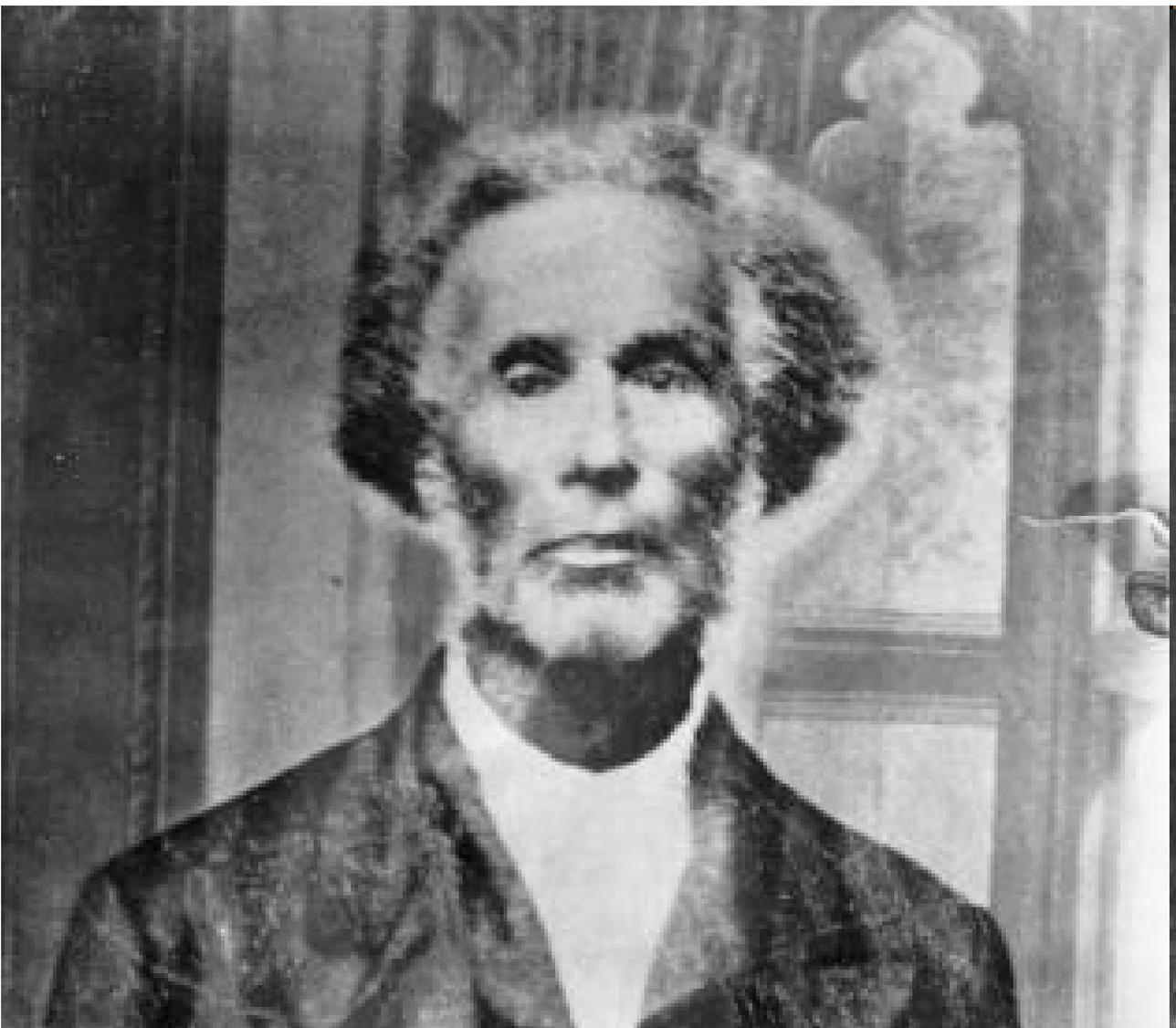




Volume 23, No. 15 "And Ye Shall Know The Truth..." February 06, 2013

A Black History Moment - Adam Crosswhite



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New Beginnings II: Who Will Shape Change?

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



If we are to find meaning in the struggle to achieve ...then those who know best what it means to eat sour grapes are the ones who stand in candidacy for being a remedy. – Walter Fluker

Change has been a recurring theme for high profile leaders and organizations operating in the Toledo community. We spoke with Karen Mathison, CEO of The United Way of Greater Toledo about the challenges of her new beginning. The following is the second of the two-part interview.

Perryman: You spoke of the goal of leveling the playing field for those relegated to the community's margins. Do

you have a game plan?

Mathison: I don't have a specific game plan or roadmap at this time, but what I do have are some things that I'm really trying to be intentional and strategic on. And that is learning and listening first to the community here, getting a sense of what's already happening and then with the skills and experience that I bring - where is it that we can get smarter about the delivery of human care services to families and to community?

How can we better collaborate to really strengthen the fabric of our community and where are there opportunities for us to reach out to those who are disconnected or who feel that they don't have a voice and involve them at the table?

Perryman: One of the challenges for people who suffer the most because of poverty and those who work at the core of our inner city is that funders have heavily focused on outcomes but rarely on impact. Organizations serving the urban core but located outside the community have been evaluated on the number of people served rather than the amount of change produced. In the meantime the condition for those we are charged with helping continues to worsen.

In addition, those African-American or Hispanic led organizations serving populations that are over represented in the poverty statistics have seen a drying up of funding from philanthropic organizations. Can you speak to these challenges faced by the community?

Mathison: Well there is certainly a finite amount of resources available. My experience in this work has been how do we help organizations build their capacity, how do we help organizations partner with others that may be likely



partners and sometimes unlikely partners? How do we make it so that no one's left behind in the working community so that children and families can reach their full potential? And sometimes that means that we have to lose the title of our organization in order to advance the work.

I also think it's so important for organizations and for people who are passionate about the community to be at the table, to continue to think about how do we get this work done and make sure that the voices of the community are heard. Did I help answer your question?

Perryman: Please be a little more specific if you would.

Mathison: I think where I've seen the most success is when people are open to continuing to do the work in maybe a completely different way and with partners that they've never worked with before so that the work advances in this time of finite resources.

For example, in Olmsted County we used to have six or seven organizations all applying for the same pot of money around early childhood for children to go to quality daycare centers. And our volunteers said 'you are all asking from the same pot of money for the same results, is there a way that you can work together to help us advance this work about kindergarten readiness?'

And so those organizations now present one application for that pot of money but they have leveraged the results in a way that we didn't even think possible. They now share curriculum, staff development and other resources. It just was about the right people at the table who are willing to do whatever it took to make sure that the children were served. And sometimes that's really hard for us as the leaders or grownups in the community to think about doing our work so differently and yet it's the goal that we're after is to serve children and families better we have to be willing to take those risks.

Perryman: I understand that United Way of Greater Toledo has had a string of staff losses. Can you talk about the impact on the organization and how you intend to address that issue?

Mathison: What the losses tell me is that we have people who have been well trained here to help lead this work in other parts of the country. That is so necessary for our network and for our movement. At the same time we have a few individuals who are making choices in their career to advance it outside of United Way and who have been sought after by local employers because of what's happened here in their training.

I'm very proud of the staff who have gotten us to this place, the staff who remain and we will do all that we can here in the way of greater Toledo to make sure that we have got the right balance of staff and volunteers to deliver against our focus of graduating children.

Perryman: How do the staff losses impact the diversity at your organization?

Mathison: Of course the job openings resulting from recent turnover provide an opportunity to increase our diversity and we invite The Truth's readers to reference our website for employment opportunities. United Way of Greater Toledo is always actively exploring ways to further increase our diversity. A diverse workforce brings diversity of thoughts, experience, and makes us a stronger organization better poised to help our community.

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

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Community Calendar

February 9
Bereavement Meeting: Bethlehem Baptist Church; 2 pm: bereavement@buckeye-express.com

Considering a Career in Law?: Conference for junior high, high school and college students; Sponsored by the Thurgood Marshal Law Association; UT Scott Park Campus: 419-249-2703

February 10
Bethesda Christian Center Cathedral Women's Day: 11 am

February 12
BGSU Student Musicians Free Concert: Manor House Wildwood Preserve Metropark; 7:30 to 8:30 pm

February 13
University Church Ash Wednesday Service: 6 pm

February 16
St. Mark's Baptist "Sounds of Black History Month Program:" 5 pm; "Water" singers, DWI vocals, "TYC" singers

February 17
St. Mark's Baptist Church "Women of the Bible:" 4 pm; Panelists and soloists

February 23
Friendship Baptist Black History Month Celebration: "Our Rhythm, Our Voices;" 4 pm; Presented by WordUp Drama Ministry

February 24
Bethesda Christian Center Cathedral Black History Program: 5 pm

So Long ... Dr. Pecko

By Lafe Tolliver, Esq
Guest Column



As many of you may have heard by now, Jerome Pecko, Ed.D., will be the former superintendent of Toledo Public Schools. At a recent executive session of the school board, Pecko and the school district parted ways. No one is saying for now if he was pushed out of the window or he decided to jump.

However, I, as the local reporter for the All Negro News Network (herein-after referred to as, ANNN), was able, by dint of hard effort and much cajoling and pleading, to obtain a somber exit interview with Pecko.

The following is a summation of that informative interview that took place at an undisclosed room at the school board:

ANNN: Thank you Dr. Pecko for this time to meet with you. I will be brief since you have many things to do in winding down your stay as the superintendent for Toledo Public Schools.

Pecko (with a dazed look of relief): Not a problem. What can I tell you?

ANNN: Why now? What happened?

Pecko: I don't know. One minute I am working on getting the upcoming school levy passed and

then...BAM! the board wants to meet me in executive session!

I walk into the room and everyone is silent. You could cut the air with a knife.

I wanted to take a seat but I am directed to a kneeling bench three feet in front of the entire sitting board! No way am I going to kneel and confess what happened. Who do they think they are!

ANNN: Was there any way that you saw this coming? I mean, come on...nothing alerted you that this could happen? Rumors, letters...anything?

Pecko (frowning his brow). Something happened but I wrote it off as being my overactive imagination. Someone in accounts left a document on my file cabinet which indicated that my termination date was for the same day as the executive committee meeting. I still do not know who placed it there. When I asked about it, everyone played dumb.

ANNN: Did you have any known enemies on the school board?

Pecko: In retrospect, they are all enemies. Everyone has their private agenda and their turf picked out. If I trampled on their pet projects or toes, I got the icy stare and was told that, "We don't do that in Toledo."

Any innovative programming that I wanted to try out to get the scores up and to work with the parents of the kids, I was told, "That is not how we do it in Toledo."

I got to the point that I was going nowhere fast with such a board that is stuck in the past and is averse to trying anything new or differ-

ent. **ANNN:** Any examples?

Pecko: I wanted to match local corporations with schools. You know...a business adopt a school and work with that school as management help, financial helps and

giving the kids a role model. That didn't fly. I wanted the school to OK funds to go into the homes of the kids in the worse performing schools and offer help. But, the school said no. It would be seen as social welfare programming.

ANNN: Go on.

Pecko: I met with the minority members of the board to see if they would be willing to sign on for some hands-on progressive programming for the kids including community forums and outside speakers who would come in and invigorate this school system. By their reaction, you would have thought that I was asking them to swim with alligators. They were petrified of acting as a minority group on the school board! They were literally scared of their own shadow or getting flack if they were seen as doing anything that was race specific. Go figure!

ANNN: Dr. Pecko. The issue of the levies. It appears that the local population is fed up with feeding the school board money and nothing seems to be showing results. Your thoughts?

Pecko: Until people understand the issues of class and race in the public school room, nothing will get done. Parents of economic means are bailing out of the public schools and are going pri-

vate, parochial, charter or to the suburban schools. The numbers tell the story. And let's be clear. I am talking about white parents for the most part.

They simply do not want their child sitting next to a Shauntae or a Garcia. That is the long and short of it.

ANNN: Doctor, let me ask you a loaded question. What about the involvement of the black parents in the education of their kids?

Pecko: That is one of the reasons I wanted cover from the minority school board members in order to do some innovative programming so that we could reach these parents and give them help so that they could help their kids when the kids are at home. All I got was grief and fear that if the minority board members stepped out on a limb, they would be cut off. I was a little dumb-founded that the minority school board members were so clueless as to doing community service and not knowing how to pull the levers of both economic power and how to use the media to

tell their story. **ANNN:** Do you think that your fall from grace was due to the lack of finances that you had to work with?

Pecko: Without a doubt! Behind closed doors I was adamantly against spending millions and millions for new schools when substantial renovation was all that was needed.

ANNN: For example?

Pecko (looking around nervously as if hearing barking bulldogs): Scott High School... among others. The plans I had on my desk was that an infusion of \$4.5M was all that was needed to bring Scott High up to a superior state of readiness. But the powers that be got intimidated with the "race talk" and caved in and spent all of that money on Scott and other schools that did not really need it.

ANNN: And the way I hear it, the academic scores at Scott are no better than before the huge upgrades. Is that right?

Pecko: (Nodding in agreement with pursed lips). It is not the building but what

is in the building that counts. Committed teachers and willing students!

ANNN: Doctor...how will Toledo Public Schools turn the corner and turn out a more competitive product and attain a report card score of continuing excellence?

Pecko: They will have to end social and economic segregation and think outside of the box when it comes to radical programming. If not, Toledo Public Schools will never be on the fast track to excellence. From what I seen, Toledo is still in the early 50's when it comes to being progressive in the education of their kids and social segregation.

Of all the years I have been here, no one on the school board has invited me over to their house for dinner or to their churches. That tells me a lot.

ANNN: Thank you Doctor for your time. Best wishes to you.

Contact Lafe Tolliver, local reporter for ANNN, at tolliver@juno.com



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Senator Brown Calls for More Action to Combat Childhood Hunger Encouraged by Governor's support of local food banks

Special to The Truth

State Senator Edna Brown (D-Toledo) released the following statement in response to news that Governor Kasich has signed Executive Order 2013-01K authorizing the expenditure of \$1.5 million in Temporary Assistance for Needy Families (TANF) funds.

"I was excited to learn that the Governor has authorized these funds to go towards the Ohio Association of Foodbanks in support of their efforts to combat childhood hunger. Although this executive order is a great first step in the effort to provide proper nutrition for needy children year-round, there is more that we can do.

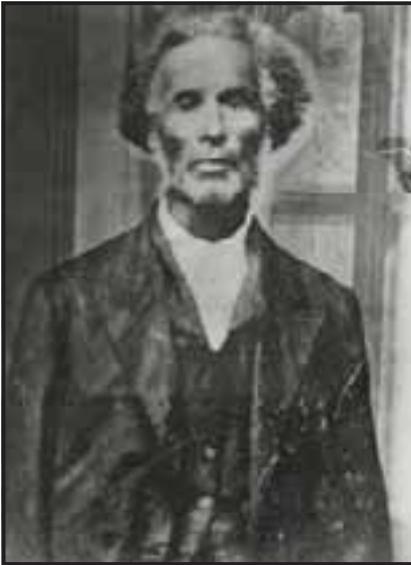
"Clearly the access to additional funding will be of great benefit for many summer meal programs. However, these same programs also need conveniently accessible sites from which to distribute the food. Additionally, legal red tape and financial limitations often prevent fresh fruits and vegetables from being served to children who utilize these programs. That is why I plan to introduce the Childhood Nutrition Bill. This legislation would increase access to meals, including fresh fruits and vegetables, for many children who depend on these programs to receive proper nutrition outside of the school year.

"Given the Governor's commitment to addressing childhood hunger, as indicated by this executive order, I hope that he will join me in supporting additional steps that we can take to make an even greater impact on children's lives in Ohio."



Adam Crosswhite: One of the Great Men Behind the Passage of the Fugitive Slave Act

By Annette Crosby-Wright
The Truth Contributor



Lately, and for a variety of reasons, there has been a lot of focus on the American Civil War. Movies such as *Lincoln*, starring Daniel Day-Lewis and Sally Field, and *Django Unchained*, starring

Leonardo DiCaprio and Samuel Jackson immediately come to mind. I have seen both movies and found them to be very impressive and thought provoking. But my interest runs deeper, into a

more personal and intimate level.

Several years ago, in my ongoing effort to trace my family roots back to Africa and Ireland, I stumbled upon a genealogy blog that included a story about my great-great grandmother, Laura Gaines-Crosby.

Naturally, I was excited and immediately contacted the author requesting that he share any additional information that he may have about my family's history. I had no idea what I was about to learn.

I received a large package in the mail with a cover letter that read in part "You may not know this, but you are the direct descendent of one of the bravest men who lived through slavery. On January 26, 1847, your great-great-grandfather, as one historian put it, 'fired a shot truly heard around the world.'"

The gentlemen who sent the information to me is an expert in law and public policy currently employed as a general counsel to a public

agency in California.

As I began to read all of the information, I found myself wondering why I had not known about my fascinating family history before. Moved to tears of pride and joy, I combed through every single piece of information - census records, death and burial records, pictures, and legal depositions recorded in the archives of the state of Michigan, as well as the Federal Register. Wow, I thought to myself, grandpa, your escape from the Giltner Plantation in Kentucky with grandma Sarah and four young children resulted in the passage of the Fugitive Slave Act and has been legally cited as one of the main slave-cases that sparked the beginning of the American Civil War.

Those who were personally involved in your escape, which ended in Buxton, Ontario Canada, included Frederick Douglas and Harriet Tubman.

Here's how what happened is recorded by the "History of Calhoun County", the Urban (Illinois) School Dis-

trict, and the State of Michigan, Department of Natural Resources:

In 1840, Francis Giltner was in his 70s. He lived in Carroll County in northern Kentucky. He had an older son named Michael and a younger son named David. One of these sons had a daughter who was married to a man by the last name of Troutman. The family was involved in the business of farming in the counties of Carroll and Bourbon in Kentucky and in the census of 1840, Francis Giltner is recorded as the owner of 21 slaves.

On August 5, 1843, six of Francis Giltner's slaves escaped over the Ohio River into Indiana. The six were a family named Crosswhite with four children, the only girl being the youngest.

Francis Giltner sent his son David and a group of others into Indiana to recapture the Crosswhite family, but the men were unsuccessful in finding the fugitive slaves.

Adam and Sarah

Crosswhite and their children John, Ben, Cyrus, and Lucretia apparently fled through Indiana and Illinois, settling in Michigan at some point during the next two years. During 1845, the family added another daughter named Mahalia who is listed as having been born in the state of Illinois according to the 1870 U.S. Census.

By January of 1847 the Crosswhites had been living in the village of Marshall, Michigan in Calhoun County not far from Detroit most likely for over a year as they were established and well-known in the community.

Adam Crosswhite was a mulatto, his mother a slave and his father, his first master. He was tall, a man of marked physique, intelligent and industrious and a good citizen. He had purchased his home and was paying for it by installments. If not the original George Harris of Uncle Tom's Cabin, he belonged to the same type of manhood and he had made many friends in the little ham-

(Continued on Page 5)

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Adam Crosswhite:

(Continued from Page 4)

let. About 40 colored people, some slave and some free-born, then lived in the village. Rumors had been afloat and fears had been entertained that this family would be kidnapped or captured and returned to bondage, which resulted in an understanding between Crosswhite and his friends that should such an attempt be made, he should fire a gun as an alarm and that all should be on alert."

Sure enough, the Crosswhites were discovered by Francis Giltner's grandson-in-law Francis Troutman. Some suggestions exist that implicate another local black man in the Crosswhites being discovered. David Giltner along with Francis Ford and James Lee traveled from Kentucky to Michigan to retrieve the fugitive slaves for David's father.

In the early morning of January 27, 1847 the four men along with the local deputy sheriff named Dixon went to the Crosswhite house where Giltner and Troutman broke in the door. The family, with the possible exception of one of the older boys, was held in the house until a wagon could be arranged to take them to a trial in town based on a warrant the men were carrying from Kentucky.

Before the Kentuckians could transport the family, local residents who knew the

Crosswhites began to gather. Adam Crosswhite said he agreed to go to a fair trial at the courthouse but not so early in the morning. Sarah Crosswhite absolutely refused.

The pursuers offered to take only the children and leave Adam and Sarah alone according to depositions from both sides. At this point, Adam Crosswhite stated in his deposition that he ordered

the men out of his house and stated that he would die before he allowed them to take his children. At this time the family may have been restrained in the house for a while.

The crowd outside the house grew to between 100 and 200 people. Some spoke to the Kentuckians. As many as three claimed in court depositions to have been threatened by Troutman with a pistol. Most were unarmed and when a black man named Patterson came on a horse ringing a bell and carrying a shotgun, one of the outspoken white men, Charles Gorham, persuaded him to leave again.

Some in the crowd proposed "resolutions" ranging from taking the matter to a justice of the peace to tarring and feathering the captors or giving them a short time to leave the village.

The Kentuckians apparently did not feel they could successfully take the Crosswhites from the area. It is disputed as to whether anyone actually stopped them.

Troutman identified himself, their purpose, and their authority to take the family based on the Constitution and an act passed in 1793.

The man who described Troutman preventing him

from entering the house and pulling a pistol on him was named Calvin Hackett. He left the property (often described as the "ground" in the depositions) and went into town to obtain a warrant against Troutman and the other men.

Eventually, all but Troutman headed into town in need of refreshments and soon Troutman went as well. Adam Crosswhite described going into town earlier escorted by the deputy sheriff and returning after apparently checking on Troutman's authority under his warrant.

It seems the Kentuckians may have lost the assistance of the deputy sheriff at that point.

When the whole group was in town, a warrant was served against the four men from Kentucky and a trial followed that same afternoon in which members of the Crosswhite family testified to cheering from an overflow crowd.

The same evening, several men allegedly helped to collect money, obtain a horse and wagon and assist the Crosswhites in leaving Marshall. They told the men from Kentucky that the family had left the country and the Crosswhites are listed in the 1851 Canadian Census as

residents in Ontario (part of Canada West).

Others who were against the family being seized advised the family not to run and Troutman later claimed he had changed his mind and decided not to bother the Crosswhites any further.

On June 1, 1847 Francis Giltner filed a case with the United States Circuit Court in the Eastern District of Michigan. The suit was against three white men, Charles Gorham, Oliver Comstock, Jr., and Jarvis Hurd, three black men, Planter Moss, William Parker, and Charles Bergan and at least five other defendants who were later dismissed.

Much of the record of these events comes from the depositions taken from residents of Marshall, Michigan at the time of the confrontation and residents of Carroll and Bourbon Counties in Kentucky.

In June of 1848, shortly after proceedings were discontinued against several of the Defendants, the case went to trial. After hearing evidence from the 28th of June through the 11th of July the



jury stated on the 12th that they could not agree and the case is dismissed.

A commission is appointed to take further depositions and the case is retried beginning with a new jury being called in November of 1848. Evidence is heard from November 11th through De-

ember 5th and the jury assessed damages in the amount of \$1,926 against the six remaining defendants.

The plaintiff, Francis Giltner, had estimated his losses at \$4,000.

Francis Giltner appears to have passed away sometime (Continued on Page 11)



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Health Section • Health Section

Falcon Health Center Taking Shape

Special to The Truth

Bowling Green State University and Wood County Hospital (WCH) have signed an agreement for the creation of the Falcon Health Center, a new University health center that will be operated by the hospital and replace the present Student Health Services building on campus. The new facility will be located at the corner of East Wooster Street and South College Drive.

"We're pleased and excited about this partnership with Wood County Hospital and what it will mean for our students," said BGSU President Mary Ellen Mazey. "This new facility will enhance student health care, increase efficiency and benefit the broader community."

"Wood County Hospital takes care of many students and University staff in our hospital and clinics. Partnering with the University will help enhance campus-based service delivery and improve continuity of care," said WCH President Stan Kordecki. "We look forward to having a 21st century facility to support care for the BGSU students, faculty and staff."

Wood County Hospital was selected through a competitive proposal process involving a number of University offices and constituencies, including BGSU students.

Construction is expected to begin this month with the goal of opening by the fall 2013 semester. Until then, the existing BGSU Student Health Services will continue to operate at its present location.

BGSU students provided input at every stage in the process. Project architects consulted with student focus groups and will use their feedback in designing the health center.

The facility is expected to be two stories high, around 21,000 square feet and will complement the campus buildings across Wooster Street as well as the surrounding residential neighborhood.

The first floor will have waiting and reception rooms, and business and consultation offices. Patient care functions include lab/blood draw, an X-ray room and holding area, changing room, pharmacy, approximately 16 exam rooms, procedure rooms, an IV area, wellness and patient education rooms, and a nurse station.

Parking for patients, visitors and staff is expected to be onsite and adjacent to the building.

All the services provided at the former BGSU Student Health Services will be provided at the Falcon Health Center.

AIDS Resource Center Ohio Recognizes National Black HIV/AIDS Awareness Day in the Face of Disproportionate Infections in Ohio's Black Community

Special to The Truth

At all stages of HIV disease, from new infections to deaths, blacks comprise the most disproportionately impacted racial/ethnic group across all subpopulations in the United States. AIDS Resource Center Ohio (ARC Ohio) and the Ohio AIDS Coalition (OAC) join our colleagues throughout Ohio and around the country in recognizing **National Black HIV/AIDS Awareness Day** (N B H A A D) (www.nationalblackaidsday.org), which simultaneously promotes the health of black communities nationwide and brings a critical recognition to this unacceptable disparity in new infections.

"Raising awareness is critical in the fight against HIV/AIDS in our black communities across Ohio" said Tyler TerMeer, Ohio AIDS Coalition director. "The statistics are startling but we have come a long way in providing rapid test results, through 20 minute oral swab tests, and access to treatment for those living with HIV, our goal moving forward is to test as many individuals as we can and get them connected to treatment."

HIV/AIDS remains the ninth leading cause of death

among blacks, and the third leading cause of death among black men and women 35-44 in the United States. **In Ohio, blacks accounted for 49 percent of new diagnoses of HIV infection between 2006 and 2010, but represent only 12 percent of Ohio's population per 2010 U.S. Census estimates.**

February 7, 2013 marks the 13th annual National Black HIV/AIDS Awareness Day, which encourages HIV testing, education, involvement, and treatment. NBHAAD is a grassroots community mobilization initiative shaped around the critical importance of testing and treatment that targets Blacks in the United States.

These staggering data necessitate a genuine response from the National and Ohioan communities. OAC and ARC Ohio are wholly committed year round to meeting the challenges that these numbers pose, and on February 7, recognize its importance through various awareness events around the state. For more information, please visit our website at www.arcOhio.org or contact us by phone at (800) 266-5554.

Columbus Events:

February 7 | 11am - 8pm
Free HIV & Syphilis Testing (sponsored by F.A.C.E.S. at Nationwide Children's Hospital)
Neighborhood House | 1000 Aitcheson Street Columbus, OH 43203

February 7 | 6:30pm - 8:30pm

AIDS Resource Center Ohio National Black HIV/AIDS Awareness Day Celebration

Free FOOD & HIV/STD Testing, Greater Than AIDS "Defining Moment" photo booth

Greater Columbus Empowerment Center | 1780 E. Broad Street Columbus, OH 43203

February 8 (Thursday night) | Midnight - 2am

Free HIV Testing - Receive a \$20 GIFT CARD WITH RESULTS

Wall Street Night Club | 144 N. Wall Street Columbus, OH 43215

Dayton Events:

February 7 | 10am - 6pm

Free HIV Testing
ARC Ohio Office | 15 W. Fourth Street, Suite 200 Dayton, OH 45402

About AIDS Resource Center Ohio (ARC Ohio)

ARC Ohio is Ohio's statewide non-profit AIDS service organization that uses a holistic approach to address the physical, emotional and social needs of those living with HIV and AIDS in a way that will result in hope, healing and empowerment. With 11 offices statewide, it provides medical care and other direct services to more than 3,000 HIV-positive individuals, and testing, prevention, outreach and advocacy to tens of thousands statewide.

In 2011, the Columbus AIDS Task Force and Ohio AIDS Coalition merged with ARC Ohio to become the organization it is today. For more information, visit www.arcOhio.org or find them on Facebook or Twitter.

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Patrice Powers-Barker, OSU Extension Educator, Family & Consumer Sciences
The Truth Contributor

On these cold, blustery winter days are you thinking about a resolution to eat healthier? Did you freeze, can or dry some vegetables from last summer and fall to enjoy this time of year? Think ahead right now to fresh summer vegetables and make plans for your share! Have you ever thought about joining a CSA? CSA stands for Community Supported Agriculture and they are farms that offer opportunities to enjoy fresh, local produce during the growing season. CSAs are designed to promote a working relationship between the customer and grower by offering shares, memberships or subscriptions to the farm.

Usually CSA shares are sold in the late winter (like right now) and once the plants start producing in early spring, members receive a weekly box or bag of in-season produce. Most CSAs of-

fer fresh fruits and vegetables, other offer local foods such as eggs, meat, honey, maple syrup and more!

Since they are based on the local growing season, you can expect early spring food such as lettuces, greens and fresh herbs at the beginning of the growing season. Next come summer vegetables like tomatoes, peppers and summer squash in the middle of the growing season. The CSA share is often wrapped up in late fall with crops like winter squash and greens and sweet potatoes.

CSAs offer a way for customers to support a local farm by sharing in the risks as well as the wealth of the growing season. By selling shares this time of year, the farmer has a better idea of the farm budget and is able to use the money to purchase seeds and make repairs.

Once the plants are growing, if there are problems with insects or the weather which leaves the farmer with a lower yield of a specific crop, the CSA members do not receive as much. On the other hand, when it's the perfect growing season for another vegetable, members receive abundance!

Each CSA is managed differently so find your best match depending on cost, location, time of year and types of shares such as working shares where members spend some time volunteering at the farm. Local Harvest www.localharvest.org is a good national website to help start your search for a local CSA or farmers market.

When participating in a CSA, it sometimes takes a change in meal planning to use the fresh produce. For example, if you are currently in the habit of planning a

meal and then purchasing the ingredients to make that meal, the CSA works oppositely. You receive the food first and then decided how to use it to plan the meal!

Even if you don't decide to join a CSA in 2013 there are many other ways to add more vegetables to your plate. Don't forget the downtown Toledo Farmers' Market is open every Saturday, all year long. At this time of year it is not as large as the summer farmers market but for the winter they have garage doors at one end of the market that close to create a large indoor room for the cold-weather market. You can find fall and winter produce that can be grown under covers such as hoop houses or greenhouses like greens or produce that stores well from the fall such as root vegetables like onions, carrots, turnips and potatoes.

February is also the time of year that vegetable gardeners dream about the perfect growing season. It's time to plan the garden and order seeds for next spring and summer. Are you are gardener?



Would you like to learn more about vegetable gardening?

Attend the Toledo GROWS 9th Annual Seed Swap on Saturday February 23, 2013 from noon until 3:00pm. It is at a new location this year: Woodward High School, 701 East Central Avenue, Toledo, OH 43608. Join others for workshops, gardening activities, children's activities and more!

Don't worry if you are new to gardening and don't have seeds to swap. The first five seed packet swap tickets are free for everyone! If you do have seeds to swap please

bring seed packets (dates 2011-2012 and labeled in individual envelopes - not bulk seeds accepted) to swap for more seeds.

If you want, you may purchase additional tickets for the seed swap for only 50 cents each. Come on out and join others thinking and planning for warmer days ahead. Even if you don't have a lot of space to grow a large garden consider growing a plant or two in containers for 2013. It's a great way to have some fresh produce on hand during the summer!

Lucas County Board of Developmental Disabilities Honors Staff Person of the Year

Special to The Truth

The Lucas County Board of Developmental Disabilities is pleased to present the Staff Person of the Year award to Deetra Mitchell. Mitchell is a community inclusion trainer in the Community Supports and Services Department.



"Deetra consistently goes above and beyond to assist individuals with whom she is working to ensure that they have the opportunity to connect with organizations or opportunities that match their interests and gifts," said Eric Henzler, Board vice president. "Through her work, the Board has been able to establish new relationships with a variety of community organizations that have led to an increase in the number of opportunities available to individuals served."

Mitchell has worked closely with the Teen Outreach Program (TOPS) and Youth Opportunities Program (YOP) which are both affiliated with the YMCA as after-school programs. She has also worked diligently at establishing volunteer opportunities with a few childcare programs through the YMCA/JCC Childcare and St. Charles Child Development Center.

Mitchell's commitment and enthusiasm make her a model employee for the Board. She embodies the mission, vision, and core values of the Board and has modeled these in all of her interactions in and outside of the office.

Through the course of a year, The Lucas County Board of Developmental Disabilities will provide services and supports for more than 4,000 children and adults. It is the mission of the Board is to ensure that people with developmental disabilities have the same opportunities and life experiences as all other citizens.

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Free Dental Service Brightens Smiles During Nationwide Give Kids A Smile Day at Owens

Special to The Truth

Over 110 area children recently left Owens Community College with pearly white teeth and bright smiling faces courtesy of the Dental Hygiene program as the academic institution participated in the nationwide Give Kids A Smile Day.

Owens' Dental Hygiene program, in collaboration with the Toledo Dental Society, was among thousands of organizations that provided free dental services and educational outreach for children with limited or no access to care across the country.

"It's a lot of fun to help children who are in need of help," stated Owens dental hygiene student Nicole Buchanan of Genoa, who intends on pursuing a career as a dental hygienist after graduating from Owens and obtaining her bachelor's degree in dental hygiene. "Give Kids A Smile Day provides a great opportunity for Owens students like myself share what we have learned and to give back."

Give Kids A Smile Day is a national initiative by the American Dental Association, which is dedicated to focusing attention on the epi-

demio of untreated oral disease among disadvantaged children. Held each February in conjunction with National Children's Dental Health Month, Give Kids A Smile Day provides free oral health education, screening and treatment services to children from low-income families across the country.

"I really appreciate all the volunteers who take the time to help others on this day," said Trisha Truman of Curtice, whose three children attended Give Kids A Smile Day. "My family has attended Give Kids A Smile Day for the past several years. We are extremely thankful to everyone who make this such a great event."

For five-year-old Lea Wauford of Northwood, the dental experience at Owens resulted in somewhat expected and unexpected gifts.

"I lost my first tooth today," explained an excited Wauford. "I'm going to put it under my pillow for the tooth fairy. They gave me a pink princess toothbrush. Pink is my favorite color."

Dental services available for free throughout the event included dental education

and screening, X-rays, oral prophylaxis (cleanings), limited restorations and dental sealants. In addition, Owens students from the health program provided educational presentations for parents and children. Also assisting with the event were School of Health Sciences students within the academic areas of dental assisting, massage therapy technology and medical imaging technology.

The College's Dental Hygiene program provides more than 40 students with a fully accredited, scientifically current and competency-based curriculum annually. Students receive classroom instruction as well as hands-on experience in the Dental Hygiene Clinic, while preparing to sit for the national, state or regional exam in dental hygiene. Owens' program also offers dental services to area residents through its Dental Hygiene Clinic. The 20-chair clinic is staffed by dental hygiene students and supervised by licensed dental professionals at Owens, and appointments are available during the Fall and Spring semesters for a \$30 fee.



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- Savannah State University - Savannah, GA.
- Tennessee State University - Nashville, TN.
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Tour Scheduled for March 31, 2013 through April 5, 2013

For More Information Call:
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Dr. Sylmara Chatman: Visiting Physicians Revive Age-Old Practice

By Fletcher Word
Sojourner's Truth Editor



So you thought home visits by physicians had gone the way of home deliveries by milk men? Guess again!

The milk man may not be coming back, but doctors are once again knocking on doors in the Toledo area.

Dr. Sylmara E. Chatman, MD, who has two offices in the greater Detroit area – the Visiting Medical Specialists of Michigan, is helping to revive the ancient practice in northwest Ohio as she opens her first office in Maumee.

“As a visiting physician, we bring the medical office to your home,” says Dr. Chatman.

The revival of the home visit has become a necessity these days as hospital stays become outrageously expensive and as the Affordable Care Act (Obamacare) moves the nation in the direction of less hospitalization, says Dr. Chatman.

“It’s difficult to see too far ahead, but the trend seems to be more home care,” says Dr. Chatman. “That is, caring for the patient in the home as much as possible in order to reduce the overall cost to the economy. Even with good hospital systems, there’s a lot to be said for caring in the home.”

That opinion is borne out

by others who bring health care services into the patients’ homes.

Diane Parrish, RN, founder and administrator of Parrish HomeCare, is more than a little grateful that Dr. Chatman is moving her business into the area.

“We can’t service some people unless they have a doctor,” says Parrish. “And patients are being turned out of nursing homes if they don’t have a doctor. This helps us do our job. There is no one else to see people and they need to be seen.”

Just recently, two nursing homes have closed in the area because of an inability to provide adequate medical services to residents, says Parrish. “We see people every day who don’t have a doctor. The population is aging and can’t get out – they are just not as mobile anymore.”

Dr. Chatman’s Detroit-area medical practice includes five physicians and physician assistants. She has opened her Maumee practice with one physician and one assistant.

The office will be dealing with chronic and acute medical conditions. Dr. Chatman, who has been in practice for

several decades and is a board certified family practitioner, leads a staff that can treat patients with such conditions as hypertension, heart failure, COPD, diabetes, asthma, upper respiratory issues, among others.

The Detroit native earned her undergraduate degree from Wayne State University and her medical degree from Michigan State University.

In addition to the expertise that Dr. Chatman’s staff brings into the home, they can also outsource services to a wide range of specialists. Patients can have X-rays, ultrasounds or blood drawn right in the home rather than trudge into a hospital.

“This brings the medical offices as well as ancillary services to the home,” says Dr. Chatman. “This is more of a concierge approach to medicine with the delivery of as much as you can to the patient’s doorstep.”

Dr. Chatman’s administrative office is located at 1690 Woodlands Drive, Suite 200 in Maumee – 419-897-7965.

Senator Brown Calls for More Action to Combat Childhood Hunger

Encouraged by Governor’s support of local food banks

Special to The Truth

State Senator Edna Brown (D-Toledo) released the following statement in response to news that Governor Kasich has signed Executive Order 2013-01K authorizing the expenditure of \$1.5 million in Temporary Assistance for Needy Families (TANF) funds.

“I was excited to learn that the Governor has authorized these funds to go towards the Ohio Association of Foodbanks in support of their efforts to combat childhood hunger. Although this executive order is a great first step in the effort to provide proper nutrition for needy children year-round, there is more that we can do.

“Clearly the access to additional funding will be of great benefit for many summer meal programs. However, these same programs also need conveniently accessible sites from which to distribute the food. Additionally, legal red tape and financial limitations often prevent fresh fruits and vegetables from being served to children who utilize these programs. That is why I plan to introduce the Childhood Nutrition Bill. This legislation would increase access to meals, including fresh fruits and vegetables, for many children who depend on these programs to receive proper nutrition outside of the school year.

“Given the Governor’s commitment to addressing childhood hunger, as indicated by this executive order, I hope that he will join me in supporting additional steps that we can take to make an even greater impact on children’s lives in Ohio.”

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Health Section • Health Section

Help For Americans With Vision Loss

Here's eye-opening news: With a little help, the 2.9 million Americans living with low vision—and the millions more who may have to someday—can maximize their remaining eyesight and safely enjoy a productive and rewarding life.

What It Is

Low vision means that even with regular glasses, contact lenses, medicine or surgery, people find everyday tasks difficult to do. Reading the mail, shopping, cooking and writing can seem challenging. Most people with low vision are 65 years old or older. The chief causes of vision loss in older people are age-related macular degeneration, diabetic retinopathy, cataract and glaucoma. Among younger Americans, low vision is most often caused by inherited eye conditions, infectious and autoimmune eye disease, or trauma.

Getting Help

"I encourage anyone with low vision to seek guidance about vision rehabilitation from a low vision specialist," advised Paul A. Sieving, M.D., Ph.D.

A low vision specialist is an ophthalmologist or optometrist working with people with low vision. He or she can develop a rehabilitation plan that identifies strategies and assistive devices appropriate for the person's particular needs.

Vision rehabilitation can include:

- training to use magnifying and adaptive devices
- learning new daily living skills to remain safe and live independently
- developing strategies to navigate inside and outside the home
- providing resources and support.

"A vision rehabilitation plan helps people reach their true visual potential when nothing more can be done from a medical or surgical standpoint," said Mark Wilkinson, O.D., a low vision specialist at the University of Iowa Hospitals and Clinics.

More Help

Help can also come from the National Eye Institute (NEI), a part of NIH. It offers a 20-page large-print booklet, "What You Should Know About Low Vision," a series of videos featuring patient stories about living with low vision.

The NEI, committed to finding new ways to improve the lives of people living with visual

impairment, dedicates more than \$24 million to research projects aimed at low vision. Projects include learning how the brain adapts to vision loss, strategies to improve vision rehabilitation, and the development of new technologies to help people with low vision read, shop, and find their way in unfamiliar places.

Free Resources

The booklet, videos and other resources are at www.nei.nih.gov/lowvision. Americans living with low vision—and the millions more who may have to someday—can maximize their remaining eyesight and safely enjoy a productive and rewarding life.

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University Schedules Events in Recognition of Black History Month

Special to The Truth

"Prospering, Progressing, Power: Trailblazing the Way to Greatness" is the theme of The University of Toledo's 2013 celebration of Black History Month.

During February, offices, departments and student organizations have planned several events.

Ritter Planetarium will pay tribute with a show called "Follow the Drinking Gourd," which is a historical program that shows how slaves used the stars to find their way North to freedom. The show will take place Saturdays at 1 p.m. The cost is \$7 for adults, \$5 for seniors and children 4 through 12, and free for children 3 and younger.

Other events include a soul food luncheon, urban dance presentation, poetry reading and a few lunchtime lectures.

Black History Month events include:

Wednesday, Feb. 6

- Black History Month Kickoff, noon, Student Union Room 2582-2584. Dr. Johnnie L. Early, dean of the UT College of Pharmacy and Pharmaceutical Sciences, will be the keynote speaker.

Thursday, Feb. 7

- Africana Studies Brown-Bag Lecture Series, noon, Student Union Room 3016. Topic: "Black Professionals: Insights on Expanding Your Career Opportunities." Speakers: Dr. Lesley Berhan, UT associate professor of mechanical, industrial and manufacturing engineering; Ben Davis, UT associate professor of law; Dr. Monica Holiday-Goodman, UT professor of pharmacy practice; Dr. Morris Jenkins, UT professor and chair of criminal justice and social work; and Darlene Miller, UT senior administrator of the Executive Master of Business Administration Program.

- Kappa Delta Philanthropy Dinner, 10 p.m., Kappa Delta house in McComas Village.

Monday, Feb. 18

- Soul Food Luncheon, noon, Student Union Trimble South Lounge. Sample some traditional African-American soul food.

- Urban Dance and Ballroom Demonstrations and Workshop, 8 p.m., Student Union Ingman Room. Step out and learn some moves!

Tuesday, Feb. 19

- A Night With the Legends, 7 p.m., Student Union Room 2591. Join Miniya as the group honors African-American women from the community.

- Sex Education, 7 p.m., Student Union Ingman Room. Fatima Pervaiz, UT program coordinator in the Office of Multicultural Student Services, will lead the discussion.

Wednesday, Feb. 20

- Heritage Night, 7:30 p.m., Student Union Ingman Room. Celebrate African-American heritage events from the 20th and 21st centuries.

Thursday, Feb. 21

- Africana Studies Brown-Bag Lecture Series, noon, Student Union Room 2579. Topic: "African Maroons and Memory in Latin America." Speaker: Dr. Charles Beatty Medina, UT associate professor of history.

Friday, Feb. 22

- Black Student Union Fashion Show, 7 p.m., Student Union Auditorium. Tickets: \$12; \$15 for runway seats; \$120 for VIP table of eight.

Monday, Feb. 25

- Student Organization Gala presented by the Public Relations Student Society of America, 7 p.m., Student Union Auditorium.

Tuesday, Feb. 26

- Poetry Readings and Jazz, 7 p.m., Student Union Ingman Room. Poet Xplicit and flutist Galen Abdur-Razzaq will perform.

For more information, click here or contact the Office of Multicultural Student Services at 419.530.2261 or the Office of Student Involvement at 419.530.2992.

Adam Crosswhite:

(Continued from Page 5)

before the summer of 1850, his sons owning a combined six slaves in the 1850 census and only two by 1860, although holding fairly lucrative estates.

Because of the Crosswhite case and others like it, Senator Henry Clay from Kentucky pushed a new law through Congress in 1850 known as the Fugitive Slave Act, which made it very risky for anyone to help an escaped slave.

Back in 2002, I visited the Elgin Establishment in Buxton, Ontario Canada. Another family relative, Bateman Crosby, is honored there as a Civil War hero. His picture is displayed in the

African Museum which is next to the cemetery where he and other family members are buried.

This past October, I went to Marshall, Michigan to visit grandpa Crosswhite's gravesite, as well as the beautiful historical marker that is dedicated to his legacy in the town square. As I stood a few feet from the same little cottage where grandpa, grandma and an entire town of caring residents prevented slave catchers from returning my family to the Giltner Plantation as property, I thought about my own life and the so-called challenges that I and other family members feel that we are facing today.

How silly, I thought. How dare I or any of the other hundreds of Crosswhite, Gaines, and Crosby's think for a minute that we can't overcome and accomplish anything that we set our minds to do!

Footnote:

Adam Crosswhite, begat Sarah Crosswhite, who begat George Crosby, who begat Frank Crosby, Sr., who begat Frank Crosby, Jr., who begat the author.

Additional information and resources about Adam Crosswhite is abundantly available via the WorldWide Web.

Account Executive Position - Toledo, OH (Feb 1, 2013)

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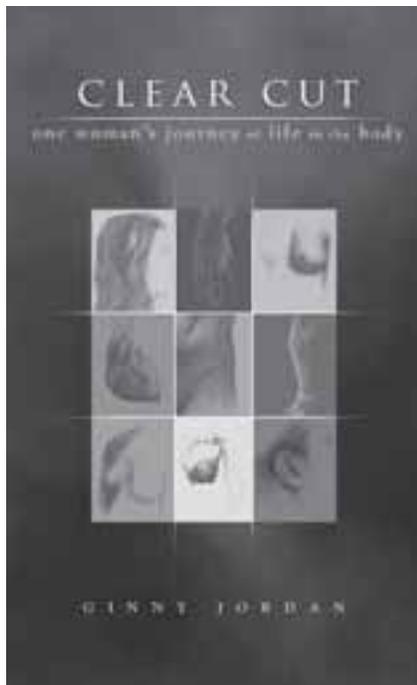
Clear Cut: One Woman's Journey of Life in the Body by Ginny Jordan

c.2012, Lantern Books

\$20.00

176 pages

By Terri Schlichenmeyer
The Truth Contributor



There was no room in your lungs for air.

Falls will do that to you, you know. First, there's the split-second, horrible knowledge that you won't remain upright for much longer, followed by the spill that takes months but happens in a split-second. When it's over, you're left flat with your dignity dubious, looking for a scrap of air for your lungs and hoping you're still intact.

And then there's falling ill, which is much worse. When that happens, it sometimes feels like you'll never stop descending, and in the book *Clear Cut* by Ginny Jordan, you'll see how that leaves one gasping, too.

Ginny Jordan grew up in a rough-and-tumble Ohio family with four brothers. She became a psychotherapist, moved with her husband to Colorado, bore three children and

loved to travel. She was a self-sufficient, independent, adventuresome soul.

And then she began a long trek through unimaginable fatigue.

The fatigue got worse, forcing her family to organize around "Sick Mommy." Jordan was diagnosed with Ménière's disease, just like her mother and grandmother, left without the strength to move her head, "not even an inch." Then the attacks got worse, causing her to drop flat to the floor.

In the midst of dealing with this, she accidentally felt a lump in her right breast. Her oldest child was nine; her youngest, two.

Jordan said goodbye to her breast after the mastectomy, then cut her hair, knowing that she'd have to say goodbye to that, too. Her oldest daughter said, "in no uncertain terms that she never wants to see me

bald..." Wigs itched. Jordan reluctantly learned to balance a scarf on her head.

Slowly, then, everything went back to as normal as it could get for a one-time cancer patient. Jordan traveled the world, her children grew up, she worked, and she learned to navigate life again.

And then, seventeen years after her first surgery and following a routine mammogram, she got the letter: "Please call to schedule a needle biopsy." Not long afterward, following her second mastectomy, she lost her ovaries.

Then she lost her hearing.

Then her marriage.

For most of her life, Jordan claimed she was unafraid of the "broken parts of other people." But, she says, "I will always miss my first landscape."

Oh, my.
There's no denying that

author Ginny Jordan writes with beautiful candor mixed with poetry. She never candy-coats the travails she's endured in trying to outlast cancer and various other life-altering afflictions. Her words are raw, and you want to hold her hand as you read them.

But while I appreciated Jordan's spirituality, her story became way too new-agey for me. Over and over, she recounts dreams and memories from which she derived messages and other omens. That, and the oft-confusing lack of linearity greatly tampered my enthusiasm for this memoir.

Cancer survivors may be the best audience for this book, but keep in mind that it's underlain with cobblestones. If you keep aware of that, then try *Clear Cut*.

You may fall under its spell after all.

Lonnie J. Hamilton Is On the Move

Special to The Truth

Author, consultant and spoken word artist Lonnie J. Hamilton is known for his honest and direct approach when it comes to living an empowered, happy and healthy lifestyle. Along with that, he also holds no punches when it comes to dealing with relationships and matters of the heart. His approach is to help men and women understand themselves and each other better,

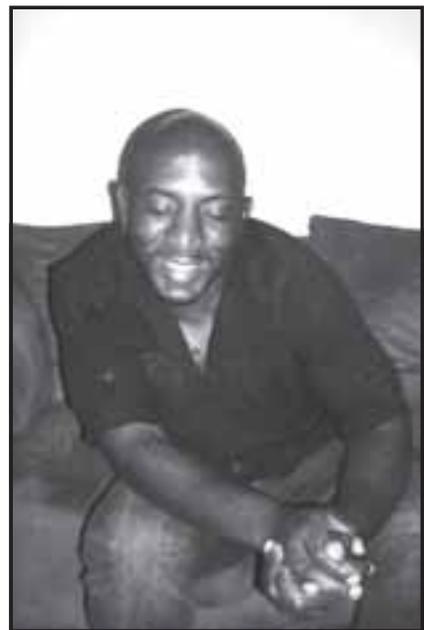
in hopes of building stronger, long-lasting relationships.

In his first published book *Women's Guide to Overcoming MANIPULATION* Hamilton addresses many issues of concern that women have when it comes to understanding why certain types of men act in certain types of ways. With an abundance of truth and detail, those who have read this

book have found the material informative, helpful and life changing.

With his work Hamilton also promotes finding one's healing place and moving beyond those places where an individual is bound to their pain. Knowing that heartache and disappointment are not trivial obstacles to face and overcome, Hamilton always offers up advice that is easy to understand and steps that are easy to follow when moving forward after failure. Empowering and encouraging Facebook and blog posts "Things Your Mother Never Told You (Or You May Have Forgotten)" and "Man Code" have quickly become audience favorites and have inspired the soon coming books "Things Your Mother Never Told You (Or You May Have Forgotten)" and "Becoming a Leading Man: Sixty-One Man Codes for Happier & Healthier Liv-

ing" (Continued on Page 13)



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Expanding Your Musical Tastes - Part Two

By Michael Hayes
Minister of Culture



As of October 2011 there were roughly 16 billion songs currently on iTunes.

That's 16 billion songs. More music than we could possibly consume, so we don't.

According to industry sources, as much as 80 percent of the music in iTunes doesn't sell.

Created by up and coming artists hoping to turn a profit

and be heard, most of that hard work to get on iTunes results in songs sitting on the digital shelf.

Beyond just sales, there's an even greater amount of music readily available thanks to Youtube, Pandora and various other apps and sites. The perfect storm has taken hold.

Our access to music has increased at the same time that the major label's power has decreased. So now the consumer creates what's hot or not, without even having to buy it to do so. What used to be the power of the dollar giving rise to companies is now random interest that jumps around from artist to artist, genre to genre.

In other words, it's a great time to develop a palette.

You can choose to bypass all commercially-driven music if you want and I mean

even the commercially-driven music that fronts like it's *not* commercially driven.

You can get all the way grassroots with it.

When I first came across Kendrick Lamar, an artist I produced got me hip to him.

He had fewer youtube views than we did at the time, and now he's a top-selling act signed to Aftermath all in just about two years. Don't even get me started on Tyler The Creator and OFWGTA.

Matter of fact, don't even get me started on rap or hip hop or R & B.

I am more and more convinced that the best music on planet earth is usually from Sweden or Canada. Yes, I'm a black male from the inner city.

Yes, I actually produce music... about half of which is urban.

But if you were around

me on a daily basis you would hear a lot of Feist, Edward Sharpe & The Magnetic Zeros, and what is becoming a serious addiction of mine... Metric.

I'm getting into acts who don't even shoot videos or if they do they never appear in them (The Knife). I'm getting into acts who redefine what sounds should even be used to create music (Starfu*ker, also written as STRFKR).

Some of what I'm gravitating to lately can still be found in the commercial realm. For example, I am in love with all things Ellie Goulding. Jasmine Ash is another one, if you've ever seen that Ferrero Rochet chocolate commercial and heard this dreamy, raspy voice... that's her.

I may get into an act with just a few songs here and there that I dig, like synth-pop duo MGMT. But more and more I'm finding that there are acts who you can buy into on a deeper level than just liking a few of their songs.

Edward Sharpe & The Magnetic Zero's, for example.

Take one look at this band and you'll swear you've been transported back to the 1960s. There is an entire philosophy of unity, peace and simplicity in their artistry. Same thing with Feist, her relationship

songs give you her entire concept on love with fewer words and instruments than anything you hear on the radio.

Now, I've been accused of just liking "that weird artsy crap" because I'm one of those weird artsy people.

But there's a difference between adopting a quirk or two for the sake of it, and just being true to your message even if it leads into quirky territory.

Like many of you, I felt like rap music let me down.

We all long for the brilliance of that 90s music, even though when it was the 90s we weren't so thrilled with it.

There was a fair share of crappy music to endure during that time period, but maybe it was worth it because the great music was just so damn good.

We crept into the new millennium still on that high but somewhere in the mid 2000's it started to go downhill.

Then at one point it just became downright unbearable.

To keep it all the way real, we are never going to return to that recent hey day.

We are never going to have an Aaliyah and a Mos Def and a Jill Scott all at once, ever again.

I encourage you all to Google and Youtube some of the acts I've mentioned.

Develop a taste for a band

that never even comes to the United States.

Find some act that is still so new and hungry that they don't even have a bandwagon to attempt to be loyal to yet.

Don't turn your back on urban music tho.

Sevyn Streeter is a new favorite of mine and if you've heard even one third of Frank Oceans album you know why he's nominated for a Grammy his first time out.

But if you're still feeling nostalgic and want to hear some 702 just for the hell of it... make yourself a Pandora station and relive the 90s for a moment.

Just don't stay there. Embrace the new.

Peace.

Announcement:
My partner Adonis Lavale and I have been producing music and artists for years.

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Feel free to email: mercuryspeak@gmail.com

Lonnie J. Hamilton

(Continued from Page 12)

ing".

Hamilton is also the author of two published poetry books titled *Deity* and *Masterful Art of Chocolate*. *Deity* is a poetic work where love and passion collide beautifully. It will cause you to delve into every word that you read, understanding that what is being expressed to you is someone's life; someone's hopeful and sometimes tragic love story. You will find yourself as you read between the lines, realizing that true love does exist for us all.

Masterful Art of Chocolate is a passionate and poetic celebration, a gift to those who still believe in the power of love, togetherness and unity. This book will help you realize that as long as there is hope and faith there is a divine opportunity for true love waiting for you.

Whether he is empowering audiences with life changing information, inspiring audiences with soul

stirring poetry, or uplifting an individual with simple yet powerful advice and tips, Lonnie J. Hamilton feels that God's purpose for his life is to help others, young and older alike, see beyond the pain, beyond the heartache, beyond the fear and beyond the disappointment.

Hamilton is a firm believer in putting God first and allowing Him to use you as a tool to help others. Hamilton is also host of The Poetry & SOUL Sessions (an artistic platform he co-founded with Rhonda Sewell); every month The Poetry & SOUL Sessions showcase individuals from Toledo, Ohio and abroad to audiences that pack out the upstairs section of Our Brothers Place in Downtown Toledo. Heading into their second year, The Poetry & SOUL Sessions is getting bigger and better, and is the perfect venue for an evening getaway. The dates vary by month; however the next live

event is on Friday, February 1, 2013.

To preview and order Hamilton's books please visit www.lulu.com/ljhamilton or contact him via Facebook at Lonnie J. Hamilton (<http://www.facebook.com/lonniejermaine.hamilton>). You may also follow and offer feedback on his weekly blog updates at <http://dynamicrelationships.blogspot.com> and follow him on Twitter @LJHamilton1. Please email Hamilton directly at thedynamiclife@gmail.com for information on future seminars and events he may be hosting, or to schedule a seminar and/or hosting event in your area; Hamilton is also available to be a featured spoken word artist at your venue or event.

Positioned for purpose, be on the lookout for Lonnie J. Hamilton; he is definitely on the move!

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It's never been so easy and convenient to explore and share the inspirational, educational and entertaining Black History Month programming On Demand on cable. Whether viewed on a small screen such as a laptop, tablet or smartphone or on a big screen in the comfort of the living room, opportunities to celebrate Black History Month are taking a decidedly 21st century turn. It's all available, instantly, to digital cable subscribers with a push on the remote control or with a quick download.

Multiethnic shows and movies available On Demand in February and beyond include:

Milestones In Black History

There are several offerings that examine the history of the struggles and strife, the tragedies and the triumphs of African Americans in the U.S., from the time of Lincoln to the Civil Rights era, including "Lincoln: American Mastermind." For children and adults alike, there's "The Tuskegee Airmen," which recounts the true story of how a group of African-American WWII pilots overcame racist opposition to become one of the finest U.S. fighter groups in history, and "First to Fight: The Black Tankers of WWII."

Profiles In Courage

The biographies of influential African Americans come to life in dramatic profiles and stories of individuals who may be less known but perhaps should be more so, such as legendary baseball great Curt Flood in the documentary "The Curious Case of Curt Flood" and the five wrongly imprisoned teens in "The Central Park Five." Drama movies like "Flight" starring Denzel Washington and "The Help" starring Viola Davis, and TV programs such as "House of Lies" starring Don Cheadle, showcase award-worthy performances from notable African-American A-list actors. Viewers can also get a close look at what it's like living in the crossfire of America's drug war in the Emmy Award-winning miniseries "The Corner."

Pride, Passion and Pain

For sports buffs, there are important shows that exemplify the contributions and struggles of athletes, such as "Joe Louis: America's Hero...Betrayed," and "Breaking the Huddle: The Integration of College Football."

That's Entertainment

Music aficionados can celebrate the true artistry of



entertainer and civil rights activist Harry Belafonte in "Sing Your Song," then laugh along with "Why We Laugh: Black Comedians on Black Comedy." Viewers everywhere can share their passion for Black History Month programming and see what's waiting for them On Demand at www.facebook.com/DiversityOnDemand.

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CLASSIFIEDS

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February 06, 2013

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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 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:

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

AOD Therapist

Full-time

Seeking an experienced Therapist to provide individual, family and group counseling, complete diagnostic assessments and provide case management services in our AOD programs.

Candidate must possess a Master's Degree and have a minimum of two years experience working with adults with mental health and chemical dependency issues. Independent mental health license (LISW, PCC) and chemical dependency license (CDDA, LCDC II, LCDC III or LICDC) required.

Human Resources - AOD
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
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NOTICE IS HEREBY GIVEN by the Board of Directors that Sealed Bids will be received by the Toledo-Lucas County Port Authority for:

Phase 3.1.B – Electrical Power
Lake Erie Port Manufacturing & Industrial Center

This contract is for all labor, material, insurance, and equipment necessary for the Electrical Power project located at the Lake Erie Port Manufacturing & Industrial Center, 2863 Front Street, Toledo, OH, 43605, in accordance with the approved plans and specifications, to the Port Authority at One Maritime Plaza, Toledo, Ohio 43604.

Bids will be received at the Port Authority's administrative offices at One Maritime Plaza, Toledo, OH 43604 until Monday, February 18, 2013, at 2:00 PM, at which time and place all bids will be publicly opened and read aloud.

The proposed project is generally described as the construction of a new medium-voltage electrical distribution system consisting of new 12.47KV primary metered service, overhead power lines, underground power and transformers to supply power to industrial facilities on site. Project may be awarded by the Toledo-Lucas County Port Authority at its sole discretion. The engineer's estimate for the project is approximately \$350,000.

Plans, Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file, and may be obtained from Becker Impressions, 4646 Angola Road, Toledo Ohio 43615; www.beckerplanroom.com; (phone) 419.385.5303; (fax) 419.385.0529 at the **non-refundable cost of \$25** per set, plus shipping, if requested.

This advertisement may be read in its entirety at <http://www.toledoportauthority.org/en-us/publicnotices.aspx>.

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Toledo OH 43614

or email your presentation along with your air check to
Brandibrown@urbanradio.fm

BIDDING REQUIREMENTS NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Metroparks of the Toledo Area Restroom Facility, Pearson Metropark, Oregon, Ohio** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, February 8, at 4:00 p.m.** local time.

THE SCOPE OF WORK consists of constructing a 1,754 sq. ft. restroom building. General construction includes excavating, aggregate paths, rough and finish carpentry, concrete, masonry, metal roofing, electrical, plumbing, drywall, HVAC, and paint. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$30 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

EACH BIDDER MUST FURNISH either (1) a bond for the full amount of the bid or (2) a certified check, cashier's check or irrevocable letter of credit in an amount equal to ten percent (10%) of the bid with its bid. The successful bidder must furnish a 100 percent (100%) Performance Bond and a 100 percent (100%) Labor and Materials Bond.

No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

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STAFF PROFESSIONAL ENGINEER

The City of Toledo is currently seeking a Staff Professional Engineer, registered in the State of Ohio, for employment in the Department of Public Services at the Hoffman Road Landfill. The Staff Professional Engineer will develop plans, contracts, specifications and cost estimates for improvements for the Hoffman Road site. This position will require the review of project plans to ensure compliance with environmental regulations. Requirements include a Bachelor's Degree in chemical, physical or environmental engineering and four (4) years of administrative experience in environmental regulations, permits and enforcement, of which two (2) years shall include municipal engineering work or closely related public sector engineering experience as a Professional Engineer. Experience with Title V, NPDES and landfill operations is preferred. Salary Range: \$57,464 to \$67,604

An application may be obtained at the Department of Human Resources, One Government Center, Suite 1920, Toledo, OH 43604 or on the City's webpage at: <http://www.ci.toledo.oh.us/Departments/HumanResources/EmploymentOpportunities/>

The City of Toledo is an equal opportunity employer.

Toledo Chapter CBTU Black History Banquet

Artisha Lawson
Sojourner's Truth Reporter

February marks the national celebration of black history in America and in Toledo this month welcomes the annual Toledo Chapter Coalition of Black Trade Unionists (CBTU)'s Black History banquet. This 25th annual occasion was held Saturday, February 2, 2013 at Ramada Inn Secor, and centered on the theme "Moving Forward."

Guests dined on hors d'oeuvres during the social hour and enjoyed musical selections by Jesse Coleman and Company. Elegant decorations, smiles and fellowship among guests served as

the transition into the official program. Gary Johnson served as the master of ceremony, followed by greetings from Toledo Mayor Michael Bell and other elected officials. All the guests stood and sang the Negro National Anthem preceded by the invocation offered by Rev. Talmadge Thomas.

"Tonight is about Toledo chapter CBTU, our 25th anniversary and black history banquet," said Cerssandra McPherson. "Our guest speaker is newly elected national president of CBTU. We're excited,



Mayor Mike Bell and Terrance L. Melvin

this year being our 25th anniversary and his first year as president. Tonight is also about generating funds for our scholarship. The Jim Watkins Memorial Scholarship is open to family members of CBTU or labor union members who are seeking college education, continued education or trade school. Everyone needs help. The 2012 recipient was Alishia Miller. She's currently attending The University of Toledo and was awarded a \$500 scholarship."

The keynote speaker was

newly-elected CBTU President Rev. Terrance L. Melvin, who succeeded William Lucy, the previous president who had served since 1972.

The 2013 banquet honors included Ohio Rep. Teresa Fedor, Andre Washington and Jan K. M. Scotland.

Fedor of the Ohio House of Representatives received the political achievement award. She has received countless awards, sits on non-profit boards, and government committees.

Washington received the Trade Unionism Award, his experience includes work with NAACP and League of Women Voters.

Scotland received the community activist award for his continued work with Toledo youth. He sits on non-profit boards, is active in local and national organizations and is the founder and manager of Sleepy Hollow Athletic League. The league is an all-volunteer organization, established over 20 years ago for youth ages 4 to 18.

"It was nice that this organization felt I was deserving

of this award. Sleepy Hollow Athletic League tries to provide a safe environment for kids to play sports, also learn respect for each other and authority. We've had over 4,000 kids in 20 years and even former kids return to mentor. I thank my wife, Margie and my two kids too, this takes time away from them," explained Scotland.

CBTU dates back to September 1972 when 1,200 black union officials organized a conference. Leaders William Lucy, Nelson Edwards, William Simons, Charles A. Hayes and Cleveland Robinson led the initial conference.

The organization's mission is to fulfill the dreams of black trade unionists, both living and deceased, who throughout this century have courageously and unrelentingly struggled to build a national movement that would bring all our strengths and varied talents to bear in the unending effort to achieve economic, political and social justice for every American.



Cerssandra McPherson and Alishia Miller



Jan Scotland

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