



Local and National News

www.thetruthtoledo.com

Volume 20, No.12

"And Ye Shall Know The Truth..."

July 6, 2011

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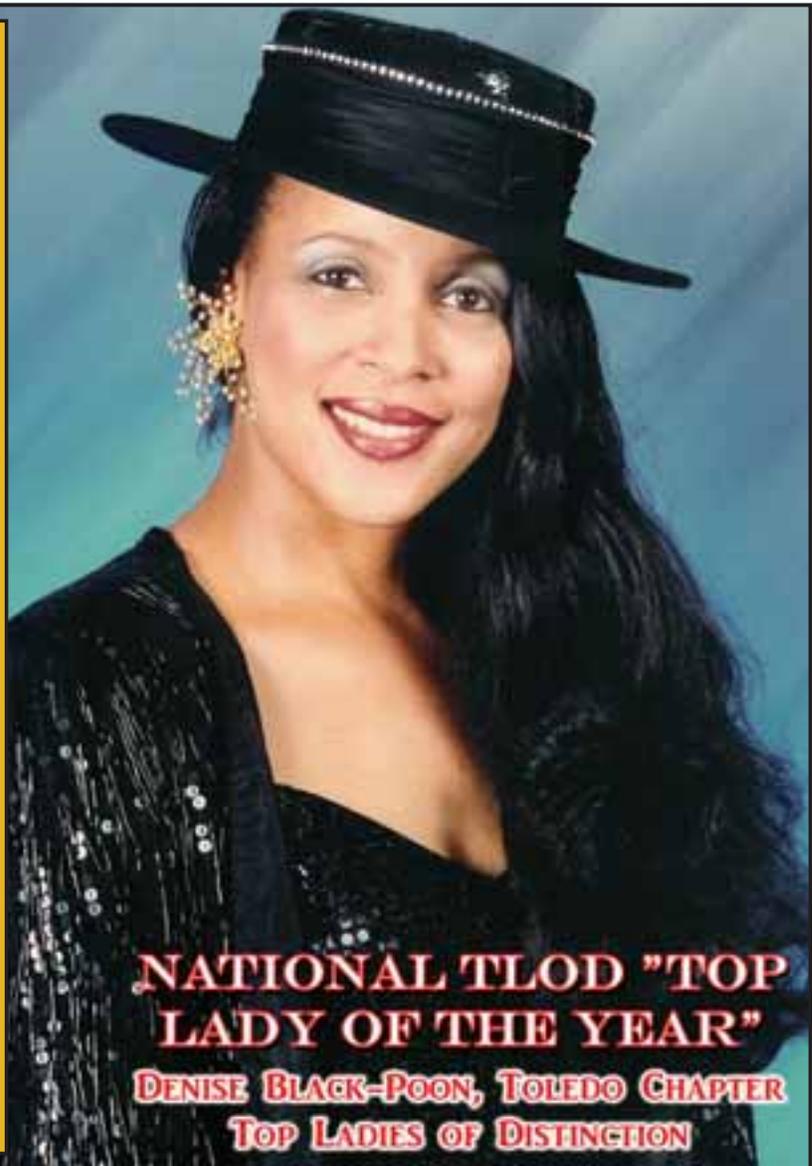
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This Strikes Us ...

A Sojourner's Truth Editorial

Why doesn't anyone write us letters about adultery?

Seriously, folks, no one writes anything about adultery any more.

Now, people used to write about adultery all the time. Adultery has formed the basis of many of the great works of literature – *The Iliad*, *Anna Karenina*, most of Shakespeare's plays, to name a few.

Now, it's a pretty ho-hum matter ... adultery. Doesn't get anyone's blood boiling.

We've discovered homosexuality.

Recently New York state's legislators gave their approval to same-sex marriages ... and people can't stop writing and talking about that development.

Just last week, we printed a column that condemned same-sex marriage and New York's decision to flout tradition and the Word of God.

But adultery can't seem to get any traction these days, even though God was a lot tougher on adultery than he ever was on homosexuality.

"If a man commits adultery with the wife of his neighbor, both the adulterer and the adulteress shall be put to death; the man who lies with his father's wife ... put to death; a man lies with his daughter-in-law ... put to death; if a man lies with a male as a woman ... put to death ..."

See, finally, we get to the homosexuality part in Leviticus, after going through adulterous abomination after adulterous abomination.

And just after all those abominations is the one about the sheep. We probably won't ever write a column about that one. Can't envision anyone really getting worked up about that these days. Of, course, one never really knows.

We're not taking any position on same-sex marriage in this little commentary. We're just wondering, that's all, what happened to adultery? When we did get so complacent about adultery? Accepting of it, really. But every couple of months, we get a letter about same-sex marriage.

Adultery? Not a thing. We're in our 10th year of doing this and not a peep about adultery.

Here's why we're puzzled. Whenever we hear from those who are slamming same-sex marriage, the argument is always based upon the Word of God – as if that's all God ever addressed.

But we looked. God really had a thing about adultery. Even worked it into the 10 Commandments. Coveting thy neighbor's wife is one of the big 10. Not a thing about homosexuality.

So has adultery disappeared from the face of the earth, dear readers?

We've heard, and we have no way of verifying actual numbers, that adultery is even more prevalent these days than is the practice of homosexuality. If anyone has evidence to the contrary, please let us know.

We were certainly bemused last week by the great Newt Gingrich's reaction to New York's action.

The serial adulterer and current presidential candidate feels that New York and the U.S. are "drifting towards a terrible muddle" by not limiting marriage to that between a man and a woman ... or in Newt's case a man and one woman at a time. Newt, you see, is on marriage number three, so devoted to the institution of marriage is he. Apparently, however, not devoted enough to the women to whom the institution asks him to swear faithfulness.

Then Newt claims that the institution of marriage could get "muddled" if more people do it?

Bottom line – we just don't care anymore about any sin other than the so-called sin of being a homosexual?

Apparently we humans, as stewards of all things moral, are able to cherry-pick through the Bible, and go straight for that which really irks us on a personal level. At the same time we get letters saying we have to concern ourselves with the whole of the Bible. And we have to believe our letters on that point.

Years ago, just about every state in the union had laws on the books proscribing adultery. These days, only about half of the states still have such laws and virtually no state enforces such offense. In comparison, New York was only the sixth state to permit same sex marriage.

So is adultery a thing of the past, as we asked earlier?

Not hardly. Three recent studies have found that about 10 to 15 percent of women and 20 to 25 percent of men admit to having had extramarital sex. Those are the few who *admit* it.

Compared to adulterers, those who engage in sex with members of the same gender are a small percentage yet, here we are, a nation so obsessed with same-sex partnerships – passing more and more state constitutional amendments year after year to prevent gays and lesbians from marrying one another.

You think there might be a little bit of hypocrisy at work here? Really?

We are told by those in the know that God is not a god of popular culture who is apt to change the moral code simply because we frail human beings cannot stay the course and that a land pretending to be one nation under God cannot so lightly condone what God has condemned.

But the only moral offenses we seem to be condemning these days are those offenses we find to be distasteful. We seem to be ignoring the ones that just about everyone might enjoy but, even so, are still outside of the boundaries of the moral code that God has given us.

Is there, perhaps, a wee bit of hypocrisy in that message?

Community Calendar

July 2, 9, 16, 23, 30

Sisters Helping Everyone School Supplies Dropoff: Smith Park; 8:30 am to noon: 419-461-0123

July 8

Liberty Ministries Church Kingdom Family Fellowship: 7 pm; Guest speaker Pastor Rodney Jackson

July 9

Bethlehem Baptist Church Meeting: "Where is God in all this?" 10 am: 567-249-7470
Bethesda Christian Center Cathedral: CPR/First Aid/AED: 9 am to 3 pm: 419-699-7944
Payne Memorial AME Church Rummage Sale: 9 am to 5 pm: 419-867-3759
Calvary Baptist Church Car Wash: 10 am to 2 pm

July 10

Bethesda Christian Center Cathedral Women's Day: 11 am

July 11-15

Third Baptist Church Vacation Bible School: 5:30 to 8:30 pm nightly; Food, prizes, games and crafts

July 14

Central City Citizens Neighborhood Meeting: Hosting Councilwoman Paula Hicks-Hudson; 6 pm; Frederick Douglass Community Association: 419-464-9885

July 16

Isaiah Thomas Giving Foundation First Annual DAD 4 Life Conference: Wayman Palmer YMCA; 10 am to 3 pm: 419-213-0323

July 17

Indiana Avenue MBC Music Ministry's Homecoming 2011 Reunion Concert: Seeking all former choir members: 419-535-3126

July 18

United Church of God Zoo and Park Day Outing: 10 am; Walbridge Park: 419-810-6335 or 419-729-3819 or 419-726-6750

July 21

UT Campus Exposure: First through 12th grade students invited to spend a day on campus: 419-381-3280

July 23

201 Toledo Synergy Teen Summit: 8 am to 3 pm; Collingwood Art Center
St. Stephens COGIC Community Fest: 11 am to 5 pm; Food, games, music

July 23-24

St. Martin de Porres Food Pantry Fund Raiser: Saturday 9:30 am to 4:30 pm; Sunday 9:30 am to 12:30 pm; "Everything But the Kitchen Sink Sale;" Gently used kitchen items and small appliances: 419-729-3829

July 29

Liberty Ministries Church Kingdom Family Fellowship: 7 pm; Guest speaker Pastor May Dupree

July 29-31

LFC-Harvest Christian Training Center: 8 am until ...; Hilton Garden Inn; Sexual and Relationship Training Conference & Covenant Partners Retreat: 567-255-4507

Macomber-Whitney Vocational Technical HS Class of 1991 20th Reunion:
simplifykatina@yahoo.com

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Fletcher Word
Becky McQueen

Publisher and Editor
Business Manager

Torri Blanchard
Keon Pearson
Rev. D.L. Perryman

Reporter
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Michael J. Hayes
Jason L. Lee Sr.
Kathleen Sweeny

Entertainment Critic
Layout Designer
Graphic Designer

A Certified MBE, 2009

The Sojourner's Truth, 1811 Adams Street, Toledo, Ohio 43604
Phone 419-243-0007 • Fax 419-255-7700
thetruth@thetruthtoledo.com

Ministers Invoke the Power of Prayer

By Elisha Phillips
Sojourner's Truth Reporter

The community is seeking peace on the streets of Toledo. Pastors, ministers and community leaders held a prayer Vigil on July 1, 2011 at St. Martin de Porres Church for the all of the

recent violence that has taken place, particularly during the month of June.

In June, 27 people were shot – one fatally – according to Toledo Police Department records. TPD has

reacted to the spate of shootings by forming a gun task force and offering rewards for information about the incidents. Nevertheless, the police have only uncovered four suspects.

Over 20 religious and community leaders came together last Friday to pray for a safe and peaceful environment. They are striving to reach out to the young people and opening the doors to their churches with hopes of getting illegal guns off of the streets.

Rev. Cedric Brock, president of the Interdenominational Ministerial Alliance and pastor of Mt. Nebo Baptist Church, said that prayer changes things and he believes that it is time for the churches to step up and help with ending gun violence in the Toledo area.

These leaders are planning to get together again and walk around surrounding neighborhoods and speak to the youth and let them know that they are there to help. They are also planning to assure them that the doors to the church is always open.



Local Attorney Named to Ohio State Bar Association Board of Governors

Special to The Truth

Yolanda D. Gwinn an attorney with the United States Magistrate's Office, has been appointed by Ohio State Bar Association (OSBA) President-Elect Carol Seubert Marx to serve a three-year term as an at-large member of the OSBA Board of Governors. The 24-member Board of Governors meets monthly to manage the Association's business affairs, set policy, review pending legislation and conduct other business on behalf of OSBA members. The OSBA president-elect appoints one at-large member each year to serve a three-year term.

Gwinn earned her undergraduate degree from Kentucky State University and Bowling Green State University and her law degree from Ohio Northern University. She was as an American Bar Association fellow in 2010 and a 2003 Ohio State Bar Foundation class member. She is also a member of the Thurgood Marshall Law Association, the Ohio Women's Bar Association, the Toledo Bar Association and the Toledo Women's Bar Association.



In the community, Gwinn is involved with the WGTE Public Media Board and is a member of the United States Federal Credit Union Board and the Court-Appointed Special Advocates/Citizens Review Advisory Board. A former member of the Harbor House Board and a past president of the Kentucky State University Alumni Association, she has also been involved with Big Brothers Big Sisters and is a member of Delta Sigma Theta sorority.

The Ohio State Bar Association, founded in 1880, is a voluntary association representing approximately 25,000 members of the bench and bar of Ohio as well as nearly 4,000 legal assistants and law students. Through its activities and the activities of its related organizations, the OSBA serves both its members and the public by promoting the highest standards in the practice of law and the administration of justice.

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Columbus News: Ohio General Assembly Passes Budget, Criminal Sentencing Law and Changes in Election Procedures

By Fletcher Word
Sojourner's Truth Editor

The Republican-dominated General Assembly passed a two-year budget last week, erasing an \$8 billion deficit and raising the ire of their Democratic counterparts.

"Instead of focusing on jobs, we have nearly 5,000 pages of policy changes and drastic, unfair cuts in this budget. Local governments and the neediest school districts are the most adversely affected," said State Senator Edna Brown (D-Toledo) in a statement issued the day after passage.

"Republicans also removed the five percent reduction in state legislator pay. I wanted this budget to be about shared sacrifice, not safeguarding special interests."

And indeed, the cuts to local governments will be drastic. Included in the package are \$630 million in direct funding cuts over the

two-year period. School districts – K-12 – are facing \$750 million in cuts while colleges and universities will see \$250 million in reductions.

The entire projected deficit was closed without any suggestions of raising taxes, not surprising given the mood of Republican legislators around the country. With both houses of the General Assembly and the governor's mansion safely in Republican hands, there was no need for the elected officials in Columbus to consider any kind of compromise on the issue of raising taxes.

Republican legislators declined to review a package of \$7 billion in tax breaks the state currently issues each year, many of which are protected by powerful Ohio lobbyists. In fact, at the last minute, a \$100 million tax break was extended to wealthy investors as part



Teresa Fedor



Edna Brown

of Gov. Kasich's "Invest-Ohio" program.

"A \$100 million tax cut for wealthy investors is only one example that proves that this budget benefits Republican special interests," said State Representative Teresa Fedor (D-Toledo). "This could result in the loss of millions in tax revenue, which could deepen Ohio's budget deficit and place a greater bur-

den on middle-class recovery."

The other big tax break afforded the wealthy in this budget is the elimination of the estate tax, a benefit for the wealthiest seven percent of Ohio households.

This action was taken in response to the Republican theory that wealthy citizens are fleeing Ohio to avoid the onerous burden placed on them by the estate tax,

although opponents of elimination claim there are no studies to support such a theory.

As for other legislation, Kasich signed into law a comprehensive criminal justice sentencing reform act – House Bill 86. There was no partisan disagreement on this bill as it passed in the Senate by 30-3 and in the House by a vote of 96-2.

The legislation equalizes penalties for crack and powder cocaine; diverts first time, non-violent offenders to community-based sanctions with rehabilitative programs; allows inmates to qualify for an eight percent sentence reduction based on successful completion of educational, vocational and mental health programming and permits the Department of Rehabilitation and Corrections to petition for release of inmates who have served

80 percent of their sentences if they have completed programming and maintained a clean record while incarcerated, among other reforms.

"I get emotional about this because I think the passage of this bill and the changing of this law is going to result in the saving of many, many lives, maybe even thousands, before all is said and done," said Kasich during the signing of the legislation into law last week.

And in yet another legislative matter, the Ohio Senate postponed action on the controversial voter identification law but did vote – 23 to 10 – to approve an ordinance that will shrink the state's early voting period and shift the state primary from March to May.

Currently voters have 35 days in which to vote. The new law shortens that to 21 days to vote by mail and 17 in person.

African Art Has Arrived!!

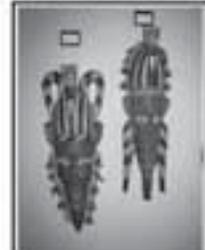
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TLOD Toledo Chapter and Lady Denise Black-Poon Honored at National Conference

Special to The Truth



Special honors went to Toledo Chapter Top Ladies of Distinction, Incorporated and Lady Denise Black-Poon at the Sheraton San Diego Hotel and Marina in San Diego California at the National (TLOD) Top Ladies of Distinction, Inc. Parliamen-Top conference. The conference was held June 17-23, 2011.

The National Parliamen-Top is the official meeting place of the board of directors who gather with other Top Ladies of Distinction, Inc., Top Teens and Lords to conduct official business of the body which represents over 3700 member and 106 chapters all over the United States.

Parliamen-Top consist of the founders, all elected and appointed national officials, past national presidents, affiliate representatives from each area and each national standing committee chairman.

Lady Denise Black-Poon received this organization's highest honor when she became National "Top Lady of the Year" as a result of her dedication to service in her community and the organization. The "Lavern Madlock National Top Lady of the Year Award" reflects extraordinary service in being involved on the local, area and national levels with civic, charitable and religious activities as well as having received special honors and awards.

Black-Poon received an honorary pin and plaque for this honor. Lady Wanda Terrell and Lady Clara Brank were former Area V Top Ladies of the Year and Lady Wanda Terrell received second place at the National Parliamen-Top in 2009.

Black-Poon designed an awards book that documented the service rendered in TLOD for the pass five years. Locally her noteworthy accomplishments in service include literary programs such as Girls Booked on Beauty Shop with Nevaeh Beauty and Spa, Boys Booked on Barber shop with Blendz Barber Shop, scholarship activities, the 50 million pound challenge, senior citizens' activities, Rif American Doll Program, Seaway Food Bank, Assistance to Haiti, Sending Hair Products to the African-American Military with Nevaeh Spa, supplying food and canned goods for Bridges Program at the Monroe Neighborhood Center, collection of magazines for homeless and senior citizens centers, Grandparents Senior Citizens Tea Party and Christmas Event, Belts for Kids at Marshall Elementary School, etc.

Black-Poon serves as corresponding secretary for the Toledo Chapter.

In Area V, Black-Poon has held office as historian where she was responsible for keeping the history from all area chapters and sending out correspondence and sending our Area News Flashes to each Chapter President in the Area.

On the national level, while she was in San Diego, Black-Poon was re-elected national editor of the "Crown" magazine which is the organization's official publication. It features over 25 different topics on project and programs from each chapter, national information, chapter inductions, chapter chartering, Top Teens, Area 1 thru 6 highlights, National Syn-od and other information important to the TLOD organization.

The publication also highlights chapter presidents, national officers and the founders. In this position she is also responsible for the "Me and My Mentor" magazine featuring Top Ladies and Top Teens. Top Teens are the focal point of TLOD's existence. She has also participated in chartering and induction and orientation programs.

Black-Poon also received third place on the National "Lucellestine Wilson Outstanding Public Relations Print Media Award where she was also the Area V Historian. She displayed a media portfolio on 12 Area Chapters from where Lady Veronica Nesbitt is the Area V Director. This award reflects Thrust coverage, project coverage, membership, Founders' Day, scholarships, Top Teens and Top Ladies activities over a two-year period.

Black-Poon received a gold and crystal plate in recognition of empowering Service to Top Ladies of Distinction, Inc. for 2007-2011 from National President Lady Jackie Pope.

On a local level, Black-Poon comes from a chapter that has worked hard in the community and on the area and national level as well, under the direction of President Mary Dawson.

The Toledo Chapter received recognition with a plaque for being a 5 Star Chapter and meeting all national requirements, second place for the national "Willie Lee Glass Outstanding Program of Work (POW) Scrapbook (This book was first place in the Area V).

This award demonstrates services in the National Program Thrust which includes Status of Women, Community Beautification, Senior Citizens, Top Teens Community Partnership (of which Lady Denise is co-chairman with Lady Barbara Tucker).

The chapter also received a plaque for Community Partnership for joint service projects with ABC Health Care Service. The Toledo Chapter participated in the National Baby Shower Project where items were given to a child care facility in San Diego.

Toledo President Lady Mary Dawson was recognized for her outstanding service with TLOD as outgoing Toledo chapter president, Lady Patsy Bolden for her service as outgoing Toledo Top Teen advisor and Lady Mary McKinley-Reed for being the incoming Toledo chapter president and her work with the National Elections Committee.

Lady Madeline Standard was recognized as being the newest Top Ladies member. Area



V Top Teen President Opal Dunlap presented a workshop report from the Area V conference under Janelle Chriss, Area V Top Teen Advisor. Teens Lakendra Lawrence and Asha Townsend were also in attendance.

Black-Poon is actively involved in other organizations as well. She was just elected as the (NANBPW) National Association of Negro Business and Professional Women's Club, Inc. - Toledo Club President under Governor Barbara Tucker.

She currently serves as the Regional Hodegos for Alpha Kappa Alpha Sorority, Inc. under Great Lakes Regional Director Charlene Truitt Nelson. Black-Poon is a past president, former Ebony Fashion Fair chairman, Masquerade Ball Chairman, member of the Regional Heritage Committee and Showcase of the Arts chairman.

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Dealing with Hearing Loss as You Get Older

By Dr. Reginald Baugh, MD
Guest Column



Hearing loss is often viewed as an inevitable outcome of the aging process. Indeed it is very common. Nearly two-thirds of Americans over the age of 70 have mild to severe hearing loss.

What is new are findings that hearing loss is associated with severe problems. For years, it has been recognized that hearing loss is associated with loneliness and isolation as people have increasing trouble communicating with their friends and family.

Now, for the first time, a study from Johns Hopkins and the National Institute of Aging finds that adults with hearing loss are at risk of developing dementia and

Alzheimer's disease if they go untreated – a risk more than five times higher than those with normal hearing. Even mild hearing loss doubled the risk.

According to the authors, the risk seemed to increase once the hearing has decreased to the point where it begins to interfere with the ability to participate in normal conversations. Further research is warranted since most people wait five to seven years after they begin having trouble with their hearing before they buy a hearing aid. To date, however, there is no evidence that the use of hearing aids will prevent dementia or Alzheimer's disease.

Hearing is composed

of two different components: 1) hearing thresholds – how loud does it have to be before you can hear it, and 2) hearing discrimination ability – can you tell what it is that you hear.

Threshold and discrimination may be affected to different degrees when hearing is lost. Hearing aids, which amplify sound, only address the former. If you can't understand what it is that you have heard, hearing aids are not going to be of much use. Only by testing by a hearing professional or an audiologist can your discrimination score be determined.

Fundamentally, hearing aids are all the same. Hearing aids are composed of three basic components: a microphone, an amplifier and a speaker. Sound is picked up by the speaker, amplified and sent down the ear canal. But just like all vehicles have the same basic function, there are clear differences between the "luxury" hearing aid and the "economy" model. Several brands are available from retailers in the area, but no single brand is inherently better than another.

So how do you choose? Here are some tips:

1. Consider carefully where and from whom you purchase your hearing aid. The hearing aid is likely to last five to eight years. During that time you will need to see the audiologist for minor repairs and adjustments. Most of those visits are included in the initial cost of the hearing aid. Hence,

you will be interacting with the hearing aid retailer for sometime. If you don't hit it off, go elsewhere. The value you receive from your hearing aid is directly reflected in the knowledge, skills and abilities of the professional that fits the aid. Hearing aid retailers all are licensed by the state of Ohio are all qualified to dispense hearing aids, but they do come in two categories: audiologists and hearing aid dispensers. The former hold a master's degree or doctoral degree in audiology (the science of hearing), whereas hearing aid dispensers receive training of the dispensing of hearing aids.

2. Know your hearing loss. Your hearing needs to be tested in a sound proof room that meets the national standards for such testing. The hearing screening done at your place of work will not suffice and should not be relied upon for decision regarding the need for amplification. Medicare and most insurance will pay for hearing testing.

3. One aid or two? Most people will need two aids. The greatest benefit comes with the first aid (60 percent) and the second (40 percent) provides less benefit. If you can't afford two, then purchase one now and save till you can afford the second.

4. Costs. The cost ranges from \$1,200 for basic analog models to \$4,000 for specialized digital models and the end price is really two different components. It will

commonly be presented as a single price, however, it is important to know the component costs: 1) the fitting costs – the cost of the professional fitting of the custom device and 2) the hearing aid cost. By federal law, the latter must be refunded, if during the trial period you decide not to purchase the hearing aid. The former is not refundable. It pays to know up front the proportion of the total cost that represents the non-refundable fitting fee.

Hearing aids are custom devices crafted for each ear separately. Most retailers of hearing aids offer more than one brand and each brand has several different offerings. Like cars you can load them up with the equivalent of fancy stereo systems, white wall tires and plush seats. Some upgrades, such as directional microphones, tele-coils and feedback cancellation can be useful. You must consider carefully what you will actually use. Don't get pressured into buying more than you need.

5. Bargain. Hearing aids have a comfortable profit margin typically. Don't be driven by price alone. Most retailers will match the price of their competitors.

6. Insurance. Private insurance, Medicare, Medicaid (exceptions for some children) generally does not cover hearing aids costs. If you are a veteran, you may have coverage as do a limited number of federal employees and union work-

ers. If you have a medical saving account or flexible spending account the cost of hearing aids and batteries are reimbursable. Most retailers offer payment plans over two to three years.

7. Wear it. Put it on when you are in a variety of situations. For most, it will be a significant out-of-pocket expense. To ensure you've made a wise decision and to make sure it provides the benefit you want, you must wear it. Minor adjustments are common. Plan on at least two to three visits in the first month as you adjust to the aid.

Dr. Reginald F. Baugh, M.D., is professor and chief in the Department of Surgery, Division of Otolaryngology, at The University of Toledo (UT) College of Medicine. He earned his medical degree and completed his otolaryngology residency at the University of Michigan, Ann Arbor. He is board certified in otolaryngology. Clinically Dr. Baugh offers all aspects of Otolaryngology including sinus disease, pediatric Otolaryngology, and sleep medicine. His research interests are in pharyngeal pathophysiology, swallowing, and operations management. To schedule an appointment or for more information about Dr. Baugh and the Division of Otolaryngology, call Physician Referral Resources at 800-556-5444 or 419-383-7162.

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Get Up, Get Moving, Get Active

By Angela Steward, Fitness Motivator
Guest Column



People of all ages can benefit from physical activity. It really doesn't matter how out-of-shape you are or how long you've been inactive – IT IS NEVER TOO LATE TO START!

Physical activity gets you to breathe harder and increases your heart rate. Just as important as physical activity, is strength building. Add strength building activities into your daily routine, to prevent osteoporosis and to make your muscles stronger. Basic exercise can help lower your blood pressure, blood sugar and weight, raise your "good" cholesterol while pre-

venting diseases like colorectal cancer, heart disease and type 2 diabetes. Exercise also helps you look better, raises your self-esteem, improves sleep and can also be a lot of fun.

If you are not active but want to start, start by adding fitness into your life slowly. My first serious fitness experience happened 16 years ago. I went into my first kick boxing class and tried to exercise like I was Mike Tyson training for a fight. The next thing you know I'm nauseous and hanging my head out of a window trying to catch my breath.

The bad thing about it was I got absolutely nothing out of it because I had pushed myself to the point that it wasn't enjoyable and, of course, I never went back! It wasn't my instructor's fault, it was my own. Lesson learned.

Begin exercising at a comfortable level. Once you get the hang of it, add a little more activity each time. Then, try doing it more often. Any activity is better than no activity – even if you don't feel like

you've done enough, you are still doing something fabulous for your body. If you have health issues, it's always a good idea to talk to your doctor about activity that is best suited to your needs, but no matter what you may be suffering, there is always a physical activity that you can do to benefit your health.

As a fitness instructor I have a passion for fitness. I love what I do and I love seeing my clients smile when they've reached a goal they thought was impossible. Exercise can become contagious, you just have to make it a part of your life, like taking a shower, brushing your teeth, good hard work brings results.

As a fitness instructor I also hear a lot of excuses of why fitness isn't a priority to a lot of women, such as:

WORKING OUT IS BORING! Climbing on a treadmill is not the only way to get in shape! There are so many ways to exercise and have fun at the same time. You can take the dog for a

walk, ride a bike, play the new video games that encourage fitness. There are so many ways to get your heart rate up for approximately 20 minutes daily – so find out what works for you.

I'M BUSY – I DON'T HAVE TIME TO WORK OUT! Not having time to exercise is the oldest excuse in the book. Everyone has time to work out. Try breaking up fitness activities into shorter sessions of 10 minutes at a time. Park far away the next time you go to the store, use the stairs instead of the elevator, go for a quick walk on your lunch break at work, carry your grocery bags into the house one at a time, (instead of carrying multiple bags), do sit-ups or push ups during commercials while watching television, there are so many ways to incorporate physical activity into your life every single day.

I ALREADY WORKOUT TWO HOURS EVERY WEEK AND I'M NOT SEEING A DIFFERENCE – SO WHY WORKOUT? To lose

weight you have to burn more calories than you take in. You have to eat a healthy diet of fruits, vegetables, protein and whole grains. Before you eat something, ask, "What is this doing for me?" Food really does become part of your body. Eat when you're hungry. So many of us skip meals to save calories, but starving yourself is not healthy. It never works. Your body is wired to look for energy when it's starving.

Try to eat six small meals and one snack daily. Plan for hunger; keep fresh fruits and vegetables handy instead of sugar-laden snacks. But don't deny your desires. Write down your favorite foods and come up with a plan that includes them. If you restrict yourself too much, it won't work. If you slip up every once in a while, no big deal! Beating yourself up about it will only stress you out – just start back over – "rebounding" is a skill that every person who is trying to lose weight has to learn!

And finally, instead of focusing on the person in the mirror, take charge of your

own reflection. Stop letting the mirror win. Stop obsessing about weight loss. Rather than trying to fix your body, focus on how you feel. Value your body; it's an amazing gift. I don't know about you, but I always appreciate it when someone enjoys or cares about a gift I gave them. They don't leave it lying around waiting to be stepped on. It should be the same way with your health.

If you take care of your body, your body will take care of you!

Hope you're having a fabulous summer!

Yours In Fitness!

Angela R. Steward
Fabulously Fit
(Studio Fitness)
1413 Bernath Parkway
Toledo, Ohio 43614
Cell: 419-699-9399
Email:
FabFitU@yahoo.com
Website coming soon!!!

Catholic Health Partners, Mercy Announce Executive Changes

Special to The Truth

Catholic Health Partners (CHP) and Mercy announce executive changes that will streamline operations and maximize opportunities to grow and carry out the mission.

Steven L. Mickus, FACHE, will assume the full-time role of president, Healthcare Operations and chief operating officer for CHP. He will oversee the operations of CHP's 31 hospitals and 14 long-term care facilities in three states. Catholic Health Partners has 37,000 employees and \$5.6 billion in total assets.

Mickus will relinquish his former added duties as Northern Division CEO, which included responsibility for Mercy-Toledo, to John Starcher, currently CHP's chief executive officer for the Eastern and Southern Divisions. Andrea R. Price, FACHE, Mercy-Toledo's president and chief executive officer will now report to Starcher.

"Steve has demonstrated outstanding strategic and tactical leadership to effectively establish and advance the mission," said Michael D. Connelly, president and chief executive officer for CHP. "Steve and his team will fur-

ther work toward operational enhancements that contribute to high value and mission viability."

In 2010, Mickus was promoted to COO for CHP, in addition to his role as CEO of the organization's Northern Division, which includes Mercy-Toledo, Mercy-Lorain and St. Rita's Medical Center in Lima. Prior to that, Mickus served at president and chief executive officer for Mercy in Toledo responsible for the seven hospitals, Mercy College and multiple ancillary services. Mickus, came to Toledo in June 1995 to assume the position of president & CEO of Mercy St. Vincent Medical Center.

He and his wife, Gwenyth, will relocate to Cincinnati.

During his tenure as CEO of the Northern Division, Mickus has encouraged and achieved constant improvements in community benefit, quality and patient safety, employee engagement and facility and operations improvement. Additionally, as president and CEO for Mercy, Mickus developed innovative hospital operational efficiencies now being adopted by hospitals across the country; led the

initiative to acquire and deploy the first da Vinci surgical robot in Northwest Ohio; oversaw the construction of several major projects including Mercy Children's Hospital, Mercy Heart and Vascular Center and Mercy St. Anne Hospital; expanded Mercy's graduate medical education program from approximately 150 residents to 190 residents; expanded the Life Flight air medical program

from two to five bases throughout Northwest Ohio; and led the effort that merged St. Vincent and Mercy nursing schools to create Mercy College of Northwest Ohio.

"For more than 16 years, I have been privileged to call Toledo home," Mickus said. "My wife and I will miss the community but I look forward to continuing to enhance and strengthen the mission of CHP on a broader scale that ulti-

mately will benefit patients seeking health care here in northwest Ohio well into the future."

Additionally, Samantha Platzke, currently senior vice president, chief financial officer and chief transformation officer for CHP's Northern Division, has been promoted to CHP senior vice president, Operations and Systems Effectiveness where she will lead the system-wide

rollout of the highly successful hospital quality operating system and patient flow/logistics work developed and piloted in the Northern Division.

She will also oversee workforce management for CHP. For the past three years, Platzke has led the patient flow initiative at Mercy resulting in reduced length of stay, reduced employee over-

(Continued on Page 11)

THIRD IN A SERIES

Letters from the Heart

My mom was able to hold her grandson again.
Thanks to Hospice of Northwest Ohio. Before they arrived, she was in too much pain for my son to be on her lap. But they got it under control.
Jan, 1985

My wife and I were treated with dignity.
by the Hospice of Northwest Ohio team. Sometimes, they know my feelings even before I did, and offered support and encouragement.
John, 2007

Hospice of Northwest Ohio showed respect and compassion for my grandma. Their experts cared in and instead of worrying, we could just be with her and love her.
Lynn, 2009

Share your story.

For 30 years, families have been writing to Hospice of Northwest Ohio to share how we helped them and how loved ones. The stories you send are inspiring and support the work we can do to help make end-of-life experiences the best possible.

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734-268-6881 (Michigan)

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What's on Your Plate?

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

On June 02, 2011, First Lady Michelle Obama, Surgeon General Doctor Regina Benjamin and Agriculture Secretary Tom Vilsack unveiled a new icon to encourage Americans to make healthy food choices. The new icon replaces the old Food Guide Pyramid from 1993 and the updated 2005 MyPyramid.

It was decided that although the MyPyramid image was useful for educational programs, it was a complicated and outdated picture. The new logo is designed to be a powerful yet simple reminder for busy individuals and families who are working to maintain a healthy lifestyle among numerous other daily challenges.

This striking icon is a familiar mealtime symbol representing the five food groups. Named MyPlate, the color-coded food groups are shown by a plate and cup centered on a place mat with a fork on the left.

If the title MyPlate sounds similar to MyPyramid, there are some similarities between the new and old images. "My" continues the personalization approach from MyPyramid.

By visiting the new website www.ChooseMyPlate.gov consumers will find much of the same information formerly found on MyPyramid.gov. The details of the educational information are based on the 2010 Dietary Guidelines for Americans which are reevaluated and updated every five years.

MyPlate, like MyPyramid emphasizes getting balanced nutrition from five food groups every day. The five food groups are grains, vegetables, fruits, dairy and protein foods. Each section is color-coded on the icon: orange for grains, green for vegetables, red for fruits, blue for dairy and purple for protein foods.

The MyPlate image is not intended to teach all of the nutrition information needed for healthy eating but is it a friendly reminder to make healthy food choices.

"This is a quick, simple reminder for all of us to be more mindful of the foods that we're eating and as a mom, I can already tell how much this is going to help parents across the country," said First Lady Michelle Obama. "When mom or dad comes home from a long day of work, we're already asked to be a chef, a referee, a cleaning crew. So it's tough to be a nutritionist, too. But we do have time to take a look at our kids' plates. As long as they're half full of fruits and vegetables, and paired with lean proteins, whole grains and low-fat dairy, we're golden. That's how easy it is."



The ChooseMyPlate.gov website is designed to offer practical education with many supporting educational materials. The website allows users to indicate their personal background and lifestyle choices such as age, gender and amount of physical activity. Two optional items to add for the personalization are height and weight.

The MyPlate website will recommend a caloric level for the individual and break it down into number of servings from each food group. MyPlate will recommend a food plan for your current weight or if your weight is higher or lower than the recommendations you can choose for a food plan "to gradually move toward a healthier weight".

In addition to the personalization, use the website to look for sample menus for the week, food group based recipes, interactive tools for creating a personalized eating plan or analyze food choices for the day, as well as materials to print off such as the "Ten Tips" series of one-page tip sheets. Some of the tip sheets look at specific food groups, ways to eat more vegetables, fruits, and whole grains, and other ideas for healthful eating. "Choose MyPlate" is one of the 10 tips sheets and it highlights how to incorporate the 2010 Dietary Guidelines into day-to-day food choices:

Balance Calories

- Enjoy your food, but eat less.
- Avoid over-sized portions.

Foods to Eat More Often

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.

(Continued on Page 10)



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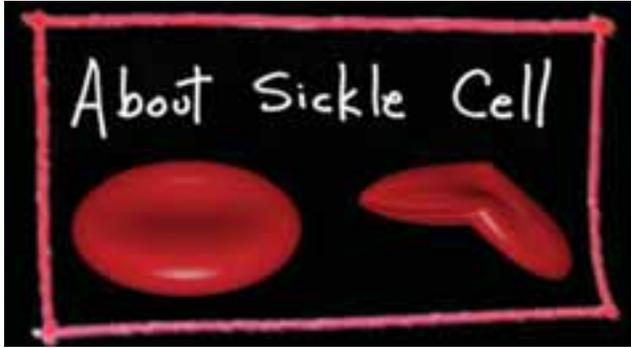
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Be Sickle Smart



Thirty-two-year-old Tanjila Bolden juggles a full, busy life. She's a graduate student, the mother of an energetic 12-year-old boy, a dedicated volunteer at her church and a passionate sickle cell patient and advocate.

Diagnosed as an infant, Bolden has lived with sickle cell disease all her life and is dedicated to educating others about the disease and its many risks. Sickle cell disease is a hereditary blood disorder that causes some red blood cells to become stiff and rigid, blocking blood vessels, restricting oxygen and causing severe pain.

Sickle cell disease primarily affects African

Americans and Hispanics, with about one in 500 African American and one in 36,000 Hispanic infants born with the disease. Up to 100,000 Americans live with the disease and its symptoms, which commonly include episodes of sudden, severe pain that are known as pain crises, and often affect the bones, lungs, abdomen and joints.

Many sickle cell patients receive regular blood transfusions to help deliver oxygen to the body and help manage the disease and its symptoms. Unfortunately, as few as 10 transfusions can put them at risk for iron overload—the buildup of excess iron that can lead to diabetes, organ damage,

sexual dysfunction, heart failure and increased pain.

Like many other patients, Bolden began receiving blood transfusions at an early age. Unfortunately, her iron levels were not monitored frequently over the years and the excess iron built up in her body, causing severe liver damage that she now battles daily in addition to sickle cell disease. Because iron overload is so often under recognized, Dr. Patricia Adams Grave, a hematologist at the Regional Medical Center at Memphis, encourages her sickle cell patients to become “sickle smart” by educating themselves with knowledge about their disease.

“For most patients, iron overload due to blood transfusions has no symptoms, which allows iron to build up slowly in the body, damaging the organs over time,” said Dr. Adams Grave. “Too many patients are unaware of their risk for this condition, and I urge all patients receiving blood transfusion to use three tips to become sickle smart.”

Tips To Be Sickle Smart

- **Be Educated:** Most sickle cell patients don't realize that just 10 blood transfusions can increase their iron levels to 1,000 micrograms per liter, significantly increasing their risk for iron overload.

- **Get Tested:** If you receive blood transfusions to help manage your sickle cell disease, ask your doctor for a serum ferritin test. It's a simple blood test that can determine the level of iron in the body.

- **Be Connected:** Get involved with a community sickle cell group to meet others living with the disease and join the community online through the Be Sickle Smart Facebook community (www.Facebook.com/BeSickleSmart).

HIV/AIDS Awareness

Black Americans continue to be disproportionately affected by HIV/AIDS, according to the U.S. Centers for Disease Control and Prevention (CDC). In fact, in their lifetime, one in 16 black men and one in 32 black women will be infected with HIV. This National Black HIV/AIDS Awareness Day, as the nation approaches the 30th year of the HIV epidemic, we are faced with the stark reminder that HIV prevalence in blacks is almost eight times that of whites.

“These alarming statistics remind us that all communities—particularly communities of color—need new biomedical tools, including a vaccine to prevent further spread of the virus,” says S. Wakefield, director of external relations at the HIV Vaccine Trials Network. “It is also essential that we identify culturally appropriate approaches to engage all individuals in using proven HIV prevention tools and in the search for new ones. This is critical as we continue to search for ways to overcome the health inequities currently impacting black communities. A commitment to engaging those most affected is the only way we can truly make a significant difference in HIV research.”

CDC data show that more people are living with HIV in the United States than ever before, and while there is no cure for HIV/AIDS, advances in treatment can help the majority of those who are infected live longer, fuller lives. But treatment is costly and remains out of reach for many people in the United States. The best hope in the fight against AIDS is to find a preventive HIV vaccine, and recent studies are bringing us closer than ever before to that discovery.

Scientists are gaining new insights into how vaccines, microbicides and other HIV prevention strategies may work. These studies would not have been possible without the support and participation of volunteers of all races and ethnicities, including African Americans. However, more volunteers are still needed to find a safe and effective vaccine that prevents HIV infection for everyone.

Because community involvement and education are essential to the success of HIV vaccine research, initiatives are under way across the country to help people understand why HIV vaccine research is relevant to them and how they can support these efforts.

To learn more about HIV vaccine research in the United States, visit www.bethegeneration.nih.gov.



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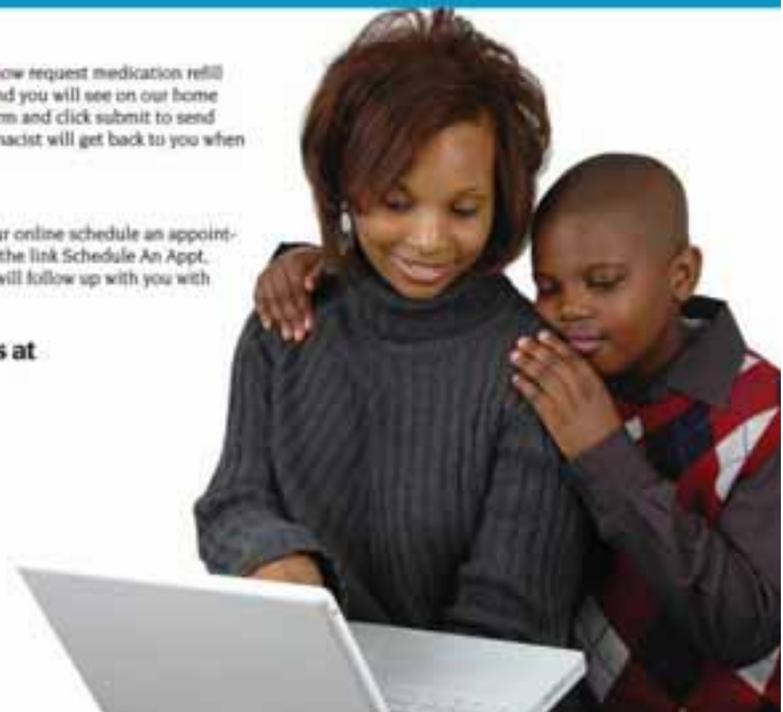
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Remember to visit us on the web at www.nhainc.org



New Pharmacy Building Named to Honor Frederic and Mary Wolfe

Couple donated \$2.5 million to support diabetes research at UT

Special to The Truth

The University of Toledo dedicated the **Frederic and Mary Wolfe Center** on Health Science Campus at 11 a.m. Friday, June 24.

The ceremony was held at the site of the center, located between the Block Science and Health Education buildings.

Home to the College of Pharmacy and Pharmaceutical Sciences, the Frederic and Mary Wolfe Center is a \$25 million LEED-certified (Leadership in Energy and Environmental Design) facility that includes laboratories, lecture halls and offices.

The dedication honored the Wolfes for their \$2.5 million donation in support of diabetes research at the University through the Center for Diabetes and Endocrine Research, a collaboration between the College of Medicine and Life Sciences and the College of Pharmacy and Pharmaceutical Sciences.

UT's Center for Diabetes and Endocrine Research is the only comprehensive diabetes research center in the state. The death rate in Ohio related to diabetes and its complications is twice as high as the national average and four times higher for African Americans, and Hispanic and Native-American women.

The latest research available from the Centers for Disease Control and Prevention shows a 10.1 percent incidence of diabetes among adults in Lucas County, which translates into more than \$35 million in Medicaid expenditures. The cost to Ohio employers in lost productivity is even higher. Diabetes has a major impact on the local economy; more than one million Ohioans have diabetes, and 33,000 of them live in Toledo.

A major objective of the Center for Diabetes and Endocrine Research is to establish a strong investigative

base led by Dr. Sonia Najjar, director of the center and professor of physiology and pharmacology in the College of Medicine and Life Sciences, and Dr. Marcia McInerney, professor and chair of medicinal and biological chemistry in the College of Pharmacy and Pharmaceutical Sciences.

Najjar and McInerney have shared grant funds several times and have focused their research on dietary and genetic risk factors in obesity and diabetes. Therapeutic strategies will include medicinal approaches at the College of Pharmacy and gene delivery programs at the College of Medicine.

"This relationship has placed The University of Toledo on the map as an institution that is committed to be an active participant in the discovery process that will lead to stemming the tide of the diabetic epidemic," said Johnnie Early, Ph.D., dean of

the College of Pharmacy and Pharmaceutical Sciences.

Najjar said the Wolfes' gift will provide much-needed support to maintain the excellence of the Center for Diabetes and Endocrine Research, allowing for growing its reach by increasing capabilities and leveraging its existing resources to increase competitiveness in successfully applying for further federal and pharmaceutical funding.

"This generous gift is a recognition of the progress made in fostering local talents and attracting leading investigators nationwide to

join our research program."

Najjar said. "The gift will enable us to maintain our national and international profile in diabetes research, prevention and treatment."

UT President Dr. Lloyd Jacobs joined Chancellor Jeffrey P. Gold and Early for a brief ceremony.

"Frederic Wolfe, an honorary degree recipient and longtime supporter of the College of Pharmacy and Pharmaceutical Sciences, has had tremendous impact on health care in Ohio," Early said, noting that Wolfe Hall on Main Campus is named in honor of Frederic and Mary

Wolfe.

Early added The University of Toledo is pleased to have a long and fruitful relationship with the Wolfe family.

"The commitment the Wolfe family has shown to diabetes treatment and to pharmacy education is quite special. Our college is proud to reside in two buildings — on two different campuses — that bear the Wolfe name," he said.

The free, public dedication ceremony was followed by a reception and tours of the Wolfe Center.

Plate?

(Continued from Page 8)

• **Make at least half your grains whole grains**

Foods to Eat Less Often

• **Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.**

• **Drink water instead of sugary drinks.**

"With so many food options available to consumers, it is often difficult to determine the best foods to put on our plates when building a healthy meal," said Secretary Vilsack. "MyPlate is an uncomplicated symbol to help remind people to think about their food choices in order to lead healthier lifestyles. This effort is about more than just giving information; it is a matter of making people understand there are options and practical ways to apply them to their daily lives."

What does your daily life look like? It's your choice! Does your plate include healthy choices from all five food groups? What does your breakfast look like? What types of drinks are you choosing throughout the day?

If you would like more information about "making half your plate fruits and vegetables" please join OSU Extension, Lucas County at Toledo GROWS' Oneida Community Garden (at Oneida and Walnut Streets, between Cherry and Lagrange Streets, Toledo Ohio) on Saturday July 9 at 10:00am.

Easy Ways To Make Health A Priority

Alyse Levine, MS, RD and nutrition adviser, encourages all Americans to maintain a focus on their health through healthy food choices and engaging activities.

"All the latest research shows that extreme—or fad—diets don't work in the long term, even if you're trying to get into that favorite swimsuit or pair of shorts," said Levine. "It's vital to practice good habits all year long, including finding fitness activities you enjoy, eating balanced meals and snacking on nutrient-rich foods—like pistachios—to get you through the day."

Levine suggests a few easy tips to prioritize your health:

• **Get a leg up on fitness.** You can get your legs toned and ready for shorts by giving up your car one day a week and traveling by bike or walking. As a bonus, you'll save on gas and help out the environment while getting your body in shape.

• **Don't be fake.** Swap out highly processed foods filled with artificial ingredients for foods packaged by nature. Pre-packed, portion-controlled snacks are a great idea when you're counting calories, but many are overly processed, which can strip out a lot of nutrients.

• **It all adds up.** If you want to maintain a healthy weight, the equation is simple. Burn as many calories as you consume and make smart food choices every day. Keeping track of what you eat is often half the battle. Use a food tracker tool to log foods throughout the day and set goals for the future.

• **Take the 49-nut challenge.** Incorporate a serving of pistachios into your daily diet to help keep blood sugar levels in check and protect your heart. In fact, research shows that, on average, people who regularly consume tree nuts, including pistachios, have thinner waistlines and a better overall diet. Pistachios are a power-packed snack—filled with antioxidants and other key nutrients. Plus, you can enjoy 49 pistachios in every serving—more than any other snack nut.

For more tips from Alyse Levine, information on healthy food options and ways to maintain a healthy weight, visit www.TheGreenNut.org.



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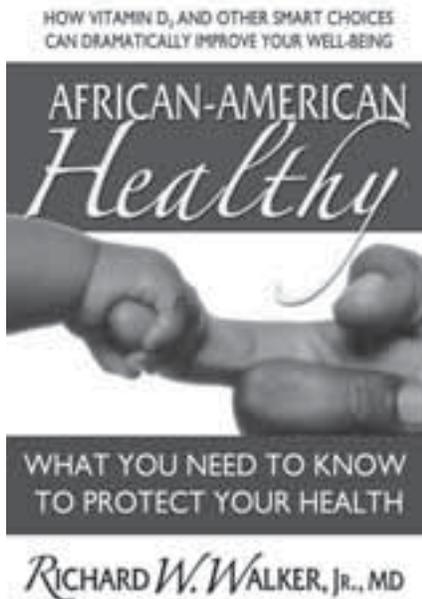
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Book Review

African-American Healthy by Richard W. Walker, Jr., MD

c.2011, Square One Publishers \$15.95 / \$18.95 Canada 152 pages, includes extras

By Terri Schlichenmeyer
The Truth Contributor



For many hours each week, you spend your time running to nowhere - or so it seems.

As often as possible, you do your laps on a treadmill, run-run-running in place while the status of your health does the same: your blood pressure remains sky-high. You're still pre-diabetic. And your friends, surprisingly, are saying the same thing.

According to **Richard W. Walker, Jr., MD**, there's a reason for your health being the way it is. In his new book *African-American Healthy*, he explains.

Having grown up in Spanish Harlem, Richard Walker remembers that health conditions like diabetes, cancer and hypertension were "accepted by my community as part of the natural aging process."

You got old, you got sick

Walker himself noted this health quirk but never thought much about it until he compared family histories with a friend who had Irish ancestors. Stunned to see everything so fully, he decided to investigate.

Throughout the years, he says, African Americans have consistently had higher rates of heart disease, stroke, cancer deaths, kidney disease, hypertension and diabetes than have Caucasians. Part of the problem, he admits, is genetic; some of the problem is cultural and the cost of health care can also be blamed.

The good news is that there are things you can do to get healthy, stay healthy, save money and live longer.

First of all, says Walker, understand the aging process

cells are repaired. Multivitamins aren't just for children, and antioxidants definitely do help. Quit smoking, get out of your chair, and cut back on salt. Change your diet and "consider other supplements" and extracts to give your body what it's missing. Get enough sleep and learn to take a deep breath to eliminate stress.

Above all, take vitamin D3 to boost effectiveness of the measures you're taking to be healthier. Walker says that most African-American bodies are deficient in that vitamin, and that D3 supplements can make a huge difference in your well-being.

Let's face it: nobody wants to die. You'd like to see your grandchildren grow up, and you'd like to be healthy while you're doing it. This book might help - with one great big caveat.

There's some solid advice in the pages of *African-American Healthy*, and most of it is relatively easy to do. Author Richard W. Walker, Jr., MD says the things you've already heard (eat better, exercise, cut back on the bad stuff), then he tells you how and backs it up with reasons why, instead of merely preaching.

But this isn't the end of your health-care search and there is one flaw to this book: the words "Talk to Your Doctor" were missing in a lot of spots where they perhaps needed to be. The words are here but, unfortunately, are sparse.

Still, *African-American Healthy* is a great starting point, and a good way to initiate a conversation with that doctor. If you're sick and tired of being sick and tired, this is a book to run to.

Changes

(Continued from Page 7)

time expenses and increased operating margin.

MPlatzke will remain in Toledo and continue to be available to Price for other operational initiatives as needed.

"Samantha is a valuable member of the executive management team," Mickus said. "The experience she has cultivated will serve her well in her new role and I look forward to working with Samantha on expanding the patient flow work completed in the Northern Division to all of CHP."

During Platzke's tenure at Mercy she developed the organization's current financial management system; initiated financial policies and objectives that supported the organization's strategic goals; and led the implementation of the internal audit function for the organization.

Platzke has more than 24 years of progressive experience within accounting, finance, information services and operations improvement - 20 years within health care in key management positions. She joined Mercy in 1990 as manager of fiscal services for Mercy St. Vincent Medical Center.

These leadership changes will be effective July 1, 2011.

About Catholic Health Partners

CHP is the largest health system in Ohio and the fourth largest overall employer in the state. CHP is one of the top health systems in the nation for quality and efficiency as rated by Thomson Reuters. With \$5.59 billion in assets, CHP employs more than 37,000 associates in more than 100 organizations, including 31 hospitals which serve the health needs of people in Ohio, Tennessee, Kentucky and contiguous states. True to its mission, in 2010 CHP provided more than \$365 million, or 8.5 percent of total expenses, in targeted community benefit. Our hospitals operate as Mercy in Toledo, Humility of Mary Health Partners, St. Rita's Health Partners and Mercy in Lorain. For more information about CHP, please visit www.health-partners.org.

About Mercy

Mercy is a not for profit health system in Northwest Ohio dedicated to improving the health of people in its communities with emphasis on its 155-year mission of caring for all in need. Mercy is the largest region of CHP. Mercy has more than 7,300 employees, 2,300 medical staff members and net revenues of nearly \$900 million. The organization is composed of Mercy St. Vincent Medical Center, Mercy St. Charles Hospital, Mercy St. Anne Hospital, Mercy Children's Hospital, Mercy Tiffin Hospital, Mercy Willard Hospital, Mercy Hospital of Defiance, Mercy Medical Partners, and Mercy College of Northwest Ohio. Please visit www.mercyweb.org for additional information regarding Mercy.

Santiago New Chief of Toledo Fire and Rescue Department

Special to The Truth



Luis Santiago was sworn in as the Chief of the Toledo Fire and Rescue Department at a ceremony this morning in Chub de Wolfe Park. Santiago succeeds Chief Michael Wolever who retired July 1 after 33 years of service to the City of Toledo.

Wolever administered the oath to Santiago as part of the ceremony and presented him with the chief's badge, a badge Wolever noted was passed down to him from former Chief Bell. Santiago's wife, Ann, secured the new credentials to his uniform.

Toledo City Council on June 28, 2011 voted unanimously to confirm Mayor Michael P. Bell's appointment of Santiago as chief. Santiago comes to the job with 27 years of firefighting and incident command experience. He leads a department of over 500 firefighters as well as civilian dispatchers, arson investigators and administrative staff.

Chief Santiago joined the department in May 1984 and was promoted to lieutenant

in 1988, captain in 1993, battalion chief in 2000 and assistant chief in 2007. A strategic incident commander, Santiago oversaw the Toledo Fire and Rescue Department's delegation of responders in the aftermath of the devastating tornado that struck Lake Township, Ohio in May 2010. During the recovery effort the department managed confined space search and rescue, dive search team and fire response coverage. Chief Santiago also served as incident com-

mander for Toledo Fire and Rescue's response to the 2010 building collapse at the Fremont Co. in Fremont, Ohio and the ADM grain elevator fire in September 2010.

Santiago holds various certifications from the Federal Emergency Management Agency's National Incident Management System, the National Fire Academy and the United States Coast Guard. He additionally serves on the Advisory Board of the State Fire School at Bowling Green State University, the

Board of Trustees of Knight Academy and is a former trustee of the Toledo Firefighter Health Plan.

Santiago is a Toledo native and attended St. Patrick Heatherdowns grade school and St. Francis de Sales High School, where he later coached football for 26 seasons. He went on to attend Defiance College before joining the fire department. Santiago and his wife Ann have three adult children and two grandchildren.

Toledo 5 Announces Casting Call for America's Next Top Model

Special to The Truth

Toledo 5, Toledo's CW, is proud to announce a Casting Call for the 18th Cycle of *America's Next Top Model*. Toledo 5, Toledo's CW will take its camera and interviewers to Westfield Franklin Park 5001 Sylvania Avenue in Toledo on Saturday July 9th from 10am until 4pm. Auditions will be held in the mall's Food Court. Previous casting calls have seen more than one hundred applicants each.

The call is open to women between the ages of 18 and 27, and who are at least 5 feet 7 inches in height and who are American citizens. There is no weight requirement. Applicants should bring with them a completed application, three photos of themselves and a copy of their driver's license or passport, and social security card or birth certificate. Applications and eligibility requirements are available online on the contest page at Toledo5.com.

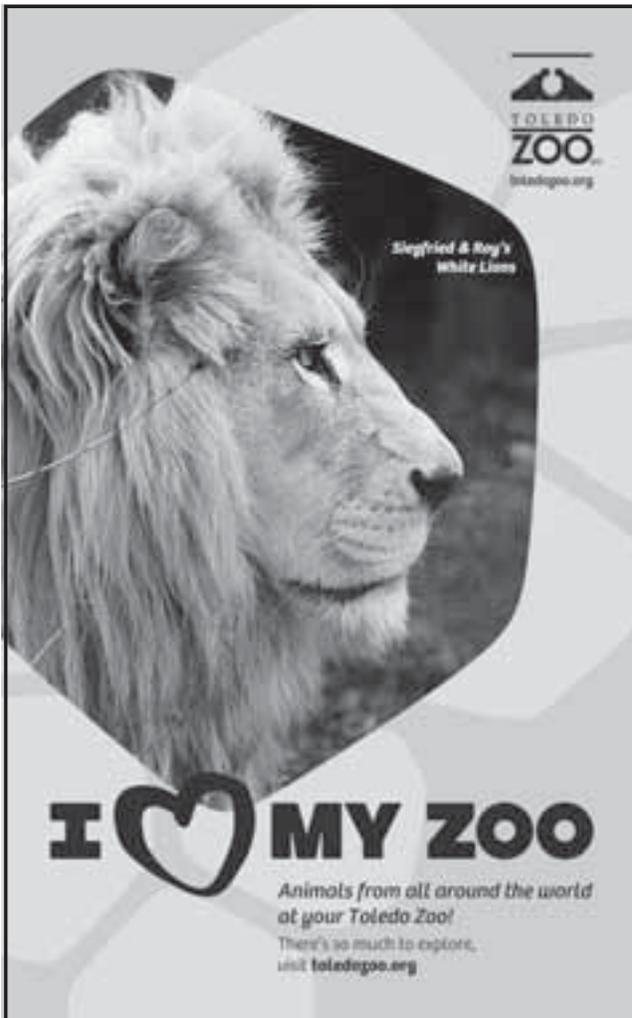
At the audition, Toledo 5's camera crew will tape all the applicants, allowing them to show their attitude and personality on camera. A tape of all the applicants will be put together by the Toledo 5 crew, and sent directly to the casting director, along with their applications, copies of IDs and photos. An impartial judging panel also will select one winner from those who audition to receive a prize package from Westfield Franklin Park and Toledo 5.

America's Next Top Model, seen Wednesday nights at 8pm on Toledo 5, follows a group of young women of various backgrounds, shapes and sizes who live together and vie for a grand prize which will include a modeling contract. The finalists compete in a highly accelerated modeling boot camp, a crash course to modeling fame that includes mentoring by supermodel Tyra Banks and exposure to high-profile fashion industry gurus, all under 24-hour-a-day surveillance of the *America's Next Top Model* cameras, which chronicle every move.

America's Next Top Model is produced by 10 by 10 Entertainment in association with Bankable Productions. The executive producers are Ken Mok (*Making the Band*), Tyra Banks and Laura Fuest. The series was created by Tyra Banks and developed by Mok and Kenya Barris.

Toledo 5, now in its 21st year, is the Northwest Ohio/Southeast Michigan affiliate of The CW Network, which launched on September 18, 2006. Toledo 5 airs such programs as *Two and a Half Men*, *Family Guy*, *The New Adventures of Old Christine* and *Friends*.

For more information, contact:
Cheryl Lightfoot, Promotions Administrator
Toledo 5, Toledo's CW 419-724-7694
clightfoot@wt05toledo.com www.toledo5.com



Reel Review:

Transformers 3: Dark of the Moon

By Michael Hayes
Minister of Culture



Last summer, the blockbuster movie season left much to be desired.

Hollywood sure knows how to self correct, because 2011 has been an epic year for movies so far.

I'm not one of those dweebs who eat, sleep and breathe the smallest minutia of comic book details left out of major motion picture adaptations. I'm a fan, but not a fanatic.

I love explosions, fight scenes and chases just as much as any guy does.

But due to my background I also have an appetite for evolved plots, character arcs and screen writing.

Oh yea, and as a Generation Y person who greeted the decade of the 80s still in diapers, I'm nostalgic.

Mix that all together and you've got someone who's super excited with every X Men or Transformer's release. And I do mean super excited. Not enough to blog incessantly about how the Hollywood machine tortures my soul with every nuance of a film that doesn't cater to my highly specialized ideals.

But still excited enough to plan an entire week around

seeing such films.

Hell, maybe even seeing them twice.

I didn't expect Transformers 3 to be made. I'm shocked the franchise has made it this far.

Not because it's under-serving. But because the fan base just doesn't seem to measure up to all the Marvel blockbusters. X Men and Spiderman, etc. are all stories that are older than I am. Much older.

Their worldwide appeal can catapult them to the top of the box office every time out as long as the studio delivers the goods. Transformers however, was a glorious but brief part of my 1980s boyhood.

The cartoon series in its original form only lasted four criminally short years.

That's all. Four years.

The pilot episode alone was ground breaking enough to give birth to the now en-

during characters of Optimus Prime, Megatron, Bumblebee, Soundwave, Ironhide and Starscream.

Having Transformers toys, pajamas, shirts and anything else became an obsession for me and just about every other second grader I knew. By third grade we were sneaking our Transformers toys to school to compare collections. Then later on in the series when Optimus Prime died, I remember it being the only thing we talked about at school.

No freestyling in the lunchroom or crack sessions that next day, just talk about Transformers.

But even with the potent mix of merchandising and cartoon genius, the franchise had many problems.

Killing your lead character in any series affects viewer ship. Then there were so many changes to Transformers over the next few years that it became difficult for even die-

with it.

And ladies. I love 'all. Some of y'all get it, most of y'all don't. But you sit there and watch it with us just as deeply involved yet asking the occasional question to make sure you don't miss a beat.

Something about the characters and story of Transformers just captivates people.

But when Michael Bay gets involved, what is captivating becomes fascinating.

Transformers 3: Dark Of The Moon is the number-one movie on planet earth at the moment.

Making even more money internationally than domestically, even though domestically it raked in over \$100 million dollars in under a week.

But, the question remains: is it good?

When both Tyrese Gibson AND Anthony Anderson appeared in the first installment, it was more than evident that this franchise wanted to attempt being all things to all people.

A healthy dose of sex appeal (Megan Fox for the guys, Tyrese for the girls) became part of the recipe.

So much comedy that during intense laughter you damn near forget its an action movie (Sam's parents, etc.).

With mentions of Qatar, President Obama and one of the most haunting re fabrications of JFK's presidency even on screen, all the Trans-

formers films have been so packed with current and real world events instead of fiction that if you're up on what's happening in the news you appreciate the films more.

The level of military involvement is no coincidence either.

The Pentagon has been using big budget Hollywood action movies to impress you into signing up for duty for years, and Transformers is no different. But it does make some authentic portrayals of the U.S. war machine.

And finally, us action junkies have never been disappointed with the bigger than life scenes that redefine our already high expectations for epic sights and sounds on screen.

Transformers 3: Dark Of The Moon wins on every level.

It is one of the funniest movies you will see all year.

The storyline gets a bit weak towards the end and the characters aren't as strong.

It's probably my least favorite of the three, but that's the low point of an amazingly high bar.

It is still a must see movie that will have you on the edge of your seat the entire way through and a must have addition to your DVD collection when it comes out.

Go see this one ASAP!

The true grade for Transformers 3 is A-.

Miracle Riley's Act of Heroism

Sojourner's Truth Staff

"Even though Miracle suffered the loss of her mother and sister, she still managed to help two other younger siblings escape the burning apartment complex and alerting the neighbors of the fire as well," reads the Proclamation of the Office of the Mayor in honoring seven-year old Miracle Riley whose family's home was devastated by a fire in early June.

LaToya Riley, Miracle's mother, and her sister, Madison Riley-Finn, aged 3, did not escape the blaze.

"Miracle's bravery has been recognized by many admirers, friends and family. The City of Toledo extends our love, compassion and support to this exemplary young lady during this trying and difficult time."



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July 6, 2011

Discover Downtown Toledo with 2011 Walking Tours

Special to The Truth

Explore downtown Toledo this summer with the 2011 Discover Downtown Toledo Walking Tours, sponsored by the UT Urban Affairs Center and the Toledo-Lucas County Public Library.

The free lunchtime tours are held each Thursday from July 7 through August 25. Each tour, led by a volunteer guide trained in Toledo his-

tory and architecture, takes participants to different areas of the city from historic Birmingham to The Valentine Theatre.

"The downtown tour program is a great way to learn Toledo's rich history and appreciate the beautiful architecture downtown," UT Urban Affairs Center Assistant Director Sue Wuest said. "There's such a variety of tours that

there's certainly something for everyone."

Tours are held rain or shine. Participants receive a free copy of the award-winning *Discover Downtown Toledo Walking Tour Guidebook*.

The tour schedule is:

July 7: From Hollywood to Heaven. Meet at St. Clair & Adams streets by

Trinity Church.

July 14: Vistula, Toledo's Oldest Neighborhood. Meet at Elm & Superior streets.

July 21: The Valentine Theater Alive & Well. Meet at Superior Street entrance.

July 28: The Heart of Birmingham. Meet in parking lot of St. Stephen's Church, 1880 Genesee St.

Tour begins with a neighborhood tour and ends with a church

tour at 1 p.m.

Aug. 4: Martin Luther King, Jr. Plaza. Meet on the lower level of the Amtrak Station, 415 Emerald St.

Aug. 11: Extreme Restoration: The Casey Pomeroy House. Meet at 802 Huron St.

Aug. 18: Discover Major Oliver's House. Meet in the Maumee Bay Brewing parking lot, 27 Broadway St.

Aug. 25: The Huntington Center. Meet at the corner of Jefferson Avenue and Huron Street. Huntington Center staff will lead the tour. Cost is \$2 per person.

For more information about the Discover Downtown Toledo Walking Tours, contact the UT Urban Affairs Center at 419.530.3591 or uac@utoledo.edu.

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CLASSIFIEDS

July 6, 2011

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Toledo Refining Company has an immediate need for an Environmental Engineer. The Environmental Engineer will assist the refinery in maintaining compliance with environmental regulations which include: communicating with regulators, neighbors, and employees. Candidate will be required to perform duties that are legally required such as regulatory inspections, waste characterization, oversight of waste shipments, developing procedures, data collection, and reporting. Candidate will also be responsible for regulation evaluations and making recommendations for compliance programs. Environmental Engineers will evaluate MOC's, project environmental checksheets, and FELs to ensure that permitting issues are identified and addressed. Candidate will contract with vendors to provide inspection services for USEPA and State required third party inspections. Other duties include but are not limited to: ensure compliance with Title V, develop indicators of performance, identify trends, conduct investigations to determine cause of nonconformance, and support the refinery in meeting environmental objectives and goals.

The qualified candidate shall possess a BA/BS in Engineering or Environmental Science. A minimum of 3 years related work experience and regulatory knowledge. Experience in LDAR and Consent Decree is preferred.

For confidential consideration, please submit your resume via email to dayna.brown@pbfenergy.com

EOE/M/F/D/V



LONG-TERM CARE OMBUDSMAN

Be a voice for those who need you the most

Advocates for Basic Legal Equality, Inc. (ABLE), a non-profit law firm that provides free, high-quality legal assistance in civil matters to low-income individuals and groups in northwest Ohio, seeks an Ombudsman for its Long-Term Care Ombudsman Program. The Ombudsman will receive, investigate, and work to resolve complaints filed on behalf of consumers of long-term care services, primarily in nursing homes. The Ombudsman will also support our volunteer program, provide community education, and systemic advocacy related to long-term care. Candidate must have a Bachelor's Degree in a related field. Commensurate experience may be considered in lieu of Bachelor's Degree. Candidate must possess excellent communication and human relations skills, and a demonstrated commitment to advocacy on behalf of consumers of long-term care facilities. Candidate must have the combined qualities of excellent interpersonal and administrative skills. Computer proficiency highly preferred. Daily travel in Northwest Ohio required. Position is based in ABLE's Toledo office. Salary based on relevant experience. Excellent benefits.

Resumes will be accepted until July 24, 2011. Email cover letter, resume, and list of references, in Microsoft Word or PDF format, to:

jobs@ablelaw.org
Subject: LTCOP Position

Equal access to ABLE's office is available. Applicants requiring accommodation to the interview/application process should contact the email address listed above. EOE

Wanted to Buy:
Diabetes Supplies Earn up to \$12 per box of 100 test strips Must expire after May 2012. Leave labels on boxes. We remove and shred. Call 419-740-7162 and leave message.

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Attention All Vendors

Join us for this year's 7th Annual African American Festival – to be held
Saturday, July 9 – Sunday, July 10, 2011
At the University of Toledo's Scott Park Campus
Contact Suzette Cowell at 419-255-8876 for more information
Call TODAY – Space is limited!



The Lucas Metropolitan Housing Authority is seeking bids from qualified contractors to furnish all labor, materials, and equipment for **Project: 2519 Luddington & 5537 Morrow – Comprehensive Renovation, Toledo, OH 43615/ Project #: 10-210175**

Walk-Thru: Mon. July 11, 2011 @ 2:00 PM at 2519 Luddington Rd./ **Bid Due:** Wed. August 3, 2011 @ 11:00 AM at 201 Belmont Modernization Dept. For Questions: Kara Lennard 419/259-9469, klennard@lucasmha.org. Documents available at www.lucasmha.org. Plans and Specifications available for purchase from: City Blueprint of Toledo, 3455 Briarfield Blvd, Ste D, Maumee, OH 43537, 419/243-7271 or Newfax Corp., 333 W. Woodruff, Toledo, OH 43697, 419/241-5157.

All bidders shall be required to meet the Affirmative Action requirements and Equal Employment Opportunity requirements as described in Executive Order #11246. This is a Section 3 covered contract and HUD Resident Owned Business Concerns are encouraged to apply.

Legislative Aide

Toledo City Council is seeking a qualified individual to serve as a Legislative Aide to members of Toledo City Council. The duties include constituent services, legislative activity, staffing public hearings, and general office duties. Applicants must possess skills with Microsoft Office software, outstanding oral and written communication and organizational skills, ability to multi-task and work independently, and must maintain confidentiality. Experience with City or other public entity operations, public policy, research or customer relations is a plus. The successful candidate must pass a pre-medical exam, a Police background check, and be in compliance with any child support order and City taxes. Starting rate \$34,644; after 3 years \$46,195. Send resume by Wednesday, July 13 to: Gerald E. Dendinger, Clerk of Council, One Government Center, Suite 2140, Toledo, OH 43604 or e-mail to gerald.dendinger@toledo.oh.gov or fax to (419) 245-1610. The City of Toledo is an Equal Opportunity Employer. Minorities, females and individuals with disabilities are encouraged to apply.

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Lucas County Children Services is seeking candidates for a HR Assistant. Education and experience requirements can be viewed at www.lucaskids.net. Send resume and salary requirements by **6-29-11** to: LCCS, 705 Adams St., Toledo, OH 43604 Fax: 419-327-3291 No Phone Calls Please EOE valuing diversity

The Lucas County Land Bank Program Manager

The Lucas County Land Bank seeks an attorney licensed in Ohio to support our mission and operations as Program Manager. Must have at least one year of experience in real estate and public sector practice. To read more about the position qualifications and to apply, please visit our website at www.LucasCountyLandBank.org and click on "Job Opportunities." The Lucas County Land Bank is an equal opportunity employer.

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RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted July 11-15, 2011 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9: a.m. And 3:00 p.m. The qualifications to be eligible for this examination are:

- Must be 18 years of age or over.
- Must live in the jurisdiction of Local 8 for one year prior to application.
- Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

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Special to The Truth

If you want to learn the game of tennis and be a part of the Scott High School girls varsity tennis team, please contact Coach George Rios by calling 419-260-1647.

Young ladies interested in starting and building their academic and athletic career at Scott are asked to sign up now! Tennis - unlike most others - is a sport that can be played for the rest of your life.

Almost everyone is aware of the incredible accomplishments of Venus and Serena Williams on the tennis courts. Before there was Venus and Serena there was Althea Gibson the first black tennis player to win Wimbledon (in 1957) and the U.S. Open (in 1958).

Rios has been coaching tennis in the city of Toledo for more than 25 years. He is certified through the United States Professional Tennis Registry [USPTR], the number one registry for professional tennis coaches in the country. Over the past 25 years he has started and assisted a number of tennis players who have gone on to college.

The first practice will be Monday, July 11, 2011. Practices will be held at Ottawa Park (corners of Bancroft and Parkside) from 3:30 to 5:00 pm,



Monday through Friday. For questions and additional information call Coach Rios at 419-260-1647.

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5:00 - 6:00 PM - HONORARY GUEST: DR. MARY ELLEN HARRIS
6:00 - 7:00 PM - HONORARY GUEST: DR. MARY ELLEN HARRIS
7:00 - 8:00 PM - HONORARY GUEST: DR. MARY ELLEN HARRIS

SUNDAY, JULY 10
12:00 - 2:00 PM - HONORARY GUEST: DR. MARY ELLEN HARRIS
2:00 - 3:00 PM - HONORARY GUEST: DR. MARY ELLEN HARRIS
3:00 - 4:00 PM - HONORARY GUEST: DR. MARY ELLEN HARRIS
4:00 - 5:00 PM - HONORARY GUEST: DR. MARY ELLEN HARRIS
5:00 - 6:00 PM - HONORARY GUEST: DR. MARY ELLEN HARRIS
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