



Local and National News

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The *Sojourner's* Truth

Volume 15, No.07 "And Ye Shall Know The Truth..." December 03, 2008



Connecting Point's
Delores Williams

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This Strikes Us ...

A Sojourner's Truth Editorial

We would not want to overdo the contrast between what happened in Mumbai, India over the last week and what happened in this country on November 4, but it is certainly worth taking a moment to reflect on the differences.

The Indian subcontinent has long been plagued by strife between the predominantly Hindu India and the largely Muslim Pakistan. Religious differences are why the British agreed to a rather messy partition when they quite the region in the late 1940's.

The partition was especially messy because the various leaders of sections of the area decided to go with either India or Pakistan based upon a section's majority population – for the most part. The state of Kashmir was a notable exception where the Hindu leader ignored the fact that his countrymen were predominantly Muslim.

The partition has served neither India nor Pakistan well over the ensuing decades. These two nuclear powers have waged three conventional wars. In addition to the international squabbling, both nations, particularly India with its huge Muslim minority – 300 million in a population of 1.2 billion – have witnessed thousands of horrific encounters initiated by Hindu and Muslim extremists.

And, of late, Muslim terrorists, trained in Pakistan according to accounts, invaded the Mumbai beach, entered two fashionable hotels and various other public and private places, including a Jewish synagogue, and slaughtered almost 200 innocent people, wounding thousands of others in the process.

And all of this occurred in the land of Mahatma Gandhi, the icon of the 20th Century's non-violent protest movement.

The non-violent movement in the Indian subcontinent served as the inspiration for the Civil Rights Movement of the 1950's and 1960's in the United States led by Rev. Martin Luther King, Jr.

Weeks before the ill-fated Muslim terrorist action in Mumbai, voters in the United States elected an African-American to the most powerful office in the world. Perhaps, just perhaps, Gandhi and King were on to something after all.

* * * * *

Some time this week Alan Mulally, president and CEO of the Ford Motor Company, is going to pack his overnight bag, gather his company's business plan, grab his iPod, hop behind the wheel of a Ford Escort and hit the road for his 520 mile journey to Washington D.C. His destination? A U.S. Senate hearing room where he can expect to be flailed by an eager group of senators who were, of late, chagrined by the fact that when he stopped by earlier in the fall, he had chutzpah to take his private company jet. They weren't altogether impressed by the fact that he contends his \$21 million pay package is just about right.

A public relations screw up? Absolutely. There was simply no excuse for the Big Three executives to fly down to D.C. without having any concrete plans to present for what they would do with \$25 billion of the taxpayers money. Not to mention the three separate jets.

But would that Congress had treated bank executives similarly. What would it have hurt to hold a few hearings with bank executives to determine just how they planned to put \$700 billion to good use?

Secretary Henry Paulson first convinced Congress to pony up the money so that he could buy illiquid assets and then he decided just to hand over the money in order to unfreeze credit. The banks have apparently used the first chunk of change – around \$350 – to pay dividends to stockholders and to keep it for acquisitions.

One of these days that money is bound to be put to work and then our age-old bugaboo – rampant inflation – will be looming just around the corner. That's too much money chasing too few goods.

We have no doubt that Congress should be holding the auto executives' feet to the fire but it strikes us as too little too late. The really big money is out of the barn and now, finally, they want to close the barn door.

The rush to hand over \$700 – without any semblance of a commitment or plan – was deplorable. There also has been absolutely no transparency in the matter either. Our local reps – Mary Kaptur and Bob Latta – are to be commended for not buying into the Paulson scare tactics.

The Sojourner's Truth

1811 Adams Street, Toledo, Ohio 43604
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 Published weekly on Wednesday

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Community Calendar

December 4

"An Evening with Santa:" Robinson Middle School; 6 to 8 pm; Food, fun, games, music; Admission is two non-perishable items per person to help with community baskets

December 5-6

Christmas Extravaganza: Adams Township Post No. 553 American Legion (206 S. Byrne); 11 am to 11 pm both days; Vendors, gifts, raffle for gas cards: 419-242-9705

December 6

Annual Tribute to Rosa Parks: Sponsored by Board of Community Relations and "Save Our Children;" Keynote Speaker John Jones of Urban League; 2 pm; Main Branch Library's McMaster Center: 419-245-1565

10th Annual Cookie Walk: Collingwood United Methodist; 10 am to 3 pm: 419-476-8034

UTMC Cares Health Expo: St. Stephens Church; 9 am to noon; Free health expo to help individuals obtain health information and screenings: 419-383-2348

Women of Faith Holiday Craft Bazaar & Bake Sale: St. Philip Evangelical Lutheran Church; 11 am to 3 pm

December 6-7

Grace Temple's Annual Christmas Bazaar: One Stop Shopping; Saturday from 10 am to 4 pm; Sunday from 1 to 5 pm; Vendors include Mary Kay, Victoria Sims, Twice as Nice Kids Clothes, Handcrafted scarves by Susan, Kids Corner, Sally's Accessories, Art by Klaire and more: 419-841-4614/419-841-4642

December 7

Third Baptist Church of Holland Mass Choir Winter Concert: 4 pm

December 12

Graduation for TPS Adult Education: Summit Annex near Riverside Hospital; 5 pm; Students in Practical Nursing, ABLE/GED, Barber Academy, Nurse Aide, Aviation Technology: 419-671-8700

December 13

"An Appreciation Service:" Majestic Praise Ministries honors Jason C. Carter; 6 pm: 419-250-3479

Toledo Business Networking/Expo: Sponsored by ASSETS Toledo and Negro Business and Professional Women's Clubs, Inc; Garden Lake Hall; Reserve table by December 1: 419-251-9870

Mega Garage Sale: Bethlehem Baptist Church New Life Center: 10 am to 4 pm; Crafts, holiday gifts, pictures taken with Santa: 419-578-1620

December 14

Clarence Smith Community Christmas Concert: Christian Community Church; 6 pm; Free musical event: 419-534-3370 or www.csechorus.com

Ebenezer Baptist Church Musical Candlelight Service: Presented by Mass Choir; 5 pm

December 25

Merry Christmas!!
 4th Annual Free Christmas Dinner: Thomas Temple COGIC; 1 to 3 pm; Dine in only

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My View



By Jack Ford
The Truth's Political Columnist

Lots of drama over at EOPA. Just when several media outlets were celebrating the 20th anniversary of the pastors' takeover of Toledo City Council in protest over the firing of then-Commissioner Pete Culp, the EOPA administration decided to fire him. Huh! I think it was pretty lousy timing. I think they need some public relations training at EOPA. I am sure Theresa M. Gabriel is having a good laugh! Miss T, by the way, never takes a whipping without a tough fight. Give her the props she deserves. The Blade telegraphed their feelings on the

case by the way they wrote the story. "A seasoned, well connected "employee" was fired. Then followed a recount of all the SNAFUS at EOPA recently. It made the board look like a rerun of "Amos and Andy." Ouch!

This issue may pivot on whether Culp is an at-will employee or one who can be terminated for "just cause." If Culp is a "just cause" employee, the EOPA board of directors will be smart if they give Culp a board hearing for his appeal. The board should look at the issue *de novo* and decide what is fair and just. EOPA cannot afford another layer of mess.

Both Mayor Carty Finkbeiner and John Block are friends with Culp. Culp is Carty's main go to guy in the black community of Toledo, even though 20 years ago during the first firing, Carty was a council member who did not vote to support the settlement for Culp. Crazy, is it not?

The state of Ohio's budget deficit may provide the "crisis" that Gov. Strickland needs to reform the way Ohio pays for school financing. He could finally move off the

property tax and its inherent unfairness to black and poor kids in the state of Ohio. No one really knows what an "adequate" foundation is for our children but the property tax is really arbitrary.

Last Sunday, Lee Conklin used my column in The Truth to raise the name of Councilman Mike Ashford in the mayoral race. Then, Conklin and Troy Neff commented on how many committee meetings Ashford has missed on City Council. Rubbish. Many council committee meetings are useless and the savvy councilmember can discern which meeting is must attend and which are not. When I was a council member and in the legislature, I often had conflicting appointments. So I would pick which meeting was the more important.

Both Neff and Conklin also chastised Ashford for not returning phone calls. Mike, pick up the phone and return the calls. Now, Tom Terrific, if you are reading this, you are thinking "hey, Ford doesn't return my calls." That's right. I do not trust you.

Getting back to Mike Ashford, let me end with three

brief points. First, Mike has received pretty good press but he has not had his name on the ballot in East Toledo, Point Place, Tribbley, Lincolnshire, Reynolds Corners or all of South Toledo. By contrast, Rob Ludeman has run county-wide and Councilman George Sarantou

has run city wide three times. Who gets the edge in voter identification?

Second, Mike is somewhat reticent in taking political chances or challenging the unions.

Third, Mike Ashford can run from cover in 2009. He remains on council even with

a loss for mayor if he runs. Maybe a mayoral run gets his name out there for a future run, or maybe he gets hot and wins the whole thing like Barack Obama.

Or, maybe Mike Bell gets in and takes the white yuppie support and blows everyone else away.

Catharine S. Eberly Center Brown-Bag Seminar Profiles Black Women in the White House

By Nadean Hamilton
Sojourner's Truth Reporter

With President-elect Barack Obama's January 20, 2009 inauguration just weeks away, much of the spotlight that was once focused on the first viable African-American presidential candidate has now been cast on his wife, Michelle Obama, and what role she will play as first lady of the United States of America.

Angela Siner, University of Toledo Professor of Anthropology, discussed this topic, among others, on Thursday, Nov. 20, as part of the Catharine S. Eberly Center for Women brown bag seminar entitled "Black Women in the White House."

During the seminar, Siner highlighted Michelle Obama's biography, noting the many accomplishments of the future first lady including graduating with honors from Whitney Young High School in 1981, earning an undergraduate degree in sociology from Princeton University in 1985, obtaining a professional degree from Harvard Law School in 1988, and working for several years as a successful corporate attorney for Sidley & Austin, a prestigious law firm in Chicago, IL.

Siner also outlined Obama's public service work, which began when she accepted the position of commissioner of planning and development for the City of Chicago, before eventually going on to found and become executive director of Public Allies – an AmeriCorp organization that provides training and leadership to those interested in becoming community organizers.

Siner says she thinks it is important to discuss Obama's biography be-

cause much of her biography will influence how she comes to carry out the role of first lady.

In speculating on what specific role Michelle Obama might play during her husband's administration, Siner says that we first have to understand what the roles of the first lady are and how Obama fits into the role.

According to Siner, the traditional roles of the first lady include serving as an official hostess to dignitaries and people who come to the White House, making ceremonial appearances when the president is unable to keep a previous engagement, managing the household, guardian of the



family's privacy and serving as advisor for and supporter of her husband.

However, Siner says Obama has the ability to redefine the model of what a first lady is because she is educated, articulate, and intelligent, which is contrary to popular views about who and what African-American women are.

Siner also says Obama's personality traits of openness, honesty and the ability to put herself in someone else's shoes ought to serve her well in the role of first lady.

"She's not in that mold of what America has typi-

cally said African-American women are, and that is...an angry black woman," said Siner.

Siner does not believe that Obama will seek an official advisory position in the White House, despite being qualified to do so but will instead focus on special projects such as helping military families get the necessary assistance that they need.

"I think Michelle Obama being the first African-American woman [to become first lady] will definitely bring to the role a different view of what the first lady should do, could do, and must do, given the fact that she is the beneficiary of two major movements, the Civil Rights movement on the one hand, [and] the Women's Rights movement on the other hand," Siner said.

"It's not a question about what kind of first lady Michelle Obama will be, but the question is how will she influence the role of the first lady in the United States?"

Before closing the seminar, Siner briefly discussed three other women who played roles in the White House including Madam Elizabeth Keckely, who became a modiste seamstress and dressmaker/dress designer for Mary Todd Lincoln after purchasing her freedom, Mary McLeod Bethune, who served as the first African-American woman to head the Division of Negro Affairs Youth Administration, under president Franklin Delano Roosevelt, and Patricia Roberts Harris, who served as Ambassador to Luxembourg, in president Lyndon Baines Johnson administration, and eventually appointed Secretary of Housing and Urban Development by president Jimmy Carter.

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A Team of Rivals ... Perhaps; A Team of Stars ... Absolutely

By Fletcher Word
Sojourner's Truth Editor



President-elect Barack Obama, well ahead of the typical timeframe for announcing top advisors, completed his key national security selections on Monday, not long after putting in place his high-level economic team.

Obama is said to be enamored of the concept contained in *A Team of Rivals*, the book by historian Doris Kearns Goodwin in which she writes of President Abraham Lincoln's decision after his election to bring into his cabinet those who had opposed him for the presidency.

Obama has selected several former Democratic rivals to stay close to him during his term of office, but as one looks at the breadth of his early picks, it is clear that the

focus has been more clearly on ramping up the star power in this select group of presidential advisors.

If this group cannot produce, it will be said by many observers that it was because Obama himself did not have the management and administrative skills to harness such high-wattage egos and blend them into a team.

But certainly, his early choices bespeak a confidence in the abilities that were on display as early as his law school days when, as editor of the Harvard Law Review, he earned kudos from his colleagues for his knack of making everyone feel equally welcome at the table.

Obama's early considerations for Secretary of Treas-

ury included Tim Geithner, president of the Federal Reserve Bank of New York; Lawrence Summers, former Secretary of Treasurer during Bill Clinton's last years and Paul Volcker, former chairman of the Federal Reserve Board.

For observers, the question was which one would he pick? The answer came last week and ultimately he would pick all three. Geithner will be head up Treasury, Summers will be in the White House as the president's in-house economic advisor and Volker will lead an outside group of advisors.

This could be a volatile combination if handled improperly. Geithner, the youngest of the group, is a

technocrat. He has been at the New York Fed working with Wall Street banks during the current credit crisis and is as familiar with that situation as anyone in the land. He has also handled numerous international crises over the years. He should be the right person to get his hands dirty with the details of applying theory to practice in this current debacle.

Summers, a brilliant economist but perhaps not the easiest person to get along with, may be perfectly placed inside of the White House where he can think tank the

president through the economy.

Volcker, who led the Fed from 1979 to 1987, is intimately familiar with another type of economic crisis – inflation. When Volcker was appointed to the Fed by President Jimmy Carter, inflation – always the source of the greatest grief among economists and politicians – was raging along at more than 13 percent. Volcker, when President Ronald Reagan came into office, squeezed the money supply, forcing the country into a prolonged recession but tamping down inflation in the

process. By 1983, inflation had been lowered to 3.2 percent due to Volcker's insistence that the temporary pain caused by a limited money supply would do the trick. Inflation has remained under control ever since.

Certainly for a 47-year-old president with only four years of experience on the national scene, selecting these heavy weights is a bold move bespeaking his self-confidence.

Obama, however, was just as bold in his picks for his key national security advisors. Senator Hillary Clinton will

(Continued on Page 11)

Afro-Semitic Experience Sunday, December 14, 2008

At the Temple Congregation Shomer Emunim
6453 Sylvania Ave. • Sylvania, Ohio

On Sunday, December 14, at 3:30 p.m., Congregation B'nai Israel, Congregation Etz Chayim, Congregation Shomer Emunim, the United Jewish Council of Greater Toledo and members of the African American Community of Toledo will present a concert by The Afro-Semitic Experience, a cross-cultural band that delivers a positive and meaningful musical message about Jewish-Black relations.

The ensemble has a unique sound...too jazzy to be labeled "folk" and too inter-cultural to be labeled just jazz. Indeed, their name aptly describes their style and sound; they are a tapestry of the many sounds of the Jewish and African Diaspora. The Afro-Semitic Experience is a band of African-American and Jewish musicians, dedicated to preserving and expanding the rich cultural and musical heritage of both the Jewish and African Diasporas. (Diaspora refers to any people or ethnic population forced or induced to leave their traditional ethnic homelands, being dispersed throughout other parts of the world, and the ensuing developments in their dispersal and culture.) They will offer dynamic musical interpretations from the rich tradition of these two cultures: Gospel, Klezmer, Niggunim, Spirituals, Bebop, and Swing. They will frame their music with stories about the selections, what they mean, how they relate to us as individual members of a community, and how they reflect upon the relations between Blacks and Jews.

Through their concerts, recordings, and workshops, The Afro-Semitic Experience has created an artistic response to anti-Semitism and racism of all kinds.

This is going to be a fabulous afternoon of music, one you won't want to miss. A dessert reception will precede the concert. Please consider becoming a sponsor of The Afro-Semitic Experience. Your donation is fully tax deductible. General admission tickets to the concert will be available beginning November 1st at Congregation B'nai Israel, Congregation Etz Chayim and Temple Congregation Shomer Emunim, United Jewish Council, Grace Temple and Universal New Beginnings. The cost of a General Admission ticket is \$5.

It is our hope that you will support this wonderful afternoon of music and cultural enrichment.

Generous funding provided by the Dr. Morton Goldberg Lecture Fund of the Toledo Community Foundation and the Toledo Jewish Community Foundation.

The Afro-Semitic Experience Committee: Joanne Treuhaft, Co-chair, Carole Martin, Co-chair, Cantor Jamie Gloth, Cantor Evan Rubin, Cantor Jen Roher, Lynn Nusbaum, Wendy Goldstein, Elsa Leveton, Rosemary Bramson, Marilyn Jacobs, Shelley Kahn, Kevin and Becky McQueen, Sheila Odesky, Jackie Orichio, Janet Rogolsky, Arlene Russell, Donna Trail, Diane Treuhaft, Phyllis Wittenberg & Rhonda Witty.

For questions, call Lynn Nusbaum at 419-885-3341 or email lnusbaum@templese.com.

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Connecting Point: Struggling to Stay in Existence

By Fletcher Word
Sojourner's Truth Editor

"We are struggling financially, we have had a reduction in grants and the cost of care has risen," said Diana M. Chatman, chairman of the board of directors for Connecting Point during a recent discussion with The Truth. "We are trying to re-structure. We closed the Assistance Center and moved short-term chemical dependency center into that site and eliminated or combined a number of full-time positions. We are continuing to look at everything we can."

Connecting Point, a non-profit, Toledo-based agency provides mental health and substance abuse services, school-based education and prevention programs, community outreach and residential treatment services to Toledo-area children and families.

The agency was established in 1974 as a runaway shelter and 24-hour emergency hotline service and has blossomed into an organization that now offers a comprehensive network of services, perhaps the most comprehensive in northwest Ohio.

But in the last several months, rumors have abounded that the agency is on its last financial legs. When the agency shut down its Assistance Center at the end of October, that cost-saving move, which eliminated 17 positions, helped to fuel the rumors.

Typically, Connecting Point's annual budget is in the area of \$9 million and the agency has had over 160 full and part-time employees. Medicaid generally accounts for about \$5.5 million of the agency's budget.

"Funding has traditionally been poor," said Delores Williams, chief operating officer and vice president of Service Delivery, who is serving as the interim director in the aftermath of the long-time Executive Director Jeff Deckebach, who left earlier this year after leading the non-profit organization for 18 years.

A nationwide search to replace Deckebach has been tabled, said Chatman, until the board feels the agency is "headed in the right direction."

That may not be easy.

Connecting Point is currently million of dollars in debt, according to sources, and is seeking outside assistance to stop the financial hemorrhaging.

But in the meantime, stress both Chatman and Williams, the agency will move forward and the staff will remain dedicated to providing the services Connecting Point has traditionally brought to Toledo area children and families.

Olga Soto, clinical supervisor for substance abuse services

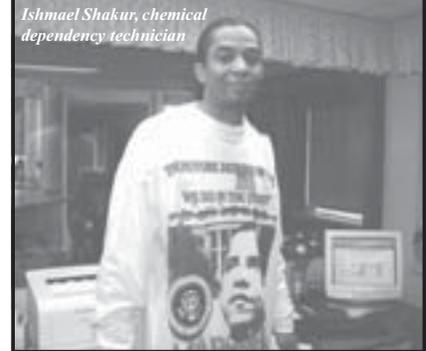


That's a great many children and families, by the way. According to Matt Rizzo, one of the agency's directors, in fiscal 2008 Connecting Point saw 1737 clients for mental health services, 450 for substance abuse services and 5370 as part of its various prevention programs.

As of now, the agency, under Williams' direction, is focusing on three key areas: increasing productivity by encouraging the staff to be

that are limiting clients' access to services and the amount and type of services, said Rizzo. First, the economy,

Point is wide ranging. It includes health care professionals such as two full-time psychiatrists, three nurses and



of course.

Secondly, said Rizzo, the existing financial system needs to be reformed. "Medicaid has been stagnant for 15 years," he noted, meaning that the way the government assistance program to families in need has been funded over the last decade and a half has not been updated to take into account inflated health care costs.

As a result of these challenges, said Rizzo, "keeping staff has been difficult." The agency has had to come up with creative ways to partner with other agencies in order to maintain staffing flexibility.

The staff at Connecting

physicians on contingency, along with social workers and case managers—among many others.

The staff includes, for example, Truman Claytor, a former star athlete at Scott High School, who has been with the agency for the last eight years as a primary therapist—mentoring, coaching, counseling young people.

The staff is also insistent that Connecting Point will survive the current financial crisis and carry on its mission of connecting with children, youth and families, empowering them to meet life's challenges, enhancing their potential and fostering emotional and mental stability.

Matt Rizzo



aware of the need to increase services, ensuring that there are no compliance problems which entail "retraining staff and redirecting staff," said Williams and maintaining the quality of the service offered.

"These [concerns] are more than a notion," said Williams, "especially since there is so much discussion in the community right now."

"We are the only game in town—Toledo or northwest Ohio—for families to get everything they need in one stop," said Chatman of the comprehensive range of services the agency offers. "It is important for the community to know that. We need all the help we can get and we are reaching out to everyone we possibly can."

There are two key issues

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Maintain, Don't Gain. Healthy Tips for the Holidays

By Patrice Powers-Barker, OSU Family Nutrition Program Guest Column

It's the time of year between Halloween and Super Bowl when Americans have many get-togethers, celebrations and food! Even if individuals only gain about a pound or two during the winter season, that extra weight can add up through the years and cause health problems later on. Although there is nothing wrong with New Year's resolutions that include eating healthier, exercising regularly and losing weight, why not start those healthy habits before the end of 2008? Believe it or not, healthy eating and exercise can fit into this busy time of year.

Get a head start on New Year's resolutions and be realistic. This might not be the time for you to decide to lose weight but maintaining your current weight can be feasible. When you know you will be hosting or attending a gathering with lots of food, balance what you eat with other meals throughout the day. Skipping meals can lead to overeating so make sure you start with breakfast and eat healthy snacks during the day. Spoil your appetite with a snack break. Choose to eat a healthy snack before eating a large meal.

Remember, there are not "good" or "bad" foods but we need to know how to fit them into healthy eating habits. It is OK to enjoy your favorite foods in moderation.

Be sure to watch your portion sizes and check the buffet table twice before making your choices. If you don't like it, don't eat it. This message is about all the extras like high-calorie drinks, desserts and high-fat appetizers. Make your choices wisely. Eat what you like in moderation and balance it out with fruits, vegetables, whole-grains, lean meat & beans and low-fat milk. End the meal by sharing a dessert or choosing a smaller portion.

Give your special meals a makeover by lightening your recipes. The Ohio State University Extension has a fact sheet on modifying recipes. You do not have to count every calorie that you eat but this is one example of the calories and fat grams you can save by making wise choices in preparing and choosing food at the Thanksgiving table. Notice the substitutions include healthier ingredients and smaller serving sizes of higher-fat foods.

Choose to eat ... Instead of ... Save ...

Light and dark meat turkey without skin, 4 oz.
Light and dark meat turkey with skin, 5 oz. 90 calories
10 grams of fat

Mashed potatoes made with skim milk, 1 cup
Mashed potatoes made with whole milk and butter, 1 cup
95 calories

10 grams of fat
Gravy made without added fat, 2 cup
75 calories

6 grams of fat
Candied sweet potatoes, no marshmallows, sweet herbs like cinnamon & nutmeg, 1/4 cup
Candied sweet potatoes, w/marshmallows, 1/2 cup 95 calories

1.7 grams of fat
Greens made with low-fat broth and seasonings
Greens made with ham hock and added bacon fat
60 calories

7 grams of fat
Macaroni & Cheese made with fat-free milk, reduced-fat cheese and seasonings
Macaroni & Cheese made with whole milk and cheese
70 calories

10 grams of fat
Cranberry relish, fresh, 1/2 cup
Cranberry sauce jellied, 1/2 cup 184 calories

0 grams of fat
Pumpkin pie made w/skim milk & gingersnap crust, 1 piece
Pumpkin pie made w/whole milk and topped w/whipped cream, 1 piece 151 calories
12 grams of fat

If you need ideas for new,

healthy recipes, use your local library for cook-books or recipes from organizations like the American Heart Association, American Cancer Society or the American Diabetes Association. For example, on the American Heart Association's website you can find a "Game Day Playbook" with easy ideas for physical activity and healthy appetizers to do and eat during your favorite football games. Take some time to try a new physical activity, just for fun. If you already exercise regularly, add five-10 extra minutes to your workout.

If you exchange gifts, give a gift of good health to friends and loved ones. Schedule a time to walk together, participate in a healthy cooking class or prepare a meal that can be eaten later, during a busy week. Look for books by authors with medical or nutritional backgrounds or subscriptions to a health magazine. Purchase kitchen appliances for stir-fry, grilling or juicing. To encourage physical activity give dance music, sports equipment or pedometer, t-shirts or gift certificates for shoes. For outdoor play, don't forget lip balm, gloves and a sled!

For more information, contact The Ohio State University, Lucas County, 419-213-4254 or <http://lucas.osu.edu>

The Toledo Hospital Offers Comprehensive Robotic Surgery Program

Special to The Truth

Surgeons at The Toledo Hospital (TTH), a member of ProMedica Health System, are using the da Vinci® Robotic Surgical System to perform minimally invasive surgeries. At TTH, robotic surgery is the latest option for patients who need urologic, gynecologic or cardiothoracic procedures. Studies show that the da Vinci system offers advanced capabilities to help surgeons provide better clinical outcomes than conventional open and minimally invasive surgeries. Robotic surgery also reduces the risk of complications and ensures faster recoveries.

During robotic surgery, a powerful scope is inserted through a one to two-centimeter incision. A camera is attached to the outside of the scope which allows the surgeon to view a highly magnified, three-dimensional image of the surgical area. The surgeon operates remotely by controlling robotic arms and attached micro-instruments from a console that is a few feet away from the operating table. The robot replicates the surgeon's movements in real time and cannot be programmed or make any type of movement without the surgeon's input.

Emmett Boyle, MD, medical director, TTH, has five years of experience using the da Vinci system and says it offers many benefits over traditional procedures, particularly for men facing prostate problems. Dr. Boyle is a leader in prostate cancer treatment and performed northwest Ohio's first da Vinci robotic laparoscopic prostatectomy.

"It's the most advanced treatment option for men facing prostate problems and significantly reduces the risk of impotence and incontinence," says Dr. Boyle. "The micro-instruments provide maximum precision which can help minimize complications considerably."

Other benefits of robotic-assisted surgeries include:

- Significantly less pain
- Less blood loss and scarring
- Lower risk of infection

For more information about robotic surgery at The Toledo Hospital, visit www.promedica.org.

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December's - VIP E. Michelle Mickens

E. Michelle Mickens, a Cleveland-area native earned her undergraduate degree from Fisk University in political science and psychology. She eventually moved to Atlanta and stayed there for five years working in the field of advertising sales. Then came an eight year stint in San Diego where she managed a Consumer Counseling Credit branch. She came to Toledo at the urging of one of her sisters who lived here and, eight years ago, started working as the housing project manager for the North River Community Development Corporation before moving to the Toledo Community Development as executive director four years ago.

Mickens has helped TDCD invest over \$38 million in the community her group serves which includes over the years - a 16-unit housing project, a 35-unit housing project and a 32-unit housing project. Mickens is currently working on ways to help area residents go "green" in future projects.

"We want everyone involved in the neighborhood," says Mickens. "We are going to teach young people to grow and we also want to work with seniors on the project."

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Listen UP, Breathe IN and FITitude OUT!

By Diana Patton
Guest Column



Did you know that the Friday after Thanksgiving was the newly-declared "National Day of Listening?" It's true, check out www.nationaldayoflistening.org. StoryCorp, an independent nonprofit that has helped more than 40,000 Americans record their stories, declared November 28 as this new national holiday.

How many of you took the time to listen to your loved ones without even knowing that it was the National Day of Listening this past Thanksgiving season?

Well, not to fear!

You have another chance to take time to listen to your loved ones during one of the most celebrated holidays ever, and about the most fa-

mous recorded story in the history of our World! That's right—Christmas—only weeks away! This holiday is about a shepherd boy—Jesus Christ, who was born in a manger, died, was buried and on the third day he rose from the dead to give us everlasting life. Our country, the USA, was founded on this man's life and the principles that he lived for. I know StoryCorp would have loved to have recorded the story!

Listening to friends and family members and taking the time to record stories this Christmas will not only be a great gift to others, but it is great for your health! Think about it, when you take the time to truly listen to someone (which is the opposite of waiting for your turn to talk), you can breathe, smile and allow your heart to beat at a pace that is calm and relaxed. Imagine if you did that every day, how much better would your health be?

I took the time to listen to my Mom this past Thanksgiving and, oh, what a won-

derful breath of fresh air it was! Mom hasn't always had it great. She has endured many trials, has made mistakes she wishes could take back but she lives with a loving, enduring and kind heart—the only heart that Jesus can give. She has modeled for me how to accept Christ's love even when you feel like damaged goods!

Mom and I shared a lot of stories this past Thanksgiving, had my seven-year-old daughter involved in the food preparation process and we laughed and enjoyed good wholesome food (from our free-range organic turkey and the marinated greens recipe that we shared in the November health edition). Mom and I did not need a BlackBerry, telephone, computer or television to keep us company—it was just a table, some chairs, some hot tea and good hearty laughs. The only thing we'll make sure we have this Christmas when we get together is a recorder—to record our stories.

At the end of our day, I felt

so much energy! It was and always is an amazing experience to just listen to family. To be honest, I haven't always been the best listener and sometimes struggle with just sitting back and enjoying conversation and taking it all in. But when I do engage my listening skills, life just seems much sweeter, encouraging and full of hope, joy and gobs of energy!

This is the real reason why Tonja and I started FITitudes, LLC. We believe that people can either give you energy or drain your energy. That's why the "FIT" in FITitudes stands for Family and Friends Feeling Inspired Together.

In order to stay FIT, we

believe you have to have the attitude of Christ and work together—spurring each other on to wellness. Having the attitude of Christ means living with unconditional love! And for a lot of us, it is a work in progress (I truly speak for myself here). But working together, we have a much better chance of meeting our goals! That's why we created the 10 biblically-based FITitudes as a means to fuel us toward the high-performance lifestyles that we all seek. And, at the end of the day; we'll leave a God-pleasing legacy.

And now, with the help of StoryCorp, we can all listen to these God-pleasing legacies for years, and years to

come!

Do you need help living OUT your FITitudes? If so, log onto our web site at www.FITitudes.com and enjoy our free newsletter where you'll get some awesome recipes and even learn of classes you can join to stay encouraged and FIT!

So go ahead - Listen Up, Breathe In and FITitude OUT!

Diana (Toledo, Ohio) and Tonja Ward (Houston, Texas) co-own and operate a company called FITitudes, a Christian based wellness organization that enhances and empowers women and sports families' lives with the FITitudes concepts.

Healthy Mouth Leads To Healthy Body

Special to The Truth

The old adage says that a way to a person's heart is through their stomach, but researchers now believe that the way to a healthy heart might be through your teeth.

Poor oral health and tooth loss have been linked to many serious medical conditions, such as heart disease, stroke, diabetes and even certain types of cancer. Given this connection, taking the right steps to have a healthy mouth and prevent tooth loss can be important for maintaining better overall health.

"There is a connection between a healthy mouth and a healthy body, so it's important for people to prioritize their oral health and save their natural teeth," said Dr. Louis Rossman, an endodontist and president of the American Association of Endodontists.

The most common cause of tooth loss is not taking good care of the mouth—brushing, flossing and regular professional cleanings. It can also be caused by an accidental injury or infection. An infected tooth can cause severe facial pain and can sometimes lead to a more serious infection.

Whatever the cause, it is important to know that tooth loss has been associated with heart dis-

The following steps are recommended to maintain good oral health:

- Tell your dental team about any overall health concerns, especially regarding any illnesses or chronic conditions.
- If you experience tooth sensitivity, tooth pain or facial pain, visit an endodontist immediately.
- If you need a root canal, see an endodontist who specializes in virtually painless root canal procedures.
- Brush your teeth twice a day and replace your toothbrush every 3 or 4 months.
- Floss daily to prevent tooth decay caused by bacteria that linger after brushing.
- Visit your general dentist regularly for professional cleanings and oral exams.

For more information about saving your natural teeth or to find a local endodontist, visit www.rootcanalspecialists.org.

ease, greater mortality and a decline in physical or mental abilities, especially in the elderly.

To prevent tooth loss and associated health problems, proper oral health care is crucial. According to Dr. Rossman, the best way for people to preserve their natural teeth if the root is infected is to visit an endodontist, a dentist who specializes in root canals. Root canal treatment is a routine procedure for saving infected natural teeth and can even save a knocked-out

tooth.

"People should put aside their fears of root canals and strive to preserve their natural teeth. Modern advances by endodontists, the root canal specialists, make root canals virtually painless today," said Dr. Rossman.

For more information about saving your natural teeth or to find a local endodontist, visit www.rootcanalspecialists.org.

Vince Davis Is Busy "Unlearning" All Those Bad Habits

Sojourner's Truth Staff

"Back in the day, this would have been a pork chop," says Vince Davis cheerily waving a celery stalk he has been munching on when a visitor arrives to chat with him about his fitness regimen.

That stalk of celery is one reason Davis has lost 80 pounds or so over the last four years. At some point in 2004, the six-foot Davis topped the scales at 310 pounds. Today he is a relatively svelte 225 and is hoping to get down to 190.

Why the change in lifestyle?

Family health issues finally brought Davis around.

Years ago his oldest brother died of cardiac arrest and during the autopsy, doctors found that his arteries were about 95 percent occluded... blocked. Harold Davis, who was in excellent shape otherwise, had ignored the warning signs for years, misinterpreting heart palpitations for indigestion.

Davis's brother Les, who died of prostate cancer four years ago, had not been in good shape. He was well over 300 pounds due to a diet that included more pork

chops than celery stalks and eventually needed to undergo a quadruple bypass.

Davis himself, who has always visited a cardiologist every two years since Harold's death, made the move four years ago to bring himself back into shape.

His diet these days is high in protein and low in carbs and fats. He consumes lots of vegetables of all colors, chicken and fish prepared properly. His holiday greens were flavored with smoked turkey rather than pork, for example. He reaches for one percent milk rather than whole milk. And he is a lot more careful about his alcohol intake.

And, of course, exercise.

"I exercise at least five times a week - at least one and a half hours a day," he says. A devotee of the martial arts, he has been a black belt for 20 years but had not been as keen on his workouts as he should have been, he admits.

A great help to keeping his fitness routine going is working with a personal



Vince gets it in with Personal Trainer Steve Corrgens

trainer, Steve Corrgens.

"A personal trainer helps you to get to new levels," he says. He and Corrgens plan to develop a team of like-minded individuals who want to work out on a regular basis and who want to keep costs at a minimum.

But Davis has a caution-

ary tale for those who might think his progress has been slow and who would tend to get discouraged if the pounds do not drop off within weeks after they start a fitness routine.

"You can't starve yourself. You need to eat enough to provide the body with

the nutrients you need but only as much as the body needs to function," he says. "It took 40-something years for me to learn to drink and eat improperly but fortunately it isn't going to take as long to unlearn these things."

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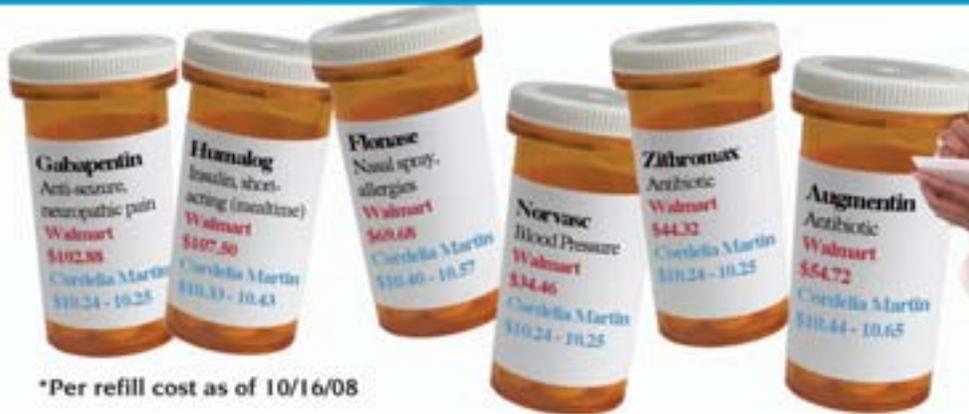


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This Christmas...

A merry heart doeth good like a medicine...

By Dr. Anita M. Lewis Sewell, MD
Guest Column



I don't know about you, but I am definitely one of those souls who go all warm and fuzzy when Christmas comes.

Yes, I love to dress up like Santa's helper, wrap presents, ring jingle bells, sing carols like Silent Night and Joy To the World and dream about chestnuts roasting on an open fire.

No, I don't like to build snowmen and toss snowballs as much as I did when I was a kid because I don't like to shiverrrrr... and I don't like to...brrrrrrrr... be cold.

Yes, I absolutely love the notion of curling up in front of a crackling fireplace, wrapped in my mother's afghan, or snuggling in a cozy chair, while warming my toes in front of the hearth (...although, I don't happen to have a hearth right now but one day I will).

Actually, the only things I ever roasted over an open fire were some marshmallows and hot dogs at summer camp way back when and at a awesome spiritual retreat several years ago (...hmmmm... unless a barbecue grill counts as an open fire).

Peace on Earth and good will toward men becomes thematic for many of us at this time of the year. We wrap our emotional selves around the hope that such an ultimate reality for humanity is truly possible.

Yet, such peace is elusive. The reality is rather that rampant disasters, disease, discord, despair, poverty, wars and crimes against humanity plague us in this 21st Century.

Afghanistan. Bosnia. Chechnya. Darfur. Ethiopia. Georgia. Haiti. Iraq. Pakistan. Rwanda. Sri Lanka and, lately, India, of course. These places serve as sad reminders of a world teeming with conflict and suffering.

The economic news is gloomy as well. Global credit crises, Wall Street meltdowns, home foreclosures, layoffs and job losses, etc, etc, etc.

It's all enough to make Sister Sewell tap her imaginary communicator and say: "Beam me up, Scotty, and take me away."

Unless we close our collective eyes, plug our ears, and bask in a sort of purpose-driven denial, it might be difficult to find reasons to rejoice this Christmas.

Is there anything we can do to make a difference? I believe so. The Word of God tells me this wonderful truth: "I can do all things through Christ which strengthens me (Philippians 4:13)."

Yes, troubling realities do exist today. No, it will not be easy to solve these problems. Yes, it may take a while for things to get better. But if we hold fast to our faith in God

Proverbs. It is simply this: A merry heart doeth good like a medicine....

This Christmas have a merry heart. Count your blessings. Cherish family and friends. Share love. Spread joy. Spend time. Give thanks. Have hope. Visit shut-ins. Write to a soldier. Hug the lonely. Help make the sad glad. Be kind and thoughtful. Volunteer. Donate to crisis-stricken countries or hometown charities. Hold fast to your dreams. Laugh often. Sing praises. Pray for peace.

This Christmas doeth something good to make this world a better place. Don't worry or fret about stuff you can't control.

If you can't doeth a lot, then doeth a little. It feels

This Christmas doeth something good to make this world a better place.

and to our dreams, life will get better.

Space is not the final frontier. Our exploration of the human heart's capacity to live in love, to live in peace, and to embrace the virtue of being our brother's keeper is our final and, potentially, our finest frontier. Every act of charity, selflessness, and kindness makes our world a better place.

I highly recommend King Solomon's sound and sage biblical advice for life found in the 17th Chapter and the 22nd verse of the Book of

good to help others, and it is more blessed to give than to receive:

"For God so loved the world, that He gave his only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life."

This Christmas pause to reflect on the birth of Jesus Christ, the prince of peace. He came to make our world a better place.

His message was about love in action.

God Bless You and Merry Christmas.

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Dear Ryan,

I have been training for a few years and I can't seem to get my shoulders to grow. I work them hard and I work them the day after my chest and before my back. I've tried every exercise that I've seen and nothing seems to work for me. Do have any suggestions?
James C.

Dear James,

I also had the same problem with my shoulders. I would work them with high weight and very low reps or really light for a lot of reps and they never got sore and they didn't seem to want to grow.

Then I took a good look at my nutrition but that was pretty good so then the next step was my training. What could I do differently to enhance my shoulder girth?

I figured that I was possibly over training my shoulders and not giving them enough time to rest and recuperate. You get shoulder work indirectly when you train your chest and back. I decided to stick to my main shoulder exercises but split them up.

I do four sets of regular dumbbell presses and side lateral raises on my leg days. One day doing them heavy for low reps (four to eight) then light and high reps (15 to 20) on the next workout.

On back and bicep day I do behind the neck barbell press or bent over lateral raises with the same rep scheme. Chest and tricep days I work my front delts by doing front lateral raises. This has proven to be very effective for my shoulder growth.

You have to experiment with your body and do what works for you because we are all different. At the very least try the different rep scheme and double check your nutrition. Make sure you are getting enough protein in and if you're not, make the adjustment.

If you are working your shoulders on the day between your chest and back then it is very possible that you are over training them and not giving them rest. Remember that your shoulders are being worked indirectly when you train chest and back.

Try this and see how it works. Keep training hard and good luck in achieving your Dream Bodies out there.

Remember: Nothing changes unless you do something

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Book Review

"Profiles in Black: Phat Facts for Teens"

by Marvin A. McMickle
c.2008, Judson Press

\$22.00

By Terri Schlichenmeyer
Sojourner's Truth contributor

The school year isn't half over yet, but you've got your mind made up.

Last fall, within five minutes of walking through each classroom door, you know whether you were going to love the class or hate it. Some of your lessons are quick and fun. Others are so boring that you fight to stay awake every day.

Why is it that you can easily memorize a hundred songs and six dozen dance moves, but you can't seem to remember the name of an old dead guy who signed some paper two centuries ago?

Maybe you need to add music to your history. In the new book *Profiles in Black: Phat Facts for Teens* by Marvin A. McMickle (edited by Jean Alicia Elster, foreword by Efre Smith), you'll see that history is connected to music and much more.

In his foreword, Pastor Efre Smith says that young people need to take responsibility for learning their roots and their culture.

Okay. Duly noted, but what can you possibly learn

here that your school hasn't already force-fed you?

A lot. Did you know, for instance, that the first Africans came to North America in the early 1600s, not as slaves but as indentured servants? Indentured servitude was common and practiced widely by people from many countries. The intent was for the servant to pay for their passage to the New World with labor, usually for a period of seven years. After that, they were free to go.

You already know that African-Americans made many contributions to their new country, but what you don't know might surprise you. Benjamin Banneker (born free in 1731) was the first black person to hold a presidential appointment (from George Washington). Lemuel Haynes and Peter Salem, both born into slavery, fought at the battle of Lexington and Concord. The city of Chicago was founded by a black man. And if you think Rosa Parks was the first woman to stage a protest, you're wrong.

The first African-American to earn a Ph.D. from Harvard died on the same

day that Dr. King gave his "I have a dream" speech. One of the 20th century's best-loved pastors was part Cherokee. The first black woman in the world to earn a pilot's license was born in Texas.

And back to the music: Motown Records was founded with an \$800 loan.

Looking for something that even the most reluctant readers will enjoy browsing? Then pick up this book, leave it around the house and see what happens.

Profiles in Black is filled with quick, short paragraphs about African-Americans in history, government, the arts, the church and sports. The articles are accompanied by "the 411" on historical figures, as well as sidebars and "phat facts." The book is light, fun, and educational and perfect as a gift.

If you think history is dry and boring, look for *Profiles in Black*. Books like this are hard to put down, whether you're a teen, a grown-up or are just looking for something light to read.

The Toledo Chapter of Jack and Jill of America, Incorporated, Presents ***Soulful Santa***

The Toledo Chapter of Jack and Jill of America, Incorporated, presents its annual holiday youth affair titled *Soulful Santa*. This seasonal and fun-filled chapter event, which features a visit from the North Pole of a *Soulful Santa* Claus, breakfast, games, crafts, fun and more, is scheduled from 9-11 a.m. (breakfast served from 9-10 a.m.) on **Saturday, December 13** at Third Baptist Church, 402 Pinewood Avenue, Toledo, OH.

The event is open to the public. Donations are \$5 for ages 13 and up; \$2 for youth ages two-12; and free for children under two. This year's event will offer a pancake breakfast, arts and crafts, a Christmas sing-a-long, and one-on-one photos with *Soulful Santa* himself. 'Tis the season to share good food, fun and fellowship!

Third Baptist Church, one of Toledo's historic African American churches, is celebrating 140 years of service to the community. Limited space is available.

The members of Jack and Jill hope to see you there!

For more information on Jack and Jill of America, Inc., please log on to www.jack-and-jill.org

What is Kwanzaa ...and where did it originate?

Kent Branch Library and the Art Tatum African American Resource Center join to present an important program titled, **"What is Kwanzaa and from where did it originate?"** scheduled from 6:30-8:30 p.m. on Monday, **December 15** at 3101 Collingwood Blvd.—the location for Kent and the Resource Center.

Join the Library as we learn more about the origins of

Kwanzaa, a cultural observance from December 26 through January 1, comprised of seven guiding principles:

Dec. 26—Umoja (Unity)

Dec. 27 — Kujichagulia (Self-Determination)

Dec. 28 — Ujima (Collective Work & Responsibility)

Dec. 29—Ujamaa (Coop-

erative Economics)

Dec. 30 — Nia (Purpose)

Dec. 31 — Kuumba (Creativity)

Jan. 1 — Imani (Faith)

Join us and learn more about this cultural celebration of the harvest!

For more details, please call 419.259.5340.

Team

(Continued from Page 4)

be the new Secretary of State, current Defense Secretary Robert Gates will remain on the job, retired four-star Marine General James Jones will be the national security advisor, former Deputy Attorney General Eric Holder will claim the top job at Justice, Arizona Gov. Janet Napolitano will head Homeland Security and Obama foreign policy advisor Susan Rice will be ambassador to the United Nations.

The selections are sure to sail through a Democratic-dominated Senate with but a pause or two from Republican Senators for Holder on his role in the President Bill Clinton pardon of financier Marc Rich.

But if the Senate, the public at large and a host of conservatives are pleased with the Obama national security team, some of the picks will be anathema to those of the far left, particular anti-war activists who somehow did not seem to be listening to Obama when he declared, starting with his keynote address in 2004 at the Democratic National Convention that these are not red states, these are not blue states, "these are the United States of America."

Obama has never said that he is anti-war himself, he has

said quite often that he is anti the wrong war and that Iraq is that wrong war.

The selection of Hillary Clinton for State has been described as brilliant and inspired as often as it has been decried by those who believe her starpower will send mixed messages to foreign leaders. Not since President James Garfield picked his chief rival, James Blaine, to take over State in 1881 has a president-elect made such a bold move.

But, according to those close to the campaign, Obama has long wanted to include his chief rival in his administration. During the summer, after he had clinched the nomination, he frequently asked his campaign staff about the possibility of Clinton as his running mate. Eventually of course, he chose another rival, Senator Joe Biden.

And yet another rival, Gov. Bill Richardson of New Mexico will be nominated for Secretary of Commerce.

However, despite the inclusion of these prominent former rivals, Obama's overall nominations are more noteworthy for their experience, especially their experience on the national level. Obama is the first sitting senator to win the presidency since John F. Kennedy's 1960 victory. Governors have usually pre-

ailed in the intervening 48 years and typically governors — Carter, Reagan, Clinton, Bush — bring huge chunks of their state staffs or leadership with them. Unfortunately that usually presents a pretty steep learning curve for both the president and staff as they try to negotiate their way around the nation's capital.

Obama has brought in people familiar with the capital and no pick is a more significant representation of his intentions than that of former Senator Tom Daschle to head Health and human Services.

Daschle, the former majority leader of the Senate who was defeated in his re-election campaign in 2002 by his fellow South Dakotans, has remained in Washington D.C. ever since and has become an expert in health care policy. He negotiated with Obama the right to lead the administration's effort to bring about at least a version of universal health care.

The last such effort, led by First Lady Hillary Clinton in 1993 was an unmitigated disaster primarily because the Clintons focused on policy rather than politics. They didn't know the politics at that time. Daschle certainly does. So do most of these stars.

FROM THE WRITER OF "A SECOND CHANCE AT CHRISTMAS"
AND "SANTA CLAUS COMES TO THE HOUSE I LIVE IN"
Phat Facts for Teens
Written and Illustrated by Marvin A. McMickle
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Chemistry Scholarships Available

Special to The Truth

African-American, Hispanic/Latino, and American Indian students are among those who can now apply for a scholarship from the American Chemical Society (ACS) Scholars Program. The program is open to high school seniors and college freshmen, sophomores and juniors.

The program awards renewable scholarships of up to \$5,000 to underrepresented minority students who want to enter the fields of chemistry or chemistry related fields, such as environmental science, toxicology and biochemistry. The program also aims to help build awareness of the value and rewards associated with careers in chemistry and assist students in acquiring skills and credentials needed for success.

Applications--available online at www.acs.org/scholars or by sending an e-mail to scholars@acs.org--will be accepted through March 1, 2009, for the 2009-2010 school year. Students must plan to major in or already be majoring in chemistry, biochemistry, chemical engineering or a chemically-related science, and they must plan to pursue a career in the chemical sciences. Scholarships range from \$1,000 to \$5,000, depending on college level and economic need.

The ACS Scholars Program won the Presidential Award for Excellence in Science, Mathematics, and Engineering Mentoring in 2001. Since its inception, the ACS Scholars Program has awarded more than \$10.8 million to more than 1,990 students, based on a mix of academic achievement and financial need. Through the support of the program's partners and donors, the Society expects to award approximately \$1 million during the 2009-2010 academic year to both new and continuing scholars.

To date, 95 percent of the students accepted into the ACS scholars program have received an undergraduate degree, 80 percent in a chemical science. In addition, about 400 scholars have continued on to pursue a graduate degree. More than 150 have been accepted into a Ph.D. program and more than 40 scholars have already received a Ph.D.

"We need many talented chemical scientists to help find new cures for disease, new energy sources and new ways to feed a hungry world," according to Scholars manager Robert Hughes, who notes there are many diverse job opportunities for chemistry graduates.

The American Chemical Society Scholars Program was established in 1995 to attract African-American, Hispanic and American Indian students considered underrepresented in the chemical sciences by the National Science Foundation to pursue careers in the field.

For additional details and a paper application form, call (800) 227-5558 ext. 6250, send an e-mail to scholars@acs.org or visit www.acs.org/scholars.

Scholarships Available

The Northwest Chapter of the Ohio Credit Union League will be awarding two scholarships for post high school studies, including college, vocational school and other professional and academic studies. The amounts are \$2,000 and \$1,500.

The winning application will also be submitted to the statewide scholarship program where five scholarships of \$2,500 each will be awarded. Awards are based on an essay question. The deadline is March 3, 2009. Application available at www.nwocu.org

Area Students Explore Information Technology Careers During Statewide 'We Are IT' Program at Owens

Special to The Truth

Web pages, Second Life, 3-D animation and computer forensics are just a few of the information technology areas that over 250 girls in grades seven-10 recently explored as part of an interactive professional conference at Owens Community College's Toledo-area and Findlay-area campuses.

The event titled "We Are IT" was part of a statewide initiative involving 18 colleges and universities working together for the purpose of providing female students with a broad-based introduction to information technology applications and the array of rapidly-growing career opportunities.

For Francis Lockett of Toledo, the opportunity to participate in a variety of information technology educational activities meant a day of "cool" exploration on computers.

"I really like to learn about technology and enjoy experimenting with new things on the computer," said Lockett, an eighth grade student at Leverette Junior High School. "I want to become a teacher someday and really feel it's important to incorporate technology into education."

Throughout the event, conference attendees had the opportunity to explore a wide variety of career paths and vocations in information technology, including 3-D animation using the ALICE Programming Language (Toledo-area and Findlay-area campuses), Second Life (Toledo-area and Findlay-area campuses), ePortfolios (Findlay-area Campus), wikis and blogs (Findlay-area Campus), Microsoft Office 2007 (Toledo-area Campus), personal web page design (Toledo-area Campus), Photoshop skills (Toledo-area Campus), computer forensics (Toledo-area Campus) and computer security (Toledo-area Campus).

In addition to the lecture portion of each session, the students were given a project to complete in order to further learn the concepts being taught. Sessions were taught by various members of Owens' information technology and electronics faculty and staff, among others.

"Owens Community College is proud to participate in a statewide initiative which is focused on exposing area students to various career options within information technology," said Lyn



Snyder, Owens Professor of Information Systems and Chair of the College's 'We Are IT' professional conference committee. "The demand for information technology workers continues to increase and several information technology-related occupations are recognized by the U.S. Department of Labor and the Ohio Department of Jobs and Family Services as the fastest-growing careers in the nation."

Snyder added, "We Are IT" affords students with a great opportunity to obtain first-hand knowledge about this ever-growing career field from Northwest Ohio's premier information technology educators and working professionals."

Students also had time during lunch to meet individuals from local businesses and ask them questions concerning their professions.

Additionally, they received information on how to go about choosing a career within information technology after completing their education.

Among the area schools that attended "We Are IT" were Carey High School, Central Middle School (Findlay City Schools), Clay High School, Continental High School, Donnell Middle School (Findlay City

Schools), Eastwood Middle School, Gateway Middle School (Maumee City Schools), Glenwood Middle School (Findlay City Schools), Leverette Junior High School (Toledo Public Schools), Libbey High School, Rogers High School and Woodward High School.

Other academic institutions that participated in the statewide initiative included Edison State Community College, University of Akron, Columbus State Community College, Hocking College, Kent State University, Lakeland Community College, North Central State College, Northwest State Community College, Sinclair Community College and Youngstown State University, among others.

Owens' "We Are IT" professional conference was held in conjunction with the

Ohio IT Business Advisory Network and the Office of Career-Technical and Adult Education of the Ohio Department of Education.

Owens offers a wide variety of academic programs within information technology through the College's School of Business and Information Systems, and past graduates have gone on to high paying careers as computer programmers, systems analysts, Internet support specialists, network support specialists and information systems managers throughout Northwest Ohio. Information technology-specific programs offered at Owens include Computer Programming, E-Business, Information Systems, Networking and Information Systems Support, and Information Technology.



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Interracial Dating: Love and Its Repercussions

By Michael Hayes
Minister of Culture



men who worry that their sons may be taken advantage of by sly and cunning white women who play the angel-in-disguise role.

Love-struck couples who haven't let their different races hinder their romance.

Militant minded black men who can't fathom the thought of handing off our precious sisters to our former slavemasters.

Horny young adults/teens in my generation (born 1977-1990) who just want to knock anything that looks good regardless of race or history or anything.

Middle aged black men who have noticed the 'physical attributes' of today's white women and feel that the sistahs are about to become obsolete.

Black women who claim they can't find any black men with decent credit, clean background and nice job.

Black men who claim they can't find any black women with self respect, intelligent conversation or open minds.

Old-school black

women who have been putting up with "black men's B.S." for 20-some odd years and are ready for something new (ahhh).

Junior high school students who don't see color whatsoever (good when it means everyone is equal; bad when you got some 12-year-old white kid sayin "nigga please" because he no longer associates the word with a color).

20-something year old black women who don't care either way because they aren't interested in settling down with one person anyway.

Single black women who are sick and tired of seeing their black men with white women at the mall.

Bi-racial people who always win a little but lose a little either way they go.

Look at Tyler Perry's latest, *The Family That Preys* and tell me that this isn't still a hot topic.

It's not so much about if people are *allowed* to date outside their race, its more about the *repercussions* of dating outside your race.

All of the above are

people whom I have talked to about this subject recently.

They represent the people who work, live and play in this city.

Y'all talk to me about it (even when I don't feel like talking about it) because it's going on in your lives.

But then people make suggestions to me about dating outside my race be-

it gets tricky.

An inter-racial relationship is still a relationship.

If it's based on ulterior motives, stereotypes or shallowness it will likely fail and fail fast.

If it's based on a true union of ideals, mutual connection and good intentions...that's love and it just might work.

When you see a black man

sound like love to me, and it's those types of arrangements that continue to give inter-racial relationships a bad name.

If it is love though, you have to respect that.

Sometimes people of different races fall for each other and it has nothing to do with color or race.

That third group I spoke of...the ones who truly want to spend their life with their soulmate, those are the people that perhaps have considered inter-racial dating.

Not for any ulterior motive.

They have considered it simply because they have not ruled out that their one true love could be someone who has a different racial make-up or cultural background than they do.

These are the free thinkers who have really examined "what is race anyway?"

These are the progressive lovers who admit to themselves that racism exists and they deal with it head on.

These are the people building a future together because their love and devotion to one another runs deeper than any hardship they could ever face.

These are the inter-racial couples who will take pride in raising bi-racial babies and teaching them that they have a place in the world.

These are the lovers who have to deal with disapproval from every angle at times, but they persevere because their relationship is worth it.

Sometimes the heart wants what the heart wants, and you don't care if it comes in a package slightly different less acceptable in the eyes of others...you're just happy to have what you've wanted.

That's Love.

If that is what you have found, then I support you and tell the haters to keep it to themselves unless they have a good reason to disapprove.

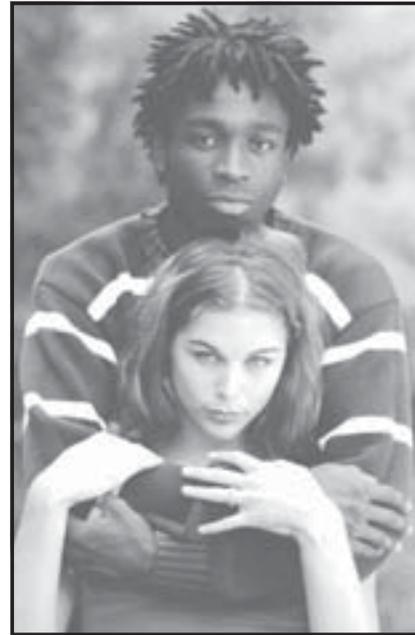
If you have an opinion on inter-racial dating that was or wasn't represented in this article, hit me up and I'll put your comments here in my article.

If you are in an inter-racial relationship and you want to tell your story, you can get at me too.

glasscitytruth@yahoo.com

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cause of what has gone on in my personal life too.

Some say "yea dawg... you need you a white girl... Toledo ain't got no black females that would be your type".

And others say "Dude, we gotta keep the black family together... how can we do that if eligible black men keep leaving for white women?"

Funny because some of these people don't know if I am single or not.

But what they say to me, they say because everyone is trying to figure out where they will find happiness. And the subject of dating outside your race is on everyone's minds.

So before we have the discussion on whether its right or not, let's talk about why people even consider inter-racial relationships.

Love? There are those of us who are happily single and not dating at all.

There are those of us who are happily doing their thing with multiple people with no commitments.

And then there are those of us who would prefer nothing better than to be in love.

That last bunch is where

walking around holding his white girlfriend's hand and he's grinning from ear to ear...what is that about?

Is that love he has found? Or is it something else?

Is it fair to write them off as just another inter-racial couple built on stereotypes?

Is it fair to say she just wanted some "soul pole" and he just wanted a submissive Barbie?

What if that black man walking around with his white girlfriend really is truly in love?

In the mid 90's my older cousins used to swoop me and my cousin up from junior high school and show us all the benefits of getting down with white girls.

It's common that dudes from the inner cities and suburban girls hook up: one party gets access to street cred and the adrenaline rush of hood life, the other gets to live out sexual fantasies they have been fooled into believing can only be offered by certain races.

It's even common that professional upwardly mobile minorities may choose to date their way into high society or increased financial status.

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CLASSIFIEDS

December 03, 2008

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The University of Toledo Job T98956 ~ Enrollment Management Specialist, JHCOE:

The Enrollment Management Specialist's primary responsibility will be to develop and implement a strategic enrollment and retention system for several State and Federal grant funded science and mathematics teacher education programs in the Judith Herb College of Education. The Enrollment Management Specialist is responsible for monitoring the performance of the enrollment and retention systems ensuring compliance with contractual provisions of the grants. The enrollment and retention system specifies forums, events and activities that include performing academic advisement and consultation of prospective students. This position is a 1 year funded position at full time, with possibility of 1/2 time funding in future years as the grants are renewed yearly.

A minimum of a Bachelor's degree is required with preferred background in marketing, management, college admissions, and/or communications. A Master's degree is preferred. The successful candidate will have exceptional computer skills with at least 1 year of experience in Microsoft Office that includes a minimum of 1 year of experience with Access and Excel, particularly in the development of queries and databases is required. Excellent oral and written communication skills are required. Presentation skills including proficiency in PowerPoint are essential. Excellent problem solving, organizational, and analytical skills are required. A valid driver's license and good driving record are required. A minimum of 2 years professional admissions/recruitment or advising experience or related university administrative experience is preferred. Experience working with K-12 educators and university science and mathematics education faculty is desirable.

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 December 15, 2008. The University of Toledo is an Equal Access, Equal Opportunity, Affirmative Action Employer and Educator.**

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PUBLIC NOTICE

Lucas County Children Services (LCCS) is issuing a Request for Proposal (RFP) for Housing Services for Post-Emancipation Young Adults, age 18-21.

The goal is to provide housing services that will support participating young adults efforts to:

- Become self-sufficient;
- Establish and maintain independent housing;
- Learn essential life and personal management skills.

LCCS is seeking proposals from governmental and private entities/agencies capable and willing to lease low cost efficiency and/or one-bedroom apartments to young adults participating in the agency's Post-Emancipation program. RFP materials will be available from December 1 through December 17, 2008 at 705 Adams St., Toledo, OH 43604. To make arrangement to pick up an RFP packet, call 419-213-3658. An applicant information session regarding the RFP will be held at LCCS on December 17, 2008 at 10:00 a.m. in Room #913.

The deadline for submitting proposals (NOFAX) is 4:00 p.m. on January 7, 2009. No proposal will be accepted after that deadline.

By Dean Sparks, Executive Director
Lucas County Children's Services

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Holiday Time at Aurora House

It is holiday time again! We are in need of volunteers to Sponsor a Family or sponsor one of our residents for the holidays. The holiday season can be a difficult time for some of our residents and their children. Our desire is to bring a little light and further the message of hope to our residents during this time of year. We welcome your support. For more information, please call Mary Ann Wasserman, Christmas Coordinator at 419-244-3200

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Parker Hannifin Corporation, a Fortune 200 company, has an immediate opening for a first shift Janitor at its Metamora, Ohio facility. Responsibilities include but not limited to sweeping, scrubbing, mopping floors, cleaning machines, machine coolant reservoirs, dumping trash and other material. Must be able to operate floor scrubber, lift trucks and other handling equipment in the performance of some of these duties. Applicant must have a high school diploma or equivalent with a minimum 1-2 year's experience in a manufacturing environment.

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Toledo's Top Ladies of Distinction, Inc. Hosts a Senior Prom

By Artisha S. Lawson
Sojourner's Truth Reporter

Music and laughter welcomed residents and guests to Top Ladies of Distinction, Inc. Toledo Chapter's Senior Prom at McKissick Senior Center, located in South Toledo.

The Saturday, November 29 holiday party combined the procession and crowning of prom king and queen winners, Lord Dan Dawson and his wife Lady Mary Dawson, residents

recalled past memories, and a home-made lunch.

During her welcome address, prom queen Mary Dawson, president of Top Ladies of Distinction's Toledo

Chapter, thanked the committee members for a great program. "Thank you all so much for coming. This is a beautiful day; we don't have the snow or rain but just rain. I am so excited

and want to thank the committee chairs Mary Oats and Delores Bates, the committee, and members for coming out today. I thank the seniors—we just love you all out here, and

my Lord, my husband Dan Dawson for coming. I hope you all enjoy yourself. Remember to smile, laugh and remember your prom," said Dawson.

TLOD member Lady Denise Black-Poon serenaded the residents and fellow members with a two-song medley, which combined Christian inspiration lyrics with an old school flavor conclusion. Following the section, residents have a few brief moments to recall moments that happened in their past.

One such resident, Daisy Crouch, recalled her life during the Great Depression. "I want to talk to you about the Great Depression. It was hard and we had nothing, but we made it. I came to Toledo in the 1942 and got a job. I'm not sure what else there was, the depression was hard," said Crouch.

Committee Chairman Delores Bates expressed her pride in the event and that she is looking forward to their Christmas activities. "We adopted the seniors of McKissick Senior Center and we provided different things throughout the year, different projects throughout the year. We enjoy decorating the halls at Christmas and the annual Christmas party," said Bates.

The event was organized by Senior Thrust Committee Chairperson Lady Delores Bates, Co-chairman Lady Mary Oats, and members: Helen Cohen, Mary Jane Caldwell, Delores Anderson, Charlesena Smith, Sheryl Riggs, Patricia Noble, Clara Brank, Wanda Brown, Mary McKinley, Equilla Roach, Gladys Glen, Armanda Taylor, Wanda Terrell, and Dana Blalark.

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For more information on IGI visit
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