



Volume 20, No.24

"And Ye Shall Know The Truth..."

October 05, 2011

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"It's the best experience I have all day. I enjoy going in and bringing the vibe and teaching them. But I am also very humbled by people who come to my class."

This Strikes Us ...

A Sojourner's Truth Editorial

We suggest making it as easy as possible to vote. If a person is 18 years old and can get to the polls, let that person vote – black, white or brown; rich or poor; educated or not; legal or illegal; English speaking or not. Take all comers. It's not as if we're trampling one another under our heels in our rush to get there. A 50 percent turnout is pretty typical in a general election.

That's one way to eliminate voter fraud.

It appears that the State of Ohio and the nation in general are well on their way to eliminating the problem of voter fraud by other methods, however.

Since Republicans came into power in so many states during the last election, 19 laws and two executive orders have been issued in 14 states making it significantly more difficult for five million eligible voters to cast ballots, according to a study issued by the Brennan Center for Justice at the New York University school of law.

That's a fair price to pay, many a Republican might say, in order to solve the vexing problem of voter fraud.

If there really were a problem with voter fraud, that is.

What we really have a problem with in this country, what we have always had a problem with, is voter suppression – both the legal and illegal kind. Now we have a surfeit of the legal kind.

And five million – minorities, the poor, seniors, college students – will be faced with less than reasonable obstacles in order to exercise that right to vote. And, as it happens, those folks most affected by the voter suppression legislation sweeping the nation, are the ones most likely to vote for Democratic candidates.

Of course, Republicans are not at all inclined to admit that they are trying to suppress the vote. States that require certain types of voter identification, for example, will in most cases provide the identification free of charge for those who are indigent. Ohio certainly would have if the Senate had approved the measure passed in the House in the spring.

Unfortunately for so many, just the fact of having to face another bureaucratic obstacle causes a drop in interest in overcoming the challenge.

Many of the new laws passed or introduced this year require identification, 34 states in all have introduced such legislation. Some of the legislation limits the number of early voting days.

Republican supporters of such legislation have some ready answers for why such ordinances are needed. One needs a photo identification to get on an airplane, they say. Why shouldn't identification be required when one is voting for the leader of the free world?

That's a truly odd comparison, we believe, for two reasons.

First, there is no right to get on an airplane. We thumbed through the Constitution and cannot find any mention of airplanes, or travel at all for that fact. We did find mention of the right to vote, however.

Second, the nation adopted the identification guidelines in airports because there was a problem in airports due to a lack of security. Airplanes were getting hijacked, or bombed, or both.

There has been, as the U.S. Supreme Court noted in 2008, no problem with voter fraud that these new laws have been ostensibly created to combat.

Some states' new restrictions have taken a turn towards the absurd. Florida has eliminated early voting on the Sunday before Election Day – a big day for African-American churches to organize their "souls to the polls" drives.

In Texas, a student ID is not sufficient to exercise the right to vote but a license to carry a concealed handgun is.

In Ohio, one solution to the so-called voter fraud problem has taken form in House Bill 194 which reduces the early voting period from 35 to 21 days. On the other hand, opponents of the bill have gathered enough signatures to place the matter on the ballot in 2012. Democrats have decided to provide the voters of Ohio with a direct voice to decide whether or not they want as many people to vote as possible.

In many ways, the move around the country by conservatives to suppress the vote is a reflection of the bitter divide that is so pervasive these days between those on opposite ends of the political spectrum. And it is absurd reaction at that, due to bring on retribution and further increase that divide.

Whether or not referendum is successful in eviscerating the Republican initiative, one can be assured that eventually Democrats will once again be in charge of the state legislature and these Republican reforms will be rolled back. And, really, don't both political parties have enough to keep them busy running a state? Why waste time on such overtly partisan nonsense?

Community Calendar

October 4-5

St. Paul's Episcopal Church Fall Rummage Sale: 9 am to 7 pm on Tuesday, 9 am to 1 pm on Wednesday; Many departments, three floors, a garage and two huge tents: 419-874-4548

October 7

City of Zion, the Mt. Zion Church 88th Church Anniversary: 7 pm; Guest speaker Pastor Clayborn Lea of Mt. Calvary Baptist – Fairfield, CA
Interdenominational Ministers' Wives and Ministers' Widows Association Installation of Officers: 7 pm; Jerusalem MBC; Music by Toledo Interfaith Choir: 419-461-1789

October 9

Union Grove MBC women's Day: 4 pm; "Christian Women God Has a Plan for You;" Speaker First Lady Willetta Perryman of Center of Hope: 419-531-1994
Calvary Baptist 82nd Church Anniversary: 4 pm; Speaker Min. Perry Harris
Christian Community Church 9th Pastoral Anniversary: 5 pm; Speaker Pastor Talmadge Thomas

October 11

Visionary of Fresh Start – The Freedom Experience Free Workshop: "The Present;" Discussion of how to find happiness; Sanger Branch Library; 6:30 to 8 pm: 419-376-2331 or freshstart@freedomexperience.org

October 15

Celebration of Love: Honoring Robert Huntley Sr; United MBC; 4 to 7 pm: 419-474-1952

October 15-16

First Church of God Ambassadors for Christ Reunion Weekend: First Church of God; "You Can Always Come Home;" Tailgate party on Saturday from noon to 4 pm; Sunday service at 10 am; For more information call 419-578-2447 or 419-867-1881

October 16

United Church of God Women's Day Program: 4 pm; Speaker Rev. Janet Orr of First Church of God: 419-729-3819
St. Paul AME Zion Connectional Lay Sunday: Speaker Deborah Rivers of Walls Memorial, 11 am; Speaker Valerie Thompson at 6 pm
Calvary Baptist Church 82nd Anniversary: 4 pm; Speaker Pastor Randall Parker
Christian Community Church 9th Pastoral Anniversary: 5 pm; Speaker Bishop Duane Tisdale

October 18-19

St. Stephens COGIC Fall Revival: 7 pm nightly

October 21-22

Mt. Zion Church of Christ Holiness Women's Day Conference: 6:45 pm on Friday, 8:30 am to 6 pm on Saturday; "Establishing Our Unity through Faith;" Includes praise dance workshop on Saturday: 419-389-4953

October 22

Pumpkin a Rama: Presented by City of Toledo; Liz Pierson open air shelter at Ottawa Park; 1 to 3 pm; Carriage rides, face painting, DJ, pumpkins and more: 419-245-3388
St. Stephens COGIC Taste of St. Stephens Colorama: 3 to 5 pm

October 23

Calvary Baptist Church 82nd Anniversary: 4 pm; Speaker Pastor Chestor Trail
Christian Community Church 9th Pastoral Anniversary: 5 pm; Speaker Rev. Pat McKinstry

The Sojourner's Truth

Toledo's Truthful African-American
Owned and Operated Newspaper

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Jason L. Lee Sr.
Jennifer Retholtz
Kathy Sweeny

Layout Designer
Webmaster
Graphic Designer

Pam Anderson
Kathleen Greely

Account Executive
Account Executive

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

www.thetruthtoledo.com



Senator Brown to Introduce Legislation Abolishing Death Penalty

Urges Governor to place moratorium on executions until study is completed

Special to The Truth

State Senator Edna Brown (D-Toledo) announced today that she will soon introduce legislation to abolish the death penalty in Ohio. Brown's announcement comes on the heels of Governor Kasich's decision not to execute convicted killer Joseph Murphy. "Despite the Parole Board and the governor's decision, I plan to intro-

duce legislation that will abolish the death penalty in Ohio," said Brown. "The timing is right to end this archaic practice, especially after watching the controversial execution of Troy Davis in Georgia."

Last week in an 8-0 vote, the Ohio Parole Board recommended that Joseph Murphy should not be executed and, instead, spend

the rest of his life in jail without parole. Murphy was convicted of murdering a 72-year old woman in Marion, Ohio in 1987. The board's decision was based on Murphy's traumatic childhood and history of sexual abuse.

"Mr. Murphy should be punished for his heinous acts," said Brown. "But his punishment should be

that an execution in Ohio has been postponed or called off. The Governor's decision is also in line with former Ohio Supreme Court Judge Thomas J. Moyer, who also agreed that Murphy's life should be spared in 1992.

While her legislation is being considered, Brown is also urging the governor to place a moratorium on all executions until a study, commissioned by Ohio Chief Justice Maureen O'Connor is completed. The study will not decide on whether or not Ohio should have the death penalty, but rather study the overall procedure. The study will be done by a task force through the Ohio Bar Association.

Brown's legislation will mirror HB 160, which is sponsored by Reps. Celeste (D-Grandview Heights) and Antonio (D-Lakewood).



The 16.7 Percent Unemployment Rate Can Be Changed if You Vote

It is time for the African-American community in Toledo and across the nation to wake up to the real issue of the 16.7 percent unemployment rate among our people. White employers are just not hiring. Why? Is it a backlash because we have an African-American president? Maybe.

It is very easy for employers to shut the door to African-American applicants. There is kind of an "eerie" feeling. It is almost as though we are going back to the days of drinking fountains stating "whites only," or the restaurants stating "no coloreds allowed." Wake up!

Have you noticed the two major television networks in Toledo? There are no brown/black faces; have you noticed on the construction sites where so much of President Obama's stimulus money has gone to the highways: how many African-American men or women have you seen?

Look at the classrooms: how many African-American teachers are missing? I could go on and on. What I realized, there is an organized "racism" or backlash toward our people with a number of white employers.

Now they are systematically attempting to blame President Obama. He cannot hire the unemployed, only employers can. The strategy has been to have our people blame the president, and they have, and get him out of office.

There is an old saying, "don't get mad, get even." Get even by voting as though your life depended on it, and it does. We need to stop the violence against each other; take time to register to vote if you are not. Change your address if you have moved so you can vote without interference. And vote absentee in your home if you have no identification (call the Board of Elections - 419-213-4001 - for an absentee ballot.)

One more issue, in the State of Ohio, convicted felons can register and vote again once they have served their time. Some states are different. As a former member of the Lucas County Board of Elections, I learned the law years ago and there are too many who seem to want to keep it a secret. Check with the Board of Elections, you can vote again if you are a convicted felon. I have had the satisfaction of having registered a number of felons who were so happy to vote, but no one told them their voting rights could be restored.

The last day this year before the November 8 election day to register or change your address is Friday, October 7.

Voting is the one power our people have. Express your anger at what is happening to us by doing so. Vote on Tuesday, November 8 and prepare for 2012. President Obama needs our help.

June Boyd.

African Art Has Arrived!!

Hundreds of wood carvings from Ghana have recently arrived at The Truth Gallery - masks, statues, village scenes! All at unbelievably low prices!



The Gallery is open Monday through Friday from 9 AM to 4 PM

See more art online at www.thetruthtoledo.com

The Truth Gallery
1811 Adams Street
419-242-7630

spending the rest of his life in jail, and not by execution."

Kasich's concurrence with the parole board marks the fourth time since July



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Conference Focuses on the Need for Male Mentors

By Artisha S. Lawson
Sojourner's Truth Reporter



Over 150 boys, community advocates and mentors filled The University of Toledo's Student Union on Saturday, October 1, for the third annual Boys 2 Men Conference, sponsored by H.E.R.O.E.S. - S.O.S. (Helping to Encourage by Reaching Out to Embrace Our Sons - Save Our Sons).

The conference's theme "Embracing our Sons," focused on building relation-

ships through dialogue between participants, allow youth to hear advice from elders, build mentor relationships, and provide inspiration for youth.

This theme was re-enforced by the opening greeting from Rev. Janice E. Carson, conference founder, in which she encouraged the men in attendance to greet each other. "Heroes are reaching out to our sons, this is an

exciting time," said Carson. "The United States leads the world in fatherless families, across all races. It's become an epidemic of large proportion, alas we have heroes here today and that encourages me."

Khary Carson, Rev. Carson's nephew, took the theme to heart in taking the mentor role on with his wife's three nephews. "All their fathers are locked up, and right

now I'm the only male figure in their life," said Khary Carson. "I love taking them most weekends just to spend time with them. If I don't [spend time with them] someone else will and our society will pay for it sooner or later."

Following the invocation by Rev. James Willis, pastor of St. Paul Missionary Baptist Church, Vincent Hill, a Bowsher High School Student African American Brotherhood (SAAB) member, spoke about leadership and the role black women should have in society.

"The title of a man shouldn't be handed off to anyone just because he has a child, boys' people who tell you that you're no good take the challenge in proving them wrong," said Hill. "It's time for young men to look up and the men in this room to stand up."

The conference continued with the keynote address from Efreem Graham, an award-winning journalist with the Christian Broadcasting Network and former co-anchor for WTVG-13abc, who had his personal journey of reuniting with his father featured on The Oprah Winfrey

Network called *Searching for ...*

Graham explained to the conference participants that his father just walked out of his life prior to entering high school. During the episode, his biological father gave him a cell phone to call him on, so the two could build a relationship. However, he has not spoken to his father since that episode was broadcast.

"The phone is now disconnected, but there was something that came from this," said Graham. "I have a brother and we text often, he has been in my home and met my wife and children. Even though circumstances of my birth were not planned, I was meant for something. So I say to you, young men, the purpose is so much bigger than you, and bigger than your dad. Nothing can deter the plan of God except you."

The conference concluded with a panel discussion facilitated by Rev. Michael Coleman, Lovell McWhorter, TiRhoan Sanders, and Lawrence Tribble while participants and mentors continued to hold guided conversations based on the objective and goals of the

conference.

Each of the panelists shared their personal struggles in the area of father-less homes, obtaining father figures outside the home, and the necessity of rising above the pain of an absentee father. "You don't have to yield to the pressures of society, defy the odds. You may not have your father, but you have a teacher, uncle, someone in our life that cares about you. For me, it was my grandfather who stepped into the father role," Sanders said.

The next event related to the conference is Adopt-a-Son Sunday, where men who call themselves mentors are asked to bring young men to any church on Sunday, October 9, 2011.

Conference sponsors were: Lucas County Children Services, PNC Bank, University of Toledo office of equality and Community Engagement, Toledo Public Schools, United Auto Workers, United Way of Greater Toledo, Keith Wilkowski, Prosecutor Julia Bates, Star Academy of Toledo, Alpha Kappa Alpha

(Continued on Page 14)

Toledo Urban Federal Credit Union's Appreciation Banquet

Sojourner's Truth Staff

The Toledo Urban Federal Credit Union (TUFCU) held its Annual Meeting and Appreciation Banquet on Friday, September 30 at the Toledo Zoo's Nairobi Pavilion and celebrated 15 years of service to residents in the central city.

The evening opened with mistress of ceremonies Doni Miller recounting the journey – the trials and triumphs – that TUFCU had undergone during its early days in an attempt to gain a foothold in the community.

Board President Charles Welch welcomed the attendees – about 125 strong – and thanked them for their contributions and support.

After saxophonist Arthur Bishop's solo, President and CEO Suzette Cowell led the presentations to the honorees. The honorees were all thanked for their contributions to the credit union in a variety of ways over the years.

The banquet's keynote address was delivered by Sarah Bates, CEO of Nu Tek Steel. Bates took the audi-

ence through the years she had spent building her steel operations into the powerhouse financial entities they are today.

Bates and her husband, John Bates, will be heading TUFCU's campaign to raise \$1 million in capital. Those funds will be used to bolster the credit union's capital reserves and also help to finance the construction of the new TUFCU building at the corner of Dorr Street and Detroit Avenue.

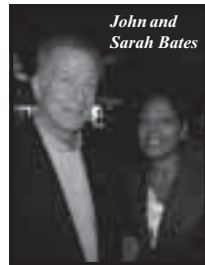
TUFCU's mission is to achieve economic empowerment through education for its members to be active partners in the community.



Board Member Edwin Mabry and Suzette Cowell



Board Member Thelma Tisdale and Dept of Neighborhoods Director Kattie Bond



John and Sarah Bates



Sisters of Notre Dame



Doni Miller and Annette Wright

STOP **Senate Bill 5**

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issue

Quality Health Care is so important to our communities. But Senate Bill 5 makes it illegal for nurses to negotiate for safe staffing levels. And it makes it harder to bargain for the equipment we need to give our patients quality care. We can stop Senate Bill Five by voting no on Issue 2.

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Erika White: Bringing the Vibe at Fitzone by Erika

By Fletcher Word
Sojourner's Truth Editor



One of the first discussions Erika White has with someone who has approached her to enter her fitness workouts – Fitzone by Erika – involves factors other than the weight loss

gram. Hair, especially among so many African-American women, is unfortunately a determining factor in whether they will persevere in doing those things necessary to make the move towards better health.

“Hair or health?” asks White. “Is that really a decision?”

But, as she notes, it really doesn't have to be one or the other. Do what needs to be done to make the hair situation manageable, she says, then move on and start losing weight and getting healthy.

She did. Eight years ago, after the birth of her daughter, White found herself tipping the scales at 265. She knew she wanted to lose weight but had no clear idea of how to go about it.

So she started going to The University of Toledo Rec Center to put in some time on the elliptical machines.

At 6:00 a.m. Why so early? “Because fat people don't want anyone to see us working out,” she says with a chuckle.

The workouts, however, did not cause the pounds to fall away all by themselves. She had to do something about her diet.

She found Weight Watchers and that program taught her how to eat, what

Of course to achieve such results, she had to change her lifestyle.

So often one hears that when someone starts out on a course to lose weight and get healthy, she loses those friends who resent the change. Some of that did happen in White's case. She estimates she lost half of her friends, but the other half, fortunately, joined her in her journey towards

port of family, particularly her mother, sister and husband – a support system, she says, she really needed.

She also needed Angela Steward, a fitness motivator and Sojourner's Truth columnist with a story of weight gain and loss so very similar to White's.

“Angela's my mentor,” says White. “I started taking her class and one day she said to me ‘have you ever thought about teaching?’ After working with her, it took another two years before I started teaching. I wouldn't be doing this if it hadn't been for her.”

White started Fitzone several years ago and now conducts her classes four times a week at various studios around town.

On Tuesdays at 6:45 p.m. and Saturdays at 11 a.m., she leads her class at Super Fitness on Dorr and Reynolds; on Mondays at 6:30 p.m., she conducts primarily a weight training class at Urban Active. On Sundays at 6 p.m. she can be found at the DPD Studios.

The challenge for White when she started conducting her own program was to offer something new to the marketplace.

“Never copy another instructor's style,” her mentor Steward advised her.

So White took the cardiovascular workout that Steward taught her and incorporated weight training into her classes.

She choreographed everything herself and mixed it all together seamlessly to arrive at a workout that, as she says, covers all muscle groups.

That's what she gives to her classes. What does she receive?

“It's the best experience I have all day,” she says. “I enjoy going in and bringing the vibe and teaching them. But I am also very humbled by people who come to my class.”

For more information on Fitzone, call 1-888-252-6031 or email erikawhite@live.com.



to eat and how to hold herself accountable. That worked. Not all at once, she stresses. But it worked in just the gradual way that fit her timetable.

She took her time and over the course of several years, the pounds eventually melted away. A size 20 when she started her quest for better health, she is now a size 10.

health. “I changed my friends,” she said of those whom she lost. “One of [the problems in our community] is that we use food to celebrate everything. I had my fat friends and we enjoyed eating — for everything.”

The group fitness lifestyle that White embraced enabled her to meet new friends. And, thankfully, she did have the sup-

The Recovery Center

The mission of The Recovery Center of OHIO/ACOP Lorain County is to provide a gateway to recovery for adolescents and adults and their families, and to help in their achievement of lifetime dreams.

The Recovery Center provides a gateway for those who are seeking a way out of the dark and vicious cycle of addiction drug addiction. The Recovery Center provides caring staff with a strong commitment to the care and well being of each client. The program does everything possible to meet the unique needs of each person fighting the disease of addiction. The miracle of recovery from alcoholism or addiction is never done in isolation, people do experience freedom and recovery from substance abuse addiction. If you or someone that you care about is in need of help, The Recovery Center can help you or your loved one experience the life changing miracle of recovery.

"It is easier to find your recovery than it is to continue finding your addiction"

Services Offered:

- The Recovery Center of OHIO/ACOP Lorain County (Ohio) array of services including:
- Diagnostic Assessment
- Individual Counseling
- Group Counseling
- Life Skills Training
- Intensive Outpatient Treatment
- Intake
- Specialized Treatment for Women
- Services for Families and Children
- Specialized Treatment for Elderly
- Case Management
- Crisis Intervention
- Recovery Coaching
- Recovery-oriented Vocational/Professional Activities
- Relapse Management
- Resilience Linkages...
- And More

The Recovery Center of OHIO/ACOP Lorain County
2000 Lorain Blvd., Suite 1000
Lorain, OH 44131-1000
937.233.1000

Trick or Treat?

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

Kids get plenty of candy trick-or-treating. Often adults get plenty of candy and sweets too! Use some of these ideas to enjoy and celebrate the fall season as well as increase healthy eating. Whether you have kids at home or you are a kid at heart, here are some ideas for sweet treats and snacks during the fall.

As always, "think your drink." Do you really want to drink all those extra calories from added sugar? A lot of the added sugar people get throughout the day comes from sodas, sports drinks, energy drinks and fruit flavored drinks in addition to cakes, cookies, ice cream and other desserts. Stick with water, fat-free milk and serving sizes of apple cider or 100 percent fruit juice.

Make fruit the every day dessert. Serve baked apples, fresh pears or enjoy a fruit salad instead of a high-calorie dessert. For Halloween, choose orange fruits – oranges, cantaloupe, peaches, mangos. These fruits can be served fresh, canned, frozen or dried.

Think about the color, taste, crunch of healthy foods. Sugary foods that are marketed to kids are advertised as "fun foods". Healthy foods can be fun foods also. Create a smiley face with sliced bananas and raisins. Cut fruit slices or sandwiches into fun and easy shapes with cookie cutters. Enjoy fresh, crispy apple slices with a healthy dip.

Pumpkin Pudding Dip

Serve this recipe as a pudding or use as a dip with apple slices or graham crackers. Six servings.

Ingredients:

- 1 small package instant vanilla or butterscotch pudding mix (can also use sugar free)
- 2 cups low fat milk
- 1 15-ounce can pumpkin (or 1 ¾ cups baked pumpkin)
- 1 teaspoon pumpkin pie spice (or use cinnamon)

Directions:

1. Mix instant pudding with milk in large bowl. Whip with a wire whisk until it is completely blended.
2. Stir in the pumpkin and pumpkin pie spice
3. Pour into a medium bowl, cover and chill in the refrigerator for 2 hours.

Making your own sweet treats verses buying them at the grocery store is a great way to limit the amount of extra fat and sugar and to increase the amount of vitamins from fruits and vegetables. Any of these recipes sound good? All of these fall recipes have been a healthy hit at area community events and programs. You can use canned pumpkin for both the cake and the previous dip recipe or you can bake your own pie pumpkin. "Pie" pumpkins are usually smaller and more tender than the really large pumpkins sold for Jack-o-Lanterns. If you do bake your own pumpkin, (or decorate a Jack-o-Lantern) be sure to roast the seeds for a crunchy snack.

Chocolate Pumpkin Cake

Ingredients:

- 1 package (1 pound, 2.25 ounces) chocolate cake mix
- 1-15 ounce can pumpkin (or 1 ¾ cups baked pumpkin)
- 1 teaspoon cinnamon
- 2/3 cup water
- 3 eggs
- 1 teaspoon vanilla

Directions:

1. Combine cake mix, pumpkin, cinnamon, water, and eggs in a large mixer bowl.
2. Beat at low speed for 30 seconds. Beat at medium speed for 2 minutes.
3. Pour into greased and floured 9x13" cake pan.
4. Bake in preheated 350° F oven for 35-40 minutes or until a wooden pick inserted in the cake center comes out clean.
5. Cool 10 minutes before serving.

Don't forget, there are still recommended serving sizes. For instance, this one 9x13" Chocolate Pumpkin cake will have 24 servings. Also, it is not a sugar-free dessert. There is plenty of sugar in the boxed cake mix. The advantage of this recipe compared to a store-bought chocolate cake is the addition of Vitamin A and the reduction of extra fat added from oil. Use your smaller cake plate to eat a reasonable serving and enjoy!

It's easy to make your own fruit pocket! Compared to a slice of apple pie or a fried fruit pocket at a fast food restaurant, this one will have less fat, you can choose to use whole grain tortillas for extra fiber and you can choose your favorite fruit filling. Try fresh, shredded apples or canned peaches and add some dried raisins or cranberries if you would like!

Fruit Pockets

Ingredients for one fruit pocket:

- 1 Tortilla
- ¼ cup of fruit (can be canned, fresh and/or dried)
- ¼ teaspoon cinnamon

Directions:

1. Warm tortilla in the microwave for a couple seconds to make it easier to handle.
2. Drain canned fruit juice or wash fresh fruit and chop into small pieces.
3. Fill one half of the tortilla with fruit, sprinkle with cinnamon and roll up.
4. Place on baking sheet and cut slashes on the top to allow steam to escape.
5. Bake at 350 degrees F for 8-12 minutes or until lightly brown.

The "trick" this fall is to decide how you will make easy changes for sweet "treats"! If you have any questions, please contact OSU Extension, Lucas County at 419-213-4254 or visit our website at www.lucas.osu.edu

Open Forum for RNs Offered Oct. 18

Special to The Truth

The University of Toledo College of Nursing, in cooperation with Bowling Green State University Firelands College, will host an Open Forum for Registered Nurses 2-5 p.m. Tuesday, Oct. 18, in Cedar Point Center conference room 1004 at BGSU Firelands in Huron.

Prospective students are welcome to stop by to meet with nursing representatives from the UT College of Nursing and BGSU Firelands College.

The open forum is for registered nurses (RNs) interested in pursuing the RN to Bachelor of Science in Nursing degree and RNs with bachelor's degrees interested in achieving Master of Science in Nursing (MSN) degrees with majors in advanced practice, education or clinical nurse leader.

Graduate certificates are offered for RNs with MSN degrees. A person with a bachelor's degree who is not a nurse but is interested in becoming an RN is invited to explore the MSN Graduate Entry Clinical Nurse Leader program. A Doctor of Nursing Practice (DNP) program also is offered jointly with Wright State University.

Undergraduate courses in the nursing major are offered on line with a variety of learning experiences. Nursing advisors are available at the UT Health Science Campus in Toledo and BGSU Firelands in Huron. The baccalaureate program is offered as a consortium with UT and BGSU. All of the Master of Science in Nursing courses are offered at the UT Health Science Campus, with an on line option for some core courses. The DNP is designed as a post-master's program and utilizes distance learning technology.

For more information about the Open Forum for Registered Nurses or nursing programs in general, contact UT's College of Nursing at 419.383.5810 or admitnurse@utoledo.edu, or the BGSU Firelands nursing office at 800.322.4787 or 419.433.5560, ext. 20668.

We know you want to. Now, you can.



You've always wanted to open your heart and home to an abused or neglected child. Now, you can — as a foster or adoptive parent through Lucas County Children Services.

Register NOW for free pre-service training classes!

- Two options, for your convenience:
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Becoming a foster or adoptive parent is easier than you think. You...

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WWW.LUCASKIDS.NET

We are currently seeking foster and adoptive parents for teens and groups of three or more brothers and sisters.

Never Forget Your Fitness Journey!

By Angela Steward, Fitness Motivator
Guest Column

I've been writing monthly fitness articles for The Sojourner's Truth since 2009, and through my articles I've been blessed to be able to share my fitness journey with you, and you've shared your fitness stories with me.

Like everyone else, my fitness journey has many twists and turns. I have good months. I have bad months. I gain weight. I lose weight. My goal is to be healthy and happy, being skinny is not a requirement. I eat the foods I love in moderation. I exercise daily and I enjoy my life. I'm not a calorie counter, but I read food labels, just to get a general idea of how many calories I'm eating. I'm comfortable with my health, weight, and curves. I exercise to stay healthy and fit, not skinny. I have always talked about how much I used to weigh, but I wanted you to see my BEFORE and AFTER pictures!

My husband actually says he doesn't remember me being that heavy. I do! I was overweight; I lacked energy, motivation and self-confidence. I always dressed nice, got my nails and hair done,

but deep down inside, I was disappointed and angry at myself for letting my weight get so out of control. When I looked in the mirror every day, the reflection I saw was the same size 10 person I was in high school. It never occurred to me that I had gained over 70 pounds and needed a size 18. In my mind I still looked the same. I was in denial and didn't want to face the fact that I'd given up on myself.

As I mentioned in my "BEFORE AND AFTER" article in 2009, fortunately several "A-HA" (awakening) moments happened to me: my close friend commented on my weight gain while I was visiting her, not rude, but just enough for me to see how much weight I had gained. (2) I went to my doctor for my yearly physical and complained about my sore knees and swollen ankles. I had no energy and I felt sluggish. I asked her for medication to give me energy and take away my knee and ankle pain. She told me if I lost 40 pounds the pain in my knees and ankles would disappear. I was offended and I let her know it. She was offended that I was



offended – and she let me know it. She had been my doctor for many years, so at the time she felt very comfortable in being honest with me – to this day I love my doctor – she saved my life. (3) And then to make matters worse, my ex-spouse commented on my weight! "Wow, what you gonna do Biggums"???? That really hurt, but it was a valid question. (4) I also wrote about my dreaded trip to Dillard's, where I broke down in tears in

the dressing room because a size 16 dress was too tight and the sales lady was bringing a size 18 to my dressing room. THESE SITUATIONS AND "A-HA" EXPERIENCES BROUGHT ME OUT OF DENIAL!

I began my fitness journey, I stuck with it, I stayed motivated. I made healthier food choices, I controlled my food portions and I exercised daily. And even today, though I've lost almost 70 pounds, when I look in the

mirror, I still see a size 18 person. When I shop, out of habit I grab a large instead of a medium. No matter what, I still see myself as the same size 18 person – she never leaves me! For me, that is a good thing because even though I've arrived at MY ideal weight, I'm still very aware of MY journey. So I've learned to appreciate where I've been, because I don't want to go through it again!

This week, take your BEFORE picture. Are you where

you want to be physically? If not, take the first step towards improving your health and appearance. Take control and focus on your AFTER picture!

I hope my pictures will help you in your fitness journey. I bought this shirt in Las Vegas (Mandalay Bay) at the beginning of my journey. It is a man's size XXL large, and it was pretty tight on me then! That's pretty scary! So get motivated, take your before picture, begin your fitness journey! My wish is for you to find your "a-ha" moment, to look and feel FABULOUS, not skinny, for the remainder of your life! Find your "A-HA" moment!

Yours in Fitness!
Angela R. Steward
Creator of Fabulously Fit
Fitness Program
Co-Owner of STUDIO FITNESS
1413 Bernath Parkway
(off Airport Highway)
Email:
Fabfitu@yahoo.com
Cell: (419) 699-9399
Check me out @:
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& www.youtube.com/fabfitu

Bill is back and ready to slide into the school year with you!

Bill Emahiser, MA, PCC-S
and Unison Behavioral Health Group's Child and Family Intensive Services team

Unison is pleased to announce that Bill Emahiser, MA, PCC-S, has returned to lead our Child and Family Intensive Services program.

Under Bill's direction, the Child and Family Intensive Services program is now more flexible than ever to accommodate today's changing family.

Are you aware of children who:

- Have difficulty attending school?
- Often lose their temper?
- Argue with adults?
- Defy or refuse to comply with rules?
- Are easily frustrated and/or irritated?
- Blame others for mistakes or misbehaviors?
- Are often angry or resentful?

Children ages 3-21 with serious mental health needs and their families can access the program immediately – with most families scheduled for an assessment within 24 hours of their call.

Bill's unwavering commitment to caring for children and adolescents who face serious mental health issues has resulted in this new, vigorous approach to treatment.

Why choose Unison?
Professionals in the community can expect a level of competence, compassion, flexibility and collaboration unmatched by any other provider in the region. Services can be provided at Unison's 1425 Starr Avenue or 1212

Cherry Street locations, in the home, or in the school. Unison accepts Ohio Medicaid and most private insurances.

Don't wait! For information or an assessment call Bill Emahiser directly at 419-836-7506. If you receive Bill's voicemail, press "0" and ask for Unison's Intake Department.

419-603-0631
www.unisonbhg.org
544 E. Woodruff Ave.
1425 Starr Ave.
1212 Cherry St.

Dear Ryan,

I am starting a workout program and I'm not sure how much weight I should be using. I don't want to get big and bulky. I just want to tone up and look good for the fall. How much weight would be good for me to start with and how long before I see results?

Carol

Dear Carol,

Congratulations to you for starting your new program. First I would like to rid you of the myth that you will get big and bulky if you weight train. You are not a man nor are you built like one.

You will get more muscle tone, burn more calories, have a ton of energy, feel better about yourself plus develop your new body. So, bulking up will not happen for you. You would have to increase calories and lift heavy for a few years to get large muscles.

Now you don't have an excuse not to train hard.

Use a weight that you are comfortable with and can get a hard 12 repetitions. Sometimes I take my clients through a one rep max test to determine how much weight they can comfortably use for the workouts that we start with. I take 50 percent of their max weight and do two sets of 12-15 reps per body part.

Here is how to find you one rep max. If you are using a selectorized stack machine use a light weight to warm the muscle. After 12-15 reps increase the weight by one plate and do only one repetition. Continue this process until you can not lift the weights for one complete rep.

Let's say the last rep you fully completed was 100 pounds. You would take 50 percent of the weight and begin your workouts with that poundage. You may have to change the percents depending on the strengths of each muscle group. This will work the muscle and bring results. I

f you do your weight training three times a week and follow a good eating regiment you will see results in a few short weeks. Remember that losing more than two to three pounds a week will result in losing muscle tissue and not body fat.

Also, you may not lose much weight so pay more attention to how you look and how your clothes are fitting. Set realistic goals and stick to it. Good luck achieving your Dream Body and feel free to contact me with anymore questions.

Ryan Rollison
Dream Bodies
 1240 W. Sylvania ave
 Toledo Ohio 43612
 419-476-3494
 mydreambodies.com



NAACP Communications: The Childhood Obesity Epidemic

By Shavon Arline
 Guest Column

Childhood obesity is an epidemic in America, especially in America's communities of color. Over the past 40 years, obesity rates have soared more than four-fold among children ages six to 11. Today, 31.8 percent of youth between two and 19 years of age – or 23 million kids – are obese or significantly overweight. If nothing is done, this may be the first generation that will not outlive their parents.

The NAACP views childhood obesity as a civil rights issue. One would think that a child's risk for obesity would be determined by genetic and biological factors. In fact, major disparities exist based on race, ethnicity and socio-economic status.

A full 38 percent of Latino children and 34.9 percent of African-American children are overweight or obese, compared with 30.7 percent of White children. Simply put, children of color are more

likely to live in poor, unsafe communities where there are few opportunities for physical activity, higher exposures to harmful environmental factors, and limited access to healthy food options.

The toll that this problem is taking on these children and their families, not to mention the nation as a whole, is immense. Psychologically, obese children and adolescents are targets of early and systematic social discrimination, leading to low self-esteem which, in turn, can hinder academic and social growth and functioning. Physically, it has been proven that obese young people have an 80 percent chance of growing up to be obese adults, putting them at higher risk for associated health problems like diabetes. Financially, these health costs drain families, communities and the nation: people in the United States spend about nine percent of their total medical

costs on obesity-related illnesses, which adds up to as much as \$14 billion a year.

On September 27, 2011, the NAACP unveiled its Childhood Obesity Advocacy Manual, which is designed to provide NAACP units and other grass roots organizations with the tools they need to address the childhood obesity epidemic. The manual provides an advocacy agenda designed to change policies and programs at the local, state, and federal levels, and to build an effective, community-wide plan to promote healthy behavior in black families.

We must ensure that neighborhoods have adequate parks and recreation centers where children can play year-round. We must encourage local grocers and corner stores to provide fresh fruits and vegetables, and assist them in reaching that goal. We must increase ac-

(Continued on Page 10)



Cancer Survivor Celebration



If you are currently undergoing cancer treatment or are a cancer survivor, *please join* doctors, nurses and other patients, survivors and families for an inspirational evening to celebrate life after cancer.

Tues., Oct. 18

6:30 p.m.

ProMedica Flower Hospital
 Hickman Cancer Center Atrium
 5200 Harroun Rd.
 Sylvania, Ohio 43560

Thurs., Oct. 20

6:30 p.m.

ProMedica Toledo and
 Toledo Children's Hospitals
 Croxton Auditorium
 2142 N. Cove Blvd.
 Toledo, Ohio 43606

Complimentary valet parking at entrance #1

Cake and refreshments will be served.

There is no charge for this event.

Visit www.promedica.org/cancer for more information
 or call 877-291-1441 to R.S.V.P.

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Health Section September 2011 • Health Section September 2011 • Health Section September 2011 • Health Section September 2011

Breast Cancer Awareness ... and Prevention

By Dianne Pettis, MS, FNP=BC
Guest Column



It's strange to watch a professional football game and see all the football players donned in their pink accessories. It's a wonderful gesture for them to help bring awareness this month to breast cancer. Though still high, the breast cancer rates have actually been going down thanks to focus on warning signs, awareness of risks, and prevention measures. Recent estimates are that one in eight women will get breast cancer at some point in their lifetime (up to 85 years old). Much of the focus is on women, but men can

also get breast cancer.

You should perform a self breast exam once per month, and have an exam performed by your primary care provider once per year. I start teaching teenagers how to perform self breast exams so they can get into the habit and get comfortable performing the exam. Performing this exam can be so easy to forget.

The best time to perform the exam is about one week after a menstrual period. At this time, the breasts are not as "lumpy" or tender. For those who no longer have periods, pick a day once per month and mark it on your calendar as a reminder. Search the Internet or ask your primary care provider for a how-to diagram. Be sure to include your entire chest and underarms because these areas also contain breast tissue.

When you perform the exam once per month, you'll be more able to notice a change from the previous month. Warning signs to look for during an exam are:

A lump or thicken-

ing in the breast, or anywhere across the chest or underarms.

A change in the size or shape of the breast.

A change in the skin, areola, or nipple; the skin may become scaly, feel warm, have the appearance resembling an orange peel, become red, or feel warm.

Nipple discharge (other than when breast feeding), or inverted nipples.

Make an appointment to be evaluated if you notice any of the symptoms or signs above. Mammograms should be performed once per year after age 40, or begin sooner if you are at higher risk for breast cancer.

Genetics always plays a major role in risk for disease. Breast cancer risk doubles if your mother, sister or daughter has been diagnosed with it. Lifestyle habits – unhealthy ones – also increase your risk. Smoking, obesity, excessive alcohol intake, sedentary lifestyle, high stress and exposure to BPA (a chemical found in many plastics) all contribute to increased cancer risk. Another lifestyle factor you can control is diet. There is a great body of research on the role of diet and cancer risk and development.

Dietary factors are found to be associated with at least 30 percent of cancers in the Western countries, and 20 percent in developing countries. Up to 80 percent of breast, bowel, and prostate cancers are related to dietary factors! Since October is also Vegetarian Awareness Month, I'll put in a plug for

going "veggie". Researchers have also found that people who avoid meat are much less likely to develop breast cancer. Stated another way, vegetarians are 40 percent less likely to develop cancers than meat-eaters. What is the benefit?

Meat does not provide the fiber, anti-oxidants, and other nutrients that protect against cancer. Fruits, vegetables, and grains provide the fiber and the nutrients.

Meat and dairy products have animal proteins and saturated fats which increase hormone produc-

tion; particularly estrogens which promote cancer cell growth in the breast tissue and other organs.

Cancer-causing compounds are formed during processing, cooking at high temperatures, or burning (grilling). The higher the temperature, the more the compounds form.

Now if you eat meat, you need to cook it thoroughly. And yes, there are some nutritional benefits to eating some meats. If you go veggie the right way, you can get the nutrients your body needs. Do some research and try it for a day, a week, or even a

month. You'll most like see some health benefits.

Breast cancer research and funding has greatly improved the treatment and survival rates today. My mom's only sister died many years ago from breast cancer. She still might be here if she were being treated today. Please get your routine mammograms, do your monthly self exams, and eat your veggies! Early detection and prevention are key. R.I.P. Aunt Connie.

Dianne Pettis, Family Nurse Practitioner, can be reached at 1-888-887-4429

Americans Invited to Discuss Medications for Pain and Pain Symptoms with Nation's Pharmacists

In honor of Pain Awareness Month, the American Pharmacists Association (APhA) encourages patients to have an open discussion with their pharmacist about their pain and the medications they take for pain.

Millions suffer from acute or chronic pain, and the effects of pain place significant strain on the emotional and financial wellbeing of patients and their families. According to a recent Institute of Medicine Report, more than 116 million Americans suffer from chronic pain and pain (acute and chronic) costs society up to \$635 billion annually.

There are numerous medication therapies that can be used for treating pain. As medication experts, pharmacists are able to work with patients, their physicians and

other healthcare providers to ensure the appropriate medications are used, patients understand how to use these medications and that the best outcomes are being achieved.

A few general guidelines to follow when it comes to pain and pain medications include:

Talk with your pharmacist about your symptoms and all the medications you are taking – prescription, over-the-counter and herbal supplements. Your pharmacist can help you select the proper over-the-counter medication based on your pain level, other medications you are taking, and the possibility of drug interactions or side effects. If your pain is severe or warrants a prescription, your pharmacist will refer you to your physician or other

healthcare provider.

If you are taking a prescription medication for pain, talk with your pharmacist or other healthcare provider before taking additional pain or cough/cold medication. Many prescription and nonprescription pain medications have ingredients that are the same or work the same way and if taken together could result in serious problems.

Talk with your pharmacist about the many prescription and over-the-counter medications that contain the pain medication acetaminophen (also known as APAP or Tylenol). Your pharmacist can help you assess how much you are taking and ensure you stay within recommended limits.

Your pharmacist can talk to you about the goals and expectations you have for the medication you were prescribed for pain. They can help you understand the medication and how long it will take to work. Your pharmacist can work with your physician and other healthcare providers to help you monitor progress toward your goals.

Pharmacists work with physicians and other health care providers to optimize care, improve medication use and prevent disease. To achieve the best outcomes for their condition, patients should maintain regular visits with all of their health care providers. APhA encourages patients to fill all prescriptions with one pharmacy, get to know their pharmacist on a first name basis, complete an annual medication check-up with their pharmacist, carry an up-to-date medication and vaccination list and share important medical information with each of their health care providers.

Obesity

(Continued from Page 9)

cess to health care for all Americans, in order to address obesity from a young age and keep future obesity-related illnesses under control. With active units in every state throughout the United States, we believe we are well equipped to engage community and state leaders in this fight to save this and the next generation.

Children growing up in poor communities already lack so many opportunities that others take for granted. We cannot burden them any more by taking away their choice to live a healthy life. For the sake of our children and our nation's health and well-being, we must address the childhood obesity epidemic plaguing our nation today.

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.
Tom, 1985

My wife and I were treated with dignity by the Hospice of Northwest Ohio team. Sometimes, they knew 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 came in and instead of worrying, we could just be with her and love her.
Katie, 2009

Share your story.

For 30 years, families have been writing to Hospice of Northwest Ohio to share how we helped them and their loved ones. The sooner you seek our expertise and support, the more we can do to help make end-of-life experiences the best possible.

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734-568-6801 (Michigan)

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O's Best Advice Ever! by the Editors of O, The Oprah Magazine

c.2011, Oxmoor House \$29.95 / \$32.95 Canada 320 pages, includes index

By Terri Schlichenmeyer



Help comes in the most unlikely places.

When you need a little advice, you know you can always ask your best friend or your mama. You might find what you need on line or through a brochure. You've asked the pros for help before and gotten good results. But where do you get personal advice when you don't

want to actually talk to anyone?

How about Oprah? Some of the things you learned by watching her show, well, you'll never forget them - which is why you'll want to read the new book *O's Best Advice Ever!* by the editors of *O, The Oprah Magazine*.

If you're old enough to be reading this, you're old

enough to know what you want in life and where you're going - but admit it: sometimes, it's nice to have a little nudge in the right direction. That's where *O's Best Advice Ever!* comes in handy.

If your health is an issue, Dr. Oz owns a good chunk of this book. Find out how to reduce stress, stay sharp, eat right, lose

weight, stock your medicine cabinet, stay well in the winter, and why you shouldn't wear shoes in your house. Then, Bob Greene weighs in on weight, and why you might be better off accepting those last seven pounds...

Who doesn't want to save money in this economy? From Suze Orman, you'll learn that tidying your office files could lead to a tidy little bank deposit. Clean up, straighten up, throw out paperwork you don't need anymore, and watch your financial life improve. Bonus: you'll have a clutter-free house, too.

Get a little boost in your overall life with Dr. Phil, who offers 10 steps for renewing yourself and

nine ways to survive the upcoming holidays. Oh, and forget New Years' resolutions: he has resolutions you can use now.

Columnist Martha Beck offers five "best" pieces of advice and a trust test. Lisa Kogan adds thought-starters on patience and keeping magic in your heart. Nate Berkus helps spiff up your house and Adam Glassman polishes up your wardrobe.

Then, just for fun, check out a smattering of Oprah's best throughout the years: friends, reflections, interviews, and her observations of life.

Did you ever rip out a magazine article to save, only to forget where you saved it? You won't have to worry about things like that when you've got all

you need, bound up in a book like this.

O's Best Advice Ever! is a little bit different than the other anthologies from O, The Oprah Magazine. This book is more targeted, with pages and pages of different-length articles from experts you know and a wealth of wisdom from Oprah herself.

That latter part was what I liked: interviews with Barbara Streisand, Tina Turner, Jerry Seinfeld, and others serve to remind us why we've followed Oprah for over 25 years.

Overall, *O's Best Advice Ever!* is a browser's paradise with a good mix of fun and fact. If you're looking for useful-but-lighter reading, you can't help but love this book.

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Welcome Home! PUBLIC HOUSING

OPEN ENROLLMENT Public Housing Program
Mon., September 26, 2011 • 9am - Noon

Lucas Metropolitan Housing Authority (LMHA) offers many different types of dwellings to its residents in the Conventional Public Housing Program. The types of homes available range from efficiency apartments to townhouses throughout Toledo and northwest Ohio. These choices are intended to provide single, elderly (55+), handicapped, disabled or family household residents with a wide range of options to best suit their housing needs.

Applications for all LMHA units will be accepted on Mon., 9/26/11, of each week beginning **Mon., September 26, 2011 at 211 S. Byrne Rd., Toledo, OH 43607 from 9 a.m. - Noon.**

Please bring the following information with you when you apply:

1. Picture ID for all adult members of the household
2. Social Security cards for all members of the household
3. Birth certifications for all members of the household
4. Verification of all current income
5. Proof of pregnancy if applicable
6. Names and addresses of current and previous landlords

For a complete list of LMHA Public Housing Properties or for more information please visit us online at www.lucasmh.org or call us at **1-800-223-4969**

LMHA Lucas Metropolitan Housing Authority
Where Opportunity Lives™

Eberly Center for Women Has New Leadership, Prepares for Expansion

Special to The Truth

This month, the Eberly Center entered a new phase, moving from the Office of the Provost to the Office of Equity and Diversity in the Division of External Affairs.

Lawrence J. Burns, vice president for external affairs, said the goals of the division and those of the center created numerous opportunities to advance and empower women at UT and in the community.

"The University of Toledo's mission to improve the human condition is demonstrated in a number of areas like that of the services provided in the Eberly Center for Women," Burns said. "By creating a culture of diversity, our goal is to have a safe and welcoming environment not only in the Eberly Center, but across campus."

Burns said that Shanda Gore, Ed.D., associate vice president for equity, diversity and community engagement, was a natural fit to lead the center. Gore also leads the Minority Business Development Center and the Culture Building Institute that includes diversity training workshops for all UT campuses.

"Shanda has done a great job promoting and working to create a culture that embraces equity and diversity across campus," he said.

Gore said she is honored by the appointment and is looking forward to expanding its reach with both new community partners and outreach to students.

"The center has community partners, but we have had a number of new potential collaborators coming forward that would like to work with the center," Gore said. "We are currently exploring these relationships to better connect with students and provide community outreach opportunities that both enrich the student experience and support women both on and off campus."

"We also now have a great synergy between the Minority Business Development Center and the Eberly Center for Women that can help build a pipeline to entrepreneurship," she said.

Shanda Gore



Hollywood Casino Toledo Now Accepting Applications for Dealer Positions

Special to The Truth

With the exterior of Hollywood Casino Toledo almost complete, the focus now moves to building the team that will work inside. Beginning today, applications are being accepted through hollywoodcasinotoledo.com for hundreds of dealer positions that will begin training on October 31 through Owens Community College.

Candidates will be trained how to deal all types of table games from Blackjack and Roulette to Craps and Poker. Individuals who excel in the training classes may be tapped for supervisory roles.

"Today marks an important step for us at Hollywood Casino," said General Manager Richard St. Jean. "We are beginning the process, hiring the first big wave of more than 1,200 employees that will make up the team responsible for the successful opening of Toledo's casino. Applications will be evaluated in the order that we receive them, so we encourage everyone to apply early."

Hollywood Casino's GM also commented on what type of candidates they expect to hire. "First and foremost, individuals who are skilled in working with people will have a significant edge," says St. Jean. "Those that thrive in a dealer position tend to be outgoing, friendly and enjoy providing the highest level of guest service."

St. Jean also commented on one of Penn National Gaming's early commitments to the region. That 90 percent of the casino's workforce will be hired from the local area. "The number of talented individuals in the region is impressive, and will allow us to not only keep our promise, but to also uphold the high standards we will maintain for casino operations."

Vice President of Human Resources Chrystal Herndon feels confident that her team is prepared to handle the anticipated high level of interest for these jobs, and is excited to begin the search for Toledo's best and brightest.

"We are extremely excited to begin the process of recruiting fellow Toledoans for our team, and are prepared for what we expect will be a tremendous interest from the community for these positions".

Applicants for these dealer positions at Hollywood Casino Toledo must meet the minimum requirements for employment, which are:

- Must be 21 years of age
- Have a high school diploma or equivalent
- Ability to work flexible hours including nights, weekends and holidays
- Submit to and pass a drug test and background check
- Commit to at least five weeks of training for 20 hours per week

Additional details for the positions available and pre-employment requirements are available on line and in the on line application at hollywoodcasinotoledo.com.

Dealer School is voluntary. Applicants who are accepted for Dealer School will not be paid and are not Hollywood Casino Toledo employees. Those who successfully complete dealer school must obtain their license from the State of Ohio before they become Hollywood Casino employees.

About Hollywood Casino Toledo

Penn National Gaming, Inc is developing the \$300 million Hollywood Casino Toledo, located on the banks of the Maumee River opposite downtown Toledo. Upon opening, it will include approximately 2,000 slot machines, 60 table games and a poker room with 20 tables in 125,000 square feet of gaming space. Other amenities will include structured and surface parking, a fine dining steakhouse & piano bar, buffet, sports bar, casual grill and a live entertainment ultra lounge. The full-service casino will employ approximately 1,200 people on top of the 2,100 construction jobs currently in place.

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VH1 Tackles Black Issues Better than BET

By Michael Hayes
Minister of Culture



An icon of black culture and hip-hop music willingly made a buffoon of himself with a series of shows on VH1. Flavor Flav may have made some black people cringe with his antics, however, he eventually won executive producer control over his shows.

Entertaining to some, embarrassing to others, one thing remains clear:

VH1 is just as good if not better than BET when it comes to creating black star power.

Both networks, hell ... media in its entirety is quite skillful at exploiting us.

From Antoine Dodson's "Hide ya wife, hide ya kids" tirade turned pop culture sound bite, black folks aren't necessarily being forced to seem foolish.

But when it is scripted TV engineered for ratings and advertising dollars, best believe that there is rhyme and reason behind what is made available to the viewing public.

Images are crafted, stereotypes are reinforced and perception is created.

The only cure for the ongoing character assassination of black Americans in the media is to fight back with respectable images that get at the heart of who we are and we face.

You would think Black Entertainment Television

would be leading this agenda to restore class and dignity to our story on the small screen, but that has not been the case.

Instead what I have found is that VH1 is actually doing just as much, if not more good for black folks than BET has done in years.

Think back. VH1 used to be the station you would watch if you wanted to catch the adult contemporary hits of icons like Madonna, Janet Jackson and Whitney Houston and BET used to hit you with Teen Summit and, years later, Tavis Smiley.

It was not meant to last because TV has to remain fresh, but at least it made sense.

The black network dealt with black issues while still offering tons of music and entertainment. And the network named strictly for playing VIDEO HITS, did just that... played videos of artists who were crossover pop successes.

Slowly but surely things started to change with both channels birthing sister networks that would house most of their musical content as their parent company in common, Viacom, re-structured all three cable TV music giants (MTV included) to focus more on reality TV and reruns.

Still, somehow... in all that mess, VH1 found a way to squeeze out a gem.

Sporadically, VH1 does a series called "Rock Docs" which is short for documentary.

The purpose is like doing a "behind the music" on music itself by exploring particular elements of the culture surrounding a sound or era in entertainment.

"Planet Rock: The Story of Hip Hop and the Crack Generation" is one of the most powerful uses of mainstream

media to bring truth to the black experience I've ever seen.

Without being preachy, it educates.

I mean, while 106 & Park is showing former crack dealers in their videos, VH1 is explaining the history of how crack came to be, and how it influenced rap music.

This program is genius in its format.

It picks two well-known and respected rap figures from both coasts and uses their personal tales involving the crack epidemic to serve the larger purpose of diving into the issue head on.

This program features Rick Ross.

The real Freeway Ricky Ross ... arguably the most successful black drug kingpin the west coast ever witnessed.

The "Planet Rock..." documentary explains how crack was used to target inner city youth in unfair sentencing practices by law enforcement across the country.

That's a truth already known to most people who've been paying attention, but skillfully brought to the forefront in this program for anyone so far removed from it that they may only have the poison of the nightly news to rely upon when thinking of black youth.

For me, it was especially gripping because this program did something I love to witness but rarely do: it served as a media critique of media.

Many of you know my field of study, so you see why this would interest me.

Think of the Holocaust, one of the greatest human atrocities witnessed on earth.

Part of how it began was with a media/PR campaign to incite paranoia.

This documentary brings

justice to light by admitting that media hysteria tactics were employed by major news outlets in the 80s to exacerbate the crack problem by whipping people into such a fearful state that it became okay to lock up any black face.

And this part isn't the part with the rappers, this is former D.E.A. agents and law enforcement officials admitting that much of what went on in the 80s as a response to crack's hold on the inner cities was actually racist and exploitative.

Let's remember also, you can't talk about crack without talking about cocaine.

It deals with the general acceptance of cocaine as it was the drug of choice for high society types and the double standard in demonizing people who abuse the same drug in its caked or rocked up form.

It deals with the unnecessary force used by police in the 80s who actually used military battering tanks to destroy suspected crack houses.

Yeah, now it's clicking.

These people could roll a tank up in your house just because you live in the inner city possibly five houses away from the real dope spot, but if they run a tank through your living room and it was the wrong house then you just sit there with a hole in your wall and nothing you can do about it. This is all documented. Proof on film, that these things occurred.

In explaining crack's dominance on the culture of inner city life, it becomes necessary to explain how it influenced our music.

Anyone who read Jay Z's book from last year, *Decoded*, will remember how he explained the narrative of hip-hop itself is forever linked to the narrative of a hustler.

Because hip-hop was born out of reporting the world around us, when that became the world around us it became part of the story.

Well, this documentary picks up where he left off by examining even early foundation era hip-hop and exposing how the narrative began to include more and more references.

Not just rapper's lyrics, but even their style of dress... all influenced by the dope game.

This documentary is brilliant.

So brilliant because it brings much needed truth to the forefront.

So brilliant because it puts things in perspective for rap fans and those born and raised in the inner city.

The question is: Why wasn't the network that claims to be here for us brilliant enough to do this instead of VH1?

Black Entertainment Television doesn't seem to care about bringing any truth to the experiences of black and brown people in this country.

While other networks find a way to entertain yet sneak a little education in here and there, they are doing a better job of educating us than we are.

And to me, that's sad as hell.

I mean really, how many times are they gonna air "Baby Boy"?

See you all next week.



CLASSIFIEDS

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October 05, 2011

Conference

(Continued from Page 4)



Sorority Inc. Zeta Alpha Omega Chapter, Braden United Methodist Church, Interdenominational Ministe-

rial Alliance of Toledo, Omega Psi Phi Fraternity Inc. Xi Tau Chapter, Peggy Coleman, First Church of God, Vito's

Pizza, Neighborhood Association of North Toledo, Edward Dixon, Elnora Howard, Louis Newsom, Larry Sykes

and Michael Webb Sr. The Advisory Committee included: Michael Ashford, Deborah Barnett, Marie L.

Bush, PhD, Peggy J. Coleman, Barbie Harrison, Elnora M. Ed, Rev. Robert Culp, PhD, Howard, Larry Murphy, T. Edward and Avie Dixon, Jean Overton, Jesse Phifer, Judge Charles Doneghy, MSW, Larry Sykes, Lindsey Albert Earl Jr, Judi Ellis, Whitehead, M. Ed, and Carter Samuel Hancock, Ed. D., Wilson, PhD.

October 11

Visionary of Fresh Start – The Freedom Experience Free Workshop: **“The Present;”**

Discussion of how to find happiness; Sanger Branch Library;

6:30 to 8 pm: 419-376-2331 or

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CLASSIFIEDS

October 05, 2011

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Financial Advocate Coordinator/FT

Oversee and monitor the activities of all Financial Stability Advocates by following the United Way Agreement, Procedural Manual and outcome measures. Send resumes Att: FSC 1020 Varland Toledo, Oh 43605

Musician Wanted

Second Baptist is in search of a musician who can play and teach. Contact the church at 419-865-7702 or Pastor J.L. Boose at 419-340 4198.

INTERESTED BIDDERS: TOLEDO PUBLIC SCHOOLS – DISTRICT SECURITY & N.O.C. RENOVATION AT DEVILBISS ACADEMIC AND TECHNOLOGY CENTER

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until 1:00 p.m. on October 26, 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 District Security & N.O.C Renovation at DeVilbiss Academic and Technology Center, as more fully described in the drawings and specifications for the project prepared by Thomas Porter Architects, 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 **October 5, 2011 which can be purchased from Toledo Blueprint, 6964 McMerney 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 PREBID CONFERENCE is scheduled for **October 13, 2011 at 8:30 a.m.** at DeVilbiss Academic and Technology Center located at 255 Upton Blvd., Toledo, Ohio 43613. We will meet in the rear (west) of the building.

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

Sealed bids will be received for:

Estimates
District Security and N.O.C
Renovations at DeVilbiss

Bid Item No. 1
General Trades, Sitework & Landscaping
\$334,041.00

Bid Item No. 2
Fire Protection \$26,000.00

Bid Item No. 3
Plumbing & Mechanical \$226,645.00

Bid Item No. 4
Electrical & Technology \$137,555.00

Bid Item No. 5 FFE \$57,711.00

Total: \$781,952.00

Invitation For Bids Collingwood Green Phase I - Mid-Rise Senior Building IFB #08-07

The Lucas Metropolitan Housing Authority (LMHA) will receive sealed bids for the construction of **Collingwood Green Phase I - Mid-Rise Senior Building**. Bids received in accordance with law until **Thursday, October 27, 2011 at 11AM ET. Pre-Bid Conference held October 13, 2011 at 11:00 AM ET, 201 Belmont Ave.** IFB documents available at City Blueprint of Toledo, 3455 Briarfield Blvd., Suite D, Maumee, OH 43537, 419-243-7271; Fax 419-243-6418; Newfax Corporation, 333 W. Woodruff, Toledo, OH 43697, 419-241-5157; Fax 419-241-2018; and www.lucasmha.org. All bidders required to meet the Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. (TTY 419-259-9529)



Snow Plow Operators with Vehicles

The City of Toledo, Streets, Bridges and Harbor Division is interested in contracting with owners/operators of snow plow vehicles for plowing on residential streets during heavy snow conditions. All bids must be received by 2:00 p.m. September 27, 2011. For a copy of the bid proposals and specifications contact: Streets, Bridges and Harbor; 1189 W. Central Avenue; Toledo, Ohio 43610. Phone: 419-245-1575

Special Notice RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted October 10-14, 2011 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 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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Christian Music Auditions!!

Record Label for the Co-founder of Fred Hammond's Radical for Christ is seeking band members and background singers. Auditions September 17th, Saturday, 11:00 a.m. at the Ramada Hotel and Conference Center on Secor. To register call Seeker Sounds Music Group 419-787-2480

Ladies of Beta Gamma Chapter of the National Sorority of Phi Delta Kappa, Inc.

Special to The Truth



Beta Gamma Chapter of the National Sorority of Phi Delta Kappa, Inc. is a professional organization of educators—women in all fields of education, retired educators; and youth—Xinos & Kudos.

Beta Gamma Reunion was held on September 24 at

Macedonia Baptist Church. Over 45 members of Beta Gamma were in attendance and Anna M. Bolden, Beta Gamma's only living charter member, attended the reunion along with several life members and retired educators. Indeed it was a reunion! An

evening filled with fun, laughter, looking back and also, remembering those who have gone on; and all truly enjoyed the good food that was catered by Chef Les.

As Beta Gamma moves ahead in 2011-2012, the chapter is focused on its purpose:

"To stimulate personal growth among teachers; to foster a true spirit of sisterhood;

to promote the highest ideals of the teaching profession; and to encourage the development of the potential of our youth." For

additional information call 419-480-0122.

Officers of Beta Gamma Chapter are Pandora Taylor, president; Denise Chandler, first vice president; Rachelle Dunning, second vice president; Sherry Reed, secretary;

Lera Doneghy, correspondence secretary; Paula Martin, financial secretary; Dorothy Batson, treasurer; Bessie M. Mack, public relations; Jamie Johnson, editor of the Krinon; Clara Brank, dean of pledges and Linda Collins, executive advisor.


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Please join us for this community-wide event open to everyone.

Tickets to the concert may be purchased for \$10 (dress circle seating), \$18 (orchestra seating), \$36 (front orchestra seating) or \$54 (preferred box seating) by calling the Valentine Theatre box office at 419-242-2787.

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