



Volume 18, No.23

"And Ye Shall Know The Truth..."

October 06, 2010

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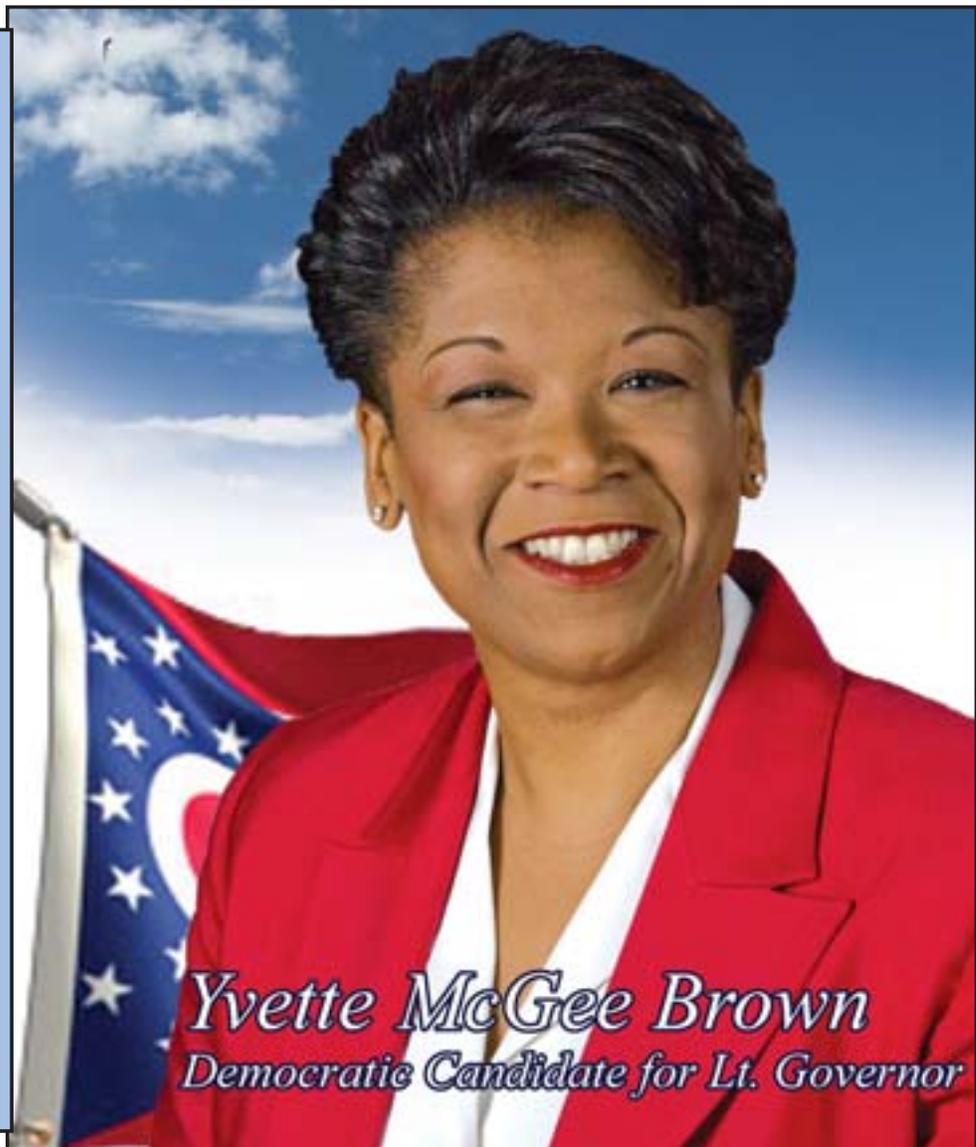
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"Pursue excellence and never underestimate the value of hard work. Be willing to work and study harder than everyone because you never know who pays attention to you. There is no shortcut to success."

Hate: The Worst Hate Crime

By Michael Hayes
Minister of Culture



This past weekend I was leaving an all-night restaurant in West Toledo.

Approaching the door to exit the building I could see a few men walking among the parked cars. Then suddenly the gravity of what was taking place began to set in.

My friend and I noticed that two of them in the parking lot were the same two men seated across the aisle from us just 10 minutes earlier.

One with a face covered in blood, the other with clothes ripped and dirty... it was obvious they had been attacked. Barely 20 feet away was a van with passengers pouring into it preparing to speed off, but still lingering long enough for some of the occupants to yell a few last minute anti-gay insults.

One of the victims was already on the phone with the police as the other was apparently shaken up. The van sped off into the night and the scene was left a chilly 3:00 a.m. reminder of the times we live in.

This incident didn't involve any black people, other than the two of us who stumbled on it's conclusion. So why would I write about it?

Also... this isn't related to entertainment, so again... why would I write about it?

The culture of Black America exists in the larger context of the culture of America.

To discuss our entertainment, media and culture also means discussing the culture of the entire nation.

Our society, you know what... I won't even complete that sentence.

I'm not professing to be someone with all the answers.

My two cents isn't worth any more than the next mans.

Looking at the world around me, all I can offer you is common sense.

Which yes, as my dad says is not always so "common," but if we find ourselves struggling to keep sight of the greater good for the common person than that's sad.

Personally, I believe that male and female were designed to co-exist and mate.

But just because I don't understand same sex attraction doesn't mean I feel that violence towards homosexuals is necessary.

There is no excuse for beating up gay people. None whatsoever.

It's an issue that affects all of us because persecution in any form is pure evil.

It takes a devilish soul to commit violence based on gender, racial or ethnic difference.

To physically punch and kick a person just because you disagree with their sexual preference is not just petty, it's demonic.

It's the same twisted mindset that would intimidate or assault someone because of the color of the skin.

Trust and believe, I'm NOT saying that the civil rights struggle and the gender rights movement are exactly the same.

The movement to overcome hundreds of years of slavery and then racism will always be the most pressing social issue our country faces (or refuses to face, or half-way face).

But even though the struggles differ in scope, at the end of the day equality is equality.

The guys in the van seemed to be just "regular" guys out riding around with nothing else to do on a Saturday night in Toledo, Oh.

But it doesn't take an all-out gay basher to create an incident like this.

It could've been just some guys who wanted to feel tough by handing a beat down to an openly affectionate gay male couple. But really, how manly are you if you're beating up someone who isn't fighting you back?

Even further, being an adult means raising your fist against someone can get you legal troubles. Better make sure you have a good reason for making that fist.

It's amazing the things we tolerate on one hand, but then want to lash out against on the other hand.

Someone steals an election? No problem.

School system misplaces money, now kids have no bus service. No problem.

Corrupt legal system? No problem.

All of the injustices we should be fighting mad over somehow we put up with.

Football is on, who feels like being a revolutionary?

But let a gay person walk past and now it's time to throw them bows??

Peace is the way of a real man, because you understand the limitations of violence and

true strength is reserved far more than used.

I'll admit I wasn't always this evolved.

Once seeing an openly gay male couple tongue each other down in the middle of Times Square made me literally lose my appetite.

But just as they have the choice to kiss who they want, I exercised my choice to look the other way.

It's about respect for more than just what is similar to you.

In the larger schemes if we can't respect one another, then we don't respect ourselves.

Because the same fault you may find with someone based on gender identity or race and what not, someone else can of course find just as much fault with you.

I'm no Oprah, all I know is... tolerance and understanding are more than just nice sounding words. Truly tolerate those who different from you, and offer understanding to the plight faced by all victims of persecution.

At least just try to think differently.

Stop attacking gay people.

Now Republicans... if anyone wants to fight a few of those then that's a different story. LOL.

I'm at y'all again next week, peace.

Email or facebook search: glasscitytruth@yahoo.com

Community Calendar

October 8-9

2010 State of Ohio Women's Assembly: Full Gospel Baptist Church Fellowship; Shut in starts Friday at 6 pm, close on Saturday at 11 am; Friendship Baptist Church

October 9

Spiritual Women Blessing Others 1st Annual Renew My Spirit Today Gala: Evang. Shirley Murdock ministers by word and music; 1 pm; Proceeds benefit Sparrow's Nest, Cherry St. Mission, N.A.O.M.I. House

United MBC Fall Fashion Show: 11 am to 1:30 pm: 419-242-1455

West Toledo Bereavement Monthly Meeting: Bethlehem Baptist Church; 10 am: 4567-249-7470

October 10

United MBC 27th Church Anniversary: Rev. Kaiser Jones is the morning speaker; Rev. Talmadge Thomas of Mt. Zion is the 4 pm speaker: 419-242-1455

St. Mark's MBC 55th Annual Men's Day: "Christian Brothers Growing up in Christ;" 9:30 am - Sunday School; 11 am service - guest speaker Rev. W.C. Garrett of Macedonia; 3:30 pm service - guest speaker Rev. Lemuel Quinn of Southern: 419-410-1563

Calvary Baptist 81st Anniversary: "Continuing to Build on the True Foundation;" Youth Sunday; 4 pm; Guest speaker Pastor Mark Small of Citizens of the Kingdom Union Grove MBC Annual Women's Day: "A True Woman of Faith;" Speaker Sis. Mary Sumrow of St. Paul AME; 4 pm: 419-531-1994

October 14-16

Mt. Sinai Pentecostal Church Fall Revival: 7 pm nightly; speaker Bishop Harry Wilson of Chicago

October 16

Local 12 UAW Civil Rights Committee Annual Dance: Local 12 hall; Live entertainment, hors d'oeuvres, door prizes, cash raffles and cash bar; 7 pm to midnight; 419-241-9126 ext 17 or 419260-6777

Grace Community Center Fundraiser: Party with a Purpose; Erie Street Market; 8 pm to midnight; Alumni party fundraiser to support neighborhood families: 419-248-2467

October 17

St. Paul AME Zion Connectional Lay Sunday: Guest speaker Ben Howard of Lomax AME Zion of Detroit; 11 am

Calvary Baptist 81st Anniversary: "Continuing to Build on the True Foundation;" Rev. Randall Parker of Manifested Word; 4 pm

October 18

City of Zion, Mt. Zion Church 87th Anniversary: Guest speaker Bishop Timothy Clarke of Columbus; 7 pm

October 20

St. Martin de Porres Revival 2010: "Bless That Wonderful Name of Jesus;" 6:30 pm; Revivalist Rev. David Jones of Chicago: 419-241-4544

October 24

Calvary Baptist 81st anniversary: "Continuing to Build on the True Foundation;" Elder Chester Trail of Grace Temple COGIC; 4 pm

October 31

Toledo District Full Gospel Fellowship 5th Sunday Fellowship: Canaan Baptist Church; 6 pm

November 20

Trulight Cathedral Global Ministries 4th Annual Well Watered Women of Faith Luncheon: "Oasis of Hope;" Noon to 3 pm; Tamaran Country Club; Guest speaker, entertainment, door prizes: 419-705-1008 or 419-344-7673

The Sojourner's Truth

Toledo's Truthful African-American
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Becky McQueen

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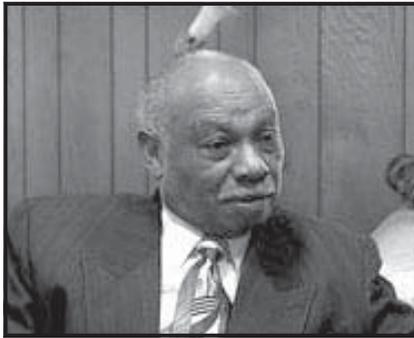
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Letters

The Black Church's Hypocrisy



Recent allegations of sexual misconduct leveled against Bishop Eddie Long by four members of his New Birth Missionary Baptist Church, are disturbing. If the allegations are true, and we pray that they are not, we are especially disturbed because of Bishop Long's national crusade against homosexuality and his condemnation of same-

sex marriage, as demonstrated in the march of 25,000 people that he and Dr. Martin Luther King's daughter, Elder Bernice King, led through the streets of Atlanta in December of 2004. It was Bishop Long who said, "you cannot feminize men or masculinize women," and called homosexuals, "gay demons." Let me be clear. In the

beginning God made male and female. It was Jesus who said, "what God hath joined together, let no man put asunder." And He joined male and female so that they could replenish the earth. Neither Adam and Steve, nor Eve and Yvette can procreate.

I am first and foremost a disciple for Jesus, and I take my calling as a Christian minister seriously. I believe in the sanctity of marriage. When I married in 1961, I married a woman, and six years after Ann's death in 1989, I married Estell, another woman. If a man had asked me for my hand in marriage I would have respectfully declined.

"What we don't understand we fear, and what we fear, we fight."

Although I don't understand homosexuality, or why, in some instances,

same sex attraction, I no longer choose to fear what I don't understand nor fight what I fear. The scientific evidence is overwhelming. While sexual preference is sociological, sexual orientation is physiological. It is what it is. And it is better to be hated for what I am than to be loved for what I am not. When you demand that I be what I am not, you force me to be a hypocrite.

America is not a "Christian Nation." It is a multi-racial, multi-cultural and multi-religious society. And what is morally right for one of us cannot determine what is legally right for all of us. And as Americans, we all have the right to life, liberty, and the pursuit of happiness, whatever our sexual orientation.

It is not the accusations leveled against Bishop Long that have caused the most concern. If true, it's the hypocrisy. It reminds us of Jimmy Swaggart who preached forcefully against fornication and adultery, only to be caught visiting prostitutes in run-down

motels.

It reminds us of Earl Paulk, another mega-church preacher, and mentor to Eddie Long, who demanded righteous living of his followers, only to be caught in an adulterous relationship with his brother's wife, and sexually abusing his own grand daughter.

It reminds us of Ted Haggard, the pastor of a mega-church, and leader of the National Association of Evangelicals, who spearheaded the passage of an anti-gay ordinance in Colorado, only to be caught having a secret rendezvous with a male prostitute.

It is time for the black church to acknowledge what we all know: There are gay members in our pulpits and in our pews. They are in the choir and on the deacon board, and can be found in almost every auxiliary. It is what it is.

We can do one of two things. We can pretend that they are not among us, and make them pretend that they are not what they are, or we can see them as hu-

man beings like the rest of us, and depend on the transforming power of the love of God to change them. And if He chooses not to change them, we can accept the fact that he has chosen not to change them.

We close every service at Serenity with a simple prayer. "God grant me the serenity to accept the people that I cannot change, the courage to change the one that I can, and the wisdom to know that it is me."

So, we reserve the judgment seat for God, and we sit on the love seat with Jesus. There's room for all of us there.

Let us not only pray for Bishop Long, his wife, Vanessa, their children, and their church family, but for the four young men, their mothers, and the burden of shame and guilt that they must now carry with them the rest of their lives.

Floyd Rose
Senior Servant
Serenity
Christian Church
Valdosta, Georgia

Rich Iott's Flip-Flop on Civil Rights Act

I watched with interest the TV 13/Blade sponsored debate between Congresswoman Marcy Kaptur and Mr. Rich Iott.

Blade reporter Tom Troy asked Mr. Iott if he would renew the 1964 Civil Rights Act today if he had the chance. It was a simple question.

I was shocked and dismayed when Mr. Iott skirted around the question and would not commit. The next day his PR guy said he did not mean it. It was easy for them to say that afterwards, when the cameras were off and the damage was done.

I don't buy it. I saw Mr. Iott squirm and eventually say he did not know what

he would do. My heart skipped a beat and I began to think what would happen if I lost my civil rights. I felt sick and despondent. I was born in Birmingham, Alabama and for many years my family felt the humiliation and pain of intense discrimination.

Rich Iott showed me that night what he would do with the freedom that my children and grandchildren and all other African-Americans enjoy if he got the chance to serve in the House of Representatives as our US Congressman.

Mr. Iott wants to represent me in Congress and seemed unaware of the significance of the most critical piece of legislation in

my lifetime—the 1964 Civil Rights Act.

The NAACP cannot support any candidate who will not readily support the 1964 Civil Rights Act.

We need a congressperson who has true convictions to the rights of all people; someone who not only talks the talk but walks the walk.

Thank God for the representation we already have.

WilliAnn Moore,
President
Toledo Branch
NAACP
525 Hamilton Street,
Suite 302A
Toledo, Ohio 43604
419-350-1200

The Showcase of the Arts

Special to The Truth

Art Tatum African American Resource Center partners with Alpha Kappa Alpha Sorority, Incorporated and Monroe Street Neighborhood Community Center to present **Showcase of the Arts: Searching for the Stars**. The local talent showcase begins at 1 p.m. on Saturday, **August 21** at the Monroe Street Neighborhood Community Center, at 3613 Monroe St.

This free and open to the public event, designed to promote the arts and quality of life in our community, will showcase an array of performers from school age to senior citizens.

Performers plan to showcase talent from the visual and performing arts, including gospel, poetry, hip hop, photography, jazz, quilting, drawings and paintings, ballet, tap, and much more!

The event is jointly chaired by the Tatum Center, Monroe Street Neighborhood Community Center, and AKA member Denise Black-Poon, Showcase of the Arts coordinator.

Showcase of the Arts will feature door prizes and refreshments. *For more details, please call 419.259.5392*

For additional information visit toledolibrary.org

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Yvette McGee Brown Determined to Rebuild Ohio Cities

By Brittany Jones
Sojourner Truth Reporter

It is that time again. The time for campaign advertisements to flood the airwaves, for candidates to travel city to city to gain exposure, for speeches and press conferences - all in search of votes on the first Tuesday in November.

This year, however, a rising name is creating quite a stir in political circles -

Yvette McGee Brown, running mate of Governor Ted Strickland for lieutenant governor.

As the first black woman to run for this position on the Democratic ballot, (Jennette Bradley (R-OH) was the country's first to run with Bob Taft in 2002), Brown is hitting the campaign trail in force for the upcoming November election.

Stopping in Toledo on her "City Life" Tour on Monday, September 13, Brown opened the public to an inside view of the team's agenda and spoke of her inspiration for taking on this challenge.

At 11:45 a.m., InkJet Express on Monroe was the post for a press conference that focused on the contribution of local businesses in Ohio.



Walter Crockrel, president of the company, introduced Brown while State Representative Edna Brown, City Council President Wilma Brown, Lucas County Democratic Party Chairman Ron Rothenbuhler and City Councilman Michael Ashford

joined him at the podium. "She has been a lifelong contributor of city life," Crockrel said. "He [Strickland] knows that she can energize and bring life back into urban center." Brown emphasized her passion for businesses and

the need to keep the "richness of Ohio's diversity to have that opportunity to compete for state business."

"Having grown up in the innercity of Columbus, I know what it means to struggle and work for everything you get," she said. "We have a shared vision that cities are the foundation by which we can reinvigorate our economy and put Ohioans back to work."

Brown mentioned several projects that she and Strickland will work on when in office such as assisting developers who want to build housing near public transit lines by using low-income housing tax credits and other incentives. She also proposed the creation of the Leadership Center for African-American Male Achievement, which will provide educational policy, advocacy, research and training to recruit more black men to college and help them graduate.

Next on the tour was the J. Frank Troy Senior Center located on Division Street where the candidates as well as community leaders mingled with the seniors in the recreation area.

John Jones, president of

the Greater Toledo Urban League, carried out the introductions.

Adding to the elected officials' and candidates' attendance were State Representative Joe Walters, Lucas County Commissioner Tina Skeldon Wozniak, Lucas County Auditor Anita Lopez and Lucas County Prosecutor Dean Mandros.

Toledo Public Schools Board Member Brenda Hill and Doni Miller, president of the Neighborhood Health Association (NHA) were also present.

Clarence Walker, Jr., president of center, offered a speech that listed Brown's achievements and contributions.

"We at the Troy Center commend her for all of her achievements, all of her time and all of her service that she has rendered to improve mankind," Walker said.

After taking the stand, Brown's talk took a decidedly more humble feel.

She commented on being honored to speak to the seniors because she is aware of the sacrifices they have made in order for her to be in this position. This led to her to

speak of a grandmother who Brown labeled as the "guiding light in her life, her inspiration" because she always instilled the belief that "she [Brown] can be anything she wanted to be if she was willing to work harder than everybody else for it."

"My grandmother told me to 'go to school and learn everything because once they've taught it to you, they can never take it back,'" Brown stated. "I just want to pay forward all the blessings I have received."

She continued with sharing her experience of being a lawyer for 25 years and a judge for nine of those years. She was the first black woman and youngest to serve on that court.

Although she had an excellent foundation in the Common Pleas Court of Domestic Relations, she left that position because it was not leading her to the purpose that she felt was necessary in her life.

That led to the creation of the Center for Child and Family Advocacy in Columbus, which is a multi-disciplinary child abuse and family vio-

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TOLEDO THE CW 5 wt05toledo.com MONDAY 8PM & 9PM 90210 & GOSSIP GIRL TUESDAY 8PM & 9PM ONETREEHILL & LIFE UNEXPECTED WEDNESDAY 8PM & 9PM AMERICA'S NEXT TOP MODEL & HELLCATS THURSDAY 8PM & 9PM THE VAMPIRE DIARIES & NIKITA FRIDAY 8PM & 9PM SMALLVILLE & SUPERNATURAL TV TO TALK ABOUT

NHA's Sister Care Domestic Violence Awareness Program

By Torri Blanchard
Sojourner's Truth Reporter

On Oct. 1, the Neighborhood Health Association (NHA) held a Sister Care Domestic Violence Awareness Program, featuring keynote speaker, Rory Kennedy.

With the empowering tune of Christina Aguilera, "I Am Beautiful" playing in the background, the conference began with dialogue describing the turmoil our community has endured throughout the past years due to domestic violence.

Speaking on her own experience as a victim of domestic violence, Etta Carver said, "I wasn't aware of what domestic violence was. By the time I became aware, it was too late - I was already a victim."

The audience looked on in amazement as Carver acknowledged that she was unaware that there were resources in her community that could and would help relinquish her from her abusive relationship.

"Majority of domestic violence victims wants to leave, but change is a process," says Tonia Moultry, Ohio Domestic Violence



Rory Kennedy and Doni Miller

Network. "Most victims make the best decisions that they can due to the circumstances they are given," she said.

Moultry went on to explain the dynamics of domestic violence while offering a variety of reasons as to why one would stay in a domestically abusive relationship.

"There is no specific reason to why many victims stay with their abuser. The reasons can vary from family obligations, lack of resources, beliefs, love, threats of harm, etc... Nevertheless,

we must stay mindful and remember to always hold the perpetrators accountable."

In her presentation, Moultry provided the conference attendees with diverse types of abuse that primarily exist in domestic relationships, whether the abuse is verbal, emotional, financial, sexual or physical.

"Abuse hurts, no matter what form it is performed," said Tonia. She continued, "Abusive behaviors creates fear in the victims, prevents the victim from what she desires to do and it also forces the victim to do what she

does not want to do." As a community, it is important to keep such a severe issue in the public eye while making progress to bring an end to domestic violence.

In order to provide comprehensive reasoning and understanding to this issue, the NHA provided five workshop sessions for their guest to tackle the grass root levels of domestic violence.

Each workshop was designated a topic and conducted by professional panelist.

Presented by Moultry, the *Vicarious Trauma - Support for the Professional Caregiver*, educated guests on different ways to address and overcome issues associated with burn-outs, vicarious drama and stress.

Focusing on what causes abusers to abuse, the *Batterers - Traits, Characteristics & Treatment Options* session was presented by Dr. Carol Smith of Family Services of Northwest Ohio and Dan Schaefer of Person to Person Resource Center.

"All abusers are seeking

power over their victims," said Smith. "They do not care about the physical, mental or emotional abuse they have caused their victims. In the end, they only care about themselves."

The following session, *Domestic Violence - Legal Issue Panel* confronted all aspects of domestic violence while outlining the pathways victims can take to escape their abusers.

According to Lucinda Weller, Legal Aid of Western Ohio, "As a helper, one must give what is needed and check for results. No matter what, as helpers, we have to continue supporting the victim even if she has not left. Continue to listen for request, never forgetting to give even when we have not been asked."

With the support of their resources and helpers, all victims of domestic violence will learn to cope with what they have endured, which is not always a simple process.

The *Issue for Health Care Providers* session, presented by Lynn Jacquot, director, YWCA Battered

Women's Shelter of Toledo enlightened guest on the standards of care for domestic violence survivors, including screening, assessments, resources and documentation.

Presented by a host of panelists, the final session, *Domestic Violence Issues for Schools, Educators and Parents*, informed administrators of the necessary protocol for handling these issues within a school setting.

After completing their workshop sessions, attendees were addressed by keynote speaker Rory Kennedy. Kennedy, who is the co-founder/president of Moxie Firecracker Films and the daughter of the late Sen. Robert f. Kennedy, shared with the audience video clips from her personal filmography of everyday people who were involved in domestically violent relationships.

"From the exterior, victims of domestic abuse look normal," said Rory. "To hide their fear and pain, victims wear smiles on their faces,

(Continued on Page 6)

African Art Has Arrived!!

Hundreds of wood carvings from Ghana have recently arrived at The Truth Gallery - masks, statues, village scenes! All at unbelievably low prices!



The Gallery is open Monday through Friday from 8 AM to 4 PM



Stop by on Friday evening, October 8th, from 5:30 to 9:30 PM for our GRAND OPENING!



The Truth Gallery
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Young Victims: Domestic Violence-A Health Issue

By Dianne Pettis
Special to The Truth

In October, many community groups and organization are calling our attention to domestic violence issues. More recently, the term is Intimate Partner Violence (IPV). This violence is the abuse and oppression of various groups of people: women, children, people who are disabled, the elderly and even men.

Different targets have different experiences and reactions. But let's focus for a moment on the children who are targets just by witnessing and living with IPV on a regular basis. Exposure to Intimate Partner Violence causes so much damage to children that it is classified as a form of child abuse. The trauma not only affects children in the present, but well into adulthood.

The batterers typically use behaviors and actions to establish power and control. They do this by using intimidation and violence. They instill fear. They create an environment of violence and threat of violence and abuse of all kinds—physical, sexual, emotional and psychologi-

cal. Children who live in an environment like this and who witness violence in the home experience some of the same trauma as abused children.

The traumatic effect on children is truly criminal. Extreme stress has destructive effects on a child's nervous system and immune system, even if they are never physically touched by the batterer. The stress causes delayed and abnormal brain development leading to learning, behavior and social difficulties. Data published in the January 20, 2010 issue of Neuropsychopharmacology suggest that childhood trauma and a stress-related gene interact to increase the risk for attempting suicide.

Children exposed to IPV display more antisocial behaviors such as aggression and extreme fear or inhibition. Adolescents tend to act out. They engage in risk-taking behaviors such as smoking, and drug and alcohol use, promiscuity, running away and criminal behavior.

In the short term, children exposed to the violence dis-

play more physical and emotional problems such as anxiety, depression, sleep problems, headaches, and stomach and bowel problems. There are grief reactions due to the loss of a parent from death or incarceration. They experience grief from being displaced if they need to move into a shelter or be placed into foster care. They may even be injured as they try to protect a loved one.

The long-term effects of childhood trauma have been documented in an important study conducted for many years by the Centers for Disease Control and Prevention and Kaiser Permanente. The study is called the Adverse Childhood Experience (ACE) Study. With over 17,400 adult participants, it is possibly the largest research study to analyze the relationship between multiple categories of childhood trauma (prior to age 18), and health and behavior consequences later in life. One of the nine categories classified as an adverse childhood event in the study is *A mother who is treated violently.*

There is a powerful rela-

tionship between our experiences, especially emotional experiences as children, and our physical and mental health as an adult. The ACE study researchers developed a pyramid-shaped model that begins with the adverse event or experiences at the base and ending with early death at the top.

The results of the study have shown that the adverse experience causes destructed brain development which leads to social, emotional, and

cognitive impairment. This later leads to the adoption of health-risk behaviors and poor lifestyle choices. Next come disease, disability, and social problems resulting from those poor choices; ending with early death.

Finally, another effect of this sad problem is that children learn what they live. The probability is high that a child who has experienced the violence as a normal part of his or her life will go on to act out the same scenario. It has to

stop. The children are going to need just as much help as the ones being battered. They are victims, too.

Dianne Pettis is a certified family nurse practitioner and was formerly manager of Resources to Children and Families at the Montgomery County Department of Children and Family Services, Children Services Division. She can be reached at 888-887-4429

LCCS Holds Second "Fatherhood Town Hall" To Support Local Fathers Pastors and others step up to help connect fathers and their children

Special To The Truth

Lucas County Children Services (LCCS) and its Diversity Advisory Committee are holding their second "Fatherhood Town Hall."

The free event is scheduled for October 29 at 7 p.m. at Bibleway Temple, 2335 Collingwood Blvd. in Toledo. It will provide fathers with an opportunity to discuss the issues and problems they face in connecting or reconnecting with their children.

"We want to help them connect with the resources in our community to help them become independent and able to financially and emotionally support their children," says Marjorie Holt, Ph.D., LCCS Minority Affairs and Inclusion Coordinator.

The town hall will include a discussion by a panel of local pastors who will address the many issues facing fathers in our community, such

as re-entry after incarceration, custodial and economic limitations and men's commitment—and lack of commitment—to fatherhood. The discussion will be moderated by George Thompson of The University of Toledo.

LCCS thanks Elder Bruce Mitchell of Bibleway Temple for hosting this town hall event.

NHA

(Continued from Page 5)

look others in their eyes and conduct their day-to-day activities like each and every one of us in this room today."

While watching each video clip, audience members were able to see the severe effects and consequences domestic abuse has on the victims and their families.

According to Kennedy, "Domestic violence affects everyone involved." "Domestic abuse is not always given in a physical form and it is not only acted upon women – men and children are also victimized."

As Kennedy concluded her presentation, it was apparent, noted audience members, that domestic violence

is no issue to be taken lightly. However, domestic violence advocates worldwide continue to educate and empower their communities, many victims will persevere over their batterers, said the speaker, and they will no longer be victims, instead they'll be survivors.

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Coalition Calls for TPS Changes, Opposes Issue 5

Sojourner's Truth Staff

A coalition called The Concerned Citizens in Support of African American Students held a news conference on Monday, October 4, to call for a "No" vote on Issue #5 on Election Day.

Issue #5 is a proposed additional tax levy for the Toledo Public Schools of 7.8 mills for each one dollar of valuation in a home. It is the largest such request that TPS has sought and would raise an estimated \$11 million.

The group—comprised of the African-American Parents Association, the Toledo Minority Contractors' Association and the Libbey High School Alumni Association along with prominent community activists such as Ben Williams, former boys head basketball coach at Scott High School and Charles Muhammad—also ticked off a laundry list of items they are demanding that the Toledo Public Schools address "as a

good faith gesture" said Washington Muhammad, one of the group's spokesmen.

"This is the most important session since I've been in Toledo," said Charles Muhammad as he opened the news conference. "We are focusing number one on our children. They are not only our future but our present ... the bottom line is that someone has to speak for our children so they can be all they want to be."

The coalition had originally issued a statement over the weekend not only asking the community to vote No on Issue #5 but also requesting parents to hold their children out of school on October 8, which is Count Day.

The enrollment figures that TPS uses to acquire state funds are determined on Count Day.

The coalition backed off of that position by the time of



Washington Muhammad, Twila Page and Ben Williams

the news conference.

"There will be no boycott," said Washington Muhammad as he noted that TPS would

care a good deal less about their enrollment figures after Count Day than before. "Our children have been put into a state of emergency and we want to stop the insanity. Our children are acting out their frustrations against a system that they don't understand, but one in which we must stand against."

The Concerned Citizens in support of African American Students have presented

TPS with a list of eight demands "to restore Scott to its former greatness:" 1. A nationwide search for a "dynamic, black, male principal" for Scott which is presently led by a black female; 2. The dismantling of the "small schools" program; 3. A more challenging curriculum with the addition of advanced placement and honors classes; 4. The firing of all personnel – who could then

re-apply for positions in the school district; 5. A recruitment program with the Scott community to bring more students into the school district; 6. The hiring of a facilities coordinator; 7. A nationwide search for a band director; 8. The students at Scott with disabilities be given first choice for special education classes.

The coalition is also asking that Libbey High School not be demolished but turned into a community center housing an organization such as the Greater Toledo Urban League.

The Concerned Citizens listed 10 issues that confront African-American students within the TPS system: the new Building/renovation project and Scott high School; the African-American student achievement gap; the out-of-district transfer policy; the abnormally low number of black teachers employed by the district; the abnormal number of black students suspended; the black contractors/TPS situation; the incarceration/prison pipeline; the high drop out rates; Washington Local Schools and TPS's renovation project and Libbey high School.

The Hours for Early Voting at 1302 Washington Are:

Tuesdays & Thursdays — 8:30 a.m. – 7:00 p.m.

Mondays, Wednesdays & Fridays — 8:30 a.m. – 4:30 p.m.

(Closed Columbus Day – Monday, October 11)

Saturday, October 23 — 9:00 a.m. – 3:00 p.m.

Sunday, October 24 — Noon – 4:00 p.m.

Saturday, October 30 — 9:00 a.m. – 3:00 p.m.

Sunday, October 31 — Noon – 4:00 p.m.

Monday, November 1 — 8:30 a.m. – 4:30 p.m.

No early/absentee voting will be permitted at the Board's Government Center office. For questions, call 419-213-2070 or visit the web site at www.lucascountyvotes.org



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Healthy Foods for the Year

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



Currently, there is a resurgence of interest in home food preservation as well as great resources on kitchen equipment and up-to-date researched recipes and techniques. Home food preservation can be an economic and healthy way to use food throughout the year.

Canning, freezing and drying are the most common home food preservation methods, and there are others as well. What is the best method for preserving fresh food in your kitchen?

The answer to that question depends on many things including the type of food, available kitchen tools and personal preference. Not everyone will be interested in pressure canning a batch of vegetables but maybe drying a few fresh herbs or freezing some meals in individual

portion sizes might be helpful in your home? This article will highlight the advantages and disadvantages of canning but please remember that canning is only one method of preserving fresh food.

When using an **updated, researched recipe and following the directions exactly**, canning foods is a safe, economical way to have local produce throughout the winter in a product that maintains many of the nutrients of fresh produce. Due to safety concerns, recipes must be followed exactly, so no substitution of ingredients or personal substitution should be used in the canning procedure.

The National Center For Home Food Preservation reminds, "Please be safe when canning foods for you and your family! Knowledge and recommen-

dations change over time with scientific developments. You should use up-to-date recommendations and methods and not just rely on practices of past generations."

The National Center for Home Food Preservation is a great resource to look up recipes and specific steps for each type of food you are interested in preserving. If you are someone who prefers to make many changes and updates to recipes, you may want to consider another form of home food preservation such as freezing.

The time investment for canning is moderate to high considering all of the steps needed before the final product: food preparation, sterilizing jars, certain foods are often then cooked, and the processing (canning) can take anywhere from 10 to 30 min-

utes depending on the food, the recipe and the canning process. So, if you decide to can, make sure you have enough time to not rush the entire process. Read through the entire recipe and steps before starting the process to know what to expect.

Canning does have a cost investment, but it doesn't have to be a large one. Certain things, like canning lids need to be purchased new each time you can. Initial glass jars and metal rings may be an investment, but they can be reused. You may be able to get jars from garage sales, family and others.

In addition, at end of summer or fall, there are often sales at home and kitchen stores on food preservation equipment and supplies.

If you are only going to be doing a food that uses boiling-water bath canning (and not pressure canning) a large or tall stockpot and

a rack for the bottom are needed. A pressure canner can be used for a both boiling water bath canning as well as pressure canning, but it can be expensive. A pressure canner must be used for all low-acid foods. There are additional tools that you may like to purchase, like a funnel, a jar lifter and a bubble remover spatula, but alternatives can be used in the kitchen.

As far as safety concerns, it cannot be overstated to only use tested recipes from a reputable source. There is a risk of botulism (a rare but very serious food-borne illness) in improperly canned low-acid foods. Examples of low-acid foods are vegetables, meats, fish and poultry. The risk of botulism is why low-acid foods, like vegetables need to be processed according to the recipe in a pressure canner.

High-acid foods like jel-

lies, jams and pickles are at a low risk of botulism, although mold can occur if they are not canned properly. There are not any safely researched recipes that include oil in canning.

Where can you find up-to-date researched recipes? A great place to start is the National Center for Home Food Preservation at <http://www.uga.edu/nchfp/>. In addition, you can visit <http://ohioline.osu.edu> for specific factsheets with recipes and canning procedures for many different foods.

The OSU Extension, Lucas County Office has just donated an updated copy of the *USDA Canning Guide and So Easy to Preserve* to each library branch in our county. Both of those publications contain numerous researched recipes.

The OSU Extension, Lucas County is also pleased to partner with the Toledo Lucas Public Library to offer a basic home food preservation presentation on Monday October 25, 7-8:00pm at the Washington Branch library. Home food preservation is not difficult but techniques like canning do require following specific directions exactly.

For questions, please contact OSU Extension, Lucas at 419-213-4254 or www.lucas.osu.edu.



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High Blood Pressure: The Silent Killer

By Dianne Pettis, MS, FNP-BC
Guest Column



This is the third article in a series of three about blood pressure.

In the first article, I defined blood pressure, high blood pressure and the risks of high blood pressure (hypertension). The second article discussed how hypertension is diagnosed and treated. In this installment, I'll talk about lifestyle changes to help keep your blood pressure in the normal range. Hypertension is largely preventable. Even small changes can have a positive effect.

I'm often asked, "What makes my blood pressure high?" The answer is not always so simple since many factors can affect blood pressure. The one factor having a major effect is heredity. A family history of hypertension, especially in parents is a major risk factor.

Though a family history of hypertension doesn't mean you will automatically become hypertensive, you do need to control your lifestyle to minimize your risk.

Certain other factors can be out of your control, such as diseases that can cause a secondary increase in blood pressure, and the body's own natural rhythms that cause blood pressure to be higher in the mornings.

Preventable Factors Salt/sodium

Sodium causes water retention, which then causes the heart to pump harder. African-Americans are particularly salt-sensitive. Decreasing dietary salt will help decrease blood pressure. Do this by decreasing processed and canned foods, salted foods and snacks, and frozen dinners. These products all have large amounts of salt.

Decrease salt in cooking and at the table.

Stress/White-Coat Syndrome

Stress causes the body to prepare to fight or flee, so your heart beats faster and with more force. Constant low levels of stress are even more dangerous because your body doesn't have a chance to get back to the pre-stress state of a normal heart rate and blood pressure; so they stay high. Pain is also a stress on the body that causes increased blood pressure.

One simple way to combat stress/anxiety is to do some deep breathing. Focus on your breathing while you slowly inhale for eight counts, then exhale for eight counts for eight to 10 times. Release stress by talking about the issue. Take action if the situation is in your control. If you have no control over the situation—let it go. This may take some practice, though. Ask yourself, "Is this something I can do something about?" If so, make a decision and take action. If not, let it go.

Now, about the "White-Coat Syndrome"—when your blood pressure is high only at the doctor's office. Your primary care provider is your friend, not someone to be afraid of. Most likely, you have a fear of a bad report. Practice a healthy lifestyle, then go in with a positive expectation. Now, if the reading is near stroke level, that's hypertension, not White-Coat Syndrome.

Blood Vessel Constriction

When your blood vessels are constricted (smaller), it is hard for the heart to pump blood through them. Cigarette smoking causes constriction. Caffeine causes constriction. High cholesterol blocks the vessels so blood can't get through.

So it goes without saying—but I'll say it anyway; if you smoke, you need to stop. Smoking affects so many of the body's systems, and can kill you in many ways. Constricting blood vessels and blocking blood flow to the heart and brain is just one way nicotine kills. Some people can stop cold turkey, but if you're not one of those

people, see your Primary Care Provider for help or resources.

Some people are very sensitive to caffeine. They experience increased heart rate, increased blood pressure and palpitations. In those cases caffeine should be limited or avoided. And in case you didn't know, chocolate contains caffeine.

Cholesterol is made naturally in the body. We do need cholesterol for digestion and management of fats, but too much LDL ("bad" cholesterol) from the foods we eat clogs blood vessels, causing the heart to pump harder. Any food that comes from an animal contains cholesterol.

HDL ("good" cholesterol) helps lower heart attack and stroke risk by preventing the build up of the "bad" cholesterol in the vessels.

If you eat animal products, chicken and fish (not shellfish) are better choices to keep your LDL lower. Exercise is excellent for increasing the HDL. If you are prescribed cholesterol medication, take it as directed, but continue to choose healthier foods, and exercise.

Lose Weight

In last month's article, I mentioned that even five-10% weight loss can help improve blood pressure. Ex-

tra weight causes the heart to work harder at pumping blood throughout a larger body.

The good news and benefit of adopting healthy lifestyle measures is that they all work together. Regular exercise helps strengthen your heart, lower cholesterol, lower blood pressure, helps burn calories, and does wonders for decreasing stress, anxiety, and depression. Healthier eating helps you lose weight, lower cholesterol, lower blood pressure and improve immune system function. Getting at least six to eight hours sleep at night helps lower blood pressure, decrease stress and helps in

weight management. Avoiding addictive toxins cuts your risk of developing a whole host of diseases, improves your immune system, and safeguards your relationships.

Bottom line: Relax, eat responsibly, avoid deliberately putting harmful substances in your body and exercise.

If it's too overwhelming to do all that—just pick one thing and get started.

Dianne Pettis is a family nurse practitioner who can be reached at www.harhealthandwellness.com or www.prosperousliving.com 888-887-4429

The Root Causes of All Suicides

In Response to the Current Suicide Epidemic in Our Community

By Alphonsus Obayuwana
Guest Column

When in the summer of 1979, a young medical student, (Alphonsus Obayuwana, A.K.A. Uncle Al) won a national grant to do a two-year research on *Human Hope*, little did he know it will take over 30 years of his adult life to complete. His findings and conclusions, after three decades of research, are summarized in his Unifying Theory of Hope, Peace, and Life (UTOHPAL). The following is an excerpt from his thesis

our part of the very beginning of our own human life experience. Similarly, the duration of our individual lifetime remains unknown through out life while the purpose (or true mission) of human life itself remains very speculative — much to the frustration of some and to the discomfort of many.

Ironically, the only certainty about human life is the inevitability of death since no one can live forever. Thus, if we strip away all the speculations (both scientific and/or theological), *life is essentially a human experience that is begun involuntarily; very imprecise in its onset; has an inevitable end, unclear purpose, and of unknown duration.*

Given this mystery of human life and all the uncertainties with which we live every day, it is not illogical to ask *what exactly is the point of human life, the universe, and our humanity?* especially in moments of *low hope and/or during personal hardship.* Can life be utterly purposeless and we humans purely

incidental — as the evolution scientists contend? For a majority of us, it is rather difficult (due to religious upbringing) to imagine that human existence is totally pointless, the soul a myth, and our humanity — a mere product of chance — as in the simple toss of a coin. The truth of the matter is that in spite of the most insightful theology, and the best scientific thesis, *no one really knows or will ever*

know, the absolute truth about how and why mankind and our awesome *universe* came into existence. There are simply no clear, definitive, incontrovertible or non-speculative answers to this immortal question.

S t r e s s , Worries, and Universal Uncertainties of life

(Continued on Page 16)

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Work Smarter...Not Harder!!!

By Angela Steward, Fitness Motivator
Guest Column



When it comes to losing weight, most people are willing to starve themselves, but groan when it comes to the thought of exercising to lose weight. That's because they've tried exercising and received little result, or exercised too hard, too much, too soon; or set a goal that was impossible to be reached. Don't burn yourself out! It didn't take 30 days to gain the weight; so don't expect to lose it all in 30 days.

Most people join a fit-

ness club and begin a fitness program with great enthusiasm. They attend classes every single day, excited and focused. What they don't understand is that while exercising, you usually end up burning little, if any, fat. You may be working and sweating your rear end off, but if someone doesn't correct your form, or show you proper breathing techniques, you're doing exactly that - "sweating" - and your rear end is going nowhere! You are not burning fat. In order to burn fat, you have to raise the heart rate to a certain level. This is done easily and efficiently by exercising at a steady and rhythmic pace. I **always, always**, suggest to anyone beginning a fitness program or routine to begin with walking.

Walking is the most effective fat burning cardio exercises you can do, especially if you have significant amounts of weight to lose. While it's still nice

outside, get out and walk some of our city parks, paths and sidewalks. Walk at a steady pace. Take your radio or ipod with you, crank it up and walk to the beat of the music. Rhythmic movement will keep your heart rate steady. *Please do not confuse this with a casual stroll.* A casual stroll is a

great way to check out the scenery, and chat with your friends, but if you want to slim, trim and reduce the hips, thighs and booty, you need to be walking at a steady rhythmic pace. While walking at a rhythmic pace, you don't have the breath to talk to your walking buddy, you should be walking briskly, arms pumping, and inhaling every four steps and exhaling every

two steps.

Even though you can walk on a treadmill, being outdoors sucking in lungfuls of fresh air energizes you, clears your head and melts away the tensions of the day. It's also a great way to spend some private time with yourself: to think; relax; and focus on your health and fit-

If you are 50 pounds or more overweight, and/or are advanced in age, start with 10 minutes of easy walking. Slowly add to your time. Within two weeks, add 15 minutes to your walk. Eventually you will be able to do 45 minutes to an hour of steady rhythmic walking, maybe even increasing your

each week from your workout. Listen to your body. Don't let yourself become exhausted. Let your body rest, recuperate and get stronger. You are exercising to lose weight. You're also learning to relax and focus on your lifestyle change!

So grab your tennis shoes, a lightweight jacket, an ipod, radio or CD player, a bottle of water, and head to one of our local parks and begin your fitness journey. Fall is a great time to start! No more wasting time or talking about how you want to get healthy, get up, get moving, get started TODAY! Yours In Fitness!!

Angela R. Steward
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Walking is the most effective fat burning cardio exercises you can do

ness journey.

If you are 100 pounds or more overweight, be sure to talk with your doctor before you begin to exercise. If he/she approves, walk for approximately five to 10 minutes at a very slow rhythmic pace. Don't get discouraged if you get winded, it takes time to make this lifestyle change. Gradually add five minutes to your walk. You can do it!

movement to a slow jog.

If you are in reasonably good shape, and 50 pounds or less overweight, start with 20 to 30 minutes of steady rhythmic walking. Slowly add five to 10 minutes to your time until you work your way up to 45 minutes to an hour of either rhythmic walking or slow jog.

I suggest you walk five to six days a week. You need at least a day or two of rest

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TOPS Helps Figure Out Fiber

Special to The Truth



For years, any weight-loss aficionado could easily tell you the best sources of dietary fiber: whole grains, legumes, fruits, and vegetables. But in today's environment, things have changed. Grocery store shelves have become crowded with traditionally low-fiber foods that are now packed with fiber, like candy, ice cream, and artificial sweeteners.

According to TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, these "new fiber" foods may not yield the same health benefits as their traditional high-fiber counterparts.

Defining Fiber

Dietary fiber – also called roughage – is defined by the Institute of Medicine as the edible, nondigestible component of carbohydrate and lignin found naturally in plant food. Fiber is not digested or absorbed in the small intestine, and it does not contribute calories; rather, bacteria in the stomach metabolize the fibrous parts of food. When you eat a food that contains a natural source of dietary fiber, you are said to be eating **intact fiber**.

Added fiber consists of isolated, nondigestible carbohydrates that have beneficial physiological effects in humans. These fibers can be synthetically manufactured or derived

from other plant or animal sources. An example of an added fiber is pectin extracted from citrus peel and used as a gel in making jam or jelly. Generally, added fiber is referred to as **isolated or functional fiber**.

Total fiber is the sum of dietary (or intact) fiber plus added (isolated or functional) fiber. Things can seem confusing on the Nutrition Facts panel of food packaging because "dietary fiber" includes all sources of fiber in that food, whether they are from intact or isolated sources. This is why you can see upwards of ten grams of dietary fiber listed for a fiber-fortified flour tortilla that traditionally would have only one or two grams of fiber.

Fiber can help lower cholesterol, regulate blood sugar, and promote satiety or the feeling of fullness.

According to The Institute of Medicine, women ages 50 and younger should consume 25 grams of fiber per day. Women ages 51 and older should aim for 21 grams per day. For males, those 50 and under need 38 grams per day, and men ages 51 and older should consume 30 grams of fiber per day.

Isolated vs. Intact Fiber

According to Katie Clark, M.P.H., R.D., C.D.E., Assistant Clinical Professor of Nutrition at the University of California-San Francisco and nutrition expert for TOPS, the health benefits of intact fiber are widely accepted among health professionals.

Researchers who study the effects of fiber on health have done so largely by analyzing the dietary fiber that occurs naturally in high-fiber foods. But do the health benefits of dietary fiber extend to synthetically manufactured or extracted fibers added to traditionally low-fiber foods? The American Dietetic Association (ADA) maintains that, "Whether isolated, functional fibers provide protection against cardiovascular disease remains controversial." The ADA's position paper on dietary fiber goes on to say, "Longer-term studies of fiber intake which examine the effects of both intrinsic (intact) and functional (isolated) fibers...are required."

"Because we don't know to what degree the health benefits of dietary fiber are attributable to intact fibers (the additional nutrients in those high-fiber

foods), most dietitians and nutrition professionals are recommending that consumers focus on eating foods that are naturally high in fiber," says Clark.

Whole foods such as whole grains, legumes, fruits, and vegetables are not only high in fiber, but low in salt, devoid of added sugar, and tend to be lower in calories than processed and packaged foods. Many of the isolated fiber foods on the market are highly processed and are high in salt, added sugars, and extra calories.

"Much like the notion that 'organic junk food is still junk food,' keep in mind that a 'high-fiber cookie is still a cookie!'" notes Clark.

Side of Package Sleuthing

To determine whether the fiber in a food product comes from an intact or isolated source, you should search the ingredients list on food packaging.

The most common isolated fibers that manufacturers use to bulk-up traditionally low-fiber foods are:

- Maltodextrin
- Inulin (chicory root)
- Polydextrose
- Oat fiber
- Resistant start

- Pectin
- Gum

Keep in mind that rapidly increasing the amount of fiber in your diet can lead to gas, bloating, and other gastrointestinal discomfort. Drinking more water alongside increasing fiber intake and slowly increasing fiber intake by a few grams per day can help alleviate symptoms.

By increasing the amount of whole grains and legumes in your diet and making sure to eat five to seven servings of fruits per day, it's quite possible to meet your dietary fiber needs without eating fiber-fortified or isolated fiber foods. Eating whole foods that are naturally high in fiber are oftentimes more satiating – and less expensive – than foods that contain functional fiber or are fiber-fortified.

"Fiber can be an important tool in weight loss, diabetes management, and reducing the risk for other chronic diseases," says Clark. "When selecting high-fiber foods, look for whole fiber foods over fake fiber foods to maximize your health potential."

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Ask for Feedback for Growth and Change

By Diana Patton, FITatudes
Guest Column



FITatudes assisted with leading the Cooking Zone for the third year at the Ultimate Summer Adventure (otherwise known as "Vacation Bible School") at Cedar Creek Church and it was a blast! We felt it went pretty well.

However, we always want to improve the Cooking Zone so we thought the best way to improve was to ask feedback from the key volunteers at the other two campuses who lead the Cooking Zone. After speaking to a few folks, we found that there were quite a few issues, which included, a complete breakdown in communication, the recipes seemed too simple, and that there was too much talking and not enough cooking while in the Cooking Zone.

Honestly, at first we were "taken back" a bit. But hey, we thought, *why ask for the feedback if you are not looking to grow, change and make things better.* That's the whole point of asking for feedback, right? After all, this is for the kids, not for us! Colossians 3:23-24 says, "Whatever you do, do your work heartily, as for the Lord

rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve." And that's exactly what we want to do. Thanks to the feedback we got this summer, we've improved our FITatudes product offering.

You see, sometimes we build in our minds what we want folks to say when we ask for their feedback about something we are doing or how we are performing in our jobs. And sometimes, the folks giving the feedback may not speak the truth in love and it could hurt your feelings and emotions.

But at the end of the day, we all want to grow and become better – that's just the way God designed us. The bottom line is there is going to be a bit of uneasiness that comes along with growth and change; as it should be. Ask a caterpillar!

So, here are a few suggestions to consider:

• Before seeking counsel and feedback, pray over all things. If you don't have honest, wise, Christ-centered folks in your life, pray for

them to come into your life.

• When seeking the type of feedback that may affect your character, seek it only from folks in your life (we call it your "Fab 5") that have these high standards of Christ-centered honesty and wisdom who are willing to speak the truth in Christ's love. This is the best feedback! *You want the truth, right?*

• If you are serious about changing an aspect of your life, be willing to seek counsel and feedback from folks who specialize or have an expertise in the area you wish

to grow.

• Do not reject, rationalize or try to explain away, or offer excuses when you hear someone's feedback. Try your best to sit still, actively listen and reject any defensiveness that may try to build in your heart as you listen to them. Take note and ask God for the feedback to affect you in a positive way.

Feedback is great but be certain to seek wise counsel. There are many scriptures that reference this – take the time to review Proverbs 1:5, 12:15, 13:20, and 1

Corinthians 12:8. We highly recommend you establish your Fab 5 team that we discuss in our FITatudes Workbook and in our FREE eBook.

Many blessings for much growth and Christ-filled change. FITatudes Ministries is a movement that empowers women and families to drop the "DIE-it" mindset and rely upon God to Eat to Live, Live to Worship and Get Full on the Word. Visit us at www.FITatudes.com

Have you ever asked for someone's feedback and found yourself wishing you had never asked because her feedback wasn't exactly what you wanted to hear?

Many times, people don't ask for feedback because they don't want to know what's on the other side of that request for feedback. Typically, it's not the feedback that we dislike; it's the fact that we may have to *contemplate* changing something. Even though deep down inside, we all wish to grow and get better at something.

This past summer,

Dear Ryan,

Dear Ryan,

I am in desperate need of a good leg workout. I have been working out for about six months and it seems like my legs are not getting any better. I know people who have trained with you and both of them have really nice legs now. Can you set me on the right path to achieve nice legs like them.

Dear Kelly,

Sure I can, come on in. I know a lot of the people that I work with have three major things they want: nice legs, flat stomach and a firmer back end! Everyone is different but this is a great starting point for you to begin with. These work outs I am going to give you should be spaced out at least three days apart and with good strict form. Follow this work out for about six to eight weeks and watch your legs change before your eyes. Good luck and feel free to send me another email with any questions you may have along the way.

First leg day: **Hard Legs**

1. Squats 3 x 8-10 reps
- *Do this exercise with a close stance.
2. Leg Press 4 x 10-12 reps
3. Walking Lunges 3 x 20 reps
4. Leg Extension 2 x 30 reps
5. Hamstring Curl 3 x 12-15 reps
6. Standing Calf Raise 3-3 drops x 10-15 reps

Repetition

- 1 – 100 %
- 2 – decrease by 40 %
- 3 – decrease by 40 %

Second leg day: **Light Legs (reduce weight to about 80 percent of heavy day)**

1. Squats 2 x 12-15 reps
2. Leg Press 2 x 12-15 reps
3. Walking Lunges 2 x 20 reps
4. Hamstring Curl 3 x 12-15 reps
5. Standing Calf Raise 3 x 15-20 reps
6. Seated Calf Raise 3 x 15-20 reps

I am also working with a new system called the New Balance and I am looking for someone to train on it for a month for free. That's not a typo, I said FREE! To be eligible for this all you need to do is go to mydreambodies.com under "contact us" and tell me why you think you should get the FREE training. Please include in your email your height, weight, and age.

I will decide by the end of the month and return your email so we can set up time and days. This will be three days per week for a half-hour.

Thank you for all of your emails and I hope many of you submit an email for training on the New Balance System

Ryan Rollison
Dream Bodies
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Book Review

The Patient in the White Coat by Rosalind Kaplan, MD

c.2010, Kaplan Publishing \$25.99 / \$32.99 Canada 245 pages, includes index

By Terri Schlichenmeyer
The Truth Contributor

Open up wide and say "Ahhhhh."

Scout down on the table and just relax. This is cold, so let me warm it up. Relax your hand. Relax your arm. This might be uncomfortable. You might feel a little sting here. Squeeze my hand. Take a deep breath. Relax.

Sounds familiar if you've been to the doctor's office; if you're the doctor, you've said these things a thousand times. So have you ever wondered how it looks from the other side of the paper gown? Read the new memoir, *The Patient in the White Coat* by Rosalind Kaplan, MD, and find out.

When, upon being awakened one morning, Rosalind Kaplan's mother told her husband to "Call 911. I'm

dyng."—then did—Kaplan's father elected to forgo an autopsy. Partly because of the unknown circumstances of her mother's death and partly for peace of mind, Kaplan, who had just finished her medical residency, ordered a series of routine tests on herself.

She was feeling fine. She was tired, but wasn't every new, busy doctor? There were brushes with medical mini-crises over the years, but Kaplan fully expected the results to show that everything was well.

She was shocked to learn that it wasn't.

Abnormal tests indicated that Kaplan had Hepatitis C, a then little-understood cousin to Hep A and B. Kaplan wore herself out try-

ing to figure out where she'd gotten it. Then she looked for a possible cure but because the disease was so "new," treatment was still in the trial stage.

Her first experience in this new frontier began inauspiciously: Kaplan was kept waiting for nearly three hours in a soulless waiting room filled with outdated magazines. She was then accepted for six months' worth of treatment that didn't work. She didn't like her doctor.

A second round of treatment followed the birth of her daughter, then a third some years later. And during it all, Kaplan was given a unique peek on "the wrong side of the curtain."

A physician living with chronic disease, she admits,

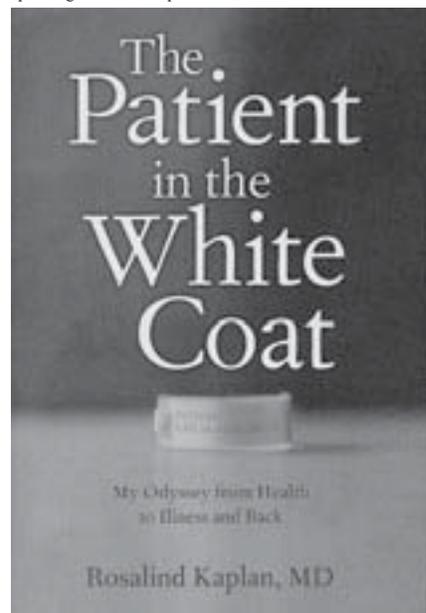
has certain advantages. She can order her own tests and interpret her own charts. She can by-pass receptionists by using her title. And she can share what she learns with her patients at bedside.

I enjoyed reading this book, overall. It's short, to-the-point, and interesting. But what I liked best about *The Patient in the White Coat* was author Rosalind Kaplan's unabashed openness and complete truthfulness.

Kaplan doesn't always maintain a stiff upper lip here; she tells her readers that it really stinks to have this disease. She is honest about her fears, her needs and her lack of discussing both with her husband, and she talks about the effect that the disease had on her relationship. And she's more-than-willing to scold, via this book, doctors who forget their humanity when caring for sick, frightened patients.

No matter what end of the

stethoscope you're on, this quick-to-read book is worth spending time. Pick up *The Patient in the White Coat*, pull up an exam table and relax.



Insurance Department and Health Insurers Target "Young and Invincibles"

Special to The Truth

Campaign focuses on importance of securing coverage for one of Ohio's largest uninsured populations

With new laws in place permitting young adults to remain on their parent's insurance policy until the age of 28, the Ohio Department of Insurance and the Ohio Association of Health Plans (OAHP) have partnered to educate one of the state's largest uninsured populations about the importance of securing health insurance. As part of an outreach campaign to cover more young adults, a special website has been launched with information on how parents can secure the dependent age coverage through their employer or insurer.

"The goal of this campaign is to make young adults aware that without health insurance the ensuing bills from a medical emergency could saddle them with economic distress for years down the road," Ohio Department of Insurance Director Mary Jo Hudson said. "Another important message is that parents can simply add their adult child to their policy through their employer or by contacting their insurer for a fee that can range in price."

An estimated 55,500 additional "Young and Invincibles" now have access to health care coverage, due to the dependent age increase. This new dependent benefits kicks in either when a policy is

issued or at the policy's date of renewal. Previously, only dependents up to age 19, or up to 23 years old if they were still in school, were eligible to receive coverage under their parents' policies.

"Ohio's insurers are enthusiastically supporting this effort to reach young adults and their parents to inform them of changes in the law," said Kelly McGivern, president and CEO of the Ohio Association of Health Plans. "Young people often feel they're healthy and don't need health insurance coverage, when this could not be further from the truth. Younger people are not invincible. For example, young adults have the highest rate of injury-related emergency department visits among all age groups."

Other components of the push to cover more young adults, includes: distributing posters to college and university campuses, a statewide email campaign targeting

young adults, a YouTube video campaign, a Facebook account and a Twitter page. The website, at www.youngandinvincibles.com, also contains stats, stories, and video testimonials, about the need for young adults to have insurance.

The new federal law requires dependent coverage be made available until a child reaches age 26. The new state law requires coverage be offered to a child from age 26 until age 28. State law does not require the employer to pay for this added benefit, federal law does.

Ohioans with questions concerning health insurance, such as the dependent age increase, and other new health care reforms, are encouraged to contact the Ohio Department of Insurance by calling 1-800-686-1526. Free information can also be obtained at www.healthcarereform.ohio.gov and www.insurance.ohio.gov.

"Time Flies When You're Having Fun"

That quotation has proven true for Cynthia and Jack Ford during the last 90 days!



Photo by Steve LaBell

The couple got on board with a pro-health company, Visalus Sciences, and took the Body By Vi Challenge on May 1, 2010. They took the challenge with 12 friends to make health a larger priority in their busy lives.

Jack set a goal of losing 80 pounds to become eligible for placement on the kidney transplant list. Cynthia took the Body By Vi 90 Day Challenge to get fit, increase energy level and show support for Jack.

They are thrilled with the results! Jack has lost 54 pounds in 90 days! Cynthia has changed two dress sizes and no longer munches granola bars and diet soda to get through the day. Now that they have achieved success without stress, they want to invite YOU to join them on the Body By Vi Challenge, too!



Photo by Sandra Schroeder

Jack Has Just 26 pounds to Go!

If you, or someone you care about, are interested in a weight loss transformation before the holidays begin or if you are interested in joining their team of positive and dedicated professionals, Jack and Cynthia invite you to join them beginning in August 2010.

Website - <http://teamprosperity.myvi.net>
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Annual Red, White and Blue Dance Brings Democratic Stars

Sojourner's Truth Staff

The Perry Burroughs Democratic Women's Club hosted its annual Red, White and Blue Dance on Saturday, October 2, at the Erie Street Market's Civic Center and, as always, the Democratic political luminaries turned out to stump for votes.

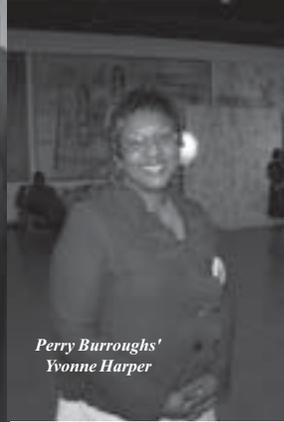
Party-goers were entertained by saxophonist Jesse Coleman and his Jamm Band and What's My Name DJ.



Margarita DeLeon and Judge Keila Cosme



Dean Mandros, Municipal Clerk of Court Vallie Bowman English, Ian English



Perry Burroughs' Yvonne Harper



LC Auditor Anita Lopez

2010 Honorees



Mrs. Joan Coleman

This University of Toledo graduate was actively involved in the development of the Toledo-Lucas County Voting Rights Assistance Program. During her 17 years as director, the program assisted more than 300,000 voters in preparation for elections through the state's "Vote at Home" Program.



Judge Charles Donaghy

During his 16th year as Judge of Toledo Superior Court, he received the Lifetime Achievement Award from the U.S. Supreme Court. He is also a past president of the Toledo Bar Association and a past president of the Toledo County Bar Association.



Mrs. Sheryl Riggs

For nearly 30 years, Mrs. Sheryl Riggs has worked as Manager and Managing Director of the Toledo-Riggs Financial Group. Since 1992, Mrs. Riggs has established and served hundreds of families during their most fragile moments. She continuously supports the community through non-profits and the various organizations which she affiliates. She is past president of the National Urban Financial Directors Association and also a member of Delta Sigma Theta, The Links, Inc., and the Top Ladies of Des Moines.



Rev. John E. Roberts

Ordained in 1964, Rev. Roberts fulfilled the requirements of a Bachelor of Arts and graduated from Toledo Bible College in 1975. He also earned both a Master's and Doctorate in Biblical Theology. During other assignments, he currently serves on the University of Toledo's President's Advisory Board and Community Service. He is also affiliated with the International Brotherhood of Education and the Baptist Ministers Conference. What recently Rev. Roberts feels most proud to be is...



Mr. Prince Spencer

Mr. Prince Spencer has worked for over 20 years as a member and on a number of advisory programs. The work he has done has led to the creation of the Toledo and Lucas County Job Training Program. He is also a past president of the Toledo-Riggs Financial Group and has been instrumental in the creation of the Toledo-Riggs Financial Group for all years.



Rev. Leon Troy

Rev. Troy is a member of the Toledo-Riggs Financial Group. He is a graduate of Scott High School, Bowling Green, Ohio, and received his B.S. degree from the University of Toledo. He also received his M.A. degree from the University of Toledo and his M.Div. from Southern Baptist University. Rev. Troy's talents are extensive including teaching Sunday School, conducting and presiding over church services, and his involvement in the Toledo-Riggs Financial Group.



Mr. Frank Clemons (Posthumous Award)

During his lifetime, Mr. Clemons worked tirelessly on behalf of the community. Among his many affiliations he served at St. Paul's United Methodist Church, the Mt. O. Board, and the U.S. Foundation and the Methodist College Board of Toledo. Posthumously awarded to the community, Mr. Frank Clemons is the recipient of the 2010 Posthumous Award.

Hospitality Reception

Join us for an evening where friends, family and associates gather to celebrate our Honorees.

Friday
October 22, 2010
 5:30pm
 The Toledo Club
 235 N. 14th (Downtown)
 Toledo, OH 43604

Ticket Price: \$25.00



Legends Luncheon

This is the 16th annual luncheon hosted by the African American Legacy Project of Sandusky, Ohio honoring some of the most distinguished in our community.

Saturday
October 23, 2010
 1:00 pm
 Hilton Garden Inn
 4165 Levis Commons Blvd
 Perrysburg, Ohio 43061

Ticket Price: \$40.00



Attend both events for \$60.00 per person

Annual Red, White and Blue Dance



Ruth Ashford and councilman Michael Ashford

Carol Contrada



State Senator Teresa Fedor



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Presents

Our First Annual Walk For Caleb Cares Supporting Leukemia Awareness

Saturday, October 9 At Ottawa Park

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Suicide

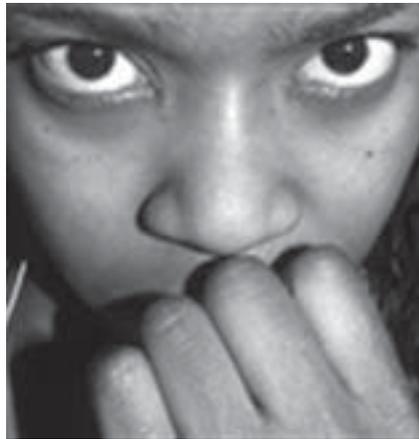
(Continued from Page 9)

Quite irrefutable however, is the well-known fact that human life - whether by intelligent design or by a mere chance of natural evolution - is full of struggles and challenges. Experimentally, life is universally very unpredictable and every individual human life is burdened by uncertainties, worries, and anxieties, which collectively constitute the major source of stress during every human life experience. As a result, personal peace of mind eludes many of us with some of us actually succumbing to depression and even suicide because of unfulfilled needs and aspirations. Only those who successfully learn how to hope can usually cope well and very easily find reason to continue to live even in the face of personal crises. The stress, the worries, and the univer-

sal uncertainties in our lives are always about self and self-esteem (or ego); often about friends and family (or others); usually about food and shelter (or money); occasionally about knowledge and information (or education); and frequently about the spirit and spirituality (or

religion). Through these five daily pre-occupations, we make meaning out of our lives (though full of uncertainties) by hoping and aspiring.

Scientific Research Findings Based on my 30 years of research, review of the literature and hundreds of reports including psy-



chological autopsies, detailed medical records of suicide victims, and direct in-depth interviews of patients suffering from depression who admit to suicide ideation, I found that in order to survive the stress of uncertainties, reduce anxiety, cope successfully, and live a fulfilling life, we all - newborn babies, young children, adolescents, adults, and senior citizens - sooner or later in our lives, need (or must have) the following:

tentment.

Information, education, and knowledge about our selves, our world, and immediate plight.

A strong religious belief in an even-handed and all-powerful God

These identified five categories or domains of essential and universal human needs are the scientifically proven determinants of Human Hope. Singularly, but particularly when combined, they synergisti-

The Answer

The only answer to the suicide epidemic in our community is Hope. Consequently, regardless who you are, what you do for a living, where you live, how many languages you speak, your ethnicity, gender, age or socio-economic status, our mission is to simply participate, in what ever capacity we happen to find our selves, with optimum effort and enthusiasm, to the best of our abilities, regardless of individual circumstances and means, and help bring about Hope & Peace to ourselves and others in the community to which we belong. For all of us, life without Hope is meaningless, Hope un-nurtured is pointless, and Hope unshared is unsustainable. We build Hope by promoting individual self-esteem; providing support and acceptance to one another; emphasizing the difference between needs and wants; sharing knowledge and information unselfishly; and subscribing to faith-based belief in an even-handed God, in words and in action, at every opportunity.

The only answer to the suicide epidemic in our community is Hope.

A sense of personal wellness and relevancy, self-esteem or individual worthiness.

cally constitute the most potent antidote to the stress and uncertainties of life. When one or more of these are severely lacking, life can become meaningless, unfulfilling or even unbearable and therefore often end in suicide. There is no cause of suicide, to my knowledge, that is unrelated to these domains of essential human needs.

The cooperation and recognition, approval, or empathy from others.

A reassuring sense of material sufficiency or a relative degree of economic con-

Frederick Douglass Community Association presents Reaching Attainable Potential. What R.A.P. Offers? After-school care - 3 p.m. - 6 p.m. Vacation day care Summer care Limited transportation provided One on One and group mentoring. Activities: Small Groups working on daily academics Character development Healthy Snack provided Conflict resolution and cultural diversity Use of technology and small field trips. When: September 20, 2010 (open registration) Where: Frederick Douglass Community Association 1001 Indiana Avenue - Toledo, Ohio 43607 Sonya Newton - Program Coordinator - snewton@fdcatoledo.org 419.244.6722 Funded by United Way

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UT's Minority Business Development Center Celebrates Year's Achievements

Sojourner's Truth Staff

The University of Toledo's Minority Business Development Center has made tremendous strides, according to Shanda Gore, Ed.D., assistant vice president for Equity and Diversity. The incubator project has increased its tenant numbers from one, when the Center opened on September 30, 2009, to a total of eight a year later.

That number includes six companies and two chambers (African American Bureau of Commerce and the Hispanic Chamber of Commerce).

The Center filled its

original incubator space in the first four months and requested additional square footage to accommodate more companies.

The Center, which originally occupied seven percent of the Technology building at the university's Scott Park Campus, now has 33 percent of the building (1,277 sq. feet to 5,420 sq. feet).

"We've also had tremendous growth for the companies who are affiliates of the program," said Gore.

For example, the first tenant, Oona Temple of

Cosine Group, LLC has expanded her number of employees from one to five and her company which had occupied 125 square feet of office space now has added on another 730 feet.

"She also hired one of our students who was an intern for me and another tenant and data storage company, Hexistor, hired one of our UT graduates as well," added Gore.

"We've even had OSU visit to learn about the development center and to possibly replicate it in Columbus."



THE Black Market Place

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CLASSIFIEDS

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October 06, 2010

State of Ohio Ohio School Facilities Commission NOTICE TO BIDDERS

Bids will be received by the Toledo Public School District (the "District or TPS"), at the School Board Office, Treasurers Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608 for the former Keyser Elementary School, Whitney Adult Education Center and the former Woodward High School Pre-Demolition Asbestos/HazMat Abatement Project in accordance with the Drawings and Specifications prepared by:

TTL Associates, Inc.
1915 N. 12th Street
Toledo, Ohio 43604
Phone No. 419-324-2222
Fax No. 419-321-6252

The Construction Manager for the Project is:
Lathrop/Gant/Barton Malow, LLC
701 Jefferson, Suite 302
Toledo, Ohio 43604
Phone No. 419-776-5600
Fax No. 877-281-0784

Any Proposed Equal for a Standard shall be submitted to the Consultant, no later than ten (10) days prior to the bid opening. If no Addendum is issued accepting the Proposed Equal, the Proposed Equal shall be considered rejected.

Sealed bids will be received for: Estimates

Bid Item No. 1: Asbestos/HazMat Abatement of Keyser Elementary School \$110,000.00
Abatement Dates: November 15 through December 3, 2010

Bid Item No. 2: Asbestos/HazMat Abatement of Whitney Adult Education Center \$385,000.00
Abatement Dates: November 15, 2010 through January 7, 2011

Bid Item No. 3: Asbestos/HazMat Abatement of Woodward High School \$475,000.00
Abatement Dates: November 15, 2010 through January 28, 2011
until **Wednesday, October 20, 2010 at 1:00 p.m. (as determined by Stratum clocking (cell phone time))**
and will be opened publicly and read immediately thereafter.

The pre-bid meetings will be held on **Thursday, October 14, 2010, at 1:00 p.m.** at Keyser Elementary School located at 3900 Hill Avenue in Toledo, Ohio and continuing to the remaining sites in the order below. **ATTENDANCE AT THE PRE-BID MEETINGS IS MANDATORY FOR ALL CONTRACTORS INTENDING ON SUBMITTING A BID.**

The following is the walkthrough schedule:

1. Keyser Elementary School, 3900 Hill Avenue, Toledo, OH
2. Whitney Adult Education Center, 1602 Washington Avenue, Toledo, OH
3. Woodward High School, 600 East Streicher Street, Toledo, OH

Maps will be provided to travel from site to site. **ATTENDANCE AT ALL SITE VISITS IS MANDATORY, A SIGN-IN SHEET WILL BE PROVIDED AT EACH SITE.**

Bidders will be required to comply with the Toledo Public School District's Community Inclusion Plan.

Contract Documents can be obtained from **Toledo Blue Print, 6964 Mc Nerney Street, Northwood, Ohio 43619, phone: (419) 661-9841** for the cost of the printing, to be paid to the printing company at the time the drawings are picked up. CD-Rom copies of the bid drawings are also available from **Toledo Blue Print** for no cost with the purchase of the specification books.

The Contract Documents may be reviewed for bidding purposes without charge during business hours at the following locations:

Maumee F. W. Dodge Plan Room
3521 Briarfield Blvd., Suite D
Maumee, OH 43537
PH: 419-861-1300
FX: 419-861-1325

The Plan Room
3135 South State St., Suite 210
Ann Arbor, MI 48108
PH: 734-662-2570
FX: 734-662-1695

University of Toledo - Capacity Bldg
Toledo, Ohio 43606
PH: 419-530-3120
FX: 419-530-3242

Builders Exchange
5555 Airport Hwy, Suite 140
Toledo, OH 43615
PH: 216-661-8300

Northwest Ohio Hispanic Chamber of Commerce
303 Morris St.
Toledo, Ohio 43602
PH: 419-351-1521

E.O.P.A. - Hamilton Building
505 Hamilton St.
Toledo, Ohio 43602
PH: 419-242-7304

Columbus F. W. Dodge Plan Room
1175 Dublin Rd.
Dublin, OH 43215-1073
PH: 614-486-6575
FX: 614-486-0544

Construction Association of Michigan
43636 Woodward Ave.
Bloomfield Hills, MI 48302
PH: 248-972-1014
FX: 248-972-1136

Ohio Construction News
7261 Engle Rd., Suite 304
Cleveland, Ohio 44130
PH: 800-969-4700

Toledo Regional Chamber of Commerce
MCBAP
300 Madison Ave. Ste. 200
Toledo, Ohio 43604-1575
PH: 419-243-8191 FX: 419-241-8302

E.O.P.A. EMPLOYMENT OPPORTUNITIES

FOODSERVICE WORKER- 24 hours/week—35 weeks/year—\$9.70 (post-probationary)

Preparation and delivery of well-balanced, nutritious and attractive meals to Head Start Children as required by ODJFS and agency guidelines. Qualifications: Two years of quantity food preparation, and knowledge of child size portions.

Please visit <https://home.eease.adp.com/recruit/?id=522846> to apply for this position.

SENIOR BROKER- 20 hours/week—52 weeks/year—\$9.26 (post-probationary). Provide case management to low to moderate income senior adults. Keep accurate records and supportive documents on each client. Qualifications: At least one year of experience with the senior population, and proficient computer skills (MS Word).

Please visit <https://home.eease.adp.com/recruit/?id=527359> to apply for this position.

Application deadline: Tuesday, October 12, 2010. A High School Diploma or GED is required. **NO RESUMES ACCEPTED WITHOUT COMPLETING THE ONLINE APPLICATION. NO PHONE CALLS PLEASE! EOE**

Designer "Inspired" Body Oils

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Also seeking vendors and consignments

Call 419-407-0137

The University of Toledo Job 999651, Grants Coordinator 2, Research and Sponsored Programs:

The Grants Coordinator 2 prepares, reviews, ensures compliance, and processes grant applications for submission to various sponsors. This position is part of the CWA Bargaining Unit. The minimum class requirements for this position are: Successful score on the Grants Coordinator civil service exam; completion of a 2 year major program core coursework in accounting/finance or 2 years experience in the development or monitoring of budgets and other accounting related activities; excellent computer skills, including MS Word and EXCEL required; high level of analytical ability required. For more information and to apply please visit <https://jobs.utoledo.edu>. **Application deadline is Friday, October 15, 2010.** UT is an EEO, AA Employer and Educator

House for Rent

North End. Fenced in Full basement. Deck
2 Bedrooms, 1 1/2 baths
419726-2758

Account Payable Rep

Account payable rep needed in our firm. Candidate must have at least high school or college degree. The position offers 200 dollars per week plus benefits. Send resumes to js1960@live.com if interested

OPEN HOUSE!

Sun 8/29 from 1PM to 4PM
2333 Valley Brook Drive \$114,900
East of Reynolds, North off Bancroft
Super Huge 1 story, 3 beds and 3 full baths
Whittington Group Realty (419) 536-7377

CLASSIFIEDS

October 06, 2010

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DIRECTOR, INTENSIVE SERVICES

Unison Behavioral Health Group is seeking a Director, Intensive Services to plan, direct and manage clinical services in designated departments including CPST, Partial Hospitalization, Care Management and Residential Services. Position advises management and staff on issues related to these areas, oversees services to insure compliance with applicable laws, regulations and standards, develops and implements new service lines and serves on internal and external committees as agency representative as assigned. Position is a member of executive management team and collaborates effectively across business lines to achieve desired results.

Qualified candidates must have a Master's degree in Social Work, Counseling or a doctorate degree in Psychology. Current Ohio licensure as an LPC-C-S, LISW-S or Psychologist is required. Applicants must possess at least five years clinical experience, preferably in a behavioral health setting and at least three years management experience with responsibility for multiple departments. Thorough knowledge of JCAHO, ODMH and ODADAS standards required.

Send cover letter with resume indicating your interest by October 6, 2010 to:



Human Resources - DIS
Unison Behavioral Health Group, Inc.
1425 Starr Avenue
Toledo, OH 43605

Equal Opportunity Employer

The University of Toledo ~ PCN: 4803 ~ Desktop Virtualization Specialist, Information Technology

Responsible for design, implementation, and maintenance of the virtual desktop environment, assisting with software packaging and desktop image creation. This position also provides support as a high level desktop technician. This position requires an Associates degree, Bachelor's degree preferred. A+ Certification, Microsoft Certified Professional (MCP); Experience with application repackaging, .msi creation required. Experience with virtual application packaging technologies and Wise Package Studio preferred; Knowledge of Microsoft System Center Configuration Manager for application delivery and desktop management preferred. Knowledge of VMware View or other virtualization technologies preferred; Minimum of 2 years active experience maintaining computer workstations and Intel-based hardware in a large network environment (500 PCs +). Basic understanding of network infrastructure and design. Detailed knowledge of current Microsoft operating systems. Detailed knowledge of Windows XP/Vista/7 preferred. Basic skills in PC applications: word processing, database, spreadsheets and batch programming. Jscript or VBScript experience required. Microsoft .NET programming experience preferred. For more information and to apply please visit <https://jobs.utoledo.edu>. **Application deadline is Friday, October 8, 2010.** UT is an EEO, AA Employer and Educator

Salon Needs Techs

New! South Toledo Nail Salon is seeking the following: Esthetician and Nail Technician.
Booth rent \$50.00 per week to start, commission possible. For information call Roxy at (419) 380-9528.

Licensed Paraprofessional Needed

Strong candidate would be caring, patient and tolerant. Experience with effective behavioral and instructional strategies a plus. All qualified candidates should apply with a letter of interest, copy of certification and references to:

Star Academy of Toledo
Attn: Gaye Dobson
1850 Airport Hwy
Toledo, Ohio 43609

REFUSE TRUCK DRIVER

The City of Toledo is accepting applications for the position of Refuse Truck Driver. This position requires one (1) year of experience driving a refuse truck or closely related vehicle having a rating of at least 33,000 pounds gross vehicle weight. Must possess a valid State of Ohio Class B Commercial Driver's License without restrictions on vehicles having air brakes. Must be physically qualified to perform the duties of the position at the time of appointment. The salary range is from \$13.502 to \$18.003 per hour with advancement to the maximum pay level per the appropriate bargaining unit agreement. Interested individuals should obtain an application at the Department of Human Resources, One Government Center, Suite 1920, Toledo, OH 43604 or online at the Department of Human Resources web page at www.toledo.oh.gov. The City of Toledo is an Equal Opportunity Employer. Minorities, females and individuals with disabilities are encouraged to apply.

Lead Strategies

Need to take your home-based business to the next level? Learn strategies to generate more qualified leads. Go to www.prosperousmlmleads.com.

NORTHGATE APARTMENTS 610 STICKNEY AVENUE Now Accepting Applications

Mature Adult Community for Persons 55 and Older. Rent Based on Income. Heat, Appliances, Drapes, Carpeting Included. ASK ABOUT OUR MOVE-IN SPECIAL. Call (419) 729-7118 for details.



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

Or email
www.abundantlifeperrysburg.org



Sales Reps/Account Managers

Our company is looking for part time work from home. Account

Managers, Bookkeeper and Sales Representatives are needed to work on their own flexible schedule time. It pays \$3000-\$4000 a month plus benefits and takes only little of your time.

Please contact us for more details.

Requirements -

* Should be a computer literate.

* 2-3 hours access to the internet weekly.

* Must be 19 yrs and above of age

* Must be Efficient and Dedicated If you are interested and need more information,

Please send your resumes to leonagodsblissing@hotmail.com

Wanted to Buy:

Diabetes Supplies

Earn up to \$12 per box of 100 test strips

Must expire after August, 2011.

Leave labels on boxes.

We remove and shred.

Call 419-740-7162 and leave message.

Doves Manor Apartments Seniors 62+ and better! One Bedroom Apartments Now Accepting Applications

Rent based on income, utilities included. Newer building has secure entry, laundry, extra storage, central air conditioning, wellness clinics, fitness center and MORE!!

Call for an appointment and more details. Applications are now being accepted with the possibility of immediate move-in.



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1040 Brookview Drive
419-389-9999
Appointments only

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The University of Toledo

Job 5093 ~ Business Systems Analyst, (2 vacancies) University Enterprise Applications, IT:

The business system analyst will design new IT solutions to improve business efficiency and productivity. This position requires at a minimum an associate's degree in business, computer science, engineering or related fields. A bachelors degree in business, computer science, engineering or related field is preferred. 3 - 5 years of business systems analysis and application development work experience in an enterprise application environment is required. Experience with SunGard Banner or PeopleSoft is preferred. Demonstrated knowledge of Crystal Reports is required. 1 - 3 years experience with data modeling, reporting, business intelligence, and/or data warehousing is preferred. 1 - 3 years experience with SQL and/or Oracle relational database management systems, and Visual Basic or SQL programming experience is required. Other required skills include: knowledge of relational database concepts and data modeling; the ability to work well with others; excellent communication skills, both verbal and written; good knowledge of Higher Education general business practices and procedures; familiarity with existing operating systems; ability to develop business system models and reports, and perform programming, debugging, and data analysis; ability to effectively work with people in other departments and/or outside of the enterprise; and the ability to work in a multi-platform environment. For more information and to apply please visit <https://jobs.utoledo.edu>. **Application deadline is Friday, October 15, 2010.** UT is an EEO, AA Employer and Educator

Account Payable Rep

Account payable rep needed in our firm. Candidate must have at least high school or college degree. The position offers 200 dollars per week plus benefits.

Send resumes to js1960@live.com if interested

MercyCollege

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10am - Noon

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2221 Madison Ave. Toledo, OH 43604 | mercycollege.edu | 888.80.MERCY

Amelia Gibbon to Head The Friendly Center

Special to The Truth

The Friendly Center announced that Amelia Gibbon, community impact specialist at United Way of Greater Toledo, will succeed Morlon Harris as executive director of the Center.

"We are absolutely thrilled to have someone of Amelia's background, experience, and character leading our organization," said Ann Hartmann, board president of The Friendly Center. "The board was unanimous in our selection."

For the past three years, Gibbon has served as a community impact specialist at United Way in the areas of income and essential services. She was instrumental in creating and leading the United Way *Financial Stability Collaborative*, a group of local partners working to offer financial education, increase access to banking, and bring tax credits back to our community.

Prior to United Way, Gibbon served as membership services director at Girl Scouts of Maumee Valley where she directed recruitment, retention, and management of girls and adults and supervised 17 staff. Her work also included developing and implementing a system based on measuring youth-related outcomes.

"We are confident Amelia will do tremendous things for The Friendly Center," said Bill Kitson, United Way of Greater Toledo president & CEO. "It will be difficult for United Way to lose her passion and leadership, but our community will still benefit as she carries that on to one of our valued partner organizations."

The next month will serve as a transition period for both organizations as Gibbon begins learning the Friendly Center ropes and United Way begins the search for her replacement. Gibbon will officially begin her tenure at The Friendly Center on November 1.



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OH! LOTTERY.

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