



Volume 22, No. 15 *"And Ye Shall Know The Truth..."* August 01, 2012

The Opening of the Local Political Season



Democratic Party Executive Director Yvonne Harper, Lucas County Auditor Anita Lopez, Judge Myron Duhart

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A Lighter Shade of Blue II

By Rev. Donald L. Perryman, D.Min.
The Truth Contributor



I felt somehow for many years that George Washington and Alexander Hamilton just left me out by mistake. But through the process of amendment, interpretation, and court decision, I have finally been included in "We, the people." - Barbara Jordan

Police relations with the African-American community have been particularly challenging going back to the civil disturbances of the 1960s. The 2005 North Toledo riots, the result of a planned march by members of the National Socialist Movement, who hurled insults and racial slurs at the black community members while the Toledo Police Department protected the group, brought the relations to a

fever pitch.

What may take place in the future however, may seem like an apocalypse compared to 2005 if the city also allows the police department to continue to lighten over the next five to seven years as the current crop of black officers retires. With minority replacement officers nowhere in sight in recent recruiting classes, the department runs the risk of being perceived by the community as a hostile occupying force.

"We definitely need [minority recruits]," lamented one high ranking TPD officer. It is common knowledge that the lack of minority officers leads to disproportionate minority contact, profiling or bias issues.

"Departments are just not as effective unless they are reflective of the community," added another long-term minority officer. "It's helpful to have black officers in the community who have a mutuality of experience, know how to talk with the residents and can interpret, interact and de-escalate situations effectively. There is a certain cultural competency for the 'hood that allows some officers to investigate better. We have had situations in the past where we couldn't solve homicides in the central city because no one would talk until black detectives were hired and put on those cases," the officer further asserted.

Why haven't there been more black and brown officers recruited to replace those hired under legal mandate during the 1980s?

First of all, "too often good candidates are being knocked out of the applicant pool," states a demonstrative Harold Mosley, president of the African American Police League. "I have a concern about the characteristics used to determine what makes a candidate in today's police environment to be considered good."

Indeed, research also suggests that it is perhaps time to move beyond thinking about the police personality as having unique characteristics or that only certain people make good cops. Rather, general desirable traits - someone who is bright, personable, communicates well, and is conscientious - are likely to produce as good a police officer as for any other occupation.

The effect of using the old police "desirable traits" model has led to blacks taking themselves out of the process because they feel that they have little chance of actually becoming an officer. The first stage of recruitment begins with a very small pool of applicants who fill out interest cards. A large proportion of those who complete the cards do not show up for the civil service exam. Then further attrition occurs as from those that don't pass the test or fail to successfully navigate the remainder of the process.

The power to modernize the process and reverse black applicant despair lies with the City's Human Resources Department and with Civil Service. City of Toledo's HR department oversees the City's policies. Civil Service, with two African-American members - Marjorie Holt and Wilma Brown, administer the testing and oversee assessment.

Yet there are other challenges to recruiting a diverse police force beyond changing political and organizational processes.

Police officer salaries begin at \$44,428.80 for a trainee and \$49,982.40 after one year. Yet young people are not responding to police recruiting efforts. Many young people will instead settle for a maximum \$2,000 per month selling drugs or other legitimate but low-paying jobs.

"There is no way I'd ever work for the police," says Robert, an industrious former Cherrywood resident who works as a temporary in a small parts assembly shop. "I had a bad experience with them, don't like them and don't trust them."

Shaina, his girl friend and college sophomore adds, "It's not about the money. I would rather work as a social worker, or even nurse or in child care."

With recent research showing that black youth are arrested for drug crimes at a rate 10 times higher than that of whites while young blacks are actually less likely to use drugs, there is definitely substance to the feelings of mistrust held by young black men.

Yet legal strategies have been challenging as courts have recently required proof of intent to discriminate making disparate impact and bias difficult to prove.

In order to develop a diverse representative police force, we need to consider the cultural preferences of those like Shaina and Robert in our recruiting strategies and emphasize police work as a helping profession aiding the community and providing assistance to families and citizens.

Finally, we also need a clear, committed and community-driven action response to the situation that says to the powers-that-be that, lack of diversity is a problem. But also, emphatically says, that we are willing to work alongside you to effect change, but we will not accept the bleaching of the police department and the ineffective policing of our community.

Contact Rev. Donald Perryman, D.Min., at
drdlperryman@centerofhopebaptist.org

Community Calendar

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 4

Friendship Baptist Church Vacation Bible School: 8 am to 4:30 pm
Toledo Bowling Senate "Fun-A-Rama:"
Miracle Bowling Lanes; 5 to 8 pm:
419-480-0122

August 8

Friendship Baptist Church: First choir rehearsal; 7 pm: 419-531-3242

August 8-11

15th Annual Holy Convocation Bethesda Christian Center
Cathedral: Grand Plaza Hotel; Wed-Fri – 7:30 pm;
Thur-Fri – Day sessions at 9:30 am and noon;
Saturday – 10 am to 3 pm – Family reunion picnic: 614-206-4415

August 10

Friendly Center 7th Annual Golf Outing:
Bedford Hills; Shotgun start at 1 pm: 419-243-1289

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

August 12

Pre-Women's Day: 4 pm; Speaker Sis. Vera Sanders of Ebenezer
MBC; "Christian Woman Are You Making a Spiritual Investment?"
419-531-1994

August 18

First Church of God Back to School Fair: Noon to 4 pm;
Uniform give-away, hair cuts, voter registration,
health screenings vendors

August 20

Aurora Project's 19th Annual Cousino Harris DKI Golf Classic:
Toledo Country Club; Benefit for Aurora House; Registration at 10 am:
419-244-3200

September 30

Friendship Baptist Church Celebrates the Recovering Community:
419-531-3242

The Sojourner's Truth

Toledo's Truthful African-American
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Becky McQueen – Business Manager

Artisha Lawson – Reporter
Candice Harrison – Reporter

Rev. D.L. Perryman – Columnist
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Legal Rights Not Subject to Others' Religious Views

By Floyd Rose
Guest Column



This is America. It is a multi-religion nation. When [Valdosta, GA] Mayor John Gayle placed his left hand on the Bible and his raised his right, he swore to defend and protect the Constitution of the United States, not his religious beliefs.

I, too, am a Christian, but my legal rights are not subject to the religious views of others. When the mayor said some of his friends are gay and he has nothing against gay people but he couldn't sign the proclamation for the P.R.I.D.E. event, it reminded me of the 1960's when whites said, I don't have anything against black people, some of my best

friends are black, but I don't want them to have the right to sit next to my children in school, to eat at the lunch counter, or drink from the same water fountain as whites.

The Valdosta-Lowndes County chapter of the Southern Christian Leadership Conference acknowledges the rights of all American citizens, whatever their color, their race, religion or sexual orientation. And we are all things human before we are anything racial: white, black, brown, red or yellow. We are all things human before we are anything religious: Hindu, Muslim, Christian or Jew.

We are all things human before we are anything gender, male or female.

And in this human context, there are needs that are common to us all. We all need food to eat, air to breathe, water to drink, clothes to wear, shelter to protect us from the elements, and family and friends to love, and to love us. And we were all born,

and must all die. We may be in different religious, racial and gender boats but we are all sailing in the same human ocean. We have a choice. We can continue to try to sink each other's little boats whose colors, shapes, or sizes we don't like, or we can all get on the love boat, where there is unconditional acceptance; where we don't have to see everything alike or, like everything we see, but where we are all free to see what we see; where we accept each others products, with no obligation to accept their conduct and where the differences which make no difference to our Creator, make no difference to us.

Although I married a woman. That was my choice, and as a Christian I believe that marriage is between a man and a woman. However, as an American, I respect the rights of others to be different, and will always fight for their right to be different. And their legal rights should never

be subject to my religious views, or determine by the latest polls, or the proclamation of politicians.

Let me be clear. The research is clear: a person's sexual preference may be a choice, but his sexual ori-

entation is physiological, it is not a choice. It is what it is.

Finally, what if the rights of African-Americans to vote, to ride on the front of the bus, or to eat a hamburger at Woolworth's De-

partment store, had been subject to the polls, or the will of politicians?

Floyd Rose
President
SCLC, Valdosta, GA



Dear Community:

The Board and Staff of Toledo Urban Federal Credit Union would like to take this opportunity to THANK YOU for helping to make this year's 8th Annual African American Festival, "Celebrating Our History, Health, and Education" a huge success. The Prayer Breakfast, Parade and Festival were all well attended and we sincerely appreciate your faithful support.

For the past seven years we have celebrated the entire weekend with no negative incidents to report and this year was no different. THANK YOU for helping to keep the festival a safe, family friendly event!

God Bless You,
Suzette R. Cowell
Suzette R. Cowell
CEO

Advertisement for Steve Harvey's 'LIVE THE GRAND FINALE'. Includes text: 'King of Comedy, Steve Harvey, will mark the end of 27 years of stand-up with his final comedy performance LIVE from Las Vegas! LIVE ON BUCKEYE CABLESYSTEM PAY-PER-VIEW! THURSDAY, AUGUST 2 AT 11PM Channel 401 or 408 in HD • ONLY \$19.99 CALL 419.724.9800 TO ORDER!' and Buckeye CableSystem logo.

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Advertisement for JWJW Worship Experience. Includes text: 'JWJW Worship EXPERIENCE Join Us! Every Sunday at 5:30 p.m. L.A.S. FOLLOWED BY... 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'

Supporters Turn Out in Droves for Judge Myron Duhart's Election Fund Raiser

Sojourner's Truth Staff



Board of Community Relations director
Linda Alvarado and LeRoyna Drayton



Judge C. Allen McConnell
and Theresa M. Gabriel



Democratic Party Executive Director
Yvonne Harper, Auditor Anita Lopez
and Judge Myron Duhart



Judge Duhart, Garrett
Barnett, Darrell Banks and
Councilman Tyrone Riley

Lucas County Court of Common Pleas Judge Myron Duhart is running for election in November and if last week's fund raiser is any indication, he is off to an excellent start in his campaign to win the seat in his own right.

Duhart, a graduate of St. Francis de Sales High School, earned his undergraduate degree from Wright State in political science and his law degree from The University of Toledo. After a number of years in private practice focusing on criminal law and personal injury, Duhart was appointed to the bench by former Gov. Ted Strickland to replace long-time Judge Charles Doneghy.

Last week's fund raiser at Our Brothers' Place in downtown Toledo was packed with several hundred Democratic elected officials, party officials, friends and supporters of the judge. The turnout, in fact, was nothing short of astonishing for a fund raiser for a judicial candidate, noted a wide range of attendees.

The fund raiser was organized by Tina Butts, LeRoyna Drayton and attorney Richard Mitchell.

African Art Has Arrived!!

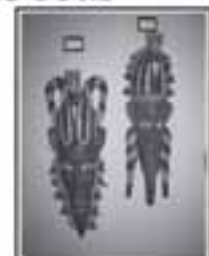
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The Truth Gallery
1811 Adams Street
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New Location for Serenity Soul Food Restaurant

Sojourner's Truth Staff

Several years ago, the Serenity Soul Food Restaurant opened its doors on Woodville Road in East Toledo. The problem was, of course, that most of Serenity's potential clientele didn't get over to the east side of the city often enough.

So, sensing an opportunity to bring its soul food fare a little closer to its customer base, the restaurant, operated by Bishop W.C. McGhee, First Lady Erma McGhee and a variety of members of Serenity Church of God in Christ, moved to 527 Nebraska Avenue a few months ago – just a few steps away from Collingwood Avenue.

New location, same soul food menu, still hmmm, hmmm good. And a heckuva lot more convenient for so many more folks!

Chicken, fish, baked beans, green beans, macaroni and cheese, along with other traditional soul food delicacies. If you are in a hurry, you can take a to-go box through the buffet and they will weigh the box to figure your tab – a great convenience.

Open from 8:30 a.m. to 9 p.m., Tuesdays through Saturdays – breakfast until 11 a.m. - and 11 a.m. to 9 p.m. on Sundays, Serenity offers buffet-styled fare along with a variety of specials from time to time.

For more information, call the restaurant at 419-725-1339.



Owens Community College to Host Free Smart Money Choices Conference, Aug. 3

Special to The Truth



Northwest Ohio residents are invited to learn about ways to enhance their personal financial planning as Owens Community College serves as host to a free Smart Money Choices Conference on Friday, Aug. 3.

Presented by the State Treasurer of Ohio's Office, the event will occur from 8 a.m. – 12:15 p.m. in the Au-

dio/Visual Classroom Center on the Toledo-area Campus. Owens is located on Oregon Road in Perrysburg Township. All activities are free and the public is encouraged to attend.

Attendees will be able to learn about such varied topics as budgeting, student funding and debt management, credit and debt man-

agement, retirement planning, estate planning, insurance, social security, consumer scams and investment fundamentals.

The conference will include an opening session and three breakout sessions taught by financial experts. Additionally, conference participants will have the opportunity to visit with financial

professionals and experts and ask questions specific to financial planning.

The Smart Money Choices Conference is part of a statewide initiative focused on educating individu-

als about the benefits of making sound financial planning decisions. In addition to the Owens site, Smart Money Choices events are occurring in Akron, Cincinnati, Cleveland, Dayton, Columbus and

Youngstown.

For more information about the event, or to register, call 1-800-228-1102 or visit www.ohiotreasurer.gov.

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

Congregation Combines Vision and Health with Walk-a-thon

By Artisha S. Lawson
Sojourner's Truth Reporter

Dozens of Second Baptist Church congregation members, of varied ages but wearing similar garb, participated in a walk-a-thon at Secor Metro Park to raise funds for a new building and to focus on healthy living. The July 28 event, utilizing the theme "Walking by faith towards the vision," was organized by co-chairmen Mother Georgia Rogers and Lorraine Smith. "Lorraine came up with the idea as a fundraiser for Second Baptist Church,"

said Rogers. Since the congregation has outgrown their worship location, this fundraiser focused on raising funds for a new location and providing a unique fellowship activity through physical fitness. The two-mile walk through the metro park was filled with congregation members laughing while surrounded by nature and walking towards the vision of the congregation.

Rev. J.L. Boose, pastor of



Second Baptist Church, commended the co-chairmen for this idea. "Today was organized by church members. We, at Second Baptist Church, have a vision. Since we have out-grown our present sanctuary, we want to build a new church," said Boose.

In addition to raising funds, the pastor wanted to collaborate with congrega-

tion members to encourage physical fitness. "We, at Second Baptist Church, also believe that health is important. The Bible teaches us to take care of our temple. This walk is a fundraiser and an opportunity to walk towards our vision and trust God," said Rev. Boose.

Immediately following the walk-a-thon, the congregation continued to fellowship

over food, music and laughter.

Second Baptist Church is currently hosting worship service at the Spencer community building located at 330 Oak Terrace, the public is welcomed to attend Tuesday prayer meeting and Bible study, Sunday school at 10:00am, and Sunday service at 11:00am.

Starting August 13, the congregation will host a vacation bible school from 6:00pm-8:00pm for ages one to adult.

The school will feature arts and crafts, provided meals, and bible study. Second Baptist Church hosts a radio broadcast on 95.7fm, in which Boose encourages the public to listen to. "We want to reach those that don't attend church."

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Does your team interact, communicate and perform to a collaborative and efficient manner? If you are stuck in your way and are struggling to get your team motivated, energized, and organized to achieve better results and better service for your customers and clients, this book is for you. Learn what your program can do for you, people, time, and performance on how to build and sustain your team. **There really is Power in Teams!**



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State Academy Recognizes Toledo Physician as Family Physician of the Year

Special to The Truth

The Ohio Academy of Family Physicians (OAFP) has announced that Louito C. Edje, MD, FAAFP, of Toledo, OH, will receive its 2012 Family Physician of the Year Award.

Dr. Edje is currently the program director at the Toledo Hospital Family Medicine Residency. She is a board-certified family physician, and a fellow of both the American Academy of Family Physicians (AAFP) and the National Institute of Program Director Development.

She started her education at Michigan State University, East Lansing, MI, at age 16 where she earned a bachelor of science degree in Physiology. Dr. Edje was president of her medical school student body at the University of Michigan, Ann Arbor, MI, and she completed her family medicine training, with honors at the Toledo Hospital Family Medicine Residency.

In her first decade of private practice at St. Luke's Hospital, Toledo, she was the youngest chief of staff in the 100-year history of the hospital and the first female chair of the Department of Family Medicine. She avidly supports her medical school on the University of Michigan Alumni Society Board and Admission Committee. She is an elected representative of Lucas County physicians to the Ohio State Medical Association and an Ohio delegate to the American Medical Association (AMA). She also served on the governing council of the AMA from 2008-10, the youngest in AMA history and the first minority to serve.

Dr. Edje's contributions to her community are many. She gives her personal time to volunteer in numerous community organizations. She is a current board member of Kids Unlimited, an organization that focuses on inner-city children providing measureable improvements in academics, character development, and self-discipline. She is also a member of the CareNet Leadership Group, a partnership across multiple hospital systems in Toledo, which col-

laborates to provide access to coordinated health care services for low-income residents who do not have health insurance and do not qualify for governmental health care.

She is also a member of ProMedica Health System's Toledo Hospital.

Dr. Edje makes a lasting impact on all she meets by encouraging and inspiring them.

"She suggests to her mentees that they 'dream in high definition,' visualizing every single detail and challenges them to meet their potential," said Vicki Bertka, MD, a colleague of Dr. Edje and award nominator.

"Dr. Edje embodies warmth and inspires confidence. As someone with several chronic illnesses, I appreciate Dr. Edje's patient-centered approach. She understands that while I value her medical expertise, any treatment recommendations need to fit with my unique lifestyle. She recognizes that these (personal) connections are as important to my health and well-being as my medication. The attention she provides to me as a whole person assures me that all issues are being addressed," explained a current patient of Dr. Edje, Mary Beth

Lutton.

She exemplifies what patients want in a family physician including compassion, competence, and the ability to communicate with patients and their families.

Debra Ball, a colleague of Edje explained in her support letter that, "Dr. Edje is compassionate and caring and takes time to understand her patient's emotional well-being in order to most effectively treat her patient's physical needs. She is a leader who can give people

voice and direction by her ability to listen; with her heart, her mind, and her eyes. Dr. Edje is open to many diverse points of view and responds with respect, dignity, and courtesy in all her interactions. She is proactive and committed to excellence, and she is a humble leader always learning and seeking to mentor."

Dr. Edje and her daughter, Francesca, honor student and recent cheerleading captain, reside in Maumee, OH (43537).

The OAFP annually pre-

sents the Family Physician of the Year Award to an individual who meets and exceeds the criteria of being an outstanding family physician role model; maintaining high professional standards and service orientations; providing high quality and family-centered, continuing health care; and being active in community, education, or other public affairs. Also, candidates must have 10 years post-residency (or equivalent) experience, currently be in practice, and be

"She suggests to her mentees that they 'dream in high definition,' visualizing every single detail and challenges them to meet their potential,"



member of the OAFP.

Dr. Edje will receive the Family Physician of the Year Award at the 2012 OAFP Awards Dinner on Saturday, August 4, 2012, from 7:00-10:00 p.m. at Marriott Columbus Northwest in Dublin, OH. Registration to attend the dinner is \$40 per person; there is no charge for OAFP members. Reservations can be made by calling the OAFP at (800) 742-7327.

Also during the awards ceremony, W. Fred Miser, MD, MA, FAAFP of Powell, OH, will be presented with

the OAFP Family Medicine Educator of the Year Award.

The Ohio Academy of Family Physicians is a statewide, professional association with more than 4,300 members, including practicing physicians, family medicine residents, and medical students. The scope of fam-

ily medicine encompasses all ages, both sexes, and every disease entity. Family physicians provide comprehensive, continuing care to all members of the family. For more information, visit www.ohioafp.org.

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The Vegetarian Diet during Pregnancy and Beyond

By Mary Anne Arnold, BGSU Dietetic Intern with Ohio State University Extension, Lucas County Guest Column

There is no other time in life during which nutrition plays such a vital role than pregnancy. Good maternal nutrition influences both the health of the mother and her unborn baby.

While a varied, healthy diet is important throughout life, during pregnancy the mother must obtain a sufficient amount of nutrients to meet her usual needs, as well as the needs of the growing fetus inside of her and to ensure that she and her baby experience the safest and most healthy pregnancy possible.

The Academy of Nutrition and Dietetics suggests that, each day, pregnant women eat six servings of grains, four servings of vegetables, two servings of fruit, seven servings of protein (legumes, nuts, seeds, milks), and two fat servings. Women should also take prenatal vitamins throughout pregnancy.

A healthy pregnancy requires complete and balanced nutrition, but some diet lifestyles don't permit the consumption of certain foods. An example of a food-limiting lifestyle is the vegetarian diet, which excludes meat, fish, poultry and eggs.

There are several variances of the vegetarian diet, including lactovegetarian, ovovegetarian, and lactoovovegetarian (depending on if the diet includes only dairy products, eggs, or both, respectively).

The most restrictive vegetarian diet is the vegan diet, which excludes all animal products, including: meat, fish, poultry, eggs, animal milks and derivatives of these products. Among females between the ages of 18-34, approximately 12 percent refrain from eating meat, five percent are vegetarian, but only about one to two percent are strict vegans.

A vegetarian diet that is well planned can supply good total nutrition at all stages of the life cycle, including pregnancy and lactation but women who are pregnant or breastfeeding should monitor their diet carefully in order to decrease the risk of becoming deficient in any essential nutrients.

All women who are of child-bearing age should work to sustain a lifestyle that emphasizes good nutrition and maternal health to help reduce the risk of experiencing suboptimal fetal growth and development, birth defects, and chronic health problems in their children. As with any diet that restricts certain foods, vegetarians and vegans can be at risk of becoming deficient in nutrients that are most commonly obtained through animal products, such as iron, zinc, vitamins B₁₂, and D.



Although vegetarians and vegans may have high intakes of some nutrients, they may have lower intakes of others. Below are the nutrients that are of particular importance, along with a listing of why the nutrient is important, how much is needed, and some examples of vegan sources of that nutrient.

Protein

Important for:

- Structure of muscles & bones
- Food digestion
- Immune system
- Hormones
- Healthy skin, nails, & hair
- Blood health
- Larger breasts & uterus during pregnancy
- A growing baby's body

Amount Needed:

- Pre-pregnant: 0.36 grams per pound, per day
Ex: 130 lb non-pregnant woman needs 47 grams per day
- Pregnant: 0.5 grams per pound, per day
Ex: 130 lb pregnant woman needs 65 grams per day

Vegan Sources:

Food Soy burger Soybeans Lentils, cooked Peanut butter Soy milk, light Quinoa, cooked
Amount 1 patty 1/2 cup 1/2 cup 2 Tbsp 1 cup 1/2 cup
Contains (g) 17 15 9 8 6 4

Omega-3 Fatty Acids

Important for:

- Energy
- Absorption of fat-soluble vitamins (A, D, E, & K)
- Membrane structure in nerve tissue & retinas

Amount Needed:

- Pre-pregnant: 1.1 grams per day
- Pregnant: 1.4 grams per day

Vegan Sources:

Food Flaxseed oil Canola oil Soybean oil Microalgae-derived DHA supplements
Amount 1 Tbsp 1 Tbsp 1 Tbsp varies
Contains (g) 7.2 1.2 0.9 varies

Folate

Important for:

- New cell growth
- Maintenance of cells
- Reduces the risk of neural tube defects in babies

Amount Needed:

- Pre-pregnant: 400 micrograms per day
- Pregnant: 600 micrograms per day

Vegan Sources:

Food Orange juice White beans, cooked Spinach, raw Wheat germ Whole-wheat bread
Amount 1 cup 1/2 cup 1 cup 1 Tbsp 1 slice
Contains (mcg) 74 71 58 25 14

Zinc

Important for:

- Tissue growth
- Development
- Gene expression
- Structure of proteins & enzymes

(Continued on Page 11)

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Get Your Groove Back!

By Angela Steward, Fitness Motivator
The Truth Contributor



caring more and more about others, while caring less and less about how we look and feel. The word "exercise" is a word used in someone else's vocabulary. It's easier to spend money to cover up our unhealthy overweight body than it is to actually work on our unhealthy overweight body. My philosophy is: clothes look great on a body, but a fit body looks great without clothes!

What is a "groove?" My definition of groove is: feeling good, looking good, confident in who I am and feeling healthy! My groove might not be your groove, but surely, everyone wants to feel and look their best, no matter what age!

So, when did you lose your groove? I lost mine in my 30's while raising my kids, more than likely, you did too. Your kids can suck all the "groove" from your life. All your energy is donated to them. They don't do it intentionally, we allow it to happen, that's what mothers do. We put our kids and everyone else at the very top of our priority list - we're not only at the bottom of our list, but more than likely we're not on our priority list at all.

Mom - It's time to break out of that "Mom" shell and get back to your pre-Mom life. It's possible to get your groove back, but you have to take that first LEAP! It's not a step because the hole is deep, you will have to literally take a big LEAP to change the unhealthy lifestyle you've so graciously accepted.

I always say if you're happy in the skin you're in, by all means celebrate. But if you've ever looked in the mirror and said I really want to do something about this weight, I want to get rid of this belly, or I'm tired of feeling tired - then get out there and get your groove back. It's possible.

Start your healthier lifestyle by making small

We moms fall into a rut,

changes. Prepare simpler meals. For the most part, eat your foods in their natural state. Prepare a baked potato, not scalloped potatoes.

Eat lean meats and fresh fruits and vegetables. Avoid canned vegetables they're loaded with salt and canned fruits are loaded with sugar. Eat fresh if possible.

Drink water, water and more water. Avoid soda. You can cut hundreds of calories by switching to water: add sliced lemons, limes or cucumbers for extra flavor.

Move, move, move. Move your body. No matter how tired you are, get up. Make a promise to walk at least 30 minutes a day, at the same time every day. Make it part of your daily routine. A good cardio workout will deliver true cardio benefits. Walk at a pace where you're mildly breathless but can carry on a conversation.

For example, I prefer to walk by myself so I walk with my ipod. If I'm able to sing while inhaling through my nose and exhaling through my mouth, I'm walking at a good pace. If you can talk continuously

without stopping to take a breathe, you're not walking fast enough, on the other hand if you can't catch your breath to speak a sentence, you're intensity is too high. Slow down and breathe, inhale through the nose, exhale out the mouth.

Motivate others! Ask someone to share this new healthy lifestyle with you. But be forewarned, that person may begin this journey with you, but more than likely won't end it with you. It's always nice to have a partner during this time, but fitness requires commitment. So encourage someone to walk this journey with you, but don't let that person's lack of commitment or dedication overpower your desire to get healthier and fit.

Don't let excuses get in the way of your Groove! If it's raining - use an umbrella or walk in the mall. Spare me the infamous ex-

cuse: "I don't like to sweat my hair out!" Frankly, I don't know of anyone who's died from a sweaty head of hair, but I do know of many who've died of a heart attack or stroke, which for the most part could have been prevented by living a healthier lifestyle. Once again.....No Excuses!!!

Offer no apologies for taking the time to exercise, be proud of your healthier lifestyle - everyone should do some form of exercise activity daily.

So, Mom, by following these simple steps you could take up to 20 pounds off in 10 weeks. To begin your healthier lifestyle, you have to believe that you can be healthier than you are today. You have to commit to eating healthier: cut back on the fast food restaurants, cook at home. Plan daily meals using lean meats, fresh fruits and vegetables. Ditch the sodas and drink

more water! Move your body for 30 minutes daily! Commit to this healthy new lifestyle!

I'd love to hear from you. I've helped women of all ages and fitness levels in their fitness journey, allow me to help you in yours. If you have questions or if I can be of help to you, feel free to email or text me. Everyone needs a little help now and then. Now get out there and "Get your Groove Back!"

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Meharry Medical College Physician to Be Installed as President of the National Medical Association

Special to The Truth

Dr. Rahn Kennedy Bailey, associate professor and chairman of the Department of Psychiatry and Behavioral Sciences at Meharry Medical College, will be installed as president of the National Medical Association (NMA) on July 31 during the NMA 2012 Annual Convention and Scientific Assembly at the Hilton Riverside, Grand Ballroom, New Orleans.

NMA represents more than 50,000 African-American physicians and is the largest and oldest national organization representing these physicians and the patients they serve.

Dr. Bailey begins his term as the 113th NMA president with an eye toward implementing a policy agenda that includes support of the Obama administration's Affordable Care Act.

Additionally, his administration will focus on eliminating health disparities and raising awareness of the unmet need for mental health care for African Americans.

"Health care policy is changing rapidly and, for more than 100 years, the National Medical Association has been at the forefront of the effort to provide quality health care for medically underserved populations," Bailey said. "I look forward to expanding my commitment to the NMA as we continue to make a difference in meeting the health care needs of all Americans."

Dr. Bailey is double board certified in general psychiatry and forensic psychiatry by the American Board of

Psychiatry and Neurology. He has extensive expertise in forensic cases involving, but not limited to, establishing competency to stand trial, competency to be executed, child custody, clinical malpractice, fitness for duty, sexually violent predators, insanity and medical malpractice.

A graduate of Morehouse College, Dr. Bailey received his medical degree from the University of Texas Medical Branch in Galveston, Texas. He completed his residency in psychiatry at the University of Texas at Houston and completed a fellowship in forensic psychiatry in the Department of Psychiatry at Yale University, School of Medicine.

Dr. Bailey has been a longstanding member of the NMA, serving as section chair of the psychiatry section, secretary of the House of Delegates, vice speaker of the House of Delegates and, most recently, speaker of the NMA House of Delegates, the governing body of the association. Additionally, he was the chairman for the Katrina Response Effort of the NMA. In this capacity, he led teams of physicians in treating the mental health needs of those displaced by the hurricane. In January 2010, Dr. Bailey traveled to Haiti with the National Medical Association to provide medical care for the basic needs of Haitian residents after the 2010 Haiti earthquake.

Bailey said that the NMA and Meharry, which is dedi-

cated to serving medically underserved populations, will be intricately involved during his presidential year because the organizations have parallel goals.

"Both organizations want health care to be affordable, available and of high quality for everyone," Bailey said. For convention information visit <http://nmanet.org/i>

About the National Medical Association

Founded in 1895, the National Medical Association is the nation's oldest and largest medical association representing the interests of more than 50,000 African-American



can physicians and the patients they serve. The NMA repeatedly advocates for

policies that would assure equitable and quality health care for all people. To learn

more about the NMA visit www.NMANet.org.

Whooping Cough Alert: Get Immunized!

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



Up-to-date immunization status is important in the prevention of disease throughout your life. Most people know they should get yearly flu vaccines and Tetanus boosters every 10 years. Recently, however, the urgent recommendation to get a Pertussis (whooping cough) is receiving a lot of attention. There have been recent outbreaks of

Pertussis all over the country – the worst in 50 years. This year's cases are double the reported rate of last year.

This magnitude of outbreaks is so alarming because it is such an easily spread, contagious disease. The bacteria, called *Bordetella pertussis* is found in the nose, mouth and throat. The bacterium is easily spread to others by sneezing or coughing. Though anyone can get whooping cough, it is most dangerous to children under one year of age, premature babies or children with lung disease.

The Pertussis vaccine is given in combination with Diphtheria and Tetanus (DPT or DTaP) in a series of five shots: at two, four, six and 15 months, and another between four to six years old.

A Tetanus and Diphtheria (Td) booster shot is given around the age 11 or 12.

After that, it has been recommended that everyone have a Td booster every 10 years, or after five years if you are injured involving a rusty or dirty object because immunity starts to decrease.

Now, because of the increased cases of Pertussis, it is recommended that people – especially pregnant women and those who work with young children, get the booster shot containing the Pertussis vaccine (DTaP).

Pertussis cases have been known to spike every three to five years, but recently the cases in 13 to 14 year-olds have risen. It is speculated that either the effectiveness of the vaccine they received before they started school is lower, or that it is just wearing off.

The symptoms of Pertussis usually begin five to 10 days after a person has been exposed to it, but can take as long as 21 days.

Cold-like symptoms begin first: a mild occasional cough, low-grade fever, runny nose, and sneezing. The cough will become severe over the next one to two weeks with coughing spasms; rapid coughing with a characteristic and high-pitched "whoop".

The coughing attacks occur mostly at night, and can be very exhausting. The attacks will occur more frequently over the weeks, and then gradually decrease. The coughing attacks can recur off and on for several months.

As mentioned, young children are affected most severely, and some have to be hospitalized. Nine children have died this year so far. If a child is having symptoms as described above, they should be taken to their pediatrician for evaluation and treatment.

Take the child to the emergency room if there is severe respiratory distress, turning blue, or if they have a history of an underlying lung disease. The illness is treated with antibiotics. Household contacts and other close contacts with children or adults who have Pertussis also need to be treated with antibiotics.

The main message is: get immunized. If you recently had a Tetanus/Diphtheria booster (Td), or even if it has not been 10 years since your last booster, you can still get the booster containing the Pertussis (DTaP). Protect yourself and others.



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The Vegetarian Diet

(Continued from Page 8)

Amount Needed:

- Pre-pregnant: 8 milligrams/day
- Pregnant: 12 milligrams per day

Vegan Sources:

FoodBaked beansCashewsKidney beansInstant oatmealWheat germFortified cereals

Amount1/2 cup 1 ounce1/2 cup 1 packet1 Tbspvaries

Contains (mg)32 1 1 1 1 varies

Iodine

Important for:

- Thyroid health (which affects several major organs, including the brain, muscles, heart, pituitary gland, and kidneys)

Amount Needed:

- Pre-pregnant: 150 micrograms of iodine per day
- Pregnant: 220 micrograms of iodine per day

Vegan Sources:

FoodIodized salt

Amount1 tsp

Contains (môg)300

Vitamin B12

Important for:

- Healthy nerve cells
- Normal red blood cell formation
- Cell division

Amount Needed:

- Pre-pregnant: 2.4 micrograms/day
- Pregnant: 2.6 micrograms per day

Vegan Sources:

FoodSoymilk, lightSoy burgerFortified cereals

Amount1 cup 1 pattyvaries

Contains (môg)2.4 1.4 varies

Calcium

Important for:

- Strong bones
- Teeth
- Muscle functions
- Nerve functions

Amount Needed:

- Pre-pregnant & pregnant: 1,000 milligrams per day

Vegan Sources:

FoodOrange juice, fortifiedSoymilk,

lightTofu, calcium-

setAlmondsWhite beans,

cookedKale,

cookedChinese cabbage,

rawBroccoli, raw

Amount1 cup 1 cup1/2 cup

1/4 cup1/2 cup1/2 cup1/2

cup1/2 cup **Contains**

(g)498 299 138 94 79 47

40 21

Vitamin D

Important for:

- Bone health

- Fetal bone formation

Amount Needed:

- Pre-pregnant & pregnant: 15 micrograms per day

Vegan Sources:

FoodSoymilk, lightOrange juice, fortifiedFortified cerealsSunlightVit.D supplements

Amount1 cup 1 cupvariesvariesvaries

Contains (g)32variesvariesvaries

Pregnant woman can eat a vegetarian or vegan diet and still be able to provide the proper nutrition that her baby needs for healthy growth and development.

As stated by the Academy of Nutrition and Dietetics, a vegetarian or vegan diet that is properly planned can be nutritionally sufficient, healthy, and are appropriate for persons during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, adulthood and also for athletes.



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Book Review**Hope Somewhere in America by Sydelle Pearl, illustrated by Astrid Sheckels**

c.2012, Twin Lights Publishers, Inc.

\$16.95 U.S.

32 pages

By Terri Schlichenmeyer
The Truth Contributor

One of your favorite things to do in the world is to color and draw.

You love adding colors to a picture and using your creativity. Why can't a pony be purple? Why not give someone blue hair? What's wrong with drawing your Dad with a flower growing out of his head? It's your picture, right?

As long as there's a box of crayons by your elbow, you're a happy kid and someday, you might be a world-famous artist. But what if there was a picture of you hanging in a museum? In the new book *Hope Somewhere in America* by Sydelle Pearl, illustrated by Astrid Sheckels, you might see what it's like.

Hope Sequoyah was born just as the Great Depression began. Her mother gave her a unique name because everybody needed hope, and because her mother wanted her to stand tall like Sequoyah trees.

Five years later, Hope got another name and this is her story.

It all started because her mother loved to paint. Mama had a job as a librarian, but knitting and painting were her favorite hobbies so she practiced and took classes until she could paint a canvas apple that looked good enough to eat! She was so good, in fact, that she was invited to show her paintings at an exhibit.

It was a special exhibit, which called for a special painting, so Hope's Mama decided to create a portrait. She asked Hope to pose with her teddy bear and that was hard. Hope had to sit for long hours and hold very still.

Even a few weeks later, the painting wasn't finished but Mama was very excited with it. She took it to show her teacher and he got very excited, too. He asked to meet the little girl with the unique name.

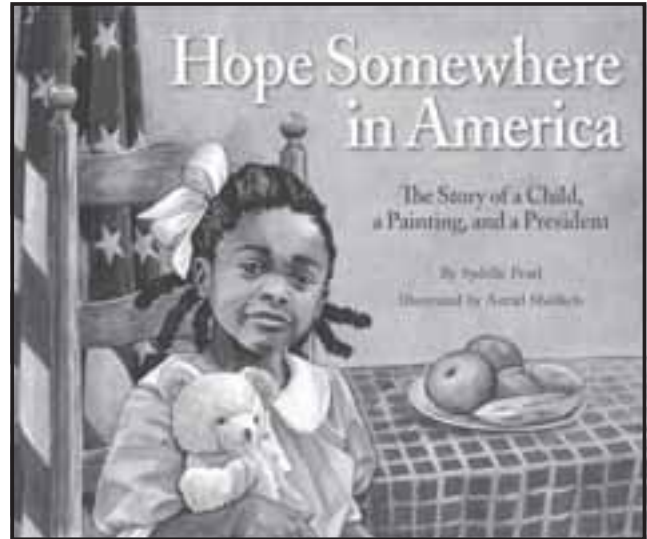
At the studio, Mama's

teacher, Mr. Brackman, asked Hope some questions. He asked about her hair bow and her teddy bear. Then he told her he'd like to paint her picture, if that was okay.

Hope liked the idea, and she liked Mr. Brackman. Staying still for him wasn't as hard as it was for Mama, but Mr. Brackman's painting took a lot longer. Three months later, he called his finished painting *Somewhere in America* which was, he said, almost like calling it Hope...

Hope Somewhere in America is cute and colorful, charming and a little cheeky, and based fictionally on a real painting. That very interesting "extra" may lend more meaning for five-to-eight-year-olds who might appreciate what's going on in author Sydelle Pearl's tale, especially if you can catch the real painting on tour or in the Smithsonian.

As for smaller kids, I think



that, while Astrid Sheckels' illustrations are wonderful, this book may be a challenge for a flock of wiggly toddlers. They may like the story,

but it's longish for that age group.

Still, give it a whirl and see what happens, particularly if your child loves to

draw. For little artists-in-the-making, *Hope Somewhere in America* will paint a wonderful picture.

Alzheimer's Association Caregiver Groups

Special to The Truth

The Alzheimer's Association, Northwest Ohio Chapter is hosting Caregiver Groups in the following locations and times:

Thursday, August 2, 2012
6 p.m. (for men only)

Alzheimer's Association
2500 North Reynolds Road
Facilitator: Bob Hausch
For more information, call 419.537.1999

Saturday, August 11, 2012
1:30 p.m.

Scrambler Marie's
570 Dussel Drive
Facilitator: Karen Decker and Sue Blevins,
419.385.3958
Respite Available
Complimentary lunch provided by Foundation Park Alzheimer's Care Center

Tuesday, August 21, 2012
1:30 p.m.

Alzheimer's Association
Wheeling Street Adult Day Center
131 North Wheeling St., Suite 2
Facilitator: Traci Holland, 419.720.4940

Wednesday, August 15, 2012
6 p.m.

Alzheimer's Association
2500 North Reynolds Road
Facilitator: Beth Wong
For more information, call 419.537.1999

Thursday, August 16, 2012
10 a.m.

Alzheimer's Association
2500 North Reynolds Road
Toledo, OH
Facilitator: Bob Hausch
Respite available
For more information, call 419.537.1999

Wednesday, August 22, 2012

Noon
Alzheimer's Association

Parkcliff Community, Building #2
4226 Parkcliff Lane
Facilitator: Jenny Bucher
For more information, call 419.381.9447

Alzheimer's disease is the **sixth-leading cause of death** in the United States and the only cause of death among the top 10 in the United States that cannot be prevented, cured or even slowed. More than **15 million Americans provide unpaid care** valued at \$210 billion for persons with Alzheimer's and other dementias.

These caregiver groups are free and open to the public. Registration is not required. However, it is suggested that you contact the facilitator of the group you plan to attend for the first time to confirm the time, place and date of the meeting. For more information on caregiver groups or other programs of the Alzheimer's Association, Northwest Ohio Chapter, call 419.537.1999 or 1.800-272.3900.

The Northwest Ohio Chapter of the Alzheimer's Association serves 24 counties: Allen, Ashland, Auglaize, Crawford, Defiance, Erie, Fulton, Hancock, Hardin, Henry, Huron, Knox, Lucas, Mercer, Ottawa, Paulding, Putnam, Richland, Sandusky, Seneca, Van Wert, Williams, Wood and Wyandot.

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An Interview with Toledo-Based R & B Artist J Rashad

By Michael Hayes
Minister of Culture



Maybe I'm old, but to me the early 2000's weren't that long ago.

So when I think about how long I've known this cat, it shocks me when I realize it's been about 10 years or so.

My co-producer and I were at N.B.D. studios faithfully working on Walt "Mr. International" Billup's album and through that relationship we were able to collaborate with a whole new wing of Toledo's music scene.

Among those new-found musical allies was J.Rashad. Walt had us all at the studio late nights and early mornings.

I would always see J.Rashad with his little notepad in the hallway perfecting his songwriting. If someone were to dig through the crates diligently in the local music scene, you would even find one song where J.Rashad is on the hook with Carmen Miller and I'm spitting the final verse.

Seems all these years later, we still have much in common because we both find ourselves forging ahead with all we learned from before but applying it to the present. J. Rashad is one of those R&B artists who stays true to that meaningful 90's feel that raised us even though the music and themes are relevant to this day.

This year I've heard some of his new stuff, been in a few meetings with him and I can vouch for his grind and pedigree as an artist. Like I always tell my readers, I'm not here to do an article on just anybody. I want to introduce you to people I know for a fact are holding it down the right way... someone you can be proud to support.

So without further adieu, get to know my bro, J.Rashad.

Michael: How did you first begin to want a career as a singer?

J. Rashad:

I began my career as a singer like most R&B artists - in church. Church was and still is music class 101 for me. Raised in the hood, all of my homies would be trying to rap and I always knew I could sing but didn't want everybody to know. But it all came together one day at Robinson junior high when I was singing R. Kelly's "Your Body's Calling" in school and all the girls went crazy. That's when I knew I had something.

Michael: Are you pursuing the major industry or the independent lane and why?

J. Rashad:

I am pursuing the "Major" Independent...because in studying the music industry...I know you don't have to have a 3 million dollar budget to put out a record and connect with fans. Major Labels are good, don't get me wrong, but in this day and age with the social media and internet world growing and changing so fast the music industry is also changing. Back in the day when an artist

would sign a major deal alot of factors would come into play. For instance, a deal consisted of the writing of your music, the production, the studio time, the travel, merchandise etc. Now days artists are able to record there own projects and connect with fans on a global scale right from home.

So even though a major deal is a great marketing machine it has lost some value so I say major independent. My company, Audiobream Records is an indie label with Major relationships and visions but will always stay independent.

Michael: What are you doing now to reach the goals?

J. Rashad:

To reach my goals with the music it all starts with having a good product and relationships. On the creative level, I am a studio rat. People close to me know all about my late night recording sessions. I'm always trying new things and working to improve.

I look at myself not just as a songwriter but as a scientist not afraid to mix different formulas and try new things. I try to write three to four songs a day just to keep my juices flowing.

I have been blessed to write all my own songs during my career as an indie artist and I thank God for that ability. It's stimulating but hard work. So hard work and dedication has always been the foundation of my dream. As a business I'm looking to connect with fans on a major level that just love to hear good R&B music. It's about team work and I have a great team that has been on a mission to make the dream work..



because it gave me a chance to see alot of the local talent and I was very impressed by the performances.

Michael: What upcoming projects do you have on deck?

J. Rashad:

I have an album coming out this winter called *Dark Room*. All 12 songs written and arranged by myself and what I'm most proud of is the range of producers I'm working with such as Tubb Young, Blaq Smurph, Tobias and Mally the Mar-tian.

This album was originally called *Baby Machine*. Ha-ha-ha! Very sexy, love-making content.

Michael: Words of advice for anyone pursuing career in music?

J. Rashad:

My advice is just to stay encouraged and positive and understand this business is "10 percent inspiration and 90 percent perspiration." It takes a lot of hard work. At least 50,000 hours out of your life to develop and master your craft.

Always treat fellow artist with respect and treat your fans just like you treat the air you breath because without them we are nothing!

Michael: What are your thoughts on the local entertainment scene here in Toledo?

J. Rashad:

I feel that our local talent in Toledo has been underrated. We have a lot of talented singers, songwriters, producers and managers. I have always been a fan of local legends like gospel group the Prodigals and Rance Allen. I am very impressed with the passion and determination of our local artist to pursue their career. Artists like Tubb Young, Chief, T.Diamond, Rocky Duh, Tracy, U.G.E., Re-

pentance, Rob Louis and the whole W.A.L.L. music fan.

Michael: In what ways have you supported fellow artists?

J. Rashad:

To support local artists I am big on buying their music, T-shirts, etc. I love showing up at local performances and being their number-one supporter even if I don't know them. It takes a lot to get up their on stage and I can relate to what their going through.

So I try to treat them how I want to be treated. I had a good time at 419 awards

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CLASSIFIEDS

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August 01, 2012

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UNISON is seeking a part-time Primary Care Physician to provide medical services to adults, adolescents and children with a mental illness or substance abuse diagnosis. In addition to diagnosing and treating medical conditions, our physicians work as part of an interdisciplinary treatment team which includes psychiatrists, nurses, case managers and therapists.

Current Ohio medical license with family practice specialization and DEA registration required. Board certification in Family Medicine is preferred. Excellent interpersonal communication skills and proficiency in computer use and experience working with an electronic record and prescribing are essential.

Send resume with salary requirements to:

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

EOE

COMMUNITY PSYCHIATRIC SUPPORTIVE TREATMENT CLINICIAN

Unison Behavioral Health Group, Inc. is seeking full-time Community Psychiatric Supportive Treatment Clinicians to provide community support services to adults with serious and persistent mental illness. Duties will include assessment of client needs, assisting in the development of the treatment plan, coordination of the treatment plan, crisis management and stabilization, advocacy and outreach, education and mental health interventions addressing the mental illness.

Bachelor's degree in social work or a Master's degree in counseling, valid Ohio LSW or PC license and a valid driver's license required. Experience preferred.

Send resume or apply to:
Human Resources - CPST
1425 Starr Avenue
Toledo, OH 43605
Fax 419.936.7574
Email: hr@unisonbhg.org

EOE

AOD Clinician

Opportunity is available for experienced AOD professional to provide chemical dependency treatment and case management services.

Candidate must possess a Bachelor's degree, a minimum of six months experience working with adults with mental health and chemical dependency issues and be at minimum a CDCA. Dual licensure as either a PC or LSW preferred.

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CLASSIFIEDS

August 01, 2012

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Legal Notice

Bids will be received by Lucas County Department of Job & Family Services (LCDJFS) until **3:00 p.m., August 20, 2012** for the selection of Vendor(s) to provide **Non-Emergency Medicaid and Title XX Transportation Services** for eligible LCDJFS clients. Submitted bid packets must be completed according to the specifications and provisions outlined in the Request for Qualifications. The contract period will be from approximately **October 1, 2012** through **September 30, 2013**.

No bids will be accepted after **3:00 p.m., August 20, 2012**; bids that are submitted via any method other than that described in the RFQ will not be accepted.

The Request for Qualification will be available on **August 1, 2012**. It will be available for potential bidders to download by going to the site: <http://www.co.lucas.oh.us/bids.aspx>.

An Electronic Question & Answer (Q&A) process will be from August 1, 2012 at 8:00 a.m. to August 10, 2012 at 12:00 p.m. **PARTICIPATION IS OPTIONAL, BUT IS HIGHLY ENCOURAGED.** Questions for the Q&A must be submitted in writing and received via email, by Michelle Niedermier at niedem@odjfs.state.oh.us by August 10, 2012 at 12:00 p.m.; the posting of the Q&A will be on August 13, 2012. If any changes are made to the RFQ as a result of the Q&A, an addendum to the RFQ will be posted on the website address (noted above).

This notice is posted, as of **August 1, 2012**, at <http://www.co.lucas.oh.us/bids.aspx>.

The right is reserved to reject any and all bids.

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

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

Bid. 48-13-RFQ-01

Notice to Bidders: Inquiry # FY13-17,

(Project# 5017-12-1724) for Anatomy Sim. Cntr. - Interprofessional Immersive Simulation Center - Phase II 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 2:00 p.m., Tuesday, August 21, 2012 Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$50.00 will be charged per set. Any further information may be obtained from Jennifer Fuller of BHDP Architecture, Inc. at 614-486-1960.

One Pre-Bid Conference will be held on Tuesday, August 14, 2012 at 10:00 a.m. in the 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: \$1,142,035.00; Breakdown: General Const: \$1,142,035.00.

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Request for Proposals

Printing and Reproduction Services
RFP #12-R014

The Lucas Metropolitan Housing Authority (LMHA) will receive proposals for **Printing and Reproduction Svcs.** Received in accordance with law until **Friday, August 14, 2012, 3PM ET.** Documents available at: 435 Nebraska Ave., Toledo, OH 43604, 419-259-9446 (TTY 419-259-9529) or www.lucasmha.org. Proposers required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Section 3 Compliance Applicable.



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Southern MBC's Second Pastoral Anniversary

By Artisha S. Lawson
Sojourner's Truth Reporter

Elegant black, white and crystal table decorations welcomed family, friends, community members who gathered to celebrate Rev. Lemuel A. Quinn's second pastoral anniversary at Southern Missionary Baptist Church. Featured creative expression, welcoming hostesses and delicious food filled the banquet hall.

The honoree, Rev. Quinn, and his wife, First Lady Portia Quinn, opened the festivities as they were escorted and welcomed by Patricia Allen and Elgie Summers. Congregation member Diana Gordon then welcomed guests and friends to enjoy the fellowship.

"I am so glad to have the honor to welcome you here today," said Gordon. "Thank you for partaking in this celebration, of our pastor and may God continue to bless you."

The July 28 banquet was held in the Rev. Robert P. Wormely Multi-Purpose room, located on the church grounds and named in honor of the previous and beloved pastor. The theme "The Shepherd labors is not in vain when his labor is for the Lord," from I Corinthians, explained the purpose and agenda of the celebration.

As the program continued, guests dined on salad, warm rolls, fried and



baked chicken, green beans, corn, mash potatoes, rice, gravy and an on-site carver served roast beef, all catered by The Sisters Company. Congregation members Maggie Benson and Pauline Harrison honored the pastor with poetry and congregation member Steve Carter performed a musical selection.

Rev. Casey Diggins, pastor of New Prospect Baptist Church, inspired the banquet attendees and saluted Rev. Quinn for answering the call of God to serve. The banquet concluded with gifts and presentations to Pastor Quinn and his First Lady by congregation members and friends.

"The presentations are tokens, tokens of appreciation for our pastor. Members and ministries of Southern Missionary Baptist Church, and the community will present these tokens," said Diana Gordon.

Quinn first became a member of Southern Missionary Baptist Church 10 years ago, and answered the call to pastor two years ago. He plans to focus on congregation collaboration with church ministry and leaders on a vision

inspired by his predecessor Rev. Robert P. Wormely.

"I am truly humbled and grateful for these past two years," Quinn told his audience. "Pastor Wormely's philosophy is within my vision. If it's not broke don't fix it. I work in one accord with the deacons and trustees, our youth, members and ministry leaders. I love everyone, and know they love me."

The banquet was organized by Sparrow's Club, a church ministry. The church is located at 1222 Indiana Ave, for further information about the congregation and activities call 419-244-2822.

Photo: First Lady Portia Quinn and Rev. Lemuel A. Quinn

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