Fund accounts for barriers to educational achievement and offers a social justice component teaching students to advocate for changes in social conditions necessary to make educational attainment relevant to all.



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# Overcoming Weight-Loss Plateaus with Tips from TOPS

*Special to The Truth*

As weight-loss warriors climb to the mountaintop of fitness and better health, they will inevitably cross a plateau or two in their journey. According to Nicholas "Dr. Nick" Yphantides, M.D., M.P.H., medical spokesperson for TOPS

Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, "There are inevitable periods of plateau. You feel like you have changed nothing, yet the body fat no longer disappears and your weight loss

seems to be stuck in neutral. The real dilemma is that the plateau can be a huge motivation killer."

The harm, he says, is that some people give up during a plateau and fall back into poor eating and exercise habits out of discouragement.

On a positive note, since it's best to lose weight slowly, steadily, and sensibly, plateaus can often be a body's balancing act. A plateau also can signal that a body has less fat left to lose.

Dr. Nick points out that real plateaus, when weight loss does in fact stall, are different from perceived plateaus, when a person is in denial and doesn't believe they are doing anything differently, yet the weight is not coming off.

"Honesty and accuracy are such core ingredients to healthy living for TOPS members that I have to mention them, as I frequently discover what I call a 'perceived plateau' upon deeper interaction and conversations with people who are frustrated with their weight loss," he says.

One cause of a true plateau is that the body is trying to achieve equilibrium, or homeostasis. In this state, the body wants to retain the status quo and not lose weight. Weight

will resist coming off, even if the number of calories consumed and level of exercise stay the same.

Dr. Nick says that the key is to mix up your routine so the body reacts to changing signals. "Some weight-loss warriors make the mistake of expecting different results with the same routine. It's easy to get discouraged, but it's more effective to get creative," he notes.

His strategies for overcoming a weight-loss plateau include:

- Eat the same weekly amount of calories but eat less one day and more the next to make the body react differently. Also, remember to drink water to feel full and avoid problems caused by dehydration.

- Try adding a new activity to an exercise routine. It will activate more muscles and change the way the body is used. For instance, if you typically walk daily, swim or bike instead. Add high-intensity cardio intervals to a low-intensity

workout. If there's a fun, new dance class to try, this is a good time.

- Switch the type of workout. For example, trade an aerobic session for a strength-training or muscle-toning class. This can increase lean muscle mass and jump-start the metabolic rate.

- Spread out daily food intake to fuel metabolism over a longer period of time. Add a few mini-meals each day, going from three meals to five, without adding calories. Make sure breakfast is a solid meal, because it results in better concentration and higher energy throughout the day.

Use patience and persistence as tools in the journey to overall wellness. Weight-loss plateaus will happen along the way - but they can be overcome.

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

## Dear Ryan,

I saw the article on Grace Temple Church and I'm glad to see you're helping to do God's work. You were blessed with a gift, thanks for sharing with others. It's a great idea and I hope more churches realize the importance of fitness, structured bonding and support of each other. My question is about supplements. My son is overweight and he has been working out. Now he wants to take all these supplements are they safe and if so what kind should he be taking?

Marcus T.

## Dear Marcus,

Thank-you for the compliment, it is a great workout and they are losing body fat and feeling better. I do two other boot camps and am in the process of setting up summer sessions in the parks.

As for your supplements question, everyone wants to take that magic pill or drink that will get them where they want to be or where they think they should be. I've seen people try to get down to weights that are just unattainable because their body structures just won't permit it.

The only supplements that I push to my clients are multi-vitamins, protein drinks and glutamines. It's my goal to get you to eat correctly and get your nutrition sound and let that work for you. Without good nutrition you can take all the supplements on the market and still not get results!

The building block to everything in your body is amino acids (proteins).

Providing he is healthy, I would suggest that your son increase his water intake, consume protein with every meal, just eat meat and veggies for his last meal and eliminate sugars in his eating. Just those four things alone will make him see a noticeable difference in his physique in a very short time. He doesn't need supplements, he needs to eat and train consistently and keep a food log as well.

A lot of people think they are eating well until they start writing things down and looking it over every few days then they can see their mistakes. If he wants to take supplements I suggest the three I mentioned above.

He is not competing or training for an athletic event so a lot of supplements are not needed. If you are unsure about anything, consult your physician before he starts. I hope this helps you and I hope he gets the results he seeks. Tell him feel free to come to Grace Temple on Monday/Wed from 6-7. That goes for anyone who wants to come out, the more the merrier. Any questions about setting up a boot camp at your church or business please call me.



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## From the White House Kitchen Garden to Local Vegetable Gardens

Patrice Powers-Barker, OSU Extension, Lucas County  
Guest Column

Remember the 2008 United States Presidential Campaign? Did you know about the grass roots promotion during that time called "Eat the View?" It was a public campaign that proposed planting a vegetable garden at the White House, regardless of who won the presidential nomination.

After Barack Obama won the presidential election, First Lady Michelle Obama welcomed the invitation to plant a vegetable garden on the White House lawn as one way to encourage healthy eating and healthy living for children and families. Planted in the spring of 2009, the White House vegetable garden has been used to welcome school children to the property, to plant, grow and harvest produce, to provide a fresh connection with the White House chefs and to share extra vegetables with a local food pantry.

This is not the first time

that vegetables have been grown on the property of the White House but this modern kitchen garden has become a useful tool to promote the national goal of a healthier generation of Americans.

What is growing at the White House? The White

House garden on the South Lawn features a four-season garden which includes tunnels (almost like mini-greenhouses in the garden) to protect cool-weather crops in the winter. Many seeds and plants can handle cool weather like peas, broccoli,

onions, lettuce, spinach, kale, chard, mustard, turnip, beets and collard greens. Many of these cool weather plants can be planted in northwest Ohio in mid-March, April and early May.

Other plants like tomatoes and peppers, beans, okra,

squash, melons, cucumbers and sweet potatoes love the warm weather. They can not be planted in the garden until after the chance of frost has passed. Although the weather in northwest Ohio is different from the weather in Washington, D.C., garden-

ers can grow the same types of vegetables, as long as the warm weather crops in northwest Ohio are planted after the middle of May when the threat of frost is over for the year.

To see pictures of the White House garden, search the photos at [www.whitehouse.gov](http://www.whitehouse.gov). To learn more about the history of the White House Garden "Eat the View" campaign, visit . Using this inspirational example of the White House kitchen garden, what is applicable to residents of northwest Ohio?

**Vegetable Gardening doesn't have to be expensive.** Although gardeners may need to invest in some tools or containers, many garden projects can reuse or recycle common items around the house. Composting is one way to reuse scraps from the garden to create healthy soils. Families and individuals who

(Continued on Page 10)



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## Minority Health Month Brings Host of Health Fairs to Area

Sojourner's Truth Staff



As usual, April – Minority Health Month – brought a number of health fairs to Toledo.

Kicking off the month's activities, before the month even began in fact, was the NAACP First Annual Free Health Fair at UAW Local 14.

On April 10, the Omega Psi Psi Fraternity, Inc hosted its annual health fair held at Cordelia Martin.

Volunteers from the Omega, the Toledo Council of Black Nurses and other groups, held screenings for prostate cancer, high blood pressure, cholesterol, and others. As usual, the health clinic hosted a wide range of service providers.

ProMedica brought a special flair to the month by hosting a community health fair at the Kent Branch Library titled "Walking in and Dancing out." In addition to the usual

screenings and health information, Mind, Body & Soul offered Detroit-style urban ballroom and Chicago-style steppin' lessons with music provided by DJ's D-Peeps



Councilman Mike Ashford gets blood pressure checked



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# Commitment, Accountability and Motivation = Success!

By Angela Steward, Fitness Motivator  
Guest Column



How many times have you looked in the mirror and didn't recognize the person staring back at you? How many times have you climbed the stairs and ran out of breath before you reached the top? How many times have you complained about how much your knees and ankles hurt? Have you wished you could change your health and fitness level? If you thought about it, put a plan into action!

It's easier than you think—there are three things that will bring you success in your

fitness journey – COMMIT to make healthier nutritional choices and begin to exercise, hold yourself ACCOUNTABLE – when that little voice in your head tells you that you're too tired to exercise – shut that negative voice down with positive thoughts! The positive thoughts will MOTIVATE you to make changes in your lifestyle. Make healthier choices and changes in your lifestyle – plan your fitness and health goals and take the first step in your fitness journey. The hardest part about your fitness journey, is taking the first step.

A lot of fitness professionals will suggest that you begin your fitness journey with a friend, that way you hold each other accountable. It's my belief that most people begin their fitness journey with a friend because they are afraid of the unknown: How do I start my fitness journey? How long will it take before I see results? Eventually doubt takes over, the goal is never reached and the

blame is shared: "she stopped exercising - so I did too."

As a fitness instructor, I always tell people to come to my class alone! #1 – you don't need a friend, I'm your friend for that hour; #2 – you'll make new friends who are on the same fitness journey; and #3 – for one hour, just be yourself, not a wife, not a Mom, DO YOU!

If you choose to exercise with friend(s), great! I promise you, eventually normal every day routines and priorities will take over the time of one friend or another, then the excuses will follow; and the next thing you know you've stopped exercising because you were dependent on your friend(s) for motivation and accountability. Find the time to exercise away from your friend(s). Be your own motivator! Hold yourself accountable! Believe that you can achieve your fitness goals – there is no room for doubt, and stay away from people who doubt that you can reach your fitness goals.

From my experience, people who reach their weight and fitness goals succeed because it was **THEIR OWN** personal goal. They made a commitment to their health, they provided their own motivation, and they became accountable to themselves. They put their personal health and fitness goals at the TOP of their list, *not the bottom!*

We all have daily activities, pressures, schedules and deadlines, add to that the priorities and demands of your husband, children, and parents – it just doesn't seem possible to find the time to focus on YOU! **Stop trying to find time for YOU, make time for YOU!**

Something as simple as taking a walk or riding a bike can burn 400 – 500 calories, which results in weight loss and an improvement in energy level. I always tell my class, just do anything that will get your butt off the couch and moving. Put your daily fitness activity on your family or personal calendar, like you would a school function for your child – YOU are a priority too!

Now that spring is here, COMMIT to begin your fitness journey towards a healthier lifestyle. Make a plan to get outside and get some fresh air – hold yourself ACCOUNTABLE! Check out the scenery and nature in our

local parks – it should MOTIVATE you to walk a little further and more often. I always feel better after a long walk or bike ride – it helps me relax, it clears my head and fills me with positive energy. It can do the same for you – just try it!

If I can help you in any way, feel free to contact me. Yours In Fitness!!

**Angela R. Steward**  
Fitness Motivator  
Studio Fitness

1413 Bernath Parkway  
Toledo, OH 43615  
Cell: 419-699-9399

E m a i l :  
Angela\_Stew@yahoo.com

## White House Garden

(Continued from Page 8)

qualify for Food Assistance Benefits and have the Ohio Direction card can use that card to purchase seeds and plants for food.

**Vegetable Gardening doesn't have to be large scale.** Vegetables can be grown in the ground or in containers. Vegetable plants can be added to existing gardens around the yard. If you already grow some flowers, add one or two vegetable or herb plants this year!

**Growing fresh produce doesn't have to be complicated.** If you have never gardened before or if you have not used many fresh vegetables in the kitchen, there are easy, useful ways to learn how to grow some simple vegetables and prepare tasty recipes. For example, a free program called, *From Plant to Plate*, will be

offered on Thursday May 6 at 6:30 pm at the Swanton Library. For more information about *From Plant to Plate* or any questions about growing your own vegetables or herbs, contact Ohio State University Extension, Lucas County. They have a Horticulture Hotline to answer any questions on Mondays, Wednesdays and Fridays from 10:00 a.m. – 1:00 p.m. at 419-578-6783 or email [mghotline@osu.edu](mailto:mghotline@osu.edu).

**Gardening doesn't have to be a one-person job.** Gardening can be a family project, including members of all ages. Live alone? Join a community garden or split the work with a neighbor.

**Share the Wealth**  
Gardeners are often willing to share seeds, advice and extra vegetables. As mentioned earlier, the extra

produce from the White House Garden is donated to a local food pantry in Washington DC called Miriam's Kitchen. In northwest Ohio, vegetable gardeners have the same type of opportunity of sharing extra produce. For more information on where to donate extra produce as part of Maumee Valley Gardens – Helping to Feed the Hungry, visit <http://victoryinthegarden.osu.edu> or call 419-578-6783.

Vegetable gardens or kitchen gardens are not the only solution to health or hunger problems in the United States of America but they can be a valuable activity for a healthy lifestyle. Vegetable gardening offers enjoyment, exercise and access to fresh, affordable, healthy food to individuals and families of all ages and backgrounds.

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**Book Review**

**The Immortal Life of Henrietta Lacks by Rebecca Skloot**

c.2010, Crown \$26.00 / \$32.00 Canada 370 pages, including notes

By Terri Schlichenmeyer  
The Truth Contributor

When the doctor said you needed a booster shot, it made you wince.

You're all grown up and you know that a vaccine is nothing but a poke, a sting, and lots of protection. No big deal.

So why is there a little-kid part of you that wants to wail when the needle approaches your arm (or worse)?

Few people ask for shots, but if you've ever been treated for hemophilia, leukemia, the flu, Parkinson's disease, an STD, lactose intolerance, appendicitis or dozens of other illnesses, you owe big thanks to one woman who never volunteered to help

you. Read more in *The Immortal Life of Henrietta Lacks* by Rebecca Skloot.

Born in Roanoke, Virginia in 1920, Henrietta Lacks grew up in the Jim Crow South, dropped out of school in the sixth grade, and had her first child by age 14. The boy's father, a man who later became Henrietta's husband, was her first cousin.

Though she'd sometimes complained about and saw doctors for an abdominal "knot," it wasn't until after the birth of her fifth child that Henrietta was hospitalized for pain and bleeding. Prior to that, doctor's notes indicated nothing amiss, but it was then

that a cancerous tumor was found on the side of Henrietta's cervix.

In great pain, burned by radiation and wasted by disease, Henrietta died in October, 1951. But long before she did, someone had taken several thin slices of her tumor as a matter of course, for use in the lab.

What researchers discovered astounded them.

Although "normal" cells die after a certain time, cancer cells belonging to Henrietta Lacks didn't. Her cells, dubbed HeLa, actually grew and were durable beyond anything scientists knew. Within months after

Henrietta's death, her cells were growing around the world, used for research, and grown again. But the life and journeys of HeLa cells is only part of the story.

Though science gained vast knowledge about the human body and disease thanks to Henrietta, the Lacks family was late in learning that her cells were alive and being used for experiment and profit. Details were withheld, explanations were often incomplete and misinformation was common. New laws were written because of Henrietta Lacks, and lawsuits were filed. And the family still fights for better recognition of her contributions to the world.

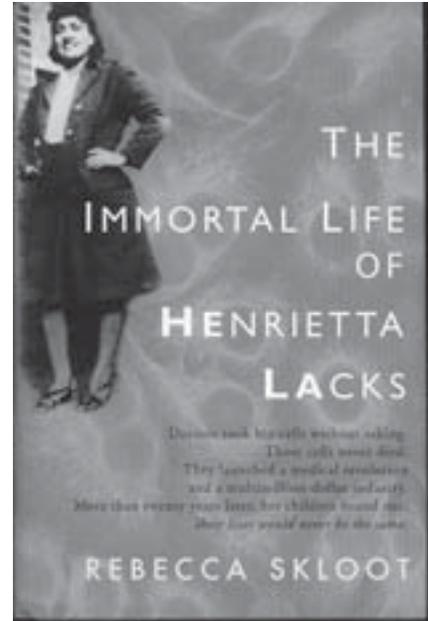
Mixing science and medicine, African-American history, racial issues and a journalist's enthusiasm, author Rebecca Skloot writes of extreme patience and doggedness in pursuit of the truth about a woman went anonymous for way too long.

Skloot is a fantastic storyteller, and her sympathy with the Lacks family surely gives this book a different feel. I very much enjoyed how she wove the Lacks family's per-

sonal history with medical sleuthing, cultural touchpoints, and the kind of persistence that makes a great book like this.

If you're looking for a

story that will shock you, amaze you, and anger you more than a little bit, pick this one up. For you, *The Immortal Life of Henrietta Lacks* is definitely worth a shot.



**Healing Hearts: A Memoir of a Female Heart Surgeon by Kathy E. Magliato, MD**

c.2010, Broadway Books \$24.00 / \$29.95 Canada 272 pages

By Terri Schlichenmeyer  
The Truth Contributor

When the "Check Engine" light appeared on your dashboard, your first instinct was to panic. But the car was running fine, right? No problem, so you drove around for another week. Or two, ignoring the warning signs. The resulting mechanic's bill – and the lesson learned – cost you big.

When the pain stomped across your chest and shoulder, you panicked, then convinced yourself that everything's fine, no problem. But humans don't come with "Check Engine" lights and ignoring that warning could cost your life. In the new book *Healing Hearts: A Memoir of a Female Heart Surgeon* by Kathy E. Magliato, MD, you'll read about the greatest engines of all and a woman who fixes them.

Growing up as the second-oldest child in a German-Italian family in New York, Kathy Magliato knew the meaning of hard work. Her father's paycheck didn't stretch far enough, so Magliato and her siblings did odd jobs in the mornings, evenings, and all weekend throughout most of high school. Those jobs, meant to make ends meet, instilled a certain work ethic in Magliato.

The first time she held a



more.

In this book, Magliato writes about her career and the difficulties and joys of being a female cardiac surgeon. Without complaining, she explains what it's like to work 24/7 and raise a family, too. And she writes about her most memorable cases: the people she saved and the ones she lost.

And I loved every paragraph of it.

With self-assured conviction, a wicked sense of humor, and wry observations, author Kathy E. Magliato, MD takes her readers from a farm in New York to Ohio, Michigan, Pennsylvania, and California on a journey that she says fewer and fewer women choose to take, often (surprise) because of the low pay.

Along the way, Magliato gives her readers a real-life peek inside EDs, ORs, and human bodies as she reminds us that heart disease is the number one killer of women. To drive home the truth, she includes heart-stopping facts at the end of her book.

If you're looking for a wonderfully no-nonsense, humorous and humble memoir, you'll want to look for this one. For doctors, future doctors, and anyone with a heart, *Healing Hearts* is a book to check.

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# Deltas Hold Annual "Breakfast for M'Lady"

(Continued from Page 16)

ship winners. Caldwell, who attends Sylvania Southview, will be attending Siena Heights University in the fall. An honor roll and meritroll scholar, Caldwell has also participated on the track team, the cross country team, choir, the art club, among other extracurricular school activities. Her community service has included tutoring and mentoring.

"People who take the road less traveled are the ones who obtain the most in their lifetimes," are Caldwell's words to live by.

Sawyer attends Waite High School and will be entering The Ohio State University in the fall. She is her class's valedictorian and is a 2010 National Coke Scholar.

Her class activities included serving as the president of the Drama Club, Upward Bound, the Spanish club, the Afro American Club and Mu Alpha Theta. She also participated in Indian 100 Leadership and the National Honor Society along with a host of community service activities.

"Success does not come to those who wait for it, so reach into the sky and into outer space," are Sawyer's words to live by.

Scott is graduating from St. Ursula Academy and will be attending Ohio University to study computer science. She was on the honor roll during her junior and senior years and is a four-year Presidents List member and par-



Tessa Scott, Santoria Sawyer, Jasmine Caldwell

ticipated for three years in tennis and bowling.

Scott takes part in the Cotillion, CYO Basketball, student government, among other school activities and has served her community with Big Brothers/Big Sisters, Toys 4 Tots, Day of Caring, etc.

"Living Life to the Full-est," are her words to live by. Rounding out the morning activities was the "Fashion Extravaganza" featuring the Vogue-Esquire Models of Chicago with scenes such as "Hats on Parade," Reds and blushes in the suits category; "Party Circuit" in the cocktail dress segment and, of course, evening wear in "Evening Odyssey."

The "Grand Wedding"

scene wrapped up the show.

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

The first chapter of Delta Sigma Theta in northwest Ohio was formed in 1937 by seven young women—Louise Burgette, Mamie Duffy, Lillian Duffy, Constance Hespil, Mayola Senior, Ellap Stewart and Frances Wade.

This year's breakfast committee included Chairman Bessie Mack; Wilkins, chairman of the Mother of the Year subcommittee; Yatika Langford and Erica Parish-Baker, chairmen of the Scholarship subcommittee;

Herneika L. Johnson, co-chairman of the BFML program; tickets sub-committee members clara Brank, Sue Fletcher and Gussie Hawkins; Trevor Black, door prizes chairman; Joan Reasonover, chairman of the door prizes sub-committee; hostesses Gwen Banks and Stacey Jackson-Harris and Wanda Terrell, publicity chairman.

Bettina Shuford, Ph.D, is the president of the Toledo Alumna Chapter; Robin Stone is first vice president; Joyce Henderson is second vice president; Pascha Jackson is the corresponding secretary; Tiffany Triplett is the recording secretary; Carla Fitzgerald is the treasurer and Brank and Jacquelyn Jones are the financial secretaries.

# The International Trends Committee of the Toledo Chapter of The Links, Incorporated Proudly Presents: Students Study Water in Daily Life

The Toledo Chapter of The Links, Incorporated joins Toledo Public Schools, the University of Toledo, and Sol Plaatje Primary School in South Africa to present a unique event via Skype™ which will connect sixth-grade American and South African students on the subject of one of the world's most precious resources - water.

The Skype™ event titled *Students Study Water in Daily Life*, is scheduled to begin promptly at 8 a.m. on Wednesday, May 12 in the library located inside Stewart Academy for Girls, 707 Avondale, Toledo, OH. Skype™ is software that enables users to make free video and voice calls, instant messages and share files with other Skype™ users.

The Toledo Links' International Trends committee, led by Chairman Linda Ewing, approached officials of Toledo Public Schools and the service organization's local partner school Stewart Academy for Girls, headed by principal William Keaton, to organize the international Skype™ event.

"When our committee learned that some 4,000 children in developing countries die each day, simply due to lack of clean drinking water, we knew that we wanted the students at our partner school, Stewart Academy for Girls, to engage with international students surrounding this powerful subject of water," said Link member Cecelia Adams, who led the charge in locating a school titled Sol Plaatje Primary School in the North West Province of South Africa to connect with the Toledo students.

The South African school is named for Solomon Tshenkiso Plaatje (1876-1932), who was the first African National Congress (ANC) Secretary-General. Locally, Stewart Academy for Girls is named for Ella P. Stewart (1893- 1987), one of the first African-American female pharmacists.

"The South African school officials at Sol Plaatje were also interested in their students studying water's impact on society's daily lives, and connecting via Skype™" added Adams.

Link member Beverly Baker then coordinated a detailed Power Point educational component for the students, which allows both the Stewart and Sol Plaatje students to learn more about water as a natural resource, its impact, and more.

The upcoming Skype™ program on May 12 will be greatly enhanced by the assistance of University of Toledo officials Isabel C. Escobar, from UT's Department of Engineering, and Thomas Bridgeman, from UT's Department of Environmental Sciences. Both will conduct water science experiments for the students to witness and participate in during the Skype™ connection.

Locally, parents, select Stewart students, TPS officials, Links members, and UT experts will participate in the May 12 Skype™ international connection.

# Securing Your Identity Isn't Just For Tax Time

Most Americans survey their finances from a high level only once a year. Tax time forces people to think about how to best organize their financial lives. It should also remind you to take extra care in protecting yourself against fraud and identity theft—something you should think about year-round.

During and after tax time, even with the prevalence of online filing, reams of vital information are easily harvested from workplace desks and mailboxes.

The nonprofit Identity Theft Resource Center (ITRC) recommends that you take the following steps to protect yourself:

- Keep paperwork with personal information in a safe, locked location.
- Put papers you no longer need through a crosscut shredder.
- Make sure to have updated firewall, anti-virus and spyware software to protect your computer from invasion.
- Be sure to retrieve your mail every day. Don't leave

financial documents in an outgoing mailbox at work.

Even the most organized consumer can benefit from identity theft protection and restoration services provided by firms like EZShield.

You want to prevent, detect and restore when you have trouble with your identity. All three are important. Take appropriate measures.

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Interview: Brooks Photography

By Michael Hayes
Minister of Culture



Where you spend your money is your business, but when I come across a good company I always want to pass the info on to my readers.

Regardless of how so many of our area's teens are portrayed in the media, high schoolers who are still doing well should still be able to have senior pictures.

This company does it all and anyone interested in any type of photo shoot should definitely give Brooks Photography a call.

Isat down with Tom Brooks to discuss being a business owner, keeping his business in downtown Toledo and overall what he wants to offer to you!

Michael: Can you tell our readers about how you got into the photography business?

Tom: I've been doing it since the seventh grade, I used to skip school and go down to Kohn's Photography that used to be on Huron St. downtown and hang out with the photographers for The Blade.

ended up becoming board president for the Toledo School for the Arts and found myself meeting all kinds of new and interesting people.

Michael: Any backlash for such a decision?

Tom: Yeah, I was poor!!! I had to invest a lot of money. I don't think people understand how expensive photography is. I went from a corporate world of having all the odds and ends of running a business done by various departments to now having to do it all myself.

Michael: What do you mean grassroots, what are the ways that Brooks Photography differs from its competition?

Tom: We have our own studio, we're not just guys on the sidewalk with a camera. We can offer environmental/on location shots as well as in studio with full studio lighting.



If someone purchases an hour shoot, Adonis and I ask the client what they would like and after the discussion is when the clock starts ticking.

Michael: What is a G.W.C.?

Tom: Guy With Camera. Meaning...they don't have a studio, they don't have strobes, they don't have full-service editing or printing and our computer resources are so up to date if you come to me for your pictures 10 years later I'll still have them.

Michael: As a business owner in Toledo who is located specifically in downtown Toledo, do you stay out of personal commitment to the area?

Tom: Of course! Downtown is an underserved market, all the other photographers are stuck in the suburbs with higher overhead. We are right in the heart of the city and the Secor Building's owner is an advocate for the arts.

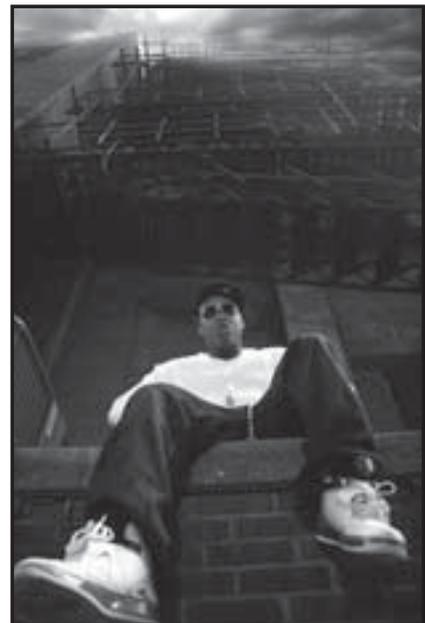
shoot. Plus, there's so much activity in downtown Toledo now...even on a weekend afternoon that I'm happy to have my business in this bustling environment.

Michael: It's the time of the year for senior pictures, what is Brooks Photography offering Toledo area students?

Tom: Here's the scenario that usually happens with our competitors. They tell students to come in and spend \$50 to get

their picture taken. They get two outfits, they get a shot hugging a tree and then the students pictures are held hostage until someone pays for outrageously high printing prices. With us everything is included in the package.

Michael:



I know area high school students really want to have a personalized photo shoot that speaks to them as an individual, how does Brooks Photography make that a reality?

Adonis Lavale: Number one, just sitting and discussing with them what they like and what concepts they may already have in mind. Even when they don't have a concept, we can help.

Michael: I never had senior pictures because I couldn't afford them, I wish you guys had been around when I was in high school.

Adonis Lavale: I completely understand that and that's why we have senior packages starting at \$95 which includes prints so everyone can afford it.

That's somewhat of our way of giving back to the community because we really don't make any money off of those packages but we want to make sure every student and family can enjoy senior portraits.

So there you have it, Tom and Adonis of Brooks Photography.

Contact them by phone at 419-810-4220 or email at tom@brooksphtography.biz

Advertisement for William Lucas, also known as King Keyser, featuring a portrait and website information.

Advertisement for a show premiering on March 6, 2010 on Channel 24, hosted by Andre Brown.

Advertisement for 'Experience The Flipside' featuring DJ Reese, produced and seen locally on my58.

**Notice to Bidders: Inquiry # FY10-122,**  
 (Project # 1020-10-623) for General Classroom - Driscoll Center Interior Renovation for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Wednesday, May 19, 2010. 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 Rebecca Knorek of SSOE Group at 419-255-3830. One Pre-Bid Conference will be held on Wednesday, May 12, 2010 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: \$185,000.00; Breakdown: General Const: \$185,000.00.

**Notice to Bidders: Inquiry # FY10-124,**  
 (Project# 0002-10-668) for Bowman-Oddy 1<sup>st</sup> Floor Corridor Renovation for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Wednesday, May 26, 2010. Bids will be publicly opened that same day at 2:00 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 Lisa Crawford-Nusser of The Collaborative Inc. at 419-242-7405. One Pre-Bid Conference will be held on Wednesday, May 19, 2010 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: \$250,000.00; Breakdown: General Const: \$185,000.00 & Electrical: \$65,000.00.

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# CLASSIFIEDS

May 05, 2010

Page 15

## INTERESTED BIDDERS: TOLEDO PUBLIC SCHOOLS – DEMOLITION OF PICKETT ELEMENTARY SCHOOL

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until 1:00 p.m. on May 27, 2010, 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 Pickett Academy Elementary School, as more fully described in the drawings and specifications for the project prepared by Munger Munger + Associates Architects, Inc. and will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan room 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 5, 2010** which can be purchased from Toledo Blueprint, 6964 Mc Nerney Road, 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 14, 2010 at 3:00 p.m. at Old Pickett Academy Elementary School, 1144 Blum Street, Toledo, Ohio 43607.

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

Bid Item No. 1	Pickett Academy Elementary School Building Demolition:	\$ 350,524.00
Bid Item No. 2	Pickett Academy Elementary School Site Work Demolition:	\$ 47,000.00
Bid Item No. 3	Pickett Academy Elementary School Building Clean Out:	\$ 12,500.00
Total		\$ 410,024.00

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### Manager – Benefits and Training

The City of Toledo is accepting applications for the position of Manager – Benefits and Training. This position is responsible for the planning, directing and supervising agency's programs in employee benefits, insurance coverage, employee services, training and employee development. Qualified candidates must possess a Bachelor's Degree in Business Administration with an emphasis in personnel management, or Public Administration and four years of responsible personnel administration experience in the areas of human resource development, employee benefits and training. Interested individuals should obtain an application at the Department of Human Resources, One Government Center, Suite 1920, Toledo, OH 43604 or on line at the Department of Human Resources web page at [www.toledo.oh.gov](http://www.toledo.oh.gov). The City of Toledo is an Equal Opportunity Employer. Minorities, females and individuals with disabilities are encouraged to apply.

### Salon Needs Techs

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## INTERESTED BIDDERS: TOLEDO PUBLIC SCHOOLS – MARSHALL ELEMENTARY SCHOOL

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until **1:00 pm June 2, 2010**, at the Toledo Public Schools Treasurers' Room, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the **Marshall Elementary School**, as more fully described in the drawings and specifications for the project prepared by Vetter Design Group, and will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan room 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 05, 2010** which can be purchased from Becker Impressions 4646 Angola Rd, Toledo, Oh 43615. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.

A **Mandatory Pre-Bid Meeting** will be held on **May 14, 2010 at 1:30 pm** at Toledo Public Schools Board Room, 420 E. Manhattan Blvd, Toledo, Ohio 43608.

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

Sealed bids will be received for:	Estimates
Bid Item No. 1 – Site Work	\$521,138.00
Bid Item No. 2 – Concrete Paving and Curbs	\$112,191.00
Bid Item No. 3 – Asphalt	\$80,908.00
Bid Item No. 4 – Landscaping and Grass	\$30,763.00
Bid Item No. 5 – General Trades	\$3,691,685.00
Bid Item No. 6 – Metal Studs and Drywall	\$454,193.00
Bid Item No. 7 – Acoustical Ceilings	\$57,682.00
Bid Item No. 8 – Painting	\$82,140.00
Bid Item No. 9 – Flooring	\$165,800.00
Bid Item No. 10 – Fire Protection	\$96,700.00
Bid Item No. 11 – Plumbing	\$300,000.00
Bid Item No. 12 – HVAC	\$1,312,700.00
Bid Item No. 13 – Electrical	\$747,400.00
Bid Item No. 14 – Technology	\$491,965.00
Total	\$8,145,265.00

### Attention All Vendors

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Deltas Hold Annual "Breakfast for M'Lady"

Sojourner's Truth Staff



Delta's officers and committee members

The Delta Sigma Theta Sorority, Inc. Toledo Alumnae Chapter, held its annual Breakfast for M'Lady on Saturday, May 1 at the Pinnacle in Maumee and, as usual, the event featured a trio of celebrations: a salute to motherhood, the bestowing of scholarships and a fashion show

with the Vogue-Esquire Models of Chicago.

"Our selected mother is a champion for children who is guided by the philosophy that 'no child can be taught if he or she cannot be motivated,'" said Theresa Wilkins, chairman of the Delta's 2010 Mother of the

Year Award Committee, as she began her introduction of this year's honoree, Dorothy Batson.

Batson started teaching in the Toledo Public Schools in 1974 and worked as a teacher, dean, assistant principal, principal, coordinator of Direct Instruction and Success for

all District, curriculum specialist and director Language Arts and Reading.

Batson has been married

for 40 years and the couple has two adult children. This, however, is certainly not her first award. Batson has been honored in the past with the YWCA Milestones Award, the Toledo Branch of the NAACP Community Service Award, the Impact Newsmaker Award, the Martha Holding Jennings Foundation Award, Soror of the Year for the National Sorority of Phi Delta Kappa, Inc and she was the Lifetime TV: "Picture What Women Do,"

regional and state winner.

As is always the case, the winner of the Mother of the Year Award is kept secret until the announcement during the breakfast and Batson, who has been attending the event for years, was appropriately surprised by the Wilkins' reading of the winner's biography.

High school seniors Jasmine Caldwell, Santoria Sawyer and Tessa Scott were named this year's scholar

(Continued on Page 12)



Dorothy Batson receives Mother of the Year Award as family and church members look on

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