



Volume 22, No. 11

"And Ye Shall Know The Truth..."

July 03, 2012

Obama Care Survives Supreme Court Scrutiny

In This Issue
The Truth Editorial
Page 2

Tolliver
Page 3

Morris Jenkins on
Ruling
Page 4

Carter Wilson on
Ruling
Page 5

Black Conserva-
tives on ruling
Page 6

Health Section
Health Drinking
Page 7

Fitness Guru
Dental Health
Page 10

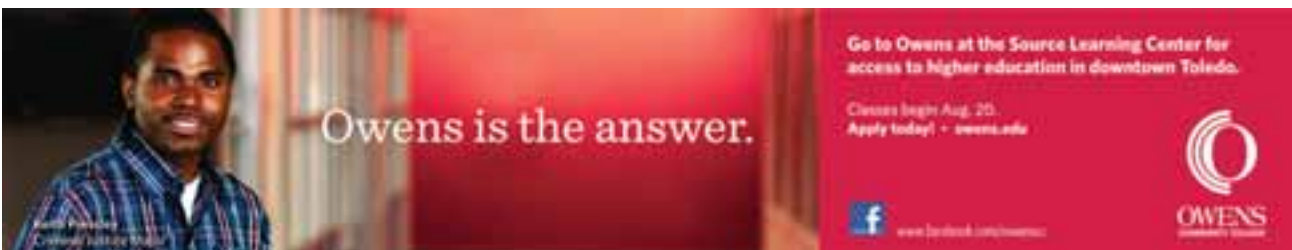
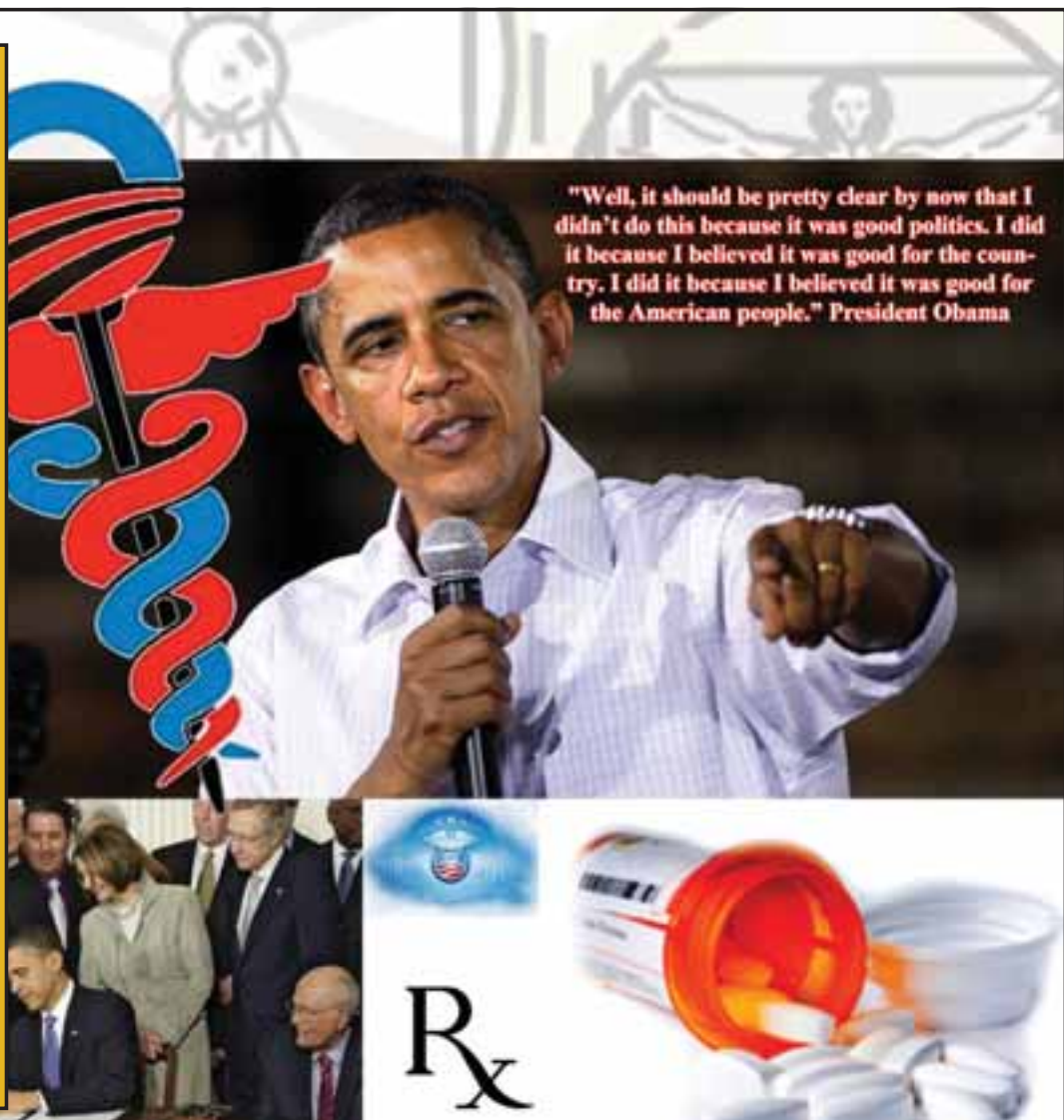
Book Review
The Undead

Page 11
More on the Act
Page 12

BlackMarketPlace
Page 14

Classifieds
Page 15

Dolly Stoudamire
Page 16



This Strikes Us ...

A Sojourner's Truth Editorial

Surprising most legal observers, Supreme Court Chief Justice John Roberts joined the Court's liberal wing and upheld the Affordable Care Act, the signature achievement of President Barack Obama's term in office.

We applaud the chief justice for his determination to uphold the integrity of the Supreme Court and his refusal to allow it to be held hostage to petty partisanship at such an important moment in this nation's history..

We also applaud the president and the administration for finally accomplishing a goal that President Theodore Roosevelt originally set for the nation more than 100 years ago and one that has eluded a number of presidents ever since.

Writing for the majority in the key part of the decision, Roberts upheld the individual mandate of the law requiring all citizens to buy health care coverage but not for the reason given by either Congress or those who argued for the law before the country's top court. Congress had passed the ACA and its individual mandate by writing that the requirement was not a tax but a penalty that the legislative body was able to pass given its powers under the Constitution's Commerce Clause.

Roberts wrote that the Commerce Clause did not hold sway but that Congress had the authority to pass an individual mandate under its enumerated powers in the Constitution to tax citizens. Congress and the Obama Administration had declined to pass the landmark legislation as a tax fearing that it could not garner a majority vote under such conditions and that it would be unpopular if viewed as a tax increase by the American public.

The irony of the Supreme Court ruling is that Roberts and his colleagues in the majority bailed out the Democrats who crafted the legislation almost in spite of themselves.

The only significant blow to supporters of the law is that the Court struck down a provision in which the federal government would threaten to eliminate the individual states' Medicaid funds if they did not accept an expansion of the Medicaid program. Twenty-six states had voiced opposition to the ACA either in part or in whole and will now have to take a look at whether or not they can accept such an expansion as they start to roll out the provisions of the Act.

It's our guess that the nation is inexorably on the road to universal health care after all the starts and stops of recent years. The Republicans, reinvigorated in their determination to take over the White House and the Senate in November in order to repeal the Act, have already conceded that certain provisions of the Act must be kept.

Mitt Romney, the presumptive Republican nominee, has said that he will work to repeal the Act on his first day in office but he would like to keep the part that provides for coverage of those with pre-existing conditions.

That part of the legislation was sold to health insurers only with the proviso that they be brought millions more in customers – hence the individual mandate. For Romney, no stranger to passing such legislation himself – much of the Affordable Care Act is modeled after a similar piece of legislation passed in Massachusetts during Romney's days as governor – the desire to keep intact coverage of those with pre-existing conditions is an acknowledgement that universal health care coverage is here to stay – in one form or another.

For the president, the Supreme Court ruling removes a huge obstacle to reelection from a political standpoint. It's hard to imagine that a ruling by the Court striking down the Act could have been anything but a calamity. This is the achievement that will forever be attached to President Obama's term in office – be it four or eight years. And it is an achievement that ranks with the great social program successes of such predecessors as Franklin Roosevelt and Lyndon Johnson.

Obama, in our view, has already accomplished much in his term of office. The elimination of the "don't ask, don't tell" policy, followed by his decision not to prosecute the Defense of Marriage Act; his ending the War in Iraq and holding to, so far, his decision to leave Afghanistan on a timetable and his recent announcement that the Department of Justice will refrain from deporting from the U.S. undocumented young people who are making successful lives for themselves and their families – all of these policies are to be applauded.

Obama may not be re-elected in the fall due to the continuing difficulties with the economy, many of which are beyond his control – particularly the problems Europeans are having straightening out their economic issues. We should note that the U.S., which adopted Obama's plan to spend and stimulate the economy, is far ahead of Europe in recovering from the Great Recession primarily because those countries adopted the austerity measures championed by Germany's Angela Merkel and France's Nicholas Sarkozy.

In recent months, the Eurozone has been convinced, it would appear, to begin spending their way out of recession as the U.S. has done.

Nevertheless, the economic situation aside, and all those other achievements of President Obama's tenure notwithstanding, the Affordable Care Act alone makes his presidency noteworthy. As Vice President Joe Biden said so eloquently during the signing of the bill: "this is a big freakin' deal."

Or words to that effect.

Community Calendar

June 18-July 27

Canaan Outreach Center Summer Enrichment Program: For ages 5 to 14; Math and language arts, physical activity, drama, dance, field trips; 11 am to 3 pm; Pre-registration starts on June 13 from 11 am to 3 pm: 419-244-5700

July 4

Braden United Methodist Church Community Picnic and Fireworks: 6 to 10 pm; Free food, fellowship and fireworks: 419-386-2700

July 6

23rd Pastoral Anniversary Musical: 7 pm; Upperroom Tabernacle CLG; Guests – The Brown Sisters, soloists, ensembles, praise dancers: 419-691-7233

July 8

Southern MBC Second Pastoral Anniversary: Rev. and First Lady Lemuel Quinn; 4 pm; Guests Rev. Robert Lyons and Greater St. Mary

July 10

Ohio Connections Academy Information Session: Reynolds Corner Library; 6 to 7:30 pm; Information about how the on line school works: 614-232-8309

July 14

Bereavement Meeting: 10 am; Bethlehem Baptist Church

July 15

Southern MBC Second Pastoral Anniversary: Rev. and First Lady Lemuel Quinn; 4 pm; Guests Rev. W.L. Perryman and Jerusalem MBC
United Church of God: Trial sermon got Bro DeV Vaughn Salter; 3 pm

July 17

Sigma Gamma Rho Sorority Open Recruitment Day: Opportunity for young women and parents to learn about the sorority's youth affiliate program – Rhoer Club; Mott Branch Library; 2 to 4 pm: 419-509-3625

July 22

Southern MBC Second Pastoral Anniversary: Rev. and First Lady Lemuel Quinn; 4 pm; Guests Rev. Bobby Welborn and Charity MBC

July 23-27

Pilgrim Church Vacation Bible School: 6 to 8:30 pm nightly; Children ages 4 to 5th grade; "Inside Out & Upside Down on Main Street: 419-478-6012
St. Stephens COGIC Vacation Bible School: 6 to 8 pm
Braden United Methodist Church Vacation Bible School: Ages 4- adult; 5 to 8 pm: 419-386-2700

July 28

St. Stephens COGIC Community Festival; 11 am to 5 pm; Food, face painting, gospel DJ

August 3

Golf for Scholarships Outing: Bedford Hills Golf Course; sponsored by UT Black Alumni and A Journey Through Healing; Scholarship fund raiser: 419-530-5378 or 419-531-1336

August 11

Sigma Gamma Rho Sorority Open Recruitment Day: Opportunity for young women and parents to learn about the sorority's youth affiliate program – Rhoer Club; Main Branch Library; 11 am to 1 pm: 419-509-3625

The Sojourner's Truth

Toledo's *Truthful* African-American
Owned and Operated Newspaper

Fletcher Word
Becky McQueen

Publisher and Editor
Business Manager

Brittany Jones
Torri Blanchard

Reporter
Reporter

Rev. D.L. Perryman
Michael J. Hayes

Columnist
Entertainment Critic

Jason L. Lee Sr.
Jennifer Retholtz
Kathy Sweeney

Layout Designer
Webmaster
Graphic Designer

Pam Anderson
Kathleen Greely

Account Executive
Account Executive

A Certified MBE, 2009

The Sojourner's Truth, 1811 Adams Street, Toledo, Ohio 43604

Phone 419-243-0007 • Fax 419-255-7700

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

You Do It Unto Me ...

By Lafe Tolliver, Esq
Guest Column



Think about it. Health care. Seemingly all of us at one time or another needs the intervention of a health care specialist even for a minor chest cough or a sprained ankle or to clear up an infant's ear infection.

Simple things but needful things. Things, when done right, make one relieved and comforted. And with the realization that but for someone's medical care or knowledge, things could have gotten must

worse.

Worldwide, people need and seek out health care, be it a multi-billionaire living in a mansion with servants or a tore-down-to-the-ground alkie living on skid row who gets his daily calorie count from battered restaurant dumpsters.

So, knowing that some medical care from the cradle to the grave is a distinct possibility for practically all of us, what is the hue and cry about passing laws that legislate coverage

for health care so that when you need it, it is there for you ... and affordable at that?

Why do seemingly the rich and ostensibly it appears to be the Republicans who bark to the wind as if they are being preyed upon by packs of flesh-eating zombies.

Why do they characterize those who cannot afford health care as being parasites and the president as a commie or a socialist who is "re-distributing" their wealth to a bunch of ingrates and loafers?

When you go to the various blogs on the myriad of websites that are seemingly dedicated to the overthrow of President Obama, this health care issue drives them looney.

How is it that in the richest country on the face of the planet that the concept of everyone being given access to affordable health care is such an anathema to their

"values?"

Even if, as the recent US Supreme Court decision has stated, that such a congressional power to mandate people to get coverage or face a "tax" if they do not, is permissible, the Republicans heave and hurl at the thought that some non-deserving John Joe or a Mary Smith will see

a doctor.

That an ill child will get a wellness checkup or a teen

will get his first dental examination.

Or a grandma will be provided eyeglasses so she can read

the fine print on a box of oatmeal or a can of Drano?

Where is the wellspring for all of this angst and misdirected drama?

From what named bowels of the earth do such people come from who will fight you tooth and nail for you to stand in line for hours to see a doctor in a rural clinic in southern Ohio?

From what tormented mindset will someone filibuster on the congressional floor for hours and hours to prevent a mother from getting advanced pregnancy care from a visiting nurse practitioner?

How does one even form the words on their lips to state that they will fight to the end, your right to stay well and healthy and yet, the whole time, THEY have in place

a family plan with all of the bells and whistles for themselves and their family but not for you?

How does one speak of affordable health care as being evil

and a harbinger of the end of freedom and being a plot by the commies to take over America; and yet when their Johnny gets hit by a bat at a Little League practice, they are the first to jump into their Suburban and rush to the local ER and flash out their medical card!

But, for Shauntae or DeMarcus to have the same ability to do that for themselves or their children, it then becomes a verboten idea.

Has no one ever told these right wing ideologues that health care prevention is the best way to prevent future medical problems and it helps to keep costs down?

Which is easier? To have a yearly dental exam and forestall problems or have a first-timer come in who is in his late twenties and he has a "mouthful" of problems?

Would you rather screen for cancer now or treat it when it is in full bloom and is traveling from your lungs to your kidneys and liver?

Let me proffer a thought on the spiritual discernment of this argument. It is said by Jesus that, "if you did it unto the least of these, you did it unto me."

Now, if America continues to profess to be a Christian nation they are not familiar with that statement from the head of the church, Jesus Christ.

For if so, providing others with health care (as they have it and use it) would not be a problem but it appears to be a spiritual issue of greed and being callous.

What a mockery is made of those words when "good" Christians spit and spew gibberish which shows by their deeds that they do not care for "others" who do not have affordable health care; but yet they go to church on Sunday and give lip service to a God that they claim provides all of their needs.

I guess it is not enough God in them for them to mercifully see "others" get the same medical care or health care benefits that they gladly get.

Go figure.

Contact Lafe Tolliver at Tolliver@Juno.com

NAACP Applauds Supreme Court's Decision to Uphold Key Provisions of Affordable Care Act

The NAACP has released the following statement from NAACP Chairman Roslyn M. Brock regarding the United States Supreme Court's decision to uphold the individual mandate of the Patient Protection and Affordable Care Act.

"The Supreme Court made a crucial decision to-

day to uphold the core provisions of the Affordable Care Act," stated NAACP Chairman Roslyn M. Brock. "The NAACP has long supported the full and complete implementation of this law. Access to quality, affordable health care is a civil and human right that should not be reserved for the wealthy or the few. The 32 million

American men, women and children covered under this law can now breathe easier."

"Many serious health issues are preventable," Brock continued. "But far too often, patients who lack health insurance — especially patients of color — enter medical facilities late in the progression of their diagnosis.

This sad reality is costing lives and costing American taxpayers hundreds of millions of dollars in unnecessary health care bills. States can now move forward in implementing health care reform with the knowledge that the Affordable Care Act is not going anywhere anytime soon."

KASICH & TAYLOR STATEMENT ON U.S. SUPREME COURT HEALTH CARE RULING

Last week, Gov. John R. Kasich and Lt. Gov. Mary Taylor released the following statement in response to the ruling by the Supreme Court of the United States on the constitutionality of the federal Patient Protection and Affordable Care Act:

"We're very disappointed that this flawed law has been allowed to stand. The Supreme Court has confirmed what everyone knew all along—but that the White House tried to deny: this is a massive new tax on the middle class. Hopefully Congress will eventually repeal the law altogether and replace it with improvements that actually

address the most pressing needs in health care, especially the need to reduce costs in order to improve access. Until then, Ohio taxpayers could be saddled with dramatically higher costs. The Administration will carefully analyze the decision to determine the appropriate next steps. We are very concerned that a sudden, dramatic increase in Medicaid spending could threaten Ohio's ability to pursue needed reforms in other areas, such as education. Going forward, we remain committed to minimizing the law's drag on the economic growth Ohio is beginning to experience,

protecting the inviolate relationship between doctors and patients, and preserving as much free

market competition in health care as possible."

An Examination of the Legal Issues Involved in the Supreme Court Ruling on "Obamacare"

By Morris Jenkins, Ph.D., J.D.,
Special to The Truth



This has been a monumental and historic week in our country. The United States Supreme Court ruled on several critical cases.

Citizens United, a ruling allowing secret and unlimited finance of campaigns by corporations, was applied to the State of Montana. The ruling struck down a state statute that would control corruption in state campaigns.

In addition, the Court held that sentencing youth (those under the age of 18) to life in prison without parole for crimes committed as a juvenile was deemed unconstitutional.

Also, the Court struck down three of four crucial provisions in Arizona's anti-immigration law.

Undoubtedly, however, the most controversial decision was the ruling on "Obamacare." In a 5-4 decision the Court ruled that the law was constitutional.

The law is officially called the Patient Protection and Affordable Care Act, 124 Stat. 119 (2010). This landmark legislation is over 900 pages and contains hundreds of provisions that moves the nation towards the concept of universal healthcare.

The decision in *National Federation of Independent Business et al. v. Sebelius, Secretary of Health and Human Services, et al.*, 567 U.S. ____ (2012) is a 193-page ruling that surprised many in the legal and political communities.

Chief Justice John Roberts, along with the "liberal" justices Ruth Bader Ginsberg, Stephen Breyer, Sonia Sotomayor and Elena

Kagan, ruled that the law was constitutional. "Conservative" Justices Clarence Thomas, Antonin Scalia and Samuel Alito, were joined by "libertarian" Justice Anthony Kennedy in the dissent stating the law was unconstitutional.

I hope the summary in the next few paragraphs explain how the court reached its conclusion.

The government's first argument was the individual mandate, which requires most Americans to maintain minimum essential health insurance was allowable under the United States Constitution's "Commerce Clause."

The Commerce Clause is used by the Congress to regulate economic activity that interferes with interstate commerce. Under the mandate, individuals who don't obtain insurance could have to pay a "penalty" imposed by the Internal Revenue Service.

It should be noted

that only individuals who can afford insurance would be assessed the penalty and there is no enforcement provision (outside of deducting the penalty from tax refunds) afforded to the IRS.

If an individual cannot afford the insurance, the federal government would subsidize it for the first three years and the individual state would help with the subsidy in subsequent years. The Commerce Clause has been used in various cases to validate policies and laws in the past. The most notable case was the *Heart of Atlanta Motel v. the United States*, 379 U.S. 241 (1964) that ruled discriminatory policy for public accommodations on travelers interfered with interstate commerce (people are commerce) and was unconstitutional.

The Court, led by the chief justice, ruled that the penalty could not be enforced under the Commerce Clause. The regulation of commerce assumes that there

is pre-existing economic activity and it is not the applicable in this case. This ruling caused the initial erroneous reaction by the press that the law had struck down.

The philosophy of the Court is to give deference to the people (through the legislative branch) to assume that the law is constitutional. Additionally, Chief Justice Roberts felt that is the obligation of the Court is search for ways to ensure the constitutionality of statutes and policies.

The Congress has the power to "lay and collect taxes" under the Constitution. Therefore, the government, wrote Roberts, could levy a tax on certain people without health insurance. The funds due to government could be referred to as a penalty but it does not alter "their essential character as taxes." Roberts stated "...the Constitution permits such a tax, it is not our role to forbid it, or to pass upon its wisdom or fairness."

The Court also ruled

on the law's expansion of Medicaid. The Court found problems with the proposed expansion under the statute, but held the expansion could proceed as long as the federal government does not threaten to withhold states' entire Medicaid allotment if they don't take part in the law's extension. The original provision to withhold the entire allotment was unconstitutional.

The dissenters felt that the entire law should be struck down and ruled invalid. The law exceeds the federal power both in mandating purchase of health insurance and denying non-consenting states all Medicaid funding.

This ruling is not the final challenge to the Act. The next legal challenge would be the requirement that employers who have moral objection to contraceptives can violate the free exercise clause of the First Amendment. The law is clear about religious objections, but

Continued on Page 6

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 8 AM to 4 PM

See more art online at
www.thetruthtoledo.com



The Truth Gallery
1811 Adams Street
419-242-7650

DIXIE Auto
Leasing
Toledo, OH

5880 N. Detroit
Month to Month Leasing
419-476-8674

WE ARE A FULL
SERVICE
BUSINESS



Black Conservatives Disappointed by Supreme Court's ObamaCare Decision

Special to The Truth

Black conservatives with the Project 21 leadership network are disappointed by today's decision by the U.S. Supreme Court upholding the Patient Protection and Affordable Care Act, popularly known as "ObamaCare."

Project 21 spokeswoman **Dr. Elaina George**, a board-certified otolaryngologist, said: "By upholding ObamaCare, the Supreme Court ignored the Constitution. It placed corporate interests and profits, along with government control, above the needs of doctors and patients. This decision virtually guarantees the destruction of the doctor-patient relationship, and — along with it — individualized health care, innovation and access while it perpetuates the worst aspects of our medical system."

Dr. George added: "Because of the mandate, Americans will be forced to pay for a system that will increase costs for patients, remove health care decisions from both the doctor and the patient and lead to rationing. It changes health care as we know it into a system based on one-size-fits-all, cost-controlled and conveyor belt socialized medicine."

Project 21 spokesman **Derryck Green**, a doctoral student in ministry, said: "This ruling in favor of ObamaCare completely disregards the free-exercise clause of the First Amendment's guarantee of religious liberty, freedom of expression. The Supreme Court gave the federal government arbitrary license to force religious Americans and organizations to act in contradiction of their moral conscience and obligations. The federal government, with the Court's backing, can now essentially dictate what religious Americans can or cannot do. How

long until it dictates what religious Americans — specifically the clergy — can or cannot say under the law?"

"Today is the day I will tell my grandchildren about when they ask me what happened to freedom in America," lamented Project 21 spokeswoman **Shelby Emmett**, a soon-to-be licensed attorney in Maryland. "Today, the Supreme Court ruled that Americans can be forced to enter into private contracts in the name of health care. Today, Americans lost accountability, personal liberty and the greatest health care system in the world. We think the DMV is bad. Wait until your kid breaks his leg now and needs to go to the ER!"

The National Center for Public Policy Research (<http://www.nationalcenter.org>) is a conservative, free-market, non-profit think-tank established in 1982. It is supported by the voluntary gifts of over 100,000 individual recent supporters. In 2011, it received about two percent of its revenue from corporate sources and the vast majority of its revenue from over 350,000 individual gifts. Contributions to the National Center are tax-deductible and greatly appreciated.



Dr. Elaina George

The Supreme Court Responds

from Page 5

companies from denying coverage to individuals with pre-existing conditions suffered exponential increases in insurance premiums. States that imposed the individual mandates did not. Roberts made it clear that the federal government could not protect patient rights and keep costs

low without imposing the mandate.

Roberts reduced the entire decision down to two questions: 1) Is the individual mandate valid under the constitution? 2) Is the expansion of Medicaid to cover adults who cannot afford health care valid? Roberts opined that

the mandate was a tax and therefore was valid under federal taxing powers. He insisted that the expansion of Medicaid was valid under federal spending powers.

Ginsburg insisted that health care involves such a massive market, every state, and every person that it falls under interstate commerce and that the federal government could regulate it under the commerce clause:

Collectively, Americans spent \$2.5 trillion on health care in 2009, accounting for 17.6% of our Nation's economy...

The health-care market's size is not its only distinctive feature. Unlike the market for almost any other product or service, the market for medical care is one in which all individuals inevitably participate...

ObamaCare addressed three problems with American's health care system: access, patient rights and costs. It addressed the access problem several ways: It expands Medicaid coverage to families with incomes below

133 percent of the poverty line. It will provide subsidies to help cover the costs of health insurance for families with incomes up to 150 percent of the poverty line. It will increase the eligibility age of siblings for private family health insurance from 18 to 26.

It responded to the patient rights problem by prohibiting insurance companies from denying medical services to individuals with pre-existing conditions and from setting life-time dollar limits on the amount of money the company is allowed to spend on health care services.

ObamaCare responded to the cost problem several ways. It required individuals who can afford health care to purchase it or pay a penalty or tax. Of course, there will be no criminal penalties for failing to pay the tax, although IRS is likely to deduct the penalties from one's tax return check.

Also, in response to escalating costs of health care insurance, ObamaCare will encourage states to create

health care exchanges and pool private competitive health insurance markets. Since individuals and small businesses pay more for insurance because they lack the purchasing power of large corporations, the health care pools will allow individuals and small businesses to buy in bulk as well.

ObamaCare is not likely to increase costs much. It is likely to increase spending for Medicaid, but not enough to strain the budget. It will certainly not bankrupt the federal budget. The state-level health care exchanges and pooled private competitive health insurance markets are expected to bring prices down. With the individual mandate in place, insurance premiums are not likely to increase much more than the inflation rate.

There is still a great deal of hysteria surrounding ObamaCare. Contrary to the hysteria, it does not establish death panels. That would be offensive to our constitution.

It is not a jobs killer. In fact, it is likely to create new

jobs, as millions of the uninsured join the ranks of the insured and as health care services expand to accommodate an expanding market.

It does not dictate to doctors. In fact it liberates doctors by preventing insurance companies from telling doctors that they cannot provide the medical treatment their patients need. It is not a form of socialized medicine. Private hospitals, private health clinics, independent physicians, private health insurance companies—all for-profit, private enterprises associated with health care—continue to operate as before.

The government takes over nothing. ObamaCare in no different from the health care reform that Mitt Romney established when he was the governor of Massachusetts. ObamaCare is similar to the health care reform proposals that came out of the Nixon administration.

Indeed, the individual mandate was the conserva-

Continued on Page 12

An Examination

from Page 4

moral objections sexual healthcare under the First Amendment is not clear.

Some states will try not to set up the health care exchanges required by the Act, to allow for consumers to choose providers, claiming states' rights on this issue. In addition, there will be attempts by Congress to repeal the law and/or come up with legislation to not fund the Act.

It is my opinion that this holding will be the first step for affordable and universal healthcare. This holding by the Court will stand up to future challenges. However, this is very dependent on the results of the upcoming election and the 2013-2017 President's selection to the Court.

I also believe that this holding will be the crown jewel in the list of accomplishments of this president.

Morris Jenkins, PhD., J.D., is chairman of The University of Toledo's Department of Criminal Justice and Social Work and an associate professor in Criminal Justice



A Program funded by K.E.V.I.N., Inc.

What: An introductory tutoring course for students coming into Pre-Algebra, Algebra I, II, Geometry or Pre-calculus for the 2012-2013 year

Who: AJ King
Ottawa Hills Senior Class of 2013
Ivy League Prospect with 4.1 current GPA and ACT composite score 30 (ACT Math 33)

Where: Robinson Middle School
1075 Horace Street, Toledo, OH

When: July and August: Monday - Thursday 11am - 3pm

Availability: Students may come anytime for the 11am - 3pm hours

Price: \$10/hour

For more information please contact:
AJ - (419) 708-7854 or Judi Ellis - (419) 349-7687

The Financial Design Group
is proud to welcome
Kevin S. McQueen and James Hall



to the FDG family

Call Kevin or James to help your family with its financial objectives 419.843.4737

Financial Design Group, 3230 Central Park West Suite 100, Toledo, OH 43617, is independently owned and operated. Securities offered through Susman Financial Services, Inc. Member FINRA SIPC.

TRF 60769
ECLIFU 06/05/09

[illegible]

Cool, Healthy Drinks on a Hot Summer Day

By Patrice Powers-Barker, OSU Extension, Lucas County
The Truth Contributor



Picture a hot, sunny day in July. You're reaching for your favorite beverage. Where is it you are getting your drink? Are you at home in front of the refrigerator or sink, at a coffee shop, restaurant table, drive through or vending machine? What is it you are reaching for to quench your thirst on a hot summer day? Looking at what you are eating and drinking now will help show where you can make healthy choices in the future. Where do your favorites fit into a healthy summer?

Some beverages provide essential nutrients, and may also contain some empty calories. These examples are milk and 100 percent fruit juices. For example, a cup of whole milk contains about 150 calories, with over 60 of them empty calories from fat. Fat-free milk has the same amount of calcium and other nutrients as whole milk, but with less than 90 calories and no fat or empty calories. So, when ordering a coffee drink with milk like the popular frozen, sweetened coffee drinks, ask for it to be made with low-fat milk. Also remember, the extra flavors added to coffee drinks are often high in sugar.

Are fruit juices counted as healthy drinks? One hundred percent fruit juice is considered to be part of the Fruit Group. However, 100 percent fruit juice lacks fiber provided from whole fruit. Fruit drinks that are not 100 percent fruit juice contain added sugars and only the amount of the drink that is 100 percent fruit juice would be counted towards the fruit group.

For example, if an eight fluid ounce (one cup) fruit drink is "10 percent fruit juice," then the drink would contain 0.1 cups of fruit. The added sugars in the drink would be classified as empty calories.

So, when choosing fruit juices, make sure they are 100 percent fruit juice and not just fruit-flavored with a lot of added sugars. In a similar way, smoothies made with real fruit are a much better option over fruit flavored smoothies. The fruit flavors are often high-sugar syrups.

When eating out, check posted calorie amounts, and choose lower calorie menu options. Many restaurants post calories on menus, in pamphlets, or on their websites. Compare beverage options and think about how they fit within your daily calorie limit. Ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.

If you choose to drink alcoholic beverages, select options with fewer calories. Limit alcohol to no more than one drink per day for women and two drinks per day for men. Many alcoholic beverages range from 100 to 400 calories each. For example, a frozen pina colada or margarita can have over 400 calories! Consider ordering a small-size beverage if it's something that a you will enjoy but you know is high in calories. You don't have to order the largest size!

Americans get more calories from sugary drinks than any other beverage choices and Americans are drinking more soft drinks now than ever. The downside of drinking a lot of sodas, energy drinks, sports drinks and fruit flavored drinks is the

addition of many added sugars. Drinking too many of these drinks will add extra calories to the day without adding extra nutrients so they are not as valuable to your health. Make soft drinks a “sometimes” beverage to be enjoyed in moderate amounts. Remember that soft drinks include fruitades, fruit drinks, energy drinks, sweet tea, and sports drinks.

What about a cold sports drink on a hot summer day? Sports drinks are for athletes who participate in high-intensity, aerobic exercise for at least 90 minutes at a time. Most people are not this active. The added sugar and sodium in sports drinks are unnecessary for children and youth as well as adults. Sports drinks offer little advantage over water for most people.

Energy drinks are popular but there are healthier ways to boost your energy. It's not just about the drink! Having energy is about eating and drinking healthy, adding some physical activity to your day and getting enough sleep. The reminder on healthy drinks is to start your day with a small glass of 100% fruit juice, drink low-fat milk with your meals and sip on water throughout the day. Save the soft drinks for the occasional treat.

For quenching thirst, a nice cool glass of water is highly recommended for all ages. How can you jazz up your water?

- Keep a pitcher of water in the refrigerator for easy access
- Add lemon, lime, other fruit like berries or sliced pineapple
- For a summer take, slice up a home-grown cucumber and float the slices in your water, just like the phrase, “cool as a cucumber”!
- Add a splash of your favorite juice to a glass of water
- Help children learn to enjoy water as their thirst quencher of choice

**FREE
SUMMER MEALS
FOR KIDS!**

**HOP TO IT AND DIAL 2-1-1
FOR DETAILS TODAY!**

Let's shake one up for the kids this summer, because any kid
up to age 18 can enjoy **FREE MEALS** all summer thanks to the
Summer Food Program. Meals will be served beginning
JUNE 11 at more than 100 sites throughout Toledo.
Join us...Just **DIAL 2-1-1** to find a location near you.

PROMEDICA
United Way
JCC
The Andersons
Blacks Public Schools
Pillsbury
Columbus City of Ohio
St. Joseph Hospital
Kaiser Permanente

DIAL 2-1-1 TO SEE WHERE YOU CAN GET FREE MEALS ALL SUMMER.

Be a Goal Getter!!

By Angela Steward, Fitness Motivator
The Truth Contributor



We all know it takes eating right and exercise to drop pounds, but don't ignore your brain. YOU can be your biggest cheerleader, but YOU can also be your biggest enemy because if you don't believe in yourself, you'll never reach your goal. The key is to break free of negative thinking! Stop doubting your abilities – they are endless!

Be positive. Sometimes just thinking something over and over can make it come true. For example, if you believe you'll never lose weight, chances are you probably never will. So retrain your brain: every time a negative thought pops into your head, change it to something positive. Soon your new way of thinking will become second nature to you.

Get visual. Visualize a clear image of how you would love to look. Of course, we can't go back to our younger years, place a picture in your mind of how you'd like to look at the age you are right now, and put a plan together to reach your

visual goal.

Keep a happy frame of mind! It's so easy to dwell on disappointments, past failures, but paying attention to only what goes wrong can make you feel like a loser and blocks your energy. Change your focus – focus on the things you're grateful for. As you begin to focus on all the things you're blessed with, you'll feel more empowered to actually go after what you want.

Trust your instincts. Remove people in your life that you know deep down inside are bad for you! If someone lacks decency or respect, don't allow that person to stay in your world. A lot of people

think the way to create friendships or maintain friendships is to put others down or backstab. Those are the very people you have to "delete" from your life. It doesn't matter if they're family or if you've known them forever. If they're not good for you, they've got to go!

Believe in the spirit inside of you. I recently visited a local church for Sunday service, and the pastor's message was about treasured gifts being placed into earthly vessels. I had absolutely no idea what treasured gifts or earthly vessels were, but once he broke it down – I was at the end of my seat. Once I received the message and how it pertained to my life, I was immediately moved! We are the earthly vessels and the treasured gifts are the gifts inside of each of us. That sermon still

sends tingles up my spine!

Our earthly vessels are to be cared for, to be fed, soothed and to be kept strong and healthy. We are all blessed with very special cargo – gift(s)! Whether you realize it or not, we all have gift(s)! Gift(s) that have been with us from birth, it's up to us to recognize our gift(s), to nurture, protect and to NEVER take the earthly vessel or God's gift(s) for granted. As easily as gifts are given, they can just as easily be taken away!

So my message to you is - Get out there Earthly Vessel and move! Find your passion – it is your gift! You were born to do great things. Break free of negative thinking. Remove all doubts about your abilities. Delete toxic people from your life Focus

on that small inner voice inside and whisper to yourself - "I love and fully accept myself – I'm a goal getter," then go get it!

Yours In Fitness!!

Angela R. Steward
Certified Fitness
Coach and Instructor
Creator of
Fabulously Fit™

Co-Owner of
Studio Fitness

1413 Bernath
Parkway, Toledo,
Ohio
Website:
FabFitU.com

Email:
FabFitU@yahoo.com

**HAPPY 4th
of JULY**

**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

Offer good for Church's Chicken at
2124 Franklin Avenue
Toledo, Ohio

Parrish HomeCare

A family, nurse owned and operated agency with over 35 years of home health care experience.

MISSION

Parrish Home Healthcare recognizes the changes in today's climate of health care demands and aspires to provide the highest quality of health care, commitment, and professionalism available.

Services Available:

- Registered Nurse
- Physical Therapist
- Occupational Therapist
- Medical Social Worker
- Speech Therapy
- Licensed Practical Nurse
- Diet Counseling
- Home Health Care Aides

Special Services provided:

- I.V. Therapy
- Anticoagulant Therapy/INRatio Machine
- Wound V.A.C.
- Procrit Therapy
- CHF Management
- Diabetes Education

Accepted Insurance:

- Medicare
- Medicare Advantage Plans
- Medicaid
- Medicaid Waiver
- CareSource
- Humana
- Buckeye Community Health
- FrontPath

- Aetna
- Unison
- Anthem
- United Health Care of Ohio
- Medical Mutual of Ohio
- Ohio Health Choice
- Ohio Preferred Network
- Cofinity



Parrish HomeCare

Phone: (419) 389-1020
Fax: (419) 389-1300
www.parrishhomecarellc.net

Self vs Self

By Dianne Pettis, MS, FNP-BC
The Truth Contributor

Last month, I discussed allergic rhinitis and allergies to other substances. Other common allergy-related illnesses are eczema, hives and asthma. One of five Americans is affected by asthma and allergies.

Most patients I see for one of these illnesses usually has another of them. Allergens are foreign substances to the body, causing the immune system to activate in an exaggerated way to destroy that substance. But, what if your own body is that foreign substance?

There is a group of disorders, called autoimmune disorders. In this type of disorder, the body can't tell the difference between its own healthy tissue and a harmful substance. The immune system attacks its own self, causing pain, inflammation, swelling and damage of tissues and organs. Lupus, Rheumatoid Arthritis, Sarcoidosis and Multiple Sclerosis are just four of the many autoimmune disorders.

Systemic Lupus Erythematosus (Lupus) symptoms can be mild or severe and life-threatening. The symptoms come and go and can be triggered by viral infections and certain drugs. Heredity is also a risk factor.

Lupus affects kidneys, heart, lungs, blood cells, skin and the nervous system. Common symptoms are rashes, especially a butterfly-shaped rash across the cheeks and nose, joint pain, fatigue, fever and/or problems with the organs. Blood tests can help diagnose this condition. Steroids and anti-inflammatory medicines are used to treat the symptoms and flare-ups. In addition to risk from family history and certain drugs, lupus is seen mostly in females, African Americans, and in ages 15-45 years.

Rheumatoid arthritis also involves inflammation, swelling and joint pain. This auto-immune disorder attacks the joints, causing damage and deformity from eventually wearing down the cartilage. Joint pain is usually on both sides of the body. Flare-ups can come and go.

The deformity and disfiguring of the joints is caused by Rheumatoid nodules (bumps) that form under the skin. Rheumatoid arthritis is more common in women, but is more

severe in men. It can begin at any age, and heredity increases the risk. Blood tests can confirm a diagnosis. Pain medications, rest and surgery are common treatments.

Sarcoidosis also affects multiple organs in the body, but the lungs and lymph nodes are the sites affected most. In this illness, abnormal masses of inflamed tissue form in the organs and affect how the organs work. The symptoms vary widely, depending on which organs are involved.

Again, women are more affected than men, and African Americans more than Caucasians. There is no simple blood test to diagnose Sarcoidosis; and multiple x-rays and scans may be necessary. The symptoms come and go. Steroids are commonly used to treat the flare-ups. Healthy lifestyle habits also help prevent flare-ups.

Multiple Sclerosis (MS) is a disease in which the body attacks its own brain and spinal cord causing progressive muscle weakness and loss of control. There is a build-up of scar tissue in the spinal column that prevents the brain from sending and receiving messages. Women are affected most often; and there is higher risk in teen years to age 50.

Early symptoms are muscle weakness, poor coordination, numbness and a change in vision. A diagnosis is made by a review of the symptom history and an MRI scan. Treatment is medication to slow the progression of loss of function and to relieve muscle stiffness.

Unfortunately, no main cause is known as to why the body sees itself as the enemy...heredity, environment, emotional stress, viruses...or a combination of those may be the cause. If you have any of the symptoms mentioned above, especially if you have allergic tendencies; please see your primary care provider for an evaluation.

Contact Dianne Hart Pettis, MS, FNP-BC at www.HartHealthAndWellness.com

The Epilepsy Center of NW Ohio Hosts a FREE Seminar

Special to The Truth

Epilepsy can happen to anyone at any time. Studies show that epilepsy can develop after an accident, illness, or for no apparent reason at all. One of the main goals of the Epilepsy Center is to provide the community with valuable information that can be used to improve the lives of people affected by epilepsy and those with developmental disabilities.

All the more reason to attend this **FREE** seminar **Living with Epilepsy**, that will be held at the **St. Vincent Mercy Medical Center, 2213 Cherry St., Conference Room #2 – Toledo, OH 43608, Wednesday, July 11, 2012 from 7:00 PM to 8:30 PM.**

This seminar is titled: **"EPILEPSY AND WOMEN"**, and will be presented by Dr. Imran Ali, M.D., Professor of Neurology at The University of Toledo Medical College. This presentation is a part of a year long plan to discuss epilepsy through the course of a lifetime for children women and men. There will be a question and answer session immediately following the presentation.

Reserve your spot today by contacting The Epilepsy Center of NW Ohio at 419-867-5950 before Monday July 9, 2012. Light refreshments will be provided. We look forward to seeing you there!

The mission of the Epilepsy Center of Northwest Ohio is to improve the lives of people affected by epilepsy and those with developmental disabilities.



The Historic Hillcrest
241 18th Street
Toledo, Ohio 43604
(419) 244-7078
ONE MONTH FREE!!!
13 month lease & approved credit/criminal check.

HUGE One bedrooms
from \$475

GIANT Two bedrooms
from \$575

Rent is NOT based on income.



Call TODAY for leasing details and to schedule an appointment to view our beautiful building! We have modern features and 36 exceptionally **LARGE** floor plans!








Always the better choice ... Naturally.

Put yourself in control of what goes onto your family's table. By using our unique grape seed oils, herbs & spice blends and mixes, you can provide for you and your family very healthful



meals that taste great, are, gluten-free and are quick and easy to prepare and do not have the hydrogenated fats, preservatives, artificial flavors and additives in the packaged food you find in the store.

www.joannefinn.mywildtree.com or call 608-963-5241

NEED A RIDE?
TRANSPORTATION COMPANY
1-855-475-RIDE



TRANSPORTATION FOR PEOPLE ON THE GO

- Lowest price in town to ride in our:
- ADA compliant van
- Just \$50 round trip
- No additional cost for family to ride
- Friendly, courteous, CPR-trained drivers
- Schedule a ride today!

www.needaridetransportation.com

Delta Dental Finds Children Need to Brush More Often

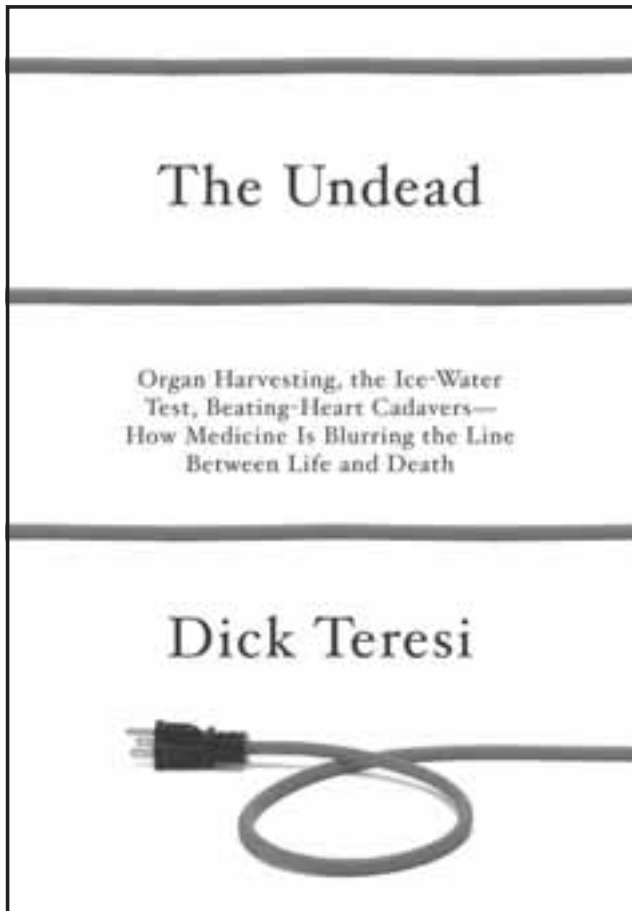
Survey Reveals Gap Between Reported and Recommended Dental Hygiene Habits

"Instilling good dental habits begins at an early age," said Jacobson. Children will mimic adult's behavior. If a parent practices good oral habits beginning with brushing and flossing, children will recognize it and do the same. Those good habits will continue with them into adulthood."

The registered nursing program is designed to prepare graduates for nursing positions in a variety of health care settings. Among the various locations are acute care agencies, physician offices, long-term care agencies and outpatient ambulatory areas. The program combines studies at Owens with planned and guided clinical experience in client care for health care facilities and community agencies.



Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

The Undead by Dick Teresi**c.2012, Pantheon Books \$26.95 / \$31.00 Canada 354 pages, includes index***By Terri Schlichenmeyer
The Truth Contributor*

You couldn't click fast enough.

The online push was for organ donors and it seemed like a good idea. Your decision now to make an act of generosity later could save or enhance someone else's life. Besides... you'd be dead so you really wouldn't care, right?

Right. But read *The Undead* by Dick Teresi, and you may have some things to add to your click.

What defines a time of death?

Are you dead when you stop breathing, or when your heart quits beating? Is brain-death the absolute end, or is it when there's no "you" in you? What determines death?

Every culture through millennia has asked those questions, but the truth is that there's no answer yet. We think we know when death arrives – but we could be wrong.

For years, Dick Teresi has poked holes in tenets about death. He says he's made people "uneasy, even angry." They defended their "traditional ideas of life and death" but he claims to be "merely a journalist reporting the facts..."

One of those facts, he says "cheerfully," is that we're all going to die. Religious beliefs and NDEs offer comfort but "*something* will kill us eventually." So how do we know when we go?

Since 1968, when a committee gathered at the Harvard Medical School to "hammer out a set of simple criteria" allowing doctors to determine time of death, it seems as though the focus has been on a "*permanently* nonfunctioning brain" and not the heart when figuring a finish.

But, asks Teresi, is "brain death" really The End?

Teresi cites studies in which brain dead patients had EEGs. People who are "brain dead" grow, give birth, often breathe on their own, and sometimes only "look sick." Most sobering, "dead" organ donors have been observed to have spikes in blood pressure during organ harvesting - and, unlike normal surgeries, anesthesiologists weren't allowed to administer analgesic.

Horrifying, no doubt. So what can you do to protect yourself?

Read this book, first of all, and learn. Then, have a talk with your doctor about a medical directive. That's the first place to start before you reach your last place.

In many paragraphs, in many ways, author Dick Teresi acknowledges that his words are going to stir up a storm of controversy. He claims that he's already lost friends because of his research. He says he's angered doctors and scientists with the necessary questions he asks in *The Undead*, but he asked anyhow.

Still, there's nothing maudlin, overly-morbid, or morose here; in fact, this book about death is delightfully lively. Teresi has a biting sense of humor with a dose of the absurd, tempered by willingness to see beauty in sacrifice. Readers who can peer past his troubling main subject will be rewarded by a thoughtful, meaningful look at how we live before we don't.

Though it's a definite argument-starter, *The Undead* will make you think about things you never thought you'd consider. If you're up for something that's six-feet deep, this book will surely click with you.

We're making a difference.

We're foster parents through Lucas County Children Services.

Lucas County Children Services salutes the hundreds of foster families in our community. They have opened their hearts and homes to children who have suffered abuse or neglect.

We need you to join them and become foster parents yourselves. LCCS currently need foster parents for children of all ages, especially groups of brothers and sisters. Foster parents can be married or single; own or rent your home or apartment, and just need to earn enough to support yourself.

Our next session of free information and training classes is June 18 - 23, 9 a.m. - 4 p.m. at LCCS, 705 Adams St. in downtown Toledo. To learn more, call 419-213-3336, or visit us at www.lucaskids.net.



Lucas County
Children Services



Join Us!
Every Sundays at 5:30 p.m.
LCCS - FOLLOWING SUNDAY, June 10, 2012

Worship EXPERIENCE

Eastern Star Missionary Baptist Church
2102 Mulberry Street, Toledo, Ohio 43608
(419) 726-1180, FAX: (419) 726-6240
E-mail: EasternStarMBC@aol.com
Website: www.drjwilliams.org

Dr. John W. Williams, Pastor

Statement of Ohio AFL-CIO President Tim Burga on Supreme Court Decision on the Affordable Care Act

Special to The Truth

Today's landmark Supreme Court decision on the Affordable Care Act validates the hard work that we as a nation have done to advance our policies toward achieving affordable health care for all. While this is a big step forward, we still have more work to do. Here in Ohio we must now undertake the task of implementing the law, including the creation of health care exchanges. I look forward to working with the Kasich administration as the state moves forward in that regard.

The ACA has provided 3.1 million young adults and recent college graduates with health insurance. It has closed the "donut hole" in the Medicare prescription drug benefit and now Medicare beneficiaries have saved more than \$5.2 million on prescription drugs. The law has provided 32.5 million seniors with preventative health services. As many as 17 million children with pre-existing conditions already cannot be denied coverage nor do they have lifetime limits placed on their coverage, and as a result of this decision children will continue to have this protection.

The Affordable Care Act represents a step in the right direction in our national health care policy and, as the Supreme Court has reaffirmed today, it is a law that is not only constitutional but also practical and built on consensus. This decision shows that no matter the obstacles or barriers in our way, Americans can and will overcome them in order to move our country forward.

Kaptur Statement on Supreme Court Ruling on Affordable Care Act

Special to The Truth

U.S. Representative Marcy Kaptur (OH-09) released the following statement on the Supreme Court's ruling:

"The Supreme Court decision is right for America. It affirms the right of every American to have access to health insurance that is affordable. It affirms that we are moving toward a system where no one can be left out.

A child with a preexisting condition is afforded equal respect to one who has no such challenge;

Young people up to the age of 28 in Ohio can remain on their parents' insurance plans, and are not left out as before;

Senior citizens will pay less for prescription drugs, so far saving \$164 million in Ohio;

Being a woman will no longer mean you are second class in health services;

And owners and employees of small business — which constitute half the uninsured in our country — will finally, get a chance to access affordable plans off a private insurance exchange.

This decision keeps America moving forward. We are a CAN DO nation, not a nation of naysayers. Now, let us get on with the task of building our economy and the jobs that will result from certainty about health insurance access and affordability."

Ohio Democratic Chairman Chris Redfern's Statement on Health Care Ruling

Special to The Truth

In response to the US Supreme Court's decision upholding the constitutionality of President Obama's chief legislative victory, the Patient Protection and Affordable Care Act, Ohio Democratic Chairman Chris Redfern released the following statement:

"Today's decision is legally sound, but more importantly, it's morally responsible.

"Because of President Obama and Democrats' bold vision, America is on course to lower our health care costs. With this decision, millions of Americans can breathe a sigh of relief as we move forward to ensure that more of our children, parents, and those with pre-existing conditions will have access to the health care resources they need to stay healthy and recover from sickness.

"Hopefully, this ruling will finally end Republicans' concerted push to do everything they can to stand in the way of efforts to expand access to health care while reducing costs. And here at home, I hope this will motivate Governor Kasich to comply with the law, and finally set up the state health care exchange that he's obstructed since he took office so Ohioans can purchase coverage at affordable rates to stay healthy.

Now more than ever, we need to stop re-litigating the past and move forward as we work to continue Ohio's two-and-a-half-year economic recovery, and create new jobs for middle class families."



Toledo's Premier Charter School

Everyone at Kids Unlimited Academy wants the best for your child.

We can help your child reach their potential by providing:

- Individualized attention
- Academic excellence
- Innovative curriculum
- Outstanding teachers
- Character development
- Tutoring
- Creative thinking
- Creative thinking
- Individual learning plans
- Special preparation for Ohio Assessment Examinations
- After school program
- Free breakfast and lunch

Serving kindergarten through third grade tuition-free.
After school program included.

FREE
Preschool Tuition
to the first 50 students who enroll.

Reach your child's full potential.
Enroll today.
800.269.1432.
Enrollment is limited.

kids unlimited ACADEMY

3807 Martha Avenue, Toledo, Ohio 43612
www.kidsunlimitedacademy.org

The Supreme Court Responds

from Page 6

tive alternative to the single payer reform proposal which would have expanded the role of government in providing health insurance and the public option which would have brought the government into direct competing with private insurance companies.

Why the hysteria?

One reason is fear among small businesses that federal requirements would indeed increase the costs of business. Over time this fear among small businesses is likely to subsidize. Another aspect of the hysteria is fear that the government would take tax money to provide in-

urance for people we don't like. This type of fear is not likely to go away for some time.

Carter Wilson, Ph.D., is a professor in The University of Toledo's Department of Political Science and Public Administration



Minority Business Assistance Center

MBAC is a statewide business assistance program for entrepreneurs providing **FREE** business expertise.
www.toledombac.com

We're here to serve you!
Our team strives to help minority-owned businesses succeed in this challenging economy. Call 419-243-4191 for an appointment today!

Ohio Minority Business Assistance Centers Find us on facebook.com/ToledoMBAC

TOLEDO REGIONAL Chamber of Commerce

Joy & Pain: B.E.T., Black Folks and Frankie Beverly & Maze

By Michael Hayes
Minister of Culture



It's complicated to be black.

Our history as a people is complex. Our relationship with entertainment is complex.

We are the origin of music and rhythm. Our drums told stories and coded messages.

But just the same, we have spent years buffooning on stages and in front of cameras.

The phrase "black entertainment" is ironic, oxymoronic and iconic.

Those same three words can usually be applied to the annual BET Awards.

Most television is a spectacle. Just varying degrees of how silly the spectacle.

But at one point in our culture it actually felt good to watch our heroes collect those trophies. Remember?

Knowing we started off as caricatures exploited for the entertainment of others, it

brought us closer when we got to see Michael Jackson, Whitney Houston and others win.

But now, we are divided. We are divided between those of us who watch the BET awards and see nothing wrong at all, and those of us who can barely watch it for a few minutes if at all.

And if we do tune in we find ourselves applauding one minute and cringing the next.

But what can be divided, can also be unified... with a well placed Frankie Beverly & Maze song. Naw, eff that. A collection of Frankie Beverly & Maze songs!!

I'm telling y'all, I had an entirely different article planned for this week but I was moved by what I saw on the 2012 BET Awards during the Lifetime Achievement award and tribute to this legendary black music group.

The audience at the BET awards is basically a collection of superstars, rising stars, executives, fans and wannabes.

All divided among income, crew beefs, allegiances, scandals and other random bull.

The row Jay Z and Beyonce sat in had about four different beefs or scandals in the span of about six seats.

You got Ray J. sitting with

his mother/manager whom he fired. Just a few rows from them is the girl he made famous in a sex tape. She, herself, happens to be seated with her current lover (in a long line of lovers) who just happens to be one of the most loved/hated asshole geniuses of our time (that's Kim K and Kanye for those unaware).

That awards show audience is such a choppy mixture of ridiculous absurdities that you would think no common ground could be found among them...

until a Frankie Beverly & Maze song comes on.

I watched "Black Star Power" turn into some regular black folks, and I loved it!

I watched the universal language our music was intended to be, and the purpose it was intended to serve actually manifest on national television.

Like Michael Jackson's first moonwalk, it was a black music moment at an awards show.

The tribute was masterful, elegant and heartfelt.

But its impact wasn't scripted, feigned or rehearsed.

If you were watching, you felt it.

I'm not sure why, but of all the Black soul music icons to emerge from the 70s there just seems to be something so special yet universal about

Frankie Beverly & Maze music.

You may not love an entire Marvin Gaye album, you may not feel every Commodores or Isley Bros. joint that comes on at family get-togethers...but Frankie Beverly & Maze?? What??!!

A few decades ago, married couples comprised 70 percent of Black households.

Now single adults comprise 70 percent of black households (s/o Johnica Carter for that info).

Back then our music reflected love and togetherness.

Now our music is about sex and one night stands.

We have let our music become disposable, so what does that say about us and what bonds us?

The soul of a people is rendered in their art.

The story and culture of a people is reflected in what they create.

For black people, our story involves greatness and despair, ingenuity and enslavement.

The world of entertain-

ment makes us wrestle with the passion and pain that fuels our art.

Nas once said "The black American is the teenager of this world," and it's so true.

We haven't fully dealt with our past or got a hold on our future.

We are still figuring out who we are while trying to look good and front for our friends.

But the cameras are rolling and the world is watching us.

When you tune into the BET awards and write it off as "a hot mess," what you are really witnessing is this dance of chaos and order that we still have not perfected.

A necessary foolishness that discredits yet empowers us...at the same damn time.

But all the debate goes silent, when the good soul music plays.

All the genre busting and cross over appeal goes out the window, when the really good black music plays.

Appearance wise, we can't be associated to our

culture through appearances anymore.

Pink wigs to dreads, tight suits to skater looks... we are expressing so many different vibes that outwardly may seem as disconnected as ever.

But somewhere deep inside that collective cultural memory we all share,

we instantly bond when the right Frankie Beverly & Maze song comes on.

You know that collective cultural memory I'm talking about.

Walking to the corner store with your friends, your parents playing soul music while you do housework on weekends, even that little side to side two step we do for no reason at all.

Our story is complicated, maybe even just plain screwed up in many ways.

But it is still our story. And it all makes sense when the right Frankie Beverly & Maze song comes on.

Peace.

Discover Downtown Toledo with Summer Walking Tours

Explore what downtown Toledo has to offer this summer with free lunchtime walking tours starting Thursday, July

All nine Discover Downtown Walking Tours will be held from noon to 1 p.m. every Thursday through Aug. 30. The tours will showcase great Toledo locations like the Casey Pomeroy House and Uptown.

"Too often Toledo area residents get caught up in negativity and lose sight of Toledo's many positive qualities," UT Urban Affairs Center Assistant Director Sue Wuest said. "The Downtown Toledo Walking Tours give us all a chance to take a closer look what makes our city beautiful and unique. Take a tour this Summer and you will come away with a renewed appreciation for our rich history and our architectural wonders."

Tours will take place rain or shine and are sponsored by The University of Toledo Urban Affairs Center and the Toledo-Lucas County Public Library.

The tour schedule is:

July 5: The Riverfront Walk. Meet at Jefferson Avenue and Water Street.

July 12: Vistula's Superior Street. Meet at 1107 N. Superior St.

July 19: One Lake Erie Center. This location is the former Lamsons' Department Store at Jefferson Avenue and Erie Street. Meet at Erie Street entrance.

July 26: Standart Lofts in the Warehouse District. Meet at 34 S. Erie St. and park in the former Erie Street Market parking lot.

Aug. 2: Toledo Museum of Art Architectural Tour. Meet at the museum, 2445 Monroe St., at the Monroe Street entrance.

Aug. 9: Extreme Makeover - The Casey Pomeroy House. Meet at 802 Huron St.

Aug. 16: Courthouse Square. Meet at 700 Adams St. at the McKinley Statue.

Aug. 23: Discover the Oliver House. Meet at 27 Broadway St. at the entrance to Maumee Bay Brewing Co. in the parking lot.

Aug. 30: Uptown. Meet at 14th Street and Madison Avenue.

For more information about the Discover Downtown Walking Tours, contact Irene Martin at the Toledo-Lucas County Public Library (419) 259-5233 or irene.martin@toledolibrary.org.

Northwest Ohio Psychiatric Hospital Volunteer Opportunities 930 South Detroit Toledo, Ohio 43614

Volunteering provides a wonderful opportunity to the public to give back to the community while gaining knowledge and understanding about mental illness, a disease which will affect one in five individuals.

Volunteers can work as a group (such as a church or school group) or individually. Volunteers working must be at least 18 years old.

Volunteer assistance is needed in the following areas: fund-raising, event planning, clerical assistance/computer experience, organizational skills, fund raising, processing donated clothing, and organizing craft rooms and clothing rooms.

We also need volunteers to share their talent for our Summerfest "NOPH GOT TALENT SHOW" Monday, Aug 27 at 4pm.

The Volunteer Services Department's goal is to make your volunteer experience as worthwhile as possible. Give a little, get back a lot!!

Contact: Jan
Volunteer Coordinator
419-381-1881 Ext. 4464
wasielaj@mh.state.oh.us

T
H
E

BLACK MARKETPLACE



2 & 3 BR Homes City Wide!
Traditional financing & lease w/option
available for some.
Call Montalena @ 419.320.5224
and follow me...
Your Guide To Home!!

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.
Seaway Asset Management
Call Kimberly Brown - 419.810.7097

Duplex for Purchase or Lease

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 Oldie 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!!

Website: www.whittgrouprealty.com
Click on Featured Listings and Navigate
OR call 419.536.7377
Email: propertymanagement@whittgrouprealty.com



THE C. BROWN FUNERAL HOME, INC.

1629 Nebraska Avenue, 43607

419.255.7682

A BETTER BUSINESS BUREAU ACCREDITED BUSINESS

START WITH TRUSTSM

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



Houses For Rent

Everything New: Paint, Carpet, Stove, Refrig. Section 8 OK
MVP Property Management
419-244-8566.



Better Care Lawn & Show Removal Services L.L.C.

Commercial/Residential Free Estimates
Senior Citizen Discount
Insured and Bonded Landscaping
Phone: 419.917.6440 * Fax: 419.754.3953
www.bettercarelawnservice.com

Woodley Court - \$259,000

6 bedroom, 2 1/2 baths, 3488 sq. ft.-Custom-built home. Must see to believe. Located in the quiet Trail Acres subdivision. Built for entertaining or large family. Easy to show and ready for buyer.

Seaway Asset Management

Call Kimberly Brown - 419.810.7097

"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 drknlvlybarner@yahoo.com; 419.346.8610



General Practice

including
Criminal (Misdemeanor and Felony)
Traffic, DUI, Juvenile and Civil
Litigation

David A. Baker
Attorney at Law

338 North Erie St.
Suite 100
Toledo, Ohio 43604

Office: 419.241.4100
Cell: 419.508.4004
Fax: 419.244.6335

Email: davidbaker@dablawyer.com

DEBT RELIEF? CHAPTER 7 BANKRUPTCY



\$650.00 plus court costs

FREE ADVICE

ATTY. LAFE TOLLIVER

419-249-2703

a debt relief agency per the bky code



**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.



2 & 3 BR Homes City Wide!
Traditional financing & lease w/option
available for some.
Call Montalena @ 419.320.5224
and follow me...
Your Guide To Home!!

Great First Home!!!

2028 E. London Square - Toledo, Ohio 43606
4 bd and 2 full Baths, Living rm and Formal Dining rm
Lots of potential with your improvements

Wilma Smith * DiSalle Real Estate Company
Office 419.350.7514

CLASSIFIEDS

July 03, 2012

Page 15

AOD THERAPIST

Unison Behavioral Health Group, Inc. is seeking an experienced AOD Therapist to provide individual, family and group counseling and case management services.

Candidate must possess a Bachelor's degree, Master's Degree preferred and have a minimum of two years experience working with adults with mental health and chemical dependency issues. Dual mental health (LSW, LISW, PC, PCC) and chemical dependency licensure (CDCA, LCDC II, LCDC III or LICDC) required.

Send resume with salary requirements or apply to:

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

St. Martin de Porres

Parish is seeking a part-time accountant, 12-16 hours a week. Proficiency in QuickBooks and Microsoft Excel, a must. Experience in a church setting, a plus. Associate degree in accounting is required. Send letter of inquiry and resume, with references, to Search committee, St. Martin de Porres Catholic Church, 1119 W. Bancroft St., Toledo, Ohio 43606. Email to virginiaewelshosf@gmail.com. For more information call 419-241-4544.

PARALEGAL

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for a Paralegal position. For complete details of the position and application information, visit our website at www.lucasmha.org. Please note on your submittal if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. This is a Section 3 covered position and HUD recipients are encouraged to apply. **All materials submitted must be received at LMHA not later than 5:00 P.M. on Monday, July 9, 2012.**

NO PHONE CALLS

Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, sex, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



ACCEPTING APPLICATIONS

John H. McKissick Senior Apartments are accepting applications for 1 bedroom waiting list for elderly housing, 62 years or older. Rent will be based on income. Applications will be taken on a FIRST COME FIRST SERVE BASIS on Thursday, July 5, 2012 from 9:00 A.M. - 1:00 P.M. at 1030 Brookview Drive, Toledo, Ohio. For further information, call (419) 389-0361, M-F 8:30 A.M. - 4:30 P.M.



Maintenance Technician

Unison Behavioral Health Group is seeking a full-time Maintenance Technician. Responsibilities will include duties such as performing routine maintenance, painting, completing repairs, building renovations, moving furniture/equipment, grounds maintenance and snow removal.

Qualified candidates must have at least two years experience in facility repair and maintenance (i.e., electrical, plumbing, HVAC, etc.) in a health care setting, be able to lift 50 pounds routinely, possess a valid driver's license and must be able to be insured under Unison's commercial automobile policy. Previous experience in dealing with individuals with mental illness and CDL license is preferred.

Send resume or apply to:

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

EOE

Notice to Bidders: Inquiry # FY13-5, (Project # 5005-11-1625) for Medical Mall Phase II, Interiors Package for the University of Toledo Health Science Campus. 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, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 **before 3:00 p.m., Tuesday, July 17, 2012 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 Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$120.00 will be charged per set. Any further information may be obtained from Brandon Andrzejczak of The Collaborative Inc. at 419-242-7405. **One Pre-Bid Conference will be held on Tuesday, July 10, 2012 at 11:00 a.m. in Health Education Building, Room 105, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614.** Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$3,990,562.00; Breakdown: General Const: \$1,869,736.00; Plumbing: \$227,001.00; Fire Protection: \$200,000.00; HVAC: \$1,040,279.00; & Electrical: \$653,546.00.

Tutoring Assistance

Does your son or daughter need help with school work? I am offering tutoring! Give me a call - Ms. Sherri - 419-215-8742. I will be able to help.

ADS POSTED ONLINE AT:
www.TheTruthToledo.com
CALL TO PLACE YOUR AD
419.243.0007

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.

NORTHGATE APARTMENTS 610 STICKNEY AVENUE

Now Accepting Applications for 1 and 2 Bedroom Apartments

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

EQUAL HOUSING OPPORTUNITY/EQUAL OPPORTUNITY EMPLOYER



Houses for Rent

Two and three bedrooms, living room, dining room and kitchen. Walls and ceiling insulated by Columbia Gas approved contractors. Security alarmed. Fenced backyards. Well kept. No pets. 1100 block of Avondale. Section 8 welcome. Call 419-508-4675.



Abundant Life of Perrysburg is a sub-

sidized 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 419-874-4371

Northwest Ohio Psychiatric Hospital Volunteer Opportunities 930 South Detroit Toledo, Ohio 43614

Volunteering provides a wonderful opportunity to the public to give back to the community while gaining knowledge and understanding about mental illness, a disease which will affect one in five individuals.

Volunteers can work as a group (such as a church or school group) or individually. Volunteers working must be at least 18 years old.

Volunteer assistance is needed in the following areas: fund-raising, event planning, clerical assistance/computer experience, organizational skills, fund raising, processing donated clothing, and organizing craft rooms and clothing rooms.

We also need volunteers to share their talent for our Summerfest "NOPH GOT TALENT SHOW" Monday, Aug 27 at 4pm.

The Volunteer Services Department's goal is to make your volunteer experience as worthwhile as possible. Give a little, get back a lot!!

Contact: Jan
Volunteer Coordinator
419-381-1881 Ext. 4464
wasielaj@mh.state.oh.us

Introducing...

iLoad

Music loaded to your PHONE,
MP3 PLAYER or IPOD!

DJ KEITH SUCCESS
419-917-1156

SEE ME perform live access to an unlimited selection of R & B, HIP HOP, DISCO, OLD SCHOOL, POP, JAZZ, CLEAN VERSIONS, WORKOUT MUSIC and more...

In Memoriam**Bernice "Dolly" Stoudamire**

December 14, 1929 – February 15, 2012

IMANI LEARNING ACADEMY

728 PARKSIDE BLVD
TOLEDO, OH 43607
419-535-7078/419-535-5915 (FAX)
www.imanilearningacademy.org

**Open Enrollment for the 2012 – 2013 School Year
Servicing Grades K – 8**

Imani Learning Academy Cougars are pouncing
into the future with technology in the classrooms!
Smart Boards and iPads utilized in teaching our students.

Imani offers:

State Standards Based Curriculum
Strict Discipline Code
Breakfast/Lunch Program
Full Day/Every Day Kindergarten
Music Classes
Extended Day Program

Highly Qualified Teachers
Strict Dress Code
Computer Classes



To Register: Call for an appointment today!

Sponsored by
Ohio Council of Community Schools



Bernice Stoudamire passed away peacefully February 15, 2012 at the age of 82. She was a native of Toledo, OH. After retiring from General Mills in 1988, she moved to Tacoma, WA. Bernice is survived by daughter Deborah (Marsion) Green of Tacoma, WA; a son, James Stoudamire of Jubail, Saudi Arabia; a loving sister Virginia Spencer of Toledo, OH; four grandsons – Lloyd Stoudamire of Toledo; Melvin Stoudamire III, Marcus (September) Green, Marlon (Misty) Green, all of Tacoma, WA; two great grandchildren and a host of nieces, nephews and special friends.

She is greatly missed and a celebration in her honor will be held on Saturday, July 7, 2012 at 11:30 a.m. at New Life COGIC, 1215 Oakwood, Toledo, OH.

Bishop T. Cook will be the eulogist.

Family and friends are invited to a luncheon immediately following the celebration at The Plaza Apts dining hall, 2520 Monroe St.

**ABLE**

The stop may be at the pharmacy on Conant,
but the destination is to remain independent.

TART

MAUMEE • OTTAWA HILLS • PERRYSBURG • ROSSFORD • SPENCER TOWNSHIP
SYLVANIA • SYLVANIA TOWNSHIP • TOLEDO • WATERVILLE

**Need Tutoring
for Your Child?**

- K-8 state and nationally certified teacher
- Instruction for all subjects
- One-on-One instructions



Call today for information on our services

(419) 290-1832

or rnmqueen@yahoo.com