



Local and National News

www.thetruthtoledo.com

# The Sojourner's Truth

Volume 19, No.05

"And Ye Shall Know The Truth..."

December 01, 2010

### In This Issue

Perryman  
Page 2

Tolliver  
Page 3

President's Homeless Plan  
Page 4

### The Health Section

Eating Elephants  
Page 6

New Year Resolutions  
Page 7

Fabulously Fit  
Page 8-9

Concussions  
Page 10

Staying Healthy:  
Book Review  
Page 11

Minister on Kanye  
Page 13

BlackMarketPlace  
Page 14

Classifieds  
Page 15

STAR's Holiday Gifts  
Page 16



## BEFORE AND AFTER

ROSIE CHEATOM: FABULOUS AND FIT



experience owens

More than 130 programs offered.

Classes begin Jan. 10. • owens.edu



## A Different World

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



... What you seen  
Wasn't no dust of changes rising.  
It was the dust of sameness settling.  
- Sterling Plumpp

With a serial rapist who attacks teens walking to school perhaps only recently captured, the sleeper-hold choking unto unconsciousness of a disabled student, and various lawsuits and calls by parents' groups for investigations from the FBI and others, the perception is that TPS cannot seem to do anything right.

Coming on the heels of a resounding rejection of its recently proposed tax levy and with the district currently planning a re-request as early as May 2011, it is certain that waning public confidence in the leadership of School Board President Bob Vasquez and company will erode completely should symptoms of organizational failure continue to ex-

pose the division, disinterest and perhaps incapacity of the school board.

Has the community – feeling as if it has repeatedly “rolled a boulder up a hill only to have it roll back down” – lost its trust in TPS? And, if so, is it possible to regain the vital support it so desperately needs?

I think that many would like to see Toledo Public Schools be successful in providing the real change that leads to quality education for all children, yet because of so much promise of reform and so little change, their sentiment is as Sweet Honey in the Rock proclaimed in Voice of The Innocent: “Let it be known the wearing thin of our patience.”

At the core of persistent school failure lies the fact that the times have changed dramatically since the 1950s era of Leave It To Beaver and Father Knows Best. Yet, while it's “a different world,” the district continues to rely on the flawed assumptions of the past.

A generation or two ago, the racially-segregated colleges of the South tried to compete on the football gridiron or basketball court without including African-American athletes. As a consequence, those schools began to lose not only the athletes but games, fans, and money to northern universities and were threatened with becoming obsolete until they recognized that the game and the times had changed, rendering their long-held assumptions false and their primitive world-view invalid.

Several things have also changed in the 21st Century task of education delivery. The public schools' demographic is now increasingly darker, poorer and more culturally complex and diverse. In addition, the shift to a global, post-industrial economy has reconfigured wages dramatically downward.

The district, not realizing that it's a different world and a new game, has been immune to change efforts because of incorrect assumptions regarding its own competencies. In order to save the district and regain the trust of the community TPS will have to reexamine its methods based upon yesterday's assumptions.

Primary among the faulty premises is the assumption that the district and its unions still have the bargaining power or negotiating strength that it had before today's changed market conditions. While TPS pay stubs seem unaffected by the recession, several thousand students and parents have recognized that “they don't need TPS so much that they have no other options” and have voted with their feet and left the district. The district is unlikely to remain intact without a major reconfiguration of work rules and a structural correction of wages.

Also, today's students are of a generation that is far removed from the no-longer-considered-virtuous submissiveness of the 1950s. Rather than feeling that they are to be “seen and not heard,” they rightly feel that they should be respected. Indeed, teachers must take care to show equal respect and to honor the dignity of those who are sensitive to “signals of unworthiness” coming from others including those in authority.

Teachers can improve their teaching by venturing outside the school to get first-hand knowledge of their students' communities. The “dynamics of distrust, consequences of unequal power and a sense of the physical, social, economic and emotional struggles” experienced by many young people will right the false assumptions about their motivations when there has been a genuine effort to listen and learn in order to gain an in-depth understanding of their culture and background.

In addition, culturally-relevant pedagogy should always be implemented, especially by teachers who come from backgrounds different from those of their students. The students should also be allowed to research their own community within the classroom learning experience and investigate both local and historical issues to discover the truth about many of the myths about American history presented in their texts.

The classroom experience of many children of color has been limited to those “where most, if not all, of the images in the books, on the walls and authority in the halls have been of white people.” Successful affirmation of the identities of all the children requires positive non-stereotypical representations of children and adults of color. Also, “social justice literature should be constantly present on the teacher's desk” and made a part of the curriculum.

Finally, despite the difficulty of reaching parents today, to make a difference in the life of a child, requires cultivating their trust by remaining vigilant to “resist the relentless rumors of inferiority about our children.”

And, if we are but able to only “name racism, oppose injustice and replace stereotypical ideology with genuine caring and raised expectations for the educational success and intellectual acuity of our children,” then our efforts have been truly for the children.

For, “You may give them your love but not your thoughts,

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor carries with yesterday.” The Prophet, Kahlil Gibran

Contact Rev. Donald Perryman, D.Min, at [drdperryman@centerofhopebaptist.org](mailto:drdperryman@centerofhopebaptist.org)

## Community Calendar

### December 2

Joint Utility Social Service Committee 2010-2011 Information Fairs: East Toledo Family Center; 1 to 6 pm; Info to assist on utilities, food, housing, health care and other social service needs

### December 2-4

I.F.O.C. Annual Leadership Summit: “Transparency Without Condemnation;” Reception, workshops, lectures: 419-944-0984

### December 3

Prophetic Intercession: WOV Bookstore; 6 pm; Pastor Terry Coleman and Prophetess Danelle Bonds: 567-698-0323

### December 4

Phillips Temple CME Christmas Bazaar: 9 am to 4 pm: 419-242-7906

### December 4-5

Grace Temple's Annual Christmas Bazaar: Saturday 10 am to 4 pm; Sunday 1 to 4 pm; Vendors, Silent auction; Sounds of Christmas

### December 5

Christ the Word Presbyterian Church Seventh Annual Messiah Sing-A-Long: 7 pm; First section of Handel's Messiah; First Seventh Day Adventist First church: 419-329-1100

All Saints Episcopal Church White Elephant Sale and Silent Auction: 11:30 am to 2 pm; High quality items, no clothes

Third Baptist of Holland Mass Choir Concert: 4 pm

Ebenezer MBC 16<sup>th</sup> Annual Appreciation Service: Elder Jimmy Jordan and First Lady Rosie Jordan; 3 pm; Guests Rev. John Williams and Eastern Star Baptist Church: 419-242-2581

### December 7

ProMedica Cancer Institute's Free Prostate Screenings: Hickman Cancer Center at Flower Hospital; 4 to 6 pm: 877-291-1441

### December 11

West Toledo Bereavement Ministry: 10 am meeting; Bethlehem Baptist: 567-249-7470

### December 12

Josh Project's Soul Food Extravaganza Fundraiser: Somerset Hall; 1:30 to 4:30 pm; Bountiful buffet; Live entertainment; Silent auction; Student swimming recognition awards: 419-973-1383

Clarence Smith Community Chorus Community Celebration of Christmas: St. Martin de Porres Church; 6 pm; Lourdes College Choir, Percussion Ensemble of TSA, Tymara Spears, guitarist Hector Mendoza

Community Support Gathering: For Pastor Ronald McCraney and wife; Rhema Christian Fellowship; 5 pm; “Helping Friends in Times like These: 419-246-8561

### December 31

AKA Sorority New Year's Eve Masquerade Ball: Pinnacle; Dinner and cocktails; Fundraiser for scholarships and community service; 7 pm: 419-902-9884 or 419-392-4511

## The Sojourner's Truth

Toledo's Truthful African-American  
Owned and Operated Newspaper

Kevin McQueen  
Fletcher Word  
Becky McQueen

Publisher  
Publisher and Editor  
Business Manager

Brittany Jones  
Vickie Shurelds  
Sharon Guice  
James Fowler  
Artisha Lawson  
Jack Ford  
Michael J. Hayes

Reporter  
Reporter  
Reporter  
Reporter  
Political Columnist  
Entertainment Critic

Jason L. Lee Sr.  
Jennifer Retholtz  
Pamela Anderson  
Kathy Sweeny

Layout Designer  
Webmaster  
Sales Representative  
Ad Creation

**A Certified MBE, 2009**

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

Phone 419-243-0007 • Fax 419-255-7700

[thetruth@thetruthtoledo.com](mailto:thetruth@thetruthtoledo.com)

[www.thetruthtoledo.com](http://www.thetruthtoledo.com)

## The Good, The Bad and The Ugly ...

By Lafe Tolliver  
Guest Column



that which militates against the community gaining its voice or being strong when it is weak.

Now that we have had the above definitions, I have

Doneghy has served with honor and distinction over decades on the local courts and this columnist salutes him for his temperament and a common sense approach to

recreational outlets and jobs in the "inner city."

Some of the local pastors also engage in "ego wars" and the "numbers game" (note: numbers as in gather-

before a dubious and skeptical world.

THE UGLY: (1) I have heard that WilliAnn Moore wants to run for the District 4 Toledo City Council spot vacated when Councilman Michael Ashford won his election to the state capital.

Based upon the years and years of muted silence of the local NAACP chapter as headed by Moore as it relates to being tone deaf on the Jeffrey Turner taser death, Linda Hicks shooting, the ongoing debacle at Toledo Public Schools including the Scott High School rebuild issue and the "lockout" of minority contractors in the \$640 million city school rebuild, the dearth of leadership regarding inner city issues, including chronic black-on-black crime how could any sane person with two working brain cells pull a voting lever for WilliAnn Moore to be on City Council?

We will not even mention, in my opinion, how the local branch of the NAACP has practically been decimated including the famed ACT-SO Program, and Youth Chapter.

Only recently have I even seen the required notice of local elections being placed in the newspaper.

Some people believe that if you do not run against them, that is an endorsement of their administration.

Not necessarily so. It also could speak to the issue that the voting public has been locked out of what is needed to run a slate against the current NAACP crew and/or the public has seen only lethargy in what the local branch does and thus it does not care to get involved in their closed shop.

If you did not liked how she has run the NAACP, do you really want to see that same "leadership" module at work for you on City Council? Didn't think so!

This is one case in which I would like to see any ballot with the option of: NONE OF THE ABOVE on it so that the voter can register their distaste for those who are running.

You can do better.

Contact Lafe Tolliver at tolliver@juno.com

**The church has to do better and become servant oriented and recover its mission before a dubious and skeptical world.**

At times, when I reflect upon what I am reading in the local press and the impact it has or may have on the community, I come up with some gems as to what I can only describe as the Good, the Bad and the Ugly.

The Good speaks for itself. People, events or happenings that add to the community and its overall good and normally is a positive development from which sustenance can be obtained and goodwill is the remaining residue.

The Bad may need some clarification. Bad can also be described as that which on its surface appears to be a plus but when you peek beneath the blankets, you see the "real deal" and it thus offers no redeeming value or added value to the community or adds to the dialogue of getting us from point A to point B.

It simply takes up visual or digital space and mars the landscape with its gibberish and lack of mental calorie value.

The Ugly depicts that which offers no positive uplift and does not add value to the community but in fact, upon reflection, has not added value and there is no indication that it will ever add to the storehouse of community support or strength.

With the Ugly, their voice is shrill and if a voice at all, it does not take a stance against

taken the journalistic liberty to category events, to date, that fall into one of the above three categories.

See if you agree with me (note: if you do not agree, then you should seriously consider changing your opinion to match mine!)

THE GOOD: (1) The lawsuit filed against the City of Toledo for the wrongful shooting death of Linda Hicks. Hicks was shot within five minutes of Officer Diane Chandler arriving at the group home. Five minutes!

In that time frame, Hicks would not had even enough time to pray a Rosary before being shot three times. A totally needless death.

If Hicks were simply allowed to stew in her own juices until competent help arrived to calm her down, she would be with us now.

How? Simply close her door while she was prone on her bed in her room and keep her there until help arrived.

Now, how simple is that! That is better than three slugs to the body.

Of course the shooting was justified...most shootings are and especially the shootings of black folks. That is just how we roll.

(2) Judge Charles Doneghy for gracefully stepping down from his judgeship so that Governor Strickland can appoint another judge before Kasich takes control.

dispensing justice.

The Toledo community has been the winner due to Judge Doneghy sitting in judgment on hundreds and hundreds of cases.

When I first came to Toledo, I met Judge Doneghy because his sister was my landlady and he was then as now an easy person to approach and talk to. A grand man with a lot of godly wisdom.

THE BAD: (1) Toledo Public Schools being in chronic educational jeopardy. Based upon the academic soundness of the public school system, businesses make decisions as to whether or not to relocate to an urban city and transfer hundreds of people and jobs.

If a school is constantly falling on its face and just can not seem to right itself, it is a bad omen for future businesses to come in because the needed work force is not educated as it should be.

The potential employer will see a failing school system that is hidebound to change because everyone is dead set on protecting its turf and power base.

So sad. (2) The local black churches that still refuse to sit down and engage in meaningful dialogue with fellow churches about black-on-black crime, teenage obesity and pregnancy and chronic drug abuse and the lack of

**A Blues-y Christmas & Jazz Show Dinner & Dance**  
With  
**"The Blues Man-Bobby G"**  
Saxophonist Jessie Coleman and The Jamis Band  
Vocalist Dorothy Gray  
Saturday December 11, 2010, Time 6 pm - Midnight  
@ The Garden Lake Hall 5359 Dorr St



Tickets \$25 available at  
Toledo Urban Federal Credit Union 1339 Dorr St - 419-25-  
Henry's Jewelers 4909 Dorr St - 419-535-9567  
Jack's Men's Wear 3414 Dorr St - 419-536-1551  
Reserved Table of 8 - \$200 until 12/8/10  
For questions/tickets call Dorothy at 419-260-2209

**Dinner Menu**  
Fried Chicken, Baked Chicken, Ham  
Dressing-Gravy/cranberry sauce, Potatoes, Vegetables, Roll, Dessert and Beverages  
Set-ups available \* Dinner starts at 6:00 pm - Show at 7:00 pm  
Dancing 9-30 pm, DJ P. Chillas  
Hall on the far side of building

**We've made Toledo Fast. Extremely Fast.**

**50 Mbps**

Now up to **50Mbps**, PLUS see more new speed plans at [buckeyecablesystem.com/express](http://buckeyecablesystem.com/express)

**Extreme SPEEDS. Extreme SAVINGS. Extremely COOL.**

Buckeye Express High-Speed Internet just got faster, now with new download speeds up to 50Mbps! Not ATT...not Frontier...no one is faster, and no one will work harder to make it better. Our technology allows us to keep doing more and more, faster and faster, and that means our customers will always stay out in front. **ALWAYS.**

Download	Upload	Promotional Price
8Mbps	1Mbps	\$14.95/mo. for 1 yr
10Mbps	1Mbps	\$24.95/mo. for 1 yr
20Mbps	1.5Mbps	\$44.95/mo. for 1 yr
30Mbps	2Mbps	\$69.95/mo. for 1 yr
50Mbps	3Mbps	\$84.95/mo. for 1 yr

Call today! **419.724.9800**

**Buckeye CableSystem**  
[buckeyecablesystem.com/express](http://buckeyecablesystem.com/express)

# President Obama's Council Crafts Plan to End and Prevent Homelessness

By Torri Blanchard  
Sojourner's Truth Reporter

On June 22, cabinet members and administration officials from the United States Interagency Council on Homelessness (USICH) presented President Barack Obama and Congress with *Opening Doors: Federal Strategic Plan to Prevent and End Homelessness*, which is the nation's first inclusive tactic to not only end, but also prevent homelessness.

to ending homelessness amongst youth, family and children by 2020.

"It's simply unacceptable for our country to have such a vast amount of homeless citizens," says Rev. Julian Davies of Toledo's University Church echoing the president's sentiments. "Nevertheless, this is a very noble and possible goal."

According to the plan,

to create a partnership at each level of government to record the effectiveness of *Opening Doors*.

As a result, the nation will have accurate information to measure the success rate of the strategic plan.

"Without a doubt, our government is tackling the issue of homelessness in a way that makes sense," says Davies. "Because of all the involvement from the dif-

**"It is simply unacceptable for individuals, children, families and our nation's veterans to be faced with homelessness in this country,"**

"It is simply unacceptable for individuals, children, families and our nation's veterans to be faced with homelessness in this country," said President Obama.

The primary goal of the plan is to end chronic homelessness amongst veterans by 2015, in addition

USICH, U.S. Department of Housing and Urban Development (HUD), Labor (DOL), Health and Human Services (HHS) and Veterans Affairs (VA), among others – have all joined together to manage affects of and response to homelessness. The 19 member agencies will work

ferent levels of government, there will be proven data that will let America know if the plan is working. If for some reason the plan isn't working, our government will have numbers and information that will allow them to return to the drawing board and correct what is wrong."



In order for the government to reach its 2020 goal, it is imperative that the following tasks are achieved, which include:

- Increasing economic security
- Increasing leadership, collaboration, and civic engagement
- Improving health and stability
- Retooling the homeless response system
- Increasing access to stable and affordable housing

According to Shaun Donovan, USICH chairman and HUD Secretary, "No one should be without a safe, stable place to call home."

It will be a priority for community organizations throughout the country to assist and play instrumental roles in assisting the government throughout the years. Homelessness is an issue that has the potential to be prevented with the support and assistance of others.

"For those of us who are working U.S. citizens, we can use our tax dollars towards the plan," says Davies. "The 2015 and 2020 goals are both very possible, especially with the diverse amounts of agencies that have come together to tackle the complexity of this problem."

With a positive outcome from all of the collaboration and hard work, the Council believes America will see that partnerships not only make an economic difference, but they also make a difference in the lives of those who are need.

**Join Us!**  
Every Sunday at 5:30 p.m.  
Let's Fellowship together! Amen D.M.

**Worship EXPERIENCE**

Eastern Star Missionary Baptist Church  
2102 Mulberry Street, Toledo, Ohio 43608  
(419) 726-1180, FAX: (419) 726-6240  
E-mail: EasternStarMBC@aol.com  
Website: www.drjwilliams.org

*Dr. John W. Williams, Pastor*

**The Financial Design Group**  
is proud to welcome  
**Kevin S. McQueen and James Hall**

**FLG**  
FINANCIAL  
DESIGN  
GROUP

to the FDG family  
Call Kevin or James to help your family with its financial objectives 419.843.4737

Financial Design Group, 3230 Central Park West Suite 100, Toledo, OH 43617, is independently owned and operated. Securities offered through Securities Financial Services, Inc., Member FINRA/SIPC. TOL 09/26/10 D.O.F.U. 06/05/09

**A Journey Through Healing 7th Annual Memorial Services**

**A Journey Through Tears Healing for the Holidays**

Getting through the Holidays without your loved ones can be difficult and painful.

Please join us for this program:

**Saturday December 4, 2010  
12:00 Noon - 2:30 pm**

**Mt. Pilgrim Baptist Church  
1401 Hoag Street (off of Dorr St.)  
Toledo, Ohio 43607  
Raymond G. Bishop - Pastor**

**2010 Ohio Housing Conference "Mapping the Future" Explores Solutions to Improve Affordable Housing in Ohio**

**12th Annual Ohio Housing Conference: Nov. 30 through Dec. 2**

Over 1,400 housing professionals from across Ohio and the nation are gathering at one of the largest state-wide annual housing conferences in the country beginning Tuesday, November 30. The 12th annual Ohio Housing Conference, themed "Mapping the Future," is being held at the Greater Columbus Convention Center through December 2. The event hosted by the Ohio Housing Finance Agency (OHFA) and the Ohio Capital Corporation for Housing (OCCH) is one of the largest housing conferences in the United States.

"This conference provides a platform for national and state leaders of the affordable housing community to network with colleagues and discuss the impact of recent elections and the economy on the affordable housing industry," said Doug Garver, executive director of OHFA. "Coming together for this three-day event gives members of the

affordable housing industry the opportunity to develop strategies that move housing forward."

Each morning kicks off with a panel session where leading experts share their thoughts, ideas and solutions for the state's housing crisis as well as their predictions for the future of the affordable housing industry. Tuesday's State Housing Plenary panelists included: William Faith, executive director of the Coalition on Homelessness and Housing in Ohio; William Hershey, Columbus reporter for the Dayton Daily News; Hal Keller, president of OCCH; Lisa Patt-McDaniel, director of the Ohio Department of Development and Representative Peter Stautberg, Ohio House of Representatives.

Speakers for Wednesday's Federal Policy Plenary include: Sheila Crowley, president and CEO of the National Low Income Housing Coalition; Doug Garver, executive director of

OHFA; Judith Kennedy, president and CEO of the National Association of Affordable Housing Lenders; Claudia Miels Kedda, director of Multifamily Finance at The National Association of Home Builders and Carol Galante, deputy assistant secretary for Multifamily Housing Program, United States Department of Housing and Urban Development.

Thursday's Economic Forecast panelists are Rob Vogt, Vogt Santer Insights; Daniel Hogan, director of research at the RED CAPITAL GROUP; Beth Siville, senior vice president; George K. Baum & Company and Patricia Cash, senior vice president, PNC. Steve Rizzo, bestselling author of The Writers Digest Award winning

book, "Becoming a Humor Being" and former headline stand up comedian, will deliver a keynote address on Wednesday afternoon.

"We are pleased to have  
(Continued on Page 14)

**Lucas County Dems Getting Set to Narrow the District 4 Field**

*Sojourner's Truth Staff*

The recount in the Lucas County Commissioner race continued on Tuesday to determine if indeed Democratic candidate Carol Contrada, a Sylvania Township trustee, had pulled out a last-minute victory over her Republican opponent, Toledo City Councilman George Sarantou.

While that would be good news for the Democrats, the bad news was that they would not be gaining yet another seat on City Council.

Meanwhile the jockeying continued to replace Councilman Michael Ashford of District 4 who will be moving to the Ohio House of Representa-

tives.

The screening committee of the Lucas County Democrats interviewed four candidates this past Monday – Paula Hicks Hudson, an attorney who has run for a judgeship in the past; Rahwae Shuman, an education advocate and an employee at The University of Toledo; Ronnell Traynum, a health care professional who ran for the District 4 seat against Ashford in 2007 and Terry Shankland, a restaurateur who has run for just about everything in the past.

On December 7, the Democratic Party's screening committee will interview the last three candidates in the field – Judy Stone, an Old West End community leader and real

estate agent; Paul Sullivan, an architect and Warehouse District resident and WilliAnn Moore, NAACP president and chairman of the ONYX community development corporation board.

The screening committee will present their recommendation to the Party's executive committee on December 16 and that body will take a final vote on the matter. Then the Party's choice will be presented to the Toledo City Council at the start of 2011. Council, at the time of the vote, will be comprised of seven Democrats, three Republicans and one independent.

**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**

**See more art online at [www.thetruthtoledo.com](http://www.thetruthtoledo.com)**



**The Truth Gallery  
1811 Adams Street  
419-242-7650**

The  
Sojourner's

# Truth Health

Sponsored by NHA

Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health Section

## How Do You Eat an Elephant?

By Patrice Powers-Barker, Ohio State University Extension, Lucas County  
Guest Column

Question: How do you eat an elephant? Answer: one bite at a time. This proverb is a reminder of taking each goal and breaking it down into manageable steps. The goal this month? Health and wellness during the holidays! Question: How do you have a healthy holiday season? Answer: One choice at a time.

This time of year offers many foods, traditions and treats that may or may not fit into a restful, healthy, physical active time of year. Using some reminders from the entire year, this article will focus on adding those healthy choices during the holidays. Just like the answer, "one bite at a time," the MyPyramid model reminds us to take small "steps to a healthier you."

"Luck is a matter of preparation meeting opportunity" – Oprah Winfrey. This time of year is often filled with opportunities of parties, spending time with loved ones and visiting annual seasonal events in the community. How can you plan some healthy goals? Plan to eat all colors of fruits and vegetables during the week. Plan to spend some time doing some physical activity such as walking with a friend to tuning up the holiday music and dancing around the room. Plan your grocery list in order to save time and money at the grocery store. Plan to get enough sleep at night and to relax when you need to. Plan to be in good health during this time of

year!

Do you have a "to do" list as long as Santa's list? What is it you have to do? Can you make time for yourself and your health? Your healthy choices can be a gift to yourself as well as to your family. If you are responsible for hosting and cooking and preparing family holiday events, share the fun! Have others help out.

Ask your kids their one favorite recipe for you to make – you may not need to make a lot of time-consuming extras. Ask others to help out



by bringing a side dish to gatherings. If you have the option of eating meals out keep in mind the healthy habits you are using the rest of the year. If it's a large entrée, take half home to enjoy for a second meal. If you order dessert, order two forks and share it with your loved one.

Give a gift of good health to friends and loved ones. Schedule a time to exercise together or take a healthy cooking class together. Look for books by authors with medical or nutritional back-

grounds or subscriptions to a health magazine. Purchase kitchen tools to help make quick, tasty meals. To encourage physical activity give dance music, sports equipment or pedometer, t-shirts or gift certificates. If your family likes electronic games, look for ones that also include physical activity.

Balance your day with food and play. The message of MyPyramid for kids is "Eat Right. Exercise. Have Fun." Make sure you have some fun during the holiday season. Include some fun physical activity for all family members – go out and play with the kids or rent an exercise DVD to do together. If you are hosting a party or bringing a dish for a get-together bring a healthy alternative to balance out all the dessert options. You can have fun with new seasonal recipes that feature fruits and vegetables. Comfort foods for the holidays can also be healthy foods. Make some baked apples with cinnamon and nutmeg. Bake some sweet potatoes or slice some white potatoes for baked fries. Use a little bit of vegetable oil and some herbs for tasty, healthy fries.

Enjoy holiday events, just don't overdo it. This goes along with planning what's most important to you. What types of events do you tend to overdo? Choose your most important commitments and

expectations. As you plan to keep up your healthy habits during the holidays, make sure you use other healthy coping skills such as humor, relaxation and exercise. In conclusion, as you make a holiday wish list, what can

you list as a gift for yourself for health and wellness? What choices will you make for your health and wellness? What colors of fruits and vegetables can you add to your day? What type of physical activity can you

add? Make healthy choices that fit your lifestyle so you can do the things you want to do – not only during the holidays but all year long!

## ProMedica Home Health Care Program Named Among the Nation's Best for Quality

### Special to The Truth

Three ProMedica Health System home health care providers are among the top performing home health agencies in the United States. Toledo-based **Caring Home Health Services** and **Visiting Nurse Service of Toledo**, and Adrian, Mich.-based **Caring Visiting Nurse – Lenawee/Monroe**, have been named 2010 HomeCare Elite™ agencies. This recognition is given to the nation's top 25 percent of home health care agencies and has become the industry standard for measuring organizational performance. Winners are selected based on several areas including quality outcomes, quality of improvement, and financial performance.

"The 2010 HomeCare Elite winners continue to demonstrate a commitment to providing their patients with the best possible care while performing at the highest level," said Amanda Twiss, CEO of OCS HomeCare. "We congratulate Caring Home Health Services in Toledo, Visiting Nurse Service of Toledo and Caring Visiting Nurse – Lenawee/Monroe in Adrian on being among the top home care agencies in the country."

Paula Grieb, administrative director, ProMedica Home Health Care, credits the ranking to the professional experience of the nursing staff, along with a focus on the quality of care delivered to patients.

"We are proud to be among the top home care providers in the area and nation," said Grieb.

The 2010 HomeCare Elite is the only performance recognition of its kind in the home health industry. The 2010 HomeCare Elite is brought to the industry by OCS HomeCare, the leading provider of home care information, and DecisionHealth, publisher of home care's most respected independent newsletter *Home Health Line*. The data used for this analysis was compiled from publicly available information. The entire list of the 2010 HomeCare Elite agencies is available at [www.ochomecare.com](http://www.ochomecare.com).

For more information about ProMedica Home Health Care, visit [www.promedica.org](http://www.promedica.org).

Buckeye CableSystem  
and Sojourner's Truth

**vip**  
OF  
THE  
MONTH

very  
impressive  
pricing with  
the best  
bundles in  
town!

video + internet + phone



**Suzette Cowell**

CRITERIA

Has guided TUFUCU for the past 14 years and extended more than \$18 million in loans to create homeowners and help small business owners.

FAVORITES

A new building for TUFUCU is in the near future. Cowell is currently conducting a fundraising campaign for TUFUCU in order to maintain the credit union's reserves and continue its work assisting Toledo-area citizens.



Buckeye CableSystem  
419-724-9800 • [buckeyecablesystem.com](http://buckeyecablesystem.com)

Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health

## Don't End 2010 Without Doing These Four things!

By Diana Patton, FITatudes Guest Column



Thanksgiving is behind us and its likely most of us are feeling very warm and satisfied from time spent with family and close friends. But soon 2010 will come to an end and we suspect you are now ramping up for the Christmas season.

Before you know it, we'll be ripping open gifts, inserting batteries; playing video games and admiring our new fancy jewelry and gifts for the millionth time. And then after spending many hours with family reminiscing, most of us may begin feeling an overwhelming sense of loss or excitement to do something about our lives; a longing and desire that sounds a little something like this: "I have to do better, get in shape, live on purpose, set some goals and live charge up!"

Well, we have some things that we would like you to consider doing before or, if you have to, on December 25 to make that day much more intentional and purposeful:

**1. Forgive at least one person.**  
What happens when you get hurt by someone? How do you feel when you screw up? Do you find it difficult to concentrate and feel heavy inside? Imagine if you could forgive that person once and for all – and that person could be your own self or someone else.

Forgiveness is the DNA that should flow through every single one of us, Christian and non-Christian. Fred Luskin, Stanford University Professor wrote in his book "Forgive to Live," unforgiveness is linked to many devastating illnesses such as diabetes and high-blood pressure and depression to name a few. Biblically, Matthew 6:14 states "For if you forgive men when they sin against you, your heavenly Father will also forgive you." And Hebrews 12:15 says "See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many." Christ wants us to forgive. It not only benefits us and our own personal future, but it will also benefit our future generations and their livelihood.

**Take Action (FITatude #3):** List the person you need to forgive and write out your forgiveness statement and read it. Then, send it to that person.

**2. Take personal responsibility for at least one bad habit**

It's pretty easy to blame others for our bad habits, isn't it? If dad did not drink while I was growing up, I wouldn't today. If my family wasn't such big eaters, I would not be a big eater today. If McDonald's wouldn't advertise those dollar menus, I wouldn't be so tempted to eat them every day. Who's responsible for the bad habits we have today? Simply put – **WE ARE!** It's time to stop the "blame game" and let's man and woman up! When we take personal responsibility for our actions, we feel much more confident, refreshed and renewed.

We get it – it's tough to break a bad habit that we acquired many years ago. Even Paul wrote in Romans 7:18 "For I have the desire to what is good, but I cannot carry it out." If we fail to plan, we plan to fail – If nothing changes, nothing will change. We must call on supernatural strength to change; and that's through Christ. Let's just take one 1 step toward that change by Christmas.

**Take Action (FITatude #2):** Write out the bad habit you need to take personal responsibility for and admit it's a bad habit. Then, pray and ask God what steps you can take to change. Perhaps you can write this out on Christmas day.

**3. List three steps you need to take to get at least eight hours of sleep**

Sleep and overall rest is one of those hidden secrets to wellness. Most of us are sleep deprived and very depressed as a result, which causes us to overindulge in other areas. Typically, we should strive for at least eight hours of sleep a night. Even God rested on the seventh day after creating our world. We realize there are times when you have a project you must complete and you have to stay up late from time to time. We are talking about the chronic five to six hour sleep-deprived culture that is hooked on their Blackberry, facebook, internet, TV and other chronic "sleep drainers." Establishing new positive sleep patterns could very well be one of those new habits you need to identify in #2 above.

**Take Action (FITatude #8):** Write out the things that you do between 9-11pm? Now, list three sleep inducing steps you can take; like read a book, take a bath; listen to soft music, shut down all electronic equipment – *What can you do?*

**4. Determine how disciplined and determined you really are?**

Fundamentally speaking, we Americans lack discipline – **point blank.** We are hooked on the "Fast, Easy, Cheap, have it Your Way" mentality and there isn't a ton of "work" that goes into our lifestyle. But then again, we get it – no one really views "pain" as a means of excitement and joy. Oh, but we love the results that we get after going through some pain to reach a goal, change a habit or establish a new

lifestyle. Even the bible says in Hebrews 12:11 "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." In fact, James 1:2-3 says we should "Consider it pure joy, my brothers, whenever you face trials of many kinds because you know the testing of your faith produces perseverance." So, let's think about this!

**Take Action (FITatude #9):** Simply write out how disciplined you are when you start something new? In what areas would you like to establish more discipline?

Need help? Contact us at [FITatudes.org](http://www.FITatudes.org)

**FLYING FROM TOLEDO EXPRESS (TOL) to MINNEAPOLIS-SAINT PAUL INTERNATIONAL (MSP)**

**NOW FLYING**



Flights Operated by Mesaba Airlines

**DELTA**

TOLEDO LUCAS COUNTY PORT AUTHORITY

**Parrish HomeCare**  
A nurse owned and operated agency with over 35 years of home health care experience.

**MISSION**  
Parrish HomeCare recognizes the changes in today's climate of health care; commitment, and professionalism available while rendering faithfulness and consistency in job performance.

**Criteria For Qualifying A Patient for Home Care:**

- Residual Weakness
- Severe SOB or SOB on exertion
- Needs assistance for all activities
- Require assistance to ambulate
- Unable to safely leave home unassisted
- Confusion, unable to go out of home alone
- Dependent upon adaptive device (cane, walker, and wheelchair)

**Consider Referring to Our Home Care If:**

- Patient is unstable whenever they come to doctor's office requiring frequent medication changes.
- Frequent hospital admissions.
- Questionable Comprehension related to medication (patient lives alone)
- Often misses scheduled doctor's appointments.
- Physician has not seen patient in extended period of time

**Accepted Insurance:**  
Medicare • Medicaid • Humana • Aetna Medicare

<b>Services Available:</b>	<b>Special Services Provided:</b>
Registered Nurse	• LV Therapy
Physical Therapist	• Anticoagulant
Occupational Therapist	• Therapy/INRatio
Medical Social Worker	• Machine
Speech Therapy	• Wound V.A.C.
Licensed Practical Nurse	• Procrit Therapy
Diet Counseling	• CHF Management
Home Health Care Aids	• Diabetes Education

**Parrish HomeCare**  
Phone: (419) 389-1020  
Fax: (419) 389-1300  
[www.parrishhomecarellc.net](http://www.parrishhomecarellc.net)

## Fabulously Fit Success Story "Rosie Cheatom"

By Angela Steward  
Guest Column

Some of you know I co-own a fitness studio, and teach at several locations throughout Toledo. While teaching fitness classes, I meet a lot of women and because of our shared interests I have developed strong bonds with many of them.

Occasionally, while teaching a class, you meet someone who tugs your heartstrings! While teaching one of my fitness classes in July, 2009, I met a wonderful sister-girlfriend named "Ms. Rosie." I have a deep respect for Rosie, as do most people who are fortunate enough to get to know her. She always greets you with a smile and a hug, she's always uplifting and positive, and quick to pray for anyone who needs prayer.

I asked Rosie if I could share her fitness journey with you, she agreed, and I am so proud to be able to

share my "Ms. Rosie" with you.

Rosie was a young wife and mother of four. Her family was always her priority, her needs were never met. Rosie shared with me how she suffered in silence and ate her frustrations away. She knew her life choices had affected her health and lack of self-esteem. She found great comfort in fried foods and Pepsi.

In Rosie's words "I had gained so much weight I actually handicapped myself". She could no longer tie her own shoes, or bend over to pick up anything from the floor. Her health deteriorated. She was diagnosed with high blood pressure and diabetes, and was taking five medications daily. **In Rosie's "Before" picture, she is wearing a size 32 top and a size 28 skirt.**

During her 20's, 30's and 40's, Rosie's life was about

making other people happy. Hitting 50, Rosie realized "what about me, what's important to me, what would make me happy?"

For Rosie Cheatom life began at 50 and she's living proof. Rosie decided to take control of her health and make lifestyle changes. She wanted to be healthy, happy and fit, so we proceeded to plan her fitness journey.

Rosie walks daily and exercises with me five times a week. She works out at her own pace and fitness level. She doesn't try to keep up with everyone, she works at a level that keeps her workout enjoyable for her, and everyone in the class respects her for that. We even have a few fitness moves named after her!

She also took control of her eating habits. She attends nutrition classes at the YWCA, where they teach you how to read food

labels, how to make healthy food choices and how to eat by using portion control.

These small lifestyle changes: reading food labels, choosing fruits and vegetables over chips,

drinking more water, exercising daily, using portion control, all added up to a

(Continued on Page 9)



ME & ROSIE

## EVERY HOME IS DIFFERENT. AND SO IS EVERY MORTGAGE.

At Huntington, we don't treat our customers like a transaction, or a number. That's why we developed a home lending experience that has your individual needs in mind, and your best interest at heart.

Our experienced professionals will guide you through the process of finding a mortgage loan program which meets your needs and supports your goals - both future and present day.

### We offer:

- Low Down Payment Programs
- First-Time Home Buyer Programs
- FHA (Federal Housing Administration) Loans
- VA (Veteran's Affairs) Loans
- Special Programs for Health Care, Safety, Teachers and Military Personnel

Call Huntington Mortgage Sales Manager, Joe Rodriguez at **419-720-7720**, or visit [huntington.com](http://huntington.com) for all your home lending needs.

 **Huntington**  
Welcome.



All loans are subject to application and credit approval, satisfactory appraisal and title insurance. Terms and conditions subject to change. Other terms, conditions and restrictions may apply. The Huntington National Bank is an Equal Housing Lender and Member FDIC. ® and Huntington® are federally registered service marks of Huntington Bancshares Incorporated. Huntington Welcome.™ is a service mark of Huntington Bancshares Incorporated. © 2010 Huntington Bancshares Incorporated.



## Rosie

(Continued from Page 8)

huge difference on the scale. Being patient isn't easy when you have it in your head that you should drop 30 pounds in 30 days, losing a pound a week can be discouraging. But as time went by Rosie's pants were getting smaller, and she knew she was on the right path.

Rosie's doctors took her

off all her daily medications except one. **She is healthy, happy and 85 pounds lighter, and proudly wears a size 14.** Rosie is very proud of her accomplishments and is in her season of "loving exactly where she is". She has developed a sense of priority – her life has so much more meaning now – and she can finally

say 'It may have taken me a long time to get to me – but I'm here!!!'

*"Happy Holidays to you and your loved ones"*

Angela Steward  
Fabulously Fit  
Email  
[angela\\_stew@yahoo.com](mailto:angela_stew@yahoo.com)  
Cell: 419-699-9399



**ST. FRANCIS DE SALES HIGH SCHOOL  
HAS BEEN EDUCATING YOUNG MEN  
FOR OVER 50 YEARS.**



Our college prep curriculum is the most comprehensive in the area.

Last year, 100% of the class of 2010 were accepted into their college of choice, and 85% were awarded college scholarships.

Come see what a St. Francis education can do for you. Take the High School Placement Test on Saturday, December 4<sup>th</sup> at St. Francis de Sales High School. Registration starts at 8:00 am. Test will begin at 8:30 am.

For more information please call (419) 513-1618 or go to our website at [www.sfstoledo.org](http://www.sfstoledo.org) Please bring \$20 and 2 pencils.



*Happy Holidays*



**Adult Medicine**

Cordelia Martin Community Health Center  
430 Nebraska Ave.  
Toledo, Ohio 43604  
419.255.7883

South Side Community Health Center  
732 South Ave.  
Toledo, Ohio 43609  
419.241.6106

River East Community Health Center  
117 Main Street  
Toledo, Ohio 43605  
419.691.1322

**Pediatrics**

Daisy Smith Pediatrics  
430 Nebraska Ave.  
Toledo, Ohio 43604  
419.255.7883

NHA Pediatrics  
One Aurora Gonzalez Dr.  
Toledo, Ohio 43609  
419.241.4230

**Healthcare for the Homeless**

The Mildred Bayer Clinic  
2101 Jefferson Ave.  
Toledo, Ohio 43624  
419.241.1554

**Healthcare for Women**

The Huron St. Women's Center  
923 N. Huron  
Toledo, Ohio 43604  
419.242.6028

**Senior Center**

Mayores Center  
Two Aurora Gonzalez Drive  
Toledo, Ohio 43609  
419.242.1144

**Dental Clinics**

The Mildred Bayer Clinic  
2101 Jefferson Ave.  
Toledo, Ohio 43624  
419.241.1554

Cordelia Martin Community Health Center  
430 Nebraska Ave.  
Toledo, Ohio 43604  
419.255.7883

**Pharmacy**

Cordelia Martin Health Center  
(Available for use by all NHA patients)

**Laboratory Services**

Most clinic locations. Please call the clinic near you for details.

**No one is turned away, regardless of ability to pay.**

**Most insurance accepted.**

**Saturday hours available.**

**We offer the following services:**

- Medical Care
  - Primary Medical Care (Internal Medicine, Family Practice)
  - Gerontology
  - Podiatry
  - Cardiology (in partnership with UT College of Medicine)
  - General Surgery
  - Pediatrics
- Midwifery
- Obstetrics/Gynecology
- Dental Care
- Vision Services
- Pharmacy Services
- Social Work
- WIC
- Sickle Cell detection & education
- Mayores Senior Center
- Community Outreach Program
- Peri Natal Outreach
- Community Liaison Specialists

- Immunizations
- Off Site nurse visits
- Laboratory Services
- Family Planning
- HIV testing
- Transportation



A Project of the Neighborhood Health Association

Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health

## UT Sponsors Adolescent Health Fair on December 4

*Special to The Truth*

Today's teenagers face a bevy of choices that directly affect their health. Do I grab a burger or a salad? Play some hoops or catch up on texting? Take a risk in my relationship or play it safe? Some decisions are more crucial than others, but all add up to the stress of being a teen. To help local adolescents navigate their teenage years more successfully, The University of Toledo joins several local organizations in hosting "Adolescent Health Day: Healthy Mind, Body & Soul," Saturday, Dec. 4, from noon to 5:45 p.m. at the SeaGate Convention Centre in downtown Toledo.

The event is free and open to teenagers ages 13-16, as well as their parents. "It's difficult to be a teenager in today's society," said Dr. Joan Griffith, associate professor and chief of the division of general academic pediatrics at UT. "There's tremendous pressure from many perspectives, including lifestyle choices, school and relationships. During this event, we'll provide tools teenagers can use to make healthy decisions and still have some fun."

- Activities include:
- education regarding stress management during teen years
  - introduction to local youth organizations
  - African dance workshop,
  - sessions on "knowing your rights on the street" and "how to talk to your doctor"
  - health screenings

Teen participants must have signed permission from their parents to attend.

The first 200 registrants will receive free tickets to the Toledo Rockets' home basketball game against the University of Kentucky the evening of Dec. 4.

"This is a terrific way for young people to meet new friends and learn useful skills to cope with the pressure they face in their daily lives," Griffith said. "Sometimes a teenager thinks he or she is the only one who has certain difficulties. It's encouraging for them to realize they're not alone and there are ways to deal with stressful situations."

To obtain a registration form, email [cynthia.reinsel@utoledo.edu](mailto:cynthia.reinsel@utoledo.edu).



## Ryan's Holiday Eating Tips



A lot of questions are coming in about holiday eating and it appears that as usual people are concerned about gaining weight during this time.

Well, it is an established fact that the average weight gain from Thanksgiving to New Years Day is 10 pounds. The biggest problem is a lack of discipline when it comes to eating the display of junk foods that are lying around the house or work place.

Just because it's there doesn't mean you have to eat it. The main thing to remember is that you want to keep you insulin levels in check and the more sugar and carbs that you eat, the more you are going to spike insulin and store body fat! It's really that simple.

So I will give you a few tips to help you to prevent this from happening. If you have to have the sweets try breaking it up into smaller pieces and eating it a little bit at a time. This will make you feel like you're eating more and you won't make so many trips to the snack section in the break room.

Drink a full glass of water before you even get to the goodies, this will give the illusion that you are feeling full and will help slow your consumption of the high carb and sugar treats down.

If you know your going to over indulge in the sweets, make sure that you cut your carbs down through out the day and increase your protein consumption to help slow down the insulin release.

Try to enjoy the food you are eating. Many times we eat faster and more because there is a lot of food we have access to.

Don't pile too much food on your plate, because you feel you will have to eat it all and you end up consuming a lot more than you normally would. Take small portions and wait a few minutes before you go back for more.

You usually don't feel full for 20 minutes after you eat and by that time you have already over eaten.

Make sure you stay on an exercise program (at least three days) to help burn off some of those extra calories. I hope these few tips will help you to keep you weight in check and I you all have a safe and happy holiday season.

Gift certificates are available at Dream Bodies and I will have New Year's specials starting in January.

Also, call to set up your boot camps for your organizations this New Year. Please visit my web site @ [mydreambodies.com](http://mydreambodies.com)

Ryan Rollison Dream Bodies	1240 W. Sylvania ave Toledo Ohio 43612	419-476-3494 <a href="http://mydreambodies.com">mydreambodies.com</a>
-------------------------------	---	--

# Church's Chicken

**NEW!** TRADITIONAL OR BONELESS

## WINGS

**5 NEW SAUCES!**

BUFFALO-HOT BUFFALO-PINEAPPLE CHILI-LIME HONEY-BBQ SWEET & SPICY

NEW! 6 WINGS \$2.99

6 WINGS  
\$2.99

Offer good for Church's Chicken at  
2124 Franklin Avenue  
Toledo, Ohio

## AUNT MINNIES FROZEN FOOD OUTLET STORE

12265 WILLIAMS ROAD / STREET BEFORE LEVIS COMMONS

~JUST IN TIME FOR THE HOLIDAYS~

NOW OPEN MON thru FRI 10 TO 6

---

WALK IN & PHONE IN ORDERS

PEACH OR BLACKBERRY COBBLERS \* SWEET POTATO PIE  
CANDIED YAMS \* HOMEMADE ROLLS \* CORNBREAD  
STUFFING

FROZEN DUMPLINGS \* BREAD PUDDING / CUSTARD SAUCE

---

VISA/MASTERCARD\*\*PAYPAL  
SNAP / EBT FOOD CARDS ACCEPTED

PRICES START AT \$3.99\*\*\*(419) 872-4396

Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health

## Concussions – Why All the Fuss?

By Dianne Pettis, MS, FNP-BC  
Guest Column



There are so many different systems used to grade the severity of the symptoms that there is little agreement by medical professionals as to which system is best. Although there are many grading systems, loss of consciousness and loss of memory are the main symptoms used to determine the severity of a concussion.

Care providers use the grading systems (I, II, or III) to determine when an athlete can go back to contact sports. Athletes must be symptom-free during both rest and exertion, and the neurological screening tests must be normal again. I've seen young athletes and, even their parents, minimize or deny symptoms to get clearance to quickly get back to the game.

The trauma inside the skull causes chemical changes at the cell and neuron levels, and sometimes structural drainage to the brain. There can be increased pressure and decreased blood flow in the brain. The concussion affects the whole brain, not just one spot or point of contact. Common concussion symptoms are headache, dizziness, nausea, vomiting, lack of coordination, difficulty balancing, blurred or double vision, ringing in the ears and feeling disoriented and confused.

Loss of consciousness can occur. A signature symptom of a concussion is amnesia; there is no memory of events leading up to or after the injury. There may also be problems with concentration, feeling emotional, feeling irritable or being restless.

Usually symptoms go away by three weeks after the

injury, though older people can take longer to heal. Typical management includes rest during the day, plenty of sleep at night, and acetaminophen (Tylenol) for headaches. Drugs that have not been prescribed by a care provider should be avoided, as should alcohol. The return to normal activity should be gradual.

In addition to neurological screening, sports physicals should include a history of prior concussions because there is a compound or cumulative effect with each new concussion, no matter how long it has been since the last one. The symptoms can be more severe, with more memory loss, and depression. Alzheimer's disease and Parkinson's disease are also more likely to develop with a history of three or more concussions.

There is pressure to quickly get back to the game for talented or high-profile athletes, but the long term effects must be considered. Parents, caregivers and coaches must make sure children are symptom-free before allowing return to play.

Protective headgear for athletes is much more effective at preventing concussions. Bikers need to wear helmets – and parents must insist. Seatbelts in cars must be worn at all times. People who are prone to falls should have an environment to reduce risk, such as hand rails, clutter-free floors and rugs that are tacked down or removed to prevent tripping.

Dianne Pettis, MS,  
FNP-BC  
Family Nurse  
Practitioner  
(888)887-4429

## The Secrets of People Who Never Get Sick by Gene Stone

c.2010, Workman Publishing  
\$29.95 Canada

\$23.95 /

212 pages, includes index

By Terri Schlichenmeyer  
The Truth Contributor

You hate stairs. Who doesn't? But still, you get one every fall. You're the model of conscientiousness, in fact: you eat right, you always take the stairs, you look both ways at the crosswalk, see your doctor, and take your vitamins. Still, there you are, sneezing and coughing while your co-worker blithely walks around, bragging about how grrrrreat he feels.

The rat fink. So why is he well while you're ailing? Maybe, as you'll see in *The Secrets of People Who Never Get Sick* by Gene Stone, he knows something you don't know.

Long before Modern Medicine, humans had to make do with what they had,

(Continued on Page 13)



### "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 Lathill

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!

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.



Photo by Sandra Schneider

Website – <http://teamprosperity.myvi.net>  
Email – [prosperouslivingbiz@gmail.com](mailto:prosperouslivingbiz@gmail.com)  
Phone - 1-888-887-4429

FREE EVENT

## FINANCING AVAILABLE FOR MBE/WBE/DBE CONTRACTORS

**Diversified Contractors Accelerator Program (DCAP) INFORMATIONAL SESSION & PROGRAM LAUNCH**

**December 13, 2010  
9 – 10 A.M.**

RSVP required for: [dcap@toledoportauthority.org](mailto:dcap@toledoportauthority.org) or call 419-243-8251

Dr. Martin Luther King Jr. Plaza  
(Main Floor of the Amtrak Train Station)  
415 Emerald Ave., Toledo, Ohio 43604

DCAP provides financial solutions to encourage increased participation by NW Ohio-based minority and women-owned contractors in publicly bid work and privately funded construction projects. Come learn more about this innovative program developed by the Toledo-Lucas County Port Authority.

TOLEDO-LUCAS COUNTY  
PORT AUTHORITY

**Album Review****Kanye West - My Beautiful Dark Twisted Fantasy**

By Michael Hayes  
Minister of Culture

It starts off like nothing you've ever heard.

I'm not talking about the album, I'm talking about the career.

The producer whose work on the Brown Sugar soundtrack could be described as average at best reinvents himself as "the new version of Pete Rock."

Remember when his jaw was wired shut?

He and 50 both talking through screw faces, Kanye seemed such an under dog.

Yea, his beats were getting better and better...but now he wants to rap?

Then we got a glimpse of the genius.

The concept behind how his albums would fall starting with *The College Dropout*.

The big giant stuffed bear mascot was so left field it had to work.

Kanye has always spoken to guys like me.. not overly macho, not thugged, not the lady killer.. just a guy with a lot of thoughts and emotions that have to come out.

Roc-A-Fella didn't know how to market him among the tough talk emcees they were accustomed to, so he marketed himself.

Then the beats got better and better and he created hits for those outside the Roc.

Then the second album... now he's mainstream with no turning back.

Then the scandals start, the rumors, the ego.. let me say it again..THE EGO.

With all of that, the rhymes were still.. meh.

But slowly but surely, Yeezy was becoming the last man standing in one of hip-hop's most storied labels and also the oddball standing where no one before him had stood.

Kanye stood at the precipice of pop status, on the shoulders of hip-hop's forefathers, and even on the verge of becoming a trendsetting mogul.

A lightning rod for controversy, then a family catastrophe followed by an off the cuff album featur-

ing autotune and pain. Melancholy, overtly digital but somehow undeniably hip hop.. *808s & Heartbreak* going platinum made him unstoppable. Remember the Rolling Stone cover with him

and 50 Cent during their sales showdown? Remember how you felt when Ye won?

Remember how .. look, I still listen to *Graduation* like it came out yesterday.

Taylorgate happens, Kanye goes away, comes out swinging with new additions to the

GOOD Music roster. The devil worshipper rumors turn youtube morons into Kanye haters overnight.

Then "Power" and the GOOD Music Friday releases that defied all conventional knowledge of how to promote/sell a record.

As if downloading/bootlegging wasn't already driving down sales enough, this guy decides to GIVEAWAY a song every Friday for free that will actually appear on

his upcoming album.

Oh, the title? The title of that album wasn't what you thought it would be huh?

*Graduation* was supposed to be followed by *Good Ass Job* but guess what?

Kanye West is a Gemini, so if he gets an idea to change up things at the last minute we all just have to go with it.

A 35-minute straight to web mini movie called "Runaway" featuring even MORE of the music that will actually appear on the newly titled *My Beautiful Dark Twisted Fantasy* turned me into a believer that Kanye West is probably the best thing to happen to hip-hop this decade.

It starts off like nothing you've ever heard.

"Dark Fantasy" rips into your ears with weird, operatic harmonic moaning while Nikki throws open-

ing lyrical jabs then the anthemic refrain "can we get much higher" drops and it's a wrap.

No explanation for how those words fit the title or the verses, and none needed.

The beat drops in and amidst wind chimes and true East Coast-inspired hip-hop production you also find strings, piano chords and arrangement that is nothing less than transcendent.

Then you get it... "can we get much higher?"

Kanye's rhymes linger on greatness at this point, his scope limitless and metaphors on full tilt.

"Gorgeous" is damn near missing a snare but it doesn't matter, another anthem.

Understand these aren't songs, not even close.

Two songs in and you see the choruses are living breathing ideas

and the rhymes go like: "I treat the cash the way the government treats AIDS, I won't be satisfied until all my niggaz get it.. get it?"

What is hip-hop to the youth? What music was to the slaves?

In a world where handclaps and bass drums club our culture to death every weekend with songs that limit our ability to think beyond our next misguided choice... *My Beautiful Dark Twisted Fantasy* epitomizes our greatest hopes for saving our culture.

Bigger than life ego, bigger than life sound, and an unashamed reach into unfamiliar but necessary territory characterizes this entire project from start to finish.

"All Of The Lights" has an opening suite full of cel-

(Continued on Page 13)

## 25 Nights of Lights Contest Begins at The Toledo Zoo

Special to The Truth

For 25 years, *The Lights Before Christmas* has been an essential part of the holiday experience for countless families. To celebrate this auspicious occasion, The Toledo Zoo is giving you a chance to win a super-festive Yuletide prize with their **25 Nights of Lights** contest. Each evening through December 23, 25 special guide maps will be given out at random - if yours has a special fluorescent sticker on it, you can enter to win a wonderful

wintertime gift basket from The Toledo Zoo and *The Lights Before Christmas* presenting sponsor KeyBank!

In addition, The Toledo Zoo has a number of features to make the 25th year of *The Lights Before Christmas* year even more special. Crystal bears made from an acrylic material embedded with thousands of pure white LED lights commemorate the 2009 birth of baby polar bear Siku. In addition, spheres of light, covered with nearly 20,000

wide angle LED lights, will be found throughout the Zoo. Plus, an all-new display will give visitors the chance to light up trees using amazing Pedal Power bicycles!

The winning 25 Nights of Lights entry will be drawn on Wednesday, December 29, 25 Nights of Lights contest rules are available at [www.toledozoo.org/events/lbc25nights](http://www.toledozoo.org/events/lbc25nights). *The Lights Before Christmas* is open through December 31 (closed Christmas Eve night and Christmas Day). Hours are Monday through Thursday from 5 p.m. to 8 p.m. (the Zoo closes at 9 p.m.) and Friday through Sunday from 5 p.m. to 9 p.m. (the Zoo closes at 10 p.m.).

Admission prices are \$11 for adults, \$8 for children (2-11) and seniors (60+), and free for children under age 2. Toledo Zoo members receive one free visit to *The Lights Before Christmas*.

The Toledo Zoo is open daily from 10 a.m. to 4 p.m. and is located on the Anthony Wayne Trail (US 25), four miles south of downtown Toledo. For more information, please visit [www.toledozoo.org](http://www.toledozoo.org) or call (419) 385-4040. Lucas County residents are admitted free of charge each Monday from 10 a.m. to noon. ID showing proof of residency is required.

**William Lucas**  
also known as KING KEYSER  
[www.kingschampions.com](http://www.kingschampions.com)

**BLAZIN CLUB FLYERS**  
Now Available @ **The Sojourner's Truth**  
No hidden fees, Design & Shipping included  
5000 1/4 Page Flyers: \$285.00  
Ask about our short runs  
Full color graphic design, printing & Photography  
1811 Adams St., Toledo, Ohio  
Call: (419) 243-0007 or (419) 514-1284

**DIXIE** Auto Leasing Toledo, OH  
5880 N. Detroit  
**Month to Month Leasing**  
419-476-8674  
WE ARE A FULL SERVICE BUSINESS

**Grace Edwards**  
Broker/Licensed in Ohio & Michigan  
BUS: (419) 729-6664  
FAX: (419) 729-6660  
[www.dixie-realestate.com](http://www.dixie-realestate.com)  
3623 NAVARRRE AVE.  
OREGON, OH 43015

**DiSalle**  
THE REAL PROS!

**Album Review**

(Continued from Page 12)



los and anyone who doesn't feel elevated just by listening to the way this record was approached should probably stop listening to this album now.

Great art is made to be savored, not merely consumed.

The concept of "All Of The Lights" buoyed by the aggressive percussion and horns, but punctuated by thoughts on MJ and it all connects on the chorus.

Another feat Kanye has achieved on this album—his featured guests don't feel like slot fillers intended to draw star power to a project.

Every artist that appears alongside him on a track seems perfectly melded into the idea of the experience "Ye had in mind for the listener. If you don't believe me, look at the

Additional Vocals listing for "All Of The Lights":

Rihanna, Kid Cudi, The Dream, Charlie Wilson, John Legend, Alicia Keys, Elton John, Fergie, Ryan Leslie, Drake and a few more. If all those talents are needed just for one song, it should be clear that this project was intended to be nothing short of legendary.

But once "So Appalled" comes through the speakers, and you hear the rhymes, you feel the vibe and you really listen to the sheer brilliance of the music you understand that this is probably one of the best albums you have ever heard.

I'll say it, this is one of the best albums I've ever heard in my entire life.

No weaknesses (except RZA on the aforementioned banger, but then again.. the

RZA is on the album sooo... ). From front to back *My Beautiful Dark Twisted Fantasy* feels like a masterpiece.

"Devil In A New Dress" in and of itself is poignant, entertaining and every bit of the traditional boom bap hip-hop sound all the purists say they wish would return.

Kanye West has done it. The rhymes couldn't be better... the music couldn't be better.. the overall feel and depth of the project along with concepts and orchestration.. this is certainly one of the best musical works I've ever heard.

And it just happens to be exactly what hip-hop needs.

"Ye, thanks for saving us from ourselves.

The true grade for *My Beautiful Dark Twisted Fantasy* is a proud A+.

**Book Review**

(Continued from Page 11)

cure-wise, to fix what they had, bug-wise. Folks with seizures, for instance, were advised to avoid full moons. Bloodletting was a common "cure" that commonly killed the patient. Cleanliness wasn't exactly practiced with regularity and old wives' tales were taken as gospel.

The thing is, though, we've learned that Old Wives were right in many cases: Leeches really do help heal wounds, an apple a day really does keep the doctor away, and eating fish really can boost brain functioning.

But can we completely avoid being sick?

Stone posed that question to 25 people who rarely visit the doctor, rarely get colds, and rarely miss work. What they said was intriguing...

First of all, eat right but only eat half your meal. Go with a plant-based diet as

much as possible, and add herbal remedies and probiotics to your dinner table. Sprinkle liberally with garlic and brewer's yeast and top it off with vitamin C. Have lots of chicken soup if you feel the littlest sniffle intruding.

Secondly – and this is always good advice – take naps. Keep a positive attitude, stay calm and stress-free and connect with a spiritual side of yourself. Stretch, move, detoxify, do Yoga.

Lastly, choose your home wisely. Thank Mom and Dad for the genes they gave you and have lots of friends (or avoid people completely). And if all else fails, take cold showers, wash with hydrogen peroxide, and don't give germs any thought at all.

Quirky, fun and filled with advice that will either make sense or make you cringe, *The Secrets of People Who Never Get Sick* might be the shot you immune system needs.

you might get a kick out of learning that Grandma was right a lot of the time. But be aware that not everything in this book can (or should) be used by everyone.

Author Gene Stone, who tried many of these tips himself, freely admits that not all "secrets are worthwhile... some are downright wrong, while others are simply strange." Some, I might add, are dangerous (like a recipe that includes raw eggs). Still, they worked for somebody, sometime, and the interviewees swear by their methods.

If you're sick of the sniffles, weary of wheezes, and can utilize a good dose of common sense, this may be what the doctor ordered. *The Secrets of People Who Never Get Sick* might be the shot your immune system needs.



**ANGELA STEWARD  
FITNESS MOTIVATOR**  
(419) 699-9399  
@  
STUDIO FITNESS  
1413 Bernath Parkway (off Airport Hwy)



**FABULOUSLY FIT** is a fitness program designed for **WOMEN OF ALL FITNESS LEVELS AND AGES!**  
EXERCISE to the latest R&B, hip hop and old school music  
(CARDIO DANCE, KICKBOXING, TURBOKICK, ZUMBA, PI-YO, AND BODY SCULPTING)

**ALL CLASSES \$5.00 – PAY AS YOU ATTEND!**

EVERY WED @ 6pm, SAT @ 9am & SUN @ 5pm  
**AND**  
**SASSY SENIORS CLASS**  
– EVERY MONDAY @ 3

Owens Center for Fine and Performing Arts Presents

**"It's A Wonderful Life: Live From WVU Radio Theatre"**  
**Production, Dec. 10**

Special to The Truth

Area residents are invited to take a journey back to the 1940s and the Golden Age of Radio as Owens Community College's Center for Fine and Performing Arts presents an authentic "live radio broadcast" of Frank Capra's beloved film "It's A Wonderful Life" on Friday, Dec. 10.

Titled "It's A Wonderful Life: Live From WVU Radio Theatre," the production will take place in the College's Mainstage Theatre at 8 p.m. The Owens Toledo-area Campus is located on Oregon Road in Perrysburg Township.

"Owens Community College is proud to present a theatre production that will rekindle memories of a time when families gathered around the radio for entertainment," said Barbara Barkan, Owens Director for

the Center for Fine and Performing Arts. "It's A Wonderful Life: Live From WVU Radio Theatre" brings to life a bygone era when radio played a unique entertainment role in our country. Attendees are in for a theatrical experience unlike any other, which begins when the 'On-Air' sign lights up and actors and actresses tell the story of the heartwarming holiday classic 'It's A Wonderful Life' from the studios of WVU Radio."

Produced by the North Carolina State Company and Immediate Theatre Project, "It's A Wonderful Life: Live From WVU Radio Theatre" retells the uplifting and bittersweet tale of George Bailey's close call with death on Christmas Eve and the profound impact it has on those around him. More than

30 characters and numerous locations of Frank Capra's timeless classic film will be showcased in the form of live radio drama. Popular in the 1940s, the live studio radio broadcast will feature a small group of actors and actresses as well as old-fashioned radio sound effects to bring the town of Bedford Falls to life.

Since 2006, the North Carolina State Company and Immediate Theatre Project have produced the radio play version of "It's A Wonderful Life" for audiences initially in Asheville, N.C. The production, which was adapted for the stage by W.V.R. Repoley, can now be seen at theatrical venues throughout the country.

Tickets for "It's A Wonderful Life: Live From WVU Radio Theatre" performance are \$23 and all seats are re-

served. To purchase tickets, visit [www.owens.edu](http://www.owens.edu) or contact the College's Box Office.

For more information about this event, contact the Center for Fine and Performing

Arts at (567) 661-2787 or 1-800-GO-OWENS, Ext. 2787.

**Conference**

(Continued from Page 5)

the support of industry leaders who have several years of experience and a commitment to affordable housing at this conference," said Hal Keller, president of OCCH. "Amid national and local budget cuts, changing economies and the ongoing foreclosure crisis, this conference will address how key partners remain committed to providing quality, affordable housing."

In recognition of their service to the affordable housing community, Robert Burns, director of Field Operations at NeighborWorks®

America, will be presented with this year's "Governor's Award for Excellence in Affordable Housing." The award is given annually to an individual or organization whose continued dedication increases the quality and availability of affordable housing opportunities for Ohio families. NeighborWorks® America will be recognized for their work to leverage community revitalization efforts, homeownership education, training for housing counselors and foreclosure prevention.

Conference attendees are able to participate in over 45

industry training sessions on topics related to multifamily housing, single-family housing, development, property management and emerging issues. More than 70 exhibitors representing associations, investment companies, lending institutions, developers and building supply companies will be featured at the conference. These exhibit booths give conference attendees the opportunity to see the latest products, services and opportunities available in the affordable housing industry.

**THE BLACK MARKET PLACE**

**2032 E London Sq. \$34,500**  
 Well maintained situated in European style Neighborhood. 3 bd, full basement, central air. Great investment opportunity!!  
**The Danberry Company**  
 Call - K. LaVerne Redden at 419.242.6845

**Duplex for Purchase or Lease**  
 Great investment property! Excellent condition! Move in ready for owner or tenants. Both units contain newer furnace, hot water tanks, new windows, updated electrical system. Both consist of large living areas and lots of storage space. WOW! Motivated seller. Easy access for showings.  
**Seaway Asset Management**  
 Call Kimberly Brown - 419.810.7097

**\$16,000 Down Payment Assistance**  
 May include other incentives if you purchase now! Unique two-story brick home located Old South End. Totally remodeled! Over 1,500 sq. ft. home furnished with appliances. 1<sup>st</sup> floor LNDY room, large bedroom. Large closets. Extra loft for entertainment. Must see!  
**Seaway Asset Management**  
 Call Kimberly Brown - 419.810.7097

**Hillandale - \$87,000/REDUCED**  
 Ottawa Hills condo. 1440 sq. ft., 2 full baths. Location, location, location. Bright home, new carpet, newly painted. Spacious one floor. Lots of storage, private garage. One great unit.  
**Seaway Asset Management**  
 Call Kimberly Brown - 419.810.7097

**YOU'VE ALL BEEN WAITING FOR THIS!**  
**SCREEN PRINTED TRANSFERS & AIRBRUSH**  
**NOVARRO'S GARMENT IMPRINT**  
**1 TO 101+ T-SHIRTS**  
**DESIGNS FOR ANY OCCASIONS: Reunions - Business - Schools**  
**Sports - Events - Civic - Youth ...**  
**ENGLISH/SPANISH**  
**Novarro.1@bex.net google NOVARRO GIBSON 419-464-2361**

**WHITTINGTON**  
**HOUSES FOR RENT!!!!**  
**SECTION 8 WELCOME!!**  
 Website: [www.whittgrouprealty.com](http://www.whittgrouprealty.com)  
 Click on Featured Listings and Navigate  
**GROUP REALTY** OR call 419.536.7377  
 Email: [propertymanagement@whittgrouprealty.com](mailto:propertymanagement@whittgrouprealty.com)

**THE C. BROWN FUNERAL HOME, INC.**  
 1629 Nebraska Avenue, 43607  
 419.255.7682  
 A BETTER BUSINESS BUREAU ACCREDITED BUSINESS  
 START WITH TRUST™

**"A Life with natural health and beauty"**  
 Body magic system - designed to re-shape, restore & revive  
 Vitamins  
 Variety of nutritional supplements  
 Lose inches without exercise or surgery  
**Contact me to set up a showcase -**  
[www.ardysinternational.com/UniqueDesigns](http://www.ardysinternational.com/UniqueDesigns)  
 Traci Barner [drknlylvbarner@yahoo.com](mailto:drknlylvbarner@yahoo.com): 419.346.8610

**WHY RENT? ... INVEST!!**  
**1637-39 Potomac Drive**  
 Owner Occupancy w/Rental Income. 2 bds, Living Rm, Dining Rm, Kitchen w/Breakfast Nook, Custom finished Basement w/Bar, Office, Cedar Closet, 2 Car Garage  
**Wilma Smith \* DiSalle Real Estate Company**  
 Cell 419.350.7514

**Better Care Lawn & Show Removal Services L.L.C.**  
 Commercial/Residential Free Estimates  
 Senior Citizen Discount  
 Insured and Bonded Landscaping  
 Phone: 419.917.6440 \* Fax: 419.754.3953  
[www.bettercarelawnservice.com](http://www.bettercarelawnservice.com)

**STNA TRAINING**  
*Richards Wants to Get You a Job*  
 Ask about our Early Registration Specials  
 Become An STNA in three weeks  
 Morning/Evening/Weekend Classes Available  
 Just \$50.00/down gets you started  
 We Train, We State Test and We Hire  
**For More Info Call Richard Health Systems**  
**419-534-2371**

**Houses For Rent**  
 Everything New: Paint, Carpet, Stove, Refrig. Section 8 OK  
 MVP Property Management  
 419-244-8566.

**Woodley Court - \$259,000**  
 6 bedroom, 2 1/2 baths, 3488 sq. ft.-Custom-built home. Must see to believe. Located in the quiet Trail Acres subdivision. Built for entertaining or large family. Easy to show and ready for buyer.  
**Seaway Asset Management**  
 Call Kimberly Brown - 419.810.7097

**"PODIATRIST KEEPS PATIENTS ON THEIR FEET"**  
 Bunions, hammer toes, and plantar fasciitis are some of the common foot problems. Dr. Edna M. Jean, DPM deals with every day. She sees a lot of ingrown toenails and fungal nail infections. She also treats diabetics and orders diabetic shoes for those who qualify. As a podiatrist, Dr. Jean literally helps keep you on your feet.  
 1857 N. Reynolds Rd. Toledo, OH 43615  
 Schedule an appointment. Call 419-537-9877  
 Almost all insurances are accepted including Medicaid and Caresource.

**Good Credit or Bad Need a Car? New or Used Call JP the Stork He Delivers 419.320.0863**

**2 & 3 BR Homes City Wide!**  
 Traditional financing & lease w/option available for some.  
 Call Montalena @ 419.320.5224 and follow me...  
**Your Guide To Home!!**

**LARRY E. HAMME, Ph.D.**  
 Clinical Psychologist  
 Individual, Family, Marital, Group Therapy  
 Psychological Testing, Training  
 4125 Monroe Toledo, Ohio 43606  
 Phone: 419.472.7330  
 Fax: 419.472.8675

**NEW PRICE!! PERFECT STARTER**  
**IN MOVE-IN CONDITION!! 1818 MACOMBER**  
 2 bds, living rm, dining rm w/hardwood floors. All new windows. Newer roof, furnace, and hot water tank. C/A, Security System & Patio in rear yard. Appliances stay  
**Wilma Smith \* DiSalle Real Estate Company**  
 Cell 419.350.7514

# CLASSIFIEDS

December 01, 2010

Page 15

## Wanted to Buy:

Diabetes Supplies  
Earn up to \$12 per box of 100 test strips  
Must expire after Aug. 2011. Leave labels on boxes.  
We remove and shred.  
Call 419-740-7162 and leave message.

## For Rent

3 bedroom  
1015 Norwood  
\$600 month  
Pay own utilities  
419-261-2397

## 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.



Doves Manor  
1040 Brookwood Drive  
419-389-9999  
Appointments only

## NORTHGATE APARTMENTS 610 STICKNEY AVENUE

Now Accepting Applications for 1 and 2 Bedroom Apartments

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

EQUAL HOUSING OPPORTUNITY/EQUAL OPPORTUNITY EMPLOYER



## 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

## 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](http://www.abundantlifeperrysburg.org)



## For Rent

Studio and 1 bedroom apartment  
Nice carpet, lights, heat cable included  
\$400/\$400 deposit  
419-389-0780

## The University of Toledo

Job 5269 ~Sr Financial Analyst, VP of Finance  
The Senior Financial Analyst is responsible for assisting the VP Finance with specific project assignments in functional areas under Finance or other areas assigned by executive management. These include, but are not limited to Controller, Treasury, Supply Chain Management, Auxiliary, and due diligence support for the University of Toledo Innovation Enterprises (UTIE). Under the direction of the Vice President for Finance, works closely with the managers of the functional areas noted above to achieve specific projects assigned. The annualized salary for this position is \$55,000. This position requires an MBA or master's degree in finance, business, or a related field or related Bachelor's degree and Certified Public Accountant or Certified Management Accountant AND five to seven years experience in financial management/accounting and/or treasury operations; or, Bachelor's degree with a major in Accounting, Finance or related area AND seven to ten years experience in financial management/accounting and/or treasury operations; Three years of management/supervisory experience; Excellent verbal and written communication skills, strong work ethic, and team builder. For more information and to apply: please visit [jobs.utledo.edu/applicants/Central?quickFind=50515](http://jobs.utledo.edu/applicants/Central?quickFind=50515). Application deadline is Monday, December 13, 2010. UT is an EEO, AA Employer and Educator.

## Notice to Bidders: Inquiry # FY11-038,

(Project # 5007-11-1555) for Kobacker Building Fire Alarm / Mass Notification System for the University of Toledo Health Science Campus. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Wednesday, December 15, 2010 Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$40.00 will be charged per set. Any further information may be obtained from David Desjardins of JDRM Engineering at 419-824-2400. One Pre-Bid Conference will be held on Wednesday, December 8, 2010 at 10:00 a.m. in Dowling Hall, Room 2315, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$120,000.00; Break-down: Electrical: \$120,000.00.

## PROGRAM MANAGER, PACT TEAM

Unison Behavioral Health Group is seeking a Program Manager to provide clinical and administrative supervision a team working with clients who are in need of a high level of service and/or are involved in the forensic system.

Qualified candidates must have leadership ability and creative problem solving skills. LPCC, LISW, or RN is required, along with case management or other work experience with adults with serious mental illness. Prior experience with the forensic system and supervisory experience is preferred.

Send resume or apply to:  
Human Resources - PMP  
Unison Behavioral Health Group, Inc.  
1425 Starr Avenue  
Toledo, OH 43605  
419.936.7574 - Fax  
hr@unisonbhg.org - Email  
EOE

## Land Survey / Construction Technicians wanted

City of Toledo - Engineering Services needs a full-time **Senior Engineering Aide** and a full-time **Intermediate Engineering Aide** to perform technical field survey work under general supervision. Requirements as follows:

**Senior Engineering Aide position**, Graduation from high school or General Educational Development (G.E.D.) Tests equivalency and three (3) years of experience on a survey crew as an instrument operator.

**Intermediate Engineering Aide**, Graduation from high school or General Educational Development (G.E.D.) Tests equivalency and one (1) year of experience on a survey crew within the previous five years.

Good knowledge of current instruments used in engineering survey work. Must be able to safely lift and carry objects weighing up to approximately 110 pounds

Must possess a valid State of Ohio driver's license.

Applications can be acquired at the City of Toledo department of Human Resources, 19<sup>th</sup> Floor, One Government Center, Jackson Blvd at Erie Street, Toledo, Ohio. Office hours are 9:00am - 4:30pm Monday-Friday.

The City of Toledo is an Equal Opportunity Employer. Minorities, females, and individuals with disabilities are encouraged to apply.

Place your classified ad in  
*The Sojourner's Truth*  
Call Pam at 419-243-0007

[www.thetruthtoledo.com](http://www.thetruthtoledo.com)

## QI/LEGAL CLERK

Provide clerical support to various departments. REQUIREMENTS: HS diploma or equiv; 1 yr. word/data processing exp. Ability to type 55 wpm, competency in MS Word & Excel, grammar and attention to detail (testing required). Ability to work effectively in multi-cultural work environment req'd. Additional details: [www.lucaskids.net](http://www.lucaskids.net). Starts at \$14.07/hr. w/ benefits. 35 hrs/wk. Send resume to Human Resources, LCCS, 705 Adams St., Toledo, OH 43604 or fax to 327-3291 by 12/01/10. EOE valuing diversity

## Wanted to Buy: Diabetes Supplies

Earn up to \$12 per box of 100 test strips  
Must expire after Aug. 2011. Leave labels on boxes.

We remove and shred.  
Call 419-740-7162 and leave message.

## PROGRAM MANAGER, CPST

Unison Behavioral Health Group is seeking a Program Manager to provide clinical and administrative supervision to a CPST team.

Qualified candidates must have leadership ability and creative problem solving skills. LPCC, LISW, or RN is required, along with previous experience with adults with serious mental illness. Prior case management and supervisory experience is preferred.

Send resume or apply to:  
Human Resources - PMP/CPST  
Unison Behavioral Health Group, Inc.  
1425 Starr Avenue  
Toledo, OH 43605  
419.936.7574 - Fax  
hr@unisonbhg.org - Email  
EOE

## STAR Academy of Toledo Student Government Association Sponsors Canned Food Drive for Cherry Street Mission, Personifying the Giving Spirit

*Special to The Truth*

The Student Government Association collected a total of 799 canned goods to donate to the shelter for Thanksgiving.

This is one of many

community-based projects that students, faculty and staff at STAR Academy of Toledo participate in throughout the year in order to give back to the community. In ad-

dition, STAR encourages and works with students to build positive character traits.

“Although there may be cultural or economic differences among com-

munity members, we all share the same needs,” said Samuel Hancock, Ed.D., chief administrative officer for STAR Academy of Toledo. “We are very proud that our student body recognized a specific need in the community, and vigorously jumped at the chance to meet it.”



**TOLEDO INTERNATIONAL MARKET**  
 5315 DORR STREET, TOLEDO, OH 43615  
 PHONE (419) 531-1883  
 @FOX PLAZA next to AMIGOS  
 HOURS: MON — SAT 10 AM—8 PM  
**AT LAST AN AUTHENTIC  
 AFRICAN MARKET IS HERE IN TOLEDO**

VISIT US AND EXPLORE OUR WIDE VARIETY OF AFRICAN FOODS, MOVIES, CLOTHING & LOW PRICES  
**WE ACCEPT FOOD STAMPS**

**NEW YEAR'S  
 RAFFLE**

• \$1,000,000 4 winners  
 • \$10,000 10 winners  
 • \$1,500 120 winners  
 • \$500 1,000 winners  
 • \$100 2,200 winners

Your best ODDS to win  
**ONE MILLION DOLLARS!**  
**THOUSANDS OF PEOPLE WILL WIN!**  
 Drawing held on January 1, 2011.

**OH!**  
 LOTTERY, INC.

**TICKETS ARE LIMITED.** | \$20 / ticket | [WWW.OHIOLOTTERY.COM](http://WWW.OHIOLOTTERY.COM)

Lottery games are subject to Ohio laws and Commission regulations. Please play responsibly.