



Oceachia Anderson, Sickle Cell Anemia Victim



"SOME PEOPLE TURN THEIR BACKS ON YOU BUT I ALWAYS TRY TO SHOW NURSES AND DOCTORS THAT I'M TRYING TO DO EVERYTHING RIGHT - PRAYER, EXERCISE AND DIET."

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Another View From The Mountaintop

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



The impulse to dream had been slowly beaten out of me by experience. Now it surged up again and I hungered for books, new ways of looking and seeing. - Richard Wright

Monday, April 4, 2011 marked the forty-third anniversary of the assassination of Rev. Dr. Martin Luther King, Jr.

In activities around the nation commemorating the tragic event, parallels to King's activism at the time of his death have been emphasized in an attempt to mobilize a movement to resist proposed or signed legislation to restrict collective bargaining rights for public workers such as Ohio's S.B. 5.

It is true that King had come to Memphis in support of thirteen hundred black members of an AFSCME public employees' local in order to win union recognition by the city. However, the plan had been for King to come to Memphis, make a quick speech at a mass rally of striking sanitation workers and immediately return to the Delta region.

And, like the immortal words from the 1963 "I Have A Dream" speech in Washington, the unforgettable words uttered in Memphis just before King's death - "I've been to the mountaintop, I've looked over and I've seen the Promised Land. I may not get there with you, but we as a people will get to the Promised Land" - have also overshadowed the true focus of his larger agenda and been used to constrict the view of what occupied King's undivided attention the last year of his life.

What would a panoramic view of King's vision reveal?

The Poor People's Campaign, engineered by King and launched less than a month after his death, was a broad nonviolent, multiethnic coalition of poor African Americans, ethnic Mexicans, Puerto Ricans, Native Americans and whites to pressure the government to end the spending of billions on the Vietnam War and to fulfill the promise of the War on Poverty through programs for jobs, income support, collective bargaining, quality education, fair housing and criminal justice reform.

The main symbol of the Poor People's Campaign was Resurrection City, a shantytown built on the grassy mall in Washington D. C. and occupied by grassroots poor from around the country to dramatize the effects of poverty. Resurrection City was unceremoniously closed down by the D.C. police amid "rain-driven, ankle-deep mud" shortly after being erected.

While the Poor People's Campaign was dismissed by historians and branded by journalists as a colossal failure, if we are able to look past the faulty paradigm of success and failure, King's true mountaintop agenda on April 4, 1968 leaves us with both a broader significance and also with unanswered questions that forty three years later still haunt us.

The primary revelation from the campaign is that issues of class structure are "not palatable" for America.

The public response to a Poor People's agenda has been and is now, one of impatience and contempt rather than of empathy or understanding. Yet, it is believed by many that the emerging movement involving middle class public employees can only be successful if it can be transformed into a larger movement that liberates all oppressed people.

Among the relevant questions suggested by King's Poor People's Campaign but left unanswered:

- How are effective coalitions built in an era of conservatism and where Democratic party leadership is still held hostage to the potential of a "Southern Strategy," whereby it is willing to risk the indifference of the poor and people of color in order to cater to its most conservative wing?
- How are interracial alliances developed between whites and African Americans or between blacks and Latinos that often leaves them acting from self rather than collective-interest in a time of rapidly diminishing resources?

And finally, the most formidable challenge of our day asks:

(Continued on Page 13)

Community Calendar

April 6

ProMedica Health Education Series for Breast Cancer Survivors: Toledo Hospital Kellermeyer Auditorium; 7 to 8:30 pm; "Optimizing Wellness: Exercise and Complementary Therapies;" 419-291-2330

April 9

Women Blessing Women Mentorship Program Kickoff: 11 am - 1 pm; 419-408-3993 or 419-241-9789

Annual Community Health Fair: Cordelia Martin Health Center; Sponsored by Toledo Council of Black Nurses and Omega Psi Phi Fraternity; 10 am to 2 pm; Free adult health screenings - blood pressure, diabetes, cholesterol, HIV, color-rectal, prostate, lupus, etc: 419-531-4310

UAW Local 1435 Women's Committee Shero Luncheon: Honoring women in the workplace who have proven to be heroes; 11 am to 2 pm; Panelist Celia Williamson, Ph.D., of UT: 419-666-7070 or 419-215-9367

April 10

Parents of Murdered Children Motorcycle Run: Fundraiser to expand services to area families who have lost a loved one; 10 am; Toledo Speedway: 419-309-7759

Indiana Ave MBC 46th Pastoral Appreciation: For Rev. John and First Lady Bernice Roberts; 4 pm; Guests Rev. Jerry Boose and 2nd Baptist: 419-246-3850

April 12

Catholic Charities Bereavement Event: Author Sandy Lauer on "The Many Faces of Grief;" 6 to 8 pm; Auditoriums and B at St. Luke's Hospital: 419-244-6711 ex 431

April 13

ProMedica Health Education Series for Breast Cancer Survivors: Toledo Hospital Kellermeyer Auditorium; 7 to 8:30 pm; "Self Advocacy: Your Rights as a Survivor;" 419-291-2330

St. Paul's Community Center Annual Soiree: "Help Us Build a Better St. Paul's" fundraiser; Georgio's Café; 6 pm: 419-255-5520 ex 224 or 419-261-9914

April 13-15

Toledo District of Full Gospel Baptist Church Fellowship International Annual Prayer Conference: "It Shall Be Done ... Greater Works;" City of Zion campus; 6:30 pm nightly

April 15-17

Calvary Baptist Church Women's Ministry 14th Spring Retreat: 419-787-9635

April 17

Beulah Baptist Church 5th Pastoral Anniversary: 11 am service with guest Rev. James Wilson; 4 pm service with guest Pastor F.A. Sheares

April 16

Birth Your Business Workshop: End Time Christian Fellowship; Noon to 1:30 pm: 419-346-7426

April 17

New Prospect Baptist Church "Old Ship of Zion" Program: 4 pm; Various groups from around the city

Palm Sunday Parade: "In His Footsteps;" Corner of Ewing and Indiana Ave; 5 pm; Sponsored by Walls Memorial, ETM Productions, Amazing Grace AME, St Paul AME

April 20

ProMedica Health Education Series for Breast Cancer Survivors: Toledo Hospital Kellermeyer Auditorium; 7 to 8:30 pm; "Giggling Your Way to Good Health;" 419-291-2330

April 22

Easter Eggstravaganza: Wayman Palmer YMCA; Easter egg hunt, Easter egg roll, arts and crafts; 4 to 7 pm

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The Ohio Legislative Black Caucus Responds to the Passage of Senate Bill 5

Special to The Truth

On March 30, 2011, The Ohio House of Representatives passed its version of Senate Bill 5, a contentious piece of legislation designed to eliminate collective bargaining for public sector unions in the state of Ohio. The bill's vote was 53-44, and set the stage for yet another confrontation in the Ohio Senate later that evening where the bill's amendments

were confirmed by the Ohio Senate in a 17-16 vote.

Ohio Legislative Black Caucus President Sandra Williams said with regards to the bill that "The Republican party is drunk with power and are staggering all over the rights of Ohio's middle class. Senate Bill 5 is a horrible bill and it will destroy the middle class." Earlier this week, the bill had been amended in the

House Commerce and Labor Committee to include a concession for police and firefighters unions that would allow them to collectively bargain on safety equipment, but further strengthened the bill's other prohibitions against collective bargaining for public sector unions.

The floor votes in the House and Senate were unusually noisy and raucous

affairs, whereupon upset members of the public sitting in both bodies announced their displeasure at the result. Governor John Kasich signed the bill today and the Senate Bill 5 will become the law of the state in 90 days. Recent data has shown that African Americans are heavily employed by the public sector in this state, and do stand to be disproportionately affected by Senate Bill 5's likely results. According to Policy Matters, 18.5 percent of working African Americans are employed by cities, counties, or the state at some level. For working African-American women, that number rises to 20 percent.

One of the effects of the bill will be to prevent public sector unions like teachers, police, and firefighters from bargaining with management on issues like salary, benefits, and time off.

State Representative Roland Winburn, third vice president of the Ohio Legislative Black Caucus, issued the following statement: "If

you still think this bill is merely about unions, union busting, and eliminating collective bargaining, you're wrong. It is about taking away all the protections that public employees have, and silencing their collective voices. In all likelihood, it is merely about power."

State Senator Edna Brown of Toledo added that: "This extreme legislation is an assault on public workers, and it will weaken the middle class. Lawmakers have broken their campaign promises to create jobs. We will see Local communities and locally-owned businesses end up in a position where they are forced to layoff workers, fire employees or shutter their windows and close their doors. Ohioans do not support taking collective bargaining rights away from public employees and they will be given the opportunity to veto this anti-working family bill."

State Representative Michael Ashford of Toledo issued a statement regarding the bill: "Senate Bill 5 takes away the rights of middle class

workers and does nothing to create jobs. This bill will return the state to the old days when patronage, cronyism and nepotism were rampant. This bill will turn the clock back to when the color of your skin or your gender stopped you from being promoted or getting a job in the first place. If you take away all the protection from public employees you will have elected official every four years coming into state government and sweeping everyone out the door and giving those jobs to their friends, family member and the political machine.

Labor groups and other like-minded organizations plan to bring the issue to the voters with a referendum for the November 2011 election. In Ohio, any piece of legislation can be brought to the voters for approval via the referendum process, and the first step of the procedure is to collect just over 231,000 valid signatures from Ohio citizens within 90 days of the day the controversial legislation was signed.

Letter to the Editor Community Health Center Funding.

Speaker Boehner: Your reply to my message stating the critical need for continued funding for community health centers (CHC) in no way spoke to the critical concerns I expressed regarding the overarching significance of this issue.

Still must continue to speak this truth because, as a physician, I must deal daily with human beings face to face who will be victimized if funding is reduced or eliminated.

I must seek ways to help the wife of a stroke victim whose husband was previously the family bread-winner before he had a major stroke, forcing her to minimum wage job to meet their needs. They have no car and ride a bus to office visits. I must share the terrible news with a daughter that her mother has late stage breast cancer because she put off getting a mammogram to save the family a little money. She was uninsured, unemployed, and the "free screening programs" were overwhelmed with long waiting lists. I vehemently disagree with the way you choose to characterize **PROVIDING ESSENTIAL AND NEEDED HEALTH CARE TO PEOPLE...TO YOUR FELLOW AMERICANS...TO HUMAN BEINGS as a job-crushing. What type of job can a person look forward to if they are unable to walk, talk, or provide for their families due to physical illness.** Your outlook is woefully short-sighted.

However, if that continues to be your stated stance and rhetoric, then you merely confirm my suspected fears. ...that your so-called *Pledge To America* caters primarily to those in our country who already possess power and influence, means and money, and health insurance.

Do you lack the integrity and human compassion to fight for those least able to truly fight for those least able to speak for themselves, or those impacted by job and health insurance losses? As CHC advocates have undoubtedly and repeatedly expressed, to reduce or eliminate funding for CHC will worsen an already disheartening circumstance facing too many Americans. CHC have long waiting lists now as we struggle to provide care to those who are dismissed by private practice physicians once they lose insurance and are not able to afford the private pay fees. CHC also struggle to accomplish the next necessary tier of care...to make referrals for procedures and surgeries unless people are practically at death's door. If funding is lost for CHC, we will be thrown back to a dismal dark ages when people either crowded emergency rooms unequipped to provide primary or preventive care on a continual basis, or worse still, just ignored their health concerns until something really bad happened.

With such a short-sighted outlook, our country stands to gain so much more than a balanced national budget:

- More asthmatics will likely die from exacerbations and respiratory failure.

(Continued on Page 13)

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National Exchange Club Celebrates 100 Years of Serving Communities across America

Toledo, Ohio, March 27, 2011— The National Exchange Club began celebrating its 100th anniversary this month with a variety of events occurring across the country. To mark this centennial milestone, the Toledo-based national organization hosted two special celebrations on Saturday, 26th and Sunday March 27th. To honor The Exchange Club's birthplace of Detroit, Michigan, a Saturday dinner event was held at the historic Penobscot Building in downtown Detroit, the location where founders met to plan for the growth of Exchange from a local club to a national organization.

A special ceremony took place on Sunday, March 27 in at the national headquarters in Toledo, Ohio to celebrate the date of its founding in 1911. This special day included a reception and program attended by Exchange Club members and guests with a special visit by its National President Margie Miller, Charleston, South Carolina, and President Elect Sidney Mobley of El Paso, Texas. Congresswoman



Mobley-Bell-Miller-Wozniak

Marcy Kaptur, Lucas County Commissioner Tina Skeldon Wozniak, Mayor Michael P. Bell and Councilmen Tom Waniewski and George Sarantou came to support the Exchange Club's centennial. A special recognition was made to Toledo Police Chief Mike Navarre and Toledo Fire Chief Mike Wolever on behalf of police officers and firefighters across America for their outstanding service to the community.

The centennial year will also make history with the election of Mr. Sidney

Mobley as the first African-American National President. President-Elect Mobley will be sworn in during the convention in July of this year to begin his term as leader for the organization.

A display of 100 American Flags on the front lawn greeted visitors. Tours of the signature national headquarters building were offered and visitors were able to view The Freedom Shrine featuring a facsimile collection of 29 historic documents that chronicle America's journey to freedom, ranging from the

Mayflower Compact of 1620 to Dr. Martin Luther King's "I have a Dream speech." Exchange will also mark its centennial anniversary with special celebrations during its annual national convention slated for July 6-9 in Detroit, Michigan, returning members to the birthplace of the organization a century ago. Founded March 27, 1911 in Detroit, Michigan, by businessmen who wanted to "exchange" ideas, the Exchange Club moved its headquarters to Toledo, Ohio, in 1917. For the past 100 years, its volunteer efforts have supported the needs of the country and of local communities. With 700 clubs and over 22,000 members throughout the United States and Puerto Rico, Exchange is the country's oldest service organization operating exclusively in the United States.

Jim Hartley, executive vice president at the organization's headquarters said, "Many of our efforts promote 'Americanism' - the concept that our country plays a special role as a beacon of freedom, democracy,

equality and inclusiveness. We are always looking for new members to help promote these ideals to a new generation of Americans. We are also looking to increase public awareness of the work done by local clubs and members that comprise the National Exchange Club and help attract new members so we can continue to expand our ability to serve families, our communities and our great country for a second century of service."

The National Exchange Club's national project, the Prevention of Child Abuse, was adopted in 1979. Exchange also sponsors activities designed to benefit, award and develop our nation's youth, promote crime prevention, serve senior citizens and recognize military and public safety service providers.

In addition to these programs the National Exchange Club has been at the forefront of significant developments in American history. In the 1920's Exchange saw the tremendous future in aviation and became involved in

promoting the establishment of emergency landing fields in cooperation with the government. Exchangeites also placed markings on rooftops with large arrows to identify routes for aviators. Amelia Earhart was the headline speaker at the 12th National Exchange Club Convention in 1928 that was held in Toledo, Ohio. An airplane transportation service between Detroit and Toledo was billed as the first of its kind in the history of American conventions. In 1929 Exchange sponsored the first transcontinental air race ever held for women aviators. The route was between Santa Monica, California and Cleveland, Ohio.

In 1933 President Franklin D. Roosevelt called upon Exchange to assist with what was called

"The National Recovery Crusade." Exchange members traveled hundreds of thousands of miles

across the country spreading a message of encouragement to help lift the nation's spirits that during the Great Depression.

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Local Teen Selected to Lead a Youth Missionary Team to Malawi, Africa to Help AIDS Orphans

Special to The Truth



Emanuel A. White is no ordinary young man. His ministry began at the age of four when he would ride his tricycle to pre-school and along the way he would stop and ask strangers, "Do you know Jesus?" The summer of 2008 Emanuel, as a team member, went on his first missionary trip with Teen Missions International to Belize.

To acquaint you to Emanuel, here is his testimony:

My call to attend Bible, Missionary, and Work School (BMW) appeared two years ago, during the summer of 2008, when I was on a Teen Missions International (TMI) missionary trip to Belize. Unfortunately, I didn't really heed the call and tried to go through life without Christ... even though, I grew up in a Christian family and have always considered myself to be a Christian and tried to do the right thing.

During my junior year of high school I started to hang out with the wrong crowd and became involved in activities which were unfit of a Chris-

tian. I was thinking about changing my actions and failed to change. Then I hit a low point. When I hit my low point it was then I called out to Christ and He heard my cry. Ever since then, even though it has not been the easiest walk I am learning the process of devoting and turning my life over completely to Christ.

During my senior year as I was completing college applications I realized the importance of attending a college which would challenge me to become a better, more effective Christian. As I was still filling out my applications and choosing which college to go to the thought of attending BMW crossed my mind, but I ignored it. As time went on, I narrowed my decision down to two colleges; University of Mississippi (Ole Miss) and Mississippi College. As I neared graduation, in May, I made the decision to attend Ole Miss.

To give you a little more background information, this past summer (2010) I had the

opportunity to be an assistant team leader on the Honduras Horseback missionary trip. When I arrived at the Orlando Airport, I was picked up by two BMW students. As we traveled to the TMI base I talked with both BMW students and I, almost, immediately felt the call on my life to attend BMW. I felt BMW would be a place where I could allow the Lord to work through my life.

During TMI boot camp and while I was in Honduras, I wrestled and prayed about whether to attend Ole Miss or BMW. I asked God for guidance, wisdom, and a sign. While in Honduras, I was blessed to have a current BMW student lead the missionary team with me. We, also, had a good conversation about BMW which helped in my decision. As the summer drew to an end I knew I had to make up my mind and decide which way in life to go.

I felt that if I waited until I returned home, I would encounter outside influences and distractions. Therefore, I knew I had to make a decision while I was in the field. So there in the field I decided to attend BMW. Originally, I decided to begin in the winter term, but when I returned home my mom said, "Why would you wait, there is no life for you here." So I ended up coming this fall. I know BMW is the place where God has called me. Even though, I only had one week to prepare God made sure I had transportation, clothes, and the start of a support system. This is my testimony and my call to BMW.

A few months ago Emanuel was selected to be an assistant team leader for Teen Missions International. Even though, he is just 18 years old Emanuel will be responsible for leading and overseeing a group of teens on a mission trip (June 23, 2011 - August 14, 2011) to Malawi, Africa.

Malawi is known as the "Warm Heart of Africa". After stopping overnight at the Teen Missions Malawi base in Chipoka, the mission team will travel seven hours by truck to the far reaches of Northern Malawi to an area called Chilumba.

While in Malawi the missionary team will sleep in tents and backpack into remote Tumbuka villages. They will use buckets to bathe and wash their laundry. This area is so remote, that most of the people living there don't even use money, but barter for goods.

The missionary team that Emanuel will lead will use the construction skills that they learn during The Lord's Boot Camp to construct an AIDS Orphans Rescue Unit that will help hundreds of needy children. Teen Missions believe in order to feed the soul spiritually they must also provide for the individual's physical needs. The vision and goal of the Malawi mission trip is to provide for children whose parents have died of the HIV/AIDS virus, and children or

widows who do not have a sustaining family.

According to research, Sub-Saharan Africa is more heavily affected by AIDS than any other region of the world. Worldwide, there are an estimated 15 million AIDS Orphans. Of that number, 11.6 million live in sub-Saharan Africa. There are approximately 560,000 AIDS orphans in Malawi alone.

At the conclusion of the Malawi mission trip Emanuel's team will join other mission teams, who traveled to other countries, for debriefing. Debriefing is a time set aside to equip the team members and leaders with returning to their homes and churches, thereby, permitting them to put into practice the things God had taught them throughout the summer.

Teen Missions International is a Christian organization whose primary goal is to challenge, train, and disciple young people. Since 1970, Teen Missions International has been exposing youth to worldwide missions.

Prior to departing on a mission trip team members and leaders must attend a two-week Christian boot camp, "The Lord's Boot Camp", in Merritt Island, Florida. The purpose of the boot camp is to acquaint team members and leaders with conditions of the mission field. The youth are challenged spiritually, mentally, and physically.

During boot camp each team member and leader is required to attend daily classes and take spiritual growth classes. Everyone is required to memorize the books of the Bible (in order), the Ten Commandments and the Beatitudes. In addition each youth must learn over

40 scriptures, identify the 10 plagues and be familiar with the 12 disciples.

In addition to being challenged spiritually and mentally the youth are challenged physically. A timed obstacle course is used to unify each mission team and teach them how to work together. Boot Camp climaxes with a candlelight Commissioning Service when team members and leaders depart for their particular mission trip.

Throughout the summer you will be able to check on the progress the Malawi mission team is making while they are in Africa by visiting the following website: teenmissions.org. Updates are posted on a regular basis. Your support and prayers for this young man are needed to assist him as he travels to Africa to help AIDS orphans

Each team member and leader is responsible for raising financial support money to cover their expenses. Expenses includes work boots, work clothing, meals while traveling to Boot Camp, medical expenses, required vaccinations, passport, visa application, round-trip airfare to the missionary country, air taxes, surface travel while in the foreign country, tents, and \$100.00 fee to purchase building materials for the mission project.

Furthermore, Teen Missions International is an organization which qualifies for matching gifts. Many corporations will match a donation given by an employee to a tax-deductible organization. Matching gift forms are usually available from the employer and should be submitted along with your donation.

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Sickle Cell Anemia Victim Fighting to Stay as Healthy as Possible

By Fletcher Word
Sojourner's Truth Editor

Oceachia Anderson was first diagnosed with sickle cell anemia when she was six months old – very early for such a diagnosis. She experienced her first major crisis at the age of five and from that point on, experienced perhaps six a year.

The disease has made every aspect of her life difficult and, now, at the age of 31, she has yet to fulfill certain goals that others, not afflicted by such a debilitating illness, have long since accomplished. Her education, for example, has suffered due to the crises she undergoes on a regular basis.

Anderson attended high school at Scott and then in the Macomber Whitney Building. "I always had difficulty trying to catch up," she says now. "I loved school and I want to go to college but I could not get

to the facility."

The Truth caught up with Anderson during her most recent crisis when she was at Mercy St. Vincent Hospital, the closest at the time of her emergency. She checked in on March 10 and was released over this past weekend.

She entered with a temperature of 103 and low blood counts needing blood transfusions to help keep her stable. Fluid build-up had caused swelling, then she encountered blood sugar problems because of the steroids she takes. Breathing was difficult because of lung problems and, given that condition, she and her health care providers, were worried about the very real possibility of pneumonia.

Sickle cell diseases are a group of disorders that have in common the deformity of

red blood cells when the oxygen tension is lowered. The cells are shaped in the form of crescents – thus the name "sickle" and block the flow of blood through vessels. The blocked blood flow causes pain, infections and organ damage.

The sickle gene occurs in the highest frequency in Africa and among those of African descent. Among African Americans, almost eight percent are carriers of the sickle trait. When two people with the trait conceive a child, that child is at high risk for developing the disease.

Anderson, for example, is one of 10 children who share either a mother or father, both of whom have the trait. She has one full brother. None of her siblings has the disease; her full brother has the trait.

And for Anderson, hav-



ing the disease has meant a lifetime of pain and disappointment. Physical pain, to be sure, but also the pain of being given short shrift because of the difficulties involved in assisting those with the disease.

She and others with the disease are at risk for so many complications – asthma, congestive heart failure, liver damage, for example – that health care providers have shied away, she feels, from undertaking her

cause. Just three years ago, she found out about the imminent danger presented by blood clots.

"We face adversity because it's an African-American disease," she says. "There's not enough funding and then, once you turn 18, everything gets worse."

According to Anderson, she has been denied help by specialists such as rheumatologists because of the high number of things that can go wrong.

Nevertheless, in spite of the difficulties in obtaining assistance, Anderson believes that staying optimistic is an important part of staying well. "You have to stay positive because that will help you stay healthy. Some people will turn their backs on you but I always try to show the nurses and doctors that I'm trying to do everything right – prayer, exercise, diet."

Daddy Training Camp



Join us for a fun event for prospective, expectant and new fathers.

Saturday, April 9, 2011
1:00 p.m. - 4:00 p.m.

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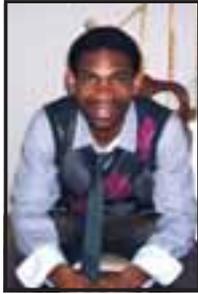
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IBD: Inflammatory Bowel Disease

By Stephen Ward
Special to The Truth



IBD hit.

After having a colonoscopy and biopsy done, my life was changed in a flash. As it says in James 4:14, "Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes." IBD hit.

You ask, what is IBD? IBD is short for inflammatory bowel disease, a group of inflammatory conditions of the colon and small intestine. The major types of IBD are Crohn's disease and ulcerative colitis.

Recently, IBD came knocking at my door. I have been diagnosed with ulcerative colitis. I have decided to go public with the disease that I have, to help bring awareness to this debilitating disease known as ulcerative colitis. Before being struck with this disease, I had never heard of it. I am certain that many of you reading this article also

have not heard of ulcerative colitis. I think it is important that we educate ourselves, and in the midst of having this disease...I want to help you.

So what is ulcerative colitis?

Ulcerative colitis is a disease of the intestine, specifically the large intestine or colon, which includes ulcers, or open sores in the colon. It comes with many symptoms including constant diarrhea mixed with blood, abdominal pain, weight loss, and much more. It can be treated with medication and/or surgery...but there is no cure.

Ulcerative colitis occurs in 35-100 people for every 100,000 in the United States, or less than 0.1 percent of the population. It has no known cause and a while dietary modification may reduce the discomfort of a person with the disease, ulcerative colitis is not thought to be caused by

dietary factors.

Ulcerative colitis can occur in people of any age, but it usually starts between the ages of 15 and 30. It has no respect to gender or race.

Having ulcerative colitis increases your risk of colon cancer. About 25 to 40 percent of ulcerative colitis patients must eventually have their colons removed because of massive bleeding, severe illness, rupture of the colon, or risk of cancer. Sometimes the doctor will recommend removing the colon if medical treatment fails or if the side effects of corticosteroids or other drugs threaten the patient's health.

Unfortunately, ulcerative colitis can lead to death if symptoms develop into toxic megacolon. Toxic megacolon is an acute form of colonic distension. It is a complication of ulcerative colitis. With toxic megacolon, there is usually an elevated white blood cell count. Severe sepsis may

present with hypothermia or leukopenia.

Recently, the Crohn's & Colitis Foundation of America launched a Crohn's disease caucus to promote inflammatory bowel disease.

Congressmen Ander Crenshaw (R-FL) and Jesse L. Jackson, Jr. (D-IL) created the Congressional Crohn's and Colitis Caucus in order to expand research and improve insurance coverage for the 1.4 million Americans affected by IBD.

The caucus will work to expand research at the National Institutes of Health and Centers for Disease Control and Prevention for Crohn's disease and ulcerative colitis, two of the main forms of IBD both affecting the intestines.

The Crohn's and Colitis Foundation of America is a non-profit, volunteer-driven organization dedicated to finding the cure for Crohn's disease and ul-

cerative colitis. Take Steps for Crohn's & Colitis is CCFA's largest fundraising event. Participants raise funds and awareness throughout the year and come together to celebrate the steps that have been taken towards a cure.

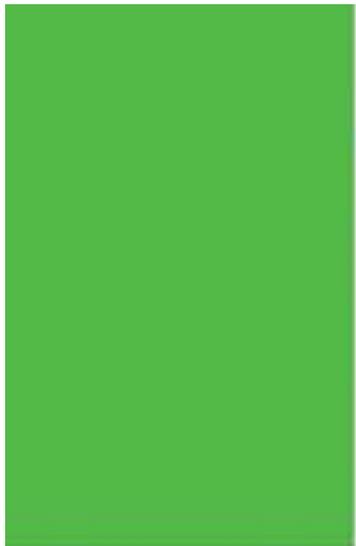
Since being diagnosed with ulcerative colitis, it has not been easy for me. I take 20 pills per day, and I have good and bad days. But, I am holding on to God's unchanging hand. This summer, I will be taking steps to finding a cure for ulcerative colitis by taking part in a Walkathon sponsored by the Crohn's and Colitis Foundation of America. If you are interested in sponsoring me during this walk feel free to contact me by email for more details.

Thank you.

Stephen Ward may be reached by email at: pastorsmward@yahoo.com

I was always an athlete. Growing up I played and excelled in many sports...football, track, and wrestling – just to name a few. I thought of myself to be healthy. I'm not over weight. I never smoked, never did drugs and I don't drink. At the age of 34, I should be in the prime of my life...but then IBD hit.

I begin to have unexplained abdominal pains, loss of appetite, weight loss...and then the inevitable happened. Bleeding...and lots of it.



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RSVP



Quite often our body extends an invitation to us to pay attention to our health. Sometimes that invitation comes in the form of shortness of breath, rapid heart rate, dizzy spells, tight chest pains, unusual fatigue, etc. All of these symptoms are invitations or wake-up calls for a healthier lifestyle and requires a RSVP!

What does R.S.V.P. stand for? R.S.V.P. is a French phrase, "répondez, s'il vous plaît," which means "please reply." Your body would like you to respond to the invitation – do you plan to respond to the health message or warning being sent to you?

Responding to the RSVP could be something as simple

as making a doctor appointment, taking your medication as prescribed by your physician, taking control of your weight issues and/or beginning an exercise or fitness program, and reducing stress by using meditation and breathing exercises.

Let's face it, there are some RSVP risk factors you can't change, like your age, race and family history, but you do have the power to control other risk factors and make small changes to live a longer, stronger and healthier life. For example:

High Blood Pressure RSVP. Have your blood pressure checked regularly by your doctor. Read your food labels and check for sodium levels in food, limit your salt intake. Regular exercise and losing weight can also lower your blood pressure.

Smokers RSVP. If you're a smoker, QUIT NOW, or at least reduce the number of cigarettes smoked daily. Cigarette smokers are two to four times more likely than non-smokers to develop heart disease.

Inactivity/Boredom RSVP. Find an activity you like to do! Dance, run, ride a bike. You will find that the more active you are, the less bored you will be, and the less you will eat. If you

have excess weight around your waist, you are more likely to develop heart disease and stroke. Every pound you lose helps reduce your risk.

RSVP - Heart disease is the #1 killer of women in the U.S. According to the American Heart Association (AHA), cardio-vascular disease claims the lives of about half a million American women every single year...roughly one female life every minute! All the risk factors listed above can be controlled, by you in making healthier lifestyle choices and also with the help of your physician.

Think about yourself and the women around you – your mother, your sister, your cousins, girlfriends and co-workers. Now think about this fact – one in every three women dies of some form of cardiovascular disease, so now is a good time to spread the word: get healthy, get fit, make better lifestyle choices, don't wait for the invitation. RSVP – répondez, s'il vous plaît today!

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Another April-Another Chance

Dianne Pettis, MS, FNP-BC
Guest Column



Here we are at another April – another Minority Health Month. There is a flurry of activities in every community as always to call our attention to health disparities and the need to take care of ourselves. It's almost like New Year's Day all over again. You get another chance to re-start your resolutions.

I'll remind you, too. Ohio ranks 13th in obesity rates. Sixty-six percent of adults are overweight or obese, with African-Americans having 51 percent higher prevalence than for Caucasians. The results of a recent Ohio Department of Health study shows that 30 percent of Ohio's third-graders are overweight or obese – the same as five years ago. Nothing is changing.

I highlight obesity rates because obesity, in addition to

being a chronic illness itself, increases a person's risk for: high blood pressure, arthritis, high cholesterol, type 2 diabetes, heart disease, stroke, gall bladder disease, breathing problems, and some cancers.

What will it take for a person to make healthy lifestyle changes? Chronic illness and death hits home far more often than some of the causes and issues that enrage us so. We attend candlelight vigils when someone is murdered, but there are about 16,000 murders per year compared to 300,000 obesity-related deaths and 231,000 deaths related to diabetes every year. What will it take for a loaded insulin syringe pointed at you to cause as much fear as a loaded gun pointed at you?

We protest at the State House when jobs and rights are in danger, but is there as much focus and call-to-arms when you and your co-workers are falling ill to work-related stress? We grumble about the amount of money being spent on the war – about \$118 billion per year; yet diabetes costs are about \$174 billion per year.

African-American rates of disease are and have been disproportionate. Where is the outrage in this? Where is the personal outrage? Most chronic illness is preventable. Don't let another April pass without doing something to make sure you're not a statistic. Start with you – in your own home and family. Where can you and your family make some healthy lifestyle changes? Know your family disease history; that will tell you where you have increased risk. As I write this, I got a call notifying me that my first cousin had a stroke. She's only one year older than I am. Her mother (my father's sister) died of a stroke. That hits home for me. She's not an acquaintance, someone I read about, or a statistic.

January resolution time has passed. So, you get another chance this month to start over. Take stock; attend local health events, and get serious this time.

*Dianne Hart Pettis, MS,
FNP-BC
Hart Health and
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www.HartHealthAndWellness.com*

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NAMI Prepares for Its Hero's Challenge

Sojourner's Truth Staff



The staff of the Toledo office of the National Alliance on Mental Illness is preparing for its NAMI Walks for the Mind of America on May 14, 2011. The staff held a lun-

cheon to bring its team captains up to speed and introduce the event's grand marshal, WTOL's Jerry Anderson. This year's Walk will be held at The University of

Toledo. Registration is scheduled for 9 am. To become a sponsor or a team captain, call 419-243-1119 or go to the web site at www.nami.org/namiwalks/oh/toledo.

First Annual Dental Health Fair For Families and their Children

First Annual Dental Health Fair For Families and their Children, Saturday, April 16, 2011, 12:00 Noon to 3:00 PM at Warren AME Church, 915 Collingwood Blvd, Toledo. The Dental Center of Northwest Ohio will provide FREE Dental Screenings by licensed, dental hygienists to families with Medicaid, limited or no access to dental care. Services provided include: Oral Hygiene instruction, brushing and flossing. Educational Workshop on sports and mouth guards, oral piercings, tobacco usage and more. Everyone who participates in the screening receives complimentary dental kit and educational materials with oral health instruction specific to his/her exam finding. Other Activities include: Activities for preschoolers & toddlers, Arts & Crafts Room, Complimentary

Fruit & Door Prizes. Sponsored by Christian Education Department Youth Activities. For More Information, Contact Darlene Sawyer at 419-243-2237



Take A Stand Against HIV

SOURCE: Center for Disease Control.

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419.241.1554

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



It's Easy Eating Greens!

Ryan Majcher, BGSU Dietetic Intern with OSU Extension, Lucas County Guest Column

Greens, especially dark leafy varieties, are a wonderful addition to the diet and provide a great bang for the buck! From collard and dandelion, to kale, mustard and chard, they all are packed with a variety of nutrients that should be a part of the daily diet for almost everyone!

The majority of greens are jam-packed with vitamin C, calcium, iron, potassium and vitamin K to name a few, which will be discussed in more detail later on in the article. Furthermore, each variety has its own distinctive flavor that is good on its own or when mixed in with different foods.

Besides flavor, greens can add texture to your favorite recipe, giving it a whole new twist. Having that beautiful deep green color along with some of the different purples and reds added to your meal can really spice things up and make what used to be a bland, boring recipe much more exciting and more nutritious, too!

Vitamin K is found in most dark greens and is necessary for blood to clot if a break in the skin should occur. For this reason, it is recommended



that those on blood thinners such as Coumadin and Warfarin should be much more cautious about consuming greens because they could potentially interfere with the medication.

Next, vitamin C is important in keeping the immune system functioning properly so that an individual can better fight off an infection if present. It also helps to maintain healthy gums and skin while also aiding with the absorption of iron, which can be especially important in females who tend to have lower levels overall.

Minerals such as calcium are also found in many greens and are important in maintaining strong bones and

teeth. Consuming greens along with low-fat dairy products can help to ensure that the body is receiving enough calcium to stay strong, which is especially important in children, throughout the adolescent years and for the elderly to minimize the chance of a bone fracture.

Next, iron is present in adequate amounts and is required so that the blood can carry oxygen throughout the body. When levels are too low, one may feel tired or worn down because of the low oxygen levels in circulation.

Finally, potassium is found in excellent amounts in greens. It is mainly responsible for helping to maintain fluid balance within the body

and also to regulate the heart beat. It is evident that there is no end to how beneficial greens are and why they should be a part of most everyone's diet as long as medication allows!

Many of the greens mentioned above are in season throughout Ohio from late May through the summer and fall, making it easy to pick them up at your local farmers market or roadside stand. Buying products locally will increase the odds of getting a high quality product that is fresher than something purchased at the grocery store. This is because much of what we find at our local super market has come from many

miles away and may not be as fresh when it comes because of the time it takes to travel from the farm to our shelves.

In the future, if gas prices continue to rise, it may even become more cost effective to buy locally grown products. This is because they will not contain the added fuel surcharge that many non-local sources must include to keep making a profit. By purchasing from local farmers, it also gives the consumer the opportunity to ask specific questions about the product, as well as their preferred methods of preparing or cooking.

Who better to talk to about your food than the actual producer? Additionally, this

helps to stimulate the local economy and keep the money in the community instead of somewhere many miles away where the benefits are not as evident.

The atmosphere at the local farmers' market is also something that many enjoy and it can become a social gathering place to meet up with friends and family.

While you may think that you are not a fan of all different kinds of greens or that your children will not like the taste of new kinds, I would highly suggest trying to incorporate them into a few of your favorite dishes and see how they are received. If this addition is successful, you can become more adventurous with your choices and perhaps start to try new and different greens, appreciating all of the different flavors with each new variety. It is my hope that the many benefits of eating greens have been shown above and everyone will eat—and even be—a little bit greener from now on!



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Prevent Blindness Ohio Provides Free Information to Help Protect Women's Vision from Prevalent Eye Condition

Dry Eye Syndrome, a painful condition that can impair vision and increase the risk of eye infection, affects millions of Americans. Dry Eye is actually a group of disorders caused by the inability to produce enough tears with sufficient lubrication. Symptoms can include burning or itchy eyes as well as increased eye mucus and a gritty or scratchy feeling on the eyes. Severe cases may even include corneal scarring or ulcers.

Dry Eye is one of the leading causes of visits to eye care professionals.

Treatment options vary from eye drops and ointments to some types of surgery.

The risk of Dry Eye increases with age. Other risk factors include patients who have undergone refractive surgery (such as LASIK), have severe allergies, are on certain medications, or are contact lens wearers. Those with rheumatoid arthritis and other diseases are also at increased risk.

Women are also more likely to develop Dry Eye. Approximately six million have moderate to severe symptoms of dry eye syndrome, as compared to three million men, according to the

National Women's Health Resource Center.

Women who are pregnant, on certain types of birth control, or experiencing menopause have increased rates of Dry Eye. In fact, according to the National Eye Institute, women who are on hormone replacement therapy are also more likely to experience symptoms. Women taking only estrogen are 70 percent more likely to experience Dry Eye, and those taking estrogen and progesterone have a 30 percent increased risk of developing the condition.

As part of April as Women's Eye Health and Safety Awareness month, Prevent Blindness Ohio offers the following tips on helping to avoid irritation from

Dry Eye:

- * Use a humidifier to keep natural moisture in the air

- * Avoid hair dryers, harsh winds, overly warm rooms and cigarette smoke

- * When outdoors, wear goggles or sunglasses that wrap around the eyes

- * Use drops of artificial tears, if directed by your doctor, especially in climates with low humidity, in air conditioned environments, and in airplanes or cars when the heater or defroster is on

- * When using a computer, remember to blink often and give eyes a rest from staring at the screen

- * Apply a warm washcloth to soothe irritated eyes

- * Do not use harsh soaps or cleansers on around the eye area

"Not only do more women have Dry Eye, they are also more likely to develop eye diseases such as cataracts and glaucoma. And, because of increased longevity, women are more likely to develop macular degeneration," said Sherry Williams, President & CEO of Prevent Blindness Ohio. "It is imperative that women of every age make an appointment with their eye doctor as soon as possible to ensure that they are protecting their vision for the future."

For more information on Dry Eye or other eye diseases or conditions with higher incidence rates in women, please contact Prevent Blindness Ohio at 800-301-2020 or visit www.pbOhio.org.

About Prevent Blindness Ohio

Prevent Blindness Ohio, founded in 1957, is Ohio's leading volunteer nonprofit public health organization dedicated to prevent blind-

ness and preserve sight.

We serve all 88 Ohio counties, providing direct services to more than 800,000 Ohioans annually and educating millions of consumers about what they can do to protect and preserve their precious gift of sight. Prevent Blindness Ohio is an affiliate of Prevent Blindness America, the country's second-oldest national voluntary health organization. For more information or to make a contribution, call 800-301-2020. Or, visit us on the web at www.pbOhio.org or facebook.com/pbOhio.

WOMEN'S EYE HEALTH & SAFETY TALKING POINTS

DRY EYE SYNDROME:

* Dry eye occurs when the eye does not produce tears properly, or when the tears are not of the correct consistency and evaporate too quickly. In addition, inflammation of the surface of the eye may occur along with dry eye.

If left untreated, this condition can lead to pain, ulcers, or scars on the cornea, and some loss of vision. How-

ever, permanent loss of vision from dry eye is uncommon. (NEI)

Dry Eye Symptoms include:

- * stinging or burning of the eye;

- * a sandy or gritty feeling as if something is in the eye;

- * episodes of excess tears following very dry eye periods;

- * a stringy discharge from the eye;

- * pain and redness of the eye;

- * episodes of blurred vision;

- * heavy eyelids;

- * inability to cry when emotionally stressed;

- * uncomfortable contact lenses;

- * decreased tolerance of reading, working on the computer, or any activity that requires sustained visual attention;

- * eye fatigue.

* About 6 million women and 3 million men have moderate to severe symptoms of dry eye syndrome. Another 20-30 million people have mild cases of the disease. It affects women two to three times more than men.

(Healthywomen.org)

* According to the National Eye Institute, women who are on hormone replacement therapy are more likely to experience symptoms. Women taking only estrogen are 70 percent more likely to experience Dry Eye, and those taking estrogen and progesterone have a 30 percent increased risk of developing the condition.

* Women who are pregnant, on certain types of birth control, or experiencing menopause also have increased rates of Dry Eye. (AOA)

* Menopause brings dry eyes because estrogen controls the tear glands, so a reduction in estrogen causes a reduction in tears. (Corneal Research Laboratory, University of Rochester).

* In rare cases, dry eye can become serious, leading to eye infections or a damaged cornea. That is why it is important to visit an eye care professional if you think you have dry eye.

* Using a humidifier, avoiding cigarette smoke, and using artificial tears and/or ointments can help relieve discomfort.



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April is National Poetry Month

By Michael Hayes
Minister of Culture

When you think of poetry what comes to mind?

Do you get flashbacks of scenes from "Love Jones" or scenes from "Slam"?

There's a difference.

As poetry, spoken word and slam poetry have evolved into their own canons of urban expression so has the appreciation become more multi-faceted and involved. Die hard spoken word enthusiasts can tell you about the chat books and tours and conscious hip hop cameos of their favorite wordsmiths.

Casual fans just feel like they should snap their fingers when someone gets on the mic and speaks in loooong, draawwnn out voiceessss. LOL.

But I'll take you along my own personal journey with poetry and spoken word.

There's so many ways to appreciate such a universal and time tested display of creativity. In Jay Z's book *Decoded*, he explains how every great rapper or emcee is also a great poet and a how a poets number one job is to make words do more than what they normally do.

So I guess explaining my journey with poetry has to start with my first experiences with

Hip Hop.

Even though I grew up in a home where my parents would discuss Gil Scott Heron and The Last Poets so frequently you would forget I was in gradeschool I still didn't gravitate to the art form until high school.

In high school, East Coast Hip Hop took a hold of me.

The lyricism, the double entendres, the metaphor and simile mesmerized me.

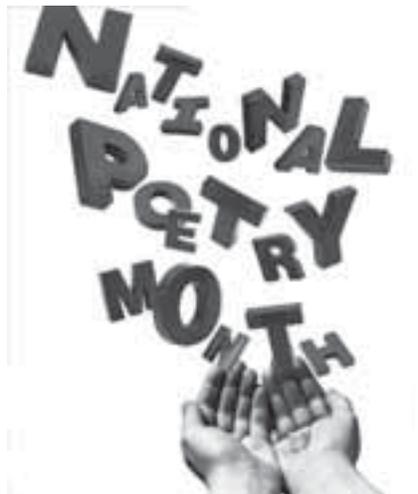
Having so many layers of meaning to peel back was fun for me.

Senior year, in Ms. Ransey's Honors English class at Scott I was desperate to find a creative outlet for this ability to play with words.

I had been rapping and performing in talent shows all my teen years, but none of my classmates knew that. I just wanted to bring wordplay to school in an official way besides the freestyle sessions we had in lunch.

I convinced Ms. Ransey to let us have a Valentine's Day poetry contest where no one would know who wrote what poem.

Everyone hung their poem on the back wall with only a number to identify each one. Mine was #20, and mine won.



I had a very unpopular life at Scott, and this made it just a tad bit easier to bear, poetry.

Like most teenagers I had a notebook of stuff I would write, just to keep me sane. Like most aspiring rap artists I had dozens of notebooks filled with rhymes. That contest started my first notebook of strictly poems, nothing else. But producing and rhyming with my partner/cousin Lavale took precedence over poetry, because I just didn't see a way to

make it part of my life...that is, until college.

My second full year as a U.T. student I attended a poetry night known as The Cipher hosted by a campus organization. After a month of going every Tuesday night to Murphy's, I was then elected by this organization to take over the entire operation. I never dreamed of having my own poetry night, but fresh into my 20s one just basically fell in my lap.

It was poorly attended once this student organization pulled away to start another poetry night on campus (on the same exact night), but I saw the struggling event as a way to start something new and fresh for downtown and for lovers of hip hop/spoken word etc.

Thankfully, I wasn't alone. Soon I had my own crew known as The Renaissance consisting of Brandy Moore, Everett Carter, Shau'nea Young, Imani Lateef, Jermaine Young and over time a few more. Poetry was not only a love, but now an enterprise for us.

Tuesday nights at Murphy's became a Toledo spoken word hot spot in the early 2000s. We had a jazz band, the Wright-Neal Quartet.

We were our own street team, and all of us were amateur poets ourselves so in those early days when we only had a few people sign up to read we just made sure we all read and then the night was full of poetry.

Local media and business luminaries came down (Rhonda, Schylar, Jala, etc), my crew was invited to read at places like battered women's shelters and The Toledo Museum of Art.

Promoting the night was difficult, but Brandy and I were both Public Relations majors at U.T. and we just adapted everything we learned in class to our weekly poetry night.

After a couple years of doing this a funny thing happened.

We started seeing a real spoken word scene here in Toledo.

There was us on Tuesdays, then Brewed Awakenings (which was later bought by Imani Lateef and turned into the Ground Level) had a poetry night on Mondays. There was literally a poetry night EVERY

night of the week in Toledo, Ohio during 2001 and 2002.

I started competing in slams, even paid a few bills from winning every once in a while but beyond having a successful poetry night I started seeing how expression was literally changing people's lives.

Stories about child abuse, neglect or drug use would end up in someone's poem. While hosting that event each week it became such a clear reality that the power to be heard is awesome, the power to express is nothing short of life altering. Poetry is much more than "roses are red and violets are blue", even though it is that too but deeper still is connections that go deeper than rhyming words or cleverly phrases. Poetry is our voice.

Even more immediate than music, because every song lyric is a poem at some level. I got knee deep in poetry at the time in my life where I was just starting to define who I was. April is national poetry month, but there are people in this city who eat sleep and breathe this artform every day of the year. Next week, I'll tell a little more about my personal background with poetry and also shout out so many of those I've met through this passion we share...people who have done their part to keep this artform alive in the Glass City.

Thanks for rocking me with everyone, email or fb search: glasscitytruth@yahoo.com.

Peace.

Mountaintop

(Continued from Page 3)

- In a nation hostile to the plight of the poor and where the black middle class is the minority in the black community, "how do poor people emancipate themselves" - particularly African Americans who have turned the oppressive hand and disdainful eye of others inward only to be manifested in negative self-image and low levels of self-esteem exposed by a myriad of anti-social and self-destructive behaviors?

One solution is to shift the poor and black cultural-deficit models popularized in the media and in dominant expectations such as the intellectual weakness/physically giftedness or hypersexual and aggressive/academically disengaged paradigms. Too much focus on these negative stereotypes has become a self-fulfilling prophesy for many.

These current negative standards should instead, be replaced in schools, churches and the media with new mountaintop visions of success, high achievement, excellence and perseverance to serve as the new normal.

For, we can, as columnist William Raspberry argued, "wait for (White) America to change its attitude toward us. Or we can change the way we respond to what we believe that attitude to be."

(contact Rev. Dr. Donald Perryman at drdperryman@centerofhopebaptist.org)

Letter to the Editor

(Continued from Page 3)

-More undiagnosed cardiac patients will present with heart attacks leading to disability or death.

-More diabetics will face kidney failure and dialysis.

-More hypertensives will suffer debilitating strokes, adding to the nations costs to care for people in rehabilitation and nursing home facilities.

These circumstances bear a cost that is ultimately as dreadful as the cost of caring for returning wounded and disabled war veterans. Is a human life America worth so little today that it can be brutally brushed aside in the name of a balanced budget? Why is this not patently clear to our state and national leaders who are presumed to possess at least basic intelligence, foresight, values and common decency?

Our country's greatness has largely entailed a history of moving away from tyranny, oppression, inequality, and becoming a champion of right and just causes.

Don't just simply follow party politics, which too often resembles gang warfare from where I sit: only the weapons are idle words, insensitivity, and inaction.

Exhibit true leadership. Take a brave, courageous stand. Support continued funding for CHC. It is the the fiscally responsible, the moral, and ethical thing to do.

Sincerely yours, Dr. Anita M. Lewis-Sewell



CLASSIFIEDS

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April 06, 2011



Toledo Refining Company has an immediate need for a Maintenance Scheduler. This position is responsible for the utilization of planning resources to develop optimized look-ahead and weekly maintenance schedules in accordance with Area Business Team prioritization and timely execution of work targets. Scheduler will develop and maintain daily, weekly, and long-term maintenance schedules as well as facilitate meetings associated with scheduling. Other duties include but are not limited to: tracking schedule compliance and material delivery dates, developing options to mitigate schedule slippage, generating reports for Area Business Teams, reviewing maintenance back logs, and continuing development, improvement, and implementation of electronic packages.

Candidate must have a minimum of 5 years working in an Industrial setting. Vocational training or some college coursework is preferred.

For confidential consideration, please submit your resume via email to dayna.brown@pbfenergy.com EOE/M/F/D/V

INTERESTED BIDDERS: TOLEDO PUBLIC SCHOOLS BURROUGHS ELEMENTARY SCHOOL PHASE 2 SITE WORK

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until **April 28, 2011 at 1:00 pm** at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor material and supervision necessary for the new **Burroughs Elementary School Phase 2 Site Work Bid**, as more fully described in the drawings and specifications for the project prepared by SSOE and will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan rooms in Maumee and 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 **April 6, 2011 which can be purchased from Toledo Blueprint, 6964 Mc Nerney St., Northwood, OH 43619, and phone: (419) 661-9841. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A PREBID CONFERENCE is scheduled for **April 15, 2011 at 9am** at Toledo Public Schools' Board Room, 420 E. Manhattan Blvd., Toledo, Ohio 43608

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

Bid Item No. 1 Site Work	\$	179,683.00
Bid Item No. 2 General Trades	\$	35,000.00
Total Estimate:	\$	214,683.00

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CLASSIFIEDS

April 06, 2011

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Customer Service Liaison

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Sunrise Windows, a replacement window manufacturer in Temperance, MI, seeks a Customer Service Liaison. We take customer service to the next level with our three core values: energy, enthusiasm and empathy. You will process orders, communicate daily with key customers on order status, resolve shipping and production issues, answer incoming questions and be the final point of contact before the customers' shipment goes out the door. Qualified candidates should excel in a team environment, be customer driven, able to multi-task, able to work with pricing and window dimensions and have excellent phone skills. Desired skills/background include: experience working in a manufacturing environment and experience working with order entry and production software. Full benefits, including 401(k) and a generous employer match, are offered.

To apply, please send cover letter, resume and salary requirements & reference Job # CSL11 in the subject line to employment@sunrisewindows.com.



Heinz North America – Fremont Factory, a leading manufacturer of food products.

Heinz NA - Fremont Factory has an opening for a Sanitarian Manager.

The Sanitarian is responsible for leading the implementation of the Heinz Sanitation Program throughout the manufacturing plant. This position is the technical liaison between the plant, headquarters, sanitation chemical company and third party sanitation providers.

Ability Requirements:

- Develop, implement, maintain an evaluate sanitation operating procedures
- Provide leadership and training for production personnel
- Technical liaison to meet requirements of the Heinz Sanitation Program
- Create a safe working environment; maintain chemical safety procedures & MSDS, meet all requirements of Heinz Environmental, Health & Safety program.
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Experience Requirements:

- B.S in Food Technology, Engineering, Microbiology
 - Minimum of 5 years experience in food manufacturing and
 - Minimum of 2 years Supervisory experience
 - Certified Sanitarian or ASQ Certified Quality Engineer
 - Knowledge in HACCP, Microbiology, Sanitation, Chemical Safety, Pest Control and Quality Systems.
 - Extensive computer skills
 - Understand & comply with government regulations relating to OSHA, FDA, USDA AND EPA
- Strong coaching, team building, and delegation skills are required along with a strong results oriented work habit.

Resumes will be accepted to April 23, 2011

Submit Resume to:

Heinz NA – Fremont Factory
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1200 N. Fifth Street
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INTERESTED BIDDERS: TOLEDO PUBLIC SCHOOLS FALL MEYER ES, LINCOLN ES AND NATHAN HALE ES DEMOLITION

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until 1:00 p.m. on April 28, 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 Fall Meyer ES, Lincoln ES and Nathan Hale ES, 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 **April 6, 2011 which can be purchased from Toledo Blueprint, 6964 Mc Nerney Road, Northwood, Ohio 43619, phone: (419) 661-9841. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A pre-bid conference is scheduled for April 15, 2011 at 9:00 a.m. at Toledo Public Schools' Board Room, located at 420 E. Manhattan Blvd, Toledo, Ohio 43608. Site walk-throughs at the three project sites will commence directly following the pre-bid meeting.

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

Sealed bids will be received for: Estimates

Fall Meyer Elementary School Demolition:
Bid Item No. 1 Fall Meyer Elementary School Building Demolition \$137,448.00

Lincoln Elementary School Demolition:
Bid Item No. 1 Lincoln Elementary School Building Demolition \$329,626.00

Nathan Hale Elementary School Demolition:
Bid Item No. 1 Nathan Hale Elementary School Building Demolition \$405,132.00

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