



Volume 31, No. 8      *"And Ye Shall Know The Truth..."*      January 28, 2015

# Alpha Phi Alpha Annual MLK Breakfast



Daniel Johnson; Romules Durant, Ed.D; Michael Stubblefield, DDS

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# The King in Exile II

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



*... in the quiet recesses of my heart, I am fundamentally a Baptist minister.  
This is my being and my heritage.*

- Martin Luther King, Jr.

The abrupt protest by the Ferguson Response Network of Toledo for policing equity temporarily halted this year's MLK Unity Celebration at the University of Toledo. The group, led by Brother Washington Muhammad, suddenly marched unannounced to the front of the stage immediately after remarks by Mayor D. Michael Collins and chanted "hands up, don't shoot" and other slogans before more than 2,000 attendees.

In recent years, I have withdrawn from Toledo's version of MLK Unity Day, an insipid ceremony, which has failed to capture the true spirit of Martin King as moral warrior or to accurately portray his work of liberation and social regeneration.

King, above all, integrated spirituality into his political and social leadership to successfully produce the Civil Rights and Voting Rights Acts. These two reforms have become the foundation of remedies to discrimination in the U.S. including race, faith, gender, sexuality, disability, age and economic disadvantage.

The peaceful protest by the Ferguson Response Network of Toledo at UT was anything but a random, isolated or meaningless act. Not only did this public civil disobedience seem to reclaim the spirit of Martin Luther King, Jr., but it also may represent a local manifestation of a re-energized civil rights movement in our nation.

I reached out to noted scholar and M.L. King, Jr. biographer, Stewart Burns, to discuss the topic of reclaiming the spirit of MLK in light of criticism about police behavior and the criminal justice system in contemporary America. This is part two of our conversation.

**Perryman:** I would like to hear your thoughts on the apparent sanitizing of the federal holiday that marks the birthday of Martin Luther King, Jr.

**Burns:** My main feeling about it is, that there has been a sanitization of Dr. King and his message as well as the complete deletion of all that he did and stood for the last three years of his life when he became a true revolutionary.

The one thing that concerns me is that it seems like everywhere, the day is being turned into a day of community service. Of course it's always great to have community service. But I would much prefer that it would be a day of community organizing and dealing with structural issues. It just seems like there's this sort of massive co-optation that's happening.

I've always felt this is a day to do community organizing, to do protesting. Look at the opportunity that you would have for protests, having been domesticated by the powers that be. But what an opportunity for a national day of action around the police murders and all the things that are tied in with that.

Instead, people are seeing it as a day of service, which says to me, a watering down of King's message and positions. And he (King) felt service was a very important part of a nonviolent struggle, but it's important only if it's part of the struggle. If it's just this isolated activity - that is such a safe thing, especially for colleges and high schools to be involved with, - then it's just another one of these great missed opportunities.

So that's the way that I'm seeing it. It's always been watered down, but I see this recent emphasis on community service, as the latest step in this sort of pacification of what could be a very powerful day to confront the power structures that are increasingly frightened by the protests that are emerging around the world.

**Perryman:** And you've been a part of King Day commemorative events. What would, for you, a good commemoration event look like, in addition to being a day of organizing and protests?

**Burns:** Ideally, I would see it as part of ongoing campaigns. There's a new organization that I actually just heard about. I think it's called Non-violent Campaigns. They are trying to organize support for local activists and community organizers who are engaging in nonviolent actions or and providing them with resources and support

But I would get away from the public spectacles. It just seems like now, more than ever, that the King Holiday should be a day of nonviolent protest, but also be connected to these larger campaigns such as climate change, for instance.

So I guess I would, at least for a while, kind of stay away from the spectacles and the charismatic speakers and all the rest. Why not raise funds for local campaigns of various kinds, either to take place on the King Holiday or during the King week? It's just so much that could be happening that isn't. And it just seems like it would be an opportunity for a whole new step forward in how we commemorate King and his legacy.

**Perryman:** Well, you also mentioned tying this to what you called a triple threat. And one of the things you mentioned was climate change. How does what King tried to do connect to climate change and these other issues that you bring up?

**Burns:** Well, we know about the triple evils of racism, poverty, and militarism. But I have no doubt that King would see climate chaos as a force of evil or peril that is all tied in with the others in all sorts of ways, and that he would be urging us to confront all four of these in a coordinated way.

As horrible and outrageous as the police murders have been, I don't think we can afford to focus on that in isolation. I think we have to show how the police murders are all part of a larger picture - the militarization of local police, the underclass and mass incarceration - returning citizens who are either coming out of it or those on their way to it, they have to be kept down to keep the existing power structure in place.

And it could very well be that the police - especially in a place like New York, are being given greater latitude to commit these crimes, because there's a greater fear of how do you keep this underclass under control without making examples of some of them? It's hard not to come to that conclusion that this is all part of a larger effort to repress and to disempower this huge underclass that has been deliberately created, in a lot of ways, but now is a great threat to the power structure.

And whether it's immigration restrictions or the deportations, which of course the Obama administration has been very involved with, or whether it's the border control beefing up the military presence on the borders, all these things seem to be aimed at keeping control of an extremely potentially explosive situation. And all the while, 1/10th of one percent of the population are going hog wild with greater wealth, and everyone else is suffering. How can that continue? That's just bound to explode in some way.

So I just always feel it's so important to make all these connections

... continued on page 8

## The Sojourner's Truth

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# What's App With You?

By Lafe Tolliver, Esq

Guest Column

On my list of to-do columns, I have tinkered with writing about dating apps...you know, those smart phone or computer sites that promise you the world with a life of promise and dazzle with a special person that they can pick for you.

Well, my big mouth and me. I told a circle of friends about writing such a column and the ladies in the circle were crazy out loud about my doing it while the guys were somewhat reticent in getting corralled into another scheme by which a Mr. or Ms. Right would magically appear after a series of innocent but probing questions.

I pondered doing such an app but wanted to first broach the subject by testing a series of the app's questions to this circle of confidants so that if and when I was to actually produce the app, it would have been focus-tested by those who would actually download the app.

Now, you gotta understand that this app, if I decide to actually bring it to market, would be for "us's" and would be somewhat specific to our world view and how we (or some of us) were raised in the "hood"...or at least near the "hood" as truth may allow us without engaging in outright lies.

As you know, there are many dating apps already out there in the marketplace trying to match up the lovelorn with a life partner (marriage for the uninformed) and some of them are so obtuse that you do not know if you are coming or going with their arcane questions.

Not so with my app...to be called: Whats/Zup! It would be generic, basic and to the point so that any applicant can feel that they have a chance at love...real love!

If I undertake this awesome challenge to play Cupid for the lovelorn, I will make sure that if the applicant submits a photo, it must be of recent vintage so as to minimize sticker shock when the parties meet for the first time and Ms. Right, who says that she is 27, is really found to be pushing 38; and Mr. Right, when he says that he is 5' 9" but it turns out that he is an adorable runt of 5' 3", we can minimize date violence!

So, with those above caveats in mind, allow me to test run some sample questions on you. Feel free to write me if you got some zingers to add. I am looking forward to getting emails in the future, where, do to my Whats/Zup app, couples are sending me photos from Aruba while on their honeymoon.

Question One: On the first date, you both go to a toney restaurant and the final tab is \$147.50, who pays for it?

- (1) The guy since he asked you out to this money pit.
- (2) The girl since you did not have enough common sense to say it was way too expensive for a first date.
- (3) Split it and call it a day.
- (4) Create drama in the restaurant and you both slowly sneak out during the commotion.

Question Two: You are asked about your job status. What do you say?

- (1) In between jobs (between Wendy's and Arby's)
- (2) In search of a job that appreciates my potential.
- (3) A team leader in client development (works at a call center calling deadbeats about their delinquent accounts).
- (4) Provider of medical processing data (frequent blood plasma center donator)

Question Three: In an emergency, can I count on you to stand by me?

- (1) Depends upon how much standing I gotta do!
- (2) Sorry, don't do Western Union money grams.
- (3) Does it involve your baby's daddy or baby's momma?
- (4) My cell phone just died, call me later...much later.

Question Four: It is our fourth date; can I bring you home to meet Mom and Dad?

- (1) Uh...depends on where Mom and Dad live...just being hon-

... continued on page 4



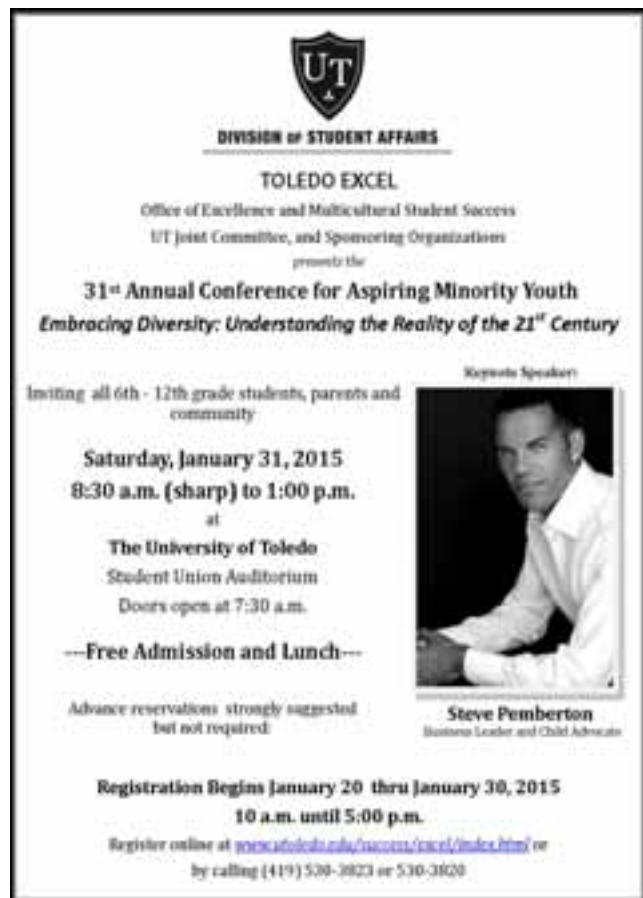
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*Tolliver.. continued from page 3*

est.

(2) Let's not rush things...Mom and Dad aren't going anywhere (and maybe so is this relationship!).

(3) Gotta make sure that your Dad is not a cop and he will not run a

background check on me.

(4) Never did like the number four...let's wait a while!

Question Five: You two are at a park and man comes up to you and

demands that your date allows him to see his three kids. What do you do or say?

(1) Let me go check the trunk for the missing picnic basket blanket (translated: I am out of here!).

(2) Play dumb and watch the squirrels gather nuts...maybe one like you.

(3) Say to yourself, "remind me to tear up her phone number when I get home."

(4) Three kids?! You told me that you had three nieces...not kids!

Question Six: The app question asks: What is your highest level of

education. How do you answer?:

(1) Scott High grad! Euff said.

(2) It is not what a person knows, it is how they use wisdom!

(3) Sounds like a gold digger question to me!

(4) Education? That is a white man's thing!

Question Seven: Your date wants you to go to church with her. What do you say or do?

(1) The ball game will be on! Do they have an evening service?

(2) Go to church but get lost in finding the place and so you go back home.

(3) Go to church but leave to go to the parlor to take an "important" cell phone call that conveniently lasts for about an hour.

(4) Forget to set your clock and you oversleep.

Question Eight: On the first outing, while at a restaurant, you notice that your date is readjusting her dentures, her wig is crooked and her contacts are bothering her. What do you do or say?

(1) What else is falling apart with her!

(2) Excuse yourself to visit the wine cellar and you escape out of the rear door to your car.

(3) Continue with the date knowing that the next time you use the app...

Whats/Zup! You will ask the right questions!

(4) Very calmly, after a half hour of her constant adjustments, you her, "Zyvontarria" (yes, that is her name... 'Zee' for short), is there something that you should to tell me?

As you can plainly see, the dating world is fraught with both promise and peril, so, it behooves you to maximize your chances with the app that will soon be storming the dating scene...Whats/Zup!

*Contact Lafe Tolliver, attorney, at [Tolliver@Juno.com](mailto:Tolliver@Juno.com)*

## African Art Has Arrived!!

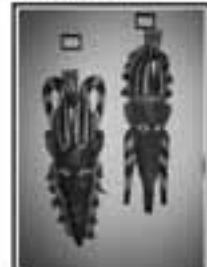
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# YWCA 2015 Milestones Honorees Announced

*Sojourner's Truth Staff*

For the 20th consecutive year, the YWCA of Northwest Ohio will recognize the achievements of a number of extraordinary women during the Milestones: A Tribute to Women awards. In a departure from custom, in honor of the anniversary, the awards event will be a dinner, rather than a luncheon, at the SeaGate Convention Center on Thursday, March 12 at 6:00 p.m.

This year's honorees are: Carol Bintz – Arts; Sr. Mary Carol Gregory, SND – Education; Dr. Iman Mohamed – Sciences; Laneta Goings – Volunteerism; Sharon Speyer – Business; Judge Arlene Singer – Government and Barbara Petee – Social Services.

Carol Bintz has been chief operating officer at the Toledo Museum of Art since 1994. She has been responsible for making TMA a leader in green technology initiatives with solar, LED and micro-turbine generators. TMA is one of the greenest museums in the country.

Bintz has been a champion for women at TMA, recruiting and mentoring women in a traditionally male field. Currently under her

guidance women are in the roles of chief financial officer, human resources director, chief information officer, chief curator, associate director and director of communication.

Sr. Mary Carol Gregory is a life-long Toledoan and a graduate of Notre Dame Academy and has been a Sister of Notre Dame for over 60 years. She was the principal and president of Notre Dame for 42 years. Since retiring from NDA, she went on to strengthen Central City Ministries Schools and went on to a leadership role with the Sisters of Notre Dame.

Dr. Iman Mohamed, MD is a professor of medicine and a medical oncologist focusing on breast awareness, preventive care and education. She has initiated innovative programs at the University of Toledo using live and social media to promote awareness.

Laneta Goings is a retired vice president of The Blade Foundation. She founded Books 4 Buddies with her grandson in 01 collecting nearly 30,000 books in the first year to provide leisure reading materials free of charge to underprivileged and/or disadvantaged youth.



Laneta Goings

She is a past board member of Lucas County Victim Witness Assistance, Toledo Zoological Society, YWCA, Toledo Chapter of The Links, Inc, Northwest Ohio Black Media Association, Leadership Toledo, among many other organizations.

Sharon Speyer is regional president of the Huntington National Bank, Northwest Ohio and vice chairman of the University of Toledo Board of Trustees. She developed a Women in Leadership program for awareness, mentoring and opportunity for women seeking advancement.

Judge Arlene Singer sits on the bench of the Ohio Sixth District Court of Appeals. She is the president of the University of Toledo College of Law Alumni Affiliate and past president of the Toledo Bar Association Foundation Board of Trustees. She led the Toledo Women Lawyers History Project at the LaValley Law Library at the UT College of Law and has served as a mentor and teacher to many law students.

Barbara Petee is the chief advocacy and government relations officer for ProMedica. In that role, she has led development and implementation of national, regional and local programs that build awareness of hunger as a health issue and the impact that food insecurity has on overall health and well-being. She had helped ProMedica establish a number of programs to combat the region's obesity problem including scholarship and interactive learning elements that teach individuals about nutrition, exercise and self-esteem.



YWCA Executive Dir. Lisa McDuffie, Carol Bintz, Sharon Speyer, Sis Mary Carol Gregory, Judge Arlene Singer, Dr. Iman Mohamed, Barbara Petee, Laneta Goings

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# Kaptur Requests Personal Narratives of those Impacted from Free Trade Agreements' Outsourcing of U.S. Jobs

*In preparation for the debate over renewal of President Obama's Trade Promotion Authority, Congresswoman Marcy Kaptur (OH-09) seeks assistance from constituents to gather personal narratives of individuals whose jobs were outsourced by past trade agreements.*

*A House Trade Working Group plans to include the voices of individuals affected by past agreements in the debate to emphasize that the old North American Free Trade Agreement (NAFTA) trade model has undercut the bargaining power of American workers and cannot be expected to produce different results if new agreements are negotiated under the same model. In releasing a letter requesting personal narratives, Kaptur acknowledged:*

"Little has affected me more in my work than the stories and personal narratives of displaced workers, the impact

of lost jobs as factories close, and of families struggling to survive when jobs are shipped overseas. More than half of all Representatives currently serving have not served during debate of a free trade agreement, having been elected after 2007 when the last Trade Promotion Authority expired. It is imperative these members hear the impact trade agreements have had on Americans before we allow two more trade agreements based on the same broken model to advance. This time we face drastically larger agreements and are being asked to simply slip them through both the House and Senate without intricate scrutiny.

"It is our responsibility to ensure the individuals and communities across the nation that bear the scars from broken promises of free trade deals are not overlooked. I aim to take their stories to the Floor of the House for America to hear."

Those interested in sharing their own experience, are urged to send an 1-2 page summary to Congresswoman Kaptur at:


Congresswoman Marcy Kaptur  
Attn: Trade Personal Narrative  
1 Maritime Plaza, 6th Floor  
Toledo, Ohio 43604

*If you need assistance in sharing your experience, staff will be happy to assist in the process and to address any questions or concern. Please call 1-800-9OHIO99.*

*Trade Promotion Authority would allow the executive branch to submit completed trade agreements to Congress for a straight up-or-down vote, eliminating the ability to offer amendments to alter the agreements. The need for TPA is of particular importance to President Obama as negotiations for two such trade agreements written in the old NAFTA model are currently under negotiation. The first, the Trans-Pacific Partnership (TPP) is between the United States and 11 Pacific-Rim nations and is nearing completion. The second, the Transatlantic Trade and Investment Partnership (TTIP) is a mega-regional negotiation with the European Union.*

## Special Help Service

On February 1 at Mt. Pilgrim Church for Bishop M. C. McGhee of Serenity Church. Service starts at 4 pm. Come help a friend in the time of need. For more information, call 419-246-8561




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A collection of 43 essays written by the civil rights icon's close relatives, this book is the first ever published by Rosa Parks' family members. The essays take readers behind the freedom fighter facade into the transitional days when Mrs. Parks re-established herself as a struggling private citizen, following the notoriety of her involvement in the Montgomery bus boycott, and examines the relationships she developed with loved ones during forty years that followed.


Detroit-based writer **Eddie B. Allen, Jr.** is a published author, award-winning reporter and freelance journalist who has covered such national figures as President Bill Clinton and Rosa Parks. A graduate of Wayne State University, his published contributions include the *New York Times*, *Associated Press*, *ThomsonReuters*, *BET.com*, *Detroit Free Press*, *Orlando Weekly*, *Toledo Blade* and the *Philadelphia New Observer*, among others.



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**Sheila McCauley Keys** is the seventh niece of civil rights heroine Rosa Parks. Born in Detroit, Sheila has been a Michigan resident for most of her life and was employed at Phillips Service Industries corporate world headquarters for almost thirty years. In 2013 Sheila was featured in PBS Television's live broadcast of the "National Day of Courage" to celebrate Mrs. Parks' 100th birthday anniversary.





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# Marla Oden: Moving On Again to A Moveable Feast

By Fletcher Word  
Sojourner's Truth Editor

Akron native Marla Oden arrived in Toledo three decades ago, along with her mother, determined to make a life for herself in the Glass City. She did just that. Now, after all that time – and marriage, children, divorce, an established career, a move out of state – she has returned and is once again determined to make a life for herself. A totally different life this time.

When she first arrived in Toledo, only a few years after graduating from high school, Oden attended cosmetology school and eventually became a successful hair stylist. As the years passed, however, she became interested in developing her cooking skills and eventually started catering for small groups here and there.

A single mother by then, Oden was raising children, running her hair salon, cooking occasionally – doing it all to be sure but facing a personal crisis that led her to feel she needed a drastic change of scenery.

“So that’s when I decided to make a change,” she recalls. “Believe me, this was the hardest decision I have ever made in my life. The plan was to walk away from my salon and my loyal clientele.”

Where would that change take her?

“I had always wanted to move to Las Vegas,” she says. “While visiting one day, I set up an appointment to tour a culinary school. I remember driving on the freeway literally crying so hard looking at that mountain and how beautiful it is there. ‘Tell me I’m supposed to be here.’”

Oden made the decision to enroll at Le Cordon Bleu College of Culinary Arts in Las Vegas. She paid up her rent there for four months, sold everything in her house here and, with her son’s help, packed up her car and headed west.

Over the next year, Oden was in perpetual motion. She attended classes at Le Cordon Bleu, she worked in a food truck, she found some hair clients in Vegas and, every other weekend, she boarded a red eye flight to return to Toledo and work on her clients’ hair here.

Somehow, in this blur of activity, she managed to maintain a 3.5 to 4.0 grade point average at the school and received her degree in French techniques.

“Going to culinary school taught me a lot about making fresh pasta, gnocchi, cooking risotto and skinning fish. The one thing I love about Vegas is how diverse it is giving you access to so many different kinds of fruits and vegetable because of all the cultures that are there,” she says of her experiences in the desert.

After graduating, it was time to return home. Oden moved back to Toledo and accepted a position at the Hollywood Casino’s Final Cut steakhouse where she worked for two years and helped the restaurant achieve and maintain a four-star rating. She also opened a salon (In the Kut Hair Salon at 1515 Penn Road) and resumed her original business.

Now, it’s time for another change. Oden has departed The Final Cut and is starting her own catering business – A Moveable Feast. From Cut to Kut to A Moveable Feast. Her opening act occurred during this past December when she catered the Christmas party for Local 500 – up to 350 people – with the students from the Maritime Academy assisting her.

A Moveable Feast will also be focusing on private dinner parties for small, intimate gatherings. This will present an opportunity for Oden to put into play the culinary creativity that was uncovered and nurtured at Le Cordon Bleu. It’s an opportunity to connect with kindred souls of all types – anyone who loves food, that is.

“Food is our common ground, a universal experience.” -- James Beard.



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# Ohio Liberator Awards Recognize Many from Northwest Ohio

*Special to The Truth*

A number of local "modern-day abolitionists" were recently nominated for the Ohio Liberator Awards, which honors the dedication and hard work of those working toward eliminating human trafficking. The awards ceremony was held this last week, January 19, 2015 in Columbus, Ohio and of the seven categories, those associated with the Lucas County Human Trafficking Coalition were awarded four.

Winners from Toledo include Celia Williamson, PhD. from the University of Toledo; Rahab's Heart, a local organization working with those trapped in street level prostitution; TARTA and Michelle Moore, from Second Chance Toledo.

Lucas County Human Trafficking Coalition Co-Chair, Laura Neal, remarked that "I'm so proud of the outstanding work of our coalition. The award winners, as well as the many others from Toledo and Northwest Ohio that were nominated, continue to contribute so much time and energy to combat human trafficking".

The Liberator Award was created in honor of William Lloyd Garrison, considered a radical abolitionist for his views on not only the elimination of slavery but also for equal rights for African Americans and women. Who would have thought, 183 years after Garrison started speaking out, we STILL have not won this fight against slavery?

To learn more about the Lucas County Human Trafficking Coalition, please visit [lchtc.org](http://lchtc.org)



Celia Williamson

*Perryman.. continued from page 2*

and to understand that what links all these things together is power. And it seems that the power structures are getting more desperate and are engaging in more desperate measures, and that could be an opportunity. I like to think that there's an upside to all this, but it could be an opportunity that they will have so unveiled their illegitimacy that it won't take that much more awakening for people to

see that the emperor has no clothes, and that democracy is largely a fraud in this country.

But, for that I do wish that we had, not necessarily a leader like King who could kind of put all this together into sort of a more coherent vision, but I wish somehow we were able to, in the schools and from preschool to PhD programs, educate people about all of these inter-connections into a holistic picture of what we're up against.

**Perryman:** And maybe King's undoing is that he saw it, and not only saw it but also spoke it, and people were awakened to the magnitude of the injustice.

**Burns:** Yes. He clearly saw it, and we're seeing it more and more vividly every day. And he saw how it was all interwoven.

**Perryman:** They were connected

**Burns:** King was criticized by those who complained: "for how can you try to combine the Peace Movement and the Freedom Movement?" Well, there's no hope for either of those movements unless they're combined. And one of my favorite quotes is where King said that he refuses to segregate his moral concerns, and I just think that is just so vital. And yet that's what we're all brought up to do. When something happens like the police violence, the police murders, or whatever it is out there, those things have to be dealt with in a very powerful way. But yet, that's only part of it.

At the same time that we're dealing with those immediate crimes, we also have to see how they're tied in with all the rest of it and not lose sight of the forest for the tree. We get too hung up on the tree, and we never seem to see the forest until a forest fire comes along. By then it's too late.

**Perryman:** OK. Thank you for your time.

**Burns:** You are very welcome!

Stewart Burns, Ph.D. is a distinguished historian of the Civil Rights Movement and author of the Wilbur Award winning biography of Martin Luther King Jr., *To the Mountaintop* (2004). A former editor of the Martin Luther King Jr. Papers at Stanford University, he produced the Montgomery bus boycott volume, *Birth of a New Age*. He published the first history of the bus boycott, *Daybreak of Freedom*, made into the HBO feature film *Boycott* that he conceived and consulted on, winner of the NAACP Image Award (2002). His most recent book: *We Will Stand Here Till We Die: Freedom Movement Shakes America, Shapes Martin Luther King Jr.* (2013).

Contact Rev. Donald Perryman, D.Min, at [drldperryman@centerofhopebaptist.org](mailto:drldperryman@centerofhopebaptist.org)

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For more information contact Ryan Rollison at 419-476-3494



# Tips for Families to Get Healthier Together

Special to The Truth

Want your kids to eat right and get moving more? With childhood obesity being a major problem in this country, this sentiment is top of mind for many parents and guardians. But you have more power than you may realize to steer them in the right direction, say experts.

Parents have more potential than anybody else to influence their children's behavior -- including their eating habits -- according to a study by the Academy of Nutrition and Dietetics. In fact, parents outrank sports celebrities as the people most children would most like to be, according to the survey.

"You are the most influential role model in your child's life," says Kim Larson, registered dietitian nutritionist and Academy spokesperson. "Modeling healthy eating behaviors encourages children to adopt and choose healthy behaviors that will benefit them for a lifetime."

## Setting Realistic Goals

Small steps add up, and Larson recommends making healthy lifestyle changes that are realistic and easy to stick with for the long-haul. Try adopting healthy changes for the entire family, such as:

- Make sure your kids know they are part of the team and that health and fitness are a family affair.
- Encourage children to help plan meals -- from developing the menu to shopping to preparing and serving the meal.
- Serve regular, balanced meals and snacks with a variety of nutrient-rich foods.
- Eat breakfast daily.
- Enjoy family dinner together each night or as often as possible.

- At each meal, fill half your plate with fruits and vegetables.

- Make at least half of the grains you eat whole grains.

- Get active. Incorporate physical activity where you can in your day, whether taking a family walk after dinner or hitting the gym. Remember, children and teens should get at least 60 minutes of physical activity per day, and adults should get two and a half hours per week.

## Focus on Overall Health, Not Weight Alone

According to the experts, good nutrition, health, and fitness fun should be the focus of your family's goals, not calorie counting, food restriction or working out.

"You don't want your kids to think that a healthy lifestyle is only about how much they weigh," Larson says. "Concentrate on delicious nutrition and fun physical activities," says Larson.

For a personalized plan tailored to your lifestyle, food preferences and the unique needs of your family, consider consulting a registered dietitian nutritionist. You can find one in your area at [www.EatRight.org](http://www.EatRight.org).

By get the whole family together, you can commit to a healthier lifestyle as a team.

Courtesy StatePoint




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# Our Auntie Rosa by Sheila McCauley Keys with Eddie B. Allen, Jr.

By Carla Yvette  
Society Editor

Once, many years ago, your grandmother chased your grandpa out of the house.

c. 2015  
Penguin Tarcher  
\$24.95 / \$27.95 Canada  
208 pages

Detroit, their Auntie Rosa didn't much speak of her actions. The nieces and nephews asked her sometimes, but she usually waved questions away. The past wasn't important to her then. Family

She made sure there was food on tables more than once, and clothes on young backs. Through her mistakes, she taught the power of apology. She counseled them not to judge as they'd been judged, but she showed them that there's a limit to forgiveness. In her latter years, they say, she was the same calm, determined person she'd always been. And even well into her 80's, she vowed to keep doing what needed done.

Nobody remembers why or what happened afterward; the particulars are lost, and they aren't important anymore, really. The laugh-til-you-cry telling, the knee-slapping, each embellishment as years go by – that's what truly matters.

was.

The Parks never had any children themselves, so the McCauley kids were happy to absorb any extra love. Their Auntie Rosa was a good cook who loved to entertain. She was steady, supportive and resourceful but she encouraged independence. An elegant, sharp dresser, Parks was never showy in manner or accomplishment – although she did save all her hate mail.

With the approaching 50th anniversary of Rosa Parks' famous act of defiance, you're likely to hear a lot about her in the next year. But when was the last time you thought about *Mr. Parks*?

Family stories are the glue that holds you all together. And in the new book *Our Auntie Rosa* by Sheila McCauley Keys (with Eddie B. Allen, Jr.), you'll read one family's recollections of an icon.

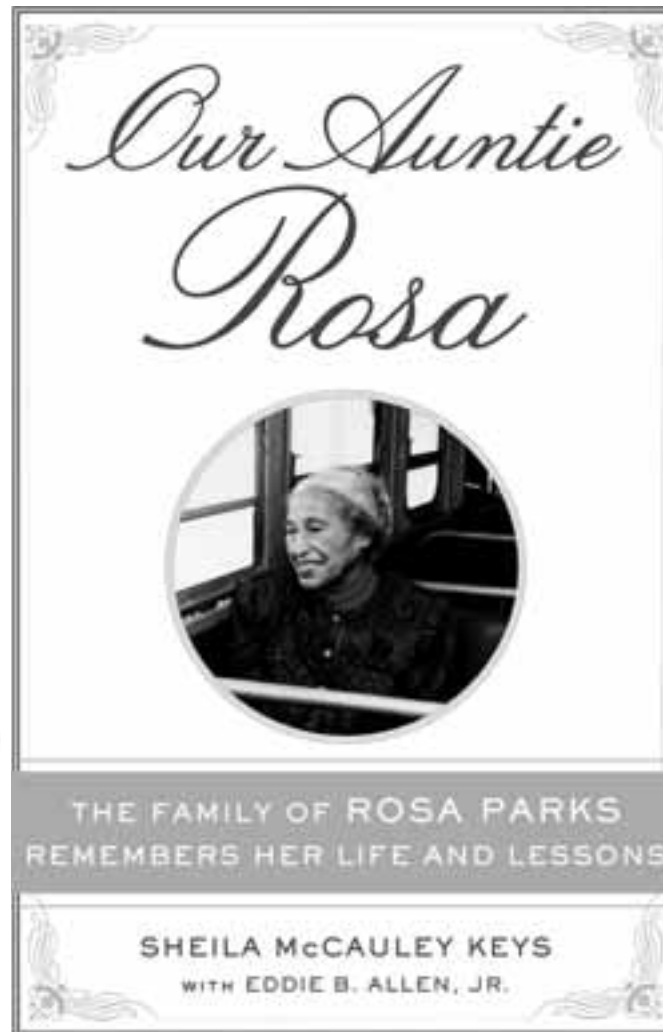
Yeah, same here. That's why *Our Auntie Rosa* is so important.

For much of their early lives, Sylvester McCauley's children didn't know who their favorite aunt really was. Sure, they'd read about the woman who launched the Civil Rights Movement. They'd heard her name said with pride. But for most of them, it took awhile to make the connection: the woman on the bus that day in Montgomery was their Auntie Rosa Parks.

To the children of her beloved brother and to those she enfolded in her circle, Parks embodied strength and fearlessness.

Filled with memories of the Parks' lives within the raucous, loving McCauley family, this book offers things history doesn't tell you. Author Sheila McCauley Keys (with Eddie B. Allen, Jr.) weaves her siblings' memories into a treasury of life, not politics or action. We meet people important to Rosa Parks and, through them, we're warmed by tales of a real person – tales that, if you never met Parks, will make you mourn for it.

Even after she moved north, after she and her husband and mother came to live with the 11-member McCauley family in



I absolutely loved this memory-filled delight, I loved its balance and I think you will, too. If you've ever wondered about the quiet, tiny giant behind the act, *Our Auntie Rosa* is a book to chase down.

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# CLASSIFIEDS

January 28, 2015

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## Pastor Wanted

This will serve as an official request for all **Baptist Ministers** wishing to become a candidate for Pastor of the Freedom Temple Baptist Church to submit their resume. You may submit your resume by regular mail or by e-mail to one of the following until February 23, 2015.

Freedom Temple Baptist Church  
141 Wellington Street, Toledo, Ohio 43607  
freedomtemplebc@gmail.com

## Pastor Wanted

Southern Missionary Baptist Church is now accepting resumes for Pastor. Send resumes to PO Box 70516 Toledo OH 43607 or southernmbc1968@gmail.com

## Positions Available

Toledo Area Ministries is currently hiring for the following 3 positions: Program Director, Program Coordinator, and Case Manager. Please visit [www.tamohio.org](http://www.tamohio.org) for job descriptions and application instructions.  
EOE

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Equal Housing Opportunity

## Braden United Methodist Church Offers Help for Child Care

The Braden United Methodist Church is supporting the focus of elimination of poverty by offering a supplemental scholarship to 8 families over a period of 12 months in the amount of \$1,000 per family for full-time care at the Braden Learning Center. The Scholarship Program is for families that have financial challenges paying for Day Care. Scholarship applications are available at the BLC Office—please contact us at: (419) 536-8698

## DIRECTOR, NURSING SERVICES

This is a management position responsible for planning, directing, supervising and evaluating all psychiatric and physical health nursing services provided at all sites. Primary duties will include insuring quality nursing care is provided in accordance with federal, state, and local regulations, standards and practices, developing and implementing nursing policies and procedures, insuring compliance with certification standards, overseeing the infection control program and monitoring the budget to insure department fiscal goals are met.

Qualified candidates must possess a Bachelor's degree in nursing, (Master's preferred), current Ohio RN license, both psychiatric and physical health nursing experience and a minimum of five years supervisory experience. Position must be able to work a flexible schedule and will travel to various locations where services are provided.

Human Resources -DNS  
Unison Behavioral Health Group, Inc.  
2310 Jefferson Ave.  
Toledo, OH 43604  
Fax: 419-936-7574  
Website: [unisonbhg.org](http://unisonbhg.org)

EOE



## ROTATING EQUIPMENT MAINTENANCE PLANNER

Toledo Refining Company LLC has an immediate need for a Rotating Equipment Maintenance Planner. This position will develop job planning packages with timely materialization which allows for Maintenance to effectively execute Area Business Team work.

### Principle Responsibilities

- Plan work per the prioritized list provided by the ABT.
  - Field review work orders to develop job packages complete with accurate well-defined job steps, estimated man-hours, correct material and necessary documentation.
  - Attend and participate in weekly scheduling meetings.
  - Utilize the completed job package feedback forms to improve future planning.
  - Review the validity of the running maintenance backlog with appropriate members of the ABT on a weekly basis.
  - Continue development, improvement and implementation of electronic work packages.
  - Communicate planning backlog status with ABT and management.
  - Maintain communication with management during work execution for job step clarification and significant scope changes.
  - Communicate to the ABT any issue such as material delivery, QA/QC, and schedule and cost difference from the original estimate. Ensure required material delivery dates by working with Materials Management.
  - Work with ABT members to comply with the Planning Process document regarding RCFA follow up and future repair plans.
  - Communicate with management on issues that would prevent the execution of the jobs to start in the appropriate time frame set forth.
  - Plan all jobs in compliance with OSHA, refinery standards, policies, procedures, best practices and guidelines.
- Short-term shutdown planning and scheduling.
- Formulate timelines and manpower estimates to determine course of action in emergency situations
  - Initiate material and equipment purchases as needed and work with the procurement department to ensure accurate ordering and suitable delivery.

### Requirements

- High School Diploma or equivalent.
- 5+ years' maintenance background, specifically in the areas of estimating, scheduling or materials management.
- Must have the ability to communicate effectively through written and verbal methods. Have ability to accomplish work within required timelines, including short, long, and emergency timeframes.
- SAP work order and purchase order experience is preferred.

All interested candidates may apply by going to [www.pbfenergy.com](http://www.pbfenergy.com) and selecting the Career link. Once on the career page, candidates can view our current job opportunities and apply to desired position.

EOE/M/F/D/V

## Call for Young Artists At Work (YAAW) Coordinator



THE ARTS COMMISSION

Accepting applications for contracted part-time employment (February thru September 2015) to coordinate our 6-week summer youth employment program (June 22 - July 31). Responsibilities include but will not be limited to: input in planning, oversight of all recruitment and supervision of the YAAW program's daily operations.

Visit [www.theartscommission.org](http://www.theartscommission.org) for full information.

**The ideal candidates have demonstrated experience working with youth from diverse backgrounds AND have demonstrated talents in an administrative environment.**

Qualifications: Masters or Bachelors Degree in counseling, art therapy, art education, social work, humanities or professional artist; demonstrated experience coordinating youth programs (preferably ages 14-18); experience working with diverse populations; familiarity with the arts (visual, performing, or literary); demonstrated ability to lead & manage others and to problem solve; ability to communicate well in oral and written formats; proficiency with email and Microsoft Office Suite.

How to Apply: Send a cover letter, resume and two letters of recommendation to: The Arts Commission, Attn: YAAW, 1838 Parkwood Ave., Ste 120, Toledo, OH 43604

**POSTMARKED DEADLINE: FRIDAY, FEBRUARY 6, 2015**

Letters of recommendation may follow under separate cover.

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419-243-  
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# Alpha Phi Alpha's Annual MLK Scholarship Breakfast

By Carla Yvette

Sojourner's Truth Reporter

Alpha Xi Lambda Chapter of Alpha Phi Alpha Fraternity Inc. held its 23rd annual MLK Scholarship Breakfast on Saturday, January 17, at the The Pinnacle.

Michael S. Stubblefield welcomed guests and shared the purpose of the scholarship fundraiser, which is to assist local high school seniors with the financial costs of obtaining a higher education. This year's theme was "Fulfilling the Dream."

Misha Hemphill sang the black national anthem, "Lift Every Voice and Sing," followed by the keynote speaker, Rev. Talmadge J. Thomas, who emphasized the importance of community involvement.

Each year the fraternity recognizes a mem-

ber of the community for his or her outstanding leadership and community service. This year's recipient was Romules Durant, Ed.D, superintendent of Toledo Public Schools.

The Alpha Phi Alpha chapter's scholarship fund, which raises more than \$5,000 in annual scholarships for college-bound Toledo-area youth, was distributed to five deserving young men. The 2014 Scholarship recipients: Jordan Bush, graduate of Lakewood St. Edward High School – Howard University; Solomon B. Collins, graduate of Maumee Valley Country Day School – Loyola University Chicago; Keith Pace, Jr., graduate of St. John's Jesuit High School – Otterbein University; Torrence P. Price, graduate of Central Catho-

lic High School – Hampton University; Keon Rayford, graduate of Rogers High School – Bowling Green State University.

Alpha Xi Lambda Chapter, Toledo, Ohio was founded November 3, 1928. For the past 85 years, Alpha men in Toledo have been leaders in education, politics, business, medicine, law and a host of other professions.

Lucas County Metropolitan Housing Authority, the University of Toledo, Toledo-Lucas County Port Authority, African-American Leadership Council of the United Way and The Andersons were among the event sponsors.



2014 Scholarship Recipients with the men of the Alpha Xi Lambda Chapter



Andre V. Page with Cynthia Tetterton- Williams



Roy and Mya Hodge with son J.R. and daughter Lena



Linda Alvarado Arce with husband Roman Arce



Emma Smith and Kim Grable



Earnest and Desiree Carn



Anna Marie Bolden, Ethel Files, Mary Daron with Denise Black- Poon



Alisha Gant and Alexis Means with Katina Johnson and Tamara Mabrey



Dr. Romules Durant 2015 Drum Major Award Redipient



Andre Mathews and Kaveon Gullatt