



Volume 16, No.07

"And Ye Shall Know The Truth..."

June 03, 2009

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Carnel Smith, Ph.D.
Dean of Students
Horizon Science Academy

"They could measure my SAT scores, but they couldn't measure my heart, my desire, my work ethic, my willingness to compete."

This Strikes Us ...

A Sojourner's Truth Editorial

Two weeks ago The Truth published a guest editorial presenting the case for marriage equality rights for those of the gay and lesbian community. Last week in a rebuttal a second guest editorial presented the opposing point of view claiming, inter alia, that the Bible says no, that a homosexual lifestyle is a choice, that marriage is more than a civil union and that anyone who would argue otherwise must have a hidden agenda ... and would be damned to hell.

We present our own take on the subject by declaring firstly and foremost that one does not have to have a hidden agenda to make a case for equitable treatment for those who are or may be deprived of their civil rights. That is an ad hominem argument that does little to advance the cause of civil discourse.

Let's therefore take the other arguments in order.

First, it does not matter what the Bible says. We repeat, it does not matter what the Bible says when a society, founded on the bedrock principle of separation of church and state, is trying to deal with an issue of public policy.

We recognize that this is an emotional a subject as one can discuss today and that reverting to what the Bible says about the topic of homosexuality is often a matter of first and last resort. We as a society often summon up biblical references in such discussions even as we give a pass to virtually all other topics that are discussed in the Bible in much greater detail and frequency.

We have pretty much given up on putting an end to adultery, for example, a subject of no small concern in the Bible. And we don't stone adulterers much anymore in western civilization. Adulterers pretty usually get away with a societal "tsk, tsk" at worse or a nod and a wink at best.

And, of course, such other abominations as covetousness or eating shellfish attract scarce attention these days.

The fact is, no matter the high esteem in which many of this nation hold the Bible, it is not the nation's Bible. There is no such thing and the only document we hold sacred is the Constitution.

The Constitution protects individual rights. The protections are accorded to individuals in the Constitution and in subsequent statutes extending the rights of individuals regardless of race, color, gender, previous condition of servitude or religion.

Some of these "conditions" are stamped on us before birth. Some are thrust upon us. Some are not readily apparent. Some of the individual protections afforded by the Constitution and statute are extended to those who make choices to live in a particular way. Religion, for example, is a choice.

We are not going to delve into the argument about whether being gay, or living a gay lifestyle, is a choice because, frankly, it does not matter in this discussion about public policy and civil rights.

Our contributor two weeks ago made the case that African-Americans' denial of civil rights to others is an affront to themselves. Often, as the rebuttal took pains to point out, that denial is because blacks understand they have no choice in a skin color and those who are gay and lesbian do have a choice in how they conduct themselves.

Over the years, however, individuals have been persecuted not only for who they are intrinsically but for what they believe in and how they act, such as the religion they espoused. Early Christians, for example, were crucified, stoned, burned for their choices.

It would seem clear then that the extension of civil rights is not limited to only those human conditions that are immutable.

And then, thirdly, is marriage more than simply a civil union? Not in the eyes of the state it isn't. It is just that -- a civil union.

The government creates this civil marriage and the institution has been, in most states, since pre-Colonial days, "a wholly secular institution" to quote the Massachusetts Supreme Court. As a matter of public policy, what various churches recognize as a marriage is, more often than not, a matter for the churches.

There are dozens of reasons for the state to create and encourage stable relationships over transient ... that is, to be involved in the matter of marriage. The civil institution of marriage fosters, for example, family stability and economic security; it provides for the orderly distribution of property and the care of children. Such stability is in the best interest of individuals and society.

To deprive certain individuals of the right to marry, by statute, is to deprive them of their civil rights as the U.S. Supreme Court ruled in *Loving v. Virginia*. Yes, marriage is a civil right because it is a civil institution.

Fortunately for those who care little about the rights of gays and lesbians, they have found a way out. They can use the constitutions of the individual states to abrogate such rights, as was done recently in California and was done in 2004 in Ohio.

We hope that when the majority decides once again to tyrannize minority segments of the population in such a manner, they don't come after our minority segments.

We would prefer to see the nation guided by the rule of law rather than by the emotions of fear and loathing.

The Sojourner's Truth

1811 Adams Street, Toledo, Ohio 43604
Phone 419-243-0007 • Fax 419-255-7700
Published weekly on Wednesday
Printed by Webco Graphics

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Community Calendar

June 4, 5, 7

St. Paul AME Zion 3rd Pastoral Anniversary: Celebrating Pastor Cordell Jenkins; Guests Rev. Nolan White and Christian Community Church on Thursday at 7 pm, Rev. Randall Parker and New Kingdom MBC on Fri at 7 pm, Rev. Corether Jenkins and Freedom Christian Center on Sun at 11 am, Rance Allen and New Bethel on Sunday at 5 pm: 419-243-1065 or 419-246-0790

June 6

Financial Crisis Explained: Sylvania Branch Library; 2 pm; Speaker Tom Warneka, Ph.D.: 419-882-2089

Friendship Baptist: Free Christian Education Workshop; "The Importance of Teaching in the Body of Christ;" 8 am to 3 pm; Presenters include Rev. Bradley and Min. John Henry Livingston

June 6-7

Mt. Sinai Pentecostal Church Youth Explosion: Guest Bishop Harry Wilson of Deliverance Temple in Chicago; 4 pm on Saturday, 11:30 am on Sunday: 419-244-6417

June 7

Warren AME: Men's Chorus hosts "A City Wide Male Gospel Explosion; 4:30 pm: 419-535-6780

June 12

TPS Adult Education Graduation: Summit Annex Waite Brand Auditorium; 5 pm; Speaker St. Sen Teresa Fedor: 419-671-8700

Poetry Live: All poets and performers welcome; 7:30 pm; 2484 Collingwood: 419-508-1503

June 13

Scott HS Alumni Association Scholarship Bowling Party: Lido Bowling Lanes; 8 pm to 1 am; Bowling, pool, dominoes, raffles, open grill

Mt. Ararat MBC Fashion Show: 11 am

Phi Delta Kappa, Inc Beta Gamma Xinos Informational Tea: 3 to 5 pm; Sanger Branch Library; For young ladies grades 9-10: 419-380-9658

Big Flea Market: Octagon No. IV Hall; 8 am to 4 pm: 419-531-7079 or 419-466-4106

June 15-19

Carmel Smith Summer Youth Camp: Seventh Annual Boys Football Camp; Grades 3-8; Scott HS; 10 am registration daily, Camp activities from 11 am to 3 pm: 419-917-3547

June 19

Poetry Live: All poets and performers welcome; 7:30 pm; 2484 Collingwood: 419-508-1503

June 20

West Toledo Bereavement Support Ministry: Community Center Port Lawrence Homes; 10 am: 419-241-2133

Mt. Sinai Pentecostal Church Annual Yard Sale: 10 am; Tables available for \$25: 419-255-8577

June 20-21

Positive Force Christian School of Dance: "Power of the Blood;" Owens Community College; 6 pm on Saturday, 3 pm on Sunday: 419-932-0593

June 21-27

28th Annual Edwin Hawkins and Walter Hawkins Music and Arts Love Fellowship Conference: 419-241-7332

June 22-26

Union Grove MBC Vacation Bible School: 6 to 8 pm nightly; "Boomerang Express all comes back to Jesus:: Classes for ages 4 to adult

Carmel Smith Summer Youth Camp: First Annual Girls Basketball Camp; Grades 6 thru 8; smith Park; Daily registration at 1 am; Camp activities from 11 am to 3 pm: 419-917-3547

The Sojourner's Truth

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Sensitivities of Cultural Insensitivity

By Rev. Donald L. Perryman, D.Min.



those known for cultural insensitivity.

Some of the attacks were downright false as in the depictions of Sotomayor's experience intellect. Contrary to unsourced smears and accusations that she was "an intellectual lightweight" or was "a Latina single woman, picked only because she was a woman and Hispanic," Judge Sotomayor graduated summa cum laude from the prestigious Ivy League school Princeton University and has no children.

Her experience of seven-teen years on federal courts is nearly two and a half times the combined years of experience of justices Roberts, Scalia, and Thomas at the time that they were nominated for the nation's highest court. Her peers have described her as "a role model of aspiration, discipline, commitment, intellectual prowess and integrity."

Other assaults were manipulative, misguided and misogynistic such as the effort to use the virtue of empathy to cast doubt on Sotomayor's ability to make tough, fair and effective decisions. The tendency to devalue empathy

by mis-equating it with sympathy or pity and by characterizing it as something soft rather than in its true meaning as "the ability to interpret the experience of another person" is a common tactic used to combat the threat of the ascendancy of women and minorities in roles of power and authority in America.

What has been exposed beneath the noxious cloud of vitriolic verbosity is an attempt to protect at all costs the "valorization of the rich (white, male) as if they have a natural right to rule or judge" ideology that is prevalent in this centuries-old American culture war.

Too often, those of modest means and meager circumstances are regarded with a sense of undeservingness by those who come into positions of authority with an exemption from poverty. As a result, many of those who currently sit in seats of judgment do not see those before them as portrayed in the United Nations' Universal Declaration of Human Rights, which states:

Everyone has the right to a standard of living adequate

for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

Sotomayor, who will be one of the few justices on the Supreme Court who isn't a millionaire, paid her dues through public service rather than having it handed to her

by privilege and has ascended to the top court in the land from a lowly journey beginning in the projects of the South Bronx.

This is the fight. It is the battle of a new pluralistic cultural experience in the corridors of power versus the reigning ideology of wealth, maleness and whiteness.

According to U.S. Census Bureau statistics the minority population reached an estimated 104.6 million or 34 percent of the U.S. population as of July 1, 2008 compared to 31

percent eight years earlier. Nearly one in six residents is Hispanic. Forty-four percent of children under age 18 and 47 percent of children under five years old are now from minority families.

By mid-century the majority which today makes up 70 percent of the population will be the largest statistical minority in a society with no racial, cultural or ethnic majority. This new era is imminent.

Women now represent 56
(Continued on Page 5)

An ancient piece of wisdom states "The presenting issue is always heavily influenced by some other issue that is a little bit more inconspicuous... discreet, dormant, latent. So when analyzing what is really going on you must look for the deeper issue and not the presenting issue because it is never the thing... it is always the thing behind the thing."

Nowhere has this truth been more evident than in the nomination of Judge Sonia Sotomayor to the Supreme Court bench by President Obama. The responses were immediate, vicious, nasty, ugly, mean, racist, misogynistic and elitist but exposed the thin-skinned places of

Readers Weigh In On The Trevor Casey Incident ...

By Lafe Tolliver, Esq.
Guest Column

Well, it is time for me to sift through my voluminous mailbag and respond to the hundreds of letters that readers have sent in to me. After I waded through all of the speaking requests, threats, proposals of marriage, credit card offers, get rich quick schemes and requests for free legal advice, there are some letters that I believe deserve a response to this recent Trevor Casey incident and the Toledo Police... so here are a few of them:

Kimble B. (age 10) writes: "Why did those police officers beat up that young boy so bad?"

Kimble, regrettably, some police officers are high strung and take any harmless taunting as a challenge to their manhood and their badges and will try to make a "lesson" out of that person who mocks them. Can you imagine a parent beating their child like that if the child did not eat their carrots or did not wash the dishes? It was a minor incident that did not invite such an overwhelming use of force.

Cordell S. (age 15) writes: "If the person who lived in that apartment did not mind those guys sitting on their porch, why did the police care about it?"

Good question, Cordell. They should not have cared and should have moved on to more important matters but when the minor child, in their estimation, moved "too slowly"... it was
(Continued on Page 5)

FREEDOM RIDERS UNITE

Citizens of Greater Toledo. Those of you in our community with special needs now have special freedoms. Every TARPS paratransit service bus complies with the Americans with Disabilities Act, offering citizens using wheelchairs, walkers and canes even more convenience. They even go everywhere our full-size buses travel, but they're designed for your freedom, and your freedom alone.

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The Police Are Neither Protecting Nor Serving

It is apparent that we have a problem in the City of Toledo with our police department, especially as it relates to the relationship with and in the black community. I have watched the deterioration of this situation for years and it would appear to me that after a while, people would recognize a real problem when they see it.

There is no doubt in my mind that Chief Mike Navarre does the best that he can in his duties, but it is time that every incident that happens in our community not be given lip service and the appearance of a cover up. Sometimes, police officers are wrong!

But what is the problem at just saying that sometimes we make bad decisions and sometimes we go too far. This incident with Trevor Casey got out of hand. Could it be that the present layoffs and the continuation of the tension with unions, city officials and maybe even the stress of the job, have forced officers into a position where their EGOs, (Ego Gone Overboard) have induced panic in the community when officers come on the scene.

Where is the compassion that officers are taught when engaging and interacting with the public whom they are employed to protect. Somehow protection seems distant when police show up. I even had the disheartening opportunity to witness a "showdown" a few weeks ago where a police officer pulled a small, framed, African-American female out of her car, subdued her and forced her to the hood of her car.

It just seems as if it is just too much anger being directed at and misguided onto the citizens. Fear and anxiety run rampant in our community. Let us all take responsibility, be proactive and work harder to bring back a sense of Toledo Pride.

In the words of J J Express: "We are all that we Got." I know better, it just sounds good to them and me. Let's take back what we once had in Toledo! Times are bad but we don't have to do bad and be bad.

This could also be a time of revisiting all of our commitments to ourselves, our family, our neighborhoods, our city, and certainly our faith. Come on, Toledo, come on public servants. Leadership is the ability to not just lead, but to influence choices and be able to defend them.

Let's take a breath, review, re-evaluate and repent. We need the police but we need their EGO's to be intact, even when ours are out of tact, because to protect and serve carries more with it than brawn and a sharpshooter.

Optimistically Driven,
Marjorie Holt, D. Min

Dear Homeowner,

This public notice is to inform you that this year, our office is required under the law to issue a new value for your property. Under this law, we review the market sales that have occurred over the past three years (2006, 2007, and 2008, with most emphasis placed on 2008 sales).

All Lucas County homeowners will receive a value change notice in the mail with a new value and detailed information about their property. When you receive your notice, please review it thoroughly and contact us if you have any changes that need to be made (i.e. number of bedrooms or square footage).

As part of my promise to make government transparent, I would like to let you know that we have added three new tools to our web site www.co.lucas.oh.us to answer citizens' most common questions:

1. Where do my tax dollars go? The tax distributor tells you dollar for dollar where your property tax dollars go based on current tax values and levies.
2. How much will a levy cost me? The levy estimator displays the cost of proposed tax levies on your next tax bill.
3. What sales are used to influence value? The sales report displays information about recent sales within your neighborhood. Sales are sorted by sale date or total living area.

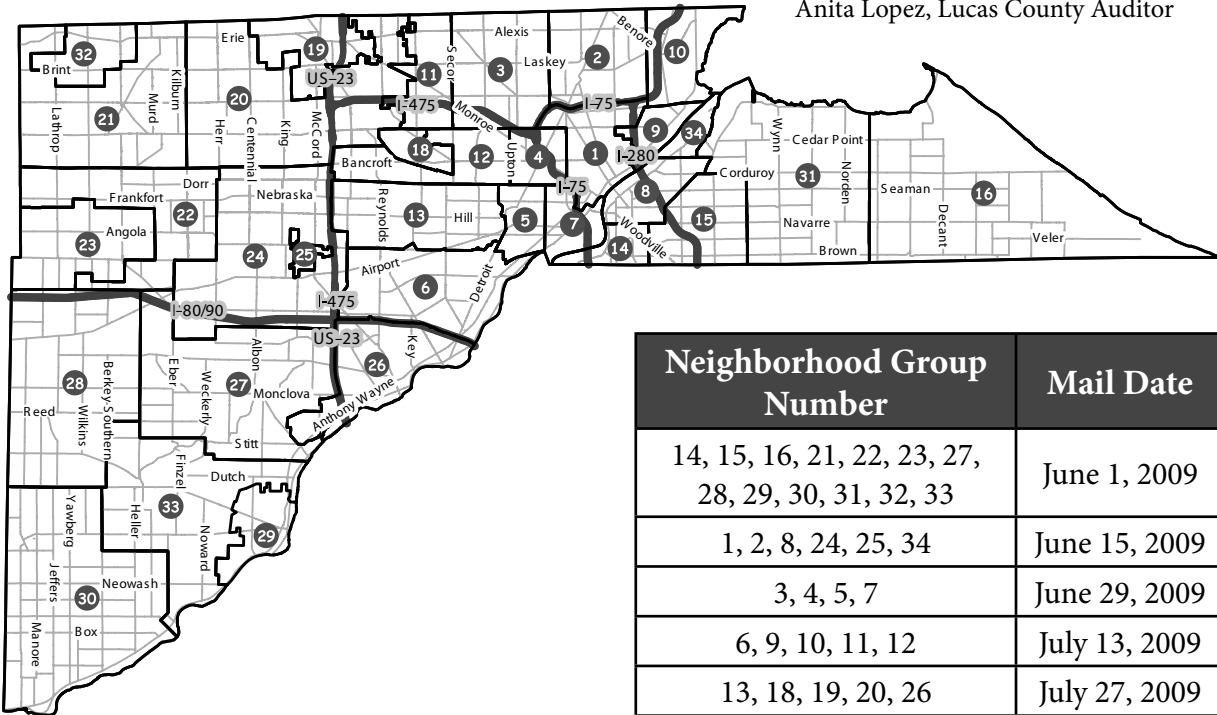
The Lucas County Auditor's Office is responsible for determining the value of your property. Please call our Education and Outreach Department at (419) 213-4406 if you have any questions or contact us via e-mail from our web site at www.co.lucas.oh.us/auditor.

The following map provides the dates that the notices will be mailed to your home based on your neighborhood group. Your values will not be made available until after your notices have been mailed.

Sincerely,



Anita Lopez, Lucas County Auditor



Office of Anita Lopez, Lucas County Auditor

Real Estate Division
 One Government Center, Suite 670
 Toledo, OH 43604-2255

Phone: (419)213-4406
 E-mail: outreach@co.lucas.oh.us
 On the web: www.co.lucas.oh.us

Sensitivities

(Continued from Page 3)

percent of college undergraduates and continue to increase. With these educational advances women are bringing a different construct to American governance and leadership while the growing new Latin-American influence brings a different complexion and new context for race relations, politics, and leadership.

As the old guard fights to preserve power and keep it in their hands, the changing face of America is creating a severe tension at the place where there exists a growing gap between the racial and ethnic backgrounds of the rulers and the ruled, between those who govern and those who are governed.

The gloves have come off, the earrings have been removed and it's on. Women and minorities are fair game. Therefore it is time for black

and brown as well as other disadvantaged and non-privileged racial-ethnic or gendered minorities to unite and search for common ground. Others are counting on these racial or physical differences to continue to divide us in order to preserve the status quo.

It is time to fight back in peaceful but determined ways. It was right and noble for the original colonies to revolt against the British because of 'taxation without representation.' It is also valiant, just and essential that we challenge the un- or under-representation of black and brown people in American seats of power in this struggle for justice and cultural representation. Unite!

Contact Rev. Donald Perryman, D.Min, at dcperryman@centerforhope.org

Readers

(Continued from Page 3)

on!

Shauntae W. writes: "Why are some people trying to demonize this kid as being in the wrong?"

Shauntae, some people need to find a scapegoat so they can still believe the fantasy that all police officers actually protect and serve and when that does not appear to be the case, they blame the victim. They need a cheap no-brainer excuse to explain the unexplainable and to make their view of life more bearable. For them to know that some cops act that way without sufficient provocation is a scary thing to accept.

Leon P. writes: "I heard that the kid was repeatedly raising his face/head up off of the hot hood of the police car that they were slamming his

head into and that they called that resisting arrest and disorderly conduct. It sounds like self-preservation to me!" Leon...you are correct. If you are placed in a dangerous/harmful situation and you try to get out of it and in the process you inadvertently strike the authority person who placed you in danger, that is not resisting arrest. Putting Trevor's head against a hot car hood was malignant behavior by this cop.

Ronyald S. writes: "If these are community police officers, why did they not talk down the situation?"

Ronyald, they could have and should have used the least drastic means to defuse the situation as opposed to the use of brute force to subdue a "dancing/prancing/mockling" 14-year-old kid. These officers should have been trained and been able to confront the kid and talk to him and if all fails then to simply grab him and sit on him until backup arrives (as if you need backup for two hulking officers to restrain a 14-year-old featherweight kid!).

What is really scary is that this whole incident was not even worth the two cops approaching the kids on the

stoop unless there was a report of criminal activity.

Alexi D. (age 19) writes: "What can we do if and when this stuff happens again?"

Alexis, obey the commands of the police officer(s) even if you are in the right and try to get their names and badge numbers and the names and addresses of any witnesses and then report the officers to internal affairs on the grounds of harassment. Don't be a hero and try to bluff them or mouth off or take them on. You will not win. They will beat you down and think nothing of it.

Marla G. writes: "Why was the officer covering the nose and mouth of the minor as shown in the video?"

Marla, the officer could have been trying to silence the kid from yelling out for help or from telling the officer that he was in pain and would comply. We will not know for sure until there is the trial. The other sinister reason is that this cop was simply in a hateful mood against this kid and was acting out his aggression against a black kid that he had personal issues with. Regrettably, we are our own worse enemy.

Jesse R. writes: "Why are

some people giving Pastor Stephen Ward death threats for trying to help out?"

Jesse, Pastor Ward took an act of simple courage to step up to the plate to try to both defuse and explain a very tense situation while some people do not want anyone to defend this minor child or explain what was happening.

As a pastor, he should be commended for taking the gospel outside of the four walls of a church building setting and putting it in the marketplace...something that Jesus did on a regular basis. Remember the story of the woman caught in adultery and Jesus' response both to her and to her critics?

George M. (age 44) writes: "I do not get it. With all of the pastors in the central city and including white pastors who have black members in their congregations why are not more at least stating something to help or to explain this situation as opposed to being mute?"

George, there are many, many good pastors in Toledo but regrettably when it comes to social/community issues, too few have a defined sense of community involvement and will not get involved. They feel safe and secure in

(Continued on Page 14)

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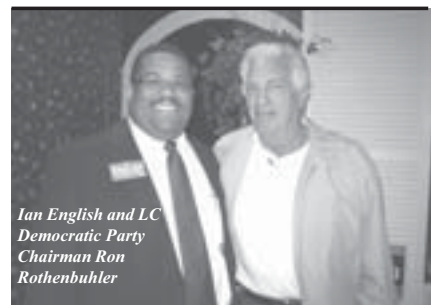
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Ian English Hosts Campaign Fundraiser

Ian English, assistant prosecutor in the Lucas County Prosecutor's Office, hosted a campaign fundraiser last week at Georgio's Restaurant in downtown Toledo.

English is running for Municipal Judge - his first campaign for elected office - and is the endorsed Lucas County Democratic Party candidate for judge.



Ian English and LC Democratic Party Chairman Ron Rothenbuhler



Municipal Clerk of Court Vallie Bowman English and George Hillard



Ian English and Vallie Bowman English

The Sojourner's Truth Health

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Dust Off Our Gardening Legacy!

By Diana Patton
Guest Column



Growing a garden is in vogue again – Hooray! Thanks, Michelle Obama, for inspiring us all with your Victory Garden.

But, gardens are not new to the African-American culture. Where did the garden go? What happened to

skies as I pick from a patch of strawberries, or cut some asparagus, collard greens or cilantro from my garden ... as you can see I had the visual thing down.

But I also had a strong determination to get over my learning curve because I believe in purchasing and eating whole foods, and living out my FITatudes. Thanks to the Internet, frequent trips to the Anderson's Garden Center and asking questions at Lourdes College "Life Lab," I was able to learn about the items I needed – gardening tools, soil fertilizer (like organic composting and manure), seeds and vegetable plants. And, for my own visual enjoyment – a few

around, sighed and said "what have I gotten myself into." Then I thought about the slaves who spent many hours in the fields, paving the way to our freedom – cotton field after cotton field, garden after garden.

In fact, I felt a few old slave hymnals coming and even broke out with a couple stanzas of "We shall overcome." But praise God, we've moved away from being enslaved and we get to celebrate our freedom this month with Juneteenth – see www.juneteenth.com to learn more.

While we don't experience traditional enslavement anymore, it seems we've transitioned to other forms of slavery, such as

home. Talk to your neighbors and share in your harvest. You can do it. Our ancestors did their work – will you do your part to pave the way for genera-

tions that follow you!

Diana Patton and Tonja Ward co-own and operate FITatudes, LLC and we encourage you to sign-up for

our free newsletter at www.FITatudes.com or call to learn more about the programs we offer by dialing 419.450.3362

There were certainly many times when I looked around, sighed and said "what have I gotten myself into." Then I thought about the slaves who spent many hours in the fields, paving the way to our freedom...

our rich heritage?

Intuitively, I believe our ancestors knew they could save money, get great exercise, eat healthy, lose weight, witness the power of prayer and continuously experience how their abundant efforts combined with the wonders of God's creations can produce a joyous harvest – just by planting a garden! Doesn't this all sound great for our lives today?

But guess what - we gotta work ya'll!

We have to get outside and sweat, become friends with the little "wormies," get dirty, bend our knees, squat, twist, turn – all that! Planting and maintaining a garden takes discipline, hard work and a clear strategy. Sadly, this rich heritage wasn't passed on to most of us so we all struggle with a learning curve. And I am no exception, you see ...

I've had dreams of walking into my back yard, with birds chirping, the sun rising, and sweat songs of splendor flowing from the

cut garden decorations to add some pizzazz.

My next step was to begin pulling up the grass, loosening up the dirt and planting. But what I learned is we ALL must "**Call Before You Dig**" 1-800-362-2764

at least 48 hours but no more than 10 working days (excluding weekends and legal holidays) before your digging project so that you know if there are any "hot" wires under your soil.

And, I decided I wanted to experience what it was like to put a garden in the gold old fashion way with gold old fashion tools – nothing electric. And I must say I got what I bargained for! I found gigantic roots that required me to put my "Paul Bunyan" skills to work to whack out the roots. I got a great core work-out. Eventually my investment of time, effort and action melded with my gardening strategy to produce the beginnings of wonderful harvest later this summer!

There were certainly many times when I looked

apathy, lack of self-control, greed, and pride and it seems to be devouring the health and vitality of our families.

It's time to **RISE UP** and get passionate about our wholesome traditions so that we can restore our rich heritage. Gardening is simply one way toward restoration. In turn, we'll develop our character muscles of discipline, self-control, and humility which will lead to wellness. Hmmm ... sounds like the FITatudes!

Rest assured, gardening has come a long way! You don't have to use the old fashion tools I spoke of earlier – you can certainly rent or even purchase electronic equipment to help pull up grass, and cultivate and aerate your soil which will help save time and effort.

Let's all do it! Think simple with your gardening strategy! Don't forget to call before you dig at 1-800-362-2764 and start by growing one tomato or even a few cucumbers with a small patch in your yard or even in pots inside your

Dear Ryan



I hope you can help me with a few questions. I have about weight training. I have talked to several different people to several different people at the gym and I get several different answers. I am a 27 year old female and I want to gain some weight. I am very thin and I would like to put on more muscle. I don't want to compete or anything I just don't want to look skinny. What do you suggest?

Monika

Dear Monika,

Well I must say first off that I'm shocked to get a question like this from a woman. Don't get me wrong, I'm glad for it. Most women want to be thin and always ask how to lose and not gain. First thing I will tell you is to increase your calories with clean foods that your body can use and not store as fat. Here is a simple chart you can use to start adjusting your calories.

Fat burning 10-15 calories per lb of body weight
Muscle gain 12-20
Weight gain 15-25

Now where within that range should you start? Not so surprisingly, in the middle. But, your metabolism can be remarkably different, as are individual living conditions. If you work an extremely strenuous job and have a fast metabolism that almost never puts on body fat, you may want to select a variable on the higher side of the range. If you are overweight with a slow metabolism and the most difficult part of your workday is tapping the speed-dial on your phone, you may want to go on the lower end of the scale. Here is a list of clean muscle building and body fat-burning foods. They work the same the difference is how much of which one you are consuming.

Here is a list:

Protein

Beef: beef tenderloin, filet mignon, sirloin, flank steak, round steak, top round, roast beef, ground round, ground sirloin, ground beef (93 percent fat free or leaner)

Poultry: chicken breast (no skin) canned chicken breast (Swanson's), turkey breast, turkey breast cutlets, ground turkey breast (95 percent fat free or leaner), canned turkey

(Continued on Page 7)

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Eating More Healthy: Where Do I Even Start?

By Carey Neumeier
Dietetic Intern, Bowling Green State University

Since I am a dietitian in training, i.e. intern, most people think that eating healthy comes easy for me – not quite the case. We all struggle with the temptations of the sweet, gooey, crispy, chewy, and chocolate goodies. With these choices are all around us, how do we bring ourselves to make more healthy choices? Well, I've tried to remember these few pieces of advice – perhaps they'll give you some inspiration too!

-Take baby steps. The unhealthy habits we're used to have been with us for a while and chucking them all at once is sure to make us (and our families) miserable. Often when we think of the changes we would like to make in our diet, it is overwhelming.

Personally, I should drink more water, steer clear of chocolate cake, avoid the extra helpings of sour cream mashed potatoes, and on and on, yet I need to remember that no race is ever won without starting it.

If you are like me, you need some inspiration on your starting point. Check out the US Department of Health & Human Services' Small Step website at www.smallstep.gov. This is a great resource to find tips on nutrition and physical fitness topics. Some of their nutrition steps include: using smaller plates, asking for salad dressing "on the side" and eating before you go grocery shopping. You are sure to find one tip to start with that will have you on your way to a more healthier you!



-Know yourself. One piece of advice from the National Weight Loss Registry is to journal about your foods and activities. A journal can be very useful to help us recognize our pat-

terns – what foods tempt us, how hungry we really feel and when we are more likely to eat unhealthy.

By looking over your journal you will start to identify areas where you can make those small changes we talked about. Just remember to be honest with the journal and keep it simple. Success is

in your hands!

-Take your time. Fast food is not only on every corner, it's in our homes. How many times have we grabbed a pre-packaged meal, popped the top, microwaved and consumed the meal all in 10 minutes flat? Taking time to eat allows our bodies to naturally decide when they are full. We have become so used to convenience foods, that we have lost the art of dining, especially with our families.

Putting time into a meal is not only a more healthy way to eat, it is also a prime opportunity to make family connections. Whether the family is involved in preparation, cooking, or just sitting down for a family meal, the whole family benefits!

-Set SMART goals. Having a goal without a plan is like taking a trip without a map. The

SMART method stands for: Specific, Measurable, Attainable, Realistic and Timely. Specific means your goal is focused enough to clearly define what it is you want to do – example "I will replace my sodas with water" rather than a vague statement like "I will drink more water". Measurable goals have a certain timeframe or number attached to the outcome so that progress can be easily assessed – example, "I want to replace two of my three sodas a day."

Attainability is especially important. Even if the goals are small, making them attainable will increase your chances at success and willingness to make more new goals.

Realistic goals are meant to make you work for the goal, but not set yourself up for failure. A blanket statement like "no more pop for a year" could leave you feeling deprived and one can could cause you to break the commitment to your plan.

Timely is similar to measurability in that we can use weeks and months to gauge our progress. You can make any goal a SMART goal and remember to start where you're at, dedicate yourself to a challenge, and offer a reward (non-food is best) for your efforts.

Hope you will find these tips inspiring and willing of your time toward making and eating more healthy meals. Remember, we're all in this together and breaking bad habits can be difficult. Fortunately, even if we find ourselves giving into temptations, we do have the next meal to get back on track – all is not lost – your health is worth the effort!

If you are interested in a summer program on choosing, preparing and enjoying more fresh fruits and vegetables, the OSU Extension is offering a class on Tuesday July 8, 2009 from 6:30 - 8:30 pm at the Toledo Botanical Garden. The cost of the workshop is \$15.00 and you can rsvp at 419-213-4254.

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Dear Ryan,

(Continued from Page 6)

breast, deli turkey breast.

Fish: just about all kinds, the best are: tuna (canned in water or fresh), cod, flounder, halibut, haddock, orange roughly, salmon (canned in water or fresh, but limit to twice weekly), red snapper, perch, pollock, scallops, shrimp, whitefish and swordfish.

Complex Starchy Carbohydrates oatmeal, cream of rice, puffed rice, rice cakes, cooked rice (brown or white), potatoes, sweet potatoes, beans (white, pinto, kidney or black), lima beans, corn, peas.

Fibrous Vegetables
 asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumbers, green beans, lettuce, mushrooms, spinach, tomato, water chestnuts, zucchini.

Now as for your work outs, have you heard of the KISS theory? Keep It Simple, Stupid! That's what you need to do plain and simple.

Everyone wants to try the newest and hippest training routine that they see out in the mags and on TV now. Stick to the old school basics: bench, inclines, squats, straight leg dead lifts, pull-ups, shoulder presses, straight bar or alternating curls, triceps push downs and skull crushers.

These are all the best exercises for putting on muscle and developing a symmetrical physique.

Change your work out reps and weight often because you have different muscle fibers that you need to work. One day work the muscle group heavy five to eight reps, next time eight-12 reps then once in a while do sets of 15 reps. Working like this will hit all the different muscle fibers.

Hope this helps and keep me posted on your results.

Ryan Rollison
mydreambodies@aol.com

Fabulously Fit For Life**Starting the Journey to a Fit Lifestyle**

By Angela R. Steward
The Truth Contributor

I am Angela R. Steward, fitness motivator, creator of Fabulously Fit and co-owner of Studio Fitness! I am so happy to be able to share my fitness journey with you. In upcoming articles I hope to inspire you to begin *your* fitness journey and begin living a happier and healthier lifestyle.

My Fabulously Fit program is not only about becoming physically fit, you will also become mentally fit – positive in your thoughts and feeling great about yourself. Negative thoughts aren't allowed – they use up way too much energy – get rid of them!

Another great thing about my Fabulously Fit program is that it's never too late to start! Every person is unique (age, body type, shape, health and fitness abilities) and that's what makes you – YOU! No matter your age or fitness level, you can begin your healthy lifestyle right away! You don't need permission from anyone – just decide to start your journey – today!

Mary J. Blige has a song called "Just Fine." In it she says: "So I like what I see when I'm looking at me when

I'm walking past the mirror. No stress through the night, at a time in my life ain't worried about if you feel it! Got my head on straight, I got my mind right – I ain't gone let you kill it! See I won't change

So here are my questions for you:

Motivation – Why do you want to become healthy? Is it a personal choice, a choice made by circumstance (ex-

in your lifestyle? To make time to exercise no matter what – no excuses! Exercising is just one of the commitments you will have to make! Healthier living, healthier eating – all components of fit-

ness, looking great, feeling fabulous and dealing with the everyday pressures of life in a positive and healthy way! Claim it – share it with others – it's yours to enjoy! Once you have settled in to your new lifestyle – you will NEVER return to your old one! Are you ready for this change?

Not everyone will care to join you in your fitness journey – that's okay! Don't let others distract you from your goal. I'll keep you moving in the right direction!

So are you ready to walk this fitness path with me? I encourage you to begin today. Here is your first step – FOOD JOURNAL. Get a small notebook (keep it with you at all times). Write down everything you eat and drink, including breakfast, lunch, dinner, and all snacks, even if it's a piece of chewing gum! For example: one hamburger, bun, cheese, mayo, lettuce, ketchup, mustard, relish, etc. – (condiments have calories too!) Be true to your food journal! Review it weekly – it will help you to realize how many calories, carbohydrates, sodium, etc. you are

actually putting into your body! Small changes in eating habits (portion control, substitutions) can make huge changes in your appearance!

Fitness is not as complicated as most people think! A few changes in eating habits, setting time aside to exercise regularly, and choosing to entertain only positive thoughts will go a long way! We (women) are natural caregivers. We take care of everyone around us (husband, kids, parents, even pets), leaving very little time for ourselves! I'm telling you for one hour per day – be selfish – do something positive for you – take a fitness class, go for a walk, ride a bike, just get off the couch!

It won't be easy to make this lifestyle change – but YOU are worth it! I'm here to assist you and I look forward to hearing from you throughout your fitness journey! Now get that FOOD JOURNAL started!

Yours In Fitness!

You may contact Angela at Fabfitu@yahoo.com



my life, my life's Just Fine!"

Her words are powerful, her thoughts are positive, she looks fabulous and she is comfortable in sharing it! We should all feel JUST FINE – mentally and physically!

medical reasons), your spouse, your kids? What is your motivation and will it continue to motivate you?

Commitment – Are you ready to commit to changes

ness – are you ready to commit to these changes?

Claim It – Now that you are exercising regularly and living a healthier lifestyle – this is your lifestyle. You are

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Alpha Kappa Alpha Sorority's Business and Health Seminar

The sorority's annual Business & Health Seminar held on Saturday, May 30, from 11 a.m to 4 p.m. at Indiana Avenue Missionary Baptist Church brought several hundred visitors to view the wares of several dozen vendors specializing in health as well as general retail products.

AKA's president is Lisa Dubose



Tabernacle of Faith's Pastoral Anniversary

Rev. James C. Williams, III (Pastor Jim) was installed as senior pastor by his father, Rev. James C. Williams, Jr. (Pastor Willie), on June 3, 2006, at the church's former location, 741 N. Detroit Avenue, which was destroyed by fire on January 8, 2007.

Prior to his elevation to senior pastor, Pastor Jim served under the direction of his father as a minister, administrative pastor and assistant pastor.

After 17 months of services at the former Clinton Westgate Hotel, TOPWC purchased the former Central United Methodist Church, 705 W. Central Avenue at the corner of Scottwood Avenue. The TOPWC family have been enjoying their new home, and there is much excitement surrounding this opening celebration, which is also Pastor Jim's birthday and wedding anniversary. He and Mrs. Carole Williams will be celebrating their 40th wedding anniversary.

Pastor Jim is also the executive director of the James C. Williams Center for Advancement, which is named after his father, who has retired as senior pastor and is enjoying his pastor emeritus status. The JCWCFA is a non-profit organization which, through mentoring, values to meeting the needs of at-risk and disadvantaged youth and individuals who have been or are presently incarcerated throughout the State of Ohio.

The JCWCFA has been awarded several grants on the state and federal levels to aid those in administering these services to the community. They are always looking for volunteer members and monetary donations are welcomed.

Pastor Jim's ministry is currently focused on John 10:10b, God's promise of abundant life to the body of Christ. He ministers to the whole man, through what he does as the true quadratics: spiritual, physical, financial and relational abundant life. Recently, he has challenged, encouraged and excited the body of Christ at TOPWC through several dynamic message series such as, "Defeating Your Past," "Defining Your Present," and "Designing Your Future," "Basic Training," and "The Tabernacle".

For copies of these and other messages, you may contact Latonya Myrie, Ministry Media Director, at (419) 243-8266. You may join TOPWC during their Sunday Morning services at 10 and 11 am.

Please join the Tabernacle of Faith Worship Center (TOPWC) as they celebrate the 3rd Pastoral Anniversary of Rev. James C. Williams, III, Senior Pastor and Mrs. Carole Williams, First Lady.

The services are as follows: Friday, June 5 at 7pm kick off the celebration with guest speaker, Rev. Paul Whitehart, Senior Pastor, at Tallon Grove Missionary Baptist Church in Salisbury, North Carolina. On Saturday, June 6 at 7:00 pm the anniversary banquet at Ramada Inn Sater Rd., Canalton Ohio. Sherman, a native of Toledo will be the quartet of anniversary. On Sunday, June 7 at 11 am, Rev. Whitehart will close out services with another powerful work of encouragement.

For more details and ticket information, please contact Nelice Jones at 419-344-4345. TOPWC looks forward to seeing you at these celebration services!

At TOPWC, they are a people of great joy, achieving great success. As Rev. Williams often says, "Salvation is the beginning; abundant life living to next... and WE GOT NEXT! Do YOU?!"

Captions
Left: Frances Collins, Ph.D. and Barbara Tucker

Above: Keith Wilkowski, June Lockett, Delores Lathery, Lisa Dubose

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The Lighthouse Road Dreams From My Father

By Dr. Anita Lewis-Sewell, MD
Guest Column



Fatherhood is a sacred trust.

The presence of a father in the life of a child is powerful. The impact and influence of this relationship creates enduring impressions.

A young man I know named Tylan recently became a proud new father. His baby boy was named Gabriel, meaning "God's Strength." Gabriel was born on Good Friday and this happy father took his son home on Easter Sunday. Ty shared his joy and gratitude to God with everyone. This precious gift of new life had transformed his entire outlook on life.

In President Barack Obama's autobiographical book, *Dreams From My Fa-*

ther, he explored the significance of a life lived largely without his biological father, and as well as lessons learned from his stepfather.

In his book, *Bill Cosby on Fatherhood*, this notable educator, public speaker and comedian, fondly known as head of TV's Huxtable clan, expounded upon the serious and humorous sides of fatherhood.

Natalie Cole struck a chord in the hearts of mil-

lions with her hit album, *Unforgettable*, which was also a tribute to her own father, Nat King Cole.

I have not forgotten and often reflect on memories of my own father.

His name was James Clark Lewis and he was born on March 3, 1919, in Dublin, Georgia. He grew up in relative poverty and dropped

out of school as a teenager to work in the steel mills of Youngstown, OH, to help his mother.

He grew up without a father. My paternal grandfather died in the influenza epidemic of 1918 just months before my father was born.

After service as a WW II army veteran, my father later worked as a postal carrier and cab driver. His influence shaped my life in many ways.

He loved education and

pursuit of civil rights. My father wrote newspaper editorials to express his views and our family was always so excited to see his name in print.

I also have a potpourri of simple joys, pleasures and happy childhood memories that I cherish.

I remember days when daddy would comb and braid my hair when momma went to work early. We'd get treats from the ice cream truck on hot summer days, and barbecue sauce sand-

leather shoes which we loved. And we felt rich indeed if he gave us a nickel or dime to spend.

Our father made sure we had clothes to wear, food to eat and a place to live. He made us feel safe and protected.

He wasn't a church-going man but he was a man of faith, and passed that faith on to me. It was my earthly father who introduced me to my Heavenly Father when he taught me how to sing the Lord's Prayer.

My decision to study medicine was influenced by my desire to understand why my father had died at the age of 45 from a heart attack.

Today, I have insight into stressors, the risks of smoking and the inattention to personal health that led to his demise and I try to keep other daughters from losing their dads too soon.

My father held an intricate place in the fabric of our family. His untimely death left frayed ends and an eternal rift of the spirit.

I am grateful for the time we shared, though I wish my father had lived long enough for us to know each other as adults. I wonder how different our lives would be if he were alive today.

I regret that there are no existing pictures of me with my father, which is why I frequently encourage dads to take photographs with their children.

The world never felt quite as safe after he died. I was only 12 years old, and had lots of nightmares. Life became a scary place where bad things happen to the people you love.

But while he lived my father was with us and took care of us.

Today, I pray for the well-being of families. Fathers must realize the important role they play in the lives of children and commit to being a constant, loving, positive, and supportive presence to the best of their God-given ability.

As children, our father would ask us at times if we loved him. He holds an eternal place in my heart that will never be filled by any other person. I am glad he was my father. I am proud of what he was able to accomplish despite the challenges in his lifetime.

"I love you, Daddy. I always will. Happy Father's Day."

Contact Dr. Lewis-Sewell at:
amlsewell@gmail.com

My decision to study medicine was influenced by my desire to understand why my father had died at the age of 45 from a heart attack.

passed that on to his children. At age 44, he went to night school and earned a diploma from J. W. School High School. He planned go on to college.

I attribute my interest in education, writing, and in social issues largely to my father. I recall his outrage about the inequities of racism and his passion in the

wiches (without any meat), which we thought was just great! (We also got spankings when we misbehaved, which wasn't so great!)

He took us on trips to Sugar Island, fishing in Point Place and to the zoo. We went to drive-in movies, Saturday classes at the Toledo Museum of Art and to swim lessons at the Indiana Avenue YMCA.

One Christmas he dressed up like Santa Claus. He bought us ugly old Buster Brown shoes that we hated and new shiny patent

Scott Whitaker, ND, CNHP Brings Holistic Message to Toledo

Sojourner's Truth Staff

Scott Whitaker, a board certified doctor of naturopathy, with over 20 years of experience in herbology, iridology, homeopathy, natural healing and detoxification, will be bringing his message of what needs to be changed in the medical profession to Toledo on Saturday, June 6. Whitaker will conduct two seminars at the Genesis Dreamplex on Reynolds Road - 2 to 4 p.m. and 5 to 7 p.m.

"The current medical paradigm is not programmed to produce anything but sickness," said Whitaker during a recent telephone conversation with The Truth from his home in Birmingham, AL.

The Southern California native received an undergraduate degree from the University of California, Berkeley, in civil engineering and during that time first became interested in holistic medicine and long-term health.

He worked in the engi-



neering field for a while before enrolling in the Keller Graduate School of Management in St. Louis, earning an MBA. He then obtained his doctorate of naturopathy from the International School of Naturopathy in Los Altos, CA, committed to spreading the word about the dangers of prescription medicines and to bringing the message of holistic lifestyles as a means to obtaining long-term good health.

He has traveled the world, from Asia, to Africa, to Eu-

rope, Whitaker told The Truth, to study the healing sciences and to correct the illnesses of this modern time.

Two aspects of his message are the "hoax of AIDS" and the "fraud of cancer," said Whitaker.

The war on cancer, begun during the term of President Richard M. Nixon, was "his biggest lie ... a total scam," said Whitaker. "They are not trying to find a cure - radiation and chemotherapy cures no one - they hurt more than they help."

As for the "hoax of HIV/AIDS," Whitaker avows that it has never been proven that sexual activity is the cause of the spread of the virus. He blames the spread on radiation, chemotherapy and drugs.

Whitaker is the founder of the Wholistic Health Institute, Inc, a non-profit organization dedicated to the prevention of disease through education.

The Toledo Urban Federal Credit Union

currently located at 1339 Dorr Street, has just launched their "Brick Campaign". The **TUFCU** has begun this campaign in an effort to raise funds for the new building which will be built at the corner of Detroit Avenue at Dorr Street. If you are interested in purchasing a "Brick" as a part of the campaign the prices are as follows:

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Albert "The Prince" Bell: Regional Junior Olympic Champion

Special to The Truth

Standing on the shoulders of kings and queens, a young shining prince is born, in the sport of boxing. Albert "The Prince" Bell is a student at Libbey High School and truly enjoys being a part of the Libbey student body.

When Albert is not in school, he is training to be the best there is in the sport of boxing. Albert has eight and a half years of boxing experience under his belt and has a record of 96 wins and 11 losses in his young career.

With numerous championships already, he has won his way to the doorstep of this year's national Junior Olympic Championships which will be held in Denver, CO on June 7-11, 2009. This young talented boxer is trying to fulfill his dreams of becoming a gold medalist in the 2012 Olympic Games.

Andy "The King" Bell, father and trainer of Albert Bell, says that it has been truly a blessing to have a son follow in the footsteps of his brother,

uncle and father in the sport of boxing. But, first, the family gives thanks to so many people who have helped and supported them in reaching the goals through donations over the years with special thanks to Pete Rost and As-

sociates and Jack Wittenberg Associates.

Donations can be sent to: Jeep County Federal Credit Union, 3437 N. Detroit Ave, Toledo, OH 43610; c/o Albert Laron Bell.



Alpha Phi Boule Honors Lancelot Thompson, Ph.D.

Sojourner's Truth Staff



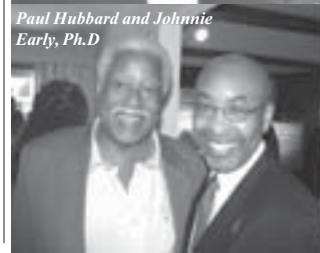
Lancelot Thompson



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Ross Chaban, M.Ed.
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Every year, the Archons and Archousai of the Toledo club of Alpha Phi Boule get together at the home of Archon Paul Hubbard, Sr. for a soul food dinner. The highlight of the event is the recognition of one of their own members.

This year's honored guest on Sunday, May 31, was Lancelot Thompson, professor emeritus in chemistry of The University of Toledo. Thompson started at UT in 1958 as the first full-time black professor on campus.

A native of Jamaica, Thompson arrived in the United States in 1949 to attend Morgan State University on a track scholarship. Two Olympics later, with his doctorate in chemistry from Wayne State University and post-doctorate from Penn State, Thompson settled in at UT and eventually entered the university's administration.

During his 51 years at UT, Thompson was a mentor to many of the Boule's Archons in attendance on Sunday.

The dinner was catered by James McDay of We Are Ribs & Seafood.

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Carnel Smith: Hard Work, Dedication, Attention to Details ... It All Pays Off

By Fletcher Word
Sojourner's Truth Editor

Carnel Smith remembers vividly the excitement he felt when he realized that, after college and professional football and after wandering the corporate world, he had finally found his calling. He realized that during his first year as a substitute teacher at Nathan Hale Elementary School in the late 1990's.

"I took a pay cut but I couldn't wait for the sun to come up," he says.

Now the dean of students at Horizon Science Academy, Smith's patience in finding his purpose and his hard work and dedication in striving to reach his goals has played out with a passion. He is just where he wants to be and he knows what direction he is headed over the next few years.

Smith, of course, is no stranger to hard work and dedication. A 1985 graduate of Scott High School, Smith attended the University of Pittsburgh on a football scholarship and was drafted by the Indianapolis Colts of the NFL. He made the team but a foot injury forced an early end to his rookie season.

After recovery, Smith headed to Europe to play with the London Monarchs (World League of American Football) for several seasons and helped them win the World Bowl. He was asked to try out for the Colts again, but decided to move on with his life.

In the meantime, Smith's hard work had paid off at Pittsburgh where he graduated in four years with a degree in criminal law. He had not entered school with sterling SAT scores, he re-

members being reminded by the faculty, but he was determined the shed the jock image and succeed academically.

"They could measure my SAT scores, but they couldn't measure my heart, my desire, my work ethic, my willingness to compete," he says.

He stayed at Pittsburgh during summer breaks and took classes to keep on pace to graduate.

He sat in the front of classes, he asked questions. He's proud of the fact that he was told by fellow students and instructors near the end of his four years that had it not been for his defensive lineman size, they would never have known he was in school on a football scholarship.

It would not be the last time that hard work paid off for Smith.

After football, he tried his hand in the corporate world for a while - Aetna, Coca Cola - and hated it.

"I prayed to God to put me where my purpose was," says Smith of those difficult years. "A lot of people, including my mother, told me I was supposed to be working with young people."

So in 1999, Smith found himself at Nathan Hale working as a substitute teacher and returning to college for an advanced degree. He went to Bowling Green State University and obtained an appointment with Eugene Sanders, Ph.D., who headed the education administration department. Sanders guided him through the process.

Smith earned his masters



by the summer of 2001 applying the same practices he employed at Pittsburgh - working through the summers.

After his masters, he worked for three years at Scott as a health teacher and in special education.

"Those were my favorite two years in education," he says of his special ed work. "I had to work that much harder to make sure the students were learning, it was very pivotal to learning my craft. I learned to be more understanding. I learned a lot about myself and going the extra mile."

After some cutbacks in the Toledo Public Schools, Smith got a position with Horizon Science Academy as the dean of students. He also continued to pursue his own education and, in De-

pretty much ingrained.

What is the attraction at Horizon?

"We offer diversity," says Smith of the school that just moved into the excellent category on the State of Ohio report card. "We offer a different education for kids. We believe that the more a kid is exposed to, the more he will dream ... if he dreams, then all things are attainable."

This year, 24 students graduated from Horizon, says Smith, and earned almost \$475,000 in scholarships. Of the 24, 20 will be attending college, the other four have chosen to go into the military.

In the meantime, however, summer remains a busy time for Smith. That's when his Mentoring, Education, Leadership, Inc. non-profit organization kicks in fulltime.

This will be the seventh year of the Carnel Smith Summer Football camp for boys in the third to eighth grades and the first year for the girls' bas-

ketball camp for students grades six through eight.

In addition, his group is planning a series of mentoring programs at Horizon that will be expanding into other schools. Smith has made a thorough study of the process of mentoring and is intent on expanding its use, particularly with mentoring groups.

Effective mentoring, says Smith, is ideally a mix of group mentoring "mixed with natural mentors with a little one on one."

His research has shown that in urban areas, one-on-one relationships tend to fall apart after about six months, so the process has to evolve and "not keep it in a box."

"We have to continue to find ways to make mentoring better," he says.

Married to Celeste, the couple has a three-year old son, Carnel II, and a daughter, April, who is a student at Norfolk State.

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Toledo Music Business Succeeds with the Right Attitude

By Michael Hayes
Minister of Culture



That boy Tracy is trying to take over the city!

Tracy of Hustlehand Ent./M3M management (what up Malachi!) has gone all out to promote his new album, *The Rarebreed*, which drops June 9.

He has a week-long album release extravaganza planned for the second week of June involving a fashion show on June 12 at the Erie Street Market and also another event planned the next day June 13 at The Peacock.

Autograph signing, giveaways, etc. etc., he's doing it big and he deserves it.

I use Tracy as an example because this is someone who has invested

Thousands of his own

money into his career over the years.

Thousands of hours perfecting his craft.

He takes advice when he needs to, he reaches out and doesn't let petty nonsense stop his hustle.

Is he a little cocky? Well, maybe, but he's an R&B singer...they all are!

But for real, he is a humble dude that worked hard for his.

I'm letting y'all know - go to his events and support that dude because he has the right attitude. And that is what it really boils down to y'all. As one half of The Undergodz I have been producing for a while, only had a label for few years, but that's the first thing U.G.E.'s advisors in New York told us when they flew us up there: *This business is about relationships, don't burn bridges.*

When our reps in the Big Apple told us that, we were just leaving Atlantic's offices in Manhattan to catch the subway and the stories they told us about how major artists have had their careers cut short due to effed up attitudes lasted all the way to the Bronx. Even inside of my own crew, we factor in the attitude of

every artist on U.G.E.

If the attitude is messed up, the ego is out of pocket and the mindset can't absorb what it takes to actually make a lasting career in this business...we don't bother.

Talent can be cultivated. We have a rule at U.G.E. called "feel before skill" which means that you can be taught proper stage work, proper vocal techniques, proper booth and breathing techniques...but if you got a messed up attitude you are wasting my time.

Dealing with Toledo's music community, you run into ego on the daily.

Ego that just leaves you standing there like wtf?

Have you ever been talking to someone...thinking that you are networking and trying to just evenly discuss business but then the other person comes across like they just wanna convince you of how great they are and why you should be all on they sh*t?

Have you ever needed someone to just follow proper protocol but his or her inflated sense of self just overshadowed what was supposed to be the bigger picture?

One person I always credit for having his head on straight

is my dude Hutch Daddy Dolla!

True, he looked out for U.G.E. when he first got to the T but what amazed me about him is he really believes in this city. Even more than you do.

Hutch's Bash At The Bay will mark its third year this July 26 at Maumee Bay and it is becoming downright legendary.

I still have footage in my phone from last year's with over 3,000 people.

That event is FREE!!! Which means Hutch is not driving off into the sunset with bags full of money after we all leave the beach.

He does this because he's humble enough to play his role and use his influence to bring something positive to a place that needs it.

Even when things go off course, he is someone who can keep his composure under pressure and he's just a straight up person to deal with. (What up T.J.!)

And speaking of fulfilling a need, my fellow Scott Bulldog Jesse Coleman and his Project 360 Studios are offering one of The best recording environments in the area for the LOW!

I mean...for the low. When I asked him his hourly rates, I

thought he was joking and that's real.

But again, this is a dude that is trying to do his part to make a positive impact on the city and he is using his influence and talents to be a member of Toledo's entertainment business world but yet and still modestly earn enough to stay in business. He's every day people like you and me and that's how he operates.

That's the type of people you need to support. I can tell you from dealing with dude...me and him are a lot alike in the respect that we both take a family approach to our involvement in music. Project 360 does graphics, business consulting - i mean all type of stuff and it's nothing to see a member of Jesse's own family up in the spot because it's that type of atmosphere.

Facebook us up: for me you can search my name or The Truth, Tracy is on there too and I don't know if Hutch is on there but Jesse is. If not, Myspace is still working (right?). Toledo, it's my job to point out a good place for you to spend your time and money. When it comes to entertainment, when it comes to dealing with people who are in Toledo's music scene, when it comes to events... I'm al-

ways going to try and let you know from personal experience who I endorse. Money and time are valuable and they both should be well spent.

Especially for those of us making our way into the music industry as our nation's economy is in the worst shape in our lives... so far. I'm not going to steer you wrong. But for real, learn to do good business with good people.

Learn the difference between having confidence and just being stuck up.

Learn the difference between having a backbone, and having an ego.

Build relationships, don't burn bridges.

That's my word for this week, next week... my message to the graduating class of 2009.

(yeah, how about this... anyone reading this who is a 2009 High School graduate... email me some topics you'd like me to address in this year's message and I got you).

peace.

glasscitytruth@yahoo.com

oh yeah, coming soon - an article that will change how you look at radio.

With so many great homes currently available at outstanding values, there's no better day than today to become a Toledo homeowner. That's why Huntington is partnering with the City of Toledo and Ottawa Community Development Corporation to bring you a Homebuyer Workshop.

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Readers

(Continued from Page 5)

involved. They feel safe and secure in their own sanctuary but are ill at ease in putting the gospel onto the streets or explaining how the gospel they preach is applicable to everyday life situations. That is not how they roll.

You will notice that even weeks after the incident, there has been no public statement or outcry by any black pastoral groups, fra-

terities, sororities or the NAACP (they are a joke!), Urban League or any of the black political associations, Masons, Jack and Jill, Boule or Daughters of Isis.

Nothing. They apparently do not mind their young being savaged by such a blatant attack.

If this were two white officers doing this to Trevor Casey, the National Guard would still be patrolling cer-

tain neighborhoods on fear of reprisals.

They are terrified of being targeted by the police if they speak out.

Can you imagine what would have happened if Queen Esther would have forsaken her duties of saving the Jewish people out of her fear of Haman (see: Book of Esther). Or, what would have been the consequences if Nehemiah, the wall builder,

would have stopped working due to the fear of an attack from his enemies. (See Book of Nehemiah).

Imagine Paul the Apostle shying away from the famous Mars Hill Debate on the grounds that he could face persecution from the gathered crowds.


Well, that is all the time I have for now but we will do this mailbag visit again. Keep those letters coming!

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NEW NOVEL by Toledo Writer:
A black farmer takes his sons to see a silent horror film showing at a new theater Halloween night in 1930, in central Texas. Nearly 500 blacks were lynched in Texas that year; a movie about a vampire hardly seemed frightening except to the youngest son, Lijah, who consoles himself with his father's assurance that in the film, "they just be killing white folks". Download at lulu.com/content/5743710 for only \$5.00

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
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CLASSIFIEDS

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Page 15

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FINAL DEADLINE: May June 19, 2009

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Notice to Bidders: Inquiry # FY09-127,

(Project # 1020-07-482) for Academic Renovation - Phase 2 Generator Maintenance and Emergency System Modifications for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 3:00 p.m., Wednesday, June 24, 2009. Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$45.00 will be charged per set. Any further information may be obtained from Robert L. Kalb, P.E. of JDRM Engineering, Inc. at 419-824-2400. One Pre-Bid Conference will be held on Wednesday, June 17, 2009 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$194,000.00; Breakdown: Electrical: \$194,000.00.

Notice to Bidders: Inquiry # FY09-126,

(Project # 0034-07-499) for Carlson Library Generator / Transfer Switch Replacement for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Wednesday, June 24, 2009. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$35.00 will be charged per set. Any further information may be obtained from Darren Keil, P.E. of JDRM Engineering, Inc. at 419-824-2400. One Pre-Bid Conference will be held on Wednesday, June 17, 2009 at 9:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$88,740.00; Breakdown: Electrical: \$88,740.00.

Serenity's 2009 Graduation

Sojourner's Truth Staff

An audience of approximately 100 family members and friends gathered last week at Serenity Church of God in Christ for the graduation ceremony for the youngsters of the church's Making a Difference Daycare Center.

Twenty-five Head Start students will be moving on to kindergarten this fall and six pre-schoolers will be taking their places.

The ceremony began at 10 a.m. as the graduates marched. Head Starters were clad in red caps and gowns and the pre-school students in white.

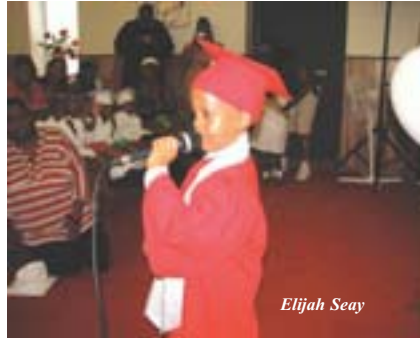
Families were treated to speeches by Kiya Moses and Kam'Rin McDonald ("Kindergarten, here we come") and by pre-schooler Jazlynn Harper ("I'm a little graduate, aren't you proud of me"). The audience was indeed enthusiastically proud of the young students.

The graduates joined in song with "He's Got the Whole World in His Hands" led by teacher Linda Sutton. Then Elijah Seay performed a solo of "Why Do Fools Fall in Love" be-

fore diplomas were handed out.

Those headed to kindergarten include Aaron Brown, Nadiya Coltrane, Tia Hightower, Toni

Haythorne, Aisha Wilson-Holmes, Kayla Holmes, Europe Jones, Kam'Rin McDonald, Marianna Hooker, Kiya Moses, Dallas Neely, Jr., La'Darren



Elijah Seay



Head Start 2009 and incoming students



Kam'Rin McDonald and Linda Sutton

Parks, Elijah Seay, Kayshawn Skinner, Raymond Vargas and Raquan Warren.

Those moving up into Head Start are Za'Marion Allen, Jazlynn Harper, Brioyannah Hoskins, Tashawn Johnson, Lalaysia Legare and Zachariah Wingard.

Serenity Church is led by Bishop M.C. McGhee.



Jazlynn Harper

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