



Volume 25, No. 7 *“And Ye Shall Know The Truth...”* December 4, 2013

LMHA's 80th Anniversary



Linnie Willis, Executive Director and Cynthia Tetterton-Williams, Director of Procurement and Contracts

“Our goal is to change the face of public housing by providing quality affordable housing within a green community. We support HUD’s national initiative to change the perception of public housing and encourage everyone in our community to ‘ReThink Public Housing.’”

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Indestructible or Dysfunctional?

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



... We could fight like Ike and Tina; Or give back like Bill and Camille; Be rich like Oprah and Steadman; Or instead struggle like Flo and James Evans.

— Alicia Keys & Kanye West

Clap your hands everybody! Clap your hands everybody! For the first time in the history of Toledo, it appears that there will be five African Americans on City Council. This, despite a perfect storm where, in the opinion of one high-profile local businessman, "the best strong mayor we've ever had was defeated by an opponent who ran the most dishonest campaign I've seen."

Indeed, Mayor-elect D. Michael Collins has struggled to gain political traction with less than a month before he officially takes office. Not only has he shown a remarkable inability to grasp the importance of being sensitive to how African Americans feel about the police department, he is seen as pushing to hire an economic director at an astronomical salary without first thinking about how the position would be paid for.

"In terms of political calculations, he's not good at it," reasoned one longtime political sage. "He has one trick in his bag. If there were something he wanted, he would talk about it on the record ad nauseum. But that is his only tactic. He doesn't talk to people behind the scenes. He doesn't use the media outside of what picks up his loquacious speeches. I really feel like he doesn't have good political stability. So Council, certainly with its new makeup, I think can out-

maneuver this guy pretty easily if they can coalesce."

Can the five black council members unite as "intimate friends" around a diversity agenda? Will the "chocolate compact" consolidate their strength in order to keep Collins sensitive to racial issues? Or will the fledgling federation ultimately be known as the "Fragile Five" rather than the "Fabulous Five," in the eyes of the black community?

I spoke with Larry Sykes, who is expected to occupy the final council seat on January 2, about this very topic.

Perryman: Will you be part of a Jack Ford-led coalition on City Council or will you be independent? And do you see the five blacks on council uniting on some things or will they pretty much all go in different directions?

Sykes: I cannot speak for anyone else and I don't know anything about a Jack Ford-led coalition because I have not spoken to Jack about that. I can only speak from my perspective. I can and will work with anyone.

Perryman: I understand that's an at-large seat and you garnered support in spite of the unions' opposition, but I think that you were more visible in African-American churches than any other candidate. So what will be your connection to those people who supported you and really, took you over the top in the counting of the

provisional ballots?

Sykes: No, I thank you guys for letting me in your churches and I don't just come during election time. When I go back to the community, that's who I listen to. That's my constituency and I have to do what I think they want me to do and what is right. So if the community goes to Jack or Theresa [Gabriel] and say hey this is what we want, you need to go call Larry and we say this is the way we are going to do it. This situation is a perfect storm, but how are we going to weather the storm? Are all of us together in this boat or are we all going to go down? Do you understand what I'm saying?

Perryman: Please elaborate.

Sykes: I just said that there are five African Americans on City Council. So we need to sit down and say, hey guys, what else can I support, what did I support you with, where can we support you so that we can be a force to reckon with. Now will that happen? We had three African Americans on the school board and we couldn't get together, so I don't know. The question is can we get together?

Perryman: That's the question.

Sykes: The question is, who is going to do great things or who will bend to labor? I don't owe anything to labor!

Perryman: Who's likely to

bend?

Sykes: I can't say.

Perryman: Then tell me who won't bend? Will Jack Ford bend to labor?

Sykes: He doesn't have to. He doesn't need labor to get elected.

Perryman: Labor didn't support you and they didn't support Ford. So will you and Jack work together?

Sykes: I will work with anybody for the common good.

Perryman: What are your thoughts on the mayor-elect and his lack of racial sensitivity and understanding of diversity?

Sykes: I keep an open mind. People campaign and often, as with me, people misunderstand what people say and I'm a forgiving person. Maybe, what he said wasn't what he meant at that time, I don't really know that. I think he will have an opportunity to work with very diverse, very knowledgeable and experienced normal people. And I think he will respect all of them and we all can learn from one another.

Perryman: I must admit that I get a bit nervous, particularly when we turn back the clock on some things to a perspective honed and developed in the

... continued on page 7

The Sojourner's Truth

Toledo's Truthful African American
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www.thetruthtoledo.com

Community Calendar

December 8

St. Stephen's COGIC "Jubilee of Praise Celebration:" 4 pm; Toledo area gospel artists
New Prospect Baptist Church Annual Candlelight Service: 4pm; Guest Rev. Jerry Boose and Second Baptist congregation

December 22

Friendship Baptist Church Christmas Production: "The Gift;" 8:30 am

December 25

Christmas Day!

December 26 – January 1

Kwanzaa Celebration: Frederick Douglass Community Association; 6:55 to 8:30 pm nightly; Food, drumming, games, poetry, rap, vendors and more: 419-708-9701

January 1

New Year's Day!

What Does This Mean...?

By Lafe Tolliver, Esq
Guest Comment

Well, it may be high time for churches and pastors to pay up and start either working a second job or have their congregations up their income to cover residential housing expenses.

A federal judge in the Western District of Wisconsin in the case of Freedom from Religion Foundation, Inc. vs. Lew and Werfel, (Google it) recently ruled that 26 U.S.C. section 107 of the IRS violates the Establishment Clause of the First Amendment.

In everyday parlance that means unless the decision is overruled, churches will not be able to pay their pastors a sum certain as and for their housing allowance and that amount also being exempt from personal taxation.

The court opined that such an exemption is limited strictly to pastors and thus is not a benefit to others who are not pastors and as such violates the Establishment Clause of the First Amendment.

As Martha Stewart says, "This is a good thing."

It is good because those who profess a faith in their respective religions and especially in the Christian faith benchmark that God is their source and supply, the pastors and their assemblies (unless the decision is overturned on appeal...there is a stay in effect) will have to now walk by that faith and not by sight (aka: trusting in and relying upon IRS tax exemptions).

It means that churches and their pastors will have to re-negotiate their compensation packages to see if the churches can continue to slice and dice a piece of the pastor's compensation so that it can be exempt from taxes... if that slice is used for their personal housing.

And why should that slice be exempt? If you are a pastor of a particular denomination, you are asking the tax code and the other tax payers to subsidize your religious beliefs by letting you have tax free monies to live in a house of your choosing or monies be applied towards your parsonage house (if your church provides such a dwelling).

If you walk by faith, do you really want the IRS to be in bed with you as to how your church spends

it funds for the benefit and care of its pastoral staff?

If you claim that God is your all in all and that He is your source and supply, why not live the talk and walk the walk and tell the IRS that you do not need their tax coverage in order for you to propagate the gospel?

I contend that a lot of skills and con artists can get a 501(c) (3) exemption, register with the state as a minister of the gospel and *Voi-la!!* They can set up a "church" that will have those under their pastoral care paying monies to them for their housing and thus avoiding IRS taxes.

I never was clear why the church loves the state so much until you realize that the state gives the church tax exemptions on property and income and other valuable holdings to the tune of billions and billions of dollars nationwide.

It is almost unthinkable to many churches and pastors that this cozy relationship should not continue as it is.

As a reminder to those who may be in shock, you do not need to incorporate with the state or the IRS in order to form what is colloquially known as a "church." (Note: the church is composed of the believers...not the building that they assemble in).

You can be an unincorporated voluntary association and thus do not need a 501(c) (3) unless of course you want your members to receive a tax deduction for their charitable donations to their house of worship.

Question: how much less giving would occur if your house of worship did not have a tax exempt ID number? Would you give the same, less or more?

If you could not write off on your taxes at the end of the year, hundreds or thousands of dollars in tithes and offerings, would you still attend that house of worship or would it benefits be diminished because there was no longer a taxable financial gain for you?

Churches and pastors do not need the IRS or the myriad of tax breaks that it gives to religious organizations in order for them to propagate the faith. If pastors and churches want to be free from

"Caesar" and proclaim the gospel, they are able to do so without getting or needing an exemption to live in a house or to cover their car costs.

What a profound statement of faith it would be for Presbyterians and Episcopalians and Baptists and Lutherans and Methodists and other religious organizations to make a stand and renounce any involvement with the IRS which is the revenue-gathering arm of our present day "Caesar."

Can you imagine the profound shake up in America regarding religious undertakings and professions of faith if organized religion told the IRS to take their bushel basket full of tax exemptions and shove it!

But, alas, that will not happen because for decades, too many churches in the USA have been co-opted or silenced from being bold and aggressive in their min-

istries due to being weaned and raised on a steady diet of canned IRS stew (tax exemptions and deductions) and the juicy financial pulp of state exemptions... and they want and expect to continue to dine at that money laden trough.

And as for any professed walk of faith that God will supply all of my needs? Save that only for Sunday morning sermons and inspirational paperback books but leave my private Learjet and houses and cars and other tax benefits and write offs alone!

I see the modern-day church married to the IRS and because the church is not strong enough to see the deception (or does not want to see it) involved in such an illicit relationship, do not expect either party to be filing divorce papers against the other.

Contact Lafe Tolliver at Tolliver@Juno.com

Karen Sanders Joins Larry Hamme and Associates

Larry Hamme and Associates welcomes Karen Sanders to their practice.



Karen is an individual who is experiencing life transitions, mood disorders, grief and loss or psychological and spiritual issues. Her clients include those who wish to improve their parenting, communication and/or life skills. As a family therapist, she is able to integrate her knowledge of education and mental health issues to help families problem solve, overcome personal issues and work toward positive home and school experiences.

Additionally, Karen has had over 30 years of experience working with the Deaf community as a teacher, interpreter and counselor. She is fluent in American Sign Language and has profound understanding of Deaf culture, CODA issues as well as life adjustment for individuals who are losing their hearing later in life.

Karen provides workshops, presentations and training on topics such as life/stress management, child/adolescent behavioral concerns, and women's issues.

Karen Sanders received a Bachelor's Degree in Elementary Education and Deaf Education from Bowling Green State University in 1983. She went on to earn a Master's Degree in School Counseling from Gallaudet University in Washington, DC graduating with honors in 1989. She has had over 20 years of experience in the field of education and counseling.

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Reversing the Poverty Trend

By Jay Black
The Truth Contributor

In this week's article we continue the series on why our community is amongst the poorest communities in America and what we can do to reverse the trend. We offer reasons 4 through 3 today.

TAACC Mission Statement

The Toledo African American Chamber of Commerce (TAACC) advocates and promotes the economic growth and development of African American owned businesses by focusing on the development of business opportunities, business alliances, and legislative advocacy.

Reason Number 4. Education. This reason is a complement to reason 6 which we discussed previously (ignorance or lack of knowledge). Dictionary.com defines education as "the act or process of imparting or acquiring general knowledge, developing the powers of reasoning and judgment, and generally of preparing oneself or others intellectually for mature life."

Many in the African-American community do not place a premium on academic achieve-

ment. While it does not guarantee success it does guarantee at least personal achievement. How, you might ask? Attainment of a quality education helps to prepare one intellectually and, most importantly, no one can ever take away what you've achieved. What you do with what you've attained academically is up to you. Why is this issue so important to our community?

- A lack of education is often used as a reason for denial of employment opportunities.
- The completion of college continues to be one of the single best predictors of success in the workforce.
- It has been consistently reported that a person with a college degree can expect to earn approximately \$1 million dollars more than a high school graduate over a life time.
- African-American (AA) and Latino children are less likely to be able to compete on the global stage than children from other groups (Asians and whites). One study showed that the persistent gaps in academic achievement between children in the U.S. and their counterparts in other countries have deprived the U.S. economy of as much as \$2.3 trillion dollars in economic output in 2008. This number has likely grown in subsequent years.



Jay Black

- The unemployment rate in the AA community is at least triple (34 percent) nationally and is estimated to be quadruple the unem-

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African Art Has Arrived!!

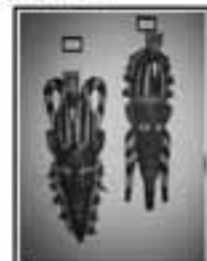
Hundreds of wood carvings from Ghana have recently arrived at
The Truth Gallery – masks, statues, village scenes!
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See more art online at
www.thetruthtoledo.com



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LMHA Celebrates 80 Years of Opportunity During Annual Meeting

Special to The Truth

Established four years before President Franklin D. Roosevelt signed the 1937 United States Housing Act, LMHA (originally known as Toledo, Metropolitan Housing Authority – TMHA) has provided thousands of low to moderate-income families and the elderly with affordable housing, programs and/or services.

In November, dozens of LMHA supporters gathered at the Toledo Club to celebrate 80 years of service to the community.

The Toledo-area based housing authority stands at the forefront as one of the first public housing facilitators in the United States. In addition its Brand Whitlock Homes, named after the former Toledo mayor, was the first housing development built in Toledo in 1938.

Due to the success of this project, other housing developments immediately followed, including Brand Whitlock Extension, Birmingham Terrace and Golden Age Village (now known as Glendale Terrace) — the first housing community of its kind in the United States designed specifically for seniors. Over its eight-decade existence,

LMHA has expanded its number of housing developments to more than two dozen.

LMHA currently has approximately 2,740 Public Housing units and issues a total of 4,300 vouchers through its Housing Choice Voucher Program. Collingwood Green Senior Building, its newest development, consists of a 65-unit senior mid-rise building. This is the first of four phases that will encompass 272 units of new mixed-income/mixed-finance rental units, and the construction of 7 single family affordable homes (approximately 1200-1400 sq. ft. ea.) with market-rate homeownership options.

“Our current development, Collingwood Green, is the flagship for green and sustainable housing near downtown Toledo,” said Executive Director Linnie Willis. “Our goal is to change the face of public housing by providing quality affordable housing within a green community. We support HUD’s national initiative to change the perception of public housing and encourage everyone in our community to “ReThink Public Housing.”



Ribbon cutting ceremony at Collingwood Green



Linnie Willis and Ricky Urbina



Larry Sykes and D. Michael Collins



Executive Director Linnie Willis and Procurement and Contracts Manager Cynthia Tetterton-Williams

Timeline for Lucas Metropolitan Housing Authority

- ✓ 1933 – the nation was several years into the Great Depression – The federal government started providing funding for the development of public housing nationwide – Toledo responded to the mandate and formed Toledo Metropolitan Housing Authority (TMHA); chartered as a political subdivision of the State of Ohio
- ✓ 1938 – Brand Whitlock opens
- ✓ 1939 – 1957 Continued the development of family sites
- ✓ 1958 – Spieker Terrace opens as the first public housing development for the elderly
- ✓ 1967 – TMHA begins lease / purchase of properties under the national Turnkey 3 Program
- ✓ 1975 – TMHA renamed LMHA to better reflect the agency’s representation of the county-at-large
- ✓ 1976 – First Section 8 funds are made available from HUD
- ✓ 1979 – Receives grant of \$520,000 to deter crime on the LMHA properties
- ✓ 1985 – Designated as a “Troubled Authority”
- ✓ 1989 – Rep. Marcy Kaptur intervened to assist in developing a strategic plan to improve LMHA’s management and oversight
- ✓ 1991 – A new Board of Commissioners was appointed and a new executive director hired
- ✓ 1993 – Lucas County Sheriff’s Office begins community-oriented policing program
- ✓ 1994 – Agency received High Performer status
- ✓ 1996 – Received national recognition for “One Strike and You’re Out” Policies to reduce drug-related crime
- ✓ 1990’s – Also included the opening of the Maurine Simmons Family Investment Center; increased participation in the Section 8 Family Self-Sufficiency Programs and a dramatic increase in resident initiatives and resident involvement
- ✓ 2000 – Groundbreaking for 16 new single family homes at Oak Grove Estates - received commendation for excellence from HUD Secretary Cuomo – continued to receive numerous NAHRO Awards for innovation in Resident Services Programs
- ✓ 2004 – Assistant HUD Secretary Michael Liu visits Toledo to recognize the LMHA Section 8 Homeownership Program – Houck Townhomes – first new construction of public housing

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

Gifts from the Kitchen

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

Why pay more money for convenience items from the store? It's easy to make your own mixes for instant soups, warm winter drinks or non-salt seasonings. You could package these food gifts to give to others and you can make a batch for yourself. Give yourself the gift of time during this busy time of year!

What Kinds of Recipes to Use?
Look for recipes with all dry ingredients such as: uncooked rice or pasta, dry cereal, pretzels, dry legumes or split peas, nuts, dry milk, flour, sugar, spices & herbs. None of these ingredients will have to be refrigerated or frozen.

If this is a gift, what would the recipient like best? For example, a young family might enjoy a quick snack mix while the family member watching their sodium level would like a tasty, low-sodium spice blend. Test out new recipes to make sure that the item tastes good, and the instructions are easy to follow. You might find a new easy, favorite recipe for yourself!

Stretch your food dollar at the grocery stores by comparing the costs of store brands to national brands. Only use coupons if it will help you save money on an item you would use. Compare the cost of larger versus smaller sizes of food containers.

As in any food preparation, clean and sanitize the work area before assembling the ingredients. Always wash hands with warm soap and water and make sure that food storage containers are clean and completely dry before adding the dry ingredients.

When storing dry food mixes to prepare at a later time, make sure you are using a container designed for food. Food safe containers include glass canning jars and containers that have already held food and have been washed out or zip top bags designed to hold food. Avoid containers with toxic metals, such as lead, copper or brass.

The following recipe is an easy recipe for corn bread by Julie Garden-Robinson and Kendra Otto of North Dakota State University Extension Service. In addition to recipes, they also share a list of low-cost gift ideas for friends and family. It can be found at <http://www.ag.ndsu.edu/pubs/yf/foods/fn1494.pdf>.

Homemade Cornbread Mix (dry ingredients)

- 1 c. flour
- ¾ tsp. salt
- ¼ c. sugar
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ c. dry milk powder
- 1 c. plus 2 Tbsp. cornmeal

In a large bowl, mix all the ingredients. Place the mixture in a clean quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

(Recipe card to include with the previously made dry mix)

Homemade Cornbread
1 container Homemade Cornbread Mix

- Additional ingredients:
- 1 egg
 - 1 c. water
 - 2 Tbsp. oil

Preheat oven to 425 degrees. Pour dry mix into a large bowl. In a second bowl, combine egg, water and oil. Add liquid ingredients to dry ingredients. Stir well. Pour into an 8- by 8-inch greased baking pan and bake for 20 to 25 minutes until the top is golden brown. For best flavor, use this mix within nine months.

Makes 10 servings. Each serving has 150 calories, 4 g fat, 25 g carbohydrate and 330 mg sodium.

Looking for more recipes? Check out "Food Mixes in a Jar" at the University of Nebraska-Lincoln at <http://food.unl.edu/web/fnh/food-mixes-in-a-jar>

Remember the nutrition article last month? If you are interested but have not yet signed up for the 2013 Zero Weight Gain Challenge, it is not too late. The 2013 Zero Weight Gain Challenge by OSU Extension, Live Healthy, Live Well started on November 25 but if you are still interested in participating, sign up by the end of this week.

It is an on-line email challenge with the goal of maintaining weight over the holiday season. Questions about 2013 Zero Weight Gain Challenge or to sign up, please email powers-barker.1@osu.edu

It's a busy time of year when there are a lot of food options. Take some time for yourself to make some healthy choices!

Perryman...continued from page 2

1940s and 1950s or even 1960s and 1970s.

Sykes: Well, you know, I would be also but that's why there are 12 people that are elected and will be engaged. Hopefully, it can be the insurance that's needed to prevent that.

Perryman: Will you make a commitment, on behalf of the people who helped to put you in office and whose churches you visited, to look out for their interests as far as diversity and equal opportunity?

Sykes: There's no question. Diversity benefits everyone. That is the part a lot of people don't understand. Nobody is talking about giving anybody that isn't qualified, certified, bona fide or solidified, anything. We're talking about opening doors that have been open for others historically. We're talking about people that have the qualifications but did not have access to the process.

Perryman: And we're also talking about making the process fair and the process diverse?

Sykes: I'm simply saying that I don't have a problem in doing the

right thing for the right reasons. I am a big boy and I have taken hits before.

Perryman: You have, absolutely.

Sykes: And as a boxer I was always told, Larry if you get knocked down try to lie on your back because if you can look up you can get up. And just from that analogy, City Council has five blacks, five fingers, that's a hand. Pull them together and it is a fist. A fist can break through a heck of a lot that individual fingers can't so we need to come together. I would just say that if we, as black folks, don't come together and get something out of this and stand up, we're screwed.

Perryman: Since you enjoy bible verses, let me leave this for you and your fellow council members from the book of Esther: "If you keep quiet at a time like this, deliverance for the community will arise but from some other place. What's more, who can say, but that you have been elevated to this special place for just such a time as this?"

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



Fri., Nov 15–Tue., Dec 31

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Tis the Season.....

By *Angela Steward, Fitness Motivator*
The Truth Contributor

Okay the holidays are here, tis the season to celebrate and like me I bet you have a lot of parties on your holiday calendar. I have something scheduled each and every weekend between Thanksgiving and Christmas! Christmas parties, birthday parties, anniversary parties, etc., so weight gain here I come!

I love the Christmas season! I participate in all of the festivities and I especially enjoy eating the yummy holiday foods I love so much! So, of course, during this festive time of year, I gain a few (lol) pounds, and this year is no different.

I don't believe in depriving myself of my favorite holiday foods and I'm certainly not going to turn down a slice of my sister-in-law's German chocolate cake (even though she didn't fix it yet...hint..hint), or my husband's shrimp salad, or my mother's homemade yeast rolls, I've gained two more pounds just thinking about it!

So with that being said, even though I gain a few pounds during the holidays, I would probably gain more if I didn't have a Holiday Game Plan. Yes, I go into the holiday season with a game plan – knowing I will probably gain “some” weight, but not enough to go up a dress size!

I know, I know, some people say its crazy to plan to gain weight, but I'm just being realistic! Most everyone gains a few pounds during the holi-

days, so instead of depriving myself, or staying home to avoid the temptation, I choose to celebrate and enjoy the holidays!

By using my Holiday Game Plan you can eat the holiday foods you love, and know that your holiday weight gain is temporary!

FABFIT HOLIDAY GAME PLAN

1. Eat the foods you love, but in smaller portions. No, I don't carry measuring spoons in my purse – I refuse to live “my” life under pressure, and you shouldn't either! A tablespoon of **this and that** curbs cravings - so don't deprive yourself, eat the foods you love – in moderation by using my motto: Eat to Live, Not Live to Eat!

2. For every alcoholic drink, drink a glass of water. No explanation needed, right?

3. Say “no thank you” often!

4. Try to avoid second servings! For me, it really depends on what it is...!! German chocolate cake...one slice now, I'll take another slice for later!!! Sissy-in-law!!!

5. Move your body every day, all day! I exercise daily: I walk, I dance, I lift weights, I squat, I jump (in moderation), I ride my bike! You gotta move it – to lose it!

6. Don't eat hungry - eat throughout the day! Don't wait until you're starv-

ing to eat, waiting to eat until you're hungry leads to overeating. Eat small meals throughout the day – it will help control cravings and mindless snacking.

7. Pace yourself – no speed eating! Eat your meals slowly, not to the point that you're counting how many times you chew, but slow down enough to hear that small voice telling you “I'm full.” That's why its so easy for most of us to overeat while socializing, we're so busy talking and laughing while enjoying our meal, we can't hear our inner voice screaming “I'm full!”

8. Get out of the kitchen, or wherever food is sitting! I'm a mindless muncher. I don't munch because I'm hungry, I munch because its there.

9. Drink water every day, all day. Don't wait until you're thirsty to drink water.

10. When hosting parties, get rid of leftovers, it frees you from temptation.

After losing 70 pounds, I know my body better than anyone. I love to eat and by using the steps above, and by staying active and using self control during the holidays, I can enjoy my holiday dishes, without guilt. You can too!

My Holiday Game Plan allows you to be realistic about holiday weight gain and can help you to avoid having to make weight loss resolutions in 2014.

Tis the season...so put your measuring spoons away. Eat and drink in



Angela Steward

moderation. Overload on love and laughter! Slow down! Spend time with family and friends. Celebrate the life of Jesus Christ – the real reason for the season!

Merry Christmas to you and all you love!!

Angela R. Steward
Creator of Fabulously Fit
Certified Fitness Coach & Motivator

Certified Weight Loss and Nutrition Consultant
Fabulously Fit Studio (aka Studio Fitness)

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Dear Ryan

Ryan Rollison, Dream Bodies

Dear Ryan,

With the holidays right around the corner I'm getting nervous because I seem to over indulge and gain a lot of the weight back that I have lost during the year. It seems like I spend the whole year trying to lose weight just to gain it back again over the holiday season. Do you have any suggestions on how I can keep from gaining a ton of weight back this year?

Dear Kim,

This is a very difficult time of year for everyone including myself. I mean who wants to say no to all the holiday goodies laying around the house or at work.

For starters you can just simply not buy the junk food when you go grocery shopping. It's hard to pass it up when you are walking through the store but it's even harder or impossible to pass it up when it's in your house and in your face all day long.

Another thing that will help you is to eat your regular meals on the holiday itself. A lot of people don't eat, thinking that they are going to be eating a large meal later that day and then they over eat. If you eat like it's just a

regular day you will be less likely to overeat because you will not be starving by the time you feast begins.

Remember you should be eating four to six meals per day and not just one big meal and then another big one when your hunger sets in again four hours later. This is where people really mess their eating up and then they do it for the next couple of days with leftovers.

You must stick to your eating plan and not over eat just because it's there. Drink your gallon of water like you should be doing anyways and carry on as normal. The only difference is you will have family around and more food for you to splurge on.

You must show some discipline and self-control here. Don't eat as much of the potatoes, dressing, pastas and other starchy carbs on the table. Have some but go easy, fill up on more meat and veggies this year.

You could also make a dessert that is low sugar and/or low fat that you can enjoy while everyone else is indulging in the high fat, high calorie and high sugar desserts that will halt your fat loss efforts.

I always make a cheese cake that's

virtually fat free and sugar free Everyone loves it and doesn't know it is reduced until I tell them. Use sugar-free jello, puddings, low or no fat cream cheese and modify recipes to fit your needs. I also add protein powder to my desserts; it tastes great and reduces your insulin spikes.

Don't be a victim this holiday, get creative and eat healthy. Also, keep your exercise program moving along. The last thing you want to do is decrease your calorie burning while increasing your calorie intake. This is where you will begin to pack on more pounds.

I know with the holiday parties your time may get limited but you have to stay on point and make time to train. Be strong! Your friends and family will tempt you, but show them you are stronger than their unsolicited coaxing.

There is plenty of time to plan ahead for this holiday season. Good luck!

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Ryan Rollison

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The Affordable Care Act in Your Neighborhood

Department of Health and Human Services

While we continue to improve HealthCare.gov, it's important to remember that there are other ways to enroll in the Health Insurance Marketplace. One way is to find help in your local community. You can get assistance in a number of different ways: through trained navigators, in-person assistance personnel, or through certified application counselors.

To date, more than 19,000 assisters have been trained by the Centers for Medicare & Medicaid Services. We estimate that, since October 1, they've reached over 450,000 consumers.

Our navigator, in-person assister, and certified application counselor programs are critical tools to provide consumers with

in-person help. Each assister undergoes a rigorous training process, to include privacy training, and is tested to ensure they're prepared to help you enroll in the Marketplace.

Assisters are already having a tremendous impact helping folks enroll all across the country. In Oklahoma, Little Dixie Community Action Agency's staff of 65 trained navigators operates in 80 percent of the state's counties. The work is an extension of the agency's mission to serve lower income families.

Chad Austin, Little Dixie's Project Coordinator, told us that, once consumers get the right information from assisters, they see the advantage to their "bottom line-costs." Chad has first-hand exper-

ience with the benefits of the assister programs. The first person he helped through the entire application process was someone he helped on his own time during off hours at home. Who was this important first client? Chad's wife.

Community health centers are also playing a crucial role in the enrollment process. There are trained enrollment assisters at nearly every community health center in the country. Community health centers already treat more than 21 million Americans each year, and, as more uninsured Americans enter the health insurance market for the first time, they will continue to play a crucial role in delivering care.

Thanks to the Affordable Care Act, 300 new community health

center sites are being built, and nearly 600 clinics are being renovated.

Finally, in some metropolitan areas, there are trained Enrollment Assistance Teams and Enrollment Assistance Centers staffed by trained personnel who are available to help people with the enrollment process.

Together, in-person assisters and community health centers are working to educate Americans about the choices they have in the new Health Insurance Marketplace, many of whom will have health insurance for the first time.

Start getting covered in your community by visiting Local-Help.HealthCare.gov today.

2013 Community Empowerment Award Recipients

These are the names of the people who have been selected to receive

The 2013 Community Empowerment Award at the Bishop's Ball on December 13, 2013 at 7 PM at The Ramada Hotel and Conference Center, 3536 Secor Rd., Toledo, Oh.

Shawn Mahone, Sr....Young Men and Women For Change, Founder

Elaine Tait-Page.....Executive Director, Grace Community Ctr.

Dr. Donald Perryman....Pastor, Center of Hope Baptist Ch.

Elder Melvin Barnes, Sr....Pastor, Greater Faith Fellowship Church

Fletcher Word.....Publisher/Editor, The Sojourner's Truth

John Edwards, Sr.....Executive Director of U.M.A.D.A.O.P.

Suzette Cowell.....CEO, Toledo Urban Federal Credit Union

Patricia Smith...Pastor, Trinity Faith Tabernacle Church

Theresa Gabriel.....Councilwoman, Toledo City Council

Sonya Harper-Williams....Executive Director, Frederick Douglas Community Center

Bishop Randall Parker....Pastor, Manifested Word Church

Renee Palacios...Executive Director, Family House

Connie Eason...Executive Director, Lucas County Victim Witness Assessment Latino Outreach Program

Perlean Griffin....Director, City of Toledo Affirmative Action

Bishop Marjorie Holt....Pastor, Bethesda Christian Center

Also 2 people were selected this year to receive

The Classic Diamond Award :

Rev. I. J. Johnson.....Pastor, St Mark Baptist Church

And
Bishop M.C. McGhee....Pastor, Serenity Church and Founder.... Serenity Soul Food Restaurant

Thanks much,
Contact phone number is 567.225.4902

Band-Aid for a Broken Leg by Damien Brown

Sojourner's Truth Staff

You sure had lots of choices.

Plan A or Plan B? This one or that? It was a big decision and you made it with as much information as you could find. Now you hope you've gotten the healthcare coverage that works best for you and your family.

But what if there was no option, or that healthcare was days away, dispensed in a tent with little technology? In the book *Band-Aid for a Broken Leg* by Damien Brown, you'll read about one doctor's experiences, literally in the field.

Growing up in relative affluence, Damien Brown only had the barest notion of hardship until he was in his 20s. By then, he'd lived on several different continents, had seen the effects of misery and poverty, and had decided that he "wanted to help. Or at least try, in some capacity."

So, following graduation from med school in Australia, he signed on with Médecins Sans Frontières (MSF) and was sent to Mavinga, Angola, on Africa's southwest side. It would be his home for six months.

Dubbed The Edge of the World by Portuguese colonists, Mavinga was little more than a collection of dusty buildings and tents surrounded by land mines. Brown's job was to relieve the doctor whose stint was up but, never having been in charge of a hospital before, he was terrified.

It didn't go well at first.

Brown didn't speak Portuguese, and the language barrier gave his staff extra reason to complain about *Novo Doctor*. The illnesses he saw were things he'd only ever read about before. Patient treatment was hampered by lack of x-rays, oxygen machines, and modern testing; and a near-primitive surgery suite with hand-operated equipment. Improvisation was common, sanitarianism was often an issue and, between adrenaline-rush emergencies, there was incredible boredom.

Six months. That's all Brown signed on for and he counted the days – until he suddenly realized that things were better. His colleagues had become friends and his time in Mavinga was up too soon. From there, he "slid finally into Melbourne" and a hospital with modern equipment.

But the difference was "a glaring, uncomfortable reminder of the

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345 pages

disparities..." and Brown missed Africa.

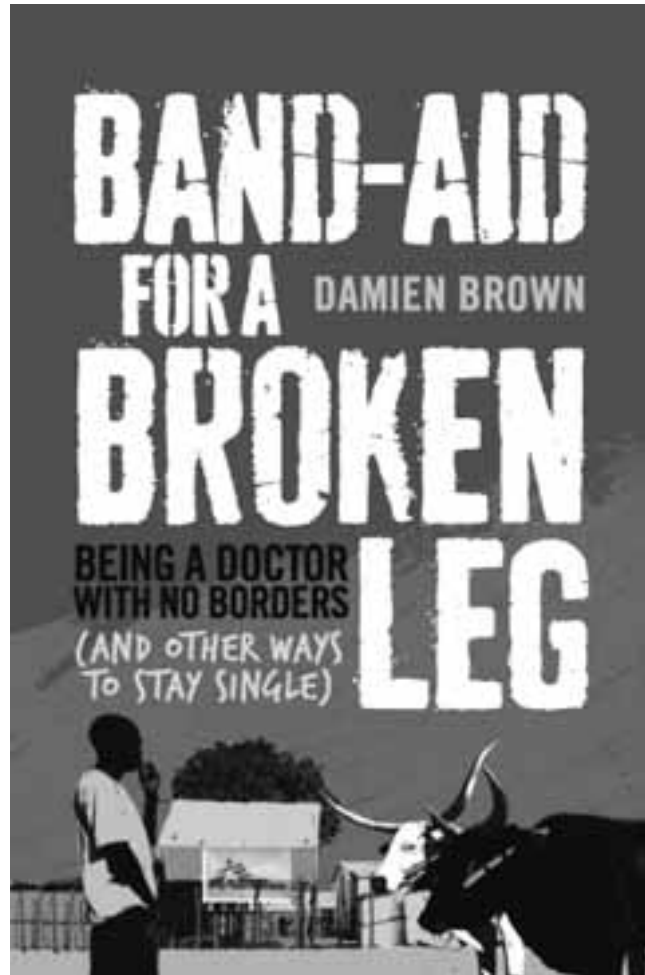
"By mid-year," he says, "I'm trawling the aid-worker websites..."

You might think for a minute that *Band-Aid for a Broken Leg* would be like those commercials you see on TV, filled with misery meant to touch your heart.

And you'd be wrong.

Oh, there's heart-touching here, yes. Author Damien Brown doesn't miss a chance to share the mind-boggling things he saw, but we're also privy to the goodness, too. That makes this book a nice balance between suffering that will make you very thankful for what you've got, and grace and forbearance that will make you smile.

This is the kind of book that will open your conscience – and maybe your wallet. It's jaw-dropping and humorous, both. And if you'd love a story about a life you may never lead in a place you may never visit, *Band-Aid for a Broken Leg* is a good choice.



Winter Programs @ Maumee Branch Library

Join officials of the Maumee Branch Library, 501 River Rd, Maumee, OH, for some winter family fun!

Holiday Take It and Make It: For all ages. Begins **Monday, December 2 and runs through Monday, December 23.** Add your own personal touch to gifts for your friends and family. Stop in anytime during Library hours and pick up a craft packet with instructions to make a special holiday gift tag! Don't forget to also guess how many holiday candies are in our jar at the reference desk. The correct guess wins the jar of candies!

Holiday Concert with Kevin Devine: For all ages. **Tuesday, December 10 @ 7 p.m.** Start your season off with some rollicking holiday music! Prepare for a festive event as Kevin returns and delights families with his sing-alongs and dancing songs.

Home for the Holidays – Patron Appreciation: For all ages. **Friday, December 27** from 10 a.m. to 4 p.m. We appreciate our patrons! Please visit

and enjoy cookies and cocoa and enter our raffle to win a FREE bag of books. Sponsored by the Maumee Friends of the Library.

This Christmas with Studio 329

It's always good to know that there are those who enjoy giving back to their community. After serving in military for four years, Doug Keetion decided that he wanted to do just that.

Born in Mississippi and raised in Ohio, Keetion grew up in central Toledo on Prospect Street. With his father working every day at a steel factory and his mother a cabinet maker at a local cabinet company, Keetion grew up watching his parents do all they could to provide for him and his siblings even through divorce.

Keetion enlisted in the military in the mili-

tary at the age of 20 and fought in the Gulf War in 1991. When he returned to Toledo in 1992, he decided to pursue a career in cosmetology after much encouragement from his sister Vivian Turski and cousin Thomas Payne. In 2007, Keetion opened up his own salon, Studio 329 in Toledo. "After seeing my parents working hard doing jobs that they didn't want to do, I realized how important it was to make a way for myself," says Keetion.

To give back to back the community, Studio 329, along with other local salons & businesses will be having a Holiday Hair/Fashion

Show. It will be held on December 8 2013 at Garden Lake Hall. After the event, 10 families will be selected by the YMCA to receive food, toys and clothing for Christmas.

Keetion is optimistic about the event and says, "I would like us to come together to make a difference in these families lives. We will be collecting non-perishable food items & toys at the event. We ask that you support us in supporting our community."

If you would like to attend tickets can be purchased online at www.Studio329Salon.com or Studio 329 located on 1238 Flair Drive, Toledo, OH.

Jay Black....continued from page 4

ployment rate in the Caucasian community locally.

What must we do to reverse these trends in the AA community?

1. We need to understand that there is a direct correlation between wealth-building opportunities and education. We are limiting our economic earning potential when we don't place the proper emphasis on academic achievement/attainment.

2. Parents/guardians need to play a more active role in their child's educational experience. This means ramping up their involvement in the process to the point that it is their number one priority. It also means attending every parents/teachers conference, helping the child with their homework, attending every extra-curricular activity that your child is involved in, demanding academic excellence from your child, setting a good example for your child by keeping your skills up to date and fresh, and challenging teachers and the school system to help you produce a better product.

3. Challenge your pastor to work with other pastors to develop programs that will support the development of academic excellence and economic empowerment opportunities for our children.

Reason Number 3. Complacency. Some say that our infatuation with assimilating

into mainstream America has caused us to become complacent to the point that there is very little unity left in our community. We were once forced to work with and rely on each other. In other words, we were all that we had.

Now that the civil rights movement (as we knew it) is dead, we've lost sight as a community of the importance of working together on issues that are important to our growth and prosperity. We have a false sense of security now that we've assimilated. While we may be doing fine individually, I would venture to guess that most in our whole family (nieces, nephews, cousins, and in-laws, etc.) and our brothers and sisters in the church (not church), are not. Perhaps we are this way because we have an AA president, or an AA mayor (at least for a few more days), or an AA police chief and Latino fire chief, or an AA public school superintendent, 3 AA's on the TPS school board, and the prospects of up to 5 AA's on Toledo City Council, and other AA's or Latino elected officials in prominent positions.

We have certainly come a long way in this country and in this community, but there is still one problem. We are still amongst the poorest, most uneducated, most unemployed, most incarcerated, have the lowest life expectancy, and one of the highest teen pregnancy and abortion rates of all groups. So the question becomes why are we still so complacent?

A recent example is our embarrassing voter turnout in last month's local election. Some

still feel that their vote doesn't matter since "they are going to put into office who they want". I still haven't figured out who the "they" are whenever someone makes this statement to me. City Council Candidate Larry Sykes currently leads by a mere five votes for the final seat on Council! So much for your vote not being important. The danger in remaining complacent as a community is that we lose the gains that so many of our ancestors died for us to have. In fact we are losing ground in several areas.

How do we reverse this trend?

1. Remember the past. Revisit our history in this country, how we got here and how far we've come (and more importantly, how far we have to go). We must never lose sight of the tremendous price our parents and ancestors made to provide us with the opportunities we have today.

2. Appreciate and take advantage of the opportunities that we do have. No longer is it illegal for African-Americans to read and attain an education. We can now go to most schools and universities in the U.S. No longer is it unlawful for us to own real property. We can now live in most communities in America. No longer is it illegal for us to own/operate businesses and it is ok for us to support AA businesses.

3. There are plenty of government sponsored and private sector business opportunities that are available to us that we don't take advantage of (academic scholarships, internship programs, the State of Ohio 15 percent set aside on goods and services, being a member of TAACC, taking advantage of the services offered by David Wood at the local Minority Business Assistance Center, enrolling in Assets Toledo if you want to start a business, etc.). It is not against the law to access any of these opportunities.

4. We used to be a community that believed in being our "brother's keeper". We once cared more about the overall well-being of our community than we did about our own; recognizing that as the community prospered, we would do well. We once believed in the principle of reaching back to help ensure the success of others in the AA community. It is essential that we get back to these beliefs and practices.


Next week we will reveal the top two reasons the black community is amongst the poorest in America.

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Movie Review: *The Best Man Holiday*

By Michael Hayes
Minister of Culture

"I feel like he's raping my emotions."

That's the sentence someone close to me used to describe how Tyler Perry approaches serious dramatic moments in his films.

Whether it happens to be the unspeakable horror of throwing toddlers out of windows (as was the case in Perry's rendition of *For Colored Girls*) or abruptly killing off a main character and inexplicably replacing him with Dwayne 'The Rock' Johnson (as was the case in Perry's *Why Did I Get Married Too*) ... either way, it feels forced and sloppy.

The kind of jaw-dropping twists that work in a stage play don't translate well to motion pictures.

It's supposed to feel seamless.

It's supposed to feel like this is someone's life and the camera just happened to be there.

Malcolm D. Lee's *Best Man Holiday* is not only a triumphant return to quality black cinema, but it also serves as a message in film making seemingly intended for the likes of Tyler Perry.

Don't get me wrong, I defend Tyler Perry on most occasions and consider him to offer much more good than harm when it comes to the Madea character and all his movies. But Black Hollywood has its traditions just as Hollywood has theirs, and the art of storytelling doesn't let anyone off the hook so this sequel is the equivalent of Lee handing Perry a copy of "Dramatic Black Films FOR DUMMIES" complete with footnotes and highlighted areas of interest.

Do you know how long ago *The Best Man* came out?

The World Trade Center twin towers were still standing, Aaliyah was still ruling the charts and Bill Clinton was still president.

To even think of reviving a storyline more than 10 years after its conclusion says a lot about the impact it made. Anyone who reads my column often may remember I recently counted down the Top 10 Black Romantic Comedies of

All Time and even alluded to the early 2000's as a golden-era or hey day for the genre. We had it good back then, didn't we y'all? *Love Jones*, *Love & Basketball*, *The Wood*...etc.

It was as if that time period was so perfect that its lasting legacy should never be disturbed because it just wouldn't be worth the risk. That's right, just like Jordan getting that sixth ring against Utah... let's just end it on a high note and let that moment live on in our memories. Don't mess it up by coming back and attempting the unthinkable, undoable, inconceivable and so forth.

Well, I'm here to tell you... *The Best Man Holiday* was worth risking that legacy because it wins, wins, wins!

I mean, this film should be apart of everyone's collection when it comes out on DVD... not just because it's a sequel, or because it's "a black movie" featuring black actors but because it achieves perfect balance.

An accord has been found between the familiar and the new.

The laughter and the tears find a measured and tactful medium and the emotional tones transition naturally.

There are enough modern elements to make it feel like it's happening in the current time, but there are enough references to this group of friends' complicated history that the original film and all of its complexity still feels fresh.

Just think about what *The Best Man* and *The Best Man Holiday* center around: A group of friends dealing with issues that every group of friends at some point has had to deal with.

Someone slept with someone they probably shouldn't have, someone knew, someone else lied, and the very bonds that have allowed the crew to endure so much of life's ups and downs now find themselves tested and strained.

One friend takes it lightly, another friend takes it like life or death.

There are careers, faith and trust all hanging in the balance.



Michael Hayes

One tangled mess of feelings and different ideals of what it means to be loyal all knotted up tying one vulnerable soul to the next.

Then you thrown in the high stakes of family, finances, dark pasts and uncertain futures and now the priorities come in to play.

If you have a crew...not just people you do fun activities with, but a real crew of close-knit friends then you have likely experienced some version of the obstacles this crew faces in these two films.

So not only is it brilliantly written, directed and acted... it's also relatable as hell. You know how I do by now people, so yes... I REALLY DID just spend this entire review telling you about the movie without telling you much of anything about the movie. Yes, it's because I want you to go see this one for yourself!

The funny parts aren't as funny as before, it runs slightly long but that's a short gripe list.

No more details from me, go to your nearest theatre and see this film.

The true grade for *The Best Man Holiday* is A-.



Toledo NAACP General Membership Meeting Notice

The Toledo NAACP Branch will have their General Membership Meeting Tuesday, Dec. 10th, 2013, 7 pm at United Vision Baptist Church, located at 821 E. Manhattan. If you would like to become a member of the branch please send your check or money order payable to the Toledo NAACP, P.O. Box 9388, Toledo, Ohio 43697.

Adult Memberships are \$30 (includes a Crisis Magazine), Youth 20 and under is \$10 without the Crisis, \$15 with the Crisis.

For more information please call 419-407-6486 or email us at info@toledonaacp.com.

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December 4, 2013

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Invitation for Bids Comprehensive Renovations to 926 Bronson Avenue

IFB #13-B010

Lucas Metropolitan Housing Authority (LMHA) will receive bids for Comprehensive Renovations to 926 Bronson Avenue. **Pre-Bid Meeting: Thurs., Dec. 5, 2013, 10AM ET - 926 Bronson Ave., Toledo, OH 43608.** Received in accordance with law until Thurs., Dec. 19, 2013, 11AM ET. For Documents: www.lucasmha.org, 435 Nebraska Ave., Toledo, OH 43604 or 419-259-9446 (TRS: Dial 711). Bidders required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Sec. 3 Compliance Applicable.



Account Executive Position - Toledo, OH (September, 2013) Radio Station Marketing Consultants

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Fax: (419) 244-8261

Notice to Bidders:

Inquiry # FY14-35, (Project # 5007-14-1778) for Kobacker Center Renovation - Geriatric Psychiatric Unit - Phase I for the University of Toledo Health Science Campus. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, December 10, 2013 Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$50.00 will be charged per set. Any further information may be obtained from Jim Price of Buehler Group Arch & Engr, Inc at 419-893-9021. One Pre-Bid Conference will be held on Tuesday, December 3, 2013 at 10:00 a.m. in the Health Education Building, Room 227, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$320,000.00; Breakdown: General Const: \$320,000.00.

AFFORDABLE SENIOR HOUSING APTS. FOR RENT 3315 Mayo St. Toledo, OH 43611

Newly constructed apartments for adults 55+. Amenities include library, community rooms, laundry & parking. Located next to direct bus route. Waiting list is **NOW OPEN** and some units are available for immediate occupancy. \$25 Deposit!!! Call Caryn at 419-255-8406 Ext. 310.

NORTHGATE APARTMENTS 610 STICKNEY AVENUE

Now Accepting Applications for 1 and 2 Bedroom Apartments. Mature Adult Community for Persons 55 and Older. Rent Based on Income. Heat, Appliances, Drapes, Carpeting Included. Call (419) 729-7118 for details.



EQUAL HOUSING
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CARE MANAGER 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:

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

Legal Notice

Bid packets will be received by Lucas County Department Job & Family Services (LCDJFS) until **3:00 p.m., January 29, 2014** for the selection of a Provider to provide **Summer Youth Employment Program (SYEP) Services** to eligible participants. Submitted bid packets must be completed according to the specifications and provisions outlined in the Request for Proposals (RFP). The contract period for services will be from approximately **March 1, 2014** through **September 30, 2014**.

No bids will be accepted after **3:00 p.m., January 29, 2014**; bids that are submitted via any method other than that described in the RFP will not be accepted.

The Request for Proposals will be available on **December 9, 2013**. It will be available for potential bidders to download by going to the site: <http://www.co.lucas.oh.us/bids.aspx>.

An Electronic Question & Answer (Q&A) process will be from December 9, 2013 at 8:00 a.m. to December 30, 2013 at 12:00 p.m. **PARTICIPATION IS OPTIONAL, BUT IS HIGHLY ENCOURAGED.** Questions for the Q&A must be submitted in writing and received via email at LUCAS_CONTRACTS@odjfs.state.oh.us by December 30, 2013 at 12:00 p.m.; the posting of the Q&A will be on January 15, 2014. If any changes are made to the RFP as a result of the Q&A, an addendum to the RFP will be posted on the website address (noted above). This notice is posted, as of **December 9, 2013** at <http://www.co.lucas.oh.us/bids.aspx>.

The right is reserved to reject any and all bids.

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

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

Bid: 48-14-RFP-05

Jan Scotland Honored by TUFCU for Service to the Community

By Artisha S Lawson

Sojourner's Truth Reporter

The Toledo Urban Federal Credit Union honored 14 individuals for their service including Jan Scotland on November 23, 2013 at the Pinnacle in Maumee, Ohio.

Scotland, an avid community supporter for over two decades, received personal acknowledgement by TUFCU CEO Suzette Cowell during the banquet.

"He has always been an individual we can count on, and his insurance agency sponsors all the rides for the children during the African American Festival. He supports our community and we want to thank him tonight," explained Cowell.

In addition to receiving acknowledgements from Cowell, Scotland received a standing ovation from the audience upon accepting a plaque and thank you gift. "It is always great to get your flowers while you're still here," shared Scotland.

Scotland owns a State Farm Insurance agency, which he opened in 1990. In 1996, Scotland organized Sleepy Hollow Athletic League that mentors

and supports Toledo-area youth through physical activity.

He has also served as a Toledo city councilman. In addition to the award presented by TUFCU, Scotland has received a Jefferson Award from the American Institute for Public Service, Board of Community Relations Empowerment Award and Coalition of Black Trade Unionist award.

The honoree received congratulations from his family and from his congregation family. Scotland is an active member of St. Paul Missionary Baptist Church where Rev. James Willis is pastor.



Jan Scotland and Rev. James Willis



Honoree Scotland, his family, Rev. and First Lady Willis and St. Paul MBC family

CSCC Presents: A Community Celebration of Christmas

In celebrating the spirit of the season, the Community Chorus is proud to present the outstanding gospel ensemble Ushering, The Cottonwood Jam String Band, and dancers Shawanda Johnson & Tyree Bell. The concert will feature a wide variety of musical styles including spirituals, classical selections, songs of the season, and the always popular carol sing-along led by Director Smith. Come, bring the family and enjoy a wonderful evening of fun and song!

This unique evening promises to keep you merrily rolling through the Holiday Season. This is a program not to be missed. Join us at the Mt. Pilgrim Church on Saturday evening, December 14, 2013. Program begins at 6:00 p.m. -- don't miss a minute of this awe-inspiring musical treat. A freewill offering will be taken and we are asking that you share in the spirit of the season and bring a non-perishable food item. This food item will be donated to the Toledo Seagate Food Bank of Northwest Ohio.

In its 38th season, the CSCC maintains a liberal helping of standard classical music in its repertoire. However, it specializes in the performance of Negro spirituals and is dedicated to its preservation as well as the performance of works by African American

composers. Its members come from all walks of life, unified by their mutual love of great music.

This award-winning ensemble has performed numerous times on radio and television and has appeared with the Toledo Symphony Orchestra, the Toledo Jazz Orchestra, and on programs presented by the Toledo Museum of Art, the Lourdes College Music Series, as well as on the University of Michigan's "Music of Black Americans Symposium."

The Chorus has embraced its civic role with participation in countless building and bridge dedications, community festivals, church programs and city events, including the Toledo's Annual M. L. King Celebration at the University of Toledo. The CSCC is a past recipient of the "Community Impact Award" and the prestigious "Community Achievement in the Arts Award" from the Arts Commission of Greater Toledo.

In 2007, the Chorus was presented with the "Longevity Award" at the Glass City Gospel Music Awards ceremony. In its 38th season, the CSCC maintains a liberal helping of standard classical music in its repertoire. However, it specializes in the performance of Negro spirituals and is dedicated to its preservation as well as the performance of works by African-American composers.



The Clarence Smith Community Chorus (CSCC) will present "A Community Celebration of Christmas" on Saturday, December 14, 2013 at 6:00 p.m. The program will be held at the Mt. Pilgrim Church located at 1401 Hoag St. Toledo, Ohio 43607. Co-sponsored by: The Toledo Blade and ProMedica

BIG TASTE LOW PRICES

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

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

ADD HALF GALLON TEA
\$1.50

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