



Local and National News

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Volume 21, No.11

"And Ye Shall Know The Truth..."

January 04, 2012

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Good News ... But ...

By Lafe Tolliver, Esq
Guest Column



Kudos to the efforts of the LMHA in announcing a new mixed-income housing development designed primarily for low-income people.

It is always appreciated when people can afford and live in decent housing and have attractive amenities.

Nobody should be denied the chance to live in a non-blighted community and have an opportunity to be productive and excel.

The plans of LMHA to demolish the aging Brand Whitlock Homes and create a new physical plant is a big plus for Toledo.

However, what I am about to pontificate upon like a scolding school dean may be construed as brass tacks; and may cause the chicken to prematurely lay an egg.

It is simply not enough to construct new housing and all of the accouterments therein if the occupants of the new units are not "re-purposed" in understanding that you can build new housing but you may be transferring old habits of behavior to the new housing site.

If you were a gang banger in the old Brand Whitlock Homes, what will prevent you from engaging in the same counter productive behavior at the new "Brand Whitlock Homes?"

If you believe that being single and having a baby on each hip and one on the way is cool, what will cause you to change that lifestyle and realize that being young and 22 but with three kids is not the best way to beat the oppressive twin beasts of poverty and ignorance.

If you want to droop your pants as if you have a load in them, what will prevent you from engaging in conduct that does not put you in the best possible light.

If your idea of beating the system is to be on food stamps and getting a SS check or faking a disability, what prevents you from seeing yourself as a victim and thus continue in a line of questionable conduct?

Can strong ethical families be raised in public housing?

Can single men or women raise children of integrity with sound morals? A resounding yes to both questions but still understand the "Grand Canyon" that can separate the wheat from the chaff.

It is the preservation and protection of the family unit as the basic DNA of the development of the human character and implementation of moral fortitude.

Unless a parent or parents are willing to struggle and sacrifice to both better themselves and their progeny, the family unit is and will be on a downward slide.

It is only within the confines of the family unit that values are developed and passed on to the next generation.

It is only within the parameters of the family unit that proper moral standards are exhibited and taught even if the observing generation balks at such "confinement", but nonetheless, such positive conduct has been role modeled for them and they jettison it at their own peril and loss.

The first institution was marriage and the second one was the family unit. Both are needed and necessary and should be protected and honored at all costs.

So, if you simply move people to new public housing and it is done without firm and repeated instruction as to what is required of them, you may only clone a new concentration of what is dismissively referred to as the 'projects.'

LMHA must do the following before any moving van unloads at the future and new "Brand Whitlock Home:."

- (1) mandatory classes of parenting and child rearing.
- (2) educational instruction on home care and property care.
- (3) background check on all tenants.
- (4) incentives for educational advancement.
- (5) strict no-nonsense rules regarding anti-social behavior.
- (6) job counseling and job placement services.
- (7) a refocusing of the physical plant to make sure that it does not fall victim to the gross errors of the still-vacant townhouses that mutely sit at Dorr and Smead Avenue.

If the idea is just to give people a new coat of paint and a brand new stove and thus you have fulfilled your mandate for a new "Brand Whitlock Homes," all is lost and a cruel hoax has been foisted on people who deserve better.

As far as the idea of mixed income housing, you will not get a mix of people with differing incomes to populate a new "Brand Whitlock Homes" if it is remotely perceived that the old Brand Whitlock Homes has simply morphed into a new Brand Whitlock Homes and the only difference is a change of a street address.

If we have learned nothing else from eons of human conduct, we have learned that unless people change from within, nothing changes from without.

Best wishes to the new housing development!

Contact Lafe Tolliver at tolliver@Juno.com

Community Calendar

January 10

NAACP General Membership Meeting: 7 to 8 pm;
Historic Third Baptist Church: 419-407-6488

January 19

Sistas Movin' On Speak Out: 6:30 to 8:30 pm; People Called Women Bookstore; Support and sisterly love for women survivors and co-survivors of sexual abuse: 419-729-045

January 20

Entry Level HealthCare Speed Interviewing: 10 am to noon; The Source; Speed interviews for job seekers in the health-care industry: 419-213-6353

January 21

Sigma Gamma Rho Sorority, Inc Ronald McDonald House Volunteering: 3 to 5 pm

January 23

Sexual Abuse PATH Coalition of now Meeting: Cordelia Martin Health Center; 11:30 am to 1 pm: 419-729-0245

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Friendship New Vision Staff Speaks Out on Reports That They Have Mishandled Bidding Procedures

By Fletcher Word
Sojourner's Truth Editor

Assailed by accusations of collusion and the alleged failure to follow proper operating procedures in determining which contractors will receive bids for housing projects, the staff of Friendship New Vision have now responded vigorously.

Over the past half dozen or so years during which time the community development corporation (CDC) has reha-

in an investigation of the City of Toledo's Department of Neighborhood practices in awarding contracts.

The initial reports in the daily was centered around the comments of three disgruntled contractors who have seen their awards of public contracts dwindle over the years, for a variety of reasons.

Most recently, Friendship

"On bid day, the only way I know what the numbers will be is when the Department of Neighborhoods fill in the numbers,"

bilitated several dozen houses in the central city, the non-profit agency has conducted business as prescribed by governmental regulations say Executive Director Pat Sloan and Housing Specialist Don Tisdale.

"Our outreach speaks for itself," said Sloan during a meeting just before Christmas with The Truth.

Friendship New Vision has recently been mentioned in a number of reports by The Blade for the agency's part

New Vision has additionally been taken to task for not awarding contracts for their rehab projects to the lowest bidder and for employing a contractor with a criminal past.

The most disconcerting implication of wrongdoing for the staff was the report that bids had been opened improperly, outside of the presence of city officials and in a manner in which contractors would be able to see what their competitors had



Don Tisdale

bid on the same project.

"On bid day, the only way I know what the numbers will be is when the Department of Neighborhoods fill in the numbers," says Tisdale. "The numbers come to the church an hour or two before bid time. I don't have the opportunity to give those numbers out to anyone."

How then could anyone explain the fact mentioned in the initial report that three contractors — Phoenix Custom Builders, CSK Construc-

tion and Toledo Urban Revitalization - bid on three properties with Phoenix and CSK submitting nearly identical bids?

Phoenix ended up with the lowest bid and was awarded the project but, of the 230 line items on the bid, most were identical to the CSK bid. A handful of items were lower than those of CSK.

According to Ron Goodall, vice president of Phoenix, the contractor has learned how to bid over time. Past bids submitted on such projects are a matter of public record, he told The Truth. And over time, the company has conducted research in order to learn how to bid properly. That research notwithstanding, said Goodall, there were many projects on which Phoenix was not the lowest bidder and was not awarded the contract.

Whatever happened between contractors, says Tisdale, Friendship New Vision is not responsible for those events that occur before the bid opening procedure.

There were three contractors whose complaints were the focus of the first report of possible procedural deficiencies in the City of Toledo bid process. One such contractor was Larry Hinz, a recently retired contractor who has complained that his company was denied a bid by Friendship even though his bid was

the lowest submitted for a particular project.

Tisdale and Sloan recall, however, a different relationship with the contractor.

"Larry Hinz was brought to the table when we first started," says Tisdale. "We used him on a home on Elysian [Avenue]."

Problems for the then-fledgling developer occurred, says Tisdale, when they started receiving calls from Hinz's subcontractors who were not being paid by the general contractor (Hinz) as the work proceeded.

Friendship, say Tisdale and Sloan, stepped in and paid the sub contractors even though that was the responsibility of the general contractor. After that debacle, Friendship declined to award the next contract to Hinz even though he had indeed submitted the lowest bid.

The Truth's efforts to reach Hinz for comment were unsuccessful.

And Friendship harbored no ill will towards Hinz after

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Friendship New Vision

(Continued from Page 3)

that incident, says Sloan.

"We didn't kick him to the curb and we didn't try to stop helping people," she says.

The CDC would send Hinz out on smaller jobs when they received inquiries, says Tisdale. "His numbers started climbing on small jobs, then he lost his license."

So how does the process work for selecting contractors in the initial stage?

That question is of particular concern to those at Friendship New Vision because questions have been raised about a contractor who has a criminal past, Gregory Harris.

The Blade inquired of Sloan how Harris' company was selected and what they knew of his background before he was awarded a contract by Friendship.

Sloan and Tisdale offer no apologies for working with ex-offenders. That is, after all, part of the mission of the church's community outreach.

However, selecting contractors is not a process in which the agency operates

in a vacuum.

The Department of Neighborhoods provides developers such as Friendship with a list of contractors approved for such government-funded projects. Friendship provided the list of currently-approved contractors to The Truth – a list which has just over 30 contractors, including Phoenix, CSK and Toledo Urban Revitalization, LLC.

Harris Builders were on the original list, says Sloan, and bid on the project as a matter of course. On at least one occasion, Harris was awarded the contract even though the company had not submitted the lowest bid.

"The City of Toledo takes the best bid," says Sloan. "Some contractors can do a \$5,000.00 job while others can do a \$150,000.00 contract. As a developer, we look at other projects they have completed. It is not wise to use contractors that are just starting out; in most cases they bid low to get the job and are unable to complete the work. A developer does not always have to take the lowest bid."

And it is the City of Toledo, Sloan noted further, with whom the developer such as Friendship New Vision has a contract with to complete such projects.

Although it can be inferred from a recent report that something shadowy was

at work in the Harris/Friendship relationship given the issues that have been raised such as who was the owner of Harris Builders, the CDC had no compunction whatsoever a number of years ago in letting the world know that Gregory Harris had

worked on such projects.

In an article in The Truth on March 21, 2007, Gregory Harris appeared in a photo with Friendship New Vision's Bishop Duane Tisdale and others in front of a home that had been rehabbed by his company.

Sloan and Tisdale emphasized in their conversation with The Truth that they have no animus towards the staff of the City of Toledo and no issues with the way that staff has conducted its business with the CDC.

In addition, they are certain that the city's investigation, to the extent that that investigation will examine practices involving Friendship, will uncover no infractions on the agency's part in their past handling of the various steps in the bidding procedure.

"We have the utmost respect for Mayor [Mike] Bell," says Sloan. "And we have the utmost respect for the process he has in place. We would do nothing to undermine what he's doing. Let the chips fall where they may."



Caption:
Greg Harris of Harris Builders, Paul Tecpanecatl, Bishop Duane Tisdale, and former City Councilman Mike Ashford (March 2007)

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Phillips Temple Young Adults, Leading By Example

By Valerie Thompson
Special to The Truth

When you turn on the television or read the newspaper, you will often see news stories of the violence and destruction that is running ramped through the lives of 18 – 35 year olds in the city of Toledo. To the unfocused eye, it appears this generation has lost its sense of moral values and community involvement. It is a familiar story that continues to repeat itself in our neighborhoods and the city at large. But now, at Phillips Temple C.M.E. Church, the story is being changed from one of tragedy, to one of hope.

The Young Adult Fellowship of Phillips Temple C.M.E. Church (565 Palmwood Ave. Toledo, Ohio 43604) has breathed new life into the ministry of this historic organization. Growing its membership from seven to over 28 members in the last three months, this ambitious group has transformed the face of church outreach... and this is only the beginning.

January 29, 2012 – February 4, 2012 is Youth and Young Adult Week, a nationally recognized, week-long celebration highlighting the gifts, talents and ministries of the younger generation. The Young Adult Fellowship at Phillips has or-

chestrated a series of events to celebrate the successes of the younger generation.

Their theme is "My Ministry Matters" based off of the scripture found in 1 Timothy 4:12. Choosing this text was not a random selection as it explains the mission of the group as a whole. "We are striving to provide an example to this generation that you can be what God has called you to be no matter what your circumstances," says Valerie Thompson, this author and director of the Young Adult Fellowship.

"Our events will spotlight young adults in the city of Toledo that are making a difference in their community. Instead of shaking our heads and saying 'that's a shame' in response to the negative state of people in our age group, we decided to do something about it, first by showing that there are young adults who care, who are seeking change and who are making great moves in this community."

The kick off to the festivities will be Youth and Young Adult Worship Service, January 29, 2012 at 11:00am. February 1, 2012 at 7:00pm will continue the celebration with a college-themed worship service entitled "Rep Your School Rally".

All in attendance are encouraged to represent their Alma Mater by wearing their college or high school's apparel or colors. The speaker for the evening will be previous Toledo City Council candidate, Brandon Tucker. February 2, 2012 at 7:00pm will be the night for ballroom dancing. Ballroom, stepping

and hustle lessons will be provided, and a mixer takes place afterward. Friday, February 3, 2012 at 7:00pm is their "My Ministry Matters" black tie gala, where four deserving young adults who have made a significant contribution to their church and community will be awarded in a formal atmosphere.

Lastly, Saturday February 4, 2012 at 7:00pm will begin the "Praise Project", a gos-

pel talent showcase where singing, dancing, miming, and spoken word are just some of the performances that will be given.

All events will be held at Phillips Temple Church.

Senior Pastor Darvin A. Adams, a young adult himself, is thrilled at the progress that this group has made in such a short time.

"I am extremely proud of this group of young adults,"

he said. "They continue to strive for excellence in their ministry and a new vision for this church and community. A vision that is positive and combines the wisdom of the saints with the energy of the next generation. I am anticipating a packed house at every event, and want to see YOU there".

For more information, visit www.PhillipsTempleToledo.com.



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Get Rid of the Resolution – Live the Solution

By Angela Steward, Fitness Motivator
Guest Column



You've probably already made your list of 2012 resolutions and I'm sure one of them is to lose weight. As a fitness professional and motivator, I don't support or believe in weight-loss resolutions – they don't work. Within a few weeks the resolutions are forgotten and next year and every year thereafter the same weight-loss resolutions are repeated.

My exercise classes are packed from wall to wall with "Resolution Women" from January through April. By June, they've forgotten where my studio is located. When I see my Resolution Women out shopping or in restaurants, they feel they have to explain why they stopped exercising and why their plate is overflowing with food.

Dear Resolution Women, you don't owe me an expla-

nation. The only person who deserves an explanation is the person staring at you in the mirror. Your intentions were good and you were feeling really good about your resolution! But what happened? That's why I don't believe in weight-loss resolutions, they're made based on emotions.

Let's face it - we women make emotionally-driven decisions all the time, especially when it comes to weight-loss. Thoughts such as "I feel fat, I feel bad about myself" often leads to emotion-filled weight loss decisions such as fad diets, weight-loss pills, liposuction, tummy tucks, etc. These quick fixes satisfy our need for instant gratification while putting pressure on us to lose a certain amount of weight, to look a certain way in a certain amount of time - instead of focusing on a healthy and fit lifestyle change.

In 2012, let's try a new approach:

1. Reconnect with your body! Even though it doesn't have the exact shape and form you'd like, your body was designed for you! You might be overweight or underweight, short or tall, no booty or bootylicious, having the body you want actually starts with accepting the body you were blessed with.

2. You weren't born to look like a big-headed Bratz doll – so no matter what others think, why would you want to look like a mass-produced doll? You are unique – so be the best sexy, vivacious, curvy and unique woman - only you can be!

3. So let's turn your weight loss resolution into a self-enhancing solution! Embrace your body! Think healthy, not skinny....that sounds better already, doesn't it?

So how do you begin this self-enhancement?

1. Create a vision and set small but manageable goals. Small changes, such as drink-

ing less soda pop and drinking more water, will lead to permanent lifestyle changes.

2. Start walking for at least 20 minutes every day. Slowly add 10 minutes to your walk. As the walking becomes easier, continue to add minutes to your walk, eventually add light jogging to give yourself a great cardio lift.

3. Visit a small fitness studio where you are surrounded by women who, like you, are fitness minded and will support you in your fitness journey. Check out my studio: Studio Fitness/Fabulously Fit. Joining a "big-box" co-ed fitness gym and taking daily classes with hundreds

of men and women can be overwhelming, especially if you haven't exercised in a while or have never exercised.

4. Recognize that your exercise path is going to be littered with obstacles. Something will always get in the way of your exercise plans: kid's activities, job, family issues, sickness, etc. And when it does, just regroup, get back on schedule. Exercise is like learning to ride a bike. It takes practice. If you fall off, dust yourself off and try again. Don't beat yourself up, just jump back on and ride even harder - be proud of your efforts.

5. Don't let pain stop you from achieving your fitness goals. You're going to have pain at the beginning of your fitness journey – it's your body's way of asking you: "What the heck are you doing"? Light pain is absolutely normal, excessive pain is not, so make sure you consult your physician if using ice, Tylenol or ibuprofen does not help your pain.

6. Get in the habit of eating healthier foods that you'll eat for the rest of your life, like chicken breasts, fresh vegetables and fruit, and whole grains.

7. Begin to think of food as fuel for your body! If you had lunch at noon and by 1:30 you're hungry, either you didn't take in enough calories for lunch, or you've created a habit that has nothing to do with hunger. I suggest using a website such as myfitnesspal or mapmyfitness.com to log what you're eating and calculate whether its enough to fuel your hunger until your mid-afternoon snack.

8. Plan, plan, plan ahead!! Plan your meals and snacks ahead of time. Know what you're going to eat before you get hungry!! Pack your lunch daily. Have fresh fruits and vegetables available and ready to eat. When hunger strikes, you'll have something healthy available to you.

9. Recognize your cravings and eating patterns. I like things that are crunchy, but unfortunately potato chips (Hot Lays) is a trigger food, so when I crave something crunchy I grab sliced cucumbers. To boost my metabolism, I dip them in a little apple-cider vinegar which burns extra calories and is good for the digestive tract.

10. Do not deprive yourself! I don't believe in deprivation. It leads to overeating, so in order to eat your favorite treats, eat them in moderation, not every day. But every once in a while, yes...you can have your cake and eat it too.

11. Don't judge yourself. If you feel like a failure, ask

(Continued on Page 7)



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From Resolution to Evolution

By Dianne Pettis, MS, FNP-BC
Guest Column



I have always cherished my New Year's Eve ritual of taking time to reflect on the past year – the good things, the not so good things, the patterns and habits that

were still with me, the lessons I learned, and the blessings.

I stopped making New Year's Resolutions several years ago because after about the first week or two into January, I could only vaguely remember the mountain I was so sure I would conquer.

As I speak with patients who want to make health changes, I always talk about making lifestyle changes – something you're going to do everyday, and make a part of your life. If you're not in it for the long haul, what's the

point?

I reflect on the past year, and I still plan for the next; I just do it a little differently than in the past. I look at all areas of my life to see where I need to improve so that I am the best person I can be. We're always in a state of evolving and changing, and hopefully for the better.

What kind of person do you want to be? What kind of health do you want to have? What do you want your body to look like? What kind of relationships do you want to have? How do you want to

feel on a consistent basis when you wake up in the morning?

The kind of person you are right now – the condition you are in right now – the current state you have evolved into at this point in time is a direct result of everything you have been thinking, doing, eating – or not thinking, doing or eating.

You and your life will continue to evolve, so take some control in that process.

Consciously plan out what you will evolve into in the next year, three years or

10 years. Plan for the long haul; plan for life. Yes, make a decision; make plans and goals.

Write down your plans and goals, and put them where you can see them everyday. I like to use affirmations because they keep my desired end always in my thoughts.

Take action everyday because even the little steps that you take daily toward your better life will have a compound effect.

Track your progress at the end of every month. If you're not where you want to

be, readjust your plan.

Celebrate your successes.

If you need to make a resolution for 2012, resolve to evolve into the best you that you can be. To your health! Happy New Year!

Dianne Pettis, MS,
FNP-BC

Family Nurse Practitioner

Author of *Affirm Your Life Now*

Available on
www.HartHealthAndWellness.com
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Dear Ryan,

Dear Ryan,

Thanks for the holiday eating advice it helped me to put things into perspective and pay more attention to my eating habits. I also heard you on the radio the other day and that helped even more. I would like to know more about your boot camps you were speaking of and I'm sure with the New Year starting others would like to know more as well. So, please tell me (us) more.

Scharleene

Dear Scharleene,

First off, thank-you for reading and I'm glad I could be of some help to you. When I got back from training the military at Guantanamo Bay I figured that I could be of service more to you by combining what I already know with the training style that the military uses.

I use a combination of strength training, plyometrics, functional training, cardio and various types of circuit training. My boot camps are different from others because I do my best to modify it to the specific groups fitness abilities.

I am not a slave driver and I give periodic rests throughout the class. I also raise the intensity level up and down giving you a variety of exercises. If you need to rest during a class then rest. If you can keep going then keep it going.

I start each session with a light warm up and dynamic warm ups to get you loosed up. After that we begin the workout which lasts 40-60 minutes depending on what we do that day. I change the sessions every time you come so that you don't get bored or your body doesn't get used to the same workout, and you stop seeing re-



sults.

I will be holding classes M/W/F at the new U.T. Rocket Plaza on Door St. just west of Douglas. I will also come to your location if you have the space and 10 people interested in the boot camp. I am also offering per-

sonal training as low as \$12.50 per session so if you are at all interested please feel free to call me for dates times and locations.

Hope you all had a safe and healthy holiday season, and I hope to work with you soon.

Ryan Rollison

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Live the Solution

(Continued from Page 6)

yourself why, don't let anyone including you, let you feel like a failure.

12. Tell yourself you are worthy. Exercise is not a luxury for thin women only. **You have a right to be fit and healthy!**

13. Make yourself a priority! Stop putting yourself at the bottom of your "TODO" list! Think: You is smart, You is kind, You is important ~ The Help.

14. And finally, in 2012 lighten up!! No one is harder on you - than you! Quit being your own critic and become your biggest cheerleader! You can do all things - Stop doubting your capabilities - Stop discounting your worth - Start living your life Fabulously!

Happy New Year!!!

Angela R. Steward
Creator of *Fabulously Fit*
Co-Owner Studio Fitness
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Walking Reduces the Risks of Heart Disease and Obesity

Special to The Truth

Heart disease and obesity are plaguing the African-American community with rates rising more rapidly than other sectors of society. Scientists have long known that walking dramatically reduces the risk of heart attacks if practiced on a regular and sufficient basis. A new study out of Emory University shows not only that the heart can be protected from further injury if a heart attack does occur, but how walking may be a critical component to the process.

On the heels of studies showing that heart attack sufferers benefit more from relatively immediate exercise regimens than from periods of rest is another study from Emory University showing that exercise, such as walking, not only reduces the risk of initial heart attacks but also mitigates further heart damage in the event that one occurs. Unfortunately, the average American employee walks less than one-half the amount of steps necessary to maintain heart health. TrekDesk Treadmill Desks offer a unique solution to keep them healthier moving throughout the day.

Researchers at Emory University recently published their findings in the



journal "Circulation Research" identifying exercise as a key component in the heart's ability to produce and store nitric oxide, critical to protecting the heart from injury.

Senior researcher, Dr. David Lefer, director of the Cardiothoracic Research Laboratory at Emory University Hospital Midtown, commented on the importance of the findings. "Our study provides new evidence that nitric oxide generated during physical exercise is actually stored in the bloodstream and heart in the form of nitrite and nitrosothiols," he said. "These more stable nitric oxide intermediates appear

to be critical for the cardio-protection against a subsequent heart attack."

Nitric oxide, produced within the body, assists in the relaxation of blood vessels increasing blood flow and engaging survival mechanisms within the heart in the event of failures such as lack of blood flow or oxygen to the heart. Nitric Oxide however is a short-lived gas, so consistent regular exercise is critical to keeping its levels available to the body in the event of a cardiac crisis.

The researchers found that exercise increased levels of an enzyme which produces nitric oxide (endothelial nitric oxide synthase,

or eNOS). Levels of eNOS in heart tissue and nitrite and

nitrosothiols (forms of nitric oxide stored in the blood) while remaining high for a one week period lost their protective effects within four weeks of inactivity.

"The human and economic costs of Inactivity, a state of being in today's work environment, are greatly underestimated in our society," stated Steve Bordley, CEO of TrekDesk Treadmill Desks. "Some simple modifications to our lifestyles and work environments which encourage movement would eliminate many of these escalating health risks."

Designed to fit any ex-

isting treadmill, TrekDesk treadmill desk is an affordable, full sized, height adjustable workstation that allows individuals the opportunity to gain the necessary amount of exercise daily to maintain health, prevent disease, strengthen muscles, boost mood and productivity, without requiring additional time during the day or extra motivation.

Join the TrekDesk "Movement Revolution" to learn more on [TrekDesk's Facebook page](#).

Better Health For Teen Girls Starts At Breakfast

For teenage girls, the pathway to better health starts with the first meal of the day. Making a "good-for-me" choice—such as fortified cereal—improves their odds of having a healthier body weight and lower cholesterol.

These findings were summarized in Public Health Nutrition, from an analysis of the National Heart, Lung, and Blood Institute's Growth and Health Study (NGHS) data funded in part by the General Mills Bell Institute of Health and Nutrition.

The research followed the diets of 2,379 girls between the ages of 9 and 10 from 1987 to 1997; 51 percent, or 1,213, were African-American girls and 1,166 were Caucasian girls who lived in Berkeley, Calif., Cincinnati, Ohio and Washington, D.C.

Breakfast cereal eaters tended to have lower waist-to-height ratios, which is an indicator of healthy body weight, lower total cholesterol and lower LDL cholesterol. Previous findings cited health benefits such as lower BMI and improved nutrition, higher milk consumption and increased physical activity.

One of the healthiest breakfast choices in the 10-year study was fortified ready-to-eat cereal, which helped boost the nutrient content in the girls' diets.

Study results identified that tween and teen girls who ate cereal for breakfast were less likely to be overweight, had healthier body weights and lower cholesterol. A recent report indicates that 24 percent of African-American girls ages 12 to 17 are overweight, compared to 15 percent of white girls.

"About half, or approximately 51 percent, of girls followed in the study were African-American, so there is a real purpose for reaching out directly to teen black girls to help them understand the benefits that come with having breakfast," explained KeKe Palmer, I Heart BKFST spokesperson and teen actress and singer.

"We're clearly giving our girls a great advantage by reinforcing the importance of the first meal of the day," said Karol Watson, president of the Association of Black Cardiologists and I Heart BKFST spokeswoman.



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Prevent Blindness America Announces Vision and Eye Health Complement to National Prevention Strategy

Special to The Truth

As the incidence of chronic diseases, such as diabetes, reach epidemic levels prevention becomes an increasingly critical component of health care policy in the United States. To emphasize the role of disease prevention in the national effort to contain spiraling medical costs and improve the quality of life for all Americans, the National Prevention, Health Promotion, and Public Health Council has developed the "National Prevention Strategy." [HYPERLINK "http://webmail.hosting-advantage.com/horde/services/go.php?url=http://www.healthcare.gov/prevention/nphpphc/strategy/report.pdf"](http://webmail.hosting-advantage.com/horde/services/go.php?url=http://www.healthcare.gov/prevention/nphpphc/strategy/report.pdf) [HYPERLINK "http://webmail.hosting-advantage.com/horde/services/go.php?url=http://www.healthcare.gov/prevention/nphpphc/strategy/report.pdf"](http://webmail.hosting-advantage.com/horde/services/go.php?url=http://www.healthcare.gov/prevention/nphpphc/strategy/report.pdf) This document outlines the role that increasing prevalence of chronic conditions, poor health habits, and decline in mental and

emotional well-being play in the increasing health care costs in the United States and offers a road map to improving health care outcomes through lifestyle intervention and disease prevention.

In response to this initiative, Prevent Blindness America, the nation's oldest eye health and safety non-profit organization, has developed "Vision Preservation and the National Prevention Strategy: A Call to Action." This comprehensive plan emphasizes how the effects of vision impairment cut across chronic co-morbid conditions, injuries, and quality of life. It further demonstrates the importance of prevention services and programs in promoting vision and eye health.

"In 1908, Prevent Blindness America began as a public health agency dedicated to eliminating preventable blindness in newborns. Through effective advocacy efforts and partnerships with key influencers in govern-



ment, science, academic, and public health arenas, we work to ensure that sight-saving efforts continue to this day," said Sherry Williams, President & CEO of Prevent Blindness Ohio. "'Vision Preservation and the National Prevention Strategy' outlines important efforts that can be taken to protect the vision of all Americans today and for years to come."

The plan provides

addendums to the four *Strategic Directions* promoted by the National Prevention Council. Prevent Blindness America is encouraging organizations to take on some of these recommendations to lead to a healthier country that embraces prevention and promotes eye health. Examples include:

1. Healthy and Safe Community Environments
Provide and promote pro-

grams that address falls prevention; utilize vision and health data within states; increase the numbers of eye health care providers and trained vision screeners; promote partnerships with state departments of education, early learning centers, and schools to incorporate eye health and safety education into curricula.

2. Clinical and Community Preventive Services

Work with organizations and health care systems that target high-risk populations; increase awareness and expansion of vision insurance and wellness benefits; support the role of vision screenings in health care offices and community/school-based health centers.

3. Empowered People

Support people in making healthier choices through effective education materials that address cultural competency and health literacy; engage in social media practices, peer education, and at-risk education; encourage

public policy advocacy.

4. Elimination of Health Disparities

Identify and address key areas for vision and wellness programming; engage community health centers to expand or create vision programs and promote access to care.

Added Williams, "The ultimate goal of the 'Vision Preservation and the National Prevention Strategy' from Prevent Blindness America is to educate the public on the critical need for, and the benefits of, addressing vision and eye health in the overall public health discussion. Toward that end, we hope to bring together experts and policymakers from state departments of health, aging and education groups, patient advocacy groups, the health care community and more to pursue concrete steps toward improving the lives of all Americans through eye disease prevention services."

(Continued on Page 11)

ATTENTION DOG OWNERS



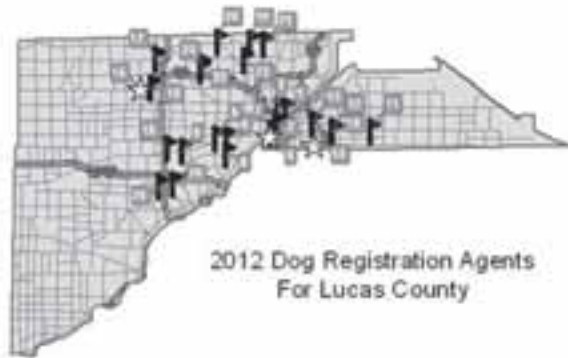
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2837 Airport Hwy
7. Titgemeyer's
701 Western Ave
8. Total Pet Care
2814 Glendale
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649 W Alexis Rd
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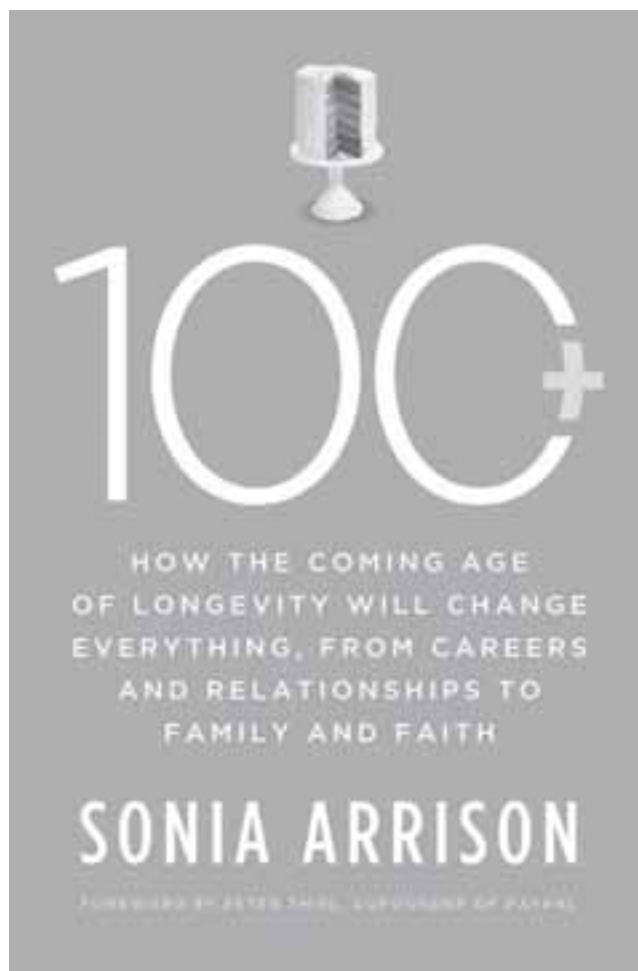
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Book Review**100+: How the Coming Age of Longevity Will Change Everything, From Careers and Relationships to Family and Faith by Sonia Arrison**

c.2011, Basic Books

\$25.99 / \$30.00 Canada 251 pages, includes notes

By Terri Schlichenmeyer



Every year, there's another candle.

You remember a time when you got excited about it. Another flame on your birthday cake meant that you were getting big, growing up, not a baby anymore. Each candle was one year closer to Big Kid status.

Then one day, you stopped counting candles. Who needed to be reminded about growing older, anyhow?

But what if a single cake wasn't enough to hold all the birthday candles you'd need? Could it be possible to need one more cake – or two? In the new book *100+: How the Coming Age of Longevity Will Change Everything, From Careers and Relationships to Family and Faith* by Sonia Arrison, you'll find out.

For as long as humans have been dying, humanity

has searched for ways to rationalize it. Mythology and religion are filled with immortals, for instance. Literature gave us Dr. Faust, Dr. Frankenstein, struldbrugs, and vampires.

But technology is giving us a sort of longevity that our ancestors, with their 42-year lifespans, could only dream about...

Modern medical and technological advances now make it possible to regenerate body parts, cure or eliminate disease, slow aging processes, and reverse bodily wear-and-tear. We manipulate genes and mess with cells, which all points to the tantalizing possibility that we can live healthy lives at double our current longevity.

But if reaching 150 or 170 years old is possible – if becoming a centenarian-plus is

common – what implications will that have on society?

Not much, says Arrison.

Overpopulation, she says, comes from births, not deaths – and studies prove that the more educated a society is, the lower the birth rate. If we're living longer, we would have time and desire for that education. Workplaces would change because we'd also have time for second, third, even fourth careers, as well as multi-generational mentoring.

Families would change, too, and reproduction would see a revolution. Spaced-apart children could be 50-70 years younger than their siblings and the "road to adulthood" could lengthen by decades.

Even faith, says Arrison, would change. If there's no imminent afterlife in our lives, it may "affect our mo-

tivation to connect with God..."

So you could stick around to see your great-times-10-grandchildren. But would you want to? If you agree with author Sonia Arrison's vision of aged utopia, you might... but what she says may alternately terrify you, too.

What Arrison presents here is not found amongst the clouds: she offers rock-solid research and hard facts, along with a few leaps to conclusions that make sense. She's obviously enthusiastic in what she writes, but there were times when her musings sounded a little too rosy to me and her Land of Milk and Honey seemed like it could quickly curdle and sour. But

that's what I absolutely adore about books like this: they make me think about the possibilities, both good and bad.

Needless to say, *100+* isn't la-la-light reading; it's

deep and deeply fascinating. If you want something that will tickle your imagination with enticing what-ifs, in fact, then nothing could hold a candle to this book.

Prevent Blindness*(Continued from Page 10)*

improving the lives of all Americans through eye disease prevention services."

The complete "Vision Preservation and the National Prevention Strategy: A Call to Action" report can be found at www.preventblindness.org or by calling 1-800-331-2020.

For more information on this release, go to: <http://ohio.preventblindness.org/prevent-blindness-america-announces-vision-and-eye-health-complement-national-prevention-strategy>

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Bookworm's Best of 2011

By Terri Schlichenmeyer
The Truth Contributor

You were such an efficient shopper this year.

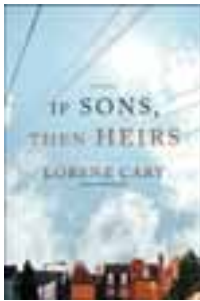
You remembered everybody on your list: the kids, the spouse, Grandma and Great Aunt Judy. None of the cousins went without a gift this year. You even remembered the neighbors and your boss.

But there's one person you forgot to buy a gift for this year.

You.

And perhaps it's a good thing you waited, because you have plenty of time to find a book for yourself, a can't-miss read that will serve as a reward for being such a great holiday shopper.

Now that your appetite is whetted, look for these Bookworm's Best of 2011 picks....



ADULT FICTION

A chance at redemption is at the root of *Emily and Einstein* by Linda Francis Lee. This story about a woman, her dog, and her dead husband who only wanted a second chance is a charmer and it's a great place to start your new year.

The Night Circus by Erin Morgenstern has been on a lot of end-of-year lists this year, and for good reason: it's complicated, magical, and dark with a sense of foreboding. Plus, it's



a story of love that can't ever be completed. What's not to like about that?

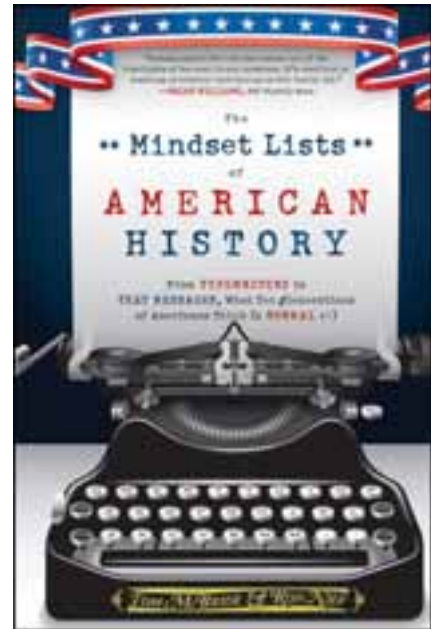
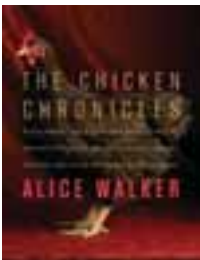
I was surprised at how much I loved *Just Wanna Testify* by Pearl Cleage, a novel about a benevolent man who takes care of his community, and how he deals with a threat to his people. It's edgy, a little scary, and contains a satisfying ending.

The soldiers are coming back from war, but *You Know When the Men Are Gone* by Siobhan Fallon is still one powerful book. Told in several related short stories, this novel is about the goings-on on a U.S. military base and what happens to the wives and families while the men are at war. Hint: this must-read is out in paperback on January 3.

If Sons, Then Heirs by Lorene Cary is a novel about the past, the future, and how one affects the other. The characterization of this book is stellar, but pay attention to the details. Those are what drive this Best Of pick.

ADULT NON-FICTION

I'm not entirely sure how I



it.

Arms Wide Open by Patricia Harmon is the gentle, soft true story of a midwife in the Appalachians, and – through the 1970s, communes, back-to-the-land years and more – how she came to love delivering babies.

Yep, I have two nurse's memoirs on my Best Of list this year, and you really can't afford to miss either one.

Also on my list is *The Chicken Chronicles* by Alice Walker, the story of Walker's pet chickens and what they've taught her. This book was a big surprise because I never expected this kind of feathered-fowl love letter from this author, and because I was totally captivated by it so much.

Snarky, snippy, fun and informative are the hallmarks of *Concierge Confidential* by Michael Fazio with Michael Malice. This is the true story of a man who became a concierge at a ritzy New York City hotel, and what he does at his job. Not only are the anecdotes stellar and well-told, but the authors' hints and tips for better service are worth wanting this book. If you're a traveler, especially, you'll love it.

I also loved *Little Princes* by Conor Grennan, a memoir of a man who decides to go on a round-the-world hike but, lest his quest seem selfish, he decides to spend a stint at a Tibetan orphanage first. What happens is not only the basis of this charming, bring-a-tissue book, but it also gives readers a few laughs. Whatever you do, though, DO NOT skip to the end of this book. You'll ruin it for yourself. You've been warned.

BONUS: *The Mindset Lists of American History* by Tom McBride and Ron Nief is a lighter, fun-to-read look back over the last century at pop culture, politics and lifestyles, and it puts a lot of current events into perspective. Loved it. Nuff said.

CHILDREN'S BOOKS

So you need something to reward the kiddoes for being good this holiday season. These books will make them smile....

Yes, the holidays are over, but *Thanksgiving Graces* by Mark Kimball Moulton, illustrated by David Wenzel is one of those gracious books you'll want to pull off the shelf really often. This gentle rhyme tells the story of a family dinner with a guest list that keeps growing, and the lesson a little boy learns from it. For ages three to eight.

I was stunned at how much I loved *Small as an Elephant* by Jennifer Richard Jacobson. This is the (fictional) tale of a boy whose mentally-ill mother abandons him in a Maine park, and his

(Continued on Page 16)

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On The Come Up**Jesse Coleman Jr, p360 Studios**

By Michael Hayes
Minister of Culture



On The Come Up features progressive people and movements in Toledo whom I can personally vouch for as models of enterprise and achievement.

I've known Jesse Coleman, Jr. since we were teens in the 90s.

But as grown men we've come in contact with each other because we both have pursued similar paths in music and entertainment.

Watching his business flourish over the years has been quite inspiring to me, and as we both gained roster members to our respective companies and made moves here and there we've made sure to keep in touch.

Humble yet focused, Jesse never toots his own horn.

But he is about his business and always down to help others even if it's just advice based on his experiences.

I've watched him take his company from a studio/label to now a multi-media powerhouse with a growing reputation throughout the region.

As with most things these days, Facebook has played a vital role in Jesse and I keeping our movements in tact and aware of each other as contemporaries. You all surely remember how truly epic it was when Kanye West stormed on stage and interrupted Taylor Swift, right?

That was all we quoted and talked about for weeks!

Well, Jesse had the inspiration to use this historical pop culture moment to his advantage for his graphic design career.

He made an album on his Facebook profile called: **KANYE INTERRUPTS!**

It was hilarious!

He would take pics of people he knows as well as just random pics from the web and edit Kanye (with microphone, spaced out haircut and leather from that

fateful night) into the pic interrupting whoever doing whatever!

A solid business mind, a willingness to think outside the box...and just being an all around cool person to have as an associate... this is why I chose Jesse Coleman to start of my 2012 features.

Read the interview.

Hayes: What is the name and overall business model of your graphic design company?

Coleman:

Project360 Studios is the name of the company. The original foundation of the company is to provide a myriad of affordable services to local small businesses. Graphics, Web design, music & video production. A little bit of everything for a little bit of everyone.

Hayes: *You've owned a record label, a recording studio and now a graphic design company. Tell the readers the challenges and successes involved with each.*

Coleman:

Well, with the record label, It's a real challenge managing the different personalities of the artist. Don't get me wrong I love them, but I can't be "Diddy" 24/7. I still do Digital Distribution with some of my artist. That's the plus, we still get paid for the music we've made. With the recording studio. That's one thing that I love more than any of this. The making of music, the creative control and the whole studio environment! It's something that I'm looking to re-open in the near future. With the graphic design company, which has been the most profitable of the three is something that is easy to do for me. No overhead, work from anywhere and I make my own hours and pay my own salary! All three can be challenging at times, but without the challenge there would be no success.

Hayes: *You've had some awards and positive reception as a graphic artist, tell our readers about that?*

Coleman:

I've been voted "Best

Graphic Designer" of 2011 by the Ohio Hip Hop Awards.. I was nominated a few years back for the same award and nominated twice for Toledo City Paper's "Best Design Firm" award. I'm not really a person to put myself in the lime light. I like to stay behind the scenes and try to stay humble in everything I do. I do thank God for the awards and the acknowledgements but I'm always trying to get better at what I do.

Hayes: *I remember on Facebook you had that KANYE INTERRUPTS campaign going.*



that was genius.. any more innovations like that coming soon?

Coleman:

I have to say myself, that really brought notice to my work and was some pretty funny stuff. I'm always looking to do new things and try to market myself in new ways. So, yeah there is always new innovative marketing coming from P360.

Hayes: *Your entire family is talented, shout everyone out and what they do so readers can know all about the Coleman fam:*

Coleman:

We do have some talented people in the Coleman family. My father, of course is the jazz musician, Jesse Coleman. He's played with some great artists throughout the years. My aunt Gloria Coleman owns her own architecture company in Cincinnati. My brother JaQuan Coleman is an awesome musician, writer, actor.. He was on Game Savvy Late night before he moved to LA this summer. My sister LaTosha

Coleman(Warren) is a great writer and has her own AdminSolutions company. My youngest brother Jason is an artist and musician. So there are a few of us out here doing some things in our community.

Hayes: In your opinion, what is the local entertainment scene and all its related businesses lacking?

Coleman:

I think what we are lacking is "Support"! It just seems like we as business owners and those in entertainment don't support each other. Why can't U.G.E. and P360 work together and

put some great music out in the future. I support and love most of the artists in Toledo and wish that we all had the same mindset to push and support each other to make Toledo the entertainment capital of the midwest! We have some talented people here, we just have to make it happen!

Hayes: Now, you know we can do some work man! Let's get that poppin in 2012.

Final question, what's next for you and your company?

Coleman:

There are a couple of things. First I have an organization I am starting called MENTOR MEDIA. MENTOR MEDIA is a program that provides youth with media training courses that gives them the knowledge to work in the media & entertainment field, to structure effective key messages, and to develop a powerful communication skills & marketing strategy. Some of the courses include; graphic and web design, music production, video editing, song writ-

ing, media marketing etc...Still have some things to put together, but hopefully I have things ready by the summer. I'm also putting together a local artist online magazine call "TOLEDO GRIND". It's still in the works and I'm looking for local writers and labels to help with this venture. So be on the lookout for more coming from P360.

So there you have it Toledo.

We have remarkable people here, and I'm going to keep letting you know who they are so we can get our movements moving.

If you want to contact p360Studios or Jesse Coleman Jr, here is the info:

Twitter.com / jcoleproject360
Facebook.com / project360studios

If you want to get at me, I'm ending my yahoo account (spam city).

Please use ugemusic@gmail.com for now to reach me.

Happy New Year, everyone.
Peace.



Get In The Game: Vote For A Super Bowl Ad

The Super Bowl is much more than a football game; it has become a cultural phenomenon, with office pools sizing up the outcome and family and friends gathering to cheer on their favorite team.

But people don't just tune in for the game. One of the most important elements of Super Bowl Sunday is not the on-field action-it's the commercials that spark the most water cooler talk the next day.

In fact, fans look forward to the creative ads that air on Super Bowl Sunday so much that it has ignited a new trend in advertising--consumer-generated TV commercials. The amount of talent and creativity among consumers has been so impressive that the Doritos brand has turned over the Super Bowl stage to its fans for the past five years.

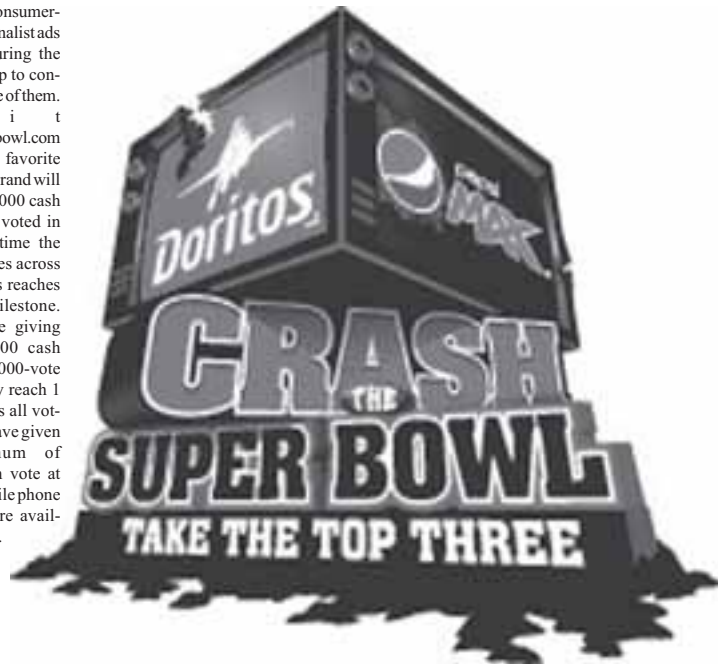
For two of the last three years, a consumer-generated Doritos ad from the Crash the Super Bowl contest has

taken the top spot in the USA TODAY Ad Meter, a rating system that tracks the responses of viewers to ads during the broadcast. As a result, the brand has awarded the ad creators with millions of dollars in bonus cash prizes. Finalists have gone on to receive commercial work, Hollywood representation and once-in-a-lifetime opportunities.

This year, in addition to seeing their ads air during the Super Bowl XLVI broadcast, two winning finalists will also receive the most life-changing contest grand prize to date: a guaranteed opportunity to work on a future Doritos project with one of the hottest entertainment teams in the industry. Plus, there's a \$1 million bonus cash prize if either of the winning finalist ads scores No. 1 on either the USA TODAY Ad Meter or the recently announced USA TODAY Facebook Super Bowl Ad Meter.

Two of the five consumer-generated Doritos finalist ads will see airtime during the big game, and it's up to consumers to choose one of them.

Visit www.crashthesuperbowl.com and vote for your favorite today. The Doritos brand will give away one \$10,000 cash prize to a fan who voted in the contest every time the total number of votes across all voting platforms reaches a 100,000-vote milestone. They will continue giving away these \$10,000 cash prizes at each 100,000-vote milestone until they reach 1 million votes across all voting platforms and have given away a maximum of \$100,000. You can vote at the website via mobile phone or Xbox. Details are available on the website.



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Hillandale - \$87,000/REDUCED
Ottawa Hills condo, 1440 sq. ft., 2 full baths. Location, location, location. Bright home, new carpet, newly painted. Spacious one floor. Lots of storage, private garage. One great unit.
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Great investment property! Excellent condition! Move in ready for owner or tenants. Both units contain newer furnace, hot water tanks, new windows, updated electrical system. Both consist of large living areas and lots of storage space. WOW! Motivated seller. Easy access for showings.

Seaway Asset Management
Call Kimberly Brown - 419.810.7097

YOU'VE ALL BEEN WAITING FOR THIS!
SCREEN PRINTED TRANSFERS & AIRBRUSH
NOVARRO'S GARMENT IMPRINT
1 TO 101+ T-SHIRTS
DESIGNS FOR ANY OCCASIONS: Reunions - Business - Schools
Sports - Events - Civic - Youth ...
ENGLISH/SPANISH
Novarro.1@bex.net google NOVARRO GIBSON 419-464-2361

\$16,000 Down Payment Assistance

May include other incentives if you purchase now! Unique two-story brick home located Olde South End. Totally remodeled! Over 1,500 sq. ft. home furnished with appliances. 1st floor LNDY room, large bedroom. Large closets. Extra loft for entertainment. Must see!

Seaway Asset Management
Call Kimberly Brown - 419.810.7097



HOUSES FOR RENT!!!! SECTION 8 WELCOME!!

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Email: propertymanagement@whittgrouprealty.com



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Pianist Wanted

Church looking for a dedicated, responsible and dependable Gospel Pianist to play for Sunday morning services.

For more information contact: 419-215-9020



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**Good Credit or Bad
Need a Car?
New or Used
Call JP the Stork
He Delivers
419.320.0863**

Wanted to Buy: Diabetes Supplies

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

"A Life with natural health and beauty"

Body magic system - designed to re-shape, restore & revive



Vitamins

Variety of nutritional supplements

Lose inches without exercise or surgery

Contact me to set up a showcase -

www.ardysinternational.com/UniqueDesigns

Traci Barner drknlyltybarner@yahoo.com: 419.346.8610

STNA TRAINING

Richards Wants to Get You a Job

Ask about our Early Registration Specials

Become An STNA in three weeks

Morning/Evening/Weekend Classes Available

Just \$50.00/down gets you started

We Train, We State Test and We Hire

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419-534-2371

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FREE ADVICE

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a debt relief agency per the bky code



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4 bd and 2 full Baths, Living rm and Formal Dining rm
Lots of potential with your improvements
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Office 419.350.7514

CLASSIFIEDS

January 04, 2012

Page 15

Wanted to Buy: Diabetes Supplies

Earn up to \$12 per box of 100 test strips
Must expire after September 2012. Leave
labels on boxes.

We remove and shred.
Call 419-740-7162 and leave message.

CAREER OPPORTUNITY

Looking for a fascinating 2012 career opportunity? Have you thought about radio advertising? Toledo's heritage urban stations, WIMX Mix 95.7 and WJZE Hot 97.3, have openings for Marketing Executives, who will work with local businesses to help them attract new customers. If you enjoy learning about other people's businesses and consulting them with creative ideas, this is worth investigating. URban Radio Broadcasting has the latest marketing tools and expert training to insure your success. You must have successful sales experience, and be enthusiastic about building strong customer relationships. Get ready to call and learn more about being a part of the exciting radio advertising industry. Call John today at 419-244-63-54. That's 419-244-63-54. Or you may submit your resume' to John Guzan by e-mail to johnguzan@urbanradio.fm. URban Radio is an equal opportunity employer.



Classifieds are posted online at
www.thetruthtoledo.com

SECURITY OFFICER

Provides security/communication functions to ensure the safety of staff, building and property.
REQUIREMENTS: H.S. diploma/equivalent and security-related exp. or educ. (prefer 2-year degree in Law Enforcement). Position starts at \$17.60/hr (hrs. will vary w/evening & weekend work required). See complete requirements at www.lucaskids.net. Send resume to LCCS, Human Resources, 705 Adams St., Toledo, OH 43604 or fax to 327-3291 by 01/06/12. EOE valuing diversity.

Special Notice

RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted January 9-13, 2012 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.

Office Manager – Part-Time

Part-time – 15 to 20 hours – office manager wanted to assist small business in a variety of tasks. Knowledge of Excel and Quickbooks a plus. Call 419-242-7650

Van Needed

Trulight @ 950 Prouty is in need of a donation of a passenger van or bus for our growing church. Bishop Greg Early and Pastor Sheila Early
Contact: Dale 419-283-7585

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DEAD OR ALIVE
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We Pay the Best!
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Director, First Year Programs

Owens Community College is a public, state-assisted, two-year institution of higher education. We are seeking applicants for a Director, First Year Programs (**Toledo Campus**). The Director of First Year Programs reports to the Associate Vice Provost of Academic Services and Retention and is responsible for leading and supporting the functions and activities for the First Year Programs. He/She will direct the First Year activities that promote a student centered learning environment that fosters student success. He/She will be responsible for the development and implementation of programs and services related to New Student Orientation (NSO) and First Year Programs, including retention consulting, student progress and early-alert reporting, on-line and face-to-face orientation, student success courses and First Year Experience workshops /courses. The Director provides leadership for the tracking and management of the department website and assessment. The Director will be actively involved in division and department committee meetings. The Director will also provide leadership for the First Year Experience Advisory Committee. **Qualified applicants must possess the following qualifications and must demonstrate in application material how qualifications are met. Required:** Master's degree required in higher education administration, counseling, educational leadership, student personnel, psychology, communications, or related field. 1-2 years of administrative experience in a College or University setting. 1-2 years of experience in program development. 1-2 years of experience in student advising and/student orientation. 1-2 years of experience in assessment and evaluation. 1-2 years of experience working with professional development of college faculty in a classroom or workshop environment. **Starting salary is \$45,030 - \$53,546. Applications without salary history completed will not be considered. Completed application materials include application, cover letter, resume and scanned copies of transcripts required. To complete an Owens Community College application go to <https://jobs.owens.edu>.**

Owens Community College is an
Affirmative Action/Equal Opportunity Employer

APARTMENTS

Abundant Life of Perrysburg is a subsidized independent housing facility for those 62 or older. We are located in a beautiful, quiet residential setting in Perrysburg. Abundant Life offers one bedroom garden apartments with private patios, indoor mailboxes, reserved parking and busing to local grocery stores. Applications are now being accepted. Call 419.872.3510 or 419.874.4371



NORTHGATE APARTMENTS 610 STICKNEY AVENUE

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Mature Adult Community for
Persons 55 and Older. Rent Based
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Drapes, Carpeting Included. Call
(419) 729-7118 for details.



NOTICE TO BIDDERS

The Toledo-Lucas County Convention Center and Visitors Bureau, Inc. (the CVB) requests proposals from qualified foodservice contractors to provide food/beverage services for the Seagate Centre and Huntington Center facilities. Proposals must be received at the offices of M. Bridgette A. Kabat, Chief of Staff, Board of Lucas County Commissioners, One Government Center, suite 800, Toledo, Ohio 43604 to the attention of Ms. Bridgette Kabat no later than 5:00 pm (Eastern Standard Time), Tuesday, January 31, 2012. Information in printed form setting forth submittal requirements may be viewed at the same office, obtained by calling 419-213-4545 or download by going to the site: <http://www.co.lucas.oh.us/bids.asp>.

There is a mandatory pre-bid meeting at the SeaGate Convention Center, Room 102, 401 Jefferson Avenue, Toledo, OH 43604 at 9:00 AM (Eastern Standard Time), January 10, 2012.

Prior to 5:00 P.M., (Eastern Standard Time), January 31, 2012, each bid upon submission must be stamped for the time and date and received in the Lucas County Commissioner's office, Receptionist Area, One Government Center, Suite 800, Toledo, Ohio 43604. Each bid shall contain the full name of each person submitting the bid and the name of every person or company interested in same. A bond, cash or a certified or cashier's check payable to the CVB in the amount of Twenty Five Thousand (\$25,000) will be required to guarantee the execution of the Contract Agreement (the Bid Bond) and shall be submitted with each proposal. The Contractor shall also deliver to the CVB, at the CVB's address referenced herein hereof, within seven (7) days after the Contractor's execution of this Contract, as a performance guarantee, Five Hundred Thousand dollars (\$500,000).

This advertisement does not constitute any offer on the part of the CVB rather it is placed only in order to solicit proposals. The CVB reserves the right to reject any and all proposals.

This notice is posted at <http://www.co.lucas.oh.us/bids.asp>

By order of the Board of County Commissioners, Lucas County, Ohio.

Pete Gerken - President
Tina Skeldon Wozniak - Commissioner
Carol Contrada - Commissioner



Bookworm's Best of 2011

(Continued from Page 12)



resilience and resourcefulness in surviving and



getting home. Two things: this is a great

story for kids ages nine-13 (and for adults, too!)



but it might scare smaller children. Also, I got this book on CD, which I thought made it better; I listen to audio-books in

my car, in fact, and this one made me want to go places.

Teenie by Christopher Grant and **Planet**

Middle School by Nikki Grimes are both about growing up and enduring those tween-and-early-teen years. I loved the characters in these "girl books" and I loved how their respective authors gave us a chance to see inside their heads. And for boys who are looking for the same kind of book, give them **On the Come Up** by Travis Hunter. These three books are perfect for anyone ages 12 and up.

And there you have it... Fifteen books to reward yourself (or someone else), to take on that mid-winter vacation, for sitting by the fire, or for no reason other than you want to read them because they're great.

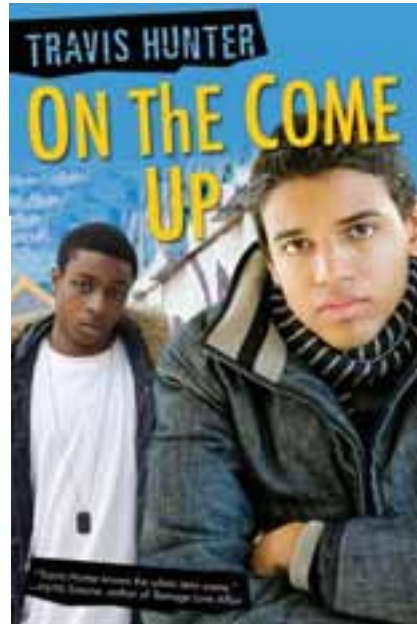
Because they are.

Happy Reading!

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99¢ lb. Spartan Split Chicken Breast
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\$4.99 Seedless Clementines
2/\$5 Kraft Macaroni & Cheese
3/\$5 Kraft Macaroni & Cheese
\$1.99 2-oz. Jell-O
2/\$4 Jumbo Sweet Cantaloupe
\$5.49 Bounty Basic Paper Towels
\$1.99 2-oz. Jell-O
3/\$2 Freshmaker Vegetables
79¢ StarKiss Chunk Light Tuna
10/\$10 Sale
Hunt's Manwich Sauce
Brooks Chili Beans
Campbell's Soup
Polar Fruit or Preserves
Hunt's Pasta Sauce
Majestic Liquid Blotch
Act II Popcorn
Margaret Holmes Greens
Swiss Miss Hot Cocoa Mix

Check out Our Weekly AD at toledoblade.com



Church's Chicken BIG TASTE LOW PRICES

2PC \$4.49 sm. mashed potatoes & biscuit
mixed meal

10PC \$14.99 2 lg. sides & 4 biscuits
legs & thighs meal

ADD HALF GALLON TEA \$1.50

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Toledo, Ohio