



Local and National News

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Volume 21, No.02 "And Ye Shall Know The Truth..." November 02, 2011

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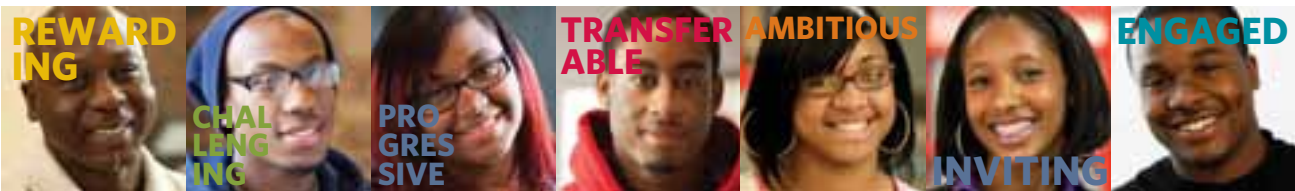
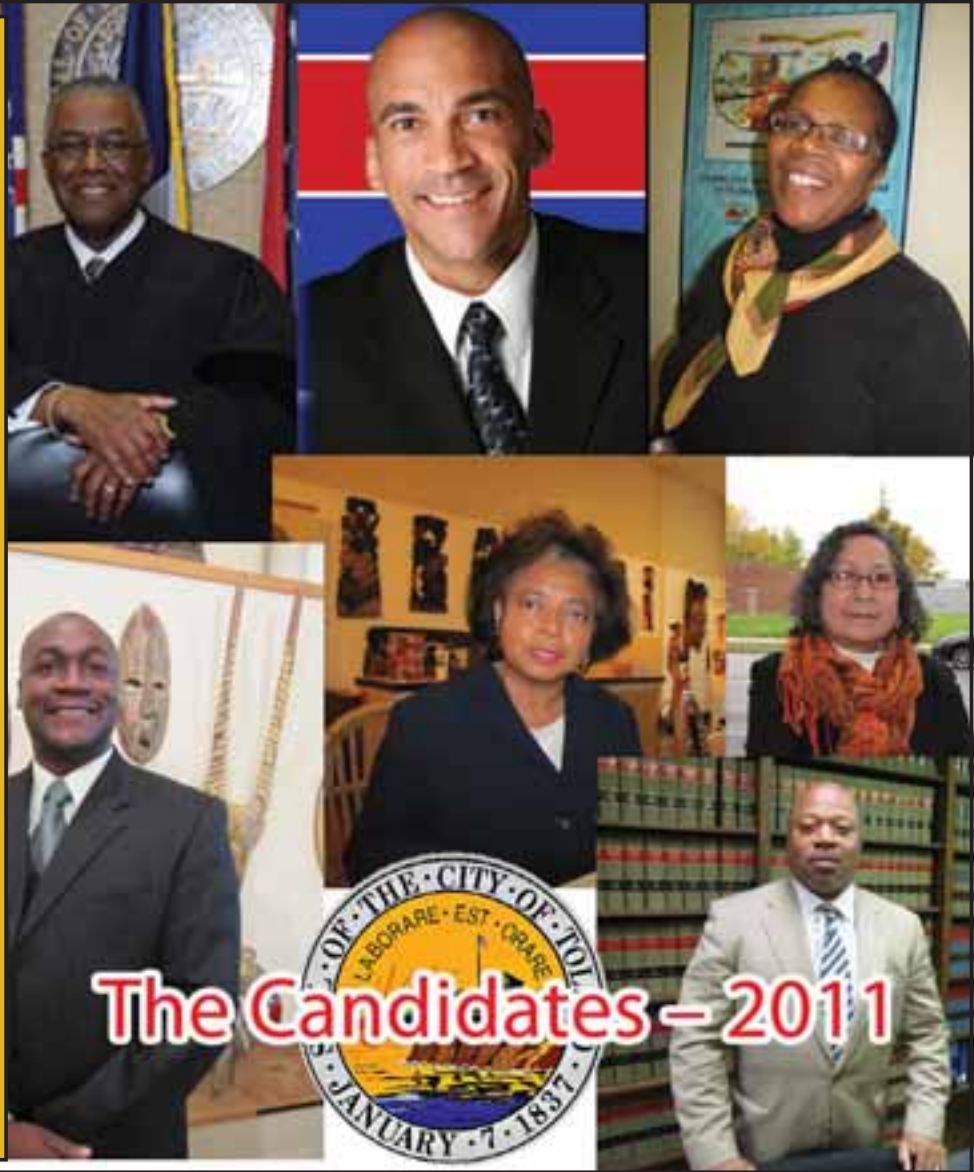
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This Strikes Us ...

A Sojourner's Truth Editorial

Recently, The Lucas County Auditor's Office and the UAW announced that they had reached agreement on a new contract that will, among other things, link performance to employee earnings.

It would seem, if we can extrapolate from that example, that public employees' bargaining units are not uniformly opposed to working with government entities as taxpayers' needs and expectations change.

If indeed that is the case, and we have seen several such examples from negotiations over the past few years in this area alone, why is Issue 2 – Senate Bill 5 – necessary?

It isn't.

We strongly suggest that voters say NO to Issue 2.

Issue 2 has been placed on the ballot in order for voters to give their approval or disapproval to Senate Bill 5, passed earlier in the year, that would virtually dismantle public employees' unions in Ohio. A NO vote will strike down SB5 and retain bargaining rights for Ohio's 350,000 public employees.

In essence, these are a few things SB5 (Issue 2) would do: require public employees to pay at least 15 percent of their health-insurance premiums, prohibit strikes by public employees, cap vacation leave, prohibits seniority from being the sole reason for the order of layoffs, allow governments in fiscal watch to re-open contracts to suspend salary and benefit increases, eliminate final binding arbitration as a way to end contract disputes.

There are a number of provisions of SB5 that certainly make sense – pension pickups and the usual inability of government entities to consider performance when determining pay – do not serve Ohio's taxpayers well in many cases. As we have seen, however, unions have begun to open these matters up for discussion recently.

And while there are some meritorious clauses in the 300-page legislation, the fact is that the bill, which makes it easier for unhappy union members to petition for decertification and harder for unions to raise money for their political action committees is a shameful, Republican attack on the heart of the Democratic Party's base – union members, the working class, minorities.

Republicans argue that public service employees are overpaid and have too many benefits and that local governments are held hostage by the stranglehold collective bargaining agreements have on them. Those are agreements, by the way, negotiated over the years by those same local governments.

In fact a current commercial in support of Issue 2 tells us that public employees earn 43 percent more than their counterparts in private employment.

Clearly that's a terrible exaggeration, but its the type of hyperbole that has been a constant in this war on unions.

Interestingly only one big-city mayor in Ohio has come out in support of Issue 2 – our very own Mayor Mike Bell. Mayors, we are told by General Assembly Republicans, are the very ones who should stand to gain from the passage of SB5. Not many mayors, however, seem to be convinced of this. Either that or they certainly must think the damage to their political bases is not worth whatever benefits SB5 may offer for their administrations.

Even as we accept the argument that certain benefits should be looked at with a more critical eye, easing the path to decertification or diminishing unions ability to form PAC's has nothing whatsoever to do with helping local entities manage their fiscal affairs – it's a power grab with the intent to make it easier for Republicans to stay in power both on the state and national level.

Both parties, of course, are prone to grabbing power when they can, we certainly understand that fact. The unions and Democrats declined to join Gov Kasich at the table earlier in the summer when he seemed to hold out an olive branch to discuss the already-passed piece of legislation. That gesture may have been an empty one but Democrats, sensing a victory in November, passed up an opportunity to sit down and discuss those aspects of SB5 which have merit for Ohioans.

They will have to do so in the post-election glow of victory, however.

We don't like SB2 and urge our readers to vote NO on Issue 2, but at some point in the future, a number of the points addressed in the legislation must be the subject of bi-partisan discussion.

Community Calendar

October 28-November 30

The "Soil: The Foundation of Life" Exhibit: Monroe County CC Whitman Center; Life-sized exhibits on conservation; 8 am to 9 pm – Mon – Thurs; 8 am – 4 pm on Fridays: 734-384-4207

October 29

St. Stephens COGIC Harvest Party: 5 to 8 pm; Games, karaoke, refreshments and more
Warren AME Youth Harvest Party Celebration: 6 to 8 pm; Games, prizes, costume contest: 419-243-2237

October 30

Bethesda Christian Center Cathedral Youth Day: Guest speaker Min. Daniel Rice: 419-944-0984

Resurrection Baptist Church 2nd Annual Women's Day Service: 4 pm; "Sisters, What's in Your Alabaster Box?" Speakers Evang Kendra Briggs of Detroit and Evang Shalonda Haynes

Bethesda Christian Center Cathedral Youth Day: 11 am; Guest Min. Daniel Rice of Bibleway: 419-944-0984

True Vine MBC Gospel Jubilee: 4 pm

City of Zion, The Mt. Zion Church Celebrates 88th Anniversary: 10:30 am; Pastor Troy Jackson of Cincinnati

November 3

The UT Eberly Center for Women Open Mic Night: 5:30 to 7 pm: 419-530-8570

November 4-5

United MBC Fall Rummage Sale: 9 am to 4 pm: 419-297-5341 or 419-380-9477

November 5

Warren AME Church Rummage Sale: 9 am to 4 pm; Women's clothing, furniture, food and more: 419-841-7272

City of Zion, the Mt. Zion Church "Coat off my Back:" 9 am to 2 am; Distribution of new and gently used coats; Donations accepted: 419-473-0341

November 6

Women Blessing Women 6th Annual Soup & Chile Fest Fund raiser: Notre Dame Academy; 11:30 am to 3 pm: 419-283-1555

Phillips Temple CME: Debut of new Sunday School Christian principles, Christian Success and practical application for everyday living; 9 am; Classes for 12-17 year olds, 18-35 year olds and those 36 and over

November 11-13

World Healing Center Church Second Pastoral Anniversary: Banquet on Saturday at the Crowne Plaza at 3 pm: 419-601-3617

November 12

The MOVEMENT Church Neighbor Day: Clothing giveaways, food, face painting and more; 2 to 4 pm: 1-888-400-3988

November 13

St. Paul AME Zion Pastor Appreciation Celebration: Pastor Dwight Gutridge; 5 pm; Guest speaker Rev. Derrick Simmons of Daniel Chapel AME Zion of Chicago: 419-243-1065

November 15

Forum: Crafting a Good Answer to Interview: Created by Tiffany Reynolds; Sanger Branch Library; 6:30 to 8 pm

November 17

EOPA Reverse Job Fair: www.eopa.org or 419-255-1082 ext 2233

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Toledo's Truthful African-American
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QUIZ TIME...!

Quiz Time Again!

By Lafe Tolliver, Esq
Guest Column



Question One:
Name the mayor whose first love is country line dancing and yelling "Yeehah!" at the drop of his rhinestone encrusted 20-gallon purple cowboy hat in country western bars.

- A. Kwame Kilpatrick
- B. Kevin Johnson
- C. Ray Nagin
- D. Michael Bell

Question Two:
If you had to change your last name in order to be treated favorably for lucrative city contracts in which you need no prior experience, what name would you choose?

- A. Nagahawshi
- B. Martinez
- C. Bell
- D. O'Malley

Question Three:
If you are mentally challenged and have a pair of craft scissors in your hand and are confronted by police what should you do?

- A. stand perfectly still and hold your breath until the danger passes.
- B. swear off any future arts and crafts and think of better times.
- C. be resigned to take the incoming bullets and call it a life.
- D. call 911 and hope the police officer has had her donuts for the day.

Question Four:
If your child is invited to a Cotillion, you, as the parent, should do one of the following:

- A. escape with your child to Canada and be set free.
- B. learn to do the Cotton (Cotillion) Ballstrut and dazzle your friends.
- C/. take out a second loan

on your house and sell your car and reluctantly attend the "blacks imitating whites" event.

D. appear in blackface and tux and sing "Mammy" to the shocked bourgeois Cotillion organizers.

Question Five:
Herman Cain is coming to Toledo for a political fundraiser event. What should you do?

- A. Call Donald Trump and ask for permission to attend.
- B. find some old Godfather pizza boxes for Cain to autograph.
- C. come to the event with a placard indicating that you are brainwashed and thus you are a Democrat.
- D. tell Cain that you are an illegal and dare him to electrocute you.

Question Six:
You just found out that your incoming freshman inner city high school class is not getting free iPod 2's as were given to the preppy St. John students. What do you do?

- A. fake a transfer to St. Johns and get in on a good thing.
- B. do a chicken wing fundraiser at Collingwood and Lawrence to raise funds for your own iPod 2.
- C. wonder why your public school system won't keep you ahead of the high-tech game by matching this offering.
- D. give up and take a two-week free course in the Art Of Burger Flipping and embrace your new career.

Question Seven:
Your pastor was one of "those" clerics who endorsed The Casino On The River. When it opens, what do you do?

- A. learn to play roulette and go with the flow.
- B. ask for his resignation as pastor.
- C. take your life savings, pray, and put it all on Red 22!
- D. buy stock in the casino and hope for the best.

Question Eight:
Your son has started to wear his pants as if he has a load in them, aka: saggin (sadly, read this word backwards). What do you do?
A. buy him a belt and use it on him if he does not stop saggin.
B/. tell him the history of "saggin" and see what he says.
C/. tell yourself that you have lost your son to the streets and write him out of your will.
D/. unknown to him, walk up from behind and pull down the saggin jeans in front of his buds.

Well, that's it. The following are the answers and your ratings: 1-D, 2-C, 3-C, 4-A, 5-D, 6-C, 7-B and 8-D. If you had seven to eight correct answers, you are a great reader! Five to

six: you need to get with the program and pick up the pace. Three to four: you are joking, aren't you? Less than three:

have you no shame!

Contact Lafe Tolliver at tolliver@juno.com

Vote Early, Polls Closed Saturday, Sunday, and Monday before Election Day!

By State Rep. Michael Ashford

Secretary Jon Husted has ordered early voting to be cut off on Friday, November 4. This means the Saturday, Sunday and Monday before Election Day there will be no early vote. Early voting has helped to diminish long line at the polls on Election Day and has made it easier and more convenient for citizens to participate in the electoral process.

Voting is our civic duty as citizens of this great state and nation and it is imperative that we make every effort to make sure all votes are counted and everyone has ample opportunity to have their voice heard. It is crucial that we make sure everyone still has the opportunity to vote. Though we would like to see our local board of elections remain open through the final weekend before the election and on Monday as in past years, it appears that Secretary Husted will not change his mind on the matter.

County Boards of Elections will close Friday, Nov 4. The polls will open Tuesday, Nov. 8 at 6:00. Your vote will determine on how this state will treat our middle class, teachers, police, fire, case workers and nurses. I urge everyone to get out and vote early.

On November 8, the Toledo Zoo needs your vote to continue more than a century of safe, affordable recreation for local families.

Issue 17 is a renewal of the existing .85-mill levy; it is NOT a new tax. Funds from this levy will be used to pay for day-to-day expenses, such as food for the animals, veterinary care, utilities and maintenance.

The Toledo Zoo enhances the quality of life by offering:

- Free Monday visits for Lucas County residents
- Free Visits for Lucas County schools
- Free outreach to Lucas County nonprofits

The Toledo Zoo enhances the region's economy by:

- bringing \$38 million to the region annually
- supporting nearly 500 local jobs
- purchasing from local suppliers and contract service providers

Issue 17 is a renewal and will continue to cost just \$2.16 per month for a home assessed at \$100,000.

ENDORSED BY:

Greater Toledo Urban League	Northwestern Ohio Building and Construction Trades Council:
Toledo Branch of the NAACP	- Bricklayers - Local 3
The Biede	- Carpenters - Local 351
Greater Northwest Ohio AFL-CIO	- Cement Masons - Local 886
Toledo Area Small Business Association	- Electrical Workers - Local 8
Toledo Free Press	- Elevator Constructors - Local 44
Toledo Regional Chamber of Commerce	- Glaziers - Local 948
AFSCME Council 8	- Insulators - Local 45
IBEW Local 245	- Iron Workers - Local 55
Teamsters Local 28	- Iron Workers - Local 147
UAW Local 12	- Laborers - Local 500
	- Painters - Local 7
	- Plumbers/Fitters - Local 50
	- Road Sprinkler Fitters - Local 648
	- Roofers - Local 134
	- Sheet Metal - Local 33

For a complete list of endorsements: www.vote4yourzoo.com

Paula Hicks-Hudson: A Heart for the City and Years of Public Service

By Fletcher Word
Sojourner's Truth Editor



Toledo Councilwoman Paula Hicks-Hudson, Democratic candidate for election, has represented District 4 since January 2011. She was appointed to former Councilman Michael Ashford's seat after he won election to the Ohio House of Representatives.

Hicks-Hudson, who earned her law degree from the University of Iowa, arrived in Toledo in 1982 to work for the Toledo Legal Aid Society. Among her

public service stints are one as legislative director for Toledo City Council and more recently, four years as chief counsel in the State of Ohio Office of Budget and Management during former Gov. Ted Strickland's term in office.

The Truth asked Hicks-Hudson for some input on her top three priorities in office. She replied that her top concerns all fell under the same umbrella – improving the quality of life for residents of District 4 and, additionally for those who work in the area. And under that umbrella are the matters of safety, public services and creating a climate for economic and community development.

"Safety is more than just hiring police and firefighters,"

said Hicks-Hudson. "It's also when people feel they are safe in their environment."

Citing the turnaround in violent crime statistics in New York City years ago when Mayor Rudy Giuliani was in office, Hicks-Hudson cited a phrase that became popular at that time in describing the philosophy of the police department – "a broken window is the beginning of [a neighborhood's] decline."

"Can we get the police to be the eyes and ears of the neighborhood," she said. "And move from the idea of occupation to cooperation."

The spirit of cooperation within a neighborhood extends, said Hicks-Hudson, to the concept of a properly managed block watch operation that can work with police forces to foster a feeling among resi-

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Anita Rios: No Plans to Accept the Unacceptable

By Fletcher Word
Sojourner's Truth Editor



Anita Rios, Green Party candidate for the District 4 seat on Toledo City Council, is a patient advocate and president of the Toledo chapter of the National Organization for Women.

A Toledo native, Rios spent her early years with her family in Spencer Township in a three-room shack without plumbing or electricity. The family later moved to Sylvania Township and Rios attended Sylvania Schools until the ninth grade when she dropped out.

She later earned her GED and went on to The University of Toledo to earn a degree in Spanish and, since then, has worked in a series of social service jobs including a stint at the Zepf Center during which she was elected head of

the union that represented around 100 workers.

Rios ran unsuccessfully for lieutenant governor on the Green Party ticket in the 2006 and 2010 Ohio elections.

"I'm an iconoclast," said Rios of the way she has led her life. "I have lived life on my own terms."

Now in her first run for local office, what will be Rios's chief concerns should she be elected to City Council?

"Youth and education, jobs and democracy," she replied

"I see that we have allowed too many young people to be disenfranchised," she says of her top priority. "The drop out rates have not gotten better over the years and the statistics are pretty much the same for black and Latinos. I will never accept the unacceptable."

"But there's no silver bullet," she said of possible solutions to the problem of the dismal lack of educational attainment. "It's our community working together. We need to partner with our young people."

Rios suggests creating internships in order to bring youth into government. "Let them know we value them and respect what they do," she said.

Government internships for a wide range of youth, even those within the juvenile

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TV TALK ABOUT

Cecelia Adams, Ph.D: Unopposed but Letting People Know She's Ready to Serve

By Fletcher Word
Sojourner's Truth Editor

Cecelia Adams, former science teacher, building administrator and assistant superintendent for Toledo Public Schools, had never seriously considered running for elective office until she was approached several months ago by friends who had been talking among themselves about what a terrific candidate she would make for the Toledo Board of Education.

"I retired [from TPS] three years ago and was quite happy doing what I wanted to do," says Adams of the change in circumstances she has undergone in recent months.

After being contacted by those who wanted her to run, Adams conferred with her family – her mother the estimable Dr. Samantha Adams – the first African-American woman elected to the school board; sisters Dr. Karen Adams Ferguson and Denise Adams Onyia and brother James Adams.

"Go for it," mother Samantha told her. The rest of the family concurred.

Ultimately she was convinced and jumped into the race although, admittedly, it's not much of a contest. Adams is on the ballot to fill the seat on the board being vacated by Jack Ford and she is running unopposed.

Nevertheless, she is running with a purpose.

"I was as surprised as anyone else that I would be running unopposed," she says of what has turned out to be a victory march. "But it's important to let people know that I'm willing, able and ready to do this job on the school board."

Given the rifts on the school board among the various factions and, perhaps, overly sensitive personalities, one might wonder why Adams would choose to leave the relative peace and calm of retirement for such contentious public service.

"I think very idealistically and about how things can be," Adams responds. "I consider myself to be a transformational leader. That is, you see what's wrong and you try

to fix it." The infighting on the board doesn't trouble Adams, who has certainly seen quite a bit of it during her TPS years. "I would be on the board as a member trying to make a difference."

What will be her chief concerns once elected?

"We need to do a better job providing the public with information about the progress we are making in benchmarks," she says of job one regarding the good news about the public school system that goes unnoticed by so many.

To that end, she notes, public schools are here to stay.

"We have to be able to educate the masses within that public school system. Charter schools don't have the sustainability that we have. We'll be here long after they've dried up."

The second crucial issue for Adams when she takes her seat on the board will be her efforts at "updating the public consistently on income and expenditures and

our stewardship of the money."

Third, says Adams, she wants to ensure that all parties associated with the public school system are accountable on all levels.

"Not just the teachers but all stakeholders have to know what their roles are and play them," she says. "People need to be doing what's expected of them."

A fourth area of concern for Adams will be to practice good listening.

"We have to take into consideration the input of parents but also of business and industry. They all need to know that we're approachable."

To that end, the future Board of Education member has a message for all who would wish to be of assistance in the effort of the public school system to be effective stewards of the education of area students.

"There a lot of good people in the district and we need all the help we can get," Adams says. "If you have an organi-

zation that you feel can help, we need to listen. There are ways to integrate the help

that is offered by the community."



VOTE NOVEMBER 8TH

THEY FOUGHT FOR OUR RIGHT TO VOTE IT'S UP TO US TO USE IT

Our right to vote holds our leaders responsible for the decisions they make.

When John Kasich was elected last fall, he said, "...we need you on the bus, and if you're not on the bus, we will run over you with the bus. And I'm not kidding."

Well he's made good on that promise over the last nine months turning back the clock on voting rights and workers' rights.

We can stop Kasich's attack on our communities by voting no on Issue 2

On Tuesday November 8th, Vote no on Issue 2.

SEND KASICH A MESSAGE

YOU DON'T HAVE TO WAIT UNTIL ELECTION DAY TO VOTE

EARLY VOTING IS GOING ON RIGHT NOW AT THE
LUCAS COUNTY BOARD OF ELECTIONS

One Government Center, Suite 300
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Wednesday November 2nd from 8:30 am to 4:30 pm

Thursday November 3rd from 8:30 am to 7 pm

Friday November 4th from 8:30 am to 6 pm

November 5th, 6th & 7th CLOSED for early voting in person.

Paid for by We Are Ohio, Michael Weinman, Treasurer, 545 E. Town Street, Columbus, OH 43215

90th Annual NAACP Freedom Fund Banquet

By Artisha S. Lawson
Sojourners' Truth Reporter

Glitz and glamour for a cause, best describes the 90th Freedom Fund Banquet sponsored by Toledo Unit NAACP. The Friday, October 28 event invited guests to fellowship as Ray Wood, the first vice president of Toledo NAACP Unit, welcomed guests and acknowledged religious leaders and elected politicians.

Following that welcome, United States Navy and United States Marine Corps members presented colors in military guard honor fashion. Errin Brooks serenaded those in attendance with a soulful rendition of the National Anthem as Rev. Glenn Jones of Third Baptist Church accompanied her on the piano.

For the first time in recent years, the event did not feature the traditional head table where NAACP and political dignitaries would sit. Rev. Kevin Bedford, president of the Toledo NAACP, felt it more appropriate to honor those who fought for the freedoms we enjoy today.

To illustrate that point a single round table draped with a black cloth, gold place setting and trim; dawned with

a long white candle, white fresh flowers and Bible was set away from the crowd. "Tonight there is only one head table and that is the table to my left known as 'the cost of freedom table.' This table represents scores of freedom fighters and civil rights leaders who have gone on before us. They are the head table and we are the beneficiaries of their labor," said Bedford.

Michael Alexander, membership chairman of Toledo NAACP welcomed those in attendance to join the fight through financial membership. "I believe there are over 400 members in the local chapter. The last couple of years the drive was associated with ticket request. It's time to renew and those that need to join, get on board with the NAACP. Our president and past president are taking on a lot of challenges and a lot of great work, a tip of the spirit on what needs to be done. Go to our website, www.toledonaacp.org and download the forms. I urge you to become a member, lifetime, adult, sponsor youth for college and youth chap-

ters." Agreeing with Alexander, Rev. John C. Jones, Greater Toledo Urban League CEO, still feels that membership and support of NAACP is vital to Toledo. "It's extremely important in this day, now more than ever to support the NAACP. We need a strong NAACP and Urban League to create the change necessary for this city, tonight is a big step."

The Bowling Green State University ensemble sang 'Total Praise.' Then Samuel Cook, III the former Toledo ACT-SO National Winner and current resident of New Orleans served as the keynote speaker. He had powerful words to those in attendance to prepare to vote and resist the urge to quit.

"The election of President Obama was not about Obama, it was about us," said Cook. "The average black women who praised God for her domestic job. We voted for the hope of a better tomorrow, not just because he's black. To those that say President Obama failed us, I say it is us who failed him. Today I in-



Council President Wilma Brown, Roosevelt and Gail Gant

voke the words of Dr. King put on your marching shoes because shield was shield for your rights as an American citizen. Put on your marching shoes for the tired hungry and poor that have lost faith that things will get better."

The night also saluted this year's Freedom Fund Awards. law and justice honorees Keith Mitchell, Esq. and Judge Myron C. Duhart; medicine and health care services honoree Patricia Hogue, PhD, and University of Toledo Medical College; education honoree Romules Durant, PhD, and Ron Rice; The University of Toledo College Pharmacy was honored as a public institution.

Community service orga-

nizations that were honored were the Martin Luther King Jr Kitchen of the Poor, Feed Lucas County Children, Read for Literacy Program, Lucas Metropolitan Housing Authority, Restoration of the Village and Big Brothers Big Sisters.

Andre Washington was honored for political action; Judge C. Allen McConnell of Toledo Municipal Court and past Toledo NAACP President was honored for service; Cheryl Tyler-Folsom and Wayne Blanchard were honored for labor; Brittany Bedford, Olivia Phifer, Sania Bauswell, Opal Dunlap, and Jonathan Bush were honored for participating in the local and national ACT-SO 2011

competition and Clarence Smith was honored for Music and Performing Arts.

Also honored were Rev. John Williams, president of Toledo Baptist Minister's Conference; Imam Yahya Hendi, founder of Clergy Beyond Borders and Muslim Chaplain and Rabbi Brad Hoffman, U.S. Navy Chaplain and advisor to Toledo Branch NAACP.

The NAACP thanked their sponsors prior to concluding the event, they are: Toledo's Hollywood Casino, R/Gant LLC, R. Gant Properties, The State Bank and Trust Company, Reliance Financial Services, GM Toledo Transmission, Fifth Third Bank, U.S. Representative Marcy Kaptur, Perry Burroughs Democratic Women's Club, Rabbi Brad Hoffman, United Muslim Association of Toledo, Third Baptist Church and Pastor Bedford, St. Paul Missionary Baptist Church and Pastor Willis Sr, City of Zion and Senior Pastor Thomas, Southern Missionary Baptist Church and former Pastor Wormely and current Pastor Quinn III, Friendship

(Continued on Page 16)



Former Mayor Jack Ford Endorses Michelle Wagner for Toledo Municipal Court Judge

Jack Ford Michelle Wagner

Michelle WAGNER For Judge Endorsed Democrat

Paid for by Committee to Elect Michelle Wagner, Abby Arnick, Treasurer, 3303 Oakway Drive, Toledo, Ohio 43614

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E-mail: EasternStarMBC@aol.com
Website: www.drjwilliams.org

Dr. John W. Williams, Pastor



Health Section November 2011 • Health Section November 2011 • Health Section November 2011 • Health Section November 2011

The Lighthouse Road Breast Cancer: This is My Story

By Anita M. Lewis-Sewell M.D.
Guest Column



...The Lord moves in mysterious ways, His wonders to perform...

Breast cancer remains an important topic regarding women's health. So, I was delighted when my friend Jarvetta invited me to speak about breast cancer awareness for a Women's Day program last year at Phillips Temple C.M.E. Church (PTC), in Toledo, Ohio.

Especially looked forward to the opportunity to come home again and visit with family and friends. It felt as if I had been away for such a long time, having taken a new job in Dayton, Ohio. I welcomed the change of pace.

However, little did I know that just one week after that event, I myself would be diagnosed with breast cancer. This is my story...

I have always enjoyed taking part in events designed to improve the health and wellbeing of women. You name it - health fairs, forums, conferences, luncheons, services and seminars - really any kind of educational or community outreach activity that helps people learn how to live healthier lives. That is why I wanted to become a physician.

I had no problem preparing for my presentation because I had given many talks on this topic. I explained the pathophysiology (or disease process) in a way that non-medical or layman could understand clearly, cited some relevant statistics, and stressed the importance of early and regular screenings. Health education handouts were easily found on websites like the American Cancer Society, the Susan B. Komen Foundation, or the American Academy of Family Practice.

I looked forward to that day being memorable and

fun. I invited everyone I could think of, everyone I wanted to see or had not seen in while. My daughter, godmother, and mother-in-law came. Sister-friends from Toledo and Fremont, Ohio, attended. I speculated about things I would say or do to get my audience's attention and help them to take this important message seriously. No sweat, piece of cake, I can do this!

By the time we were finally all together, I had a secret that I had not yet shared with anyone.

I am a believer that people should "practice what they preach." However, I am not perfect and have not always done so. Most of my patients will tell you that I am always after them, fussing about why they should quit smoking, start exercising, or why it is important to have screening tests done, especially annual mammograms. My reasons are both professional and personal.

Breast cancer was not on my agenda.

Up until now, I had been blessed with pretty good health. I never smoked cigarettes. I had long ago abandoned a youthful fling with drinking because I had come to hate how alcohol abuse leads to so much human suffering and tragedy.

I experienced occasional bouts of depression, had osteoarthritis, and definitely needed to lose some weight. I made sporadic efforts to eat a healthy diet and to exercise regularly. My excuse was usually a demanding work schedule with few hours in the day for "me time." Still, by the grace of God, I had managed to reach my 57th birthday having never had surgery or a major medical problem.

In November of 2009, I had a visit with my family doctor, Dr. Erin Fries. She is a wonderful, caring and conscientious physician. She performed a complete physical, including a pelvic exam, and pap test. Dr. Fries also did a thorough clinical breast exam and did not find any abnormal lumps or findings of concern. She then advised age-appropriate screening tests and gave me a written order

for my yearly screening mammogram.

We can take our good fortune for granted. Occasionally I would delay or skip having my mammogram done. I did not consider procrastination as non-compliance. I had every intention of getting around to it... just as soon as I had the time.

Six months later and just weeks before the Women's Day event, I was shocked to discover a large, firm, somewhat tender lump in my right breast. At first, my mind would not embrace the possibility of cancer. The thought was too scary, unthinkable.

I remember wondering, "Where did that come from? It must be some kind of cyst, or lipoma (benign fatty tumor), or maybe just a spider bite."

I tried to suppress the anxiety and guilt I was feeling even as I did what I knew was needed. I called my doctor's office to advise them of the need for a diagnostic mammogram. This is the usual order given to evaluate a suspicious breast lump that is not considered to be a cyst.

I purposely waited until the week after the program to have that mammogram. I wasn't ready to know what I inwardly already suspected.

My mother, Shiblethia Lewis, a retired Toledo schoolteacher, developed breast cancer at the age of 86. Previously she had always had normal mammograms, so our family was shaken to learn of her diagnosis. She had already persevered through many health challenges... multiple strokes, diabetes, hypertension, heart failure, a pacemaker, and knee replacement surgeries.

The subsequent mastectomy and radiation treatments she underwent were difficult, but she is now a five-year breast cancer survivor, praise be to God.

However, with this newly acquired family history and the fact that having a primary or first degree relative with breast cancer often represents an added risk factor, I never believed it would happen to me.

The Women's Day program took place on a per-

fectly beautiful and sunny Saturday in May just before Mother's Day

During my presentation, I emphasized **HOW VERY IMPORTANT IT WAS FOR ALL OF US TO DO THE RIGHT THING AND ACT** on the things we have seen, heard, learned and understood concerning our health. Just as I had hoped, the event proved to be a marvelous gathering and a delightful reunion of family and friends.

But when I returned home things moved very quickly. I went for my mammogram on May 11th, 2010. I received a call back the same day that the lump on my breast was "suspect for a malignancy" and required additional evaluation. One week later, I had a breast biopsy that confirmed the cancer, and I was referred to an oncologist (cancer specialist). One week later, I was hospitalized for a mastectomy to remove my right breast. One month later, I began a regimen of chemotherapy that

would last for the next twelve months.

My doctor had done her part. I had not done my part. We can never undo the past, but we can hopefully learn from it and use it as a launching pad to help educate ourselves and others.

My grandson Aaron likes to suck on lemons, don't ask me why. I find them too sour for my tastes, but now is the proverbial time to make lemonade out of my lemons.

Breast cancer, as I read in a recent article, "is color blind." Although women of all races and ethnic groups are affected, disparities still exist in the mortality (death rates) for African American women who are, unfortunately, at risk for more aggressive forms of breast cancer.

As the daughter of a schoolteacher, I grew up believing this mission: the importance of getting a good education and "gaining knowledge, understanding,

and wisdom."

Whether in a classroom, an exam room, on the front porch hanging out with family and friends; whether in Toledo, Fremont, Hamilton, or Dayton, I want to help others to learn and grow.

October is Breast Cancer Awareness Month. Breast cancer awareness should not be limited to a single monthly observance. Women are diagnosed and die from this disease on a daily basis.

When I think back on that Women's Day program, I feel God was using Jarvetta to tap me on the shoulder and give me my own individual wake-up call.

This is where my story ends and begins. I am a breast cancer survivor.

I would like to thank "The Sojourner's Truth" in advance for allowing me to share a series of upcoming articles exploring various aspects of this important subject.

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Don't Waste Your Blessings!

By Angela Steward, Fitness Motivator
Guest Column

I can see it now- I'm in my wheelchair teaching my sister residents to wheelchair dance - to the left, to the right, to the front, to the back, now slide, now dip baby dip. I also choreograph the fashion shows, and daily exercise and massage sessions! That's how I plan to REST when I get to the rest home - but while

I'm healthy, full of energy and able to move my body - I'm going to do just that - MOVE!

We all live busy lives. Our most personal needs are put on the back burner. Whether you're a working person or running a business or head of household, to be healthy you have to make time for

yourself.

While my kids were growing up, I used to write out MY weekly "things-to-do" list. That list usually contained the kid's school schedules, homework assignments, projects, field trips, sporting events etc. My list had activities listed for everyone but ME!

Do you have a weekly "things-to-do" list? Are you on your list? If not, insert yourself. I'm not talking about a nail or hair appointment, that's cosmetic, I want you to insert YOU on your list - your health, your mind, your spirit - your fitness journey! Where are you on your list? What about you and what tools do you need to become a healthier you?

You certainly don't have to join a fitness gym or hire a personal trainer to begin your fitness journey. Buying or leasing expensive equipment isn't necessary either! Most of us have been given the tools necessary to live an active and healthy lifestyle. These tools are often taken for granted, but if used regularly are all the tools needed to accomplish our fitness goals - our arms and legs.

Our legs are made to move our bodies, not from the couch to the chair, or through a buffet line, but for long walks, or running through parks, dancing, skating, riding a bike, jumping rope, playing kickball or soccer with the kids - they are made for activity. Our arms are meant to lift,

support, move, hug, wave, fold, flex, so play volleyball, swing a kettle bell, do push-ups and forearm planks - the more you use your God-given tools the stronger they become.

I have a close family friend who has very little use of her arms and legs, but her spirit is so bright! She doesn't feel sorry for herself and she lives her life as if she has fully functioning arms and legs. Her mother never allowed her to feel "less than" in fact her spirit screams "more than".

She is a loving and gifted person and with thanks to her, through her, I decided to change my lifestyle to a healthier and more active lifestyle. I truly appreciate what a gift it is to have fully functioning arms and legs. When my arms grow tired from too many push-ups, bicep curls and shoulder presses, or my knees begin to ache and my legs feel like jelly - I think of Beverly June and her "more than" spirit.

My message to you is don't take these powerful tools you've been blessed with for granted. Our arms

and legs are gifts, they're meant to be used. That's why I stay on the go and move as much as possible. I stay active. I'm not wasting my gifts. I rest when I'm tired, but I don't rest for long. I'll have plenty of time to rest - when I get to the rest home.

Once I've completed everything on my bucket list and I've done everything I've always wanted to do, I'll rest. If you can keep up with me I'll be the lady with "Fab-Fit" bling in crystals on the back of my wheelchair, jamming to Frankie Beverly, popping wheelies, and choreographing fitness routines: now that's my kind of rest! **Yours In Fitness!!**



Angela R. Steward
Fitness Instructor/
Motivator Creator of

Fabulously Fit
Email: FabFitU@yahoo.com
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Dear Ryan,



I am trying to put on some size and I would like to know the best exercises to do so that I can accomplish this. I have been working out consistently and I haven't been able to get much heavier. I don't know what I'm doing wrong and I would just like to see if you can help please. -Alex

Dear Alex,

I will tell you to start out by looking at your eating habits first. You are trying to put on size so you should be getting in at least your body weight in protein (i.e. 100 lbs = 100 gms of protein). If you are not, then make that adjustment first and foremost.

Everyone wants to jump right into supplements but they may not even be eating right in the first place. If you have a problem getting that amount of protein in, then by all means take a good protein drink that's very low in sugars and carbs.

Make sure that you drink plenty of water so that you keep your cells hydrated and it keeps everything functioning properly.

As far as your work-outs go, just start over and do the three major muscle groups for a few weeks and see how that works for you. Do three to four sets of eight-12 reps of pull ups for your back. If you are not strong enough to do them, get a spotter to help you up and you control lowering yourself.

Do three to four sets of bench press for your chest and three to four sets of squats for your legs, following the same rep scheme.

Do not worry about your arms and shoulders because they will get secondary work while you do your upper body. Do this work-out three times per week for a few weeks and see how you feel. Then add another day and add other mass building exercise such as dips, inclines, straight leg dead lifts, rows and shoulder presses.

Make sure you're eating well and watch your body grow. If you are eating well you may also see a decrease in body fat. If you don't know what your body fat is, I can let you know if you come and see me or just go by the mirror and how your clothes fit you.

After a few weeks then add the minor muscle groups back in (biceps, trisside and rear delts, etc..) but make sure you hit the three majors pretty intensely.

Good luck to you and all trying to achieve your Dream Bodies out there.

Truth readers, please watch for upcoming seminars and new locations for boot camps. You DO NOT want to miss out!

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Slow Cooking for Easy Meals

Patrice Powers-Barker, Ohio State University Extension
Guest Column



One of the recommendations of the Dietary Guidelines for Americans is to eat more home-prepared foods, where you have more control over the amount of sodium and use little or no salt or salt-added seasonings when cooking foods.

You do not need fancy kitchen equipment to prepare healthy meals. If you already own or are looking at buying a slow cooker here are some advantages and tips to using it.

A slow cooker offers many benefits to a busy household. The food ingredients

can be put in the crock and it can do the work during the day without any other attention from you. Many slow cooker recipes can cook for eight to 10 hours without any other work. It's simple to prepare recipes all in one step. The exceptions to this rule are milk products and some tender vegetables and herbs. They should be added during the last hour of cooking. There is very low risk of overcooking or burning dinner and the kitchen clean-up is simple!

Using a slow cooker to prepare recipes can be a good value. First, it's economical to operate. Low wattage over a long time costs less than high wattage for a short time. Also, cooking food slowly helps keep it tender. This allows for the use of less expensive cuts of meat that are lower in fat because slow cooking tenderizes the meat. Liquids do not boil away like on the stove top and slow cooking keeps more of the natural juices and flavors of foods.

To get the best results from your slow cooked meal, remember the following tips:

- Most slow cookers have clear lids so you can see the food while it's cooking. Every time you lift the lid, you have to add an additional 15 -20 minutes of cooking time.
- Most recipes offer you the option of a longer cooking time on low or a faster cooking time on high. Usually one hour on high is equal to two hours on low.
- In the slow cooker, steam collects on the lid and the contents can get watered down. The recipe might call for thickeners like flour or cornstarch to thicken the sauce.
- Spray with cooking spray for ease of cleaning or look for coupons or sales on slow cooker liners which are placed in the crock before the food and can be thrown away when done cooking.

Cooking food in the slow cooker can be tasty and safe. Completely thaw frozen meat in the refrigerator before cooking it in the slow cooker. The slow cooker is great for cooking meals all day but it will not reach a high enough temperature fast enough for frozen meat. Do not fill food to the very top of the slow cooker. When adding ingredients, only fill the crock pot half way or three fourths of the way full. Do not leave cooked food to cool down in the slow cooker. Once you turn it off and eat the meal, place left-over food in the refrigerator. Don't use the slow cooker for reheating food. You can use the slow cooker to keep food warm on a buffet table but for reheating food, use the stove or microwave.

If you already own a slow cooker, use it! If it's an older model, make sure the cord is in good shape, that the legs and handles are heat-resistant and that it conducts heat evenly. If you are looking to purchase a new slow cooker, there are many options from size, cost and other features to make cooking the meal easier for you.

From appetizers to main dishes or fruit desserts, you can use recipes specifically designed for the slow cooker. Check the instructions booklet for ideas and recipes or visit the library and check out a cookbook on slow cooking. You can also take some of your favorite recipes and adapt them for the slow cooker. Typically, the volume of liquids should be reduced by half when adapting your stove top recipes to slow cooking recipes. Also, if the recipe calls for cooked pasta, cook the pasta until slightly tender then add with the other ingredients to the slow cooker. If adding raw rice, add an extra cup of liquid for each cup of uncooked rice.

When deciding what to prepare in the slow cooker, keep in mind the Dietary Guidelines for Americans and the MyPlate icon. How can you add more vegetables to your day? Are you preparing and eating lean meats? As you try new recipes, keep the following food preparation tips in mind for quick, healthy meals. If the recipe calls for canned soup, look for a low-sodium variety. Remove the skin from poultry before cooking. Some easy economical recipes for the fall include winter squash, hearty soups or stews and sweet baked apples. Let the slow cooker do your cooking work this week!

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Sugar: The Holidays Offer So Many Opportunities to Enhance Sugar Intake

By Dianne Pettis, MS, FNP-BC
Guest Column



Holiday time is here! It's the time of giving thanks and get-togethers with family and friends. What's a get-together without good food and drinks? And what's an awesome buffet without dessert and those special heavenly recipes? Sugar (carbohydrates) seem to be the heart of it all. The temptation is high not to overdose, but it can be hard to resist. Why even try? Well...

Carbohydrates are in two categories: simple and complex. Simple carbs are sugars. Table sugar (sucrose) is a simple sugar. They are digested into your system very quickly. Complex carbs are made of chains of sugars so they take longer to break down and get into your system to be used. Starchy foods like breads, potatoes, rice, pasta, grains; and even fruits and vegetables are complex carbohydrates. Though carbs have a bad reputation, we need carbohydrates for energy; and grains, fruits and vegetables are important sources of the vitamins, minerals, and anti-oxidants that we need daily.

The down side to the sugars is that if they are not immediately burned off and used for energy, the calories get stored as fat. High amounts of sugar can cause inflammation of the intestines and blood vessels which can lead to diabetes, high blood pressure, and increased LDL (the bad cholesterol). The frequent and sudden spike of increased sugar into your blood stream can cause your pancreas to wear out over time because it is working so hard to put out the insulin to handle all the sugar.

One of the causes of diabetes is when the pancreas doesn't work well or at all. By the way, fruit does not trigger the same insulin response by the pancreas. Sugar (except fruit) is addicting. Changes in the brain chemistry after sugar intake is similar to the changes seen after drug use. If you just "need" a little something sweet to boost your mood or energy level, you're addicted.

I'm not a big fan of artificial sweeteners. Personally, I don't like the taste. Scientifically, the brain's satiety center (the part of the brain that let's you know you're full) doesn't recognize sweeteners as a real food, so your body still seeks calories to be satisfied. Many people experience intestinal problems or headaches from sweetener use.

Saccharin (Sweet n Low) is the only sweetener with longterm research. Though the data is not all positive, it seems to be the safest - unless you ingest extremely large amounts at a time. Splenda doesn't have as much research, since it is newer; so we don't know the longterm effects yet. It can be used for baking.

Agave nectar is natural. It is high in calories, but you only need to use a small amount because it is so sweet. NutraSweet has been around since 1981. Studies have not been positive, but there needs to be more research. We do know that it stays in your system a long time, that it turns into formaldehyde when it is broken down in your body; and it can decrease the brain's ability to use some anti-oxidants, vitamins, and magnesium.

Stevia is a natural herb. The taste turns some people off, and in some studies it has been found to lower sperm count.

Food labels can help you be more aware of what you're

(Continued on Page 11)

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WANTED: Health Mentors in the African American Community

By Ronata Bryant-Robinson, Coordinator of Minority Health, Lucas County Guest Column

We have a racial problem in Toledo/Lucas County. Did you know that African Americans have the highest death rates of any racial group for most types of cancers? African Americans in Toledo/Lucas County bear most of the burden of racial/ethnic health disparities in cancer. For the years 2003-2007, the death rate among African Americans in Ohio for all cancer types combined was 26 percent higher than whites.

A similar gap exists in Lucas County where the age-adjusted cancer death rate for African Americans is higher than the rate for any other racial/ethnic group. Racial/ethnic disparities also exist in five-year survival rates for many cancers (i.e. the number of patients still alive five years after a diagnosis of cancer).

The five-year survival rate for all stages of breast cancer was 75 percent for African Americans and 89 percent for whites. Even if breast cancer is diagnosed earlier in African-American women, they

are less likely to survive than Caucasian women. The rate of newly diagnosed breast cancer cases in African-American women in Ohio is the same as white women; however, the death rate for black women is 33 percent higher than whites.

Breast cancer is a particular concern for African-American women. Breast cancer is the most frequently diagnosed cancer in Ohio women, representing 28 percent of cancer diagnoses. Of the 10 top cancers affecting African-American women, breast cancer tops the list at 18.4 percent. The breast cancer incidence rate for the Toledo Ohio area (123.27/100,000) is higher than that of the rest of Ohio (118.90/100,000).

It's sad to say but nearly 40 percent of African-American women over age 40 do not receive the recommended mammograms. There are many reasons for this including lack of health insurance, lack of access to quality health care, and personal barriers

such as lack of transportation and lack of education and awareness.

As a result of not receiving the recommended mammograms, African-American women are more likely than whites to be diagnosed at later stages of cancer. When cancer is diagnosed at later stages of development, it is much more deadly.

As a community, what are we going to do about these racial/ethnic health disparities? Shall we sit on the sideline and simply observe? Or, should we get involved and be part of the solution? Recently, Drs. Timothy Jordan and Amy Thompson, professors at The University of Toledo, decided to take action and be part of the solution to this problem. Drs. Jordan and Thompson applied for and received grant funds from the Northwest Ohio Affiliate of the Susan G. Komen for the Cure Foundation. These grant funds are being used to design, implement, and evaluate a new

community-led program called, "Komen Care Groups: Circle of Friends."

The primary goal of this new project in the African American community is to recruit African-American female breast cancer survivors and equip/empower them to serve as health mentors to other minority women. These health mentors/survivors will meet with other African-American women in small group settings to share the lessons they have learned about the importance of early detection of breast cancer and the importance of healthy lifestyle behaviors to reduce the odds of having a recurrence of breast cancer.

These "Circle of Friends" small groups will meet regularly for friendship, fellowship, mutual support, and to discuss various breast health topics.

The Komen Care Group Project Coordinator is Erica Payton, Health Educator, and

current doctoral student at UT. Working with Payton is Ronata Bryant-Robinson, coordinator of Minority Health for Lucas County, and a team of undergraduate public health students from UT including Sierra Hester, Olivia Brown, Raechel Walker, Adekemi Ademuyewo and Emily Golias.

The Komen Care Group leadership team has been busy recruiting African-American breast cancer survivors to serve on the project's Steering Committee and to serve as potential health mentors. A kickoff meeting was held on Saturday October 22, 2011 at Friendship Baptist Church in Toledo, Ohio to describe the project to the community. The project was well received by the African-American women in attendance.

Payton and Bryant-Robinson are still in the recruitment phase and are looking for African-American

breast cancer survivors who are interested in sharing their experiences with others. If you are an African-American female breast cancer survivor and you are interested in sharing your experiences with other women, please contact Ronata Bryant-Robinson at 419-213-4095.

Those interested in breast cancer prevention in Lucas County will want to attend the second community meeting coming up on Saturday November 19, 2011. The meeting will be held at Friendship Baptist Church from 11:00 am to 12:30 pm. This meeting is open to anyone who is interested in breast cancer prevention in African-American women. To register for the event, please call Bryant-Robinson at 419-213-4095 or Dr. Thompson at 419-530-4171. Details may also be obtained via email: bryantr@co.lucas.oh.us

Owens Community College Students Promote Healthy Living During Recent Care Fair for Health Event

Special to The Truth

Hundreds of area residents and high school students recently learned about ways to make their lives more enjoyable through healthy living as part of Owens Community College's annual Care Fair for Health event.

The event, which was free and open to the public, provided attendees with the opportunity to gain practical health information from more than 60 displays outlining a diverse array of topics, including CPR, cancer information and care, organ and tissue donation, nutrition and culinary arts, diabetes information, mental health, substance abuse, heart health and prevention, HIV awareness, fire safety, sports care and stress management. Additionally, individuals were able to test their personal health through free screenings and tests, including blood pressure, cholesterol and blood sugar screenings.

In addition, Owens faculty and students were on hand to provide free bone density tests and scans. Flu shots were also available from ProMedica.

Organizations on hand from the health care commu-

nity included ProMedica, Mobile Meals of Toledo, St. Vincent Mercy Medical Center, Toledo-Lucas County Health Department, Dental Center of Northwest Ohio, Life Connection of Ohio, Serenity Farm, Dave's Running, Lucas County Children Services and The Sight Center of Northwest Ohio, among many others.

Information was also available for those individuals interested in pursuing a college education. Owens offers a wide variety of academic programs through the School of Health Sciences and the School of Nursing, and past graduates from these academic programs have gone on to become dental hygienists, dietetic technicians, chefs, hotel and restaurant managers, occupational therapy assistants, nurses, health information technicians, radiographers and ultrasound technologists throughout Northwest Ohio.

Local high schools attending the event included Four County Career Center, Clay High School, Margaretta High School, Bowsher High School, Vanguard Career Center,

Whitmer High School and Woodward High School.

Sugar

(Continued from Page 10)

eating (or about to eat). If the food is labeled fat-free or low-fat, it is most likely loaded with sugar to give it more flavor. Whole grain products should be 100% whole grain. Any ingredient with "ose" in it is sugar. Any ingredient with "ol" is alcohol, which quickly turns into sugar in your body. Avoid foods that have four or more grams of sugar per serving. Also use syrup, molasses, and honey in moderation.

Don't think of me as the Grinch. I just want to give you something to think about as you're preparing for the season. Enjoy yourself, just choose smaller portions, eat in moderation, and try altering some of your recipes to make them a little healthier - you might be surprised.

DiAnne L. Pettis, MS, FNP-BC, Family Nurse Practitioner, can be reached at 1-888-887-4429

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Lucas County Children Services Renewal Issue – Vote Yes on 16

Sojourner's Truth Staff

Lucas County Children Services (LCCS) is asking voters to approve a renewal levy – Issue 16 – on this November's ballot. That levy is for five years with an effective rate of 1.28 mills, or \$39.26 per year on a house valued at \$100,000.

The levy is expected to raise \$10,432,256 to help LCCS continue the services it has provided for decades – the protection of children at risk of abuse and neglect.

In more than 40 years, the voters of Lucas County have never rejected a ballot request by LCCS, said Dean Sparks, executive director of the agency. And over the past 10 years, the agency has on several occasions reduced the millage amounts it has requested on both a renewal and replacement levy.

"This is a community that has been very supportive of Lucas County Children Services," said Sparks.

As with so many government agencies on all levels, LCCS is faced with the reality

of maintaining services – sometimes working with a greater number of clients during challenging economic times – while dealing with funding cutbacks from state and federal governments.

Additionally, the great challenge for LCCS is that while it has had the benefit of a fund balance that was 10 years ago in excess of \$30 million, the agency has whittled that down to under \$15 million over the past decade as expenses have consistently outstripped available revenues. Nevertheless, said Sparks, the agency "continues to be in a cost reduction mode."

LCCS is operating with 20 fewer positions now than in 2007 and has additionally limited personnel costs by adjusting contracts through the collective bargaining process, eliminating its tuition assistance program, monitoring contractor performance and monitoring the outcomes and effectiveness of its services, said Sparks.

In 2010, LCCS dealt with close to 4,500 new referrals of alleged child abuse or neglect involving more than 6,500 child victims. Further statistics include: 742 substantiated victims, 679 families in need of services and 116 adoptions finalized. African American children comprise 38 percent of alleged victims; 32 percent of the agency's 373 employees are African American.

Sparks is particularly proud of the way in which LCCS has managed to reduce costs by increasing efforts to keep children as close as possible to their communities. The agency has placed more children with relatives, placed more children in the neighborhoods of origin and placed more children in agency custody with siblings.

Lucas County has the fewest number of children in institutional placement of all the metropolitan child welfare agencies in the state of Ohio, Sparks noted.

For more information on the services provided by

LCCS, go to the agency's website at www.lucaskids.net



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
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Lucas County Children Services Celebrates National Adoption Month

Adoptions and celebration scheduled at Imagination Station

Special to The Truth

Eight children will get "forever families," and dozens of others will commemorate their recent adoptions as Lucas County Children Services (LCCS) holds an "Adoption Celebration" on November 5, 2011. The event takes place at 11 a.m. at Imagination Station in downtown Toledo.

There will be a brief ceremony at 11 a.m., led by LCCS Executive Director Dean Sparks. When the ceremony concludes, the families who have already completed their adoptions will be free to enjoy the fun and learning at Imagination Station, while the families finalizing their adoptions that day will take their turns sitting with Judge Jack Puffenberger of the Lucas County Probate Court to

make their commitments permanent. The groups will gather again around 2 p.m. to enjoy refreshments together.

Over the past five years, LCCS has found adoptive homes for more than 630 children from foster care. They are the lucky ones; nationwide, more than 107,000 children and youth in foster care are awaiting adoptive families. Right now, LCCS is seeking adoptive homes for approximately 30 children, most of whom are pre-teens, teens, or part of groups of brothers and sisters.

The first major effort to promote awareness of the need for adoptive families for children in foster care occurred in Massachusetts in 1976, when Governor Michael Dukakis announced an Adop-

tion Week. The idea grew in popularity and spread nationwide. In 1984, President Reagan proclaimed the first National Adoption Week, and in 1995, under President Clinton, the week was expanded to the entire month of November. Every November, a Presidential Proclamation launches activities and celebrations to help build awareness of adoption throughout the nation. Thousands of community organizations and public child welfare agencies like LCCS celebrate foster care adoption, challenge the myths, and draw attention to the thousands of children in foster care who are waiting for permanent families.

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Trombone Shorty & Orleans Avenue at The Peristyle

By Michael Hayes
Minister of Culture



The last time I was in the Peristyle at the Toledo Museum of Art was some years ago.

That event was a symposium on the creative class by Richard Florida, and before that I'm sure it was either a jazz event or the symphony.

Never before in life have I seen that place rock as hard as it did when Trombone Shorty came to town last Tuesday.

I sat in the upper decks with an immaculate view, but even before glancing down towards the stage I was transfixed by the glowing blue ceiling.

If ambiance and atmosphere account for anything, the Peristyle is one of the best venues I've seen in any city, period.

The mood was festive and full of life. I got there early in his set, but Trombone Shorty already had people on their feet getting it in. All races, colors, ages in the building, everyone rocking like Toledo had become New Orleans for one night.

Once the band settled into the long stretch of their set, I took time to just take in the environment. It was a huge turnout, and all around there were smiling

faces in every direction.

Trombone Shorty hit a few standards and a few original cuts along the way, but even beyond the song selection was his masterful control of the ebb and flow of the show's energy.

Then he had a few show-stopping moments such as when he held a note on the trombone longer...and I mean longer than I've ever seen any musician hold a note in my life. Take into account, I was raised by a musician and band rehearsals and concerts since before I could tie my own shoes.

I've seen horn players pull this trick hundreds of times. It's the same as a vocalist just holding a note, sustaining it beyond all conceivable human ability. But with a horn, it's different. There's more air being exerted, there's holding the actual trombone...etc.

I kid you not, this man held one single note for what had to be a Guinness book world record. The crowd watched... stumbled into measured applause... broke out into hoots and hollers...died back down and repeated three times before he finally just fell flat on his back on stage only to jump back up and keep play-

ing. Then, as if that wasn't enough.

Jon Hendricks came on stage to do a number. A 90-year-old example that jazz keeps you young, Hendricks is an international music icon who has been here in Toledo for the last 10 years or so teaching and just being a great addition to our town's musical legacy.

He did a blues number, just singing without the use of his trademark vocalese stylings.

But it was a crowd pleaser none the less.

Just when the show seemed over, the crowd refused to budge and in the midst of relentless applause Trombone Shorty and his band came back out for an encore.

It was an amazing night. Kay Elliot and the Art Tatum Jazz Society gave this city a world class event that will live on in my memory as one of the finest live music experiences of my life.

Toledo, you need to realize that we have more culture here than you think.

Get involved by regularly visiting:
www.arttatumjazzsociety.com

Paula Hicks

(Continued from Page 4)

cents of care, concern and safety.

Hicks-Hudson has already been communicating with Safety Director Shirley Green, former Police Chief Mike Navarre and newly appointed Chief Derrick Diggs in an effort to promote a holistic approach to preventing crime. That holistic approach would include an increased emphasis on technology.

"The reality is, we're not going to get the numbers back [of safety forces]," she said. "But we can be smarter with technology."

Safety is, of course, but one part of the overall issue of public services, she noted.

After her four years in Columbus, Hicks-Hudson was driving along Nebraska Avenue one day and was stunned.

"I could not believe all the abandoned houses," she recalled. "Oh my God," I thought. "What happened?"

That appearance, especially in large parts of the

central city, she said, bespeaks of a lack of responsiveness on the part of the city.

"In central city neighborhoods, the perception is that suburbs [and other parts of town] get better services," said the councilwoman.

"We need to come up with new ways to handle public services," she said, noting specifically that potholes, abandoned homes, cluttered and dirty streets and alleyways, un-mowed city-owned lawns are far too common in District 4.

"The role of the city government and council is to create a climate where business can flourish," she said of council's role in economic and community development. "Remove the barriers that make it difficult."

Making the city safer, she added, will help to encourage businesses to relocate to the area and, particularly, to neighborhoods rather than just the downtown area.

Hicks-Hudson feels that she, as a member of City Council, can be instrumental in being an advocate for businesses seeking grants and other support from state and federal governments.

Why does the District 4 representative feel that she is the better candidate in next week's election?

"My experience," she said without hesitation. "Not only the 10 months on council, my whole career has been of public service and getting to know the interaction and interplay among federal, state and local [governments]."

"I understand the legislative process and what my role is and how that role can be leveraged to do more.

"I have a heart for this city and have 30 plus years in the community working for different organizations.

"My role is to listen to constituents and what they want and be a conduit for them to government."

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Anita Rios

(Continued from Page 5)

justice system, said Rios, will provide a "comprehensive civic lesson." She would want to pay such youth for their service, even out her own City Council salary and would hope that then Council could find other community partners to pitch in.

"I don't know the city budget inside out but we have to create our own jobs," said the Green Party candidate on how she would go about helping to improve the local economic situation.

She would advocate looking for ways to provide micro loans for small businesses and to spur the growth of worker-owned businesses.

Rios takes a glass-half-

filled approach to the problems that plague area economic development—abandoned houses and brown fields, for example. She sees the potential to put people to work on these problems thereby creating jobs and solving pollution issues. Perhaps even expanding eco-tourism for Toledo.

"Everybody in, nobody out," she said of her view of how a true democracy should function. "We have to learn to talk to each other. Now we are in exclusive camps."

Rios contends that most people want the same things but with different approaches and those who favor different approaches from those in power, fall

out of the political process.

"Being disgusted, being fed up, is not an action plan," she said. "The government still continues—either we sit in and be part of the choices or we acquiesce."

Why does Rios believe she is the better choice in this particular campaign?

"I have a very hard time making that comparison," she said. "But I'm running because I have something to offer that my opponent doesn't."

"She is a fine person, I like her," said Rios of Democratic incumbent Councilwoman Paula Hicks-Hudson. "But we need to challenge [Mayor] Mike Bell more. I will challenge the mayor. I'm just

meaner."

Rios mentioned in particular Bell's plan to improve Promenade Park by cutting down trees to create a better view and to borrow the \$2 million necessary to do so.

"He was told we don't have the money, so he wants to borrow it?" she said. "That's poor planning."

Rios touts her own independence as a positive for District 4 residents.

"I have no vested interests, nothing to lose by being honest and straightforward," she said. "I don't have anyone to please in the administration or on City Council."

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PROGRAM MANAGER, CPST

Unison Behavioral Health Group is seeking a full-time Program Manager to provide clinical and administrative supervision to a CPST team.

Qualified candidates must have leadership ability and creative problem solving skills. LPCC, LISW, or RN is required, along with previous experience with adults with serious mental illness. Prior case management and supervisory experience is preferred.

Send resume with salary requirements or apply to:

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

EOE

CPST/IDDT

Unison is seeking a full-time CPST to provide intensive case management services to individuals who have both a mental illness and a substance abuse disorder.

Must possess at least a Bachelor's degree in social work or a related field and licensure as a LSW or PC. Prior experience working with chemical dependency population is preferred.

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Desired candidate must be proficient in Windows XP and Windows 7 troubleshooting. Must demonstrate the ability to work independently, define problems, analyze data, establish facts, draw valid conclusions and make recommendations.

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FT - \$40-\$45,000 Bank on Toledo Program Manager. Maintaining relationships w/ various banking institutions, organize all BOT committee work, canvas Lucas County area to engage the under-banked and unbanked, refer to education workshops, collect data and market program. Bachelor's required and data collection exp. preferred. Send resume to ETFC, Attn: BOT, 1020 Varland Ave., Toledo, OH 43605



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Notice to Bidders: Inquiry # FY12-053,

(Project # 0054-12-736) for McComas Village Restrooms for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 3:00 p.m., Tuesday, November 22, 2011. Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Apex Micrographics, 5973 Telegraph Rd., Toledo, Ohio 43612. Call 419-476-6535 for an appointment to pick up bid package. A cost of \$45.00 will be charged per set. Any further information may be obtained from Jerry Voll of Duket Architects Planners at 419-255-4500. One Pre-Bid Conference will be held on Tuesday, November 15, 2011 at 11:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$262,000.00; Breakdown: General Const: \$200,000.00 and Plumbing: \$62,000.00.

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Qualified candidates must possess a current LISW or LPCC and Chemical dependency licensure. Must be competent in substance abuse assessment and counseling and have experience working with adolescents and families with mental health and substance abuse disorders.

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Full-time position available for experienced AOD Therapist to provide individual, family and group counseling and case management services.

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To apply for any of the above positions, send resume and salary requirements to:

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Toledo's Danny Brown Showcased on TV One

Sojourner's Truth Staff



In December, 2000, Danny Brown was released from prison after having served more than 19 years inside. He was convicted of the rape and murder of 28-year-old Bobbie Russell in 1982.

Brown's case has been well chronicled in the local press over the past decade. Now, for the first time, a national television audience will have the chance to see the Danny Brown Story and view the evidence.

On November 6 and 13 TV One will televise the Brown case during an episode of "Will to Live." The hour-long documentary will air at 8 p.m. on both Sundays.

Brown had had a casual relationship for several months with the victim. He was arrested and charged with the crime when the victim's son, at that time six-years old, told police officers, and later the jury, that Brown committed the offense. The young boy's testimony was riddled with inconsistencies and even though Brown produced a number of alibi witnesses, the jury pronounced him guilty.

After years in prison,

Brown was released after DNA evidence was tested and he was found not to have been the rapist. The DNA was connected to another inmate in the Ohio prison system who was serving time for a similar rape/murder offense.

While Brown has been

freed, the Lucas County Prosecutor's Office has consistently declined to state that he is not a suspect in the crime. The office has suggested the possibility that the offense was committed by more than one person, even though the theory of the crime

at the time of the trial, presented to the jury, was that the rape/murder was committed by one person.

Buckeye CableSystem subscribers can watch the show on Channel 186. Direct TV customers can see it on Channel 328.

NAACP

(Continued from Page 6)

Baptist Church and Pastor Tisdale, Toledo Branch of The National Association of Negro Musicians, C. Brown Funeral Home, Inc, Toledo African American Chamber of Commerce, Ballas Buick on Central Ave, UAW Region 2B, The Andersons, Greater Northwest Ohio AFL-CIO, Lucas Metropolitan Housing Authority, Greater Toledo Urban League, Toledo Federation of Teachers, St. Paul AME Zion Church and Pastor Gutridge and Paramount Advantage.

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