



Volume 19, No.19

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

March 02, 2011

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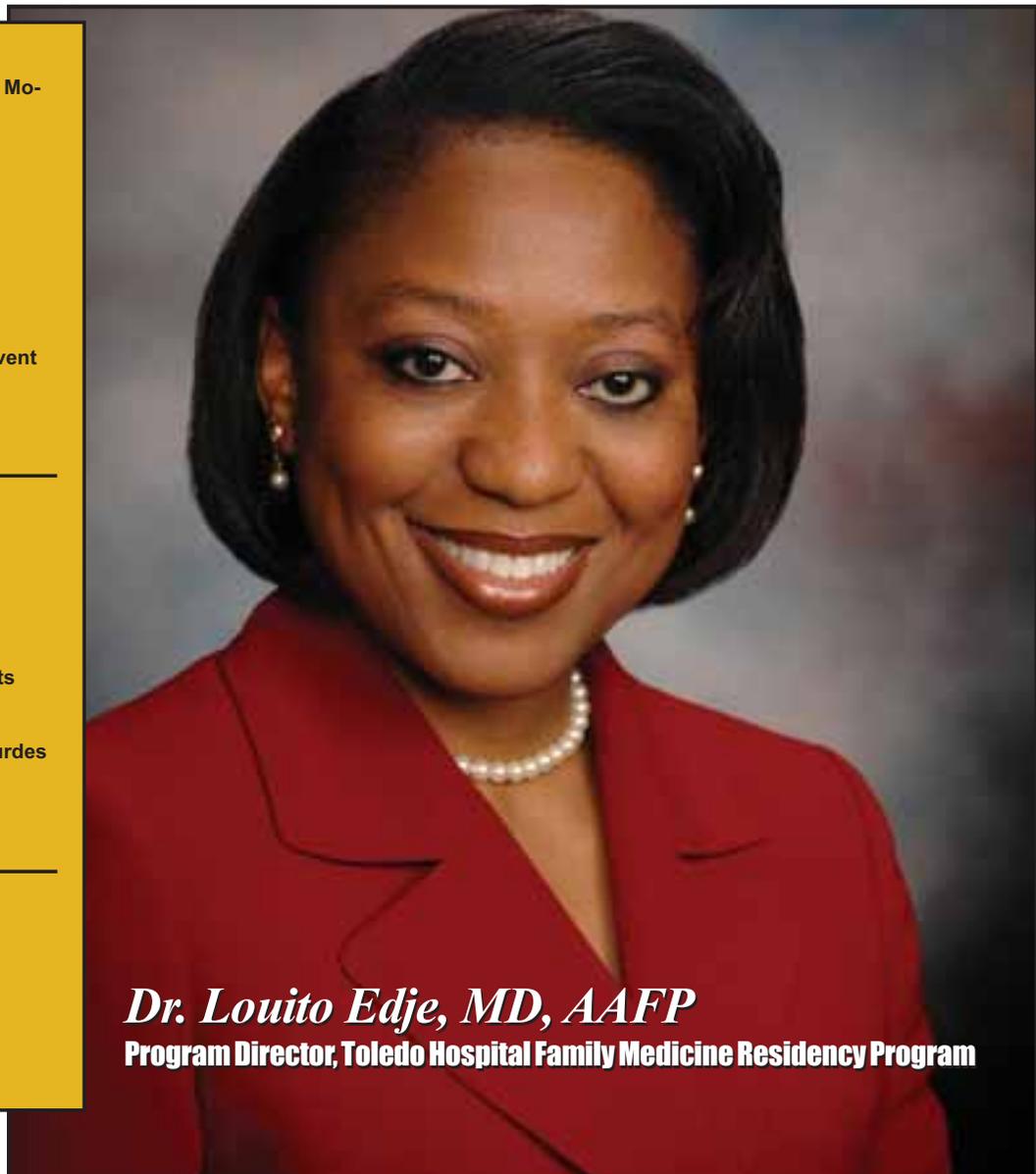
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***Dr. Louito Edje, MD, AAFP***  
**Program Director, Toledo Hospital Family Medicine Residency Program**

*"This is war; it's a matter of heart disease versus the United States public and we ought to be taking this as seriously as we do the war on terrorism."*

## Community Calendar

### March 4-5

Phillips Temple CME Pre-Women's Day Event: Fish and chicken wing dinners; 10 am to 5:30 pm: 419-242-7906

### March 5

Rossford First Baptist 12<sup>th</sup> Annual Scholarship Program Musical: 6 pm  
Holland Third Baptist 25<sup>th</sup> Pastoral Appreciation Service: 6 pm; Honoring Pastor and First Lady Gregory

### March 6

New Prospect Baptist Church Men's Day: 4 pm; Guest speaker Rev. Sylvester Rome of Tabernacle Baptist Church  
Abundant Life Baptist Church First Pastoral Anniversary: Pastor Garland Files; Garden Lake Banquet Hall; 4 pm: 419-244-9443  
New Prospect Baptist Church Men's Day: 4 pm; Guest speaker Rev. Sylvester Tome of Tabernacle Baptist Church

### March 10

Candidacy Announcement: Attorney Tyrone Riley announces candidacy for Toledo City Council District One; Lucas County Democratic Party Headquarters; 5:30 pm: 419-350-3232

### March 12

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

### March 13

Historic Third Baptist: Inkster High School Concert Choir; 11 am: 419-248-4623

### March 17-19

Daughter of Promise Women's Revival: "Delivered into Increase;" City of Zion, the Mt. Zion Church; Min. Karrie Jackson at 6:30 on the 17<sup>th</sup>; Elder Toni Epperson at 7 on the 18<sup>th</sup>; Sis. Tniesha Jones at 10 am on the 19<sup>th</sup>: 419-481-6643

### March 18

Zepf Center's "Serve Up an Ace" Tennis Fundraiser and Silent Auction: 7 to 11 pm; Laurel Hill Swim and Tennis Club: 419-841-7701

### March 19-20

St. Paul's MBC Annual Men's Day Weekend: Prayer breakfast on Saturday from 9 am to noon; Sunday school at 9:25, services at 10:45 am and 4 pm; Guests from The Good Shepherd Baptist Church of Columbus: 419-246-2886

### March 26

Iota Theta Sigma Chapter of Sigma Gamma Rho Sorority Inc 14<sup>th</sup> Annual Youth Symposium: 8:30 am to 1 pm; Mt. Pilgrim Church: "H3: It's all about me: Healthy Choices, Healthy Living and Healthy Generations:" 419-345-4486

## Another Black History Moment GLADettes Seventh Annual Black History Extravaganza

By Brittany Jones  
Sojourner's Truth Reporter



Phenomenal women graced the audience with their presence on Sunday at the Local 14 UAW Hall.

From slavery and the Civil War to civil rights, these women gave a lesson on their contributions to black and women rights – in an indirect manner.

The women of the past were represented by the women of the future through the GLADettes' "Women of History"-themed Black History Extravaganza and Soul Food Buffet. This is their seventh year for the Extravaganza.

With Sarah Sawyer as the mistress of ceremonies, the program began with a prayer by 2011 GLADette Secretary Evelyn Ali. The singing of the Black National Anthem followed and then a welcome by another GLADette, Marquelle Williams.

The main event got underway as the girls stepped forth one-by-one to present their "Woman of History." The girls performed monologues, which highlighted the accomplishments and involvement of the ladies. Lena Horne, Rosa Parks and Ida B. Wells Barnett

were just some of the famous historical women. Some of the GLADettes even dressed in costumes to emulate their character further.

After a blessing and enjoying of the food prepared by the Mother Club and a drawing/ raffle, CharAnna Caldwell (GLADettes president), Leslie Poellnitz (GLAD president) and Barbara Campbell who serves as the current GLADettes' supervisor gave remarks and thanks.

"We want to encourage them [young women] and build them up to the ladies they are meant to be," Poellnitz commented. "We want them to believe and have that self-esteem."

Closing the program was prayer and Ali singing the Black National Anthem.

The GLADettes were organized in 2000 by former GLAD president, Lillie Palmer. The young women range from ages five to 18. In this organization, the girls focus on many areas such as moral, intellectual, cultural and spiritual training. This fostering of values is meant to instill finer womanhood. They also participate in community service such as at Kitchen for the Poor and adopting two kindergarten classes at Ella P. Stewart Academy for Girls.

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# Dangerous Places

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



*I find it peculiar that those who fight so vehemently on behalf of the unborn child are nowhere to be found when it comes to fighting on behalf of the born child. -Rev. Dr. Dennis Wiley*

The disgusting revelry from the illicit copulative relationship among religion,

racism, sexism and politics – contorted unnaturally to the far-right – is bound to produce an offspring of strange and ugly contradictions.

On last week, a huge billboard featuring a beautiful young six-year-old African-American girl and bearing the words “The Most Dangerous Place for an African American is in the Womb” was put up by anti-abortion advocates in New York City.

Although the billboard was quickly removed as a result of protest and a powerful community backlash, “this same racist propaganda continues unabated in several other states,” according to Yolanda Pierce, Ph.D.

In a call for personal and community reflection on the historical and contemporary dangerous places for African-American people, Pierce offered the following

thoughts to this writer and readers of The Sojourner's Truth:

- The most dangerous place for an African American was the slave auction block, the government-sanctioned site for the systematic decimation of families and community.

- The most dangerous place for an African American was the idyllic wilderness of Southern trees bearing strange fruit, in which the lyncher's rope meted out racial violence and terror.

- The most dangerous place for an African American was the doctor's office, where forced sterilizations and medical experimentation reduced human beings to objects.

- The most dangerous place for an African American is in a country that will not provide health care for its most vulnerable citizens.

- The most dangerous place for an African American is a public educational system whose racial biases stigmatize and track children while they are still toddlers.

- The most dangerous place for an African American is a cradle to prison pipeline, which incarcerates at disproportionate rates, and spends three times as much money to imprison than to educate.

- The most dangerous place for an African American is a country with food deserts, so that in the world's richest nation, some cannot access healthy, fresh and affordable food.

- The most dangerous place for an African American is a higher education system, which refuses to teach historical truth and disarms those who dare to chal-

lenge Western cultural supremacy.

- The most dangerous place for an African American is a nation that refuses to see the connections between joblessness and economic instability and violence.

- The most dangerous place for an African American is any place that allows systematic assaults against human dignity to operate under the guise of free speech.

- The most dangerous place for an African American is a place where religion

can be the “climax of all misnomers, the boldest of all frauds, and the grossest of all libels” when it seeks to shame, silence, and disparage.

Rev. Yolanda Pierce, Ph.D., is the Elmer G. Homrighausen Associate Professor of African American Religion and Literature at Princeton Theological Seminary,

and Liaison with the Princeton University Center for African American Studies.

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Contact Rev. Donald Perryman, Ph.D., at: [dpermy@comcast.net](mailto:dpermy@comcast.net)

## Statement by Rep. Michael Ashford on Passage of House Bill 30



State Representative Michael Ashford (D-Toledo) of the 48th Ohio House District recently voted to protect vital education reforms which were passed with bi-partisan support in the last General Assembly. Republicans in the House led approval of legislation (House Bill 30) to dismantle the reforms that were applauded for finally fixing the broken and unconstitutional funding system for Ohio schools.

The reforms included reducing the reliance on local property taxes and using proven models for student success to improve learning. House Bill 30 eliminates the requirement that school districts offer all-day kindergarten and reinstates the prominent authority for most districts and community schools to charge tuition for all-day kindergarten.

**Rep. Ashford has issued the following statement:**

“I am not sure what we are all doing here in Columbus if we are not fighting for Ohio's children. Our children are all of our futures and if we don't give them the best education possible, then Ohio has a very bleak future. In Ohio, there are 1,698,662 students in public school grades 1-12 and 129,988 children in public kindergarten. In Toledo Public Schools, we have

17,950 (65%) students receiving free lunch and 1,097 students receiving reduced lunch. Early education has been proven to help children succeed in the education environment. Without kindergarten, the public will see a decrease in graduation rates, and a less educated workforce. Ohio's new school funding system that was put into place during the last General Assembly is based on evidence of proven successes. We have been given proof in this state that smaller classes, better teachers, and more learning time improve a child's education. Dismantling this system threatens those steps forward and again if we aren't here to fight for Ohio's children what are we doing. Ohio needs to keep investing in our education system to give our children the best opportunities to succeed.”

## The Color Purple Cast at The Truth Gallery

Join The Sojourner's Truth for a special event to celebrate the arrival of The Color Purple. Meet the cast members from the show on Friday, March 11 during a reception from 11 am to 2 pm at The Truth Gallery, 1811 Adams Street.

Enjoy live entertainment with the Calvin Hughes Jazz Trio. Mix 95.7 will be broadcasting from noon to 2 p.m.

Register to win tickets and other gift certificates. Sponsors include The Truth, Orobs LLC, the Lucas County Children's Services, the Toledo-Lucas County Public Library.

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# Louito C. Edje, MD, AAFP: Fighting the Good Fight in Defense of Families and Women

By Fletcher Word  
Sojourner's Truth Editor

According to Dr. Louito Edje, MD, AAFP, a family physician who is about to assume a position as program director overseeing ProMedica's Toledo Hospital Family Medicine Residency Program, the United States may well face, in the next few years, a shortage of family physicians that could reach the 30,000 mark.

The nation already has a dearth of family physicians, especially in many rural areas. However, within a few years, in 2014, most of the provisions of the new health care bill will be implemented. Those provisions will open the doors for as many as 30 million new patients who will need access to care. Family physicians will be seeing most of those patients during their first visits.

For Dr. Edje, the move to lead ProMedica's family medicine residency program is the culmination

of the last decade and a half of intense preparation and the opportunity to use the teaching and leadership skills she has honed.

Along with a half dozen or so colleagues, Dr. Edje will help guide prospective family physicians fresh out of medical school through a three-year program designed to bring more such practitioners on line.

Why family practice for Dr. Edje?

"I become interested when I was very young" in family practice, she recalls. Even at the age of six, she began noticing that those elements that entered her body in one form and color, did not come out in quite the same way.

As she grew into young adulthood, she realized that her fascination with what happened in the human body could take her in several different directions: she could teach

how the body works, she could do research on the subject or she could focus her time and attention on how to fix those things that went wrong with the body.

She opted for that third choice but, fortuitously, teaching and research have not been excluded as she has pursued her medical career.

"I love teaching," she says now as she embarks on that part of her career that will fully engage her teaching skills.

Dr. Edje earned her undergraduate degree, a bachelor's of science, from Michigan State University and her medical degree from The University of Michigan Medical School in 1995 where her leadership skills were clearly in evidence – she was elected president of her class.

She joined the staff of St. Luke's Hospital, The Toledo Hospital and The Toledo Children's Hospi-



***"It's a matter of heart disease versus the United States public and we ought to be taking this as seriously as we do the war on terrorism."***

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tal in 1998 and in 2007 her colleagues elected her chief of staff at St. Luke's.

She is frequently called upon to speak on issues in her field of expertise as was the case last week when she addressed the ninth annual Heart of the Matter conference that focuses on heart disease and related issues in women.

In her speech, Dr. Edje took the opportunity to inform her audience of four myths related to heart disease and how women can cope with the difficulties heart disease presents. The four myths:

women almost always die of cancer (most women, said Dr. Edje, die of heart disease); heart disease is a man's problem; only older women have heart disease and most doctors are aware that heart disease kills more women than men.

Dr. Edje spoke of the importance of a healthy lifestyle—proper diet, exercise and avoiding evils such as smoking – in warding off heart disease as well as the necessity of forming a partnership with a physician to monitor heart health.

"This is war," she declared. It's a matter of

"heart disease versus the United States public and we ought to be taking this as seriously as we do the war on terrorism."

Now over the next years, in her position as program director, she will be using that same passion and fire to inspire newly-minted medical students to join her in the front line of defense against disease on the family home front. She and her colleagues need more soldiers. The ranks of family physicians need to be replenished as quickly as possible.

## SETT and Partners Address the Importance of Knowledge of Self

By Brittany Jones  
Sojourner Truth Reporter



Twila Page and students

As the world becomes more multi-dimensional and multi-cultural, people have to get out of their comfort zones and indulge in experimentation with knowledge of oneself and others. This especially holds true for educators since they are so responsible for preparing a mixed generation of future leaders.

On February 15 – for Black History Month – Self-Expression Teen Theater (SETT) Institute and its community partners – Toledo Kwanzaa House, The Universal Center for Peace and Development, Keeping it Together and ThoseFellas LLC – gathered at The University of Toledo's Rocket Hall to inform and display the diversity of the black community.

The event was titled "The Knowledge of Self" and was open to an audience of nearly 200 including future teachers attending the university. As one youth puts it, "Knowledge of Self can be defined as having the ability to teach the knowledge and wisdom of the human family of the planet earth."

Sherita Evans was the energetic and hostess for the event.

"The reason why we have a Black History Month is because it is not talked about every day and sometimes ignored," she stated. "As future leaders, it is important for you to understand the importance of Black History Month because you will teach those who are black and those who will need to learn about black history."

Each speaker spoke about overcoming difficulty, rising above emotions and education as well as being the key for young people to meet the barriers that they will face in the near future.

Darius Hall presented a



Sherita Evans

powerful spoken word selection titled "Telescope" bringing attention to parents who need to re-examine superfluous consumption and start making purchases for their children that will encourage seeing beyond their present environment. In other words, invest more in a child's mind and less on their outside appearance.

Diane Gordon of Toledo Kwanzaa House, David Lewis-Bey of Universal Center, and Kamaron Kyser of ThoseFellas, LLC gave specific remedies to our protracted and ongoing struggle in 2011 and beyond.

To bring some action into the program, Yvette Muhammad offered a martial arts demonstration.

Next, marriage and relationship consultants Mike and Avis Files of "Keeping it Together," spoke on marriage and how to have healthy relationships through respectful communication.

SETT Institute invited this organization because black marriages and family are the keys to the survival of the community.

Files dropped some startling statistics about black households such as between the years of 1960 and 1995, the number of black children living in a two-parent home dropped from 75 percent to 33 percent. Another one she presented was that 70 percent of black children are born to single mothers compared to 33 percent nationally.

SETT Institute Board of Director Representatives, Twila Page, a SETT college student alumnus and a high school student were on hand to encourage everyone to support SETT by making a donation and becoming involved. She reminded the teachers in the audience to understand that they must take the children as they are. "Children are children re-

gardless of sex, race or where they come from," Page said. "A child's future should not be based on the economic condition of the parent."

Evans kept the program moving with the interactive

discussion about the meaning of the Black National Anthem and making it relevant for today's times.

Brother Washington Muhammad and the youth of SETT did not disappoint with precision drill, histori-

cal role-plays and uplifting rap verses. They received a standing ovation from the audience members.

Concluding the evening was Lynne Hamer, Ph.D., of The University of Toledo and Judith Herb of the College of Education, Health Science & Human Service led the student teachers and the rest of the audience with process questions about what they have just seen. The audience was also challenged to help change the paradigm of education for all students.

SETT is primarily a troupe of teen actors who also function as peer educators and counselors. On-stage and off, SETT members help focus on the problems and pressures faced by teens as they confront the challenges that lead to adulthood.



Diane Gordon

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## March into National Nutrition Month

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

During the 2011 National Nutrition Month®, the American Dietetic Association (ADA) encourages everyone to add color and nutrients to your meals through this year's theme: "Eat Right with Color." ADA Spokesperson Karen Ansel, registered dietitian offers ways to brighten up your plate in every season with this quick color guide:

**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks. *Fruits:* avocado, apples, grapes, honeydew, kiwi and lime. *Vegetables:* artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**Orange and deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers. *Fruits:* apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple. *Vegetables:* carrots, yellow pepper, yellow corn and sweet potatoes

**Purple and blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks. *Fruits:* blackberries, blueberries, plums,

raisins. *Vegetables:* eggplant, purple cabbage, purple-fleshed potato

**Red** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks. *Fruits:* cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon. *Vegetables:* beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**White, tan and brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks. *Fruits:* banana, brown pear, dates and white peaches. *Vegetables:* cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

In addition to celebrating National Nutrition Month, the update for the 2010 Dietary Guidelines for Americans has been published. The selected messages for consumers include making changes in three areas: (1) balancing calories, (2) foods to increase and (3) food to reduce. The recommendation is that you choose some steps that work for you and start today. The steps include:

• Enjoy your food, but eat less. This is one way to

decrease the amount of calories you eat on a regular basis. A healthy eating pattern limits the amounts of sodium (salt), solid fats, added sugars, and refined grains and promotes more nutrient-dense foods and drinks like vegetables, fruits, whole grains, fat-free or low-fat milk products, seafood, lean meats and poultry, eggs, dried beans and peas, and nuts and seeds.

• Avoid oversized portions – unless you're getting a second helping of some colorful vegetables! Avoiding oversized portions can help you reduce the amount of sodium, solid fats, added sugars and refined grains that are often eaten throughout the day.

• Make half your plate fruits and vegetables. This is a practical way to increase vegetable and fruit intake. Remember to eat a variety of produce, especially dark green, red and orange vegetables and dried beans and peas.

• Switch to fat-free or low-fat (1%) milk. This includes milk beverages, yogurt, cheese or fortified soy beverages.

• Compare sodium in foods like soup, bread, and frozen meals – and choose



the foods with lower numbers. Some Americans are encouraged to reduce daily sodium intake to less than 2,300 mg and many other Americans are recommended to reduce their daily sodium intake to less than 1,500 mg. This recommendation of less than 1,500 mg a day applies to about half of the US population and includes individuals who are African American, have hypertension, diabetes, or chronic kidney disease or who are age 51 and older.

• Drink water instead of sugary drinks. Also, if alcohol is consumed, it should be consumed in moderation – up to one drink per day for women and two

drinks per day for men – and only by adults of legal drinking age. Don't forget to account for all food and beverages as part of a total healthy eating pattern.

In addition to these selected messages, as always, increase physical activity and decrease time spent in sedentary activity (sitting around!). A basic premise of the Dietary Guidelines is that nutrient needs should be met mostly through eating a variety of foods. In certain cases, fortified foods and dietary supplements may be useful in providing nutrients that might be less often consumed. For example, it is recommended that individuals over the age of 50 consume foods fortified with vitamin B12, such as fortified breads or cereals or dietary supplements. In addition, vegans (those who do not eat any animal products) are also encouraged to eat fortified foods or supplements for enough B12.

There are a lot of foods and healthy behaviors to think about during National Nutrition Month and all year long! Ansel gives a bright description of putting your choices into action, "Instead of grilled chicken and mashed potatoes, consider painting a more colorful plate, such as grilled chicken topped with salsa, mashed sweet potato, asparagus and spinach salad with orange slices. A colorful meal is not only visually appealing, but it also contains a variety of nutrients and is quite flavorful". Take a colorful moment to decide on steps that will work for you and start today!

For more information on how to "Eat Right with Color," visit ADA's [www.eatright.org](http://www.eatright.org) for a variety of helpful tips, fun games, promotional tools and nutrition education resources.

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## Time to Change Priorities

By Angela Steward, Fitness Motivator  
Guest Column



comes to your health and lifestyle? Are you ready to make positive changes to live a longer, stronger, healthier life.

Of course, there are risk factors that can't be changed, such as your age, family history and race but you have the power to control most of the following risk factors:

**High Blood Pressure:** Have your blood pressure checked regularly by your doctor or healthcare professional. If your blood pressure is high, small changes may be needed like reducing sodium levels (read food labels), remove the salt shaker from the table. Regular exercise and losing weight can also help with lowering blood pressure. Your doctor may also prescribe medication to help lower your blood pressure.

**Smoking:** Smokers are two to four times likely to develop heart disease than non-smokers. The goal is too, of course, quit smoking, but for some cold turkey is way too hard. So try decreasing the number of cigarettes you smoke by half. Once you have that under control, try cutting that number in half again.

With a lot of help, support and willpower you could become smoke-free.

**High Cholesterol:** It is important to have your cholesterol checked regularly. If it's high, usually physical activity and a diet of low saturated fat, trans fat and cholesterol, (read your food labels) will be prescribed by your doctor.

**Diabetes:** Diabetes runs a higher risk of developing heart disease and stroke, especially if your blood sugar level isn't controlled. Make sure you follow your doctor's directions about diet, exercise and medication.

**Physical Inactivity:** Lack of physical activity increases your risk of heart disease. It also increases the risk of high blood pressure and obesity. Find any activity you like and do it for one-half hour most days of the week, you can break it down to 15 minutes increments. Dancing to your favorite song, taking short walks through your neighborhood or park, any form of activity is better than sitting on your couch or chair, while eating snacks. Inactivity leads to permanent inactivity (death)!

Need I say more?

You are the only one that can change your lifestyle. The power is in you!

For the past two years I have had the pleasure to work with a wonderful group of ladies at the YWCA on Jefferson Avenue downtown. The lifestyle program is called "Heart Plus." Winda Burt is a phenomenal leader and sincerely cares about every participant in the program. Classes consist of 45 minutes of nutritional information and 45 minutes of exercise. Health related activities are also offered such as: meals actually prepared by participants in class or prepared for the participants to enjoy. To save money and improve grocery budgets – participants share grocery coupons. Pampering services are occasionally provided at no charge (mini-massages), and informational speakers such as doctors, nutritionists and dental hygienists often visit to share health information with the participants of Heart Plus. Winda motivates the ladies to be their own health advocate, and teaches them the impor-

tance of learning to read and understand food nutrition labels. Classes run in eight-week sessions. If you want to learn more about making healthier food choices and living a healthier lifestyle – please contact the YWCA and ask about the "Heart Plus Program" (419-241-7386).

I'm also happy to announce that on **April 2, 2011 (Saturday) from 2 till 4 p.m.** Studio Fitness (owned by myself and Karen Everage) in partnership with ProMedica and the Ohio Commission on Minority Health is hosting a FREE healthy heart program called "Heart to Heart".

Heart to Heart is a Cardiovascular Health Expo for Women, where fitness demonstrations, free health screenings and drawings for prizes will be held. During the expo, 30 women will be selected to participate in the 30-day fitness challenge, where you challenge yourself to improve your health by making better food choices and exercising three days a week for 30 days FREE at Studio Fitness – 1413 Bernath Parkway (on Airport Highway – across

from TGIF).

This is a great opportunity to meet fitness-minded women who will motivate and encourage you to adopt a healthier lifestyle – no pressure, no stress, just like-minded women who will help you reach your fitness potential! For more information please call: (419-291-4096).

I hope I've placed a spark in you to get up, get moving and get active this spring! The programs I've listed above are filled with positive, friendly women who are supportive, motivating and encouraging. There is no drama, no competition, no intimidation or pressure – you are finally doing something for yourself! I look forward to your response, email or text me to let me know that you've decided to begin your fitness journey – the first step is the hardest – the rest will follow.

Yours truly in fitness!

Angela R. Steward

Creator of

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## Dear Ryan,

I have been doing so well with my eating and exercising that I want to thank you for all of your help. I look forward to reading your articles in The Truth. My question is that I want to take my workouts to the next level so I can look good for summer. I train three days a week, total body, but it's getting easy for me to do. How can I make it more challenging and can I be ready for summer?

## Dear Kim

Kim, I'm very glad that you are getting help from my articles and that you are making improvements in your physique. It's a great feeling to look in the mirror and see all your hard work is paying off.

Well, there are a couple of ways that you can handle this. You can either increase the amount of work you do on the days you train or you can add another day of training.

If you want to increase the workouts that you are doing then just simply increase your weight for a hard eight-12 reps or you can simply add another set to what you are doing. If it is still easy just keep adding weight until it is difficult for you to get your reps but with good form. NEVER sacrifice form for weight!

Your other option is to add another day. Train two on, one off, two on, two off. Start separating body parts, adding other exercises and stop doing total body workouts. This will give you more exercises per body part and give you a chance to work on lagging areas. Make sure that you don't work the same body part two days in a row. Keep your nutrition clean and stay on your water.

Now I guess being "ready for summer" depends on what you consider "ready" for summer. You can lose one to three pounds per week without losing muscle tissue and that's if you are really busting your butt and staying clean with your eating.

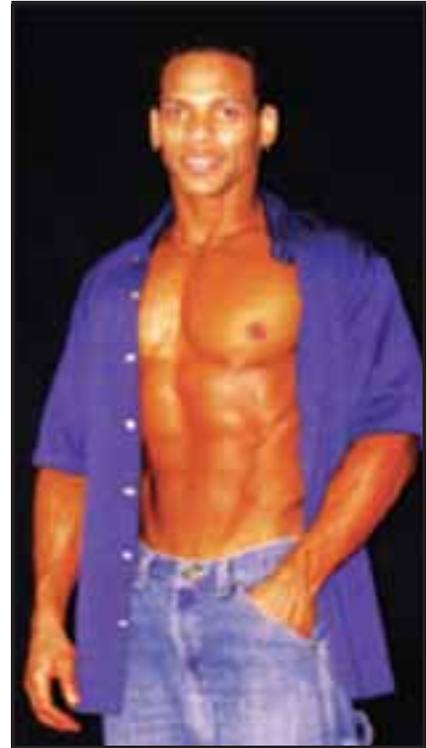
Any changes you make from now until summer will be getting you closer to your goal. Remember not to give up on your vision and stay focused and clear on where you want your hard work to take you. Visualize yourself the way you want to be and focus your attention on the positive attributes of your physique. This will help you stay positive and focused on reaching your goals.

There is no time for negative thoughts or set backs. Keep on keeping on and you can be 12-36 pounds lighter by summertime than what you are now!

You can also come in for a consultation and I will take you through a workout and go over your nutrition with you. Also, I am holding boot camps at Grace Temple Church right now and it's not too late to join the group. Please contact me for more information.

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## The Best Nutrients for Women

By Dianne Hart Pettis, MS, FNP-BC  
Guest Column



While making sure to eat a healthy diet, exercise regularly and manage stress, women also need to make sure to get the right nutrients. Proper nutrition is ultra-important for overall well-being. Proper nutrition helps keep all the body's systems functioning properly, deal with internal and external stresses, and prevent diseases. Food sources and supplements can supply what the body needs to survive and thrive. Though all nutrients are important in some way, I want to highlight 10 of my favorites.

### B Vitamins

B6, B12, riboflavin, thia-

min, and niacin are all major parts of the B Complex group. They are needed for nerve health, and food metabolism. Some are necessary for the production of sex hormones and brain chemicals. They also strengthen immune functions. Folic acid is sometimes considered one of the B vitamins. It works with the others to lower homocysteine levels, and is important for women of childbearing age because it helps to prevent neural tube defects in the developing fetus, and helps protect against premature births.

### Vitamin C

Vitamin C is an antioxidant. It helps in dealing with stress because it supports the adrenal glands in the production of anti-stress hormones. It helps maintain the tissues, so it's good for skin and hair. It improves blood circulation, supports healthy blood vessels by helping in the pro-

duction of collagen. Extra C can help with varicose veins, tissue healing, and preventing abnormal clotting. But, no need to take too much C. What your body doesn't use in about four hours, it excretes. You need at least 60 mg per day.

### Vitamin A

Vitamin A protects and maintains the epithelial tissue – that is, it protects the skin. It can help reduce wrinkles and age spots. More than for just your eyes, it also protects against infections, helps in the formation of bones and teeth, and helps in lowering cholesterol. Taking 2,500 IU is a safe amount; with 20 percent as beta carotene. Too much of Vitamin A can be toxic and cause birth defects.

### Vitamin E

Vitamin E is also an antioxidant; it goes after the free radicals in cells that damage and age them. It

inhibits blood clotting and supports good blood circulation. It also helps with circulation and reducing heart disease by preventing the oxidation of the LDL (bad) cholesterol.

### Vitamin D

Without Vitamin D, the body can't absorb and use the calcium, phosphorus, and Vitamin K it needs for bone formation and repair. Vitamin D also helps regulate the heartbeat and enhances immunity.

### Vitamin K

This vitamin is important for healthy blood clotting and healthy liver function. Those who take blood thinning medications should talk with their primary care providers before taking supplements with Vitamin K so that medication levels may be monitored properly.

### Calcium

Calcium helps to decrease the risk of osteoporosis and bone fractures and your age. It also helps in

preventing high blood pressure. Your body can only handle up to 500 mg at a time, so you may want to take this supplement twice per day.

### Magnesium

This little mineral has many functions. It helps in muscle contraction, and blood pressure regulation. It helps protect against heart murmurs, heart disease and some cancers.

### Coenzyme Q-10

This supplement helps with energy production, and immunity. It may help in preventing cancers, and has been used in the treatment of congestive heart failure and cardiomyopathy/inflammation of the heart muscle.

### Water

Last, but certainly not least. I frequently tell patients that if I could write them a prescription to drink at least six to eight cups of water per day; I would. Your body is made of 60-70 percent water and needs

to be replaced daily. All cells, tissues, organs, muscles...every part of your body needs water to function properly. So, make a goal of drinking more plain water everyday.

Make a well-balanced diet a priority. Your body will work so much better when it has good nutrition. Eat a variety of fruits and vegetables – fresh is best. Your nutrition powerhouses are dark green leafy vegetables, berries, nuts, seeds, fish, and omega 3 oils. Sunlight helps your body produce Vitamin D, so get outside to get a little sun. A good multivitamin in the form of tablets, powders or shakes can supplement what you may not be getting from your diet. The more your body is satisfied by good nutrition, the less it will crave junk foods with empty calories.

Dianne Hart Pettis, MS, FNP-BC

Family Nurse Practitioner

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## Rekindling a Desire

*Special to The Truth*

"Always be the best you can be and provide the best quality of care to your patients," offered Donna Todd, director of Toledo Public Schools' Toledo School of Nursing program. "It's important to enjoy what you do and practice within your code of ethics."

A nurse for nearly 50 years, Todd joined colleagues Daisy Smith and Mary Gregory in providing words of wisdom to Lourdes nursing students and LPNs enrolled in the school's bachelor degree program. The three professionals were also instrumental in assisting the Lourdes School of Nursing obtain a Nursing Workforce Diversity Grant from the US Department of Health & Human Services.

"The diverse community we live in demands a priority be placed on increasing the number of baccalaureate prepared nurses, especially those from underrepresented populations to assure that safe quality nursing care is provided," offers Kathy Perzynski, Associate Professor of the Lourdes Nursing program.

Only 15.1 percent of RNs in the United States represent a minority population. According to recent studies conducted by the National Sample Survey of Registered Nurses by the Department of Health and Human Services, the Ohio Board of Nursing,

the Michigan Center for Nursing and the Ohio League of Nurses, the racial/ethnic background of nurses is even worse on the state and regional level. These numbers do not adequately reflect the richly diverse population that these professionals serve.

The total of minority nurses employed in Michigan is at 14 percent, while in Ohio and the northwest Ohio region it is just 5.6 percent and 6.2 percent, respectively.

The purpose, goals and objectives of the "Discover the Nurse Within Grant" that Lourdes created and received funding for aligns with Healthy People 2010 objectives and the Bureau of Health Professionals goals.

- Providing access to appropriate preparation to increase the number and proportion of students from underrepresented backgrounds who are admitted into the nursing major and graduate with a bachelor's degree

- Increasing the diversity of the nursing profession

- Increasing the cultural competence of the nursing workforce

- Indirectly benefiting populations experiencing health disparities or inequities

- Expanding the health and cultural communication capabilities of Lourdes faculty and graduates to affect an improvement in health care com-

munication and understanding of health literacy issues in underserved populations

Donna Todd, Daisy Smith and Mary Gregory were a few of the key individuals who provided valuable input into the design of the grant project. The approved grant has three components.

6. Developing better strategies to retain students who represent a racial or ethnic minority, thereby increasing the number who graduate

7. Improving the cultural competence of students and faculty

8. Reducing the financial barrier for these students through stipends and scholarships

The grant-funded program follows the nationally-recognized "equal status contact" model. This initiative requires that the student selection process result in half of the participants coming from a minority group and disadvantaged background and half coming from the majority group who are also disadvantaged. The "equal status contact" model facilitates direct interaction between and among different racial and ethnic groups to expand the cultural understanding of different ways of knowing, communicating and doing.

The Lourdes School of Nursing program has a long tradition of serving low-income and first generation stu-



Mary Gregory, Kathy Perzynski, Daisy Smith and Donna Todd

dents. In 2010, 103 students enrolled in the pre-nursing major were members of a racial/ethnic minority. Of these students, 67 percent are first generation college students and 71 percent are economically disadvantaged.

A main goal of Judy Didion, Ph.D., Dean of the School of Nursing, and the nursing faculty was to increase the racial/ethnic diversity and cultural competence of the faculty and the Advisory Council. The racial/ethnic minority composition of the undergraduate nursing faculty has improved from zero percent in 2004 to 12 percent in 2010. "Our goal is to continue to work to improve these numbers," notes Didion.

With so few minority nurses in the profession, the number of individuals who choose the less lucrative path of teaching future RNs is even more dismal. Many who choose to teach often do so later in life after they have worked as an RN. "Those who teach our future RNs must have their master's or doctoral degree in nursing," adds Didion. It is believed that this grant will affect a difference in the nursing workforce as well as in the field of teaching nursing.

The \$1.5 million "Discover the Nurse Within" grant allows up to 108 (36 each year) nursing students to receive stipends or scholarships over

a three year period. Students enrolled in this competitive program also benefit from selected academic support including personal finance workshops. Each participant receiving a scholarship or stipend can be awarded anywhere from a minimum of \$1,500 to a maximum of \$7,000 per academic year based on need.

One of the institution's first workshops included a learning session with Donna Todd, Daisy Smith and Mary Gregory. The students were engaged by these intelligent women and role models. The 45-minute session ended all too quickly for the students.

*(Continued on Page 12)*

# A Salute to Black Nurses and the National Black Nurses Association

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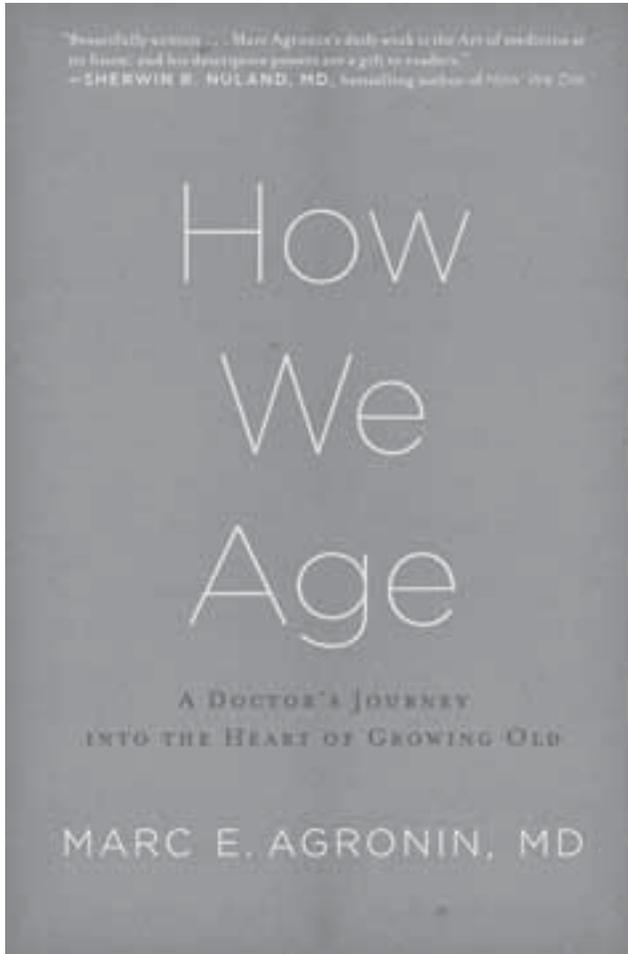
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**Book Review****How We Age by Marc E. Agronin, MD.**

c.2011, DaCapo Press

\$25.00 / \$29.00 Canada 302 pages, includes notes

By Terri Schlichenmeyer  
The Truth Contributor

There may be a correlation, but you're not sure.

Do wrinkles directly contribute to crabbiness? Can the sprouting of gray hair cause a general miasma? And why do people think "Senior Moments" are so darn funny? You wonder, because you've spotted another wrinkle and two more grey hairs, you forgot where your keys are, and there's nothing humorous about that.

But getting older has its benefits, says **Marc E. Agronin, MD.** In his new book *How We Age*, he takes a look at aging – not from your body's POV, but from your brain's perspective.

Growing up in Kaukauna, Wisconsin, Marc Agronin had a good role model in his grandfather, who was the town's beloved physician. Watching his grandfather at work inspired Agronin to become a doctor himself.

As a geriatric psychiatrist whose patients battle dementia, Alzheimer's, depression and other disorders, Agronin has seen the life-changing, life-threatening issues that come with maturation. But stereotypes and clichés aside, even though our culture is obsessed with youth, his patients also enjoy ben-

efits that come with aging.

Once upon a time, we barely aged. Just 100 years ago, the average human lifespan was around 50 years which means, says Agronin, that aging is "less a product of nature and more of a human achievement wrestled from nature." Centenarians, in fact, are the fastest growing age group in today's world.

But as we pluck gray hairs and worry at wrinkles, we need to remember that physical signs of aging are mere annoyances. The real issue to focus on is that aging is harshest on our brains. So, despite the inescapable fact that we have no Neuron Fountain of Youth to rely on, can we age well... in our heads?

Agronin thinks so. In this thoughtful book, he writes about patients he's known who have faced their Golden Years with grace and strength.

There was the wheelchair-bound man who couldn't remember much personal history, but could carry on an eloquent conversation in his native Russian language.

There was the group of women with early-stage Alzheimer's who embraced their own social network,

showing Agronin that alone, patients might falter but together, their limitations were eased.

And then there was Marilyn and Mac. She accepted aging eagerly. He fought it. But both agreed that with years, came "gifts:" better judgment, contemplation, mellowness, and sometimes, delight.

Part science, part essay, *How We Age* is not one of those books that blindly celebrates the so-called wisdom of years. Author Marc E. Agronin bluntly writes about dementia, forgetfulness, Alzheimer's, and other issues that come with seniority. He's honest with his readers without trying to hide anything.

Then, he balances the bad with soaring stories of the goodness in becoming an elder, including serenity, knowledge, and acceptance. Agronin's colleagues taught him that aging has no cure. His patients taught him that aging really doesn't need a cure.

Thoughtful, warm and wise, *How We Age* is a book for everyone who's putting on the years, like it or not. For all of us, books like this never get old.

**Rekindling***(Continued from Page 11)*

you feel more comfortable doing your job."

Professionalism is a trait that both students and professionals hold. As Todd noted, "professionalism should be promoted. How you look, how you perform and how you interact with individuals are all important. Always put your best foot forward. You need to prioritize to fulfill your job for each patient. It is the nurse's responsibility to keep up to date with the profession."

Mary Gregory echoed this sentiment. After beginning her career in surgery, she chose to teach future nurses for the majority of her career. In fact, Gregory helped to develop the well-known Med Tech program. Her advice to the students was simple: "you need to always learn."

For those interested in the "Discover the Nurse Within" program or pursuing a bachelor degree in nursing, contact the School of Nursing at 419-517-8919 or visit <http://nursing.lourdes.edu>.

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Nursing student Dionne Johnson was excited to meet one of her role models – Daisy Smith, a nurse for nearly 50 years who is executive director and one of the founding members of the Toledo Council of Black Nurses as well as a former employee of the former Cordelia Martin Health Center, which has a clinic named in her honor. Johnson's hope after graduation is to launch a nursing clinic similar to the Daisy Smith Clinic.

The advice Smith offered those gathered was to "never compromise your nursing principles, regardless of where you are." In addition, she cautioned the LPNs in attendance that "Many times when you

are new in a profession or job, there is a learning curve. Do your research to find out why a decision is being made." She shared with the students her first experiences as a nurse and the learning curve that she herself faced. She cautioned students to work with the nursing staff where they are employed at to affect change, saying, "Change sometimes takes time. Be patient."

She also shared the importance of caring for all patients. In her career, she believed that "every patient on the floor was my patient because at any moment, I may need to assist or provide care. It is my job. When you have that attitude,

# CLASSIFIEDS

March 02, 2011

Page 13

**Notice to Bidders:** Inquiry #FY11-076, (Project # 0106-10-680) for Nitschke Technology Commercialization Complex Upfits for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Wednesday, March 9, 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 \$75.00 will be charged per set. Any further information may be obtained from Tom Stuckey of Poggemeyer Design Group, Inc. at 419-352-7537. One Pre-Bid Conference will be held on Wednesday, March 2, 2011 at 10:00 a.m. in Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$145,760.00; Breakdown: General Const: \$75,446.00; Fire Protection: \$11,387.00; HVAC: \$19,591.00 & Electrical: \$39,336.00.

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**Move In Ready. \$64,900**  
Call Alma Dortch-Gilbert 419.297.2301 for appointment [adortchgilbert@sbcglobal.net](mailto:adortchgilbert@sbcglobal.net)

**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

**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!!**

**"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.  
**Dr. Edna M. Jean, DPM**  
1857 N. Reynolds Rd. Toledo, OH 43615  
Schedule an appointment. Call 419-537-9877  
*Almost all insurances are accepted including Medicaid and Caresource.*

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**LARRY E. HAMME, Ph.D.**  
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Individual, Family, Marital, Group Therapy  
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Toledo, Ohio 43606 Fax: 419.472.8675

**Hicks Day Care**  
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Administrator  
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Cell: 419.870.2335, Phone: 419.243.9175  
Fax: 419.243.9174  
E-mail: [ghick3@msn.com](mailto:ghick3@msn.com) \* [hicksdaycare.com](http://hicksdaycare.com)

# CLASSIFIEDS

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March 02, 2011

## 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.

Call (419) 729-7118 for details.



EQUAL HOUSING OPPORTUNITY/EQUAL OPPORTUNITY EMPLOYER

## CLINICAL THERAPIST/DIAGNOSTIC ASSESSOR

Unison Behavioral Health Group, Inc. is seeking Clinical Therapist/Diagnostic Assessors to complete diagnostic assessments and provide group and individual therapy to adults and children. Positions are part-time or contingency.

Qualified candidates must have strong clinical skills including the ability to make clinical decisions, knowledge of therapeutic principles and practices, thorough knowledge of DSM-IV and strong group process skills. Masters degree and Ohio licensure as an LPCC or LISW required.

Send resume and desired status to:  
Human Resources Director- CTDA  
Unison Behavioral Health Group, Inc.  
1425 Starr Ave.  
Toledo, OH 43605  
419-936-7574 - Fax  
hr@unisonbhg.org - Email

Equal Opportunity Employer

## DRIVER - Contingency

Unison Behavioral Health Group Inc. is seeking an experienced driver to provide transportation services Monday through Thursday from 3pm to 7pm. Additional hours may be available on an as needed basis covering for leaves, vacations and sick calls.

Previous experience driving large passenger vans and working with individuals with mental illnesses is preferred. The individual must be at least 21 years of age, have a current Ohio Driver's License (CDL preferred) and have a driving record that would enable them to be insured under the agency policy. Preferred candidates will be able to work evenings and split shifts if needed.

Human Resources Director- D  
Unison Behavioral Health Group, Inc.  
1425 Starr Ave.  
Toledo, OH 43605  
419-936-7574 - Fax  
hr@unisonbhg.org - Email

Equal Opportunity Employer

## POLICE/FIRE DISPATCHER

The Sylvania Township Police Department will conduct open competitive examinations to establish an eligibility list for the position of full-time police/fire dispatchers. **Duties:** include receiving 911 emergency and non-emergency calls, dispatch Police/Fire response, monitor status of units, and maintain related records, operating LEADS, NCIC, computer networks, multi-faceted communications devices, CAD, and TDD. Candidates must be able to exercise excellent judgment and communication skills while under pressure. Must be able to multi-task effectively in high stress conditions and interact tactfully with the public to resolve situations. Candidates must be able to work any shift as needed, weekends, holidays, extended hours in emergency, disaster, or other situations influenced by workload or staffing shortages.

Testing will be held on (to be determined). Applicants will be notified of exact testing location and time by mail. Beginning hourly rate is \$19.31 per hour with benefits. **Minimum Qualifications:** U.S. citizen or a naturalized citizen, at least 21 years of age, have a high school diploma or equivalent, type 30 wpm, must be eligible to be LEADS certified and complete CTO training. Associates degree and previous emergency dispatching/call-taking experience is preferred. Applications will be accepted from 7:30 am until 4:30 pm (to be determined). Applicants may apply in person at 4420 King Road, Sylvania, Ohio, or can obtain and print application information online at [www.sylvaniatownship.com/PoliceForms.aspx](http://www.sylvaniatownship.com/PoliceForms.aspx) Applicants may be involved in the following qualification activities: background investigation, physical examination, drug screen, and psychological evaluation.

The Sylvania Township Police Department is an Equal Opportunity Employer.

## CNA's/STNA's

CareLink Nursing Services/Emerald Staffing has immediate open positions available for CNA's/STNA's. Competitive wages!! The positions are located throughout Toledo and the surrounding areas. Applications will be accepted Monday thru Friday between 9 am and 3:30 pm. Our office is located at 5201 Monroe St. Ste. 7, Toledo, OH 43623. Applicants must have a high school diploma or GED, drivers license, certificate and auto insurance (proof is required at the time of application). If you have any questions, please contact our office at 419-843-6049.

## For Rent

3118 Elm - 3 bedroom, basement, garage, deck  
\$650 month - Section 8  
Call 419-349-8938

## For Rent

Newly remodeled, two bedroom Security system, 2549 Stickney  
\$425, \$400 deposit  
Call Demetria 419-514-4011

## Church Seeking Pianist

First Antioch Baptist Church (of Christ) seeking Christian pianist to provide music for Sunday morning worship service. If interested please contact Pastor Gary Black at 419.340.0753.



## ASSEMBLY MANUFACTURING

Parker Hannifin, a Fortune 500 company, has open positions on 2nd and 3rd shift for element assemblers at its Hydraulic Filter Division located in Metamora, Ohio. Applicants must have a high school diploma or GED and be a U.S. Citizen with a minimum 1-2 year's experience in a manufacturing assembly environment.

Parker offers a comprehensive benefits program that provides financial protection today while preparing for the financial security of tomorrow. It is also flexible to meet the different - and often changing - needs of our employees and their families.

If qualified, please go online to [www.parker.com/careers](http://www.parker.com/careers) to apply. EOE M/F/D/V

## Request for Proposals (RFP)

### DESCRIPTION:

RFP #11-003 Management Assessment Services

ISSUE DATE: February 18, 2011

PROPOSAL DUE DATE & TIME: March 18, 2011 at 4:00 p.m.

PROPOSAL DELIVERY LOCATION: Lucas Metropolitan Housing Authority (LMHA)  
435 Nebraska Avenue  
Toledo, OH 43604

DIRECT INQUIRIES TO: Terri L. Mayle  
Director of Finance  
(419) 259-9447  
[tmayle@lucasmha.org](mailto:tmayle@lucasmha.org)



The responsibility for submitting a response to this RFP at the Lucas Metropolitan Housing Authority on or before the stated time and date will be solely and strictly the responsibility of the respondent.

All proposers shall be required to meet the Affirmative Action and Equal Opportunity requirements as described in Executive Order #11246. Each proposer must insure all employees and applicants for employment are not discriminated against because of age, race, color, religion, creed, sex, military status, ancestry, disability, handicap or national origin.

## Nonprofit Office Coordinator / Part Time

Junior League of Toledo is seeking a self-starting administrative professional to solely oversee its office under the supervision of Board members, to manage a variety of clerical tasks, and to work patiently and pleasantly with its members and the public. The ideal candidate will have excellent verbal and written communication skills and the ability to work independently in a multi-tasking environment with great attention to detail. Requirements: high school diploma (Associate's Degree preferred), 1-3 years of office experience, excellent data entry skills, and strong computer skills, including Word and Excel proficiency. Position is 24 hrs./week, 1st shift. Salary Range: \$12-14/hr. Benefits include: competitive paid time off and paid holidays. EOE.

For information about the Junior League of Toledo, visit [www.junioreagueoftoledo.org](http://www.junioreagueoftoledo.org)

To be considered, please e-mail your resume and cover letter to [JL\\_Tempemployment@gmail.com](mailto:JL_Tempemployment@gmail.com).

## The Lack of Black at the 83<sup>rd</sup> Oscars

By Michael Hayes  
Minister of Culture



I love the month of February.

It's the month of my birthday, Valentines Day, the Grammys, the Oscars and more all rolled into 28 days of observing Black History. But as March rolls in, the lasting impression left on the collective consciousness of our people by the previous four weeks can sometimes only be described as bitter.

We just spent all that time being reminded that this country was built by our free labor and now all we can do is entertain everyone without the accolades we deserve?

At this time of the year it's still fresh in our minds that black people achieve when it comes to entertainment. Hell, we just finished watching football and basketball players that look like you and me zip up and down fields and courts at the highest levels of their sport.

Getting recognized for a job well done is all anyone who does a job well can truly expect.

In other words: we may not win, but damn can we at least get nominated?

This is the first year in a long time where the highest honors in the entire film industry did not recognize the artis-

tic achievement of not one African American.

And, no, I don't believe we need to take over the Oscars the way we have the NBA Finals.

But you mean to tell me *Shrek* can get a best picture nomination and *For Colored Girls* can't?

Can Tyler Perry Win?

When I saw Tyler Perry as a presenter during last year's Oscars my stomach sank just a little bit. It seemed like an ambush, like the rich neighbors inviting the new money on the block to stop by the house to admire the inner sanctum of a place he'd likely never see again.

Black America's relationship with Tyler Perry is only slightly better.

We respect his success, but many of us feel the images coming from his studio make black folk look one dimensional and somewhat like buffoons.

It's an awkward position to be in.

On one hand he's created a niche that's respectable and well served.

We had a slew of black films like *The Best Man*, *The Wood*, *The Brothers*, *Deliver Us From Eva* and many others that gave our people romance and light-heartedness for years. We got to see some of our favorite actors, we got to show our roots in family and friendship.

I mean everything from *Soul Food* to *This Christmas* (except for *Baby Boy* and *Soul Plane*) in some way added must-haves to our personal

black DVD catalog because it presented the aspects of who we are that were honest, familiar and pleasing. Then, it kind of vanished for a few years until Tyler Perry's plays started sweeping the nation.

Then when he came to Hollywood it was a wrap.

An economic force to be reckoned with and back-to-back hit movies *FROM JUMP*, and he one-upped every black actor/actress/director we've been watching for 20 years by owning his own studio!

Everyone has a production company in Hollywood, but owning your own studio puts you in an enormous position of power.

It's like the difference between Cash Money's deal with Universal Music Group and that first Ruff Ryders deal with Def Jam.

But if being a boss in the game earns you business cred, you still need to deliver consistently high quality art if you want that love and acclaim.

Do you feel the Madea character is "coonery" that makes Tyler Perry and us look foolish? Many, many people do. Even an actor who starred in one of Tyler Perry's movies has gone on record blasting him for the drag character (look up Idris Elba's comments on Madea).

I admit, I don't think basing a career on drag is a reliable source of critical acclaim for any serious male actor/writer/director.

I admit, many of Tyler Perry's films follow such a pre-

dictable formula it's kinda like if you've seen one you've seen them all.

However, we need Madea.

What popular culture, mainstream media entity did we have in recent years that would smack a smartmouthed 10-year-old kid upside the head and represent that true "you might get hurt" tough love so many of our elders instilled in us. Like, where did we see that in the years immediately preceding Madea? We didn't. Period.

Where did we see tales of black morality that, even though confined to southern Christian black influence, still consistently give us stories centered around community and family?

We didn't have that. Period.

Hell, no one said a thing when Robin Williams did *Mrs. Doubtfire*.

No one cares that white boys get millions to do insane Jackass movies.

Why are we somehow only respectable if we follow a narrower path?

We need Tyler Perry, maybe now more than ever.

For *Colored Girls* vs. The Oscars

Two years ago *The Family That Preys* became one of my favorite black dramas ever. There were a few weaknesses in the plot flow, and the more technical nuances of convey-

ing the inner workings of a corporate entity to Perry's core audience... but it's a great film.

On multiple levels *The Family That Preys* connected people through race and class while also showing the divisions therein.

It was that film that let me know he's capable of one day being an Oscar contender as a writer and director.

Last year, that day came. The nominations at this year's Oscars for Best Picture, Best Actress, Best Supporting Actress and Best Adaptation should've included *For Colored Girls*. Period.

I'm not sure if it's entirely racist why the film wasn't included in the nominations, but it certainly is criminal.

What more could you want?

Some foreign nonsense that doesn't even make sense?

Some people running around the woods?

And what in the hell is America's obsession with British royalty?

Talking about Tyler Perry's films being predictable, that's the most played out mess ever. A film comes out concerning the royal family and for some reason our country eats it up when it has nothing to do with us or our every day lives.

Many of you who know me were shocked that I loved *For Colored Girls* so much be-

cause I'm such an advocate for good men being represented in media. But Perry has passed the test. Every film of his always has two good black men for every one despicable black male character... I can live with that. I don't even need to go into detail.

You know the characters involved, you know how you felt watching that film and you know just like I know that it should've at least been nominated at the 83<sup>rd</sup> Academy Awards a/k/a The Oscars.

We need to either make our own awards just as prestigious... or make Billboard awards the new Grammys (since being a serious producer I've always cared more about the Billboard awards anyway) and make the S.A.G. awards the new Oscars.

Making a movie is an art. It starts with someone's inspiration to depict a story and touch a part of the souls of the people who will one day sit and watch it unfold.

If black people tell great stories, with great acting... if we rise to the occasion by offering art that is enduring and powerful... we need to be recognized for it.

Not because we are black. But we definitely shouldn't get shut out because we are black.

Oh well... maybe next year. Peace.



**WHO'D YOU THINK YOU COULD DANCE?**  
MIDWEST DANCE COMPETITION

**Friday APRIL 22, 2011**  
Does Your Dance Team Have What It Takes To Be The Best Of The Midwest?  
Show Starts @ 8pm - Competition Begins @ 9pm  
**Maumee Indoor Theater (601 Conant Street)**  
Maumee, Ohio 43537

\$\$\$Cash Prize For The 1st Place Team\$\$\$  
Plus Bragging Rights For the 2011 Year!  
**Trophies for the 1st, 2nd & 3rd Winners**  
Registrations: \$50 (Group of 5 or less)  
\$75 (Group of 6 or more)  
**All Teams Must Register by April 9, 2011**  
Music by: DJ SCHOLAR

Seats: \$5 Advance Purchase & More Event Day  
Call (419) 870.8757 or (347) 692.8481  
For tickets or Registration

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# Mt. Nebo MBC Holds Annual Black History Event

Sojourner's Truth Staff



Mt. Nebo Missionary Baptist Church held its annual Black History Month celebration on Saturday February 26 at the Ramada Hotel & Conference Center.

The celebration "Stepping Out In Faith" featured the recognition of a number of community members who are committed to the cause."

The honorees included: Rev. Matthew Allen, associate minister of Southern MBC; Lettie Bedford, first lady of the historic Third Baptist Church;

Larry Jones served as the toastmaster for the ceremony. Rev. Cedric Brock is the pastor of Mt. Nebo.

Senator Edna Brown of Ohio District 11; Nelda Browning, Ushers' Association – Union Grove Baptist Church; John Chapman, trustee with Jerusalem MBC; Barbara Corggens, trustee with the Greater St. Mary Baptist Church; Princess Ellis, Serenity Church of God in Christ; Barbara Hall, daughter ruler – Grace Temple of Elks; Melody Bowen Hall, associate minister St. Paul AME Zion Church; Gwendolyn March Jones, missionary with Mt. Zion Baptist Church and Charlesena Harrison Smith, imperial commandress, Imperial Court, Daughters of Isis.

Larry Jones served as the toastmaster for the ceremony. Rev. Cedric Brock is the pastor of Mt. Nebo.



Caption: (l. to r.) Charlesena Harrison Smith; Gwendolyn March Jones; Barbara Corggens; Rev. Matthew Allen; Nelda Browning; Rev. Cedric Brock, Sen, Edna Brown; John Chapman; Barbara Hall, Princess Ellis; Rev. Melody Bowen Hall

## In Memoriam

### The family of Marjorie Welch

Wishes to thank you for your kind expressions of sympathy. We acknowledge and sincerely appreciate your kindness and thoughtfulness at this time.



May 8, 1939 - January 15, 2011

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