



Local and National News

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The *Sojourner's* Truth

Volume 14, No.03 "And Ye Shall Know The Truth..." June 04, 2008

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Dr. Cecelia S. Peters, MD
Neighborhood Health Association

"A lot of our parents are young. We have a program where we have books and we encourage parents to read to their kids well before the kids can speak. We give them the books when they come in."

This Strikes Us ...

A Sojourner's Truth Editorial

Is there anyone out there who does not believe in irony? You can't find a better example of irony in action than the recent results of the Democratic Party's ruling on seating the Florida and Michigan delegations.

Take a quick trip back in time and recall if you will the jockeying back and forth among the states in mid-2007 as a number tried to move up in the primary schedule in order to cash in on the action.

Iowa and New Hampshire have long held the traditional places of honor as the first caucus and first primary, respectively. It's an honor that rankles not a few other states, including Michigan, that have lobbied the Democratic National Committee to switch things up and allow states to alternate in those first spots.

The Democratic Party was sympathetic to these calls for change primarily because Iowa and New Hampshire are demographically so unlike the rest of the country. Both states are almost all white, relatively conservative and very rural – not at all resembling the core constituencies of the Democratic Party.

The thinking was, of course, that during every primary season, the decision about the party nominee is made by the time that Super Tuesday rolls around. This year's Super Tuesday was comprised of 21 state primaries and caucuses. Indeed, the decision is often made even earlier. After Iowa and New Hampshire, the rest of the contests are usually meaningless.

Here in Ohio, Democrats took a lot of heat, within the state, for the failure to be more aggressive in trying to place the primary in a more favorable position. The Ohio primary was scheduled for a full month after Super Tuesday.

In the meantime, Michigan and Florida defied the Democratic Party and moved their primaries to a position close to the starting line. They paid the ultimate penalty. Yes, they were sanctioned. Yes, their delegates were chopped in half last weekend. But, no, those aren't the ultimate penalties.

Neither state received the benefits of a primary battle that brings in national press, hordes of paid and volunteer staff and, above all, money.

That's right, money, and lots of it. There are hotels, restaurants, bars and media outlets in Iowa and New Hampshire that must just cling to existence waiting for that boom that comes along every four years.

So, now we all recognize the irony of Michigan and Florida's decision. There was no need in this election year for the states to shift position. They would have fared just as well had they been the last of the pack. Just this past week, in fact, the two Democratic candidates and their staffs and families were all over Montana and South Dakota, states which probably have never seen a major party candidate in the past.

Ohio, we now know, did well to remain in place rather than trying to shift to Super Tuesday or before. Every state did well in this election in which the two Democratic candidates dropped bundles of loot every time they touched down.

* * * * *

And speaking of the two Democratic candidates, word has it that Senator Barack Obama and Senator Hillary Clinton will be having discussions about the feasibility of finally forming that "dream team."

We would be all in favor of such an arrangement, with one proviso.

Trot out Michelle Obama and the two young daughters as often as possible. Keep Chelsea Clinton on the campaign trail – but let her start taking questions from the news media. Anyone and everyone, bring 'em on to work for the ticket... except for former President Bill Clinton.

Presuming that Hillary Clinton and Obama are trying to iron out the details of such a partnership, we certainly hope they address the Wild Bill issue. Lock that guy up in a basement somewhere and break off part of Obama's Secret Service detail to guard the door.

* * * * *

More on the conversation on race.

Here's the deal.

We can sit down with each other and recognize, as one panelist said two weeks ago, that this is not an "Olympics of oppression" and that all grievances, even if they do not match our own pain, need to be addressed. On the other hand, we can refuse to enter meaningful dialogue until the stars are perfectly aligned and all other parties agree ahead of time to meet certain conditions.

We can try to talk to each other with respect and with consideration for each other's points of views or we can continue to point fingers and whine and complain about how everybody else is at fault just as we have done for so many years.

How's all that whining worked so far?

Community Calendar

June 6

Fish Fry at All Saints' Episcopal Church; 10 am to 7 pm: 419-866-1528

June 6-7

United MBC Nurses Guild Rummage Sale: 9 am to 3 pm both days: 419-380-9477

June 7

Women Blessing Women Springs Blessings Fashion Show Luncheon: Franciscan Center; 11:30 am: 419-241-9789

Parking Lot Rummage Sale: Building Fund Committee; 9 am to 7 pm; St. Mark Baptist Church: 419-535-5960

37th Annual King Wamba Carnival Parade: Collins Street to Floyd Street; 10 am to noon

Fundraiser to Benefit the Homeless: Golden Rouge Lounge; 8 pm to 1 am: 419-242-2819 or 419-810-5127

June 8

Clarence Smith Community Chorus: "23rd Street;" Close of the Chorus' 32nd season; Maumee Indoor Theater; 7 pm: 419-534-3370

Christian education Celebrates 2008 Graduates: 10:45 am; Warren AME; Message by youth leader, Anthony Hughes: 419-725-6962

Voter Registration Drive: Sponsored by the Toledo Chapter NANBPWC, Inc; Indiana Avenue MBC: 419-944-2437

11th Pastoral Anniversary: Dr. D.L. and First Lady Willetta Perryman of Center of Hope Community Baptist Church Guest Preacher Ivan Douglas Hicks, PhD of First Baptist Church North Indianapolis, IN; 11:30AM: 419-243-1165

June 9

Look Good ... Feel Better: For women who are undergoing cancer treatment; 2 pm; Bay Park Community Hospital

June 9-13

Vacation Bible School: Friendship Baptist Church; Sonworld Adventure Park; 5:45 to 8 pm: 419-531-3242

Vacation Bible School: United MBC; 5:30 to 8 pm; Arts and crafts as well

June 13

50 Men & Women: 28th Annual Scholarship Banquet; Stranahan Complex; 7 pm

June 14

Second Annual Golf Outing: New Prospect Baptist Church; 1 pm; Ottawa Park
Third Annual 50 + Sports Classic: Sponsored by Area Office on Aging; St Francis de Sales HS; Opening ceremony at 9 am; Track and field, volleyball, basketball, softball, swimming, table tennis, bowling and tennis: 1-800-472-7277

June 16-19

City-Wide Dance Team Tryouts: Youths in grades 6 to 12; Mon at Reynolds Corner Library; 4 to 5:30 pm; Tues at Kent Branch from 5:30 to 7:30 pm; Wed at Sanger Branch from 4 to 5:30 pm; Thurs at Mott Branch from 4 to 5:30 pm: 419-509-1118 or 419-266-5308

June 16-20

Sixth Annual Carnel Smith Summer Youth Football Camp: Boys in grades 3 thru 8; Scott HS; 11 am to 2:45 pm daily: 419-917-3547

June 19

Spirit of Faith Adoptions: Informational meeting; 7 pm; 3315 Centennial Rd. Ste A-2: 419-843-5355

The Sojourner's Truth

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My View

By Jack Ford
The Truth's Political
Columnist



Good afternoon!
Congratulations to you,
Tigers.

Let me join other in high-
lighting Ericka Bilby, vale-

dictionarion of this year's
class, who has kept pace
with her older sisters, Chris-
tine and Melissa.

And to your great prin-
cipal, Gary Thompson, we
thank you and your fine
faculty.

Parents, we salute you –
lunch money, school
clothes, early wake-up,
drop off and pick-ups and
reminders of homework.
You did your job each and
every day. Thank you.

I've given five college
commencement address

and I've learned two big
rules:

Be brief, and
Be seated.

I've got eight points to
share with you this after-

**“You do not know what
lies before you but any-
thing and everything is
possible.”**

noon and I'm going to speak
to you as if you were my

own son or daughter.

First, get ready to walk
through a lot of doors. You
have no idea of the oppor-
tunity out there, if you pre-
pare yourself well and take

the steps to move forward.
I was raised on Fair Street
in Springfield, OH and ex-
perienced a rather poor up-
bringing ... one of two sons
of a divorcee. At the age of
18, as you are today, I had
no idea that I would one
day travel to Israel, Hun-
gary, Germany and Canada
as an ambassador for To-
ledo. I had no idea that I
would visit a president of
the United States on three
occasions in the White
House.

And I had no idea that I

would have an office in the
state capitol with a name-
plate identifying me as the
House Democratic Leader.

You do not know what
lies before you but any-
thing and everything is
possible.

Second, you must pur-
sue higher education or
training. A mere under-
graduate degree is increas-
ingly not enough. Plan on
getting at least a master's
degree.

Third, recruit a mentor –
a wise godfather or god-
mother to help guide you
through life. The older he
or she is, the better guid-
ance you will receive.

Fourth, protect your
health. Cut out the fat and
the grease and you will live
better, cheaper and easier.
I did not pay attention to
high blood pressure and,
as a direct consequence, I
have kidney failure.

Fifth, nurture your
friends and remember that
having one true greet friend

is a blessing.

Sixth, do special and
great things for your fam-
ily, including your parents
... now. Don't wait. Most of
the 60 year olds that you
know would give anything
for 20 minutes time with a
parent who has passed.
Take your 20 minutes now!

Seventh, shop up for life
early! I can't tell you how
many times I've gotten the
edge in life simply because
I arrived early.

Eighth, and last, but cer-
tainly not the least, main-
tain your spiritual health.
Some people think the key
in life is to have a clear des-
tination. Others claim it is
the journey itself which is
important. I do not know
which is right. But I hope
you enjoy life and when one
of those doors stand before
you – walk through or, if
you have to, kick it in.

*Ed. Note: Jack Ford de-
livered this address to the
graduating class of Toledo
Technology Academy on
Tuesday, June 2.*

The National Association of Negro Business
and Professional Women's Clubs, Inc.

Toledo Club

Voter Registration Drive

We have an opportunity to participate in a historical
election. The Toledo Club is sponsoring a voter
registration drive.
Sunday, June 8, 2008
Following church services
Indiana Missionary Baptist Church
640 Indiana Avenue

GET OUT THE VOTE!

Wanda Terrell - President
DeLores Bates - 1st Vice President
Wilma Brown - Chairperson

Phone: 419-944-2437
E-mail: wterrell@yahoo.com

Will Ohio Get It Together on
Tobacco?

With the proposal of
House Bill 572 a center for
tobacco use prevention
within the Department of
Health will be created.
Through this bill some of
Ohio's noteworthy efforts
in tobacco prevention will
be continued, saving the
lives of thousands of youth
by preventing them from
becoming smokers. This bill
is also targeted at popula-
tions that are dispropor-

tionately effected by to-
bacco use. The bill takes a
portion of the taxes from
tobacco sales and uses it
to fund the valuable pro-
gramming for Ohio citizens.

The toll smoking takes
on Ohio particularly Ohio's
youth is in significant.

Tobacco Use in Ohio:

High school students
who smoke – 20.5 percent
(133,300)

Male high school stu-
dents who use smokeless
or spit tobacco – 13.7 per-
cent (females use at much
lower rates)

Kids (under 18) who be-
come new daily smokers
each year – 20,800

Kids exposed to second-
hand smoke at home –
919,000

Packs of cigarettes
bought or smoked by kids
each year – 26.8 million

Adults in Ohio who
smoke – 23.1 percent
(2,011,500)

Posted from (http://
www.tobaccofreekids.org/
reports/settlements/
toll.php?StateID=OH)

**Deaths in Ohio from
Smoking:**

Adults who die each year
from their own smoking –
18,600

Kids now under 18 and
alive in Ohio who will ul-
timately die prematurely from
smoking – 293,000

Adult nonsmokers who
die each year from exposure
to secondhand smoke –
1,070 to 3,000

Posted from (http://
www.tobaccofreekids.org/
reports/settlements/
toll.php?StateID=OH)

By supporting House Bill
572 you support Ohio's
youth and you support
Ohio's future health. Call or
write your state senator
and/or representative and
support Ohio's health.

Aaron Williams
Project Coordinator
UMADAOP Lucas
County

Write a letter to the Editor
email:
thetruth@thetruthtoledo.com

what's
IN
Toledo
Museum
Art

4TH ANNUAL AWARD-WINNING
**JUNETEENTH
CELEBRATION**
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author, actress, and philanthropist
Victoria Rowell

A limited number of free tickets to the booksigning are available.
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FREE admission

Juneteenth is presented with the assistance of the Museum's Committee for Cultural Diversity (CCD).

Braden United Methodist Church Starts Centennial Celebration

Sojourner's Truth Staff

Braden United Methodist Church opened its doors in 1908 and during this year, the 100th anniversary of that event, the congregation will be celebrating with a season of activities from June

Sunday.

July's theme is "Focus on the Present – Youth" and August's theme is "Focus on the Community."

In September, former pastors of the church will

return to address the congregation. The current pastor, Elder Wynston Dixon will preach on the first Sunday. Elder William C. Davis, Elder, Roland J. Moore and Elder Donnetta Peaks will preach on the following Sundays.

The Centennial Banquet will take place on October 11 at the Clarion Westgate and the next morning, the centennial will culminate with the theme of "Focus on the Future." The speaker for this event will be Rev. Dr. Zan W. Holmes, former professor of preaching at the Perkins School of Theology at southern Method-



1 to October 12.

The centennial activities began this past Sunday – "Kick Off Sunday" – with a theme of "Focus on the Past – Memorial" and a photo session of the committees and ministries responsible for planning and executing the activities. This upcoming weekend will feature a rummage/bake sale on Saturday and Sunday and an historic sanctuary tour on



ist University.

Braden United began on Canton Street in 1908 and moved to City Park in 1920. The church has been at its present location for over 50 years – since 1956.

"We moved from a very humble building to a site

where we could bring the community in," said Gloria Layson, one of the chairmen of the Centennial Steering Committee.

The other chairmen of the Steering Committee are Vince Davis, Colette Crosby, Elayne Moran,

Vicky Forrest, Annette Savage and Cessandra McPherson.

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Art4Food TOLEDO

A Special Invitation

Art4Food, a non-profit organization will host an
Art Show & Auction
the proceeds of which will be used to feed hungry people in our community.
We invite you to be a part of this event which will be held at
The Secor Building
425 Jefferson Ave. at Superior St.
Downtown Toledo
Saturday, June 7, 2008
7:00 pm - 10:00 pm

Live! Entertainment & Hors d'oeuvres

Tickets are \$50 and may be purchased online at www.art4foodtoledo.org
Tickets will also be available at the door
For more information call (419) 720-5155

50 Men and Women 28th Annual Scholarship Awards Recipients

Sojourner's Truth Staff

Twenty local minority high school seniors will receive scholarships next weekend from the 50 Men and Women of Toledo, Inc. The group, a byproduct of individuals who were the primary sponsors of a fundraising banquet for the United Negro College Fund, has given over 200 mostly four-year renewable scholarships and more than one million dollars to Toledo area minority youth.

The mission of the organization states that monies raised will be used for the overall goal of educating minority youth to further their economic, political and social growth.

James C. Caldwell, educator, civic leader, first area black corporate executive for a Fortune 500 company and executive director of a community center, was the prime inspiration for forming this group. He was elected its first president and continues in that capacity today.

This year's banquet will be held at the Stranahan Great Hall on Friday, June 13 at 7 p.m.

Listed below are this year's recipients

50 Men & Women of Toledo, Inc. Scholarship

The purpose of this scholarship is to provide the opportunity for a highly motivated academic achiever to off-set a major cost of attaining a college education. This award is for \$1,500, non-restrictive, renewable for four years and may be matched annually. Consideration requirements are a 3.0 or higher GPA, four years of English, three years of mathematics and science and two years of social studies and foreign language.

Francesca Adams
Start High School
Tiffin University
Major: Accounting
GPA 3.60



Marcus Boyd



Central Catholic High School
Ohio Northern University
Pharmacy
GPA 3.50

Sura Khuder
Maumee High School



The University of Toledo
Undecided - Arts & Sciences
GPA 4.44

Gabrielle Lopez
Whitmer High School
Roosevelt University
Political Science (Foreign)
GPA 3.84



Aleila McCulloch
Rogers High School
Columbus College A & D
Graphic Designer
GPA 4.30



Jasmine Levesque-Neal
Central Catholic
University of Maryland



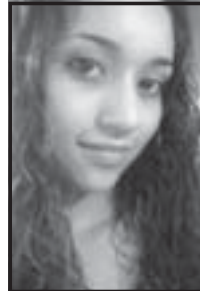
Education (Secondary)
GPA 3.91

Nicole Price



St. Ursula Academy
Miami University
Psychology
GPA 3.77

Teresa Sanchez



Start High School
The Ohio State University
Bio-Medical Engineering
GPA 3.77

Debralyn Woodberry-Shaw



Central Catholic
The Ohio State University
Pre-Med (Pediatrician)
GPA 3.50

Nicolyn Woodcock



Central Catholic
Kenyon University
Psychology
GPA 4.54

Kevin Chad Ellis Scholarship

This memorial scholarship is dedicated to the memory of Kevin Chad Ellis. Consideration requirements are a GPA of 2.5 or higher.

Alma Aguirre



Rossford High School
University of Toledo
Pre-Med
GPA 3.40

(Continued on Page 16)

Toledo-Lucas County Public Library

2008 Summer Reading Club
June 9 - August 2

Catch the READING BUG!

Getting 'antsy' for some fun this summer? Are you 'itching' for a good story? Join one of our FREE Summer Reading Clubs and swat away those summertime blues. We have terrific clubs with great activities and prizes for every age group so sign up at any Library location beginning June 9! Call 419.259.5207 for more information.

Burger King, Freddy's Big Boy, Marriott Pines, McDonald's, Older State Bank, Papa Murphy's, Taco 'N' Shake, Outback's, Kally's, Red Robin, Subway, Santitas.

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WYLLI

WYLLI

www.library.org

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Dr. Cecelia Peters, MD: Flunking Retirement ... Fortunately for Her Patients

By Fletcher Word
Sojourner's Truth Editor

"I flunked retirement," says Dr. Cecelia Peters, MD, of her ill-fated recent efforts to try to relax and smell the roses.

Dr. Peters, a pediatrician who has worked at Neighborhood Health Association (NHA) on and off since 1980 ... between and during private practice stints, developed some health issues of her own several years ago and retirement seemed to make a lot of sense for someone who has been practicing medicine for more than 40 years.

But as her health improved, she answered the call from NHA to cover a few shifts here and there on an as-needed basis.

"I covered ... and I covered ... and I covered," says Dr. Peters with a laugh. Before long, the pediatrician was once again back in the fold, working a three-day a week shift at the place for which she has long had such an affinity.

"I've always felt a connection to the clinic," says Dr. Peters, "even when I was in private practice."

Indeed, she has worked in a number of clinics in the Toledo area and that work keeps tugging at her.

"I don't feel that these patients always get taken care of, they don't always ask the right questions, they can feel intimidated and I can help them," she says. And, of course, working with children is of a particular interest to the long-time pediatrician.

Interestingly, the St. Louis native initially resisted the call to go into pediatrics.

"When I was in medical school, people always used to say, 'oh, you are going into pediatrics?'" recalls Dr. Peters. Those assumptions, of course, were more often than not based on the fact that she is a woman and, at that time – the mid 1960's, one of a very few women in medical school.

Dr. Peters earned her undergraduate degree at Howard University and entered medical school at Howard intent on becoming a radiologist. As she experi-

enced various disciplines, however, she realized she did indeed enjoy pediatrics. "I like working with kids," she says.

So pediatrics it was.

After medical school, she arrived in Toledo to do her internship at Riverside Hospital and remained in the area to do her residency at the Medical College of Ohio and Toledo Hospital. In the following years, Dr. Peters has served on the staffs of NHA, the Miami Children's Home, Toledo Hospital and the Western Lucas County Clinic. She has also had, of course, her own private practice.

As Dr. Peters tells her

story to a visitor, she takes pride in some recent developments at NHA in dealing with patients. In particular, the non-profit agency re-

we have books and we encourage parents to read to their kids well before the kids can speak. We give them the books when they come in."

"I've always felt a connection to the clinic, even when I was in private practice."

cently implemented a program called Reach out and Read to address the problems of educational attainment among young patients in lower-income families.

"A lot of our parents are young," says Dr. Peters. "We have a program where

The year-old program is part of a national effort by the non-profit agency to promote early literacy by giving new books to children and advice to parents about the importance of reading aloud in pediatric examination rooms.

"I see the kids having an interest in the books," says Dr. Peters. "I see more and more often mothers sitting in waiting rooms reading to kids. Anecdotally, I think it's working."

Dr. Peters is married to attorney William Peters. The couple has three daughters: Celia, who is a writer and film maker; Candace, a fashion designer, and Camille, a doctoral candidate at the University of California at Berkeley.



Hospice helped our family reach a final goal.

Having my dad at graduation made my wish come true, too.



HOSPICE™
OF NORTHWEST OHIO

"My husband, Willie, found out nothing more could be done for his cancer. He still had one last goal: to see our daughter, Joya, graduate from nursing school – which was nearly a year away.

"Hospice of Northwest Ohio provided care for Willie, right in our home. I believe their expertise helped him live to see the graduation, and made a lot more good days possible for him along the way."

Laura, Willie's Wife

"Whenever we had questions, Hospice explained every answer. They knew what to provide even before we knew what to ask for. And the staff connected on a personal level, too. My dad's nurse was like part of our family.

"Hospice made all the arrangements to get dad to my graduation, including the wheelchair and portable oxygen. Having dad see me cross that stage meant the world to me. Now that I'm an RN, I know great care when I see it. My dad had the best."

Joya, Willie's Daughter

Hospice can help make the end of life meaningful and fulfilling.
To learn more, ask for our FREE brochure series, "Hospice Answers."
Call 419-661-4001 or visit hospicenwo.org.

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Healthy Eating: Go Lean with Protein

Guest Column

“Go lean with protein” is the message for the meat and bean food group. There are many different types of food in this food group from beef and pork to chicken and turkey, fish, eggs, nuts and nut butters like peanut butter and almond butter. Dried beans like kidney, navy, black-eyed peas, chick-peas, pinto and lentils fall into this food group as well as the vegetable group.

Protein helps our body grow and repair itself. Other minerals we get from this food group are iron and zinc. Fatty fish (like salmon, trout and herring) in this food group also give us vitamin E and some of the good fats that our body needs. Fish, nuts and seeds contain healthy oils.

Many people in the United States eat more than enough protein from this food group. Sometimes people are surprised at how many servings of meat and beans are really needed each day. If you need 2000 calories a day, you should eat about 5.5 ounces of lean meat, fish, beans or poultry by the end of the day. To visualize this amount of food, picture a deck of cards. A deck of cards is equal to about 3 ounces of meat. If you had two decks of cards, you would have the meat and beans you needed for the day.

Now picture a typical portion of meat that is served at a restaurant. Is it much larger than a deck of cards? What counts as a one-ounce equivalent in the meat and beans group? One ounce of cooked meat, fish or poultry, one egg, one-half ounce of nuts or seeds, one tablespoon of peanut or almond butter, two tablespoons hummus (made from chick peas) and one quarter cup cooked beans like kidney, pinto, black-eyed peas, lentils,

refried beans or baked beans.

We should pick lean meats so that we don't get too many calories from the fat that comes with a lot of meat. Trim fat from meat and take the skin off poultry like chicken

up more fat during frying. Other lower fat options for preparing meat include: baking, broiling, poaching (cook in liquid just below the boiling point) or roasting. Drain off any fat that appears dur-

ing the amount of meat you eat to lean cuts and portion sizes recommended by the amount of calories you eat, you will keep the saturated fat and total fat low in your diet. Vary your lean protein

beans and legumes and nuts or peanut butter.

In addition to choosing lean meats and preparing them in lean ways, make sure your kitchen is safe from bacteria! Plan ahead to defrost foods. Don't defrost frozen meat on the counter or in the sink at room temperature. Thaw food in the refrigerator, submerge in an air-tight package in cold tap water, or defrost on a plate in the microwave.

If you choose to defrost in the microwave, start to cook the meat right away (many microwaves have a defrost setting but they might start the cooking process.) Keep raw meat away from cooked meat or fresh vegetables. Use one cutting board for raw meat and wash cutting board, knives and utensils in hot, soapy water after preparing each food item.

When cooking, use a simple meat thermometer to measure the internal temperature of the meat to make sure it's cooked to a hot enough temperature to kill bacteria. Most meat thermometers will come with a chart that recommends the minimum internal temperature for the different types of meat.

For more information, visit MyPyramid.gov, the Web site that will give more details to your personalized pyramid. The Ohio State University Extension has an office in every county to engage people to strengthen their lives and communities through research-based educational programming.

Ed. Note: This article was provided by the Family Nutrition Program at OSU Extension, Lucas County.



orturkey. Limit intake of high-fat processed meats such as bacon and sausages. Often these processed meats are also high in sodium. Use them in small amounts to flavor food but do not use them as the center of the whole meal.

Choosing how to prepare meat can make a difference in the amount of fat. For example, deep-fried chicken has many more calories and grams of fat compared to a lean chicken breast that has been grilled. Skip or limit the breading, especially on fried meat. The breading adds extra calories and causes the food to soak

ing cooking. A high intake of fats makes it difficult to avoid consuming more calories than are needed.

The meat group is known for the company it keeps. Many meats are sources of fat in addition to protein. The 2005 Dietary Guidelines suggest that we limit the amount of saturated fat as well as the total fat we eat each day. Our blood cholesterol levels are higher when we eat foods with a lot of saturated fat. And higher levels of cholesterol in the blood increase our risk for heart disease. So, by keep-

choices by eating more fish, beans, peas, nuts and seeds.

If you are on a tight budget, there are many ways to stretch your family food dollar. First, keep your portions to reasonable serving sizes. Check the store advertisements for sales to help plan your meals. Buy and cook whole chickens and turkeys and freeze the leftovers after cutting them into single servings. Also, combine meat, poultry, fish or beans with other foods into a pasta dish or casserole. Use a variety of foods from the meat and beans group including eggs,

Toledo-Lucas County Commission on Minority Health To Host Local Conversation Workshop on Health Disparities.

The Toledo-Lucas County Commission on Minority Health will be hosting a Local Conversation event on Friday, June 13, 2008 in Toledo, Ohio.

The purpose of this large, interactive group discussion is to gather data from members of the minority population on health disparities. This free workshop will be held from 9 a.m. – 3 p.m. in downtown Toledo.

The Local Conversations follow the format of the National Partnership for Action to End Health Disparities (NPA), part of the U.S. Department of Health and Human Services. According to the NPA, their goals are:

Illuminate the compelling issues that impact health outcomes.

Identify action steps that partners can adopt and adapt for their target audiences.

Seek out and highlight “promising” practices that help eliminate health disparities.

Promote tools, programs, and information sources for consumers, caregivers, and health providers.

Grant funding for the workshop was provided by the Ohio Commission on Minority Health. For more information, or to participate in the Local Conversation, please call 419-213-4113. The deadline to register for this event is June 2, 2008.

Buckeye CableSystem and The Truth vip of the month.

June's VIP - Bernice Rumala - Medical Student

A Brooklyn, NY native, Bernice Rumala earned her undergraduate degree at the City College branch of the City University of New York and started work on her master's degree at Columbia University (compiling a 3.92 grade point average).

Rumala arrived in Toledo to attend The University of Toledo College of Medicine as one of only three African-American students in a class of 140. Those numbers inspired her to devote a great portion of her time, while still attending medical school, to press the cause for increased recruitment of underrepresented minority students.

And while juggling those duties - school and activism - Rumala has authored a number of scientific papers that have brought her acclaim from a number of quarters. She received two awards this year for work on her research on schizophrenia and health disparities and for work on a paper detailing the need for greater professionalism among medical schools/ staff and faculty.

Rumala has decided to enter psychiatry and to remain in the Toledo area upon completion of her medical school studies.

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Parrish HomeCare Opens Medical Supply Outlet

Sojourner's Truth Staff

The same nurses who brought Parrish HomeCare to Toledo have added yet another service for the Glass City – Parrish Home Medical, a medical supply outlet at 3148 Sylvania Avenue.

Wheelchairs, walkers, hospital beds, bath benches, canes, diabetic

she co-owns with her mother, Diane Parrish. "We thought we would establish a one-stop shop operation," said Parrish-Nnaji.

In addition to medical supplies for patients, the shop specializes in nurses' uniforms, including white dresses for church ushers and the Nursing Guild.

after in Kalamazoo. The home care company arrived in Toledo in 2005, offering to Toledo residents a wide range of services such as physical, occupational and speech therapies, counseling, diabetes management, medication and disease management, among others.

Parrish HomeCare is the only minority-owned business of such a scale in the Toledo area. As Diane Parrish has observed, the African-American community tends to be more susceptible to a variety of illnesses and diseases and tends to not have the care available that the majority community enjoys.

Parrish Home Medical will be managed by Patti Schroeder. The store will be open from 10 a.m. to 5 p.m., Monday through Friday.

For more information, call 419-407-4663.



Diane Parrish and daughter Reneesha Parrish-Nnaji

supplies, skin care products and more are all now available for medical professionals and patients at this nurse owned and operated facility which held its grand opening last Friday from 11 a.m. to 6 p.m.

Parrish HomeCare has a staff of about 20 full-time nurses along with a complementary number of home healthcare aides in the Toledo area and cares for about 100 patients at any given time. The company has done its share of business with medical supply outlets, said Reneesha Parrish-Nnaji, clinical director for the business which

Nurses receive 10 percent off on all nursing uniforms.

Parrish HomeCare was founded in 2000 in the Detroit metro area. A second office was established soon



Kebra Sims, Diane Parrish, Reneesha Parrish-Nnaji, Sue Grodi, Patti Schroeder, Betty Robinson

Aunt Minnie's Healthy Eating: Oven Fried Chicken

By Minnie Sebree
Guest Column

So, you can't stay away from fried foods, especially fried chicken? How about trying a healthy alternative ... healthy and tasty?

Oven Fried Chicken with Aunt Minnie's Cornbread Stuffing

Ingredients:

- One cut-up chicken (with or without the skin)
- Flour
- 1 tsp. salt
- 1 tsp white pepper
- 1 tsp granulated garlic
- 1 tsp. paprika
- 2 Tbsp. margarine or oil
- 1 Chicken bouillon cube



Directions:

Heat oven to 350 degrees. Wash and drain cut up chicken. Mix salt, pepper, garlic and paprika together and sprinkle evenly over chicken pieces.

Dredge seasoned chicken in flour and place on a flat pan or cookie sheet. Evenly distribute melted margarine or oil over the chicken.

Bake for one hour and 15 minutes.

Remove chicken from the oven, save the dripping in small pan while adding one cup of water and one bouillon cube. Bring to boil. Add one tsp. flour to 1 cup cold water and mix until smooth. Add flour mixture to simmering mixture and stir until smooth. Reduce heat and cook for five minutes. Pour over chicken as desired.

Serve with a tossed green salad, candied yams and Aunt Minnie's Cornbread Stuffing.

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Folasade O. Akala, Pharm.D., R.Ph: Collaborating with Patients to Ensure Well Being

Sojourner's Truth Staff

Folasade O. Akala, Pharm.D., is the director of pharmacy for the Neighborhood Health Association (NHA) and as such is charged with the task of ensuring that patients have the proper dosages of the proper medication. That works out to about 150 prescriptions in a typical day.

NHA's pharmacy is used only by NHA patients but the agency will soon be adding an over-the-counter section that can be utilized by the general public.

In a larger sense, however, Akala sees her duties as encompassing more than just matching patients with the correct medication. In a community pharmacy, such as NHA's, the patients, as Akala



notes, often do not have the financial wherewithal to obtain medication.

Her job, therefore, ex-

pands "to see that patients have access to medication."

That task starts with the decisions that are made as to exactly which drugs the NHA pharmacy is going to stock. The pharmacy is smaller than a typical retail pharmacy, for example, and is restricted in the inventory it can stock.

So Akala has to lead a committee effort – the Drug Formulary Review – to closely examine available medications and their effectiveness. Thereafter, Akala takes on a collaborative effort with patients to make sure they receive drugs at an affordable cost – a sliding scale as with NHA's medical ser-

VICES.

To an extent, those duties – being able to work more closely with patients – are why Akala is in a community or clinical pharmacy environment rather than with a retail operation which generally provides more compensation for pharmacists.

Akala earned her undergraduate degree from Howard University and remained at the Washington, D.C. school to receive her doctorate in pharmacy. She came to Toledo to do her residency at The University of Toledo College of Pharmacy and Kroger Pharmacy Co.

She eventually headed for

Cleveland to work with Rite Aid but was lured back to this area by NHA.

Now NHA is in the process of starting its own residency program, says Akala. But she's even more excited by the prospect that the pharmacy will soon be moving closer to assisting doctors in managing patient's medication regimen.

"Now there [will be] a lot of emphasis placed on monitoring the patient's disease status," says Akala. "This is an exciting time in pharmacy. We can be recognized for our clinical service."

That means that the NHA pharmacist will become a more

significant part of the decision making process regarding the medications that patients use and the dosages of the medications. This practice has already taken hold at a number of clinical pharmacies in the area.

Akala has been the director of pharmacy at NHA for about five years. She is also a lecturer at UT's College of Pharmacy. She comes from a family of medical professionals. Her father is a pharmacist in Washington, D.C., her mother is a nurse and two of her three brothers are currently in medical school.



I Choose Health

*By Diane Parrish
Guest Column*



This is the day that the Lord has made and I will rejoice and be glad in it!

You may ask what does this have to do with health? It has plenty and today I encourage you to go back to the basic elements of good healthy living.

One of the most basic elements of our health can be found in how we think and view the world around us. The root of good health is centered in joy and laughter. Laughter cleanses, renews and stimulates. Do you remember how good you felt as a child when laughter was a daily, if not constant, element in your diet?

I've recently decided that I will add laughter to my daily routine because somewhere along the way I let cares and worries rob my life of this basic ingredient needed for well being and good health. As a result of adding laughter to my daily routine, I worry less, sleep better, eat less and speak better things about myself and others.

Laughter truly is medicine to our bodies and souls which brings me to another impor-

tant point ... choosing to be healthy. This choice requires responsibility and discipline.

The power of laughter and joy in our lives can only be realized with practice.

We must choose the things that will make us healthy.

Ask yourself, how do I feel when I laugh? Laughter melts away all the negative stuff in our life; it makes us feel younger, stronger, more confident and alive. Practice smiling and laughing. Ask yourself another question. Does your face hurt when you smile? If the answer is yes, you've gone too long without LAUGHTER!!!

You are not alone. It's now time to try these (12) simple steps to restore joy!

(Continued on Page 10)

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I Choose Health

(Continued fro Page 9)

and laughter to your life by choosing to start feeling and being healthier.

12 steps to restoring laughter and a healthy smile to your face:

1. Practice smiling at people.
2. Laugh at yourself.
3. Watch funny movies.
4. Think about things that bring you joy.
5. Stop complaining.
6. Stop worrying. Worrying about what you see in the news, the economy and negative reports won't help. Worry never helps anything.
7. Stop being fearful of new things. Learn new things.
8. Be kind and tenderhearted.
9. See the good in situations and others. Forgive yourself and other people of past mistakes.
10. Speak good, refuse to speak evil of yourself and others.
11. Help someone.
12. Act like a child!!

Practice these steps for 21 days and look in the mirror at the new and healthier you.

Control Stress Before It Controls You

By Tedra White, ProMedica Health Guest Contributor

What stresses you out? For some people, it can be working while raising a family, the high cost of gas prices or money worries. But did you know that you could also be the source of your own stress?

There are two kinds of stress – external and internal. A job loss, car accident or death of a loved one are some major events that can cause external stress. External stress can also be caused by everyday pressures, such as deadlines, arguments or family concerns.

Internal stress comes from inside and can be triggered by anything from personal values and beliefs, goals and self image. Although these things can also be positive, with poor coping skills, they can become a source of stress.

ProMedica physician Traci Watkins, M.D. says: "Eating a well-balanced diet, routine aerobic exercise and getting at least six

to eight hours of sleep at night can boost energy levels and improve overall sense of well-being. Avoiding nicotine and caffeine products and limiting alco-



hol intake can also help. "I also advise patients to schedule personal time each week to simply relax and decompress. This time can be made possible with improved time management, which if not done properly, can be a source of stress as well."

Dr. Watkins says that stress raises blood pressure,

heart rate, metabolism and blood flow to the muscles. This response is designed to help the body react to high-pressure situations. But too much stress can cause symptoms, such as insomnia, headaches, backaches, anxiety, depression, fatigue, bowel irregularities and weight gain or loss. Stress can also aggravate conditions, such as PMS or gastritis. People who are constantly stressed out are at risk of more serious problems, including high blood pressure and heart disease. Stress can also cause some people to turn to alcohol or drugs to cope.

When stress starts to impact your health, Dr. Watkins advises seeing your doctor right away. Depending on the circumstances, a doctor may prescribe medication for conditions, such as anxiety or depression, or recommend that the patient see a therapist. Also, people can check with their company's hu-

man resources department to see if they offer an employee assistance program, which typically provides counseling support services for a variety of personal issues that could negatively affect your job performance, health or well-being.

"You may not be able to eliminate what's causing the stress in your life, but you can look for ways to lower it," says Dr. Watkins. Some ideas include:

- Keeping a positive outlook
- Talking to someone you trust
- Taking up a new hobby
- Learning relaxation techniques
- Becoming a volunteer

For information about stress and how to cope with it, contact your primary care physician. To find a ProMedica physician, call 800-PPG-DOCS or visit www.promedica.org.

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Navigating Our Own Middle Passages

By Dr. Anita M. Lewis-Sewell
Guest Column

Has life ever stranded you somewhere you didn't want to be, or someplace you hadn't planned to go, far from home? Have you ever had an unexpected misfortune? Has a tragedy ever destroyed something or someone that you loved?

Such events are the middle passages of our lives. We all face them.

You may have lost a job, a home, or a loved one. Thousands of people are displaced, homeless refugees and orphans due to recent massive earthquakes, hurricanes, and devastating floods.

Where can we go when life become grim, dreary and painful? We can go to a place

called hope and we must practice a thing called faith. Hebrews 11:1 says: "Now faith is the substance of things hoped for, the evidence of things not seen." Faith in God and hope for the future has helped many people, including my mother, to survive adverse circumstances.

Recently, I visited the renowned National Underground Railroad Freedom Center in Cincinnati with my mother and my sister. This center, visited by people worldwide, is a museum dedicated to telling the story about people's struggle for freedom and is based on the history of the Underground Railroad that

helped abolish slavery in America.

The trans-Atlantic voyages that brought African slaves to American soil are known as the Middle Passage. Treatment of slaves was often unspeakably inhumane. Millions did not survive the arduous journey.

There were no amber alerts for abducted slaves. Kidnapped fathers and mothers, sons and daughters, never went home again. Families would never know what happened to their lost loved ones. Those who survived were strong.

Museum exhibits included depictions of slaves packed like chattel on the lower decks of slave ships; a reconstructed log cabin once used as a holding pen for slaves at auctions; and bronze, life-sized sculptures of slave men and women huddled in chains, waiting to be sold. I saw whip-scars engraved on the backs of these figurines and tried to imagine how horrific that life must have been for the countless souls who died in slavery.

As we continued our tour, it dawned on me that I had a living, breathing example of strength and courage right by my side that day. It was my 87 year-old mother, Shiblethia B. (Smith) Lewis, who is a retired school teacher and

served with Toledo Public Schools for 26 years.

I listened as she reflected on various exhibits from the vantage point of her wheelchair. My mom was the first one in her family to go to college. She graduated from Wilberforce, a historically black university founded because segregation kept blacks from attending white schools.

Her mother, Lillian (Hoskins) Smith, had very little formal education but did domestic work to help pay for college. Her father, Rev. Wiley Walter Smith, was a Methodist minister. Her grandfather, Emmanuel Hoskins, escaped from slavery and settled in southern Ohio. He ran a farm and a small general store to support his family.

I marvel at the irony. My mother, the descendent of a former slave, had helped educate generations of students, black and white, in her lifetime. She was a living link to a history stretching back before most of us were born.

She has faced many difficulties with dignity; poverty, the depression, discrimination, widowhood, single parenthood, multiple strokes, a mastectomy, heart surgery, severe arthritis and knee replacement surgeries. She is my most important role model. I love her dearly and I am inspired by the courage and faith with which she has faced her challenges and persevered.

Such inspiration can help us all to navigate the middle passages of our lives. God Bless.

Dear Ryan,

I have to increase my cardio, per my doctor. I hate doing cardio and I really don't even like to exercise in any way. I have high blood pressure, I'm over weight, and I'm on my way to becoming a diabetic. Do you have a simple program I can follow that will help me stay motivated and get done quick?

P.J.

Dear P.J.

Wow, I would think bad health would be motivation enough. I also do not like doing cardiovascular exercise and I try to get it done as quickly as possible.

If I'm on a machine I set a target calorie goal of 500 and get it done as fast as possible. If I am pressed for time I do H.I.I.T cycles (High Intensity Interval Training). This is where you warm up for about five minutes and then increase the level and go hard as you can for one minute then drop it back down and go easy for the next minute.

Repeat this cycle for four minutes in the first week and then increase it every time you do it by one minute until you reach 20 minutes. Studies show that just five minutes of this sort of cardio burns calories as if you did 30 minutes of traditional cardio.

In my opinion you should alternate this with longer bouts of cardio for your vascular system (30-60mins) and the high intensity for mostly fat burning. A combination of the two would do you fine.

As far as your training goes you can do a circuit that will get you out of the gym in a half hour or less. It will also keep your heart rate up which will improve your cardio and you can shorten your cardio work a little bit if you do it immediately after your workout. So as a total with the circuit training and your cardio you can be done anywhere from 40 minutes to an hour depending on how you structure your workout.

When I do a circuit for my clients I pick two exercises for each muscle group and we go through it two to three times depending on if I add the bike between each exercise or not. My sessions last a half hour and I constantly mix it up to create muscle confusion and I suggest that you do the same.

Don't do the same workout every time cause you will get bored and your body will adapt to it and stop producing results.

Good luck! Find your motivation in the fact that if you don't get into better shape you will only create more health problems for yourself resulting in a shorter more miserable life span.

Ryan Rollison
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Dr. Anita M. Lewis-Sewell and her mother Shiblethia B. (Smith) Lewis

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In Memoriam

**We thank God for the life of
Gertrude Kinnie Jones**



We are blessed and deeply indebted to our many friends for acts of kindness expressed during the illness and demise of our loving mother, grandmother, great-grandmother, great-great grandmother, sister, aunt and cousins.

She moved into her last great adventure as her spirit departed this earthly vessel and entered that heavenly mansion promised by her master.

Your loving and sympathetic gestures, prayers, card, flowers, visits, donation and food filled our hearts with gratitude.

Thank you for your unwavering support.

We pray God's blessings will forever be with you.

The Family of Gertrude Kinnie Jones

Congratulations,
VICKI BROWN!!



Saturday, May 10, 2008, Victoria (Vicki) A. Brown graduated from the University of Illinois, Champaign-Urbana, with a bachelor of arts degree in speech and communications.

Vicki Brown is a member of Bibleway Church, Toledo. Vicki Brown is a 2004 graduate of Start High School, Toledo. Jan Derma was her coach. Vicki was a two-time All District/All City League player in both volleyball and basketball.

She earned a full scholarship to the University of Illinois to play volleyball for the Fighting Illini, where she was a three-year starter and a four-year player.

Vicki, a 6' 2" middle blocker, was a two-time All-Big Ten Honorable Mention, Dayton Flyer Classic All-Tournament Team, three-time State Farm Illini Classic MVP, 1,000 Kill Club, Marquette Kickoff Tournament MVP, three-time UNC Volleyball Classic All-Tournament Team and United States National Training Team 2007.

Vicki's immediate plans are to continue playing volleyball professionally overseas this fall. She will be leaving in the month of August for a volleyball European tour.

Vicki's parents, family and friends congratulate her for her great accomplishments and success. **We are proud of you!!**

Stop Bugging!

Sign Up Today for Summer Reading Club: Catch the Reading Bug!

It's almost summertime. . . getting "antsy" for some fun this summer? "Itching" for a good story? Then it's time to get out, have fun and catch a bug! The reading bug, that is. What better way to enjoy the warm weather than to "buzz" around reading books about subjects of interest?!

Become a Summer Reading Club (SRC) Reading Bug by joining the Toledo-Lucas County Public Library as it kicks off its 2008 Summer Reading Club: Catch the Reading Bug! beginning June 9 through August 2.

Fill out an entry blank at any library branch. SRC, a free program of fun activities and great prizes, has three components: juvenile club called Catch the Reading Bug! for preschool through fifth grade; a teen club called What's the Buzz? for grades six through 12 and an adult club to help grown-ups Catch the Reading Bug too! Preschoolers may participate by having someone read to them.

This year's Catch the Reading Bug! theme is aimed at encouraging youth to "swat away" those summertime blues and read

about any subject, real or imaginary.

Marilyn Zielinski, Toledo-Lucas County Public Library Youth Services

Manager, says that by catching the reading bug, SRC participants can learn about subjects, plots, and characters through reading books - youth and adults alike can open the door to new worlds and interests.

"Every year our Summer Reading Club creates such a fun atmosphere that encourages the entire community and families to read. With this year's Catch the Reading Bug! theme, we want to encourage a fun way to spend the summer where reading takes priority," said Zielinski.

The 2008 Summer Reading Club: Catch the Reading Bug! features the following three divisions:

- Juvenile Club - Catch the Reading Bug!: These children are encouraged to read at least 15 minutes a day, and they are awarded prizes after reading 1, 2, 4, 8 and 12 hours. Children also get to place a bookplate (one color) in a new library book after reading 20 hours. As children reach the 30, 40, 50, or 60 hour and higher

levels, they can enter to win system prizes provided by the Library Legacy Foundation such as gift cards for the Toledo Mud Hens, Barnes and Noble, and the Toledo Zoo. (Note: Preschoolers may become SRC members by having someone read to them)

- Teen Club - What's the Buzz?: These junior high and high school-aged youth fill out an entry form for each book read and place it

(Continued on Page 14)



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The Short Sale, this Summers Real Block Buster Hit

By Alvin Thomas
Real Estate Columnist



With all due respect to *Sex in the City*, *Iron Man* and the latest sequel to *Indiana Jones*, the real block buster hit that truly warrants spectacular, marquee hype this summer should one of the proven alternatives to foreclosure – the short sale.

Although the short sales hasn't enjoyed nearly the fanfare of this summer's lineup of projected movie hits, it is gaining popularity in the Toledo area as the real estate crisis intensifies and there is no comparison to the role it will

play this summer in giving some solace and hope to many bewildered homeowners who are facing the real life prospect of losing their homes.

A short sale occurs when a property is sold and the lender agrees to accept a discounted payoff, meaning the lender will release the lien that is secured to the property upon receipt of less money than is actually owed. For example, if the unpaid balance of a loan is \$100,000 but the property is only valued at \$90,000, under a short sale

the lender might accept \$90,000 as payment in full.

There are many ways to lose a home but a messy foreclosure that destroys credit, embarrasses the family and strips an owner of dignity is one of the hardest. Besides saving face, a short sale offers the possibility of reducing the negative impact such a disastrous situation could have on your credit report.

their mortgage loans than their homes are worth. These homeowners were either lured into a predatory loan by a lender who used an over valued appraisal as the basis for an inflated loan (this situation is defined as 'upside down') or there wasn't much equity when the homeowner initially purchased the home and, now, with the current decline in

with the cooperation of the mortgage lender can homes with negative equity be priced low enough to sell on today's housing market and avoid foreclosure.

Therefore, the first crucial move when considering a short sale is to contact the current mortgage holder or a real estate agent experienced in dealing with short sales and the loss mitigation department of mortgage lenders. In the latter case, the real estate agent can contact the lender on your behalf.

Realtors who specialize in short sales have the savvy and know how needed to reduce the daunting number of phone calls required at the time when dealing with automated mortgage services before you reach a live person with any decision-making authority.

According to Julia Bryant, sales manager of Flex Realty Company's Central City office, short sales actually started to increase in popularity a few years ago. "As early as a few years ago," Bryant explained, "I had the opportunity to deal with a few lenders that understood the

importance of assisting the homeowner prior to foreclosing on the property.

"In those cases the homeowner was prepared and had made contact with their bank prior to making contact with me. By the time the seller got to me he was well informed and ready to put his home on the market understanding that he would most likely be accepting a lower amount than what he owed."

Bryant also added some notable disadvantages: "There are so many homes in the process [of a short sale] right now that the banks are overloaded and inexperienced in dealing with the demand. The result can be lengthy waits for responses, title glitches and negotiating with second mortgage holders, if there are any. Vacant properties may have been vandalized or sellers are not willing or able to make repairs."

Even with the noted shortcomings, in many cases when all the pros and cons are weighted, a short sale is still more attractive to a distressed homeowner than foreclosure. Like a suspense movie with a twisted plot, a short sale may not result in a completely satisfying conclusion before it fades to black, but it is almost impossible to escape a history of severe mortgage payment delinquency completely unscathed.

In Hollywood, a happy ending depends upon the writer of the script but in real life for thousands of homeowners a happy ending may depend on the benevolence of their mortgage lender.

Alvin Thomas is a mortgage loan officer with over 20 years of banking and mortgage lending experience.

He can be reached at: alvin.thomas@noic.com or (419) 885-8300 ext. 150.

Today a lot of homeowners are discovering that they owe more on their mortgage loans than their homes are worth.

As part of the negotiation, you might ask that the lender to not report adverse credit to the credit reporting agencies but realize that the lender is under no obligation to accommodate this request.

Today a lot of homeowners are discovering that they owe more on

real estate value in most areas has significantly reduced whatever equity that existed. In some cases is the best to exercise damage control.

Of course, there is no guarantee that the lender will allow a short sale. Usually, the seller must show financial hardship or some other plausible reason to be allowed to execute a short sale. Remember the mortgage lender is doing the seller a favor, so be prompt and patient with all of the banks requests. Only

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*The APR listed is based upon a sample interest rate of 6.5%. Payments are based upon monthly principal & interest, and mortgage insurance 3% down payment required. Down payment assistance may be available based upon seller participation. Rates are subject to change and should not be considered an offer. Program available based upon buyer qualification. Sample payment includes property tax & home insurance.

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Reading

(Continued from Page 12)

in a marked box at any branch location or at Main Library for drawings, which will be held throughout the summer. Grand prizes such as Xbox 360, an air hockey table and an acoustic guitar will be awarded at the end of SRC.

*Adult Club - Grown-ups can Catch the Reading Bug

too! Adults fill out an entry form for each book read and drawings will be held throughout the summer for prizes.

Last year's SRC saw more than 20,000 youth and adult participants!

For the eighth straight year, TARTA has offered free transportation to Pre-

school through 12th grade SRC participants. Members of 2008 Summer Reading Club.

Catch the Reading Bug! Need only show their SRC reading record or hang tag for free transportation to and from their favorite library in Lucas County.

A specialized Web page

for SRC will be available for youth the week of June 9th by logging on to toledolibrary.org. The Web site's SRC section will link to games, coloring pages, question of the week, mazes, reading suggestions and fun links.

Visit any Toledo-Lucas County Public Library loca-

tion for an SRC folder or entry blank and sign-up today!

2008 Summer Reading Club: Catch the Reading Bug! sponsors: The Blade, Buckeye CableSystem, Friends of the Library, The Library Legacy Foundation, Directions Credit Union, WTOL 11, Burger King,

Frisch's Big Boy, Marco's Pizza, McDonald's, Ohio Skate, Quizno's, Rally's, Red Robin, and Subway.

For more details, call 419.259.5207, visit any Toledo-Lucas County Public Library branch location or log on to toledolibrary.org

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CLASSIFIEDS

June 04, 2008

Page 15

The University of Toledo PCN 998696: Observatory Research Lab Technician, Physics and As- tronomy

The job functions are approximately evenly split between support for the Ritter Observatory and laboratories in McMaster Hall. The observatory duties include designing and building new optical, mechanical, electronic, and computer hardware and/or adapting purchased hardware to existing systems, as well as exercising initiative to ensure that existing systems remain in working order. Research laboratory duties include diagnosing and correcting problems in high vacuum systems. This includes identifying problems with sensors and readouts for vacuum instrumentation gauges of several types including thermocouple, convection, capacitance manometer, and ionization. It includes expert use of a helium mass spectrometer leak detector in various modes to identify and correct virtual and actual leaks. It will require communication with technical experts of equipment manufacturers and with the departmental machinist and electronics technician. Other work may require designing and constructing vacuum systems and components as well as overseeing the purchase of compressed gases and liquid nitrogen for the department. The successful candidate must be able to work at heights, manipulate heavy equipment, lift 35 pounds, and climb ladders.

A Bachelor's degree in mechanical or electrical engineering, or physics or astronomy (or equivalent experience) is recommended. Several years of experience in an academic or industrial R&D or engineering capacity is highly desired. The position requires a broad range of skills: mechanical, electronic, optical, and computer-related experience. Desired background includes experience with telescopes, preferably in a professional astronomical observatory, and experience with vacuum systems and with cryogenics. Workshops and similar experience are also desirable in computer repair and upgrade, preparation in handling of optical fibers, and handling and disposal of hazardous materials. Full time. Salary commensurate with education and experience.

To apply, submit a cover letter (include position title and job #), a resume, as well as the names and contact information for three professional references to: The University of Toledo, Human Resources Department, Toledo, Ohio 43606-3390; Fax (419) 530-1490; or email recruit@utoledo.edu, which is preferred. Use only one method of application. **Resumes must be received by Friday, June 13th, 2008. The University of Toledo is an Equal Access, Equal Opportunity, Affirmative Action Employer and Educator**

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Requirements -
Should be a computer literate. 2-3 hours access to the internet weekly. Must be over 19yrs of age. Must be Efficient and Dedicated. If you are interested and need more information, Contact Trevor Short, Email: trevorshort08@gmail.com

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Program Manager, Children and Family Services

Unison Behavioral Health Group is seeking a Program Manager to develop and manage therapy programs and services focused on children and families. Services are provided primarily in community settings. Selected individual will participate as a member of the management team, oversee daily program operations, provide clinical supervision to staff, participate in program development and evaluation, serve as liaison to external partners and assist in marketing services provided. Position offers a flexible work schedule that includes Wednesday and Thursday evenings.

Qualified candidates must have current clinical licensure from Ohio as a LPCC or LISW, previous experience working with children and families and at least five years experience as a clinician in a mental health setting. Previous supervisory experience is preferred.

Send resume and salary requirements to:



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Account & Payment Representative Needed

As part of our expansion program a small company is looking for Account & Payment representative, it pays \$3,000 a month plus benefits and takes only little of your time. Please contact us for more details. Requirements

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As part of our expansion program, our company is looking for part time work from home account managers and sales representatives. It pays a minimum of \$3000 a month plus benefits and takes only little of your time. Please contact us for more details. Requirements - should be computer literate. 2-3 hours access to the Internet weekly. Must be honest and loyal. Must be efficient and dedicated. If you are interested and need more information, contact Michael J. Sloan, email - mjsloan01@aol.com

Attention All Vendors



The 4th Annual African American Festival will be held on the Scott Park Campus at The University of Toledo on Sat., July 13 and Sun., July 14.

As space is limited to 50 entries, please contact Eric at the Toledo Urban Federal Credit Union at 419.255.8876 for your application. Reservations will be given on a first come, first served basis. The deadline for reserving space is Friday, June 13, 2008.

50 Men and Women

(Continued from Page 5)

James C. Caldwell Scholarship

The purpose of this scholarship is to provide a college opportunity for a student who has shown high academic potential and career commitments to elementary and/or secondary education. This award is for \$1,500, renewable for four years. Consideration requirements are a GPA 3.0 or higher, four years of English, three years of mathematics and science and two years of social studies and foreign language.

Christopher Greenwade
Rogers High School
University of Toledo
Electrical Engineering



GPA 3.62

Ashley Strickland



Toledo School of Arts
Bowling Green State University
Journalism
GPA 3.41

Ashley Wilbert
Notre Dame Academy



University of Dayton
Pre-Med (Pediatrician)
GPA 3.49



Kristin Witcher

Start High School
The Ohio State University
Education
GPA 4.05

James B. Simmons, Jr.
Memorial Scholarship
The purpose of this schol-

arship is to provide a college opportunity for a student who has shown high academic potential. This award is \$1,500, non-restrictive, renewable for four years, and may be matched annually. Consideration requirements are a 3.0 GPA or higher, four years of English, three years of mathematics and science and two years of social studies and foreign language.

Christian Stewart
Toledo Christian
Kent State University



Journalism/Broadcasting
GPA 3.30

John A. Anderson Memorial Scholarship

The purpose of this scholarship is to provide the opportunity for the often forgotten average high school achiever who demonstrates through curriculum and standard test scores the potential to be successful in college. The award is for \$1,000, restricted to the University of

Toledo, renewable and will be fully matched by the University. Consideration requirements are a 2.3 GPA or higher, four years of English, three years of mathematics and science and two years of social studies and foreign language.

Justin Barrientos
Bowsher High School



University of Toledo
Computer Science
GPA 2.84

O-I Scholarship

This award is sponsored by Owens-Illinois, Inc. The



award is for \$3000 per year, renewable for four years. The

recipient must have a GPA of 3.0 or higher and must be one who has shown high academic potential. Emphasis is placed on science, math, business and engineering.

Vanessa Elmore
Start High School
Bowling Green State University
Marketing
GPA 3.23

Kayla Lindsey
Start High School



Howard University
Communications
GPA 3.50

TaTiana Sanders
Notre Dame Academy



Xavier University
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