



Volume 15, No.12

*"And Ye Shall Know The Truth..."*

January 07, 2009

**Lt. John Preston**  
Retired, Toledo Police Department



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## My View

By Jack Ford  
The Truth's Political Columnist



Trying to figure out who the next mayor of Toledo might be is the best parlor game in town. This week's Toledo Free Press devotes a full section to the question by having 50 students, many African-American, give their take on what a mayor needs to do.

Most of the kids give heartfelt, if limited, replies to the question of mayoral duties – create jobs, eliminate crime, improve education.

However, two of the youths struck a chord with me. One young lady, Hannah Zahn, suggested that Toledo needs an inner-city drive in! Huh! Hannah, maybe that is not such a far-fetched idea.

Another youth, Coleman High, hit a home run when he suggested that the next mayor must start with a "balanced budget." Yes, he is right on target. The woes we face right now are because Mayor Carty Finkbeiner and City Council broke the bank when they opted to pick up the additional pension costs for police and fire. There was no money to do that but they did it anyway.

I am guessing that the dance we are going through is nothing short of a bailout from an increase in the garbage tax, say in March 2009? By that time, city fathers are hoping citizens will be tired of layoffs and threats.

Toledo will struggle during the next three years – 2009 through 201 – in my opinion. We are losing jobs in healthcare and universities, along with trucking and other traditional sectors. When we begin to lose jobs in recession-proof areas such as healthcare, we are still in search of the bottom of the downturn. If the state, county and city continue to spiral downward, the numbers will just get worse and worse.

Let's look for an African-American to be appointed to the next opening on The University of Toledo's Board of Trustees. Candidates have included Fletcher Word, Amy Leake of Ebony Construction and Calvin Lawshe, a longtime UT insider under several administrations.

My guess is that Leake comes first. She can help the board on construction and other business matters. As a working single mother of three, Leake can speak to the needs of non-traditional students as well as those just starting out.

Mark down the date January 26, 2009. On that date, go down to the second floor of the Main Branch of the Toledo-Lucas County Public Library. There we will have an unveiling of the Lucas County Juvenile Court Disproportionate Minority Contact Assessment Report.

This report will tell the Toledo community how and why so many minority kids are touched by the criminal justice system when compared to white youth. This is an old problem that has never really been handled properly.

Every community activist interested in youth, social justice and our future should attend this meeting. I will be a co-moderator along with Stuart Berry. Be there or be square as we used to say.

As I watched C-Span and the debate among candidates to be the next chairman of the Republican National Committee, it was clear that candidate Ken Blackwell of Ohio won that session. Blackwell was his usual sharp, witty and incisive self among the five contenders.

## The Sojourner's Truth

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## Community Calendar

### January 10

BGSU Financial Aid Workshops: or students who have applied to BGSU; 9 am to noon & 1 to 4 pm; Lenhart Grand Ballroom of Bowen-Thompson Student Union; Financial aid preparation, FAFSA; Campus tours after the workshops, door prizes: 419-372-2651

City of Zion, Mt. Zion Church: "When women Worship" a study designed just for women; 11 am: 419-246-1850

### January 11

Warren AME Church Youth Explosion; 4 pm: 419-885-2889

St. Paul MBC: Fifth Year Anniversary for Pastor James Willis, Sr: 10:45 am service features Rev. Tim Brinkley of West Point, MS; 4 pm service features Rev. Willie Perryman of Jerusalem MBC

### January 13

Lourdes College Science Alliance for Valuing the Environment (S.A.V.E.): "Maumee Western Lake Erie Water Is Very Special;" Discussion of Maumee Bay and Western Lake Erie as well as the Toledo Lighthouse; Franciscan Theater and Conference Center; 7:30 to 9 pm: 419-824-3691

### January 15

Sistas Movin' On Discussion Circle: Support and sisterly love for women incest and child sexual abuse survivors; Elizabeth House (across from Boston Market); 6 to 8 pm: 419-729-0245 or www.mynirvananow.org

### January 18

MLK Service: Al Saints Episcopal Church; 10 am; Speaker Rev. J. Carleton Hayden

### January 19

MLK Unity Celebration: UT's Savage Hall; 9:30 am to 11:30 a.m.; Speeches by UT students, music by Clarence Smith Community Chorus, Positive Force dance troupe: 419-245-1565

NOBMA MLK Classic: Featuring high School Basketball matchups of Scott and Libbey HS vs. Detroit Pershing and Akron Buchtel – 1 and 3 pm; Owens Community College: 419-243-0007

### January 20

Inauguration Day! Swearing in of the 44<sup>th</sup> president of the United States, Barack Obama; Noon

### February 1

Jerusalem MBC Edifice Dedicatory Celebration: "Maximize our Victory;" 419-248-2139

## The Sojourner's Truth

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### A Certified MBE, 2009

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# Shoot 'Em Up...But At Least Make Some Money!

Guest Editorial  
By Lafe Tolliver, Esq.



The City of Toledo is missing out on a golden opportunity to raise monies for their thread bare coffers. Instead of instituting sin taxes on items such as whiskey, cards, beer, gambling, lottery and luxury goods, the auditor and city council members should consider implementing the below tax that the City of Detroit recently passed with an overwhelming vote: Here is the exact language of that city ordinance:

**Emergency legislation:**

"WHEREAS, it is needful to raise revenues to support the various and needed works of the City of Detroit and its surrounding neighborhoods and WHEREAS, the City of Detroit is not permitted by law to implement

any new property taxes according to state law section: 4502.13(a)(3)(iii) and WHEREAS, The City of Detroit as a municipality which has home rule charter rights to raise revenues that are not in conflict with the above cited law, we the members of the city council unanimously endorse and pass the following revenue generating proposal:

BE IT RESOLVED THAT upon the matter of the below offenses including shooting incidents involving people of color, and specifically black males, that the alleged shooter/violator upon conviction in a court of law shall be fined civilly the following amounts:

- (1) simple assault: \$500.00
- (2) felonious assault with a gun: \$1500.00
- (3) manslaughter: \$5000.00
- (4) rape: \$7500.00
- (5) murder: \$10,000.00
- (6) theft below the amount of \$1000.00 shall be assessed at: \$750.00
- (7) theft above the amount of \$1001.00 shall be assessed at: \$1000.00
- (8) lack of payment of

child support: \$700.00 per each child

(9) illicit drug sales: \$1000.00 per sale or distribution

(10) home invasion including burglary: \$2500.00

Said amounts shall be due and payable upon conviction in a court of law and shall be paid to the City of Detroit Treasurer forthwith. Non payment shall be reported to the Bureau of Motor Vehicles and shall be a restriction upon the transgressor obtaining a current valid driver's license.

Furthermore, said fines and penalties shall not be voided in a Chapter 7 or Chapter 13 bankruptcy.

Any person found in violation of this ordinance shall be taken into custody forthwith and, along with any other criminal or civil charges, be held accountable upon conviction of said criminal offense.

These charges shall be civil in nature and with any appeal to binding mediation and with the losing party paying the costs of the mediation proceedings.

All proceedings shall be

conducted per the Michigan Rules of Civil Procedure and Rules of Evidence and with all hearings conducted by a state hearing officer within thirty (30) days of the underlying criminal conviction. The record of criminal conviction shall be prima facie evidence of guilt."

End of ordinance. Passed: November 4, 2007. Ayes: 12. Nays: 0.

Curious as I was, I called the Detroit City Council secretary (Sheila Vickery) and asked for the results of this innovative ordinance and was told that the city was tired of black-on-black crime and the costs to the city and its police force and wanted a way to recoup their costs other than

the skimpy court costs that are imposed upon an offender.

I was told that the ACLU attempted to block this measure from being implemented but the federal court judge (Hon. Mark R. Torsiki) said it was a fair exercise of home rule powers and contained sufficient due process (fairness) procedures for the accused.

However, what was remarkable was when Ms. Vickery indicated that the ordinance has caused a 38 percent decrease in violent crime in the past six months since the actor who does the purported crime faces a civil judgment for non-payment, is not able to drive and is prohib-

ited from taking a civil service test until the fine is paid in full.

I thought about the City of Toledo and our recent spate of crimes wherein blacks are killing and maiming each other at an alarming rate and The Blade (Section Two) is morphing into "mug shot alley" of black males; and no one wants to own up to it that we have a problem in Toledo.

Will Toledo City Council pass such an ordinance? Only time will tell.

If you feel they should, call your local council person and demand action on the same bill which is city ordinance number: CR-08-256 and which is still tabled in the Safety and Courts committee.

## Black Teens at Risk

"The Blade" article dated December 27, 2008 titled "Killing of black teens rise as overall crime drops" mentioned:

1. An increase of more 39 percent in the number of black males between the ages of 14 and 17 killed between 2000 and 2007.

2. Along with an increase of 34 percent in the number of blacks of that age group who committed homicide.

These statistics clearly indicate that in African America, a war is being waged

in the inner city neighborhoods. The neighborhoods that Senator John McCain didn't campaign in and "Joe the Plumber" along with Sarah Palin know nothing about.

In my opinion, Mayor Carty Finkbeiner, has failed to be a responsible leader with diversity in mind which is why I call him—"Caucasian Carty"—for having gone to London to have Toledo become the world's third most live-able city. Especially, since Toledo was represented by Mayor

Finkbeiner and a posse of 13 other white people.

I reiterate the quote William McDonough: "The consciousness that creates a problem cannot be expected to solve the problem."

Correspondingly, if you are not part of the solution to a problem, you—particularly practitioners of economic apartheid—are part of the problem.

Sincerely,  
Clarence Gafney, Jr.



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## The Answer to Violence Is Not More Violence

Recently there has been an outbreak of shootings and murders involving some of our youth in the city of Toledo. How long will we continue to allow such violence to continue without taking action? Are there gangs in this city, yes! Are there illegal guns in the hands of our youth, yes! Can we solve this ever increasing epidemic of violence among our youth ...YES!

Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love. Young people please hear me clearly, the answer to violence is not more violence. The answer to violence is love! I understand your frustration. I understand your pain. Growing up in a single-parent home. Not knowing what it is like to be loved by a father. Wanting to be accepted, wanting to be loved. These may be some of the reasons why you turn to a gang ... because you want to be loved and accepted by someone. Please know that nonviolence is the answer to the crucial political and moral questions of our time; the need for mankind to overcome oppression and violence without resorting to oppression and violence.

It is time for city officials, religious leaders, community activists, parents and concerned citizens to stand up and say enough is enough! It is time for us to stand up and fight back. It is time for us to take back our streets, take back our communities and save our youth! Now, there is no need to fight back with weapons as hate breeds hate. We must combat hate with love and a plan. We have been praying for far too long. Yes, prayer changes things, but how long will we continue to pray and do nothing? Faith without works is dead! We must get off our knees and do something!

City officials, religious leaders, community activists, parents and citizens must be challenged both morally and ethically and be held accountable for what they do. We must develop a no-tolerance stand on crime in our communities. We must move beyond rhetoric, complaining, whining and nursing grievances. Rather than emphasizing racial rhetoric, we need to concentrate on finding solutions to poverty, hopelessness and despair. It is essential to explore the connection between high crime areas and the interaction with the churches that are part of those neighborhoods. Communities need a new movement of faith that is not ego driven, personality centered or based on money. Churches have a powerful message of hope, but must revisit how to relate to their communities. We must be willing to listen to our youth! If we are not smart enough to listen, then we don't have legitimacy to speak ... then we don't have moral authority.

Bishop Stephen Ward

## Open Letter to Jim Gault, TPS Superintendent of Middle and High Schools:

When I was a teenager, my sister and I were given permission, by our parents, to have a party. We were teenagers who were accused by our peers of acting white, much like teenagers are told today. My sister, who is a year older than I, was my role model and the person that I looked up to in our set of friends. I thought she just knew so much more than I because she was older and what I thought was wiser.

We prepared a guest list and a menu for the party. She and I had different friends and a different set of values for our friends. She was more snobbish and what we called "uppity" than I. Whereas I was willing to give everybody a chance, she was more picky in how she chose her friends.

Planning the menu was easy as the choices then were not many. Planning the guest list was much more difficult as the people I wanted to invite were much different than the people my sister wanted to invite. The people I wanted to invite were more common than the people my sister wanted to invite.

For instance, I wanted to invite Karen, Betty and Gwen, who were sisters but didn't have a lot of money and whose clothes were not as nice as ours, although our family didn't have a lot of money either. I guess their family just had more children. My sister wanted to invite Sara, Rose and Jean who were all close friends, made good grades in school and wore nicer and cleaner clothes.

After much wrangling, tossing out of names and putting the names back in, we had a guest list although I actually acquiesced to my sister's list without much compromise or agreement. We called the people whom we had decided on and invited them to our first party.

The night of the party we had the table laid out, balloons, a record player playing the latest songs from the Platters, the Manhattans and Smokey Robinson and the Miracles. The guests began to arrive. Actually two guests arrived, who were the two guests I was able to squeeze onto the guest list. At about 9:30 p.m. we realized that no one else was coming and the two guests that were on my list had to leave early. Because we were being so picky (discriminatory), the party was a flop but it taught us both a very valuable lesson.

It taught my sister that when you want to have fun (as the party was for) it takes all kinds of people, rich, poor, black, white (this wasn't an issue then because the only white people we knew were the white people that my mother worked for and who gave us their children's used hand-me-down clothing to wear that put us a step above some of the other children who we decided not to invite), gay, straight (this wasn't an issue back then either although there were a couple of friends who we thought were "funny") and the haves and the have-nots.

It taught me to stand up for my rights and to stand up for others. This has been a life lesson that has served me well. I thought about this when we were sitting in the office at Byrnedale Middle School and you, Mr. Gault, leaned over the table to tell the parent that her child, being that he did not live in the Byrnedale neighborhood, was going to be a "guest" of the principal, Ms. Gray, while attending Byrnedale.

I found that this arrogant statement from you is what is wrong with this district. Somewhere along the line you, and those before you, have taken ownership of the schools and we, the taxpaying public's children, are guests who can be ousted as soon as our children's welcome wears out. And this can happen at the whim of a teacher, a dean, a counselor, a food service worker or even you.

That day, I noticed all of the fresh, smiling, white faces of students walking into Ms. Gray's school, (as you so aptly called it, later). I said to the parent that there aren't many students in this school. She said to just wait about 10 minutes until the buses pulled up and then we would not be able to move around, because there would be so many students. So my guess is that the walkers live in the neighborhood and the children bused in are "guests."

What a horrific concept for a student and parents - to think that their children are guests in a public school and can be uninvited at any time. What an effective way to keep a school's numbers up and then when the count day comes and goes, children become uninvited guests and are sent back to their home school in the middle of the school year, where they may never have attended. This concept would exist only in a school system that does not value all of its children.

As in "The Man Without a Country" ... a student without a school. A student in exile (going from school to school, searching) never to return to his home school district (Robinson, Scott), not because of a disloyalty to the schools in his neighborhood but because his mother dares to defy that system because she refuses to send her child to a failing school that is also unsafe. So she chose a school that is out of her district, (Byrnedale, Bowsler). And he then becomes a "guest" of the principal, although the parent pays property taxes that fund all of the schools.

A man moving from ship to ship without a country and students moving from school to school, not because of the mobility of the parent but because the parents want a school serving their child, children without a school community.

Now, don't misunderstand what I am saying. I am not saying that we, parents of children living in neighborhoods with failing schools, such as Robinson, want to send our children out of the neighborhood to a school such as Byrnedale which is perceived to be a good school when in actuality both schools have been failing for five years.

The perception in the community is that Byrnedale and Bowsler are "good" schools. Even in your mind they are "good" schools who serve "guests" of the district, who are the same students whose parents pay you a good salary through the property taxes that they pay twice a year to the county. These taxes wind up in your pockets as wages, supplements, health care benefits and advantages for your children.

I am aware that Byrnedale and Bowsler both have a two-tiered system, where the students of the neighborhood are treated, taught and disciplined much differently than the "guests" of the principal, the out of district students. There is a solution to that

(Continued on Page 11)

## Keith Wilkowski Announces Economic Recovery Council

Sojourner's Truth Staff



Toledo mayoral candidate Keith Wilkowski announced last Friday that his number one priority, should he be elected mayor, will be the creation of jobs and, to assist him in formulating a plan to do so, he introduced his Economic Recovery Council comprised of community leaders in business, labor and economic development.

"We have an unprecedented opportunity with the federal stimulus package and the Barack Obama presidency," said Wilkowski who was one of the founders in 2007 of Toledoans for Obama.

"[To make sure] that Toledo has in place economic development policies that are business friendly requires a broad cross section of people.

I am looking for people to guide policies that I will advocate who are in the trenches."

Those on the Wilkowski Economic Recovery Council are:

- Bill Brennan, president of the Associated General Contractors of Northwest Ohio and former chairman of the board of the Regional Growth Partnership;
- Ken Dobson, director of

the Clean and Green Building Resource Laboratory at The University of Toledo and winner of the 2005 Richard Preston Award for his innovation in emerging applied tech-driven community economic development by the International Economic Development Council;

Mary Gregory, executive vice president of the Mechanical Contractors Association of Northwest Ohio, a trade association that serves as the voice of mechanical contractors in the area;

Mike Haupricht, business manager and executive secretary of the Northwestern Ohio Building and Construction Trades Council;

Olivia Holden, executive director of ASSETS Toledo, a non-profit organization serving small business owners with self-employment training and support;

Hernan Vasquez, president and CEO of Mandell-Vasquez, a commercial HVAC contractor, and a former trustee of UT;

Mary Jo Waldock, special assistant to UT President

(Continued on Page 11)

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# John Preston Retires After 40 Years with TPD

By Fletcher Word  
Sojourner's Truth Editor

When Lt. John Preston joined the Toledo Police Department in April 1968, in the midst of one of the most turbulent years in American history, his intent was clear. "I felt I could effect change more from the inside than from the outside," he recalls. "In those days, people were trying to change the force from the outside. It was a challenge."

That challenge was anything but simple.

When he started on the force there were probably less than 10 officers of color already in place, on a force that numbered, by his estimate, as many as 760 total police officers. He was not welcomed with open arms.

But the challenges facing him, and other African-Americans who came on board with him in 1968, were not only from within the force but also from within the African-American community.

"When I started, as an African-American trying to serve well on the force, most African-Americans thought of the police as the enemy," he says. "The African-American community expected a great deal more from us than from other officers."

The pressure was enough to move Preston to consider resigning even as his career was starting. What kept him going?

"God," he replies unhesitatingly. "He placed me there for a reason."

His faith is a recurring theme in a conversation with Preston who retired from the TPD last Friday, January 2, 2009 after 40 years, nine months and one day as a police officer – a lieutenant since 1990. He has been a member of Warren AME for years and notes with evident satisfaction that "everybody needs God and a spiritual life; Warren is my foundation."

He has reason to feel satisfied. He started life at 28 Brand Whitlock Homes and speaks of his "humble beginnings" to emphasize – as he tells young people when he addresses them – "it's not so important how you start, but how you finish."

A product of a single-parent home, raised in the inner city, Preston attended Rogers High School. Upon graduation, he got a job at LaSalle's Department Store in the housekeeping department – mopping floors, cleaning counters and toilets. He then moved to a position in a drugstore at the corner of Dorr and Detroit before joining the U.S. Postal Service where he was a letter carrier for three years.

At about that time, the NAACP was in the process of encouraging minorities to join the police force. The civil rights organization was conducting classes to teach candidates about police work and preparing them for the examination. That plan worked so



well that Preston was one of 10 police cadets in his 1968 class of 73. All of the 10 finished the class and acquitted themselves well over the years.

"One of the things you ask for as a minority is the opportunity," says Preston. "Then it's up to you to serve."

And serve he did. First, on a beat, on foot patrol and usually by himself. Back then, in the late 60's, there were busy business districts all over, he recalls. "Adams Street, Collingwood, Lagrange, Summit, Dorr and Main Street on the east side

were all busy," he says. "There were more people than even Chicago ever had – but in a smaller space."

With the exception of Dorr Street, officers on foot patrol walked their beats alone, with no radios on their person. Every hour, officers would use a corner call box to check in with their dispatchers. In between, police headquarters would have no idea as to whether their officer had encountered problems.

"Days, afternoons and nights," Preston remembers. "It taught self-reliance and I did plenty of praying."

But Preston also has

praise for the old way of walking a beat.

"You got to know people and they got to know you," he says. "It wasn't like policing strangers, especially if you were part of the community." During those years Preston lived in the community he policed. "You never really left the job and it gave you a little more pride. You wanted things to be right in your own community."

After foot patrol, Preston moved into a two-man squad car. In 1976 he made a decision to try to effect an even bigger change from within – much bigger than merely joining the force. Preston opted to take the sergeant's exam. He did not pass.

"No minorities were getting promoted," he says as he recalls the black policemen who had joined the force years before – in the 1940's and 1950's – who were never given the opportunity to advance ... officers such as Eddie Turner, Mel Young, Darnell Thomas, Eddie Shy, Irving and Marshall Swann.

When Preston was given his first sergeant's exam, many of the questions were not police-related. "Who won a football championship in 1952?" is a type of question they would ask," he says.

With the assistance of local attorney Michael Frank, Preston and two other officers, Larry Moreland and Nate Ford, brought suit to increase minority hiring and promo-

tion. They ultimately prevailed but promotion for the instigator – Preston – still was not within his immediate reach.

"I had to take the exam three more times before I was promoted," he says acknowledging that his outspoken stance created the very impediments he had anticipated.

Finally in 1984, he made sergeant. Six years later, he became a lieutenant and was assigned to field operations at Scott Park, where he remained until retirement.

All those years on the force have given Preston the opportunity to witness first hand the tremendous changes that have occurred on the neighborhood streets. They are not changes he has relished particularly as he discusses crime statistics and the alarming incidence of black-on-black crime.

The increase in drug and gang-related crime is of particular concern for Preston.

"More and more, it begins with education," says the retired police lieutenant. "If you don't get a grip with these kids with education, they have no hope. Then the gangs step in and say they will offer them the things they are missing in their lives."

Preston is especially bemused at the incidents that tend to spark violence ... the trivial incidents.

What is on Preston's plate  
*(Continued on Page 16)*

## NOBMA MLK Classic Features Classic Matchups

Special to the Truth

Detroit Pershing, the No. 1 team in Michigan and Akron Buchtel, one of the top Division II teams in Ohio, will be the opponents for Toledo's Scott and Libbey High Schools, in this year's Martin Luther King Jr. Classic, Jan. 19 at Owens Community College, sponsored by the Northwest Ohio Black Media Association.

The annual MLK Classic is the yearly scholarship fundraiser for NOBMA, the Toledo-based affiliate of the National Association of Black Journalists. Buchtel (4-0) as of Dec. 30, and long-time stalwarts of the Akron City Series, will play Scott at 1 p.m. Pershing (4-0), which reached the Michigan Class A finals last year, will play Libbey at 3 p.m. Pershing lost to nationally-ranked Saginaw High School, a 2008 MLK Classic participant, in the state finals last school year.

Pershing features one of the top big men in the country in 6-9 Derrick Nix, a Michigan State University recruit, and Juwan Howard Jr., the son of former University of Michigan Fab Five and NBA star Juwan Howard. Running the show for Pershing is highly recruited guard Keith Appling.

Butchel brings in one of the best forward-guard tandems in Northeast Ohio in 6-6 Tiondre Johnson and hot-shooting guard Steve Hargrove, who have led the Griffins to an undefeated season so far, including a victory over Akron St. Vincent-St. Mary. When they are not clicking look for senior Da'Jon Lewis inside and junior Daiman Lewis, to pick up the slack.

"The MLK Classic has been fortunate to continue to draw some of the top competition in the region and country," said Doug Allen, a vice

president with NOBMA and one of the Classic organizers. "Fans will see no better high school basketball in Northwest Ohio than what they will see in the Classic. Honoring Dr. King is always a special occasion and we hope people come out and enjoy the Classic."

During the Classic, the Northwest Ohio Black Media Association will be honoring John C. Jones, of the Greater Toledo Urban League, and Robin Wheatley, principal of Toledo Early College High School, for their work in the community.

For more information on the Classic, or if your group would like to help volunteer for Classic, call NOBMA president Clyde Hughes at (419) 215-1087. The final NOBMA planning meeting for the Classic will be held Saturday, Jan. 10, 11 a.m. at the Sojourner's Truth Office.



# The Sojourner's Truth Health

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## Healthy Eating Within a Grocery Budget

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

Many common resolutions at the beginning of the year include the topics of improving health, losing weight, quitting a bad habit, getting organized or getting out of debt. Is it possible to eat healthy and not overspend your grocery budget? Yes, you can afford a healthy diet. The following suggestions will focus on meals that you prepare at home to save money and eat nutritiously.

What needs to be done before you even leave for the grocery store? Planning meals and writing a shopping list is a smart way to save money. Start in the kitchen by making a collection of economical, nutritious recipes that your family likes. Use those recipes as the base for planning a weekly menu.

Also check what you already have on your shelves or in the freezer. What meals can you make from foods on hand? If you have an advertisement for your favorite store, look at that items on sale and plan your meals around those foods. If you clip coupons, make sure they are for items that your family will use. You will not save money buying things you don't need.

By planning your meals and shopping with a list, you will limit the amount of trips you need to make to the grocery store. Have you ever noticed that when you run in for just one thing you end up purchasing many additional items? That cost adds up. If you make fewer trips to the store and shop off of your grocery list, you will spend less money.

Before leaving for the grocery store, grab the shopping list and make sure you are not hungry. Eat a snack before shopping so you will not be tempted to buy low nutrient and high cost items that you might not normally purchase. If your freezer or pantry shelves have extra space and there is a special on items that your household uses, stock up. Do not buy more than you will use.

If you get to the store and see other food items on sale, be flexible with your meal plans. A great price on a food could be a great start

to an economical meal. Use your math to compare prices. Buy in bulk when it's cost effective. Often, larger items will be a better price per serving, but not always.

In addition to checking coupons to see if they are the best buy, consider store brands. Stores usually display national name brand foods at eye level on the grocery shelf. Use the nutrition label on the back of food packages to compare ingredients and nutritional information. Often a comparable item will cost less if it is a store brand.

For nutritional variety, choose foods from all five food groups. Replace high cost, unhealthy snack foods with healthy ones. That way, you are not paying more for healthier items; you are making a healthy substitution. Still, the belief that healthful foods are too expensive is a common one.

Know when your favorite fresh fruits and vegetables are in season to make the best purchases and then visit a farm market. Look at the produce that's on sale first, then decide what to purchase. At the grocery store, smaller apples or other fruits in three-pound bags are usually less expensive than the larger ones you bag yourself. Don't forget fruits

and vegetables in the canned and frozen food aisles. They can be convenient and inexpensive choices if you shop smart. Look for plain vegetables, without added sauce. Add your own seasoning at home for a less expensive option.

In order to "make half your grains whole," read the nutrition label for 'whole grain' ingredients as well as serving sizes. The advantage to whole grains is that they are high in fiber and a reasonable serving will fill you up. Some lower-cost whole grains include whole-grain bread or buns, brown rice, regular oatmeal, quick-cooking hot cereals and unsweetened cold cereals in bags or large boxes. Often, grocery stores as well as outlet or thrift bread stores offer "day old" bread at reduced prices.

Options for lower cost milk products include low fat or fat free milk in large containers, as long as you can use it before it expires. Add dry instant non-fat milk to recipes like meat loaf or cream soups. Cheese in blocks is usually less costly than cheese that is already sliced or shredded.

There are many options within the Meat and Bean group to meet a wide array of grocery budgets. Buy

nuts in bulk for a small snack, canned tuna or salmon or peanut butter. Dry beans are a really easy, healthy way to add low-cost protein to the diet. Often, the cost of whole

chickens or turkey or large roasts to use for several meals can be a good buy. Use recipes for less tender cuts like chuck or shoulder roasts and marinate your

own meat.

What steps can you take this year for a healthier diet within your grocery budget?

## The Lighthouse Road Time To Celebrate !

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



In the early years of her marriage my mother believed she was infertile because no children came. But once her first child, my sister Brenda, who is also a January baby, was born the flood gates opened. Our mother had a baby every year for the next three years.

My sisters and I are what we call 'stair steps' because we were all born one year apart. Four girls under one roof was 'more than a notion' as some folks would say. We fussed, fumed and fought, but we loved each other. We had fun playing dolls, board games, baseball, going swimming, acting in 'shadow shows,' and so much more.

Helping children learn was always a part of my mother's life. Her profession was education and she was a gifted science teacher.

In a way you could say we

were home-schooled (although we did attend public school). Our home reflected the work that our momma did as a teacher. Because of this, our childhood proved to be a most stimulating, enriching and rewarding experience.

Our family outings were more like expeditions and nature excursions. We studied clouds and trees, collected leaves, and captured critters like frogs and butterflies. These poor creatures often ended up pinned on specimen boards or pickled in glass jars of formaldehyde.

We kept aquariums. We studied algae, rocks, and fossils. We watched our mother, with the culinary skill of a master chef, culture microscopic organisms on petrie dishes. At night, we

(Continued on Page 7)



Rosemary, Carl's Wife



“ The cost of care from Hospice of Northwest Ohio was covered by Medicare. ”

“My husband, Carl, had multiple sclerosis and was cared for by Hospice of Northwest Ohio for a very long time.

“During that period, both Carl and I benefited from the whole range of services Hospice provides. Carl received lots of nursing care, different therapies, wound care, plus all the medicines and equipment he needed.

“I was thankful for Hospice's respite services – their staff would stay with Carl at our home so I could run errands or have time for myself. Then I fell and broke my shoulder. I couldn't take care of Carl, so he was transferred to the Hospice Center and continued to receive their full scope of services.

“The amazing thing was that all of Carl's care was covered by Medicare.\* That's just one more reason families shouldn't wait to contact Hospice of Northwest Ohio.”

To ask for our free DVD, "Hospice Answers," call 419-661-4001. Or for more information, visit [hospicenwo.org](http://hospicenwo.org).

\*Hospice care is covered by Medicare, Medicaid and most insurance. No one is turned away due to inability to pay.

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## Starting the New Year Right: Diet, Exercise, Rest and Control Stress

By Diane Parrish, RN  
Guest Column

Starting the New Year for most of us begins with an evaluation not only of how far we have come and how much we have been blessed but also what we are going to do to improve ourselves this year!

How am I going to improve? What am I going to do to improve or maintain my health? Three concerns of health care concerns are: heart disease, cancer and diabetes. These three diseases also contribute to high health care cost.

According to the CDC (Centers for Disease Control) new diagnoses of diabetes doubled in the last 10 years. These new cases mirror the increase in obesity rates, and obesity is a leading cause of the blood sugar disease, officials said. The risk factors for diabetes include obesity and inactivity.

The American Heart Association (AHA) states the number one killer of Americans is heart attack which averages about one million per year. The AHA also states that some life saving information is to lower cholesterol by eating a plant-based diet, low in fat and to focus on weight loss and exercise. Recovery from a heart attack and control of heart disease can be done with these same life-saving principles. The life-saving principles include diet, exercise, stress control, sleep and water which are essential for the control of heart disease and diabetes.

The American Cancer Society estimates one million

new cases of cancer annually. This includes all types of cancer. Again diet, exercise, rest, controlling stress are all essential in improving outcomes and management of cancers.

I'm sure by now you have come to the conclusion that good or improved health is your choice. What you eat, how you live, what you think and how you view and respect your body will determine your quality of health and longevity of your life.

No one wants to be a statistic but if you are already a statistic remember you are not alone and you don't have to remain where

you are. Set the goal to live longer and better by incorporating vital life saving changes or better, speak these promises for 2009:

I promise to have a complete physical exam annually.

I promise to control my stress level. (Do not dwell on negative thoughts).

I promise to select a sensible diet and not deter from it no matter how *great the temptation*.

I promise to drink adequate amounts of water daily.

I promise to decrease or eliminate my sugar intake.

I promise to exercise at

least 15 minutes per day.

I promise to sleep not less than six hours per night. (Preferably starting at 10 o'clock p.m.)

I promise to respect my body.

I promise to LAUGH, LAUGH, LAUGH.

Don't just speak these promises today - recite these promises every morning with breakfast or while getting dressed in the morning and I'll see you in 2010 feeling and looking better than you do today.

God bless you with a glorious New Year. Happy New Year!!!



## Celebrate

(Continued from Page 6)

watched the stars and studied planets and constellations. We took trips to the library, zoo and art museum. We were encouraged to read. Books were a big part of our lives.

*Little Women* was a book my mother enjoyed. She liked it because it was also about a mother and her four daughters. This fictional story chronicled the life of an early American family tackling the challenges and difficulties of the Civil War period and beyond.

*The Wonders of Life on Earth and Treat Shop* were among my first favorite books. They contrasted the miracles of our natural world with adventures to be found in the world of imagination and make-believe.

*It's a Wonderful Life* was always one of my favorite stories, even as a child. It is all about a man who wishes he had never been born when he runs into some troubles. In the end, he discovers how wonderful his life has really been after all and that is how I feel about my own life today.

I thank God for my parents. Because of them, I celebrate a life that has been filled with wonderful experiences. I celebrate the gift of a loving family and precious friends. Despite the ups and downs, I believe that there will be many more good days and years to come.

I feel especially blessed this year because I am alive to bear witness to a wonderful event - an event that most of my ancestors would have never conceived possible - the election of first African-American president of the United States of America.

I find it meaningful beyond measure that the inauguration of Barack Obama will take place the day after we celebrate the birthday of Rev. Martin Luther King, Jr. King was a great man who labored faithfully to make this world a more just and better place. His dream helped to make the dreams of so many other people come true.

On the Monday, January 19<sup>th</sup>, 2009, the King holiday, Lord willing, I will celebrate the freedom fighters that waged war against slavery, segregation, and discrimination in America. On this day, I will remember all those who persevered through hardships and sacrifices, from emancipation and beyond, and know that they did not suffer, struggle or die in vain.

Then, the very next day, our nation will celebrate the inauguration of Barack Obama as the 44<sup>th</sup> President of the United States.

What an incredible gift. What a remarkable blessing. What a wonderful moment in the history of our nation. It takes my breath away!

**A New Birth of Freedom** is the theme of the 56<sup>th</sup> Inauguration that will take place on Tuesday, January 20<sup>th</sup>, 2009, for President-elect Barack Obama. This theme is borrowed from the famous Gettysburg address given by President Abraham Lincoln in 1863 as a memorial to the countless soldiers who died during this Civil War battle.

**This is my birthday wish:** for all God-fearing people to pray without ceasing for the well-being of our nation, our world, and especially for the man destiny has appointed to serve as the 44<sup>th</sup> President of the United States - Barack Obama. God Bless.

## Buckeye CableSystem and The Truth **vip** of the month.



### 2008 VIP of the Year - Daisy Smith, RN

"I have never retired," says Daisy Smith. "I just don't get paid for what I do anymore." For the record, Smith, who became a registered nurse in 1963 when she graduated from the Medical College of Ohio with honors, retired from the Cordelia Martin Health Center in 2000.

These days, however, she maintains a busy schedule working on various community service organizations such as the Toledo Council of Black Nurses, completing her master's degree at UT, participating on the Commission on Minority Health, helping to plan events such as the Community Health, Wellness and Weight Loss Challenge Health Fair.

"Helping people... I like the hands-on nursing. I rarely had a chance to do that because people always put me in managerial positions."

She is also deeply rooted in the larger picture of working with organizations on health disparities that minorities face.

"We should continue with disease prevention and education, there always seems to be a need. And we need to continue to organize and encourage upward educational mobility.

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## Send God a Text - Your 2009 Resolutions!

By Diana Patton and Tonja Ward  
Guest Column

It's amazing how we just can't live without our cell phones and BlackBerrys these days. Cell phone usage in the US has increased from **34 million to 203 million** in the last 10 years. Over **75 billion text messages are sent every month** compared to just 18 billion in December 2006. We are infatuated with our phones. The cell phone companies know we love to stay in communication with our friends and family—to either talk or text.

We'll talk or text on our cell phone at customer check out counters, during church (... even during a prayer—we know who we are), while at dinner with someone else, and even while using the bathroom ... that's until we drop the cell phone in the toilet (the question is, do you stick your hand in and get it out after you used it?).

How many of you have left your phone at home and even turned your car around to get it? We know

some of you are shaking your head "yes" because we have done the exact same thing — **now that's devotion!**

And to be honest, that's not unusual! The cell phone companies know that we are relational beings. God designed us this way and that's why we based our entire company on the FIT concept! We believe we need each other to stay FIT — that's to *Feel Inspired Together*. FITitude Number 3 is "Birds of a Feather Must Flock Together" ... we just have to!

But, in order for our relationships to work toward the good, we need to take that same devotion, that same infatuation, and crazy commitment, "in love," sorta "desperation for communication" kinda feeling that we have toward our cell phones and each other and transfer that to God! What if we truly relied on God? We believe total wellness demands Absolute Trust in God — that's FITitude Number 1.

It's that time of year where we all seek a new way of liv-

ing, a new way of being — we all want to turn over a new leaf and that's why we establish New Years resolutions! But, deep down inside, we all know we need something to help carry us when we get weak. You know, when February 15 hits and we just don't feel like getting up at 5:30am to do 30 minutes on the treadmill *again*.

That's where the cell phone can help us connect with the one true constant motivator, advisor, and mentor and life-time wellness coach. "Huh — What?" you say.

Hey ... since we won't leave home without our cell phones, let's just put God in our cell phones so we can chat with Him at any moment.

We still want you to keep in touch with your friends. Some of us have friends that we call to help us get through situations — we have the encourager friend, the "what are you doing — are you crazy — you betta ..." kind of friend, the "everything is going to be okay, let's pray" kind of

friend. It's good to have what we call your "Fab 5" crew.

But God is "all of those and then some!"

His friendship comes with a few assurances — promises ... should we go as far as to say **GUARANTEES!** One that is appropriate for this New Year Resolution time of year is Proverbs 3:5-6:

"Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."

When we rely on our own patterns of thinking, our past failures - diets that failed us, people that failed us or situations we've been in before that just did not turn out right, we already "unconsciously" set ourselves up for failure. We can change that failure mentality by starting to chat with God everyday — *why not send him a text message!*. That's how you can begin to trust Him ... that's how we establish trust in any relationship.

Try this — it'll only take a

few seconds. Grab your cell phone and make a new address entry named "God" and insert your own person number as the entry.

Anytime you feel like you are slipping away from your commitment or the goals you set for yourself that day or for the year — **take a second and text God!** Perhaps you may wish to speak in the affirmative and claim your victory over whatever is ailing you. For example, you may say "Thank you Lord, for giving me the power to fight the desire to eat this second piece of cake that just seems to be calling my name. I know that with your strength, I can overcome any addiction or any immediate desire. You are an Awesome God and I thank you for helping me reach my goals." Hit send, and you'll get a message reminder from God — cool huh?

You don't have to have a need, just text God when you wanna chat! Tell him about your day - whatever it is he'll encourage you!

Go for it!

Just make sure you know your cell phone package rate — we'd hate for you to go over your text time. And hey, if that happens, just chat with God — no text required.

*Need some help living out your 2009 resolutions? Log onto our web site at [www.FITatudes.com](http://www.FITatudes.com) and take our quiz and you'll be registered to receive our free newsletter! You may also wish to learn more about our Jump Start Program! Send us an email TODAY at [info@fitatudes.com](mailto:info@fitatudes.com).*

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



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# The Doctor Is In ....

*Guest Column by Neighborhood Health Association*

Stroke is a leading cause of serious long-term adult disability. Approximately four million Americans are living with the effects of stroke. The length of time to recover from a stroke depends on its severity. Fifty to 70 percent of stroke survivors regain functional independence, but 15 to 30 percent are permanently disabled. Black Americans die from stroke four times more often than their white counterparts when during the ages of 35-54; three times as often between the ages of 55-64 and twice as often between the ages of 65-74. The National Stroke Association estimates the costs for treating stroke victims exceeds \$43 billion dollars each year. Strokes are treatable but, more importantly, you can reduce your risk of being a stroke victim.

***My dad just recently had a stroke, but I'm not exactly sure what that means. Why didn't we see it coming?***

A stroke occurs when the blood supply to part of the brain is suddenly interrupted or when a blood vessel in the brain bursts, spilling blood into the spaces surrounding brain cells. Brain cells die when they no longer receive

oxygen and nutrients from the blood or there is a sudden bleeding into or around the brain. Because a stroke injures the brain, one is not able to perceive one's own problems correctly. To a bystander, the stroke patient may seem unaware or confused. A stroke victim's best chance of recovery is if someone around them recognizes the symptoms and calls 911 immediately.

***I've had a splitting headache for weeks. Am I at risk of a stroke?***

Symptoms of a stroke typically include sudden numbness or weakness, especially on one side of the body; sudden confusion or trouble speaking or understanding speech; sudden trouble seeing out of one or both eyes; sudden trouble walking, dizziness or loss of balance or coordination, or sudden severe headache with no known cause. A headache lasting weeks may or may not be anything to worry about, but it certainly is a good reason to immediately consult your physician.

***I've heard that stroke victims have the best chance of survival if they get to the***

***treatment within three hours. Is this true?***

There are two kinds of strokes, Ischemic, where a blood clot blocks or plugs a blood vessel or artery in the brain, and Hemorrhagic, where a blood vessel in the brain breaks and bleeds into the brain. About 80 percent of all strokes are Ischemic. Ischemic strokes can be treated with a drug called t-PA which dissolves artery obstructing clots. The window of opportunity to use t-PA to treat stroke patients is three hours, but to be evaluated and receive treatment, patients need to get to the hospital within 60 minutes.

A study conducted by the National Institute of Neurological Disorders and Stroke found that selected stroke patients who received t-PA within three hours of the onset of stroke symptoms were at least 30 percent more likely than placebo patients to recover from their stroke with little or no disability after three months.

***There is a long history of stroke in my family. Am I at risk?***

While a family history of stroke plays a role in your risk, there are many risk fac-

tors you can control.

\* If you have high blood pressure, work with your doctor to get it under control. Many people do not realize they have high blood pressure, which usually produces no symptoms but is a major risk factor for heart disease and stroke. Managing your high blood pressure is the most important thing you can do to avoid stroke.

\*If you smoke, quit.

\*If you have diabetes, learn how to manage it. As with high blood pressure, diabetes usually causes no symptoms but it increases the chance of stroke.

\*If you are overweight, start maintaining a healthy diet and exercising regularly.

***Does anyone recover from a stroke?***


Yes, if quick action is taken. Don't wait until symptoms worsen. Remember that a stroke affects the entire body. A common disability that results from stroke is complete paralysis on one side of the body. Another common disability is one-sided weakness. Stroke may cause problems with thinking, awareness, attention, learning, judgment and memory. Stroke survivors



often have problems understanding or forming speech. Stroke patients may have difficulty controlling their emotions or may express inappropriate emotions. Many stroke patients experience depression. Stroke survivors may also have numbness or strange sensations. The pain is often worse in the hands and feet and is made worse by movement and temperature changes, especially cold temperatures. Recurrent

stroke is frequent, about 25 percent of people who recover from their first stroke will have another stroke within five years.

***Where Can You Learn More About Stroke?*** Talk to your doctor about your personal risk factors for having a stroke. You can also call the National Institute of Neurological Disorders and Stroke at 1-800-352-9424 or the **Neighborhood Health Association, 419-720-7883, ext. 216.**



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## Dear Ryan,



Well you know it's that time of year again and I want to get started on a program to get in shape for 2009. I want to be fine in 2009!!! I made an attempt last year and failed miserably. I think I actually put on more weight this year. I start and then I just fizzle out. I have a hard time with it all! My nutrition is bad. I can't seem to workout a lot and I'm so confused as to how much I should really be eating. I hear all kinds of different things about it all. It's gets confusing. I try this, I try that and I'm back to square one. Can you give any advice as to what I can do?

Monika

## Dear Monika,

The first thing I'm going to tell you is to follow the K.I.S.S. rule: Keep It Simple Stupid! Everyone wants to make getting in shape so hard when it's just as simple as cutting a few things out, going on walks with a friend or your pet and weight training three to four times a week.

You need to burn more calories than you consume. Let's start by taking your weight and adding a "0" to the end of it. Example: if you weigh 140 add a 0 to it you get 1400 calories per day which is an estimate of your RMR (resting metabolic rate).

This means your body burns this amount of calories just to exist and maintain its current size. Now be careful here, this number means if you were to just lay still in your bed all day your body would burn this many calories. So you need to consume more than this. Now add 1/4 of that number for your daily activities (assuming you're not real active) which will take you to about 1800 calories. The more physically demanding your job is the more calories you will add. No more than half.

If you start with this amount you should notice a decrease in body fat. I'm going to stress protein and healthy fats as a main source of your calories and complex carbs to follow. Eat a lot of veggies and lean meats having your carbs earlier in the day.

Also, keep a food log this way you can really see where you're going wrong if you are not dropping the fat like you think you should be. Also when you look at your log you will be able to be more conscious of what you eat and when you have to write it down you become more aware of what you consume

Exercise... just start with total body workouts three times per week. You should be able to finish a workout in a half hour or less so there's no need to make excuses with time restraints. Get in the gym put your headphones on and do your work. You are there to accomplish a task not socialize and mingle. If you want to do that, wait till after your workout not before or during.

You shouldn't fizzle out if you just take it easy and don't try to do too much too fast. Baby steps! Don't cut out all the foods you like right away and reward yourself on a certain day of each week with something that you really like.

If one day you screw up and have a bowl of ice cream before bed, get a grip, don't panic, all is not lost. You made a mistake get over it and get back on track. This is where a lot of people go wrong. They make a mistake and say "well, I screwed up what's the point of going on."

Please be stronger than that. That's like floating on a raft and it gets a hole in it. Now you have a decision to make: give up, sink and drown or swim to the shore and get another raft. I know what I'd do.

My point is don't give up because you had one set back or two or even three. Set backs happen but don't let it lead to failure. Be stronger than the set back and don't disappoint yourself by quitting. There is only now to make changes - you are not guaranteed tomorrow.

Good luck. And I hope you all will be FINE IN 2009!

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## Dear Student:

You and your parents are cordially invited to attend the **25th Annual Conference for Aspiring Minority Youth, Saturday, January 31, 2009, from 8:30 a.m. (sharp) to 1:00 p.m., in The University of Toledo Student Union Auditorium.** More than 1,000 students, parents, educators and community leaders are expected to come to hear this year's keynote speaker, scholar, author, activist, and actor Hill Harper. Aside from his acting role on the television drama *CSI-New York*, Mr. Harper graduated magna cum laude from Brown University with a Bachelor of Arts degree; cum laude with a JD from Harvard Law School; and with a masters degree in Public Administration from the Kennedy School of Government. He is also the author of two highly successful motivational books that offer encouragement on a wide array of topics geared toward young African-American and Hispanic men and women: *Letters to a Young Brother: MANifest Your Destiny*, and *Letters to a Young Sister: DeFINE your Destiny*. When not busy with his acting and literary pursuits, Mr. Hill volunteers with Big Brothers Big Sisters and often speaks to youth about the measure of success, how to learn from mistakes and the value of education.

Mr. Hill's speech will motivate and encourage students, parents and educators on the importance of education in achieving future success, a subject he knows well. The theme of the conference is "**Twenty Five Years Later: Rekindling the Commitment to Education**," in celebration of the 25 year history of our annual conference. The primary goal of this year's historical conference is helping us chart a new course for continuing our work for and with underrepresented students and their families.

In Mr. Hill's own words, "My family taught me that doing my best, educating myself, and being in service to others were not optional and that having values and being truthful were not negotiable"—a message worthy of your attention. **Because space is limited, advanced reservations are encouraged; you can make them by calling 419-530-3820, -3823, or -3830, beginning Friday, January 16, until Thursday, January 29, 2009, from 10:00 a.m. to 5:30 p.m.** On-site registration begins at 7:30 a.m. on the conference day. There will be separate breakout sessions for students, parents and educators after Mr. Hill's keynote address, followed by a book signing (books will be available for purchase on site). *Free lunch will be served immediately after the program.* I look forward to seeing you there.

Sincerely,

David Young  
Interim Director, TOLEDO EXCEL  
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**Walker**  
Wardell "Bigman"



Wardell "Bigman" Walker, 61, passed away at his home on Sunday, December 28, 2008. He was a former employee of Interlake Iron, and later worked - doing what he loved - as a cook in several local soul food restaurants. He operated his own mobile bar-b-que unit for many years. Wardell was born in Coffeetown, Mississippi and raised in Memphis, Tennessee. He moved to Toledo in 1969.

Wardell was preceded in death by his parents R.W. Walker and Mable (Armstrong) Lee; 3 brothers, J.W. Walker, Willie Walker, and Charles Lee. He is survived by three siblings: Bertha White, Bettie (Theo) Johnson, both of Memphis, and Paul (Susan) Lee Sr. of Toledo. He will be greatly missed by special friend Angel Griffin and a host of nieces, nephews, cousins, and friends.

Services were held at 2 p.m. on Saturday January 3rd at Indiana Avenue Baptist Church, in Toledo.

**Che' Walters Joins Fifth Third Bank**

Che' Walters has joined Fifth Third Bank as a mortgage loan originator, according to Robert W. LaClair, president and chief executive officer, Fifth Third Bank (Northwestern Ohio).

Walters specializes in residential mortgage origination and will assist clients in Bowling Green and surrounding area in home purchasing, refinancing and new construction. He is located at the Fifth Third Banking Center at 1232 N. Main Street, Bowling Green. Walters has three years of mortgage lending experience and prior to joining Fifth Third, he was employed in Findlay at American Loan Mortgage. He is a native of Fostoria, Ohio and currently resides in Bowling Green. He is a member of Turning Point Methodist Church.



**Wilkowski**

(Continued from Page 4)



Hernan Vasquez, Ken Dobson, Mike Haupricht

Dr. Lloyd Jacobs for economic development;

David Wallace, past president of Benchmark Engineering and a former City of Toledo assistant chief operating officer.

Wilkowski, a lawyer and former Lucas County Commissioner, announced his candidacy on December 18, the first major candidate to do so.

"We need to be aggressive," he said of the city's efforts to be included in the upcoming federal stimulus package that is expected to

be part of President Barack Obama's first 100 days in office agenda. "There are 25 cities designated as 'Solar America Cities' by the [U.S.] Department of Energy and Toledo is not one of them. We have not been aggressive in promoting ourselves."

Wilkowski cited two examples of how Toledo has failed to establish a "business-friendly" environment: "the cumbersome process" for those wishing to relocate or start businesses here and the lack of incentives provided for solar-based indus-

tries.

"We are not business friendly in a 21<sup>st</sup> Century economy," he said.

Wilkowski ran for mayor in 2005 finishing third behind then-Mayor Jack Ford and Mayor Carty Finkbeiner. Although he is the first major candidate to throw his hat into the ring, others said to be considering a run are Democrats Lucas County Commissioner Ben Konop, Toledo City Council President Mark Sobczak and former Toledo Fire Chief Mike Bell and Republican City Councilman George Sarantou.

**Open Letter**

(Continued from Page 4)

problem. Put your energy into finding solutions to what began as a trickle of students leaving Toledo Public to what now has become a deluge of students leaving the district. In that quest for solutions you will find that parents are your first line of defense but your continued arrogant behavior towards those parents will just continue the blood-letting.

I had heard a couple of years ago that you Young Heads (Gault, Durant, Bronaugh, Rivera, Ramirez, Murphy, Riddle, etc.) wanted to take over the system from the Old Heads, the John Foleys, the Adam's sisters, the Crystal Ellis's, the Richard Jacksons and the Jan Kilbrides... that you wanted to change the system.

But when you have been around arrogance, malfeasance and ineptitude for so long it is hard to change. Your arrogant, noxious attitude and the same for the other "Young Bloods" will not serve you well in a system where students are leaving their neighborhood schools either to become "guests" of the principal of their out of district school choice or

where they opt out of Toledo Public period and either go charter, voucher (ed choice), private, parochial, online or home school.

Some parents have left the city rather than deal with Toledo Public. Parents have too many options to tolerate the behavior exhibited by you and Mr. Rivera in the meeting at Byrnedale. Your job is based on how many students show up to fill a seat not where they go to school in the district. It should be apparent by now that in order for a school to run, there must be students in the school. In order to have a party you must have guests.

We, (the parent, student and advocate) came to you in the form of a meeting, November 21, 2008 to return the student to Byrnedale as expeditiously and humanely as possible as the student is a student with a disability, a disability that is cognitive in nature. Since the principal so "graciously" had already "expressed a desire to allow the student to attend Byrnedale" on an out of district, it would seem that the meeting would be a formality that would provide a smooth transition for the student and his teachers. Instead we were met with inexcusable aggression, threats and hostility culminating in a shouting match between all involved.

You need to realize that the African American Parents' Association will continue to advocate for parents in the best interest of their students, will continue to give parents the tools that we feel are necessary for their

student to become successful and continue to hold you accountable to special education students as well as regular education students, your stakeholders.

Again, while we have reached out our hand to you to help work out these issues with you, you continue to treat AAPA and the parents we represent as uninvited guests to your table of education. Your chances to turn this district around are running out as the "fierce urgency of now" is upon us. Toledo Public cannot exist as a district with just the "good schools" and the "good parents." It can only exist in this economy and changing world with the "bad schools", with the "bad students" and the "bad parents" being given equal opportunities to succeed and brighten the future of Toledo.

Your perception of who the good students and the bad students are is going to have to change. Or the failure will fall on all of us.

I began this e-mail with a personal story to connect it to an analogy of haughtiness of two teenagers in the 60's and haughtiness by you and the new TPS dynasty:

Proverbs 16:18, 19 - "Pride goes before destruction and a haughty spirit before a fall. It is better to be of a humble spirit with the lowly."

My personal story of haughtiness resulted in an empty party room and as a result of your haughtiness you will have empty school buildings.

Twila Page

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## Stand! Jesse Lowe II

By Vickie Shurelds  
Sojourner's Truth Reporter

*"For the things you know are right, it's the truth and the truth makes them so up-tight"*

- Sly & the Family Stone

"I sometimes believe some of the people in Lima move through life like race horses. They have blinders on that keep their eyes, energy and focus on their end goal, but cannot see those on their right or left side that might be able to help, lend a hand, or add something to the value of the goal, so they may win – but look at all they've lost in the process." – Jesse Lowe II.

Jesse Lowe II has had a life-changing 2008. Moved by a powerful sense of action motivated by his strong spiritual belief, he followed the path to which he was led and stood alone.

He stood on a corner where he had witnessed the sale of drugs day in and day out, and he just couldn't take it anymore. So he stood there.

He thought maybe one of the ministers who drove by and honked would join him. He thought maybe a family member might offer support, but for hours he stood holding a sign that spoke words that were pounding in his own head: "Drugs Bring Death."

As he stood with the sign, some honked their horns, some screamed obscenities at him, but he continued to stand. "Drugs Bring Death. Emotionally, spiritually, physically, Drugs Bring Death." A simple statement of truth and conviction.

"I had had enough. I just couldn't take it anymore. I had family that used drugs, family that sold drugs; I had experienced what drugs can do," said Lowe. "Sure you can die from using drugs, or being involved with drugs, but what is really damaging is the emotional death. The spiritual death; those are the experiences that rob you before the physical death even takes place. So I stood out there that day in March of 2008.

"When Tarika Wilson was killed and her baby shot in January, it was too much to handle anymore. So I stood out there not because I needed the attention, not because it was a way of getting anyone to notice me, I stood there because this is what God wanted me to do. When people began standing with me, when sectors of the community decided they



wanted to help, I was glad; it's given me the chance to meet and talk to people I never would have otherwise, but if they hadn't come I would still be there alone."

After a few weeks of standing up for his belief, a local print shop made signs similar to Lowe's original one handing them out free to customers or anyone who walked in. Then the local newspaper placed the sign in an issue and "Drugs Bring Death" could soon be seen in neighborhood windows, cars, and business windows.

Still Lowe stood and then others stood with him holding their signs and beckoning their neighbors to join them.

"We do more than just stand there. You can't stand next to a person for two hours and not begin to talk to them, get to know them. Friendships, relationships are developing through the rallies. People are getting to know one another and that's how you build trust again. Person by person, neighbor by neighbor," said Lowe of his life-changing experience.

"There's a picture on our website that when I look at it, I get goose bumps and tears in my eyes, because it says what I feel inside. I'm standing with people from almost every ethnic group, economic situation, physical challenge, and stage of life all together because we believe that Drugs Bring Death and that together, all of us together, can change that.

"I'm not the first person that wanted to stand against drugs! I don't pretend to be the only person that has tried to get the community to pull together against drugs.

There were many, many people that came before this idea, and hopefully there are many with other ideas that will come behind. But, for some people Drugs Bring Death is an idea they can get behind and talking to one another has started making changes on a personal level for many individuals.

"We have been able to start a program at Unity Elementary School which is located in what the police department has identified as a 'high incident area for drug trafficking'. We have become involved in a mentorship program there that encourages family ties. We have meetings with families to do serious things, then once a month we have a fun night. But the students there are spending time with their families, and that's always a good thing."

"I work out at JDC (Juvenile Detention Center) we have some kids out there that have nowhere to go. Lima has got to wake up to this fact: we have homeless kids out here. They stay with friends or relatives, sometimes a different one every night; then their teachers complain they don't do their homework, or aren't focused in class – these kids are dealing with a lot more than some of us adults could handle."

"We've been able to place some people in jobs, or get them into school. We were working with a guy who had made some bad choices early in his life, but now he's ready to get his life together. He wanted to go to school, but we were having trouble finding funds for him. A local business owner called me up and asked what he could do

to help. A few days later, the guy called me up crying because his full tuition had been paid by this business man.

"We've got some really good people in Lima. There's a long, long way to go; but we're heading in the right direction. I get mad sometimes because some of the people I thought would support what we're doing, are trying to tear it down; but it's OK, because as sure as I know Drugs Bring Death, I know Jesus Is Life, and that's what carries me through." [www.drugsbringdeath.us](http://www.drugsbringdeath.us)



Vickie Shurelds

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# The Future of Music: It's Brighter Than You Think

By Michael Hayes  
Minister of Culture



Dude, it's '09. We're damn near 10 years into this new millennium.

No flying cars. No jetpacks. And none of that other mess half of y'all thought we'd have by now. Instead, we've got a recession, widespread economic woes and international strife. Wonder how different things would've been had we let Gore or Kerry lead us into the 2000's. But as New World Order conspiracies come to life and a revolutionary change in American history takes place with Barack Obama's election... one of the most telling signs of the future foretold coming true is the music we listen to.

The more the sounds of various genres have blended together, the more dynamic our choices.

But...the increased downloading and burning have hurt record sales and the more urban music still relies on catchy singles that sound the same in order to try and keep a fickle rap

fan base still tuned in.

Conversing with an artist about the music game recently, she and I both agreed that a few years ago around the time "White Tee" came out... many urban music fans got so sick of rap that we just boycotted that ish.

Like I always say, if you sometimes feel like you're hearing the same 20 songs on the radio all day every day... you are right!

It's a wicked concoction where the lowest common denominator wins out.

If the fans, the record companies and the rappers are all gravitating towards music where

ice jewels, club life and fashion are the only subjects being mentioned... then the radios more or less are just following suit.

For most of this millennium, everyone has been afraid to take a chance when it comes to urban music.

When Lil Jon was hot, everyone wanted that sound.

When talking about \$300 Bapes hoodies, custom forces and donks were hot, everyone talked about that.

The A&R's in New York, most of them just follow whatever trend is hot.

If you've grown sick of the current climate in rap, there's a lot of blame to go around.

However, in R&B the last few years have seen rampant changes in the way R&B music sounds and what exactly an R&B artist is.

Neo-soul... does it exist or not?

Pop has found that its non urban singers are adopting a more urban stance this millennium (Britney, Gwen Stefani, Nelly Furtado etc.) and some of hip-hop/R&B's most loved talents have melded their styles with pop music this millennium (look at Musiq Soulchild, Mary J. Blige and T.I.).

The genres have blended so much that joints like Jordyn Sparks & Chris Brown's "No Air" fits on any radio station and with any listener.

I think the blandness over the last few years has started to finally give way to more adventurous sounds. Love it or hate it, but people are trying new stuff. You might call it a gimmick but hey... at least it's something new.

The use of AUTO-TUNE. Melodyne/Auto Tune or what non-producers call the T-Pain vocal thingy.

Okay... so my record label has a compilation coming out

called The Last Royalty.

When you beat Kanye doing an entire album singing through Auto Tune and other artists like Diddy planning to do the same... when you see Lil Wayne increasing his already legendary status by adopting his own melodic tone to this popular studio plug in... it's somewhat experimental. Yeah, it's becoming a gimmick.

But look at what music in 2008/2009 has meant... more dynamic sounds than ever and now everyone sings and it sounds robotic and futuristic.

It's yet another trend that will burn out and leave us all disgusted when the tipping point comes and it's been done to death, but it originated through the art of experimentation.

Before it will become something old it started as something new.

THE RETURN TO ARTISTRY

Lil Wayne earned his place in history not only for scanning a million plus first week, but also because he brought the art of emceeing back to rap/hip-hop music through his lyrics. "A Milli" made it popular to spit witty lyrics... punchlines... metaphors.

Those are the traits that all old head hip-hop fans have been dying to see reborn.

And for those of us who grew up on Jay Z and Biggie... we saw first hand when it all died down and the true lyricism got lost. This millennium has been "Pop Lock And Drop It" followed by "Party Like A Rockstar" followed by "Bust It Baby" and that's a gift and a curse. Yeah, you shut the club down with any of those joints but it's not the same.

Jay Z and Busta could shut the club down too but also give you some memorable rhymes.

"A Milli" inspired the mic controller in all of us and brought a focus back to the art of putting thought into your rhymes and leaving listeners hanging on every word.

That's what keeps hip-hop interesting... actually hearing music/rhymes that are interesting. And yeah, I don't care what anyone says but that damn Danity Kane album: *Welcome To The Dollhouse*, is amazing in just about every way.

The harmonies and vocal production on display on that album is a work of art in and of itself. Nas, Common and Beyonce all dropping conceptual albums... in the age of the ring tone single that's an amazing feat.

Jasmine Sullivan, John Legend, Gnarlz Barkley, Lupe Fiasco... trust me, y'all, the age of the artist is returning.

THE RETURN OF QUALITY

Okay... Beyonce's *I Am ...*

*Sasha Fierce*.

When you buy an album (especially a damn double album)... what you are really saying is that you trust that this artist is giving you something that you value.

You would trade this money in your pocket for the chance to hear someone express a part of herself because in some parts she is expressing things you can relate to.

To have an entire album that is full of outstanding production, outstanding lyrics, outstanding vocals, outstanding concepts... that is quality!

Beyonce has done exactly what I was speaking of earlier by combining every conceivable genre and area of music into a tightly woven project that spans territory a multitude of listeners would find compelling.

For example, "That's Why You're Beautiful" (produced by Andrew Hey) is a song that pushes the expectations of Beyonce's core fans but it's such a wonderful piece of music that it's undeniable.

Even "Diva" (produced by Bangladesh - who also produced A Milli) is so club/bass heavy that it's guaranteed to please as well. This album leaves no stone unturned.

Even me... I hate that Beyonce-fever everyone seems to always have.

But a friend of mine has been playing it so often that I have come to love it as well.

Joints like "Halo" and "Smash Into You" are just amazing songs that when pieced together make one high quality album. *I Am ... Sasha Fierce* is an album well worth the money. The lyrics are touching, the music is amazing and the vocals are legendary.

I mean that: legendary.

Now, Beyonce is Beyonce but other artists are aiming to offer quality projects so they can stay competitive.

The trend so far has been to just do enough to get by but I'm imagining that soon enough, more and more artists will aim for quality. And that will separate the people doing this who really aren't in it for the right reasons for those of us who are.

I tell all of my artists how important it is to give a true piece of who they are in every piece of music... because people are getting tired of the bull.

WHATS OLD IS NEW AGAIN

Afrika Bambaataa's "Planet Rock" was a groundbreaking record when I was like... two years old.

But it still beats hard and the force behind that record is alive in projects like Common's *Universal Mind Control* and the lead single of the same name.

A concept album with Pharrell in the driver's seat, this

album is futuristic at a time when listeners are prepared for it. His last experimental with far out sounds was on *Electric Circus* and although I was digging it, many fans/critics were not.

But now after two amazingly successful and artistically brilliant albums with Kanyezy, the boy Common is pushing 40 but now finally ready to push listeners to new places.

"Inhale" and "Make My Day" (featuring Cee Lo) are perfect highway joints and they are proof that hip-hop as you have known it is all changing.

Even look at the fashion everybody rocks.

We'll be back to big gold ropes and high top fades in no time.

It's all one big cipher... one big revolution.

The future of music is brighter than you think and it contains much of urban music's glorious past as it looks ahead.

Look for more breakout material like that John Legend/Andre 3000 joint.

Look for more conceptual acts like The Thundercats or Jonelle Monae.

Look for producers like Polow Da Don, The Runners, Stargate and Pharrell to continue advancing the art by leading our sound into the next phase of this millennium.

Man, even when I listen to the stuff we do... it has a far out quality to it.

Almost as if making music the same old way just became boring and we starting making tracks that sound further and further from Planet Earth as a way of us escaping.

So even me and my crew are part of this new direction... this bright future of music.

NOW THE FUTURE OF THE MUSIC BUSINESS... that's another thing.

And possibly another article for another week.

Until then... go and pick up that Beyonce, that Common, that John Legend, that Kanye, that Q Tip, and if you want to help me review any album... hit me up.

This article is mine but I appreciate y'all for rocking with me so I'm willing to share.

P e a c e : glasscitytruth@yahoo.com

Send me a polite email and we can talk biz... anything on some b.s. won't be replied to.

Also... artists, you always have a stage to perfect your skills on.

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 The cost of this event is \$120.00 per person which is non-refundable. To reserve your seat for this historic event, please contact Dr. Carmel Smith @ 419-917-3547. Seating is limited. Call now to reserve your seat.

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**2409 Lawton - \$30,000**  
 Great for a 1st time home buyer or investor.  
 Large LR/DR with 3 bdrms. Add your  
 cosmetic repairs to bring out the natural  
 character of this home.  
 Call Alma Dortch-Gilbert 419.297.2301 for appointment  
 adortchgilbert@sbcglobal.net

**1319 Palmwood - \$27,627**  
 Two story 3 bd home, newer furn, some  
 updated windows, stove, refrigerator, dishwasher stays  
 plus an extra lot.  
**Call Donnette Tiggs, Welles, Owen, Realtors**  
**419.290.4567 or 419.891.0888**

**835 Yondota - \$50,000**  
 Looking for a new church HOME! This East Toledo  
 vinyl sided church w/seating capacity of 200; baptis-  
 tismal pool; newer furnace w/ac; basement with nice  
 kitchen is waiting for New Members!  
 Call Alma Dortch-Gilbert 419.297.2301 for showing  
 adortchgilbert@sbcglobal.net

**Powell's Barber & Beauty Supplies**  
 901 Nebraska, Tol, OH 43607  
**Complete Line of Barber & Beauty Supplies**  
 Phone: 419.243.7731 - Fax: 419.242.6390  
 Mon: 10 - 6 & Tues: Sat. 8 - 5  
**Calvin Powell**

**1543 South Avenue - \$74,900**  
 Well maintained newly remod-  
 eled with updates, good, 1 1/2 baths.  
 Basement & 2 car garage.  
**Call - John F. Kevern 419.261.1233**

**909 Blum \$7,000**  
**LOT READY FOR BUILDING**  
 Please call Bessie 419.260.0215 or  
 Kim 419.810.7097

**LARRY E. HAMME, Ph.D.**  
 Clinical Psychologist  
 Individual, Family, Marital, Group Therapy  
 Psychological Testing, Training  
 4125 Monroe Toledo, Ohio 43606 Phone: 419.472.7330 Fax: 419.472.8675

**Hicks Day Care**  
**Where Kids Come First!**  
 George Hicks  
 Administrator  
 2469 Maplewood Ave, Toledo, OH 43620  
 Cell: 419.870.2335, Phone: 419.243.9175  
 Fax: 419.243.9174  
 E-mail: ghick3@msn.com \* hicksdaycare.com

# CLASSIFIEDS

January 07, 2009

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## TEACHERS

We are looking for experienced **Teachers** who have high standards and believe that the care they provide is invaluable. The ideal candidates will have demonstrated the ability to establish effective relationships with parents and children. As a company, we recognize our greatest strength is in the quality and talent of the professionals in our organization.

You will plan and implement activities to promote the social, physical, and intellectual growth of children. You will be responsible for the care, hygiene, learning, and developmental activities, specialized programs, and sanctioned discipline of the children. You will maintain classroom records, cleanliness, and orderliness.

### Requirements for this position include:

- Excellent verbal and written communication skills
- Excellent organizational skills
- Ability to provide a positive, nurturing environment for children
- Clean driving record and ability to drive Center vehicles
- Ability to be flexible in assignment and work hours
- Ability to provide superior customer service

### Additional Requirements

- High school diploma
- State education requirements for a teacher preferred
- 1+ year of experience working with assigned age group desired.
- 2+ years of early childhood education experience desired.
- CPR and First Aid Certification or willingness to obtain.

Mail resumes to:  
P. O. Box 5308  
Toledo, Ohio 43611

## The University of Toledo

Job 994780 & 994781 – University Computing Administrator:

The University of Toledo seeks two University Computing Administrators to provide university-wide info technology support, planning, and designing of desktops; and is also responsible for providing info tech support for faculty, staff, research computing and students.

Required qualification include: a Bachelor's degree in Computer Technology or related field. The qualified candidate must have a min 7 years job related experience to include: min 6 years providing desktop support in Microsoft and Apple hardware and software environments; min 5 years working with wireless networks; min 6 years of Microsoft Windows 2000, XP and Vista; min 3 years working with Active Directory; min 3 years with remote systems management tools; min 5 years building and deploying images using tools such as Ghost or SMS; min 5 years with Apple OSX operating systems and mastery of these operating systems; min 6 years NT 4 Server, Windows 2000 Server, and Windows 2003 Server; min 6 years with database setup and administration using SQL Server, OLAP Server and Oracle; min 6 years with multiple Unix based Operating Systems such as FreeBSD, OpenBSD, Linux, etc.; min 6 years working with various industry standard software packages; min 2 years providing supervision to student employees.

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](mailto:recruit@utoledo.edu), which is preferred. Use only one method of application. **Resumes must be received by Friday, January 16, 2009.**

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

## INTERESTED BIDDERS:

### TOLEDO PUBLIC SCHOOLS – ARLINGTON, RAYMER, REYNOLDS AND SPRING ELEMENTARY SCHOOLS AND GROVE PATTERSON ACADEMY– FURNISHINGS AND EQUIPMENT PACKAGE

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until **1:00 p.m. on January 21, 2009**, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the Furnishings and Equipment of Arlington Elementary, Raymer Elementary, Reynolds Elementary, Spring Elementary and Grove Patterson Academy, as more fully described in the drawings and specifications for the project prepared by The Collaborative Inc., Munger Munger & Associates Architects Inc. and Duket Porter Associates and will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan rooms in Columbus, Builders Exchange in Toledo, University of Toledo – Capacity Building, E.O.P.A. – Hamilton Building, Northwest Ohio Hispanic Chamber of Commerce, and The Plan Room in Ann Arbor, Construction Association of Michigan, Toledo Regional Chamber of Commerce and Ohio Construction News.

Bidders may obtain copies of the documents starting **January 7<sup>th</sup>, 2009 which can be purchased from Becker Impressions, 4646 Angola Rd, Toledo, Ohio 43615 Phone: 419-385-5303. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A PREBID CONFERENCE is scheduled for **January 12<sup>th</sup>, 2009 at 1:00 p.m.** at Toledo Public Schools' Board Room, 420 E. Manhattan Blvd., Toledo, Ohio 43608

If you have any questions or a need for additional information, please direct all questions in writing to [LeShay.Hadley@lgb-llc.com](mailto:LeShay.Hadley@lgb-llc.com), by phone at (419) 776-5600, or (fax) (877) 281-0784.

Bid Item #1: Arlington Elementary School FF&E	\$232,348.00
Bid Item #2: Arlington Elementary Office FF&E	\$90,357.00
Bid Item #3: Grove Patterson Academy School FF&E	\$323,384.00
Bid Item #4: Grove Patterson Academy Office FF&E	\$125,760.00
Bid Item #5: Raymer Elementary School School FF&E	\$307,155.35
Bid Item #6: Raymer Elementary School Office FF&E	\$128,000.00
Bid Item #7: Reynolds Elementary School School FF&E	\$333,015.17
Bid Item #8: Reynolds Elementary School Office FF&E	\$135,000.00
Bid Item #9: Spring Elementary School School FF&E	\$255,814.82
Bid Item #10: Spring Elementary School Office FF&E	\$103,000.00
Total Estimate:	\$2,033,834.34

## INTERESTED BIDDERS:

### TOLEDO PUBLIC SCHOOLS – OLD BOWSER HIGH SCHOOL, BIRMINGHAM ELEMENTARY, OLD ELMHURST ELEMENTARY, RIVERSIDE ELEMENTARY, AND WALBRIDGE ELEMENTARY SCHOOLS DEMOLITION

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until **1:00 p.m. on January 21<sup>st</sup>, 2009**, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the demolition of Birmingham, Old Elmhurst, Riverside, and Walbridge Elementary Schools and Old Bowsher High School, as more fully described in the drawings and specifications for the project prepared by The Collaborative Inc, Munger Munger and Associates Architects Inc, and MacPherson Architects and will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan rooms in Columbus, Builders Exchange in Toledo, University of Toledo – Capacity Building, E.O.P.A. – Hamilton Building, Northwest Ohio Hispanic Chamber of Commerce, and The Plan Room in Ann Arbor, Construction Association of Michigan, Toledo Regional Chamber of Commerce and Ohio Construction News.

Bidders may obtain copies of the documents starting **January 7<sup>th</sup>, 2009 which can be purchased from Toledo Blue Print, 6964 Mc Nerney Rd., Northwood, Ohio 43619, phone: (419) 661-9841. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A PREBID CONFERENCE is scheduled for **January 12<sup>th</sup>, 2009 at 2:00 p.m.** at Toledo Public Schools' Board Room, 420 E. Manhattan Blvd., Toledo, Ohio 43608. A walk-thru schedule will be provided at the pre-bid meeting.

If you have any questions or a need for additional information, please direct all questions in writing to [jessica.dandino@lgb-llc.com](mailto:jessica.dandino@lgb-llc.com), by phone at (419) 776-5600, or (fax) (877) 281-0784.

Bid Item No. 1 Old Bowsher High School Demolition:	\$ 797,643.00
Bid Item No. 2 Birmingham Elementary School Demolition:	\$ 216,540.00
Bid Item No. 3 Old Elmhurst Elementary School Demolition	\$ 171,325.00
Bid Item No. 4 Riverside Elementary School Demolition	\$ 348,911.00
Bid Item No. 5 Walbridge Elementary School Demolitions	\$ 255,427.00

**Total \$1,789,846.00**

## Giving You the EDGE to Grow Your Contracting Business

### Contractors – Come and Learn About EDGE

Monday, January 12  
5-7 p.m.  
The University of Toledo  
Scott Park Campus Auditorium

#### Reception to follow

The EDGE is program is designed by the state of Ohio to facilitate access to state government contracts and business services for socially and economically disadvantaged business enterprises.

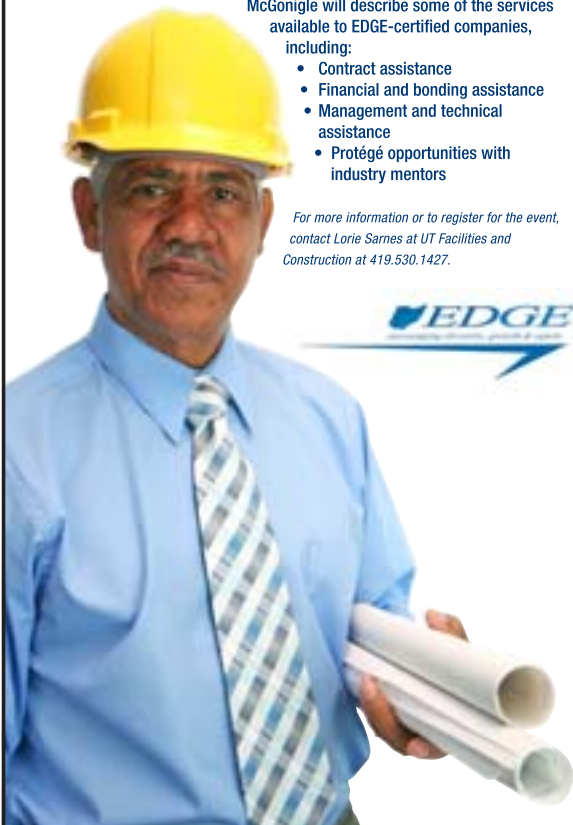
The University of Toledo is eager to work with EDGE-certified businesses and is committed to helping minority businesses access EDGE services and compete for business at the University.

As part of this commitment, UT is hosting the event, which features Todd McGonigle, EEO Program Manager for the state of Ohio's EDGE program, will talk about how to become EDGE-certified and how EDGE-certified companies can pursue work with the University.

McGonigle will describe some of the services available to EDGE-certified companies, including:

- Contract assistance
- Financial and bonding assistance
- Management and technical assistance
- Protégé opportunities with industry mentors

For more information or to register for the event, contact Lorie Sarnes at UT Facilities and Construction at 419.530.1427.



## Inauguration Celebration – January 20, 2009

Aretha Franklin is scheduled to sing, Elizabeth Alexander will recite a poem, Pastor Rick Warren will pray, and Yo-Yo Ma will play the cello.

Six locations of the Toledo-Lucas County Public Library invite the community to view the historical inauguration on Tuesday, January 20, 2009 of President-Elect Barack Obama, as he becomes the 44th President of the United States of America, and Vice President-Elect Joseph Biden becomes Vice President.

Each Library location is scheduled to air the Inaugural coverage at various times. Please see start times below. The Oath of Office Swearing-in ceremony is scheduled to begin at noon.

Light refreshments will be served at each Library location. Celebrate this historic event with your neighbors, children, friends and family in a welcoming Library location, where knowledge is fostered!

Participating locations:

- Main Library, 325 Michigan St. (Huntington Meeting Room) – 10 a.m.
- Kent Branch Library, 3101 Collingwood Blvd. – 10 a.m.
- Lagrange Branch Library, 3422 Lagrange St. – 11:30 a.m.
- Mott Branch Library, 1085 Dorr St. – 10 a.m.
- South Branch Library, 1736 Broadway - noon
- West Toledo Branch Library, 1320 Sylvania Ave. - noon

This public viewing of the Inauguration is free and open to the public. For more details, please call 419.259.5207.

## Preston

(Continued from Page 5)

now that he will not be going into the office for the first time in almost 41 years?

"I'm going to sit still," he says. "I've been working all my life but I've never been retired before." Not that Preston's life will be without responsibilities. He and his wife of 28 years, Sandra, who is also retired, will be watching their new

grandchild, a two-month old, several times a week. It's a task he's undertaking with undisguised glee.

Obviously he'll have time to reflect upon his career and the changes he's witnessed in the field.

"I stayed that long because I saw where I could make a difference," he says about his lengthy career. "I was able to guide the behav-

ior of a whole shift and I felt I could do the greatest good in talking to kids or sending someone else to do that."

He didn't do it alone, however, as he would be the first to acknowledge. He had help all the way in his faith.

"God has been good to me."

### NORTHGATE APARTMENTS Now Accepting Applications

1 AND 2 BEDROOM APARTMENTS  
Mature Adult Community for Persons 55 and Older or Mobility Impaired. Rent Based on Income.  
Heat, Appliances, Drapes and Carpeting Included. Call Call (419) 729-7118 for details.



### House for Sale

Single family home  
3 bed, 1 bath

**\$18,000**

1535 Buckingham  
Call 248-250-0179



## Fairview

Skilled Nursing and Rehabilitation Center

Welcome to

### Fairview Skilled Nursing & Rehab!



We are Family Serving Families

Welcome to Fairview Skilled Nursing & Rehabilitation Center! We are a facility dedicated to providing quality, compassionate, and innovative health care. Fairview bridges the gap between the hospital and home when a short-term rehabilitation stay is needed. We also provide a wonderful environment for those that come to us needing long-term care. We invite you to be a part of us.

4420 South Avenue  
Toledo, Ohio 43615  
Office: 419-531-4201 \* Fax: 419-531-3607



**Darrick Beckwith**  
Community Relations  
Asst. Executive Director