



Local and National News

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The Sojourner's Truth

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Jennifer Bemby,
Mercy Health System's Divisional Director of Transformation and Hospital Operation Innovation



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Mercy knows *me* by heart.



Secret Thirst

By Rev. Donald L. Perryman, D.Min.
The Truth Contributor



Let a new earth rise. Let another world be born. Let a bloody peace be written in the sky. Let a second generation full of courage issue forth; let a people loving freedom come to growth. - Margaret Walker

Caught! Red-handed! You are therefore sentenced to a public and humiliatingly painful \$30,000 lashing and the amputation of your economic future that you might be an example to discourage similar behavior by others!

The charge? A secret thirst for a quality education by Ms. Kelly Williams-Bolar who "used" her ex-husband's address to send her two daughters to a school in a better neighborhood than the one located near her Akron, Ohio projects.

Williams-Bolar, nearing completion of a college degree she hoped would enable her to become a school teacher, was heavily fined and jailed. Now, with a felony conviction she finds herself possibly disqualified from helping others

learn as well.

Being caught with the contraband of education. Heinous criminal offense or courageous act of civil disobedience?

Some see the Williams-Bolar case, now gone viral in the social media and with national support of 200,000 plus signatures on a petition being sent to Governor Kasich, as possibly representing "A Rosa Parks moment for education."

What is clear is that despite the risk of merciless punishment, African Americans have always desired one thing more than all others: education, the denial of which for Africans was slavery's signature mark.

"In slavery, the very act of learning to read had been a secret form of resistance," writes Heather Williams in *Self-Taught: African American Education in Slavery and Freedom*, "but in its aftermath, freed people transformed the act of becoming literate from a clandestine occurrence into one of life's necessities. (Education) became central to the project of freedom and citizenship because African Americans realized that as a literate people, they would be better able to negotiate in a world dominated by educated whites."

With the funding of an educational system in Ohio already having been ruled unconstitutional by the Ohio Supreme Court, and the public's acknowledgment of the existence of both race and class-based educational inequality, could the Williams-Bolar incident indeed be the flash point or provide the momentum to transform public schools and provide equal quality education for all?

No explicit guaranteed right to equal education presently exists in the U.S. Constitution, and the landmark *Brown v Board of Education* Supreme Court case fell short, having provided racial "integration but not addressing quality or resources."

Robert P. Moses, civil rights and Student Nonviolent Coordinating Committee (SNCC) icon and an organizer of Mississippi Freedom Summer and Mississippi Freedom Democratic Party, has been active in the struggle to organize a movement to amend the Constitution to make quality education a constitutionally guaranteed right since 2005. Illinois Congressman Jesse Jackson Jr., has recently indicated that he will quickly propose legislation for the amendment.

What of this new equal quality of education movement and its emergence from the "education as contraband" incident?

Some of my random think/say:

- Can any grassroots movement occur within the black community when most of its current leadership no longer lives in the community?
- I care little for theology concerned with saving souls but not bodies, for we are body and soul. I care less for ideology focused on saving stadiums but not students or preaches the salvation of brick and mortar from the past but stands silently during the educational dismantling and demolition of the futures of poor and minority boys and girls.
- The church, when at its best, may be the only true black communitarian institution left. Often overlooked, it is still the "most significant, numerous, populous, and influential" institution capable of leading the next black social movement.
- We desperately need youth leadership. Martin Luther King, Jr. was 26 years old when he took the reins of the civil rights movement. The entire freedom movement was primarily a youth-led endeavor. I agree with Bernice King, "Where are the youth today? How are they being received?"
- "Before a group can enter open society, it must first close ranks. "We have too many agendas and too much internal fighting, which hinders the ability for a movement to gain traction. We need more joint efforts for broader causes while giving up the desire for credit and to get our name called or picture taken.
- The study of grassroots movements that may not be overtly connected or even politically sympathetic to black interests such as the Tea Party movement or the "Generation in Waiting: Unfulfilled Promise of Young People" in Egypt, but still may yield profitable fruit. Teaching us
- Lastly, that
- Change emerges only in response to the people. Imani Perry, Ph.D, persuasively argues "we should not simply think of (government) as facilitating social change but rather of social change facilitating good behavior on (their) part." Quoting Howard Zinn, Perry points out that only from activism and not constitutionalism, were many of our current legal protections, created.

"The Constitution gave no rights to working people: no right to work less than twelve hours a day, no right to a living wage, no right to safe working conditions. Workers had to organize, go on strike, defy the law, the courts, the police, create a great movement which won the eight-hour day and caused such commotion that Congress was forced to pass a minimum wage law, and Social Security, and unemployment insurance," said Zinn.

"(Change) wasn't there until the people were." For power concedes nothing without a demand.

Contact Rev. Donald Perryman, Ph.D., at drdperryman@centerofhopebaptist.org

Community Calendar

February 2

Flower Hospital Community Blood Drive: 10 am to 4 pm: 419-824-1244

February 4-6

Bibleway World Outreach Ministries First Elevate Youth Ministries: "Launching Out;" 7 pm

February 7

Ezra Moore Fitness Center Boot Camp: Grace Temple Church; 6 to 7 pm; Personal Trainer Ryan Rollison: 419-841-4614 or 419-343-4658

February 12

West Toledo Bereavement Ministry Monthly Meeting: Bethlehem Baptist Church; 10 am

BGSU 12th Annual Black Issues Conference: Student Union Rm 314; 10:30 am to 4:30 pm; "Home-Based Businesses, An Answer to Joblessness: 419-372-9645

February 15

SETT Institute's BMH Event: "Knowledge of Self;" Rocket Hall Rm 1520; Local poets and leaders to speak and perform; 7 pm: 419-973-0248 or 419-530-7749

February 18

BHM Family Night: The Isaiah Thomas Giving Foundation hosts "Waiting on Superman;" Refreshments served; 7 to 9 pm; Wayman Palmer YMCA

February 20

Historic Third Baptist Church Concert: Father William Cunningham Memorial Choir of Detroit: 4 pm: 419-248-4623

February 21

SAPATH Coalition of NOW: Monthly Circle; Cordelia Martin Health Center; 11:30 am to 1 pm: 419-729-0245

The Sojourner's Truth

Toledo's Truthful African-American
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Owens Celebrates Black History Month With Events in February

Special to The Truth

Owens Community College will celebrate Black History Month with a series of events and activities highlighting and honoring the role and impact of African Americans throughout this country's history. The public is encouraged to join the campus community for guest speakers and educational awareness programs.

All events and activities, which are free and open to the public, will occur on the College's Toledo-area and Findlay-area campuses. Owens' Toledo-area Campus is located on Oregon Road in Perrysburg Township, while the Findlay-area Campus is located on Bright Road in Findlay.

"Owens Community College is proud to celebrate Black History Month by honoring and recognizing the many achievements and contributions black Americans have made to shape and define our country," said Chris Giordano, Owens Dean of Student Life. "I encourage area residents to engage themselves in Owens' various events surrounding Black

History Month and draw inspiration from their important messages."

Owens activities occurring during Black History Month include:

Monday, Feb. 7
Black History and Culture Discussion With Ohio Sen. Edna Brown

Ohio Sen. Edna Brown will provide attendees with insight into the past, present and future of diversity in America based on her own personal accounts. Brown was elected to serve Toledo and Ohio's 11th Senate District in November 2010. She comes from the Ohio House of Representatives, where she represented Ohio's 48th House District. Since her arrival in the General Assembly, Brown has worked tirelessly on issues of voting rights, health, violence against women and economic development.

(10 a.m.) (Toledo-area Campus Audio/Visual Classroom Center Rooms 127-128) (12 p.m.) (Findlay-area Campus Conference Center Room 111)

Tuesday, Feb. 8

"Ballou" Documentary Film Screening and Discussion

Area residents are invited to view a film screening of "Ballou." The 86-minute documentary provides insight into the Ballou Senior High School Marching Band from Washington, D.C. and their journey from band camp to the National High Stepping Marching Band Competition in Birmingham, Ala. Throughout their journey, the marching band had to overcome many obstacles highlighted by a negative community environment filled with guns, drugs and violence to reach their goals. Undeterred by the negativity, the group, led by marching band director Darrell Watson, was able to uplift the community with their music and positive attitudes and eventually became an award-winning marching band. The film screening will be followed with an open discussion with marching band director Darrell Watson.

(2 p.m.) (Toledo-area Campus College Hall Room 100)

(Continued on Page 5)

BGSU to Celebrate Black History Month

Special to The Truth

Aspects of African-American life, past and present, will be spotlighted during February as Bowling Green State University's Bowling Green and Firelands campuses celebrate Black History Month.

The 12th annual Black Issues Conference, from 9:30 a.m. to 4:30 p.m. Feb. 12 in the Bowen-Thompson Student Union, will take as its theme "The Content of Our Character: Overcoming Oppression and Moving Forward." Hosted by the Black Student Union and the Office of Multicultural Affairs, the conference will include a keynote address by the Rev. Jamie Washington, founder and president of the Washington Consulting Group in Baltimore and former longtime higher education administrator. Among the day's panelists is BGSU Trustee Col. John Moore Jr. (U.S. Air Force Ret.) For more information, call Chad Coates at 419-372-9645.

The month's events begin on Feb. 3 with a new history of the civil rights movement presented by Danielle McGuire, Ph.D., of Wayne State University.

In "At the Dark End of the

Street: Sexual Violence and the Civil Rights Movement," McGuire will trace the roots of the movement to the systematic rape of black women by white men in the South, along with economic intimidation, and Rosa Parks' role in the freedom movement as an NAACP investigator. The free talk will be held from 4:30-6 p.m. in 308 Union.

Civil rights activist Cheryl Brown Henderson will explore the legacy of Brown vs. Board of Education, from 6-7:30 p.m. Feb. 8 in the Cedar Point Center auditorium at BGSU Firelands.

In a look at a popular culture phenomenon, Angela Nelson, Ph.D., will discuss "It's a Mad, Mad, Madea World!": Tyler Perry, Urban Theater and Black Popular Culture" from 11 a.m. to noon on Feb. 17 in 207 Union. An expert on black popular culture and media, Nelson will examine the success of Perry's gospel music stage plays as part of black religious culture in the U.S. Nelson is past chairman of the popular culture department and acting chair of ethnic studies. Her talk is also

part of the Popular Culture Colloquium Series.

On Feb. 26, the College of Musical Arts Festival Series presents "Selections from 'Porgy and Bess,'" at 8 p.m. in Kobacker Hall of the Moore Musical Arts Center. Featuring the Bowling Green Philharmonia and soloists from the College of Musical Arts, the famous musical by George Gershwin combines classical music and popular song, jazz, blues and spirituals. Tickets range from \$12-\$30; call the box office at 419-372-8171 to order. For more information, visit <http://www.bgsu.edu/colleges/music/events/festival.html>.

Current concerns will be covered in presentations on the dilemma of infant mortality in the African-American community, at noon Feb. 9 in the Women's Center, 107 Hanna Hall; and the impact of war on girls and women in Sudan, at 7 p.m. Feb. 28 in the Gish Film Theater in Hanna Hall.

For a full listing of the month's activities, visit <http://www.bgsu.edu/blackhistorymonth/page75931.html>.

Tale of Underground Railroad and Musical Concert Honor Black History Month at Lourdes

Special to The Truth

In honor of the 2011 Black History Month theme "African Americans and the Civil War," Lourdes is bringing back its unique live-action planetarium show *The Conductor*. Additionally, the institution will present its annual Celebration of Black History Month event.

The Conductor: February 17 - 20

Presented in partnership with the Metroparks of the Toledo Area, *The Conductor* shares the powerful, historic tale of the Underground Railroad and how those involved used the stars to guide them on their journey. Written by Matthew Kizaur and Edmund Ligan, *The Conductor* lets audiences experience the Underground Railroad through the eyes of one bewildered man and a voice from the past. Shows at 7 p.m. on February 17 and 18, at 2 and 7:30

p.m. on February 19, and at 2 p.m. on February 20. \$8 for adults and \$7 for children, seniors and the Lourdes community. For more information or to make a reservation visit www.lourdes.edu/applod or contact Applod Planetarium Coordinator Dr. Laura Megeath at planetarium@lourdes.edu.

Lourdes College Celebration of Black History Month: February 23

The Lourdes College annual Celebration of Black History Month will feature guest speakers and musical performances by The David Carter Symphonic Choir with Director Deborah Carlisle, The Lourdes College Chorus and Good Company Ensemble with Director Karen T. Biscay and Accompanist Olga Topuzova-Meade and The Scott High School Gospel Choir with Director Latoya Crawford. 5:30 to 7:30 p.m. in the Franciscan Theatre and Conference Center. Free and

open to the public. Call 419-824-3825 for more information.

Lourdes College serves more than 2,600 students enrolled in programs such as Business, Education, Environmental Science, Nursing, Social Work, Criminal Justice and the Arts & Sciences. In addition to undergraduate and pre-professional programs, Lourdes offers Master degrees in Education, Nursing, Organizational Leadership and Theology through its Graduate School. Lourdes' Community Outreach Programs include the Applod Planetarium, Lifelong Learning Program, the Life Lab and Theater Vision. Discover us online at www.lourdes.edu or by phone at 419-885-3211. Lourdes College is a sponsored ministry of the Sisters of St. Francis of Sylvania.

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7:30 p.m.

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State Senator Brown Announces Committees for 129th General Assembly Ranking Member on Health, Human Services & Aging

Special to The Truth



happy to serve as the Ranking Member for the committee." Senator Brown said. "Serving on six committees is a heavy workload, and I look forward to the challenges it may present."

- Senator Brown's full committee list is as follows:
- Agriculture, Environment & Natural Resources
 - Financial Institutions
 - Health, Human Services & Aging (Ranking Member)
 - Insurance, Commerce & Labor
 - Rules & Reference
 - State & Local Government & Veterans Affairs

In the 128th General Assembly, when Brown was a member of the Ohio House of Representatives, she served as the chairman for the Health & Human Services Subcommittee of the Finance & Appropriations Committee.

Committees are expected to begin meeting this week.

Committee assignments were released today for the Ohio Senate. State Senator Edna Brown (D-Toledo) received six total assignments, including being selected for the position of

Ranking Minority Member of the Health, Human Services & Aging Committee.

"It is an honor to continue the work that I've previously done in the area of human services, and I'm

Foster Care and Adoption Classes Begin in February

Special to The Truth

Lucas County Children Services Seeking Foster and Adoptive Families Lucas County Children Services (LCCS) is making it easy for adults interested in becoming foster or adoptive parents to attend its upcoming free training classes.

An accelerated training session takes place on six consecutive Saturdays, from February 19 through March 26. The all-day (9 a.m. to 4 p.m.) classes cover two topics each day. To register for the free classes, which are required for anyone seeking to become a foster or adoptive parent, or to get more information, call 419-213-3336 or visit www.lucaskids.net. Additional training sessions will be offered in June, September and October.

The agency is presently seeking adults and families who can provide loving and stable homes for youth with behavioral, developmental or physical challenges and groups of three or more brothers and sisters. Qualifying to be a foster or adoptive parent is easier than you think.

You...

- * Must be at least 18 years of age to adopt; 21 to become a foster parent
- * Can be married or single
- * Can own or rent your home
- * Can work outside the home
- * Don't have to earn a lot of money, just enough to support yourself
- * Need a safety inspection for your home
- * Agree to a background check
- * Receive free training
- * Receive financial support, based on your child's needs

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TV TOTALK ABOUT

Jennifer Bemby and Mercy Health System: Transforming the Way Patients Will Experience Health Care

Sojourner's Truth Staff

In order to enhance a pursuit of innovative approaches to transforming health care delivery, Mercy Health System brought Jennifer Bemby on board a year ago in the role of Divisional Director of Transformation. In that role Bemby provides leadership and direction in the development, implementation and operation of new methods to improve patient flow and experience.

This spring, Bemby and Mercy will unveil the fruits of that year-long quest to transform the patient experience, an unveiling, Bemby says, that will usher in new methods of bringing the health care experience to patients at Mercy and quite possibly around the country.

"We need to drive changes in the way we make

money, in the way we maintain quality and in how our employees are working together," says Bemby of the anticipated structural revolution to come.

Bemby, a Toledo native and graduate of Rogers High School, earned a bachelor of science degree and a master of education in Human Resources and Organizational Development degree from The University of Toledo.

She spent 14 years working at Lucas County Children's Services in a variety of positions and gaining a wealth of experience.

"That job prepared me for everything I do in life," she says now. "It taught me why people do the things they do, among other things."

After Children's Services, Bemby worked for the Ford

Motor Company Family Service and Learning Center as director of Programs and Services focusing on employee engagement, talent management and employee training, coaching and development.

In her role as division director of transformation, Bemby is constructing a new model for delivering patient services and she will also have an operational role as the program moves forward, serving as the liaison between Mercy's Toledo-area hospitals as well as the Community Regional Medical Center and St. Rita's Medical Center.

In The Meantime:

Mercy has plans for Black History Month:

Diversity Councils are planning "lunch and learn" events at each facility –



Mercy Healthcare Center, Mercy St. Vincent Medical Center, Mercy Children's Hospital, Mercy St. Anne Hospital, Mercy St. Charles Hospital—as well as working on informational displays at central locations. The lunches are designed for employees to take lunch and

listen to speakers address black history moments and issues.

Mercy College Diversity Council is sponsoring a diversity quotes contest for the month. Students will choose one quote from a list and respond to the quote either through an essay, original

song/music, art or skit.

The Mercy College Diversity Council has also created an "I Celebrate Diversity By" Banner to allow everyone in the College to write a brief statement of how each person celebrates diversity.

Owens

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Wednesday, Feb. 9

"Ballou" Documentary Film Screening and Discussion

Area residents are invited to view a film screening of "Ballou." The 86-minute documentary provides insight into the Ballou Senior High School Marching Band from Washington, D.C. and their journey from band camp to the National High Stepping Marching Band Competition in Birmingham, Ala. Throughout their journey, the marching band had to overcome many obstacles highlighted by a negative community environment filled with guns, drugs and violence to reach their goals. Undeterred by the negativity, the group, led by band director Darrell Watson, was able to uplift the community with their music and positive attitudes and eventually became an award-winning marching band. The film screening will be followed with an open discussion with marching band director Darrell Watson.

(10 a.m.) (Findlay-area Campus Conference Center Room 111)

Thursday, Feb. 10

"Achieving Success" Lecture Presentation With Toledo Mayor Michael Bell

Toledo Mayor Michael Bell will provide attendees with an inspirational message about overcoming obstacles and achieving success in pursuit of personal goals. During the presentation, Bell will share with the audience his own personal experiences and how they played a significant role in achieving his own success. Bell was elected Mayor of Toledo in January 2010. His career in public service began in 1980 when he joined the Toledo Department of Fire and Rescue as Firefighter and later became a certified Paramedic/EMT. In 1990, he was appointed as chief of the Toledo and Rescue Department. Bell was the first African American as well as the youngest person ever to lead the organization. He remained in that position for over 16 years until he was appointed State Fire Marshal by Ohio Gov. Ted Strickland in 2007. Bell has served the northwest Ohio community through countless civic organizations, volunteering his time and serving on the boards of the Boys and Girls Club, The American Red Cross, Bethany House and The American Liver Foundation, among many others. He is a member of the International Fire Chief's Association and received the President's Award for his efforts with diversity.

(11 a.m.) (Toledo-area Campus Audio/Visual Classroom Center Rooms 127-128)

Tuesday, Feb. 22

Jazz Performance and Historical Lecture With Galen Abdur-Razzaq

Jazz recording artist Galen Abdur-Razzaq will bring his masterful talents to Owens as part of a jazz performance and lecture. Abdur-Razzaq will be sharing insightful details about his musical background and the history of jazz, as well as a wide selection of his musical favorites. Abdur-Razzaq has performed and presented clinics at various venues, including college and university campuses, worldwide for over 30 years. He is a former student at Berklee College of Music in Boston and is a graduate of Rutgers University in New Brunswick, N.J. An arranger, composer, music director and writer, Abdur-Razzaq has performed with such renowned artists as Billy Taylor, Sonny Phillips, Gwen Guthrie, Eddie Gladden and Clifford Adams, among many others. Abdur-Razzaq is also a regular speaker on jazz and its historical significance.

(10 a.m.) (Findlay-area Campus Education Center Room 111) (Lecture)

(11:30 a.m.) (Findlay-area Campus Commons) (Performance)

Thursday, Feb. 24

College Conjuring—Deception 101 Tour With Ran'D Shine

Award-winning performer, producer and educator of magic Ran'D Shine will provide attendees with an amazing display of his magical talents as well as share insight into his life as an artist, teacher and an African-American male. Nationally-acclaimed, Shine is a frequent performer at Monday Night Magic, which is regarded as New York City's longest running Off-Broadway magic show, and has showcased his talents at Hollywood's The Magic Castle. Additionally, he has produced several magic shows highlighted by the "Heart and Soul of Magic," which was the first magic show to feature an all black American cast of magicians.

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Register Now!

Saturday Classes Start February 19!

You don't have to be perfect to be a perfect parent.

Lucas County Children Services needs foster and adoptive families for teens with special needs and groups of three or more siblings. Our FREE foster/adoptive parent training classes begin February 19, from 9 a.m. to 4 p.m. You can complete your training in just six weeks!

Becoming a foster or adoptive parent is easier than you think. You...

- Must be at least 18 years of age to adopt; 21 to become a foster parent.
- Can be married or single.
- Can own or rent your home.
- Can work outside the home.
- Don't have to earn a lot of money, just enough to support yourself.
- Need a safety inspection for your home.
- Agree to a background check.
- Receive free training.
- Receive financial support, based on your child's needs.

Classes are held at the Lucas County Training Center, 205 Adams Street. Space is limited; please reserve your seat today.

Lucas County Children Services

Call 419-213-3336 to register today!

The
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Childhood Obesity is not Okay

By Dianne Pettis
Guest Column



Childhood obesity rates have tripled in the last 30 years – now at a rate of 18-19 percent in six to 19 year old youth. Excess weight in childhood and even in infancy has been found to predict overweight and obesity in adulthood. Overweight toddlers become overweight children, who become overweight teens. Teenagers who are obese have an 80 percent probability of re-

maining obese into adulthood.

The dangers for children are many – physical and psychosocial. Overweight and obese children are being diagnosed with conditions thought to be associated with adults: high cholesterol, sleep apnea, bone problems, liver problems, asthma, type 2 diabetes, impaired glucose tolerance, and high blood pressure.

Over weight and obese children are frequently subjected to bullying, teasing and exclusion. This treatment can be devastating, often leading to depression, low self-esteem, social phobias, and eating disorders. The child may even resort to bullying others to make himself

feel good.

What are the causes?

There are many factors that contribute to childhood obesity. There is the usual eating too much of the wrong things and too little exercise. Food portions are oversized; fast food is everywhere. Sedentary activities compete with aerobic play for a child's time and attention. When most of their peers are overweight or obese, kids are desensitized into thinking that the previously abnormal body size is okay.

A major cause is genetic. A child with one overweight parent has a greater risk of being obese. When both parents are obese, that risk increases to 80 percent. This influence doesn't even in-

clude the environmental factors such as learned habits, and access to poor food choices. Children learn what they live, and model those around them. Of the parents I talk to about their child's obesity; I'd say a modest 95 percent of those parents are obese or morbidly obese themselves.

More and more, it is apparent that the whole family needs to be involved in any treatment or obesity program. The child is a part of the family unit. Putting a child through an education, exercise, or nutrition program is a noble plan, but the new knowledge won't have a chance to be reinforced if the home environment remains the same.

Further, the child is a part of a classroom, school, school system, and a community. A coordinated effort is key. The child, family, pediatricians, schools, churches, community, county, and state all have roles in halting the escalating spiral.

The Healthy Kids Ohio

and The Ounce of Prevention Collaborative provide guidance to pediatric practices to systematically identify and manage children and adolescents who are overweight and obese.

Another goal is to prevent obesity. Parents may notice more questionnaires and attention placed on measurements and lifestyle habits.

In my clinic, Body Mass Index (a measurement of weight relative to height) is calculated for all children. Fasting sugar and cholesterol is checked on all children whose Body Mass Index and growth chart shows them to be >95 percent of standard for their age.

We catch early changes that lead to diabetes and heart disease. A visit with the nutritionist is a part of every annual physical exam. The 5-2-1-0 Everyday plan is introduced to all parents and patients: five or more servings of fruits and vegetables, two hours or less of recreational screen time, one hour or more of physical activity, and zero

sugary drinks (more water and low fat milk).

Much of the work toward lifestyle changes should be done in the home, but reinforcement at every turn outside the home is key. It's not okay for an eight-year old to be at an adult weight. It's not okay to down a super-sized meal everyday. It's not okay that the only real exercise is 10 minutes at recess. It's not okay for a young life to be at risk for obesity-related asthma.

Families – make a decision to adopt a healthier lifestyle. Young people – take some responsibility. Churches – make it your ministry. Community organizations – make a commitment. Clinicians – make time. Childhood obesity is not okay.

Dianne Hart Pettis,
MS, FNP-BC
Family Nurse
Practitioner
www.healthandwellness.com
888-887-4429

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www.toledofhc.org

Owens Dental Program Offers Free Dental Services for Children During Give Kids A Smile Day, Feb. 4

Special to The Truth

Oral hygiene, X-rays and fillings will be the focus of free dental appointments at Owens Community College as more than 150 area elementary and high school students' teeth are transformed to pearly whites during the nationwide Give Kids A Smile Day on Friday, Feb. 4.

Owens' Dental Hygiene program, in collaboration with the Toledo Dental Society, will be offering a day of free dental services for children with limited or no access to care ages six months to 18 from 8 a.m. – 12 p.m. and 1-4 p.m. at the College's Dental Hygiene Clinic. The clinic is located in Health Technologies Hall on the Toledo-



area Campus.

Additionally, Toledo Dental Society dentists and Expanded Functions Dental Auxiliary will provide restorative treatments such as fillings and extractions for patients on Feb. 11 from 1-3 p.m.

Give Kids A Smile Day is a national initiative by the American Dental As-

sociation, which is dedicated to focusing attention on the epidemic of untreated oral disease among disadvantaged children. Held each February in conjunction with National Children's Dental Health Month, Give Kids A Smile Day provides free oral health education, screen-

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Can Canned Food Be Healthy Food?

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

The Produce for Better Health Foundation promotes the importance of healthy eating, with a specific goal of helping people eat more fruits and vegetables. They advocate all forms of fruits and vegetables: fresh, frozen, canned, juice and dried. Whether it is about fruits or vegetables, or other food groups in MyPyramid such as milk or meat and beans, this month we ask the question: can canned foods be healthy food? The Canned Food Alliance hosts a website at www.mealtime.org and looks at easy ways to create nutritious meals.

First of all, why would canned foods *not* be considered healthy? When talking specifically about vegetables or fruits, sometimes there is a message that “fresh is best.” This is a great motto when there is an abundance of fresh, healthy fruits and vegetables from gardens and farmers’ markets but canned and frozen food can be healthy, economical and tasty, especially in the winter.

Often, when fresh fruits and vegetables are grown with the intention of canning, freezing or drying,

they are picked at the peak of freshness and within hours, washed, chopped and packaged, whether it’s a canned jar of tomato sauce or a frozen bag of peas. Just like the importance of eating a variety of colors of fruits and vegetables, they are nutritious in different forms like fresh, frozen, canned, juice and dried.

Canned foods, like other foods, sometimes have added ingredients that people like to reduce in their diet like sugar in fruit or sodium in vegetables or oil in canned fish. The nutrition label and list of ingredients on canned items are very helpful in making nutritious decisions.

It is easy to look for canned fish, like tuna that’s packed in water instead of oil to reduce calories. Some canned fruit is packaged with added sugar but many kinds are canned in juice or low-sugar options. Sodium, or salt is not a requirement for the canning process but it is often added to vegetables or soups or other canned foods to enhance their taste. If sodium is a concern, there are many low and no-sodium options for canned foods.

Also, draining and rins-

ing canned food with water (like vegetables or beans) can reduce the amount of sodium. And, just like fresh and frozen fruits and vegetables, almost all canned fruits and vegetables are fat-free.

Certain types of canned food can have a different texture than if you were eating it fresh but that does not mean it’s unhealthy or it can’t have a place on the table. Canned food is already cooked before the canning process so if you want to eat it hot, it just needs to be heated through. The Canned Food Alliance notes that, “canned pears are poached pears, fish in a tuna can has been filleted and steamed and dried beans have already been soaked and simmered” and sweet potatoes and pumpkin have already been washed and baked.

One advantage of this is that a lot of the food preparation has already been done for you! If you are looking for a fast way to include more dried beans, fish or even vegetables to your diet, canned food is ready to eat. One other value is that canned foods can store on a shelf longer than fresh foods. If you find a good

sale on your favorite variety of low-sodium soup, you can buy some extras to last through the winter. This is a good time of year to experiment with canned foods because they are accessible, affordable and available.

Here’s a quick and easy, healthy salsa that would taste great at your Superbowl party!

Ingredients:

1 can of salsa (your choice of mild, medium or hot)

1 can of corn

1 can of black beans

Optional: other ingredients such as fresh cilantro or avocado slices or dried herbs

Pour salsa into a bowl. Drain and rinse one can of corn and add to the bowl. Drain and rinse one can of black beans and add to the bowl. Mix well and serve with your favorite tortilla chips. Try some baked chips if you are watching

the fat content. The tasty recipe can be that simple with three canned ingredients or you can add to the recipe by chopping up some fresh cilantro or adding some fresh avocado slices or more of your favorite seasonings.

The nice thing about that type of salsa recipe is that you can serve it again this summer and make your own fresh salsa with home-

grown tomatoes and fresh sweet corn off the cob. This recipe shows that using canned foods as option with fresh, dried and frozen foods can greatly enhance the variety of meals and add economical value and convenience to daily menus. The answer to the question is “yes, canned foods can be healthy, convenient and tasty!”



Free Dental Services

(Continued from Page 7)

ing and treatment services to children from low-income families across the country.

“Owens Community College’s Dental Hygiene program is proud to once again participate in such a worthwhile endeavor and provide dental services to individuals in need,” said Beth Tronolone, Owens Chairman of Dental Hygiene. “Give Kids A Smile Day is also a wonderful opportunity to raise the importance and awareness of preventive dental care such as flossing, brushing and regular dental visits. Our goal is give each attendee a positive dental experience and help them feel comfortable smiling again.”

Owens Dental Hygiene second-year students, faculty and alumni, and area dentists will be conducting dental services, which will include dental education and screening, X-rays, oral prophylaxis (cleanings), lim-

ited restorations and dental sealants. In addition, first-year students from the health program will provide educational presentations for parents and children.

The College’s Dental Hygiene program provides more than 40 students with a fully accredited, scientifically current and competency-based curriculum annually. Students receive classroom instruction as well as hands-on experience in the Dental Hygiene Clinic, while preparing to sit for the national, state or regional exam in dental hygiene. Owens’ program also offers dental services to

area residents through its Dental Hygiene Clinic. The 20-chair clinic is staffed by dental hygiene students and supervised by licensed dental professionals at Owens, and appointments are available during the fall and spring semesters for a \$25 fee.

Individuals interested in receiving free dental service are encouraged to contact the College’s Dental Hygiene Clinic at (567) 661-7294 or 1-800-GO-OWENS, Ext. 7294. Appointment reservations must be made prior to the event.

Class Schedule:
Wednesday 6:00PM - 7:30PM
Friday 6:00PM - 7:30PM
Location: Warren A.M.E. Church
816 Collingswood Blvd., Toledo, OH 43606
For more information call:
419.266.1065
www.faimotionfitness.com

“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 Lohoff

The couple got on board with a pro-health company, Visual 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 Heather Schneider

Website – www.donney.bodybyvi.com
Email – prosperouslivingbiv@gmail.com
Phone – 419.467.8327

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Make it Your Mission to Fight Heart Disease in Women

National Wear Red Day is February 4, 2011

Special to The Truth

Go Red for Women is the American Heart Association's solution to save women's lives. Heart disease is still the No. 1 killer of women, taking the life of 1 in 3 women each year. **Make It Your Mission** to fight heart disease in women. Give 5 women you care about the power to save their lives and invite them to join the American Heart Association on Friday, February 4, 2011, National Wear Red Day.

"Thanks to the participation of millions of people across the country, the color red and the red dress have become linked with creating awareness of heart disease in women," said Jacqueline Isherwood, executive director of the American Heart Association, Northwest Ohio Division, "Go Red For Women is channeling its energies and resources to challenge real women nationwide to become the best they can be by signing up for Go Red

Better U. Go Red Better U is the American Heart Association's free 12-week online program that can save your life. Choose to be a Better U at GoRedForWomen.org."

On Friday, Feb. 4, show your support of Go Red For Women, a nationwide movement that celebrates the energy, passion and power women have to band together and wipe out heart disease! Wear red to work, make a donation to the campaign, and learn how to love your heart by preventing heart disease. More than 10,000 companies participate in Wear Red Day to show their support in the fight against heart disease.

WHY GO RED?

Research shows that women who Go Red are more likely to make healthy changes in their lives. For example:

- More than one-third have lost weight.
- Nearly 50 percent have



increased their exercise.

- Six out of 10 have changed their diets.
- More than 40 percent have checked their cholesterol levels.
- One-third have talked with their doctors about developing heart health plans.

Visit www.GoRedForWomen.org or call 419-740-6180 to find

out more about Wear Red Day and Go Red For Women.

About Go Red For Women

Since 2004, Go Red For Women has captured the energy, passion, and intelligence of women to work collectively to wipe our heart disease—the No. 1 killer of women. Today we want millions of women across American to take heart disease personally. Using the simple platform

"Love Your Heart," Go Red For Women engages these women—and the men who love them—to embrace the cause. Healthcare providers, celebrities, and politicians also elevate the cause and spread the word about women and heart disease. For more information about Go Red For Women, please call 1-888-MY-HEART (1-888-694-3278) or visit www.GoRedForWomen.org. The movement is nationally sponsored by Macy's and Merck & Co., Inc.

About National Wear Red Day

The first Friday in February is designated as National Wear Red Day. The American Heart Association shares ownership of National Wear Red Day with the National Heart, Lung and Blood Institute. Go Red and Go Red For Women are trademarks of AHA. The red dress design is a trademark U.S. Department of Health and Human Services.

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Living Fabulously in 2011

By Angela Steward, Fitness Motivator
Guest Column



As you're settling into 2011, your New Year's Resolution to get healthy has probably faded away. Did anyone ever tell you that once you're ready to do something about your health, you will. There's something about having that aha moment! Everyone talks about getting healthy. Talking about it is easy, but doing something about it, is a little different and difficult for most people.

Value your health—it takes hard work and discipline, you're worth it, aren't you?

Your fitness journey begins here:

Stop getting hung up on numbers. A pound of muscle takes up to 20 percent less than fat, so you can actually weigh more but fit into a smaller size. And stop getting caught up on your clothing size, a dress that was once considered a size 12 years ago may now be labeled as an 8. So instead of focusing on the number, focus on how healthy and energized you feel.

Retrain your brain. Be positive. Sometimes just thinking about something repeatedly can make it come true. If you believe weight loss is impossible, it will be, you'll never do it. Every time a negative thought pops into your head, change it to a positive one.

Stop skipping meals or snacks. Not eating messes with your body's ability to control your appetite. It also destroys your willpower. If your stomach is growling, your brain doesn't have the energy to say "no" to the temptations, so eat! Spread your calories out into three small meals and two snacks. Most women who are trying

to lose weight need to eat at least 1,300 to 1,600 calories per day, while most men need at least 1,800 to 2,200 calories per day, depending on their level of activity. Most importantly, change your mindset. You're going to eat healthier, but not deprive yourself. Restriction leads to overeating.

Slow down and chew your food. Allow your body time to enjoy the food—so you're able to stop eating when you're full. Stop last meal thinking: there will always be another meal—and it will probably be even better than the one you're eating right now, so don't eat as if you're eating your last meal, eat slowly, take the time to taste your food, enjoy it, and look forward to your next great meal!

Eat healthy through the week, and allow yourself ONE cheat meal on the weekend, not an entire weekend of them. Having an all-you-can-eat weekend is like eating poorly 30 percent of the week, so allow yourself one cheat meal, and enjoy the results of a shrinking waist-

line that six days of healthy eating provides.

Stop the Salty Snacks. Salt is habit forming. Lays potato chips, "bet you can't eat just one", it's not the chip, it's the salt! Try replacing a chip with carrots or celery. I eat sliced cucumbers, because I've come to realize it's not the salt I crave, it's the "crunch." Reducing your salt habit will pay off in fewer cravings.

Stop comparing yourself to others. You are unique! You are fabulous and there is no one like you. So much of feeling fabulous is self-acceptance. Be thankful for the joys of your life. Stop obsessing over your looks, you aren't in competition with anybody. Confidence has nothing to do with what you look like, it comes from how you feel in any given moment. So walk into a room with your shoulders thrown back, proud to be in the skin you're in, and spend your energy on making people around you feel fabulous too. Giving confidence to other will come back to you and you'll end up feeling better

about yourself.

Set a reasonable fitness goal. I will walk every day for thirty days. I will drink two more glasses of water each day. I will take the stairs instead of the elevator—attainable goals. Some people set their fitness goals so high—they are impossible to reach.

If you can't change the people around you, change the people around you. Not everyone is going to respect or like your change in lifestyle. They're going to begin to look at you differently, because you've decided to change the person they've come to know. You've changed and they haven't. Surround yourself with people who support and respect your healthy lifestyle.

Inspire others, then become an inspiration. I have a client who has become a dear friend. Gloria is one of the most upbeat, positive, God-loving women I've come to know. She is always full of laughter and I enjoy spending time with her. We

work together once a week to strengthen her arms and legs. She exercises daily on her own from her wheelchair. Her goal is to be able to walk from her house to her mailbox, and if it takes every inch of energy I have, I will help her accomplish that goal. She inspires me because in spite of her condition, she believes she can do it, and with God's help—she will—you can bet on it. She inspires me to do better!

It is my hope that I have inspired you to value your health. Bring this article to Studio Fitness on any Wednesday at 6:00 p.m. or any Saturday at 9:00 a.m. (through the end of February) and take one (1) Fabulously Fit class for free! You can't help others if you can't help yourself. Take time to take care of you!

Yours In Fitness!
Angela R. Steward
Fabulously Fit
Studio Fitness
1413 Bernath Parkway
Toledo, OH 43615
Cell: (419) 699-9399
E m a i l :
Fabfitu@yahoo.com

SISTA Project

(Sisters Informing Sisters about Topics on AIDS)

How Does Self-esteem, Relationships, and Sexual Health, Effect Perinatal Health?

SESSION 1-

Wednesday, February 9, and Wednesday, February 16, 2011 from 12 pm - 4 pm

SESSION 2-

Wednesday, March 9 and Wednesday, March 16, 2011 from 12 pm - 4 pm

Location:

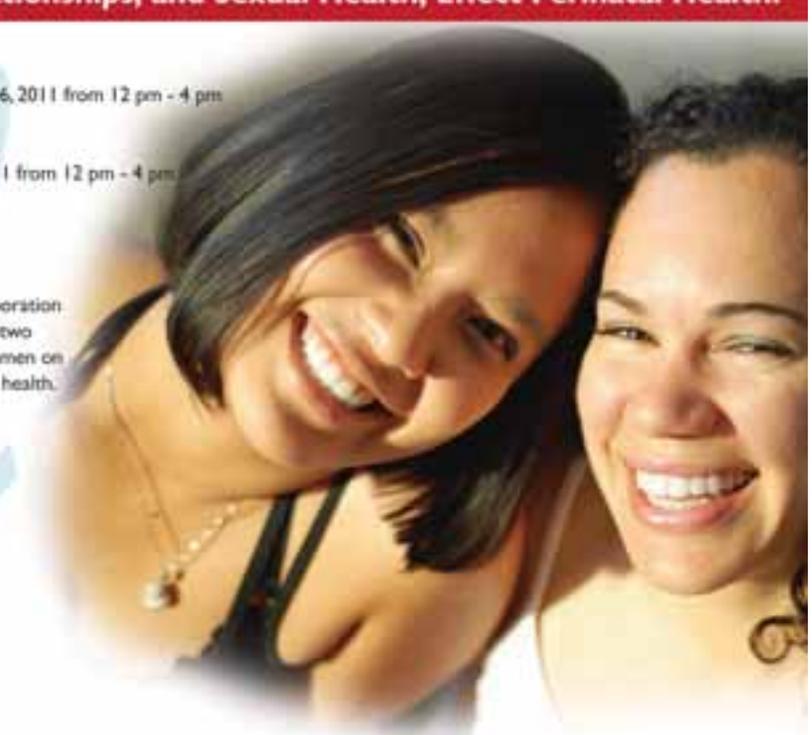
River East Community Health Center

NHA Perinatal Outreach Workers (POW) in collaboration with SASI, (a division of COMPASS) will be holding two four-hour sessions to educate African American women on topics related to the empowerment of their sexual health. Groups are limited to 6 or 8 women each.

**For more details contact
Michelle Smith-Wojnowski
at 419-691-1322, ext 332.**



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Faith and Fitness Movement Gains Momentum

By Diana Patton, FITatudes
Guest Column



Going to God is not new for getting healthy. For years many pastors have led congregations in the Daniel Fast (kind of like a health revival). *The Weigh Down Diet Program*, *First place 4 Health and FITatudes Ministries*, to name a few, have been providing Bible study curriculum over the years to help people exchange the traditional diet approach for a more effective faith reliance approach.

Then there are the Christian alternatives to workout

videos. Donna Richardson-Joyner developed "Sweating in the Spirit" work-outs, Christine Bordenkircher created "Yoga for Christians" and Billy Blanks added to his offering the "Tae-Bo Inspirational" workout. But 2011 just may be the critical tipping point for catapulting the faith and fitness movement of *changing hearts to change bodies* for this and future generations.

Rick Warren, author of *The Purpose Driven Life* and pastor of Saddleback Church,

and Dr. Oz of *The Dr. Oz Show* have teamed up to launch the Bible study *The Daniel Plan*; Lysa Terkerst of *Proverbs 31 Ministries* released her new study *Made to Crave*; and Donna Richardson-Joyner teamed up with BeachBody® to launch *Body Gospel*, a new inspirational workout program.

It is definitely exciting to see this happening and to know that mainstream America is open to the idea that God really is the answer to getting us back on track

with healthier lifestyles that honor and please him in every way!

At FITatudes, our foundational principle is *Absolute Trust in God*. We are thankful for the privilege to serve you through this ministry as we all continue to trust God for the outcomes. As a result, we have chosen to take a sabbatical from the FITatudes ministry. As we prayerfully take our sabbatical, we want to encourage you to make the most of the great faith and fitness move-

ment outlined above.

As you go forward in 2011, remember to *Eat to Live, Live to Worship and Get Full on the Word* and never stop being **FIT – Feeling Inspired Together**. We hope that you will keep us in your prayers and *consider supporting us* through our Jumpstart Big Sabbatical sale where you and your friends can stay FIT together. To learn more about this sale, please contact us at info@FITatudes.com.

HealthSpan, the leading independent Cincinnati based Preferred Provider Organization owned by Catholic Health Partners, collaborates with Mercy to introduce a new and enhanced PPO network in Toledo

As a proactive move to address anticipated changes in the

national healthcare delivery model, Catholic Health Partners (CHP), the state's largest healthcare provider, is creating an enhanced Preferred Provider Organization (PPO) network product in northwest Ohio.

HealthSpan LLC, CHP's Cincinnati based Regional Preferred Provider Organization (PPO) Network and Care Management Company is introducing a new PPO product for self funded employers in Greater Toledo and Northwest Ohio in partnership with Mercy, a seven hospital region of CHP.

The new HealthSpan "high value network" product is designed to trim down the employers' medical plan cost curve by directing patients to

high quality, cost effective providers and engaging members in wellness, and when needed, disease management programs.

HealthSpan has a track record of beating regional healthcare cost trend benchmarks. HealthSpan's primary customers are those employers who are seeking innovative ways to reduce healthcare expenditures and improve the health status of their employees by emphasizing prevention and wellness.

Those programs, combined with cost effective and high quality providers controlling ongoing costs, have proven to be a winning formula for HealthSpan and their customers.

Mercy will transition its Physicians Health Collaborative PPO network to

HealthSpan. This change will be seamless to members, customers, and partners as the current office and staff will be maintained under the HealthSpan umbrella.

In greater Toledo, the PPO network will be anchored by Mercy St. Vincent Medical Center, Mercy St. Charles, Mercy St. Anne and Mercy Children's Hospital.

Scott Shook, Mercy senior vice president, business development and advocacy, stated: "Mercy and CHP have been recognized for quality care as evidenced by being named a top ten system by Thomson Reuters, and we know we provide true value to our patients. This product will allow us to share the results of our quality efforts and significant cost efficiency initiatives directly with those who are paying the bill,

including both the patient and employer."

He added, "Often the direct value equation gets lost with multiple providers in a network and the add-on costs incorporated into insurance premiums. We have been seeking a more direct relationship with local employers and the HealthSpan product will do that."

HealthSpan currently serves over 110,000 network members and more than 95,000 Care Management members,

primarily in Southwest Ohio, and has been working to expand its products throughout northwest Ohio with a focus on the Toledo and Lima markets.

HealthSpan President, Ken Page confirmed the expansion and made this statement: "We are thrilled to be

able to offer Northwest Ohio employers an innovative approach to managing

their medical benefit plans. By partnering with employers and engaging with members, we know that healthcare costs can be controlled. A key component is our partnership with Mercy. We will

be working together to coordinate care delivery and assure quality outcomes."

Louella Riddle, Director of Physician's Health Collaborative/HealthSpan said that an effort to educate employers, providers and brokers about the product will commence this month.

Owens

(Continued from Page 5)

Shine's performance provides attendees with the opportunity to expand their minds and view life from a different perspective specific to diversity.

(12 p.m.) (Toledo-area Campus Student Health and Activities Center)

In addition, Owens' libraries on the Toledo-area and Findlay-area campuses will display a variety of African-American heritage information as well as feature a selection of books and audio/visual materials related to Black History Month in February.

To celebrate and honor the contributions made by African Americans throughout America's history, long-time black history advocate Dr. Carter G. Woodson introduced Negro History Week to the country in 1926. Later changed to Black History Week, the observance was extended in 1976 to a month-long celebration occurring in February and renamed Black History Month. For additional information about Owens? Black History Month activities, call (567) 661-7421 or 1-800-GO-OWENS, Ext. 7421.

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Helping Kids Eat Right



Here's something many Americans may be surprised to learn: "While a shocking 17 percent of our nation's children are obese, most children are also lacking critical nutrients in their diets, leaving them in a state

of malnourishment. On top of that, they are not getting the recommended amount of physical activity their bodies need to grow and thrive," reports registered dietitian Dr. Katie Brown.

Dr. Brown, who is national education director for the American Dietetic Association Foundation, added, "While, in some ways, this paints a startling picture, it also serves as a 'call to action' for registered dietitians to engage families and communities on the grassroots level.

"We must ensure that kids begin to eat the foods they are not consuming in sufficient amounts—whole grains, vegetables, fruits, lean meats and beans, and low-fat and fat-free dairy, and spend time getting at least an hour of physical activity daily."

To help promote healthy eating and prevent child-

hood obesity, ADA released The State of Family Nutrition and Physical Activity Report, a comprehensive analysis of research from the nation's top food, nutrition and health organizations, including ADA's new Family Nutrition and Physical Activity Survey. The full report can be found at www.eatright.org/foundation/fnfa.

ADA also launched the Kids Eat Right campaign, which provides tips for families to help ensure they are receiving quality nutrition, including:

- Give kids whole-grain cereals for breakfast, kid-friendly "white" whole-

wheat bread for sandwiches, crunchy whole-grain crackers for snacks and whole-grain pastas for dinner.

- Eat more fruits and vegetables at every meal. At breakfast, enjoy fresh or frozen berries on cereal, slices of melon or a glass of 100 percent orange juice; at lunch, serve baby carrots or sliced apples; for dinner, put brightly colored vegetables at the center of every plate.

- Most young people in America are not getting enough calcium or potassium. Fortunately, it's easy to consume the three daily

dairy servings that children and teens need. Try an 8-ounce glass of low-fat milk with breakfast, lunch and dinner; yogurt parfaits for breakfast or an after-school snack; or string cheese for an on-the-go energy snack.

- Getting enough protein at every meal and snack helps kids feel satisfied after eating. Start their day with eggs or bean burritos. For snacks, provide nuts, peanut butter or sliced deli meat.

The program provides more practical information—tips, articles, recipes and videos—on its website, www.KidsEatRight.org.

ProMedica Health System Named the Second Most Integrated in the U.S.

Special to The Truth

ProMedica has been named the nation's No. 2 most Integrated Healthcare Network (IHN), according to results of the 2011 survey conducted by SDI, the nation's premier rating system that evaluates IHNs based on performance level and degree of integration. ProMedica has ranked in the Top 10 for the past nine years, earning the No. 1 ranking in both 2005 and 2007.

"Integration is essential to long-term success in providing high-quality care, low-

ering costs and increasing access in the most appropriate setting," says Randy Oostra, DM, FACHE, president and chief executive officer. "That's what makes this distinction particularly meaningful."

The SDI IHN rating system ranks local and regional, non-specialty integrated healthcare networks to identify critical success factors in the following categories: integration, outpatient utilization, integrated technology, physician participation, con-

tractual capabilities, hospital utilization, services and access, and financial stability. This year, ProMedica earned the maximum possible score in the first five of the eight assessment categories listed above.

This 2011 achievement not only places ProMedica in the No. 2 ranking nationally, but also in the **No. 1 slot in the Midwest**.

For more information about ProMedica, visit www.promedica.org.

Heart & Soul 2011 Caring for the Community

Special to The Truth

Statistics show that one in five families is touched by mental illness, and Tony Rasczyk's is one of them. Eight years ago, a member of Tony's family was diagnosed with schizophrenia; through treatment at Harbor, this family member is on their way to recovery.

As a gesture of support for his family, Harbor, Northwest Ohio Psychiatric Hospital and all individuals living with mental illness, Tony Rasczyk and his co-chair Sally Binard, Harbor, Northwest Ohio Psychiatric Hospital and The Wernert Center have

joined together in support of individuals living with mental illness for the 7th annual Heart & Soul fundraiser.

The goal is to raise awareness about mental illness, and to help erase the stigma associated with it. Proceeds will go toward enhancing Harbor's Resource Center at Monroe Street, patient facility upgrades at the Northwest Ohio Psychiatric Hospital, and a transportation fund to assist with purchasing a handicapped accessible van for the Thomas M. Wernert Center.

Heart & Soul takes place on Saturday, February 5, 2011

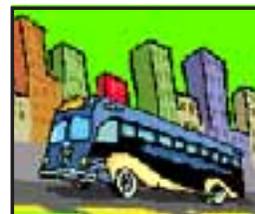
from 6:30-10:00 p.m. at the "Suites Level Lounge" on the second floor of Fifth Third Field on the corner of Washington and Huron Streets downtown.

Cost is \$40 per person, which includes dinner, entertainment and free parking. Beer, wine, and other refreshments will be available for purchase. A silent auction will feature selected items donated by area organizations, businesses and friends of Heart & Soul.

For more information, visit the website at www.heartandsoultoledo.com.

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Alabama State University – Montgomery, Ala.

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Interview with Marcus Harrison: Through Toledo's Eyes

By Michael Hayes
Minister of Culture



Many of you know I grew up with three gentlemen:

Rick Easler, Corey (Stephen) Cunningham and Marcus Harrison.

Our brotherhood has survived it all, and as educated Generation Y black men we have spent the last few years not only using what we've learned to better ourselves but also our communities.

Years ago Marcus created a five-part vignette series called

Through Toledo's Eyes which has been airing on our local PBS affiliate, WGTE.

This upcoming Monday at Mott Branch Library, Marcus will be speaking along with Gregory Tye as part of a celebration of Black History Month.

I sat down with Marcus to get his thoughts on how his work has been received, and also about the month of February and it's significance to the experience of our people.

Michael:

Marcus, since *Through Toledo's Eyes* has been on the air, how would you describe the city's reception of this series and the tales of Toledo's Black History that you present?

Marcus:

I think the reception has been very positive.

Because it speaks of a time that a lot of young people don't even know about.

That whole area along Dorr St was at one time a gem in the African-American community in this city and this series has stories that define a pivotal time in America. Dorr St in Toledo at that time represented an era of black unity as well as black consciousness in the midst of racial unrest and turbulence nation wide.

I've also seen a lot of shock and surprise from viewers who find out that area was so instrumental to the greater civil rights movement.

Michael:

Many of our parents have raised us talking about how important Dorr St was as a hub of activity and empowerment for black Toledo... do you think our city will ever have something like that again?

Marcus:

No, because the objectives of the fight have changed.

Dorr St. represented a civil rights movement, a fight all in itself. People are too separated these days. What some may deem as important aren't important to others, we have generational and value differences. From that perspective, probably not.

Yet we did put President Obama in office, I think we may have a lot more hope than we used

to have. Education is more available, economic power is readily available the hope is there. It's just a matter of whether or not people want to grab it and use it. It's a matter of if people want to believe or not.

Michael:

Even though it's been widely received, it could always gain more viewers.

Why do you feel our community needs to see *Through Toledo's Eyes*?

Marcus:

Just being black in America we get used to not knowing all of our history.

Our history only goes back so far, a lot of us can't say where our families even originate from and this piece at least gives black Toledo a chance to look back at what was and what we come from. A lot of black people aren't economically able to preserve their family history through pictures or video.

This piece offers inspiration just merely by looking back and allowing others to see how things used to be.

Inspiration for younger people and people that lived it, it offers inspiration and a certain amount of hope.

Michael:

Doing an historical piece about black Toledo's Dorr St. in the 60's means that most of the people who appreciate this series are probably over 50 years old.

As an early 30's Generation Y hip-hop head, surely you must experi-

ence a generational divide with this DVD.

Marcus:

I can see the generational divide, and I think it's a matter of difference in values.

We value ipods, cell phones, facebook and we think historical moments are when a certain celebrity goes to jail.

We take for granted the right to go and sit and get

Do we still need Black History Month?

Marcus:

Of course. I think a lot of our history gets lost.

If we don't celebrate then who will?

For that fact alone, I feel it's a necessity and deemed as important.

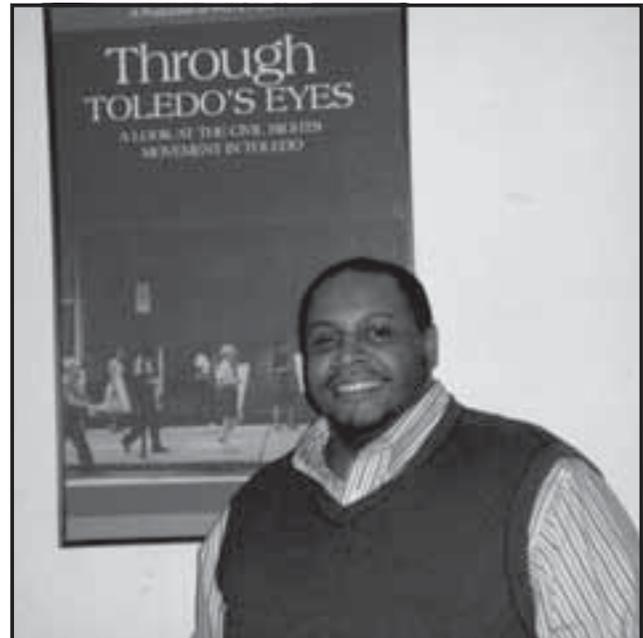
A lot of times you see negative images of black people in media and I think Black History Month

by a black man.

It's because of Black History Month that I'm even aware of those things and that's what makes it necessary or else how would we know this priceless information.

Information that we otherwise would not know.

Everyone, if you want to catch a feature presentation of the Marcus Harrison produced/di-



served at any restaurant or use any bathroom. We take that for granted but back then that was the stuff they valued and fought for that now we take for granted. So these vignettes give us a sneak peek into how things were. And the issues our parents' generation fought for.

Michael:

shows the positive images of who we really are.

It celebrates the contributions we've made to this country.

Because of celebrating Black History Month over the years I know that the first open-heart surgery was performed by a black man. The streetlight was invented by a black man. The golf tee was invented

rected WGTE PRESENTATION and hear him speak please be at MOTT BRANCH LIBRARY MONDAY FEBRUARY 7 6PM

In addition to *Through Toledo's Eyes*, there will also be a viewing of Cornerstones: African Americans. Stay tuned because this month, I'm goin in, folks!

Happy B.H.M.!

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Website: www.drjwilliams.org
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African Art Has Arrived!!

Hundreds of wood carvings from Ghana have recently arrived at The Truth Gallery - masks, statues, village scenes!
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The Truth Gallery
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Free tax preparation for working families

United Way of Greater Toledo is again teaming up with Lucas County Treasurer Wade Kapszukiewicz and Lucas County Commissioner Tina Skeldon Wozniak to offer **free tax preparation** for working families and individuals.

One of the main goals of this service is to help low-to-middle income working families claim the Earned Income Tax Credit (EITC), which brings millions of federal tax refund dollars back into the pockets of Lucas County residents. Those who qualify for the program could be eligible to receive a federal tax credit of up to \$5,751.

"We are pleased to be able to continue offering this service to Lucas County residents," said Wozniak. "Not only are families and individuals saving valuable dollars by getting their taxes done for free, but many of the people who access this service don't realize they're also eligible for the EITC credit."

"We were able to assist more than 1,500 families in getting free tax preparation in 2010 and we'd like that number to be even higher this year," Kapszukiewicz added. "When the families we help are also eligible for EITC, that credit brings valuable dollars back to Lucas County that many residents then use to stimulate our local economy."

It is important to note there will be slight changes in the process this year, due to newly-passed legislation. If you fall into one of the following categories, you can still have your taxes prepared at any time, but we (and any other tax preparer) will not be able to file them with the IRS until February 14.

- Taxpayers claiming itemized deductions on Schedule A
- Taxpayers claiming the higher education tuition and fees deduction
- Taxpayers claiming the educator expense deduction

People who want to know if they are eligible for the EITC credit or want to schedule a free tax preparation appointment are urged to dial 2-1-1. Tax preparation is performed by IRS-trained and certified volunteers by appointment at sites around Lucas County.

If you have your taxes prepared elsewhere and are a low-to-middle income level family, be sure to ask if you are eligible for the EITC. Visit www.unitedwaytoledo.org/eitc for more information.

The University of Toledo

PCN: 5662 - Media Relations Specialist, University Communications

The media relations specialist serves as a primary liaison between the University and local, regional, and national media. As strategist and tactician, the media relations specialist is a key point of contact with the external world, and must therefore be up-to-date with the latest news and events that relate to the University, while staying aware of critical issues and trends across the campuses and higher education. This position requires a Bachelor's Degree in the following areas: Communications, English, Journalism, Marketing, and/or Public Relations; Minimum of 3 years experience in media relations, journalism or related field. Other skills required for the position include the following: working knowledge of print, broadcast and electronic media, ability to remain calm under pressure, strong interpersonal and diplomatic skills, ability to meet deadlines, ability to multi-task, individual initiative, ability to think quickly and act decisively and a team player. For further information on this position, please visit our website at: jobs.utledo.edu/applicants/Central?quickFind=50706. Resumes must be received by February 7, 2011. **The University of Toledo is an Equal Access, Equal Opportunity, Affirmative Action Employer and Educator**

Elementary and Middle School Positions (Various) Star Academy of Toledo

Star Academy of Toledo is looking for a K-8 Physical Education Teacher an Art Teacher, a K-3 Title 1 Teacher and tutors for grades 2nd through the 8th in reading and math. Applicants need to have a current Ohio licensure must be highly motivated, passionate, team oriented and have a genuine desire to work with young people from an urban community. We are an equal opportunity employer and individuals from underrepresented minority groups are encouraged to apply. Applicants should send letter of interest, resume, copy of license, transcripts and references to Ms. Gaye Dobson, Principal Star Academy of Toledo 1850 Airport Hwy Toledo, Ohio 43609.

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CLASSIFIEDS



HOT 97.3
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URBAN Radio Broadcasting Toledo is seeking experienced Account Executives for its Toledo office. The successful candidate will be responsible for generating new business and maintaining existing accounts. The candidate must have a minimum of 3 years of experience in a similar position and be able to demonstrate a strong understanding of the local market. The candidate must also have excellent communication and interpersonal skills. For more information, please contact Michael Davis at (419) 244-6384.

Requirements:

- Must be a minimum of 3 years experience in a similar position
- Must have a minimum of 3 years of experience in a similar position
- Must have a minimum of 3 years of experience in a similar position
- Must have a minimum of 3 years of experience in a similar position
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- Must have a minimum of 3 years of experience in a similar position

For more information, please contact Michael Davis at (419) 244-6384. Email: mdavis@urbanradio.com

URBAN



URBAN Radio Broadcasting Toledo

JOB POSTING

MIX 95.7 and HOT 97.3, Toledo's exclusive home of The Tom Joyner Morning Show, The Michael Baisden Show, The Ricky Smiley Morning Show and The Sweet Hotel, has immediate openings for experienced ACCOUNT EXECUTIVES.

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If you or somebody you know is interested in this position, please contact:

Michael Davis, GSM
michaeldavis@urbanradio.com
(419) 244-6384 office (419) 244-8261 fax
URBAN Radio Broadcasting
720 Water St, 4th Fl.
Toledo Ohio 43604

URBAN Radio Broadcasting is an Equal Opportunity Employer, please DUE!

Elementary School Title I Tutors (2-8)

Star Academy is looking for quality tutors (primarily 2nd to 5th) who are creative with their craft. Applicants need to have a current Ohio License, must be creative, passionate, motivated and team oriented. We are an equal opportunity employer and individuals from underrepresented minority groups are encouraged to apply. Please send or bring a letter of interest, resume and copy of license, transcripts and references to the attention of Gaye Dobson, Principal Star Academy of Toledo 1850 Airport Hwy Toledo, Ohio 43609.

ADMINISTRATIVE ASSISTANT/BOOKKEEPER -

A senior citizen HUD housing facility is seeking experienced person for a full time position. A minimum of two years experience in QuickBooks is required. Must know accounting and bookkeeping principles, payroll, Microsoft office and Excels. Positive people skills, organized and ability to work with others are a necessity. Applications can be found online at www.abundantlifeperrysburg.org or by calling (419)874-4371 between 9:00 a.m.-5:00 p.m. Coverletter, resume and application may be emailed to ablfe@bex.net or mailed to 100 Trinity Court, Perrysburg, OH 43551.



Companies That Hire Ex-Offenders

Arby's-419-476-1466; Big Boy's-419-874-1933; Bob Evan's-419-241-4117; City of Toledo Sanitation and Street Services (background check)-419-936-2924 or 419-936-2523; Dairy Queen - 419-841-0854; Fairfield Inn - 419-897-0865; Goodwill-419-255-0070; Hojo by Howard Johnson-419-837-5245; Meijer-419-697-2012; Midas Muffler-419-476-3036; Ponderosa-419-536-6988; Ramada (background check)-419-837-9500; Red Roof Inn - 419-866-5512; Roadway (depends on offense)-419-729-0631; Roto Rooter-419-476-8648; Taco Bell-419-474-6125; Toledo Building Services (no drug or domestic violence history)-419-241-3101; Value City (background check)-419-473-2405; Van Dyne-Crotty Company (depends on offense)-419-531-7715; Wendy's-419-536-9731

INTERESTED BIDDERS:

TOLEDO PUBLIC SCHOOLS - KEYSER ELEMENTARY SCHOOL DEMOLITION & NEW WORK, & WHITNEY VOCATIONAL HIGH SCHOOL DEMOLITION

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until 1:00 p.m. on February 24, 2011, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the demolition of Keyser Elementary School and Whitney Vocational High School, as more fully described in the drawings and specifications for the project prepared by The Collaborative, Inc. and will be opened publicly and read immediately thereafter.

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

Bidders may obtain copies of the documents starting **February 2, 2011** which can be purchased from **Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615, phone: (419) 385-5303. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A **MANDATORY PREBID CONFERENCE** is scheduled for February 11, 2011 at 9:00 a.m. at the Toledo Public Schools Board Room, 420 E. Manhattan Blvd., Toledo, Ohio 43608. Site walk-throughs at Keyser and Whitney will commence after the pre-bid meeting according to the schedule provided at the meeting.

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

Bid Package - Keyser Elementary School:

Bid Item No. 1
Keyser Elementary School Building Demolition
\$ 183,042.00

Bid Item No. 2
Keyser Elementary School Site Restoration
\$ 98,000.00

**Total for Keyser Elementary School:
\$ 281,042.00**

Bid Package - Whitney Vocational High School:

Bid Item No. 1
Whitney Vocational High School Building Demolition \$ 292,807.00

Total for Whitney Vocational High School: \$ 292,807.00

CLASSIFIEDS

February 02, 2011

Page 15

PUBLIC NOTICE CITY OF TOLEDO

SUBSTANTIAL AMENDMENT TO THE 2010-2011 ONE-YEAR ACTION PLAN

To all interested agencies, groups, and persons:

The City of Toledo is seeking comments on a proposed substantial amendment to its One-Year Action Plan, which is a part of the Five-Year Consolidated Plan for the Neighborhood Stabilization Program 3 (NSP3).

The Substantial Amendment includes a description of available funds from the Department of Housing and Urban Development (HUD) and the eligible uses for the NSP3 grant. It contains a description of the activities to be undertaken and the expected results of those activities, a geographic distribution of the estimated foreclosure risk, while also emphasizing areas of greatest need. In addition, the plan will contain certifications required by HUD.

- | | |
|---|---|
| 1. Purchasing and Rehabilitating Homes and Residential Properties Abandoned or Foreclosed | 3. Redeveloping Demolished or Vacant Properties |
| 2. Demolishing Blighted Structures | 4. Providing Financial Mechanisms |

The draft Substantial Amendment 2010-2011 Action Plan will be available for review and comments beginning Wednesday, February 9, 2011 on the City of Toledo website: www.toledo.oh.gov, and at the following locations:

- | | | |
|--|---|---|
| 1) Department of Neighborhoods
One Government Center, 18th Floor
Downtown Toledo, Jackson & Erie | 4) All local branches of the Toledo-Lucas County Public Library
(Refer to local telephone directory or toledolibrary.org for locations) | 7) Lucas Metropolitan Housing Authority
435 Nebraska Avenue
Toledo, Ohio |
| 2) Department of Development
One Government Center, 22nd Floor
Downtown Toledo, Jackson & Erie | 5) The Ability Center of Greater Toledo
5605 Monroe Street
Sylvania, Ohio | 8) Toledo Lucas County Homelessness Board
1946 N. 13th Street, Suite 437
Toledo, Ohio |
| 3) Clerk of Council
One Government Center, 21st Floor
Downtown Toledo, Jackson & Erie | 6) The Fair Housing Center
432 N. Superior Street
Toledo, Ohio | |

In order to give citizens, public agencies, and interested parties the opportunity for comment, a public hearing has been scheduled for Wednesday, February 16, 2011, at 2:00 p.m. in City Council Chambers.

The City of Toledo will receive comments from the public for 15 days either through the website at www.toledo.oh.gov, or at the following address:

CITY OF TOLEDO DEPARTMENT OF NEIGHBORHOODS
SUBSTANTIAL AMENDMENT 2010-2011 ONE-YEAR ACTION PLAN
ONE GOVERNMENT CENTER, SUITE 1800
TOLEDO, OHIO 43604
(419) 245-1400/FAX: (419) 245-1413

Comments received during the 15-day comment period will be included in the substantial amendment submitted to HUD.

*Reasonable accommodations will be provided upon request.

COMMUNITY PSYCHIATRIC SUPPORTIVE TREATMENT CLINICIAN

Unison is seeking full-time, part-time and contingent Community Psychiatric Supportive Treatment Clinicians to provide community support services to adults with serious and persistent mental illness. Duties will include assessment of client needs, assisting in the development of the treatment plan, coordination of the treatment plan, crisis management and stabilization, advocacy and outreach, education and mental health interventions addressing the mental illness.

Bachelor's degree in Social Work or Psychology and a valid driver's license required. Ohio counselor or social worker license and experience preferred.

Send resume or apply to:
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Notice to Bidders: Inquiry # FY11-071,

(Project #5009-11-1556) for Ruppert Health Center - Fire Alarm/Mass Notification Upgrade 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, February 16, 2011 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 \$55.00 will be charged per set. Any further information may be obtained from Lawrence T. Juette of JDRM Engineering, Inc at 419-824-2400. One Pre-Bid Conference will be held on Wednesday, February 9, 2011 at 10:00 a.m. in the Health Education Bldg., Room 105, 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: \$165,000.00; Breakdown: Electrical: \$165,000.00.

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

ACCEPTING APPLICATIONS

John H. McKissick Senior Apartments are accepting applications for 1 bedroom waiting list for elderly housing, 62 years or older. Rent will be based on income. Applications will be taken on a FIRST COME FIRST SERVE BASIS on Friday, February 11, 2011 from 9:00 A.M. - 2:00 P.M. at 1030 Brookview Drive, Toledo, Ohio. For further information, call (419) 389-0361, M-F 8:30 A.M. - 4:30 P.M.



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Starts at 6pm

Where: The Peacock Café
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Are you a Super Bowl Warrior but can't get to Dallas to be in the middle of the excitement? Well Super Bowl Madness Twenty~ Eleven @ The Peacock Café Will Blow You Away! The Fun Starts at 3pm with Super Happy Hour Drink Specials Full Buffet with all of your game day favorites

The Peacock Café provides access to world-class entertainment with Continuity Live after the game! You wont find a better venue for the Super Bowl and After Party all in one Feb.6th see you there!

The University of Toledo

Job #5589, Director of Structural Maint & Const/Civil Engineer, Facilities:
 Plan, direct, coordinate, and prepare budgets concerning construction and maintenance of structures, facilities, and systems through interaction with A/E design and engineering firms, and various governmental agencies both at the state and local level. Participate in the conceptual development of a construction project and oversee its organization, scheduling, and implementation.

Bachelor of Science in Civil Engineering, Specializing in Construction Mgmt or related field is required. A good understanding of the construction delivery process, including construction contracting, project estimating and controls, physical plant operations, and maintenance practices and procedures is also required. Excellent written and oral communication skills. Salary commensurate with education and experience.

Applicants will be accepted until the position is filled. For more information and to apply please visit <https://jobs.utoledo.edu>. UT is an EEO, AA Employer and Educator

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