



Local and National News

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"And Ye Shall Know The Truth..."

December 05, 2012

December 1, 2012 - World AIDS Day

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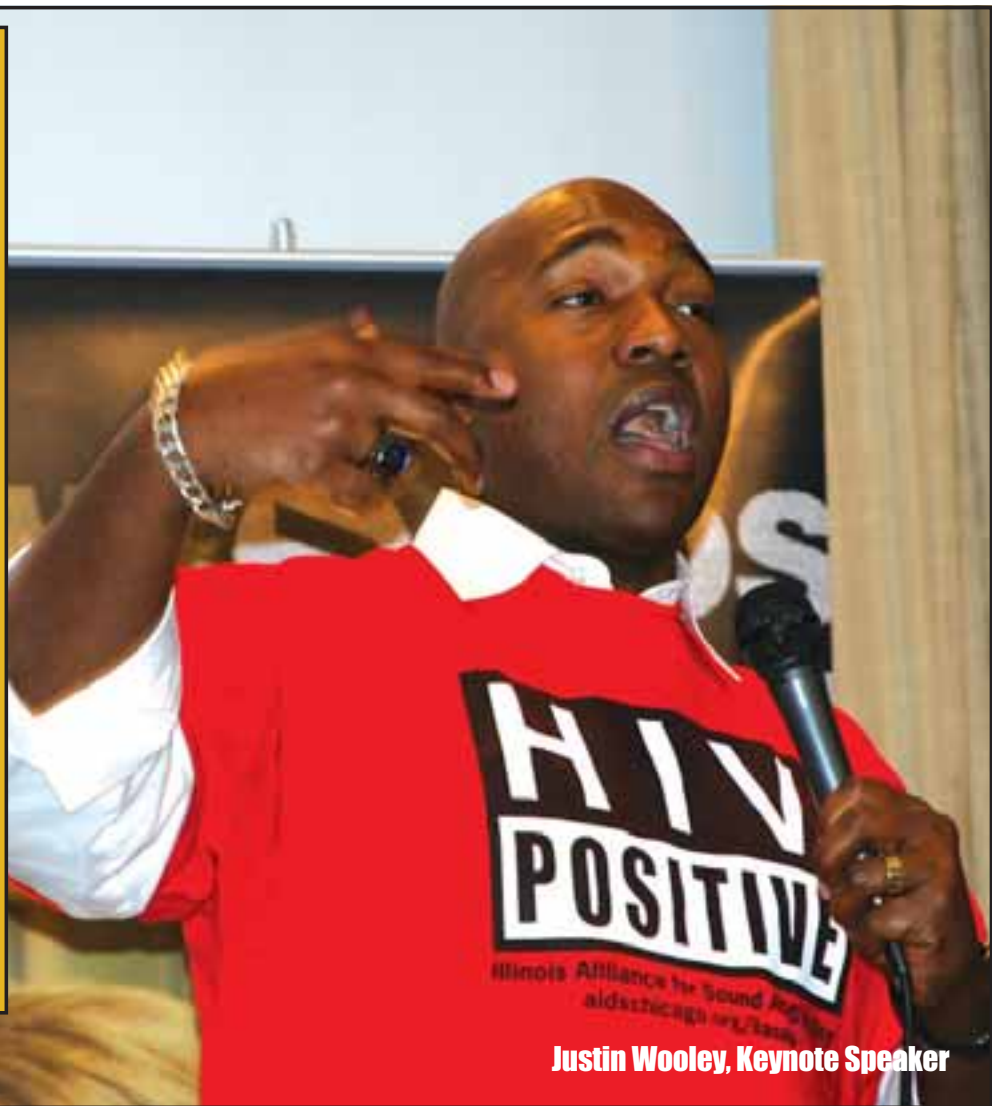
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Justin Wooley, Keynote Speaker



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The Great Discernment

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



Deficits are indeed moral issues, and how you resolve them is a moral issue too. You can't resolve a deficit by increasing poverty. - Jim Wallis

The plight of low-income families has been omitted, for the most part, from the public debate on the nation's debt and fiscal cliff crisis.

I can understand why.

Programming designed to assist the poor, almost always triggers racialized images of wastefulness and inefficient government. Often, negative stereotypes such as Reagan's lazy, materialistic "Welfare Queen" who schemes to increase her welfare check, or Senator John McCain's vulgar mischaracterization of U.N. Ambassador Susan Rice as incompetent or unethical, are merely "proxies for prejudice."

These surreptitious tactics attempt to achieve legislative goals by "legitimizing" discriminatory policies or by reinforcing beliefs that certain groups are undeserving or less capable than others.

Therefore, from a strategic standpoint President Obama's advisors may still be searching for potentially successful messaging similar to Clinton's "ending welfare as we know it" or Bush's "Compassionate Conservatism." Perhaps framing the fiscal cliff policy war as a conflict between the wealthy and middle class is more politically expedient at this time.

However, beyond the contrary stereotypes and misleading political rhetoric surrounding poverty, the reality is that most poor persons are those who have lost jobs or those working in order to support families and make ends meet despite low wages in a difficult economy. Also included in poverty's grasp are those who are unable to work or for whom - of no fault of their own - the system does not work.

Nevertheless, automatic budget cuts will take place unless Congress acts before January 1. Although the Obama administration has expressed optimism that they will reach a deal prior to the

deadline, negotiations have centered on revenue generation and higher taxes for the wealthy. The fate of many critical programs that affect low-income families hangs in the balance in a process that is detached from the everyday experience of the poor and suffering.

What do these spending cuts mean for those who have already fallen over the fiscal cliff and are attempting - crawling, clawing and scratching - to desperately find a pathway out of poverty?

According to the Coalition on Human Needs, Ohio stands to lose in excess of \$200 million in funding which helps low-income people climb out of poverty leaving the following disastrous impact:

- 75,000 children will not be able to receive Head Start services

- 25,000 will not be able to attend safe and educational child care, putting an enormous burden on low-income working parents

- 17,000 seniors would no longer receive Meals on Wheels or eat at centers

- Community Health Centers such as Neighborhood Health Association's Cordelia Martin Clinic and

- others will lose \$55 million, cutting off health care and ending jobs

- 550,000 poor adults, nearly 100,000 dislocated workers and nearly 20,000 youth will no longer receive job training

- 1.5 million low-income students in elementary and secondary schools would be harmed by program cuts, and more than 16,000 teachers and other staff would lose their jobs

- 1.3 million college students would lose or face reductions in their supplemental education grants

- 734,000 households would no longer receive help paying for their home heating or air conditioning

At a time when a one percent improvement in four-year college graduation rates produces a \$713 per capita return for each community resident, one in nine black males between age 25 and 29 years is in prison or jail.

But when low-income residents have the ability to access work, education, training and other supports that help them climb out of poverty, they not only become engineers and entrepreneurs, they also become productive citizens and better parents.

Therefore the need is critical for President Obama and Congress to reject cuts that lift struggling families out of poverty, just to pay for more tax breaks for the wealthy. Instead, they should address

the root causes of poverty and invest in critical human services that raise family income.

How the fiscal cliff crisis is handled will reveal our representatives' true colors and divide "the sheep from the goats." Compassionate action toward the poor and one's behavior to those in need will signal to us "who is who."

It is clear that we cannot afford to have the deficit balanced on the back of struggling families and make the poor even poorer.

It is immoral.

Contact Rev. Donald Perryman, D.Min., at dldperryman@centrolophobaptist.org

Dear Editors:

Thank you Lucas County and thank you to everyone that supported Imagination Station throughout this levy renewal campaign. After the provisional ballots were counted, Issue 26 has passed, securing 5 more years of outstanding STEM educational opportunities for the children of Lucas County. This proves that every vote counts.

To thank you for your support, we will continue to offer Lucas County residents the following special benefits:

- Free admission every Saturday for residents, 12 and under
- Discounts on admission, every day
- Discounts on membership
- Discounts on school group rates

Imagination Station, in partnership with school districts, universities and local businesses, is committed to helping prepare future generations to enter STEM (Science, Technology, Engineering and Mathematics) career fields. Thirty of the fastest growing jobs in the United States require a background in STEM. At Imagination Station, our unique blend of hands-on exhibits and experiences, aligned to academic content standards in Ohio and Michigan, plant seeds that excite, engage and inspire our future leaders to pursue STEM careers.

Your support of Issue 26 has enabled us to plan further into the future including a wide range of traveling exhibitions fit for the whole family. You can look forward to seeing: Grossology: The Impolite Science of the Human Body; Titanic: The Artifact Exhibition; Guitar: The Instrument that Rocked the World; Mythbusters: The Explosive Exhibition; and Design Zone, alongside an array of exciting special events, guests and experiences to come.

On behalf of the Imagination Station board of directors, team and the children of Lucas County, we thank you!

Lori Hauser
Chief Executive Officer

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Senator Brown Announces Funding for Numerous Lucas County Projects

Money to assist UT projects, hospital improvements, and multiple housing programs

Special to The Truth

State Senator Edna Brown (D-Toledo) announced this week that the State Controlling Board has released nearly \$2 million in funding for groups in Northwest Ohio ranging from capital improvement projects to housing assistance programs.

In the capital improvement category, The University of Toledo will receive \$26,000 for their Campus

Energy Cost Reduction project and approximately \$500,000 for their Steam and Chilled Water Line Extension project. The Northwest Ohio Psychiatric Hospital will also receive nearly \$426,000 for safety and security improvements for their facilities.

"I am happy to see these funding dollars go towards infrastructure improvements both at the University of To-

ledo and the Northwest Ohio Psychiatric Hospital," Brown said. "They will go a long way towards helping the University of Toledo continue to meet the needs of their students and in helping the Northwest Ohio Psychiatric Hospital continue to provide the highest quality mental health services possible. Assisting both organizations meet their goals helps make the Toledo area

a better place to live and that is something we can all support."

Funding has also been released to homeless assistance programs in the area. Two groups, the Aurora Project and FOCUS, Inc., will receive over \$400,000 in Ohio Housing Trust Fund dollars as a part of the Supportive Housing Program. Both groups will use the money to provide assistance to individuals and families as they transition from homelessness to permanent housing.

Additionally, the Toledo Lucas County Homelessness Board will receive \$587,000

as a part of Ohio's Homeless Crisis Response Program. These funds will be used to help prevent homelessness and to finance emergency shelter operations in the ongoing effort to facilitate the quick transition between homelessness and permanent housing.

It was also announced that Maumee Valley Habitat for Humanity will be awarded funding from the Ohio Housing Trust Fund Discretionary Program to construct or rehabilitate 20 single-family homes.

"People in our community who find themselves without a home face ex-

tremely difficult circumstances each and every day," said Brown. "Providing funding for local assistance groups and programs like these is a step towards easing those burdens as people work to get back on their feet. Every resident who successfully transitions into permanent housing makes our community stronger and I support these efforts wholeheartedly."

The Controlling Board provides legislative oversight over certain capital and operating expenditures by state agencies and has approval authority over various other state fiscal activities.

Rep. Ashford Announces Funding for Infrastructure Improvements at the University of Toledo Over \$300,000 Approved for Renovations and Upgrades

Special to The Truth

State Rep. Michael Ashford (D-Toledo) last week announced the approval of funding for various infrastructure rehabilitation projects at the University of Toledo. The funding provides for much needed renovations to make campus facilities more energy efficient and cost effective to operate.

"The University of Toledo has been a superb academic institution in our community, providing thousands of students with high quality education," said Ashford. "When we have the opportunity to invest in our places of higher education it is important we do so. These improvements are urgently needed and once in place will make university facilities run more efficiently which will reduce costs and lower the impact on the environment."

Approximately \$277,000 will be to provide for engineering the steam and chilled water line project, which involves installing new pumps, piping, and central utility extension lines. The upgrades will extend steam lines (steam supply and condensate return) and chilled water lines (supply and return) from Savage Arena, along the east side of Main Campus, to complete the South (utility) Loops.

Buildings that currently rely on stand-alone equipment (boilers/chillers) for heating and cooling will be connected to these new lines. With the existing equipment nearing the end of its expected service life, connecting them to the central steam and chilled water utilities is a more efficient way to heat and cool these buildings. This will conserve energy, which will also assist UT in meeting the Governor's mandate for universities to reduce their overall energy consumption 20 percent by 2014, and result in reduced operating costs, both in utilities costs and operations/maintenance costs.

Remaining funding in the amount of \$26,000 will be allocated for the Campus Energy Cost Reduction project. These renovations will replace out-of-date interior building lighting systems with new energy efficient lighting systems that will be interlocked with motion occupancy sensors. Existing pneumatic thermostats will be upgraded to direct digital control, allowing for temperatures to be locked in, and reducing airflow. These efforts will provide improved interior lighting and temperature control for UT students, faculty, and staff, while reducing energy consumption and utility costs

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Toledo Fair Housing Center Appoints New CEO

Special to The Truth

The Toledo Fair Housing Center, a non-profit civil rights agency, has announced that its new president and CEO is Michael P. Marsh. Marsh takes the leadership post on February 1, 2013, replacing Katherine Lawson Broka, who retires January 31, 2013. The Board of Directors conducted a national search that spanned a five-month period and voted unanimously to hire Marsh for the top executive post. Marsh is a Certified Fund Raising Executive who joined the Center in 1997 and currently serves as the agency's vice president, Development and Public Relations.

Marshall Rose, president and chairman of the Board of Directors, states, "We were impressed by his dedication and commitment to the mission of ensuring and expanding equal housing opportunity in our community, as well as his strategic vision for the agency's future. At this critical juncture in the agency's existence, we believe Marsh possesses the background, knowledge and the leadership quali-

ties that are necessary to lead the Toledo Fair Housing Center forward."

Just this year, under Marsh's direction, the Center raised an unprecedented \$1.425 million in federal funding through the Fair Housing Initiatives Program. "These projects will direct the agency on a path of investigating systemic housing discrimination issues across many facets of the housing industry," said Marsh, "including examining what responsibility lenders played in the foreclosure debacle and how we should hold them accountable for rebuilding and stabilizing our neighborhoods."

Marsh brings to the position over 16 years of fair housing experience and an intricate knowledge of non-profit management, having completed the Certificate in Non-Profit Executive Leadership Program through Indiana University in 2011. He earned a Master of Arts degree in American Culture Studies and a Bachelor of Science in Journalism degree, both from Bowling Green State University.

"I first became aware of the Fair Housing Center in the mid 1990's when I was working at the Toledo Board of Realtors and staffing their equal housing opportunity committee while also teaching a diversity course at BGSU," said Marsh. He served under former Toledo Fair Housing Center President & CEO, Lisa Rice, for 10 years. Rice hired Marsh as the nation's first full time resource development professional in a fair housing organization. She later moved on to become the vice president of the National Fair Housing Alliance in Washington, DC.

Marsh was recently elected to a three-year term on the Board of Directors of the Ability Center of Greater Toledo, beginning January 1, 2013. "I want to more closely align the work of our agencies to ensure and expand equal housing opportunities for persons with disabilities," he stated. For the fourth consecutive year, the most common type of housing discrimination alleged in Ohio was related to disabilities, according to a recent analysis by the



Michael P. Marsh

Dayton Daily News.

About 57 million Americans have a disability, and people with disabilities are protected under the Fair Housing Act, which also prohibits housing discrimination based on sex, race, religion, color, national origin and family status. But some landlords, mortgage brokers and property managers are violating the law by denying or failing to properly accommodate injured veterans, aging baby boomers and residents with mental, physical or emo-

tional disorders.

"I also plan to work at the national level to expand fair housing protection based on sexual orientation and gender identity. I currently serve on the National Enforcement Advisory Committee of the National Fair Housing Alliance," explained Marsh. The National Fair Housing Alliance and other civil rights organizations have worked closely with the U.S. Department of Housing and Urban Development to ensure that protections from housing discrimination be extended to the nation's Lesbian, Gay, Bisexual and Transgender community. That happened under HUD Secretary Shaun Donovan's leadership with the approval of new rules that prohibit discrimination on the basis of sexual orientation and gender identity in HUD-insured and HUD-assisted housing. "While some states and local jurisdictions cover sexual orientation and gender identity as protected classes, they have not been added as protected classes under the federal Fair Housing Act," he ex-

plained.

"Michael's passion is focused on issues of equity, opportunity and diversity," said Rose. "The Board of Directors is confident in his ability to innovatively shape the future direction of the Toledo Fair Housing Center while maintaining a firm grasp on our history. Our agency is not just a local gem, but also a national treasure," stated Rose.

The Women of the Old West End and several other concerned citizens and organizations established the Center in 1975 to combat discriminatory practices in housing that were destroying Toledo's neighborhoods. Since its inception, the Center has investigated over 11,500 allegations of housing discrimination, has recovered over \$27.82 million in damages for Toledo's neighborhoods and victims of discrimination and has demonstrated a talent for setting national precedents that have expanded housing opportunities for millions of Americans across the country.

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Therza P. Cox: Turning Challenges into Poetry

Sojourner's Truth Staff

Poet Therza Cox, author of two published books of poems, is no novice when it comes to jotting down her thoughts and turning those thoughts and ideas into poetry. The 1999 graduate of Rogers High School has, she says, been writing for "a very long time." And there is no scarcity of inspiration for her art.

"When I was younger, class projects got me started in elementary school," she recalled recently during a discussion of her artistic development. "But I got better with time. Then it progressed to writing about feelings. I get inspired by different situations. I can dream about something that will [become a poem]."

Cox began assembling her first book of poetry – *Life Is a Story: A Collection of Poetry* – as a sophomore in high school.

"I overcame many challenging obstacles," she says. "Including be-

ing bullied, prejudice and mental illness." Her goal during high school was to get her first book finished by 2001. That would turn out to be a dream deferred. She finally sent her col-

lection to a publisher 11 years later and it was published in January 2012. She had saved some of that work for a second book – *Symbolic Rhythm: A Poetry Book* – that was

published in September 2012.

Cox's main topics are love, inspiration and ethnicity.

With love, she is "trying to get across my views and experience and how I feel at that moment." Then she seeks to inspire her readers as she writes "something to encourage people, to help people understand where I'm coming from – if someone is struggling, it might help them find their way."

She writes about ethnicity, about "coming up as an African-American woman because that's



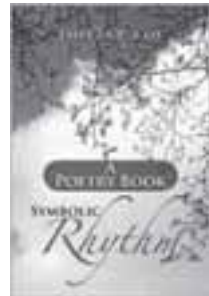
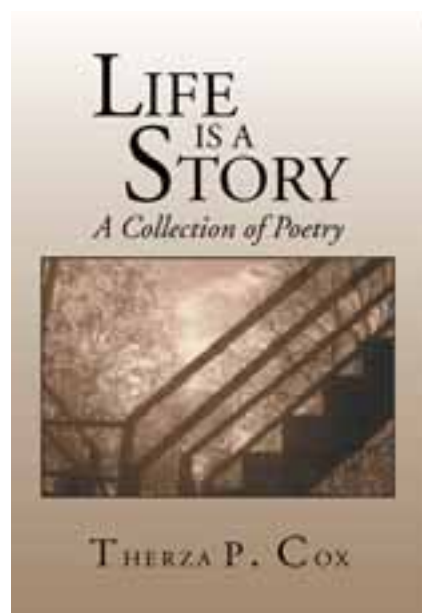
Therza P. Cox

what I know."

She also knows a thing or two about those who have inspired her through the years. Maya Angelou and Langston Hughes come up immediately when she is referencing long-time role models. She has a newly discovered inspiration, however. She recently uncovered the first book of Dennis Maurice – *What My Colored Eyes See: The Words of a Decorated Child* – and was suitably impressed.

Cox's books can be obtained online at amazon.com or barnesandnoble.com. Her first book can be obtained locally at the bookstore at Holland and Sylvania – People Called Women.

Expect to hear more from Cox in the future as she continues to draw from life's visions, both real and imagined, for inspiration. "I made my dreams a definite reality," says the poet.



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ObamaCare: Courageous and Necessary

By Robin Barclay, MPH
The Truth Contributor



We are all covered

Our President has been reelected. His signature program, the Patient Protection and Affordable Care Act,

which was signed into law March 23, 2010 and upheld by the United States Supreme Court on June 28, 2012 ensures that all Americans are covered by the health care industry. Coverage includes, but is not limited to, unprecedented preventive care, protection from being denied coverage for preexisting conditions and protection from being kicked off your insurance when you get sick or diagnosed with a chronic condition.

ObamaCare changes the

health insurance industry

The health insurance industry, which previously had the ability to charge exorbitant rates, deny or limit coverage, "cherry pick" the healthiest and make life difficult for those with debilitating conditions, is now subject to federal regulations which will assure that everyone is treated fairly and equally. Further, rates will be monitored to make sure that most of the premiums you pay will go towards providing health care and not

insurance company profits and administrative expenses (multimillion dollar insurance company executive salaries).

More individualized health care for all

ObamaCare is expected to improve the innovation of physicians, hospitals and insurance companies by encouraging and rewarding better health care outcomes, more home and community-based medicine and by decreasing unnecessary hospitalizations and emergency

room visits. Our hospitals are responding to the challenges by creating new programs which center around improving access to care for each individual patient. The new health programs are expected to provide more education and support services to improve every patient's overall functionality.

Affordable prescriptions for everyone

Another great benefit will be the affordability of prescription drugs through insurance coverage to every-

one that needs them.

Coverage for 32 million Americans currently uninsured

ObamaCare will provide coverage to the 32 million Americans who are currently not covered. Medicaid will be expanded to include 17 million uninsured Americans who are falling between the cracks of being able to afford insurance and being able to qualify for Medicaid. The majority of the remaining 16 million people who make between 100 and 400 percent of the Federal Poverty Level (that's \$30,000 to \$96,000 for a family of four) will qualify for subsidies. Everyone who does not qualify for Medicaid or Medicare will be able to select a health insurance plan from the ObamaCare Insurance Exchange. This will enable everyone to select the health insurance plan which is best for him or her. It will be very important to know how to select the best plan for you and your family and to understand how to qualify for the subsidies.

Costs vs. deficit reductions

The cost of this effort is expected to cost \$940 billion dollars over 10 years. However the government expects the bill to reduce the overall federal deficit by \$143 billion in the first 10 years, and \$1.2 trillion dollars in the second 10 years. ObamaCare invests in improving the health of every American!

This is a broad overview of ObamaCare from the national perspective. Next week I will explain how Michigan is planning to implement our new health plan, and make some recommendations on how to make sure we all take the maximum advantage of this courageous and needed health care system developed and championed by our President, Barack Obama.

Robin Maria Barclay,
MPH
President, Community
Care Partners, Inc.
Health Insurance Agent,
Shears II and A+ Total
Bonding
Contact me at
barclay22@msn.com

HOLIDAY ENTERTAINING

Pair Your Party With Pears

This year, enjoy the bounty of the holiday season without feeling sorry about consuming too many calories. How? Include USA Pears in your meals to add natural sweetness to many dishes in one nutrient-dense package. December is National Pear Month, and you can celebrate by pairing this seasonal fruit with other produce in both savory and sweet dishes. For example:

- Roast diced pears and diced winter squash for a simple side dish.
- Polish off your holiday meal with poached, baked or sautéed pears spiced with cinnamon and nutmeg.
- Sweeten up your cranberry sauce with puréed pears.
- Serve a large green salad on a platter and top with pear slices, candied nuts and cheese crumbles.
- Place pear chutney next to your leftovers to spice up turkey sandwiches and add flavor to extra pork chops.
- Impress guests at your next gathering with this festive appetizer. The great flavor of red pears combined with toasted hazelnuts and Gorgonzola is hard to beat and using ready-made tartlet shells cuts the prep time down, so you'll have more time to enjoy your guests.



Pear Tartlets

Prep time: 20 minutes

Yield: Serves 10

30 frozen mini phyllo shells

½ cup toasted hazelnuts, chopped

4 ounces Gorgonzola cheese, crumbled

1 Red Anjou USA Pear, cored and diced

Preheat oven to 350 degrees. Place mini phyllo shells on baking sheet. In medium-size mixing bowl, combine hazelnuts, cheese and pears. Fill shells with pear mixture. Bake for 15 minutes or until cheese is hot and starting to bubble. Serve warm.

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News You Can Use

Healthy Grocery Shopping on a Budget

Samantha King, BGSU Graduate Food and Nutrition Student
The Truth Contributor

People are often frustrated with grocery shopping, in that they feel it is difficult to purchase healthy foods due to the constraints of a tight budget, little time to prepare healthy foods and little space to store foods. Take some of these tips with you on your next grocery trip and relax knowing you are living a healthier lifestyle!

Before heading out to the grocery store, plan, plan, plan. Look ahead at your schedule for the week, and decide how many days you'll be eating dinner at home. Once you have this all figured out, pick out some recipes you would like to make for the week and write down the ingredients you will need. Also, plan out breakfast and lunches so you are able to eat at home or pack, instead of eating out to save money. Next, make a grocery list. Be sure to include the ingredients from the recipes you plan to make, as well as foods to pack in your lunches.

***Helpful Hint:** A good point to remember is to avoid shopping while you are hungry. Shopping while starved will lead to impulse purchases of snack foods that aren't on your list and a bigger bill at the register.

Navigating the Store

A good general tip to follow when at the grocery is to shop primarily along the perimeter of the store. There you will find fresh fruits and vegetables, meat and seafood, milk, eggs, yogurt and freshly baked breads. The aisles generally hold more processed convenience foods that can also be more expensive. However, it is important to keep in mind that the aisles do hold some ingredients you will want to pick up for a well-rounded grocery trip including: whole-grain rice, pastas and cereals, baking supplies, herbs and seasonings, canned beans, canned fruits (packed in water not juice), canned vegetables, frozen fruits and vegetables and whole-grain snack foods like pretzels and popcorn.

***Helpful Hint:** Keep in mind that it will make your grocery trip much quicker



if you get to know your store of choice and make your list out in the order of the aisles to prevent having to backtrack.

Tips on What to Buy

When shopping for grain products choose whole grain if it is available. Research on the benefits of whole grain in the diet has prompted retailers to stock whole grain varieties of almost every grain product in stores. You will know a product contains whole grains if one of the first ingredients on the nutrition label says "whole" (ex. Whole wheat flour).

***Helpful Hint:** When shopping for cereal, choose varieties with at least four grams of fiber per serving. Or, pick up some ground flaxseed to sprinkle on oatmeal and cereal, or add to pancake batter. It is full of fiber and may be beneficial in preventing heart disease down the road!

When choosing meat products opt for lean cuts of meat such as skinless chicken breast, ground turkey, and lean cuts of beef (round, top sirloin, and tenderloin). Fish is also a great source of protein for meals and can be prepared by many of the same methods as meat. Fish is also a great source of Omega-3 fatty acids which are often lack-

ing in most diets.

***Helpful Hint:** Canned tuna can be a quick and easy meal for lunch or dinner. Get creative with recipes but be sure to purchase tuna fish packed in water instead of oil.

A few more excellent sources of protein in the diet include egg whites and low-fat or non-fat dairy products. There are a wide variety including whipped, added fruit and Greek Yogurt. All have similar health benefits that can make a quick snack or great addition to a meal.

***Quick and Easy Breakfast Parfait:** Take one cup of non-fat or low-fat vanilla flavored yogurt, top with ¼ cup fresh or frozen berries (strawberries, blueberries, raspberries) and finish with ¼ cup of granola. This quick breakfast takes just seconds to make and is a great source of calcium, vitamins, antioxidants, whole grains, protein and fiber.

If you are looking for vegetarian sources of protein you can pick up black beans, kidney beans, lentils, chickpeas, or soy products. Beans are an especially good choice on a budget. Dried beans can be purchased and stored in an airtight container so you

They are low in calories, incredibly versatile in terms of cooking options, and provide great sources of vitamins, minerals, and fiber your body needs to stay healthy.

spend washing and chopping will be worth the amount you will save. Also, watch out for frozen and canned foods which can often be very high in sodium and quite expensive.

***Helpful Hint:** When buying fruit or vegetable juice, be sure to check the label for 100 percent juice. Often juices are made from concentrate with little real juice and contain added sugars. They can be a sneaky source of concentrated calories. Remember one thing: It is always better to eat your fruits than to drink them!

***Quick and Easy Dinner Idea:** For an inexpensive and healthy way to utilize frozen foods, just add frozen vegetables to cooked pasta and top with your favorite sauce.

What's in It For Me? Grocery stores are designed to get you to buy, which often results in consumers overspending (and overeating). By learning how to maximize grocery trips you can tailor your diet to your individual nutrition needs and save money at the same time!

What to Avoid

When shopping, beware of pre-packaged items such as lettuce or fruit. They can be many times more expensive than the same foods in their raw form. The extra time you will

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Lose Weight For the Holidays! It's Possible!

By Angela Steward, Fitness Motivator
The Truth contributor



Many of us gain weight during the holiday season. The problem is without exercise, the pounds stick and add up over the years! Permanent weight loss is not about dieting, it's about small tweaks with lasting results: smaller portions, balanced meals with fruit and vegetables, lean proteins and whole grains, and more importantly – making time to exercise and rest!

We all look forward to the holidays, special presents under the tree, family dinners and Christmas parties! So how about gifting yourself a new year of a better, beautiful and more healthy YOU! You don't have to wait until December 31 to make a resolution to lose weight, start today. While the Christmas bells are ringing, and the party invitations are overflowing, give yourself a few gifts:

Gift #1 Exercise shoes. Stop wearing "buddies" from 2006! Buddies are tennis shoes you bought many years ago, on sale, and you wear them everywhere: to the grocery store, to cut grass; to shovel snow, etc. Gift yourself a good pair of exercise shoes that are supportive, comfortable and attractive!

Gift #2: A Sports Bra. Let me repeat: A SPORTS BRA! Yes, there is a difference in your everyday bra and a sports bra. A good sports bra provides chest support and helps delay breast sagging. They are comfortable and are designed for moderate to high impact exercise. No more jumping jacks with your arms crossed across your chest and no more chest and/or back pain while exercising – buy a sports bra!

Gift #3: Exercise Clothes. You don't have to wait until you're fit to look good while working out. What you wear while exercising goes a long way in helping you to stay motivated and confident. Psychologically, owning workout gear reminds you that it's time to exercise. I started with one exercise outfit. I now own a ridiculous amount of exercise gear. I have designed and sold my own fitness gear and accessories for many years, which explains why I have a separate closet for my fitness gear.

Gift #4: Pedometer. A pedometer is a great gift, it's inexpensive (around \$20), and will help you track the number of steps you take per day. There are new guidelines for how many



Effective January 1, 2013 Dr. Samuel H. Hancock will return to private practice and rejoin Dr. Linda Whittington-Clark (Whittington-Clark and Associates LLC) as a part-time therapist. Dr. Hancock, who is a Licensed Professional Counselor (L.P.C.), educator, author, and International Consultant/Trainer in the area of Leadership Development and Cultural Competency, (Hancock, Hancock and Associates LLC) has a Doctorate in Leadership Education and Policy Studies from Bowling Green State University and is a former Assistant Professor in the Department of Medicine at the University of Toledo (UT). He is also the former Assistant to the President for Institutional Diversity at UT.

He worked in Private practice with Dr. Whittington-Clark, a Licensed Counseling Psychologist, who has been in private practice for over 30 years, for three years in the mid 1990's. Dr. Hancock's practice will include but not be limited to marriage and pre-marital counseling, along with group and individual counseling for children and adults. Most insurance companies are accepted.

Also, Dr. Hancock, a Widower who was married for 30 years recently launched a series of discussions about how men and women can have more meaningful, satisfying, trusting and loving relationships. These discussions are based on Hill Harper's best-selling book entitled "The Conversation" and Dr. V.A. Vernon's book the "10 Rules of Dating".

To arrange for an appointment please call 419-578-2525. Feel free to e-mail Dr. Hancock at SAMUEL.HANCOCK@BEX.NET, and to visit his web page at www.hancockhancock.com.

steps women should take daily for weight control: age 18-40 - 12,000 steps; age 40-50 - 11,000 steps; age 50-60 - 10,000 steps and age 60 plus - 8,000 steps. So pick up a pedometer and make sure you're getting enough steps in your day.

Now that you've gifted yourself the things you need to help you lose weight during the holiday, you also need to:

***Make a Plan.** Schedule your workout! How often do you plan to exercise to lose weight? Are you a morning person or an evening person? A fitness schedule will keep you organized, focused and motivated.

***Break a Sweat!** Get some form of exercise in. Make time for short interval exercise to manage your weight!

***Get some Fitness Sistas and find an activity that you enjoy!** Fitness Sistas will help keep you focused and accountable, but most of all, the journey will be more fun!

Now, let's tweak our eating habits:

***When eating,** use smaller plates and skinnier glasses. Dinner plates have gotten bigger, and so have we. Control your portions by using smaller plates, you'll eat less and not know it. Drink out of tall skinny glasses, a champagne glass will make you feel like you've had more.

***Sip smarter!** If you love egg nog, have a little, BUT make water your go-to drink.

***Savor the taste of the season,** enjoy your family and friends, be satisfied, not stuffed.

***Keep tabs on your food.** I've challenged my fitness sistas to take a picture of everything they eat this holiday. It helps them to be more aware of what they're eating – before they eat it. Yes, they have to send me the picture – accountability is key!

And finally, after all the shopping, wrapping, decorating, cooking and partying till dawn is done – get some rest. Research has linked a lack of sleep with food cravings and overeating, and during this hectic time, most of us aren't getting enough sleep – so partake in the holiday festivities, but find time to rest.

It is my hope that my monthly articles have motivated you to take control of your health. You are responsible for you. I'm passionate about fitness because I was once 70 pounds overweight! I was unhealthy and unhappy. Today, I'm grateful for my journey. I'm thankful that I've lost the pounds and have kept it off by using the same tips and information I share with you. I don't talk the talk...I actually walk the walk every day!

I've learned that if I eat right, exercise, work hard and smart, keep faith in God and love in my heart – things work out for the best! I've found this to be true!

So this holiday season, enjoy your blessings, take care of yourself and make 2013 your best year ever!!

Merry Christmas to you and to those you love!

Your Sista In Fitness!!!

Angela R. Steward
Creator of Fabulously Fit™
Fitness Coach & Motivator
Certified Weight Loss Consultant
Co-Owner of Studio Fitness
Email: FabFitu@yahoo.com
Cell: (419) 699-9399

Fabulously Fit™ classes at Studio Fitness:

1413 Bernath Parkway (off Airport Hwy, across from TGIF)

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Website: Fabfitu.com for a schedule, "free" pass and fun exercise videos.

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Dear Ryan,



I hope this email finds you well and blessed. I am concerned about my health! I am overweight and I have been trying to eat right for a few months, but see little change. Everyone says I should lose weight before I begin to exercise but it doesn't seem to be working for me. Do you have any helpful ideas that can get me started? Thank-you and God Bless

LWC

Dear LWC,

Well my first piece of advice is to quit asking people who are no more informed about it than you are. This is not the first time that I have heard the ridiculous claim to getting healthy or living a healthy lifestyle. I put that in a category as someone telling you to go buy gas before you purchase a car. Does that make sense to you? I sure hope not.

Here is the thing with that analogy; you will sit for months trying to lose weight and it's just not coming off fast enough to the point that you feel you can train. So, now you have wasted a few weeks/months waiting to get to some point (whatever that is) before you start an exercise program.

The fact is simply calories in vs. calories out! If you change your eating you should

see some changes due to the fact that you cut calories in some way. It's a slow process but it's a start.

Now let's take another approach. It takes 3500 calories to burn just one pound of body fat. Say you cut your calories by 500 per day which would be from that 3500. You're not adding calories, which is good and those are calories that your body doesn't have to burn off, but you already have stored body fat that you need to get rid of.

So why would you not exercise to burn more calories that you have stored as body fat? Why not kill a few birds with one stone? Speed up the fat burning process by exercising while you cut your calories and get in better condition now instead of waiting to see progress before you do anything. By doing this your progress will be much faster, your calorie intake is cut plus you are burning calories which will lead to quicker fat loss and better results.

Exercise can be very simple in the beginning and you don't have to do too much too fast.

Start out with three days per week doing simple exercises. Now, I would assume you are overweight due to you question in the first place.

Start by doing an easy program I call 5's. Five squats, five pushups, five sit-ups, five mountain climbers (10 total steps) then rest and repeat. Try to go through it four to five times, resting 60 seconds between the mountain climbers and the squats.

If you need more rest in the beginning then take it! Your goal is to get through the four to five sets without resting. As you progress add reps, sets or both to increase intensity and results. Your progression and results will vary according to your efforts, so get started towards the NEW YOU and stop waiting around listening to people with wrong advice!

I always say, "Nothing changes unless you do something!" The more you do the more you change. So do something!

If you have an organization, church group or club that would like to do Dream Bodies Fit Camp please call so we can get you going. Now is the time to ready for summer.

Ryan Rollison
Dream Bodies
1240 W. Sylvania Ave

Toledo Ohio 43612
419-476-3494
mydreambodies.com

Heart Health Awareness

Every 90 seconds, someone in the U.S. dies of sudden cardiac arrest (SCA), a condition that causes the heart to suddenly and unexpectedly stop beating—but understanding the condition and talking to your doctor can help reduce your risk.

That's important, because approximately 95 percent of those who experience SCA will die as a result—and while it can happen to anyone, African Americans are significantly more likely to die from the condition.

A recent survey from the Heart Rhythm Society reveals that one reason for this increased risk is a lack of awareness of the condition, its risk factors, symptoms and treatments. Ninety percent of African Americans say their doctor has never talked to them about their risk for SCA. This lack of awareness prevents immediate and lifesaving treatments.

There are often no signs or symptoms of SCA, so the best way to reduce risk is to live healthfully and make sure to treat and monitor any existing conditions, including high blood pressure, high cholesterol and diabetes. Talk to your doctor and, if necessary, ask for a referral to a specialist.

Learn more at www.ArrestTheRisk.org

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Local Commemoration of World AIDS Day

By Michelle McCaster, NA, ProMedica
Special to The Truth

December 1, 2012 commemorates the 31st anniversary of World AIDS Day. The day is intended to pay homage to the millions of lives affected by the AIDS epidemic. This year's theme was "Getting to Ground Zero" by 2015.

For a disease that has taken 25 million lives in the past three decades, this year's campaign is pushing for an end to AIDS-related deaths, new infections and discrimination, according to the campaign's official statement.

In honor of World AIDS Day, Delta Sigma Theta Sorority Toledo Alumni Chapter is trying to get the word out. By partnering with the Greater Than AIDS campaign, the organization celebrated by sponsoring an event entitled "Enlightenment." The event, which was held at the PNC Bank Auditorium in downtown Toledo, was created to dispel the negative stigma surrounding the disease and deliver a culturally appropriate message.

The sorority was successful in raising \$700 dollars which will be donated to the

Black AIDS Institute which was founded in May of 1999 and is the only national HIV/AIDS think tank focused exclusively on black people. The Institute's mission is to stop the AIDS pandemic in black communities by engaging and mobilizing black institutions and individuals in efforts to confront HIV.

The master of ceremonies was Lonnie Hamilton, a local spoken word artist, author and motivational speaker. Other local spoken word artists, Joyce Lewis, Kylearic and P.O.W. Girl (Pissed Off White Girl), a 17 year Maumee Valley Country Day student, also rocked the microphone. The event

also featured the Christian-based, neo-soul band SQ'Air and Jamal Armstrong who captured the essence of the event on canvas.

The keynote speaker, Justin Wooley, is a University of Toledo graduate who earned a degree in communications in 1999 and later went on to accept a graduate scholarship in the Geography and Planning Department and focus on Urban Planning and Community Development.

He was also a football player and team captain while in attendance at the university. After graduation his career soared and he now has an extensive resume in social activism and community ser-



vice.

Wooley captivated the audience by sharing his story about the disease from an "affected" perspective rather than an "infected" perspective. He stressed that there are more people "affected," meaning the brothers and sisters sons and daughters of the infected, who are suffering in silence because of the stigma around this disease. He also noted that families simply are not talking about protecting one another and that has to change.

Although, Wooley has an education he is committed to helping families shed the tears that he once shed, which makes him affective...he simply just wants to be a Good Brother.

While the audience enjoyed the free event which

included food and entertainment in a comfortable setting, Wooley was gearing up his presentation. He asked the audience if they were having a good time and if they were comfortable. He then shared that he was glad they were enjoying the food and entertainment but his job was to make them feel uncomfortable.

And like Superman, he whipped off his jacket to reveal a bright red shirt bearing the words **HIV POSITIVE** in bold white lettering. He then proceeded to address the audience and ask if anyone was honestly alarmed by the shirt. A few brave souls admitted they were. Wooley then proceeded to share with the crowd that on July 7, 1996, he had lost his only brother, James Wooley, to

AIDS.

Wooley shared his story and his message was powerful, touching and at times hilarious. He made reference to some popular songs that are played on the radio such as "All I Want for My Birthday is a Big Bootie Girl" and "Blame on the Alcohol" to compare and contrast how African Americans view sexuality.

He also mentioned how irrational decisions are made in the heat of the moment that can lead to detrimental consequences. Wooley held no punches and was raw and factual while strategically catering his talk to the audience which consisted of high school and college students as well as the general public.

At one point he took the
(Continued on Page 11)

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World AIDS Day

(Continued from Page 10)



crowd back to a point in time when every household had a land line. He shared picking up the phone at the same time as his brother and eavesdropping in on his conversation. He expressed overhearing his brother devising a plan to go out and party for the evening but told his parents that he was going to study with friends.

Wooley said that he has always wondered if that was the night his brother contracted the disease. He shared that he regretted insisting his brother take a condom from a stash he kept in his top drawer. Wooley also shared a story about a family in which three generations (the grandmother, son and granddaughter) all tested positive.

Justin Wooley truly captured the attention of the audience with his heart-felt story, humor and vast knowledge about HIV/AIDS. His overall message was profound and informative. He later went on to share with the audience that the death of his brother changed the trajectory of his life and career and how it should be the mission of the audience to be their brother's keeper.

He expressed that having conversations about HIV/



AIDS, getting tested on a yearly basis and encouraging others to get tested are extremely vital and necessary in order to establish a HIV free generation.

He wrapped up his talk by asking the audience call out the names of loved ones who succumbed to the disease as a way to pay homage to them. He also shared the names of those he knew. At the conclusion of his talk, he did an Eddie Long, dropped the microphone and took his seat.

Justin Wooley's story is one of many. The major difference is he shares his story in an effort to encourage, empower and educate others. When AIDS first started, no one could have predicted how the epidemic would spread and how many millions of lives it would change.

There was no real idea what caused it and consequently no real idea how to protect against it.

Although we are now armed with more information, there is still a negative stigma that surrounds the disease. When someone dies from HIV/AIDS not only is it a tragic death, a son, daughter, brother, sister, cousin, aunt, uncle, friend, etc... is lost.

Stigma, fear, discrimination, homophobia, and negative perceptions about HIV testing can also place too many African Americans at higher risk. Many at risk for infection fear stigma more than infection and may choose instead to hide their high-risk behavior rather than seek counseling and testing. African Americans ac-

count for the greatest number of new HIV infections in the United States. (And although African Americans make up 13 percent of the U.S. population, they accounted for 44 percent of new HIV infections in 2009.)

To date, over 230,000 African Americans have died of AIDS - nearly 40 percent of total deaths - and of the more than one million people living with HIV in the United States today, almost half are black. The Lucas County Health Department reported that since January 31, 2012, 805 persons are known to be living with the disease. And even more astounding, one in five African Americans have the disease and do not know they are infected.

The disparity is due to unique issues African Americans face, including a greater

incidence of sexually transmitted diseases, poverty and the negative perception of AIDS, which results in less awareness of the disease and associated risky behavior.

While the reasons for infections being high in the African-American community are complex, there is hope that through prevention and programming, there will be raised awareness and people will get the information they need to help combat this disease. Technology has also allowed us to improve testing and medications regimens so that people with the disease are able to live improved qualities of life.

In honor of World AIDS Day and those who have died from the disease, my question to you is "Do you know your status?" And if so, will you be your brother's keeper

and encourage others to get tested? We openly talk about and advocate for diseases such as Breast Cancer, Sickle Cell Anemia and Diabetes. It is now time to break the silence regarding HIV/AIDS. The disease no longer has to be a death sentence so I encourage you to know your status and get tested because knowing is so much better than being in the dark.

If you want to join the Deltas in the fight against AIDS/HIV please donate to the Black AIDS Institute at Black AIDS Institute, 1833 E. Eighth St. #200, Los Angeles, CA, 90057-4920. They can be reached at 213-353-3610 or at donations@BlackAIDS.org.

For information on a testing site near you please call 1-800-CDC-INFO or refer to

Lucas County HIV Testing Sites

(Sites are also listed at HIVtest.org)
Toledo and Northwest Ohio Region

- No appointment needed
- Free
- Non-judgmental
- Results in 20 minutes
- Oral swab test - no blood
- LGBT Friendly Services

Center for Health Services
2150 W. Central Ave
419-213-4176
Tuesdays 1 to 4 p.m.

Toledo-Lucas County Health Dept.
635 N. Erie St. / Rm. 101 / 419-213-4150
or 419-213-4131
Weekdays, 1 to 4 p.m.

University of Toledo Medical Center
Rupert Health Center -
419-383-3741
1st Monday of month,
6 to 8 p.m.

Substance Abuse Services Inc.
1916 N. 12th St. / 419-243-7274
Thursdays, 8:30 to 11:30 a.m.

AIDS Resource Center Ohio
3450 W. Central Ave., Ste. #210
419.241.9444 ext 413
All open hours - call for appt.

Nuestra Gente Community Projects Inc.
HIV Testing In Spanish
419-283-0581

Submitted by: Michelle McCaster,

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The Holiday Book Gift Guide, Part Two

By Terri Schlichenmeyer
The Truth Contributor

Last January, you loaded up. You loaded up on all the left-over, on-sale, clearance-priced Christmas wrapping paper you could lay your hands on. You bought Hanukkah bags, Santa wrap, gifty things with poinsettias and reindeer and holly and you put it all away because you knew darn well that you'd use it in due time.

Well, now's the time. You got the paper out. You just need to find things to use it with.

But sometimes, it's hard to find just the right thing for everybody on your list, isn't it? There's always somebody who's impossible to buy for... and that's when you should head to the bookstore to look for these great reads....

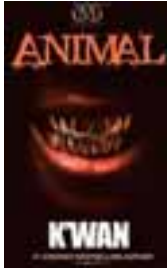
SPORTS

If there's a baseball fan on your list, then you definitely need to wrap up *If You Were Only White: The Life of Leroy "Satchel" Paige* by Donald Spivey. This bio on one of sport's greatest athletes starts at his birth in 1906 and moves through his talents on and off the field. For your ball fan, it's a home run.

The duck hunter on your list will quack over *The Wild Duck Chase* by Martin J. Smith. It's a book about the Federal Duck Stamp Contest, the hunters who love / hate it, and the competitors who vie to get their artwork on a stamp. If you don't give this book as a gift, in fact, someone you love will cry fowl. (Sorry. I couldn't resist).

HUMOR

With all the craziness of getting ready for the holidays, is there someone on your list who needs a good laugh? Then you'll want to find *I Ate All Your Cookies (and Other Things You Wish You Could Tell Your Kids)* by Quinn Conroy. This is a hilarious book for Moms and Dads who need a few laughs, but beware: this is a book you'll want to keep away from the kids! Another book to find is *Sh*tty Mom: The Parenting Guide for The Rest of Us* by Laurie Kilmartin, Karen Moline, Alicia Ybarbo & Mary Ann Zoellner. Can your giftee handle the truth with a sense of humor? Then this book is perfect.



For your son, nephew, grandson, or anybody who loves Dad (but rolls their eyes at him a lot), you'll get a lot of smiles when you give *Are You Turning Into Your Dad?* by Joseph Piercy. This funny book is about all those things your giftee promised himself he'd never do... and he's doing them anyhow. This is a perfect book, by the way, for a new father or Dad of a Teenager.



Photography lovers and jokers alike will love *Oddee Presents Photobombed!* by Beverly L. Jenkins. You know who they are: the strangers in the background of a photograph. Do they ruin a picture, or enhance it? Only your picture-taker knows for sure...

So you have a giftee who's a lawyer – or a legal beagle wanna-be? Then wrap up *Weird U.S. Laws* by Winter Prospio and Lisa Wojna. This book is all about those odd little laws we love to break or don't even know we're breaking. It's one of those easy-to-browse books that makes it easy to give, too.

Is there a woman on your gift list who constantly wonders what's going on inside her man's head? Then you must wrap up *WTF Are Men Thinking?* by Christopher Brya and Miguel Almaraz. This is a funny book with serious information inside, and it may offer her some insight. At the very least, it'll offer her some laughs...

HEALTH AND MEDICINE

Do you have a giftee who's perpetually on a diet? Then wrap up *The Science of Skinny* by Dee McCaffrey, CDC. This book helps dieters explain how their body's chemistry works, how food is turned into nutrition and calories, and how your giftee can start working with her metabolism instead of against it. Wrap it up with a spa gift certificate for a gift that'll make her smile.

Losing weight and getting fit is serious work, but your giftee needs to lighten up sometime, right? So why not wrap up *Drop Dead Healthy* by A.J. Jacobs. This is the story of Jacobs' attempt to do everything humanly possible to attain total health. It's funny, it's informative and it's an excellent gift.

If there's a parent of a special-needs child on your gift list, then *Father's Day* by Buzz Bissinger is an excellent gift to give. It's the story of Bissinger's younger twin son, who is a savant gifted with extraordinary skills but is challenged otherwise. Tip: wrap it with a box of tissue. It's that kind of book.

If there's someone on your list who is a caregiver, then *The Trauma Tool Kit* by Susan Pease Banitt, LCSW, is a great way to show your concern. This book is designed to help the PTSD sufferer with hints and tips on surviving and healing. Because of its sensitive nature, it's also a great book for nurses and supporters. Another sensitive book to find – and beware of your audience – is *After the Suicide* by Kari Dyregrov, Einar Plyhn and Gudrun Dieserud. Again, this isn't a book for everyone... but if someone you love needs it, it's good to have around.

Here's another one of those books to give with caution: *Almost Addicted* by J. Wesley Boyd, MD, PhD, with Eric Metcalf, MPH. It's a book about drugs and the people who use them often and probably don't think about it much; or, in other words, the "almost addicted." It's a book for families and users, and what's inside could change a few lives. You might also want to look for *Memoirs of an Addicted Brain* by neuroscientist Marc Lewis, PhD. It's the story of the author's drug use, his addiction, and how he kicked his habits to become a scientist.

For the doctor, nurse, or clinician on your gift list, *Making Sense of Near-Death Experiences* by Mahendra Perera, Karupiah Jagadheesan, and Anthony Peake is a fascinating look at a phenomena they may know all too well. Hint: your favorite religious leader may want a copy of this book, too....

If there's someone on your list who's a parent, or someone who works with families, then *Far From the Tree* by Andrew Solomon will be a nice surprise – and "surprise" is a good word, at almost 1000 pages of good stuff to learn. This is a book about special-needs parenting and the connections that each kind of family has. It's a book for mothers, fathers, grandparents, and anyone who wants to know more about love.

SCIENCE

If your giftee loves to know what makes us tick, then *Life Before Birth* by Arthur Janov, PhD. is a gift that'll make him smile. It's a book about physiology, psychology, genetics, psychotherapy, treating disease, understanding fetal experiences during pregnancy, and, wow, for a fan of science, it's a great book to give.

Science lovers who'd love to read something a little different will love *Super Charged* by Jim Rendon. It's the story of how the work of entrepreneurs, growers and tech



wizards made marijuana what it is today, and how their previous work may put them out of business someday.

So you have a person on your gift list who's fascinated with people and how they tick? Then you can't go wrong with *The Emotional Life of Your Brain* by Richard J. Davidson, PhD, with Sharon Begley. It's a book that takes readers inside their own noggin, and it's so packed with information that it might change their lives!

For the middle-child (or for someone who's planning a on having a middle child someday), you can't go wrong with *The Secret Power of Middle Children* by Catherine Salmon, PhD and Katrin Schumann. Filled with scientific research, it proves that middle-born is a great place to be.

If you've got someone on your list with a very different taste in reading, then *That's Disgusting: Unraveling the Mysteries of Repulsion* by Rachel Herz needs to be beneath the tree. This book (I love the cover!) is about things that are gross and icky, and why we find them so. Wrap it up. To do anything less would stink.

Does your gift list include someone who is a weather junkie? Then you can't go wrong by wrapping up *The Million Death Quake: The Science of Predicting Earth's Deadliest Natural Disaster* by Roger Musson. Written by a seismologist, this book will shake your giftee up good.

HISTORY

Trivia buffs who are also historians will want to read *The Handy History Answer Book, Third Edition* by David L. Hudson, Jr. This book is perfect for browsing, easy to pick up and put down, and it's a great argument-settler. Really... what more could your giftee want?



What will history say about the presidential election just finished? What does your giftee say? Wrap up *Where They Stand* by Robert W. Merry and see if they agree. This book is all about how the presidents measured up in the eyes of their constituents and the people who studied their administrations from afar, time-wise. If you've got a politico on your list,

this book will get his (or her) vote! Also consider *That's Not What They Meant!* by Michael Austin. It's a good, hard look at the Founding Fathers and their words, in context. It's a guaranteed argument-settler, too.

Sometimes, it's the little things that make big changes, and if the historian on your list is keen on that, then wrap up *Secret Heroes* by Paul Martin. This is a book about ordinary people whom history has overlooked. Fix that silly problem by giving someone this book.

The Anglophile on your list will reward you with a smile as big as England when you wrap up *Shooting Victoria* by Paul Thomas Murphy. It's a huge book about the assassination attempts made on Queen Victoria, and how each of them changed British history. Another book for your lover of All Things British History is *Foundation* by Peter Ackroyd. It's a nice, thick, enjoy-it-all-winter kind of book that starts with the earliest history of England and takes readers to the Tudor years. Wrap 'em both to go. Your giftee will love that.

If your movie-going giftee is a big Lincoln fan, then wrap up *Lincoln: A President for the Ages*, edited by Karl Weber. This book is a great companion to the film, and includes essays that look closely at Lincoln, personally and politically. Wrap it up with two tickets and make it a Holiday date!

Part history, part art, *Leonardo and The Last Supper* by Ross King is a look at the making of a masterpiece and the

(Continued on Page 14)

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The 10 Best Black Romance Films of All Time!

By Michael Hayes
Minister of Culture



Tis' the season... to be cooped up on the couch with a good movie on deck.

Right. But when it comes to black romance films, which ones stand the test of time?

I've made a list and checked it twice. Well, more than twice but you get the point.

It's important to mention that genre-smashing has made it difficult to isolate exactly what qualifies as a "romantic film" these days, but I gave it a shot.

This won't be some random rundown of any and every black motion picture in existence.

Don't expect to find your favorite black movie. Don't expect to see Will Smith

(I'm a huge Will Smith fan, but he just hasn't made any black romance films... think about it). And although Eddie

Murphy shows up, NO... *Coming To America* is not a romance film even though it has some romance in it. It's a comedy.

No family-dramas that just happen to have a few relationships involved (*Soulfood*, *This Christmas*, etc.) No coming-of-age tales like *Roll Bounce* and *A.T.L.*

No straight up drama/suspense films like *Eve's Bayou*, *Obsessed* or *Family That Preys*. This is about romantic comedies and romantic dramas.

This is about films featuring mostly African American where the majority of the screen time is spent focused on relationships and love. The best of the best.

Here's the list of candidates:

1. Disappearing Acts
2. Breakin All The Rules
3. The Perfect Holiday
4. Think Like A Man
5. 35 & Ticking
6. Hav Plenty
7. Jungle Fever
8. Boomerang
- 9.
10. Deliver Us From Eva
11. 2 Can Play That Game
12. Not Easily Broken
13. Jason's Lyric
14. She's Gotta Have It
15. Love Jones
16. Waiting To Exhale
17. The Best Man
18. A Thin Line Between Love & Hate
19. I Think I Love My Wife
20. Love & Basketball
21. How Stella Got Her Groove Back
22. Something New
23. Why Did I Get Married
24. Why Did I Get Married Too
25. The Brothers
26. The Inkwel
27. Good Deeds
28. Jumping The Broom
29. Brown Sugar
30. Mississippi Masala
31. Brooklyn Babylon
32. Our Family Wedding
33. How To Be A Player



There's a little bit of everything on that list. But now it's time to break it down. Let's go!

THE 10 BEST BLACK ROMANCE FILMS OF ALL TIME!

(in no particular order)

1. Love Jones

Love Jones timing was perfect when it was released in 1997. A brand new lane was opening up in music, a genre called neo soul. Black people were sick of entertainment that was either too flashy or too hood and the conscious or quasi-conscious audience needed something to relate to.

This movie catered to a sophisticated black audience who thoroughly indulged in the spoken word cadences and images of downtown Chicago.

Nina Mosley and Darius Lovehall ("they call me, brotha to the night") became each other's muse. Their love was intellectual, intense and imperfect. It's an enduring story portrayed by acting talent usually not found in this genre. One of the best ever.

2. Boomerang

Boomerang, as with many of Eddie's other good films, is the gift that keeps on giving. One liners and memorable quotes for days and days. But make no mistake, Marcus Graham's love life is the center piece of this movie. Marcus is the player who runs game and never gets attached until he meets his match.

Jaqueline mercilessly toys with his emotions. Angela is the one he really belongs with but she's left hanging in the balance because he's so fixated on Jaqueline. Then there's the scene that was so good a song had to be written about just this one moment. When he finally realizes

he loves Angela and she hits him with "Love? Love should've brought your ass home last night." You know it's a good line when it gets turned into a song.

3. Not Easily Broken

It's no secret that Morris Chestnut has been the go-to-guy for this entire genre for a decade. He's like the L.L. Cool J of black romance flicks. Chicks dig dude so much that his appeal to the ladies almost over shadows actual talent.

This time however, he carries the full emotional load of the entire film in his portrayal Dave Johnson. A loving husband who becomes care-taker to an ungrateful wife after a car accident, this character put Morris Chestnut in an entirely different lane from before. Where many romance films spend 120 minutes skimming the surface of love and keep audiences feeling all warm and fuzzy inside with nonstop sugary sweetness... *Not Easily Broken* is not about sappy sentiment. This is about marriage, faith and perseverance. This is one of those films that will leave an impression on anyone who watches it.

4. Waiting to Exhale

An all-black female cast in a movie based on a book written by a black woman, this was unheard of at the time. But most men were still unsure if they wanted to see it or not.

Two of my friends worked at the movie theatre and we all thought Lela Rochon was slick so there we were, a small contingent of black male teens watching what would become one of the most epic chick-flicks of all time. But one thing was undeniable, it was a great movie.

Following four different characters love lives simultaneously gave viewers a glimpse of black women that many had never seen before but plenty could relate to.

And then there's the infamous scene where Bernie sets ol' dudes B.M.W. on fire with all his designer clothes in it. Ouch! This is one for the ages. Definitely a black romance classic.

5. Love & Basketball

This is one of the best romance films ever made.

Unlike most films in this genre, it appeals to men and women equally.

The way they broke down the periods of this boy-meets-girl love story down by quarters was a nice touch. It's not just the obvious issues of balancing love and career, gender equality in sports and compatibility.

The deeper plot elements lie in the way both main characters have picked up traits of their parents that are still affecting their love lives as adults. This is high-quality storytelling and acting. A crowning achievement that no one involved in this film has been able to top since. It's THAT good.

You know the names and the back story, I'm sure. And the best part, no matter how many times you've seen *Love & Basketball* ...even though you know what's about to happen and whose about to say what, it still feels fresh and interesting every time. One of the best black romance films of all time, no doubt!

I'm going to end it right there for now. I'll continue next time.

Feel free to email me at the new address: mercuryspeak@gmail.com
Peace.



The Holiday Book Gift

(Continued from Page 12)

man who did it. This book tells the story of DaVinci, his professional disappointments, his triumphs, and the world that surrounded him. Pretty fascinating stuff. Won't your giftee love that?

In case you missed it, the 100th anniversary of the Titanic sinking was this past April. If there's someone on your list who knew that and can't get enough of the story, then you'll want to wrap up *The Rough Guide to The Titanic* by Greg Ward. This book includes pictures, sidebars, and lots of information that might be new to the Titanic buff you know.

COOKING AND HOME

The epicurean on your list will love unwrapping *Consider the Fork* by Bee Wilson. This fascinating book takes a look at how we cook, what we eat, and how we cook and eat it.

Your giftee loves green. Not the color, the movement,

so you know you need to wrap up *Lemons and Lavender: The Eco Guide to Better Homekeeping* by Billee Sharp. This little paperback is packed with hints, tips, and ideas on keeping a better home, fixing what's broken, crafts, cleaning, cooking, and gardening without hurting the environment. Wrap it up with some lavender seeds for a gift that'll last.

Have you got a locavore on your list? Or a vegan who needs a few good ideas? Then wrap up *Vegan Eats World* by Terry Hope Romero. It's a book filled with recipes from around the world, each one of them totally meat-free. Hint: ask for samples of the experiments, for sure.

For the person on your list who always has a well-stocked bar, you can't go wrong with *The Book of Gin* by Richard Barnett. This is a "spirited" history of the beverage, where it came from, why it's synonymous with

bathbats, and what you can make with it. Wrap it up with a nice set of glasses... and cheers!

TRUE CRIME

So your giftee loves to read true crime books? Then you can't go wrong with *Jane Doe No More* by M. William Phelps with Donna M. Palomba. In 1993, Palomba was attacked and raped in her own home, and this is her story of what happened and how she fought back against the stigma. Yes, it's true. Yes,



it's scary, but triumphant. Pair it with *Holding My Hand Through Hell* by Susan Murphy Milano, which is a book about the author's mother, domestic violence, and the resilient spirit of survivors of violence and abuse.

Can a murderer be re-deemed? If your giftee gobbles up True Crime books, and wonders that very thing, then wrap up *Life After Murder: Five Men in Search of Redemption* by Nancy Mullane. Over four years' time, the author visited San Quentin prison to interview killers, to see if it was possible for a criminal to become a good citizen, and for a man to turn his life around.

Okay, so you can make jokes about this title: *The Crime Buff's Guide to Outlaw Washington, DC* by Ron Franscell. It's easy to laugh, but this book is filled with true crime from our nation's capital, and it's no joke. From assassinations to political no-

no's, this book also includes addresses and GPS info so you can actually visit the scenes of the crimes. How cool is that?

AFRICAN AMERICAN INTEREST

If you've got a musician on your gift list, then wrap up *When I Left Home* by Buddy Guy. This memoir is about a man who played the blues but doesn't live them and it'll be an R&B fan's favorite gift.

No doubt there's someone on your list who would be so excited to unwrap *Desert Rose: The Life and Legacy of Coretta Scott King* by Edythe Scott Bagley. This is a deep look at the early life of an American icon, written by her sister. It's fascinating, and it's loaded with pictures, too. Another book to look for is *If Your Back's Not Bent* by SCLC Director of Education Dorothy F. Cotton. It's a book about the Citizenship Education Program and the affects it had on the Civil Rights

Movement.

Lovers of urban fiction will want to unwrap *Animal* by K'Wan this holiday. It's a thrilling book featuring gangstas, murder, and a former con who just wants to settle down... until the bullets get too close...

SUMMARY

So there you are. Part two of bunch of ideas for everybody whose name on your gift list makes you groan. What will you buy? Now you know.

Keep in mind that availability isn't guaranteed, titles may have changed, and some books might have to be ordered. But if these ideas aren't good enough, then ask your friendly bookseller for hints, tips, and favorites. They love to talk books - it's why they get paid the big bucks, you know.

So go. Get outta here. Go shopping.

And Season's Readings!

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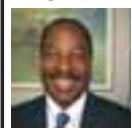
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Send resume with salary requirements or apply to:

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

EOE

1 REQUEST FOR QUALIFICATIONS FOR DESIGN/BUILD SERVICES RELATING TO THE DESIGN AND CONSTRUCTION OF A NEW VESSEL OFF-LOADING & STOCKPILING SYSTEM

The Toledo-Lucas County Port Authority ("TLCPA") is requesting qualification statements from design/build ("D/B") firms to provide design and construction in connection with the subject project. The project involves building a new vessel (Great Lakes self-unloader) off-loading and stockpiling system at the Lake Erie Port Manufacturing and Industrial Center, Ironville Terminal (2863 Front Street, Toledo Ohio). The TLCPA will select and retain a design/build firm for the design and construction phase of an approximate \$2,400,000 project. All work of the project will need to be completed by July 12, 2013.

Summary of Project Elements:

- Receiving Hopper
- Series of Conveyors including Radial Stacker
- Elevated Motor Control Center
- Electrical Drive System

This notice shall serve as a Request for Qualifications (RFQ) from qualified firms to oversee the design and construction of this project in accordance with the performance specifications included within the entire RFQ. The D/B firm selected will be responsible for completing review of the programming requirements, final design and submittals for owner/operator approval, construction, independent material testing and securing appropriate permits. Responses to this RFQ will be used to select three D/B firms for interview and technical price proposal presentation to the TLCPA's selection committee.

The entire RFQ may be viewed at <http://www.toledoportauthority.org/en-us/publicnotices.aspx>.

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Unison is seeking a Clinical Therapist to provide services to children and adults with severe emotional disorders in community settings. Duties will include completing diagnostic assessments, developing treatment plans and providing individual and family therapy.

Position is based at Starr Avenue but requires significant work in the community. Master's degree and current Ohio licensure as a LSW or PC required. LISW or LPCC preferred. Experience working with children and families is preferred.

Send resume with salary requirements or apply to:

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CARE MANAGER -HEALTH HOME Full-time

Accountable for overall care management and care coordination of the consumer's care plan, including physical health, behavioral health and social service needs and goals. May provide health home services as needed.

Must be licensed in Ohio as an LISW, LSW, PCC, PC or RN. Prior experience as a care manager preferred.

Send resume or apply to:

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1425 Starr Ave.
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Fax: 419-936-7574

Notice to Bidders: Inquiry # FY13-40, (Project # 0083-13-849) for the Pharmacy Laboratory Renovations (BO/WO Ren., Ph 2) for the University of Toledo Main 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, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, December 18, 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 \$135.00 will be charged per set. Any further information may be obtained from Lance Mushung of SSOE Group at 419-255-3830. One Pre-Bid Conference will be held on Tuesday, December 11, 2012 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$2,470,000.00; Breakdown: General Const: \$1,020,000.00; Plumbing: \$133,000.00; Fire Protection: \$66,000.00; HVAC: 641,000.00 & Electrical \$610,000.00

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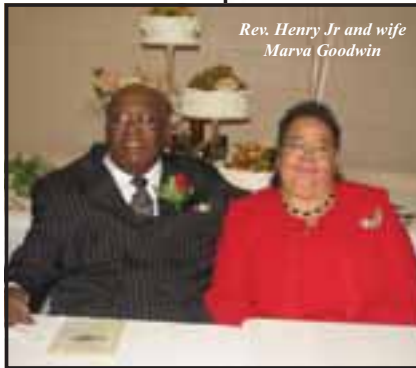
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Couple Celebrates Milestone 50th Anniversary

By Artisha S Lawson
Sojourner's Truth Reporter

The biblical book Proverbs, chapter 18, verse 22, provides a glimpse into the successful partnership and marriage of Henry Jr. and Marva Goodwin. The verse states when a man finds a wife, he finds a good thing and obtains favor from the Lord. Fifty years ago on November 24, two individuals pledged before God to love each other through sickness and health forever.

In order to commemorate 50 years of marriage with children, grandchildren and great-grandchildren, the



Rev. Henry Jr and wife Marva Goodwin

Mr. and Mrs. Goodwin with children and grandchildren

couple's two daughters, Victoria Goodwin-Arterbridge and Velvet Goodwin, organized a surprise anniversary party on November 24 at the Scott Park Banquet Hall.

The couple was surrounded by family and friends

who carried cards and tokens for the happy pair. The hall, decorated in white and gold accessories and flowers provided by Maureen Stiles, featured a four-tier anniversary cake provided by Annie Tate.

"My parents have been together through so much, from kids to great-grandkids, to also living through rags to riches. When I say riches, I mean health and everything they have in life. They both love to travel," explained Velvet Goodwin.

Marva met Henry Jr. when she was nine years old and

residing in Fostoria, Ohio. She was a member of First Baptist Church and had eight siblings. During that same time, Henry Jr. travelled from Toledo to Fostoria often. His church's junior choir of Mt. Zion Baptist Church often fellowshiped with Marva's church.

Since their marriage, the couple became members of Southern Missionary Baptist Church where Henry Jr. was ordained a minister. The couple welcomed three children: Velvet, Rev. Henry III, and Victoria; seven grand-

children and nine great-grandchildren.

Rev. Goodwin Jr. has also been a pastor of Antioch Baptist Church in Swanton, Ohio for 18 years. "My wife has always stood behind me," explained Rev. Goodwin Jr.

The couple credits their faith in God and compromise as the secret to their marriage. "You have to talk things over, listen and learn to agree to disagree. God is always in the middle of our marriage," explained Marva.

The anniversary celebration opened with Verronica



Victoria Goodwin-Arterbridge, Henry Jr., Henry III, Marva, and Velvet

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McCord serving as mistress of ceremony, DeShawn Goodwin introducing the honorees, Marva Buford presented the statement of the occasion, and Rev. Goodwin III offered the celebration prayer.

The meal was prepared by Malczewski Catering and blessed by DeMore, DeShawn and Christian Hydebeerg. Immediately following the meal, a photographic slideshow set to music which included pictures pre-marriage and during their marriage.

The slideshow was prepared by Brittany Goodwin. Celebrations continued with positive remarks and memories from attendees and closing remarks from the honorees.