



The Sojourner's Truth

Volume 15, No.25

"And Ye Shall Know The Truth..."

July 1, 2009



Michael Jackson 1958 - 2009

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This Strikes Us ...*A Sojourner's Truth Editorial*

In spite of the fact that this is still very early in President Obama's tenure and the fact that the Republican Party is in disarray – beset by personal scandals and an inability to voice opposition with alternative plans, time is not an ally in the administration's quest for a universal health care plan. They must move ahead swiftly before the specter of mid-term elections grinds bold decision-making to a halt.

Obama and his allies in the Democratic Party want a health care plan badly, as do a significant majority of the American people. The problem lies both in the complexities of such a proposal and the fact that the sorry state of the economy frightens even those who would typically be on Obama's side in this fight.

Some of the complexities, however, boil down to one simple philosophical issue – whether or not to have a public option. That public option would compete with the private sector – the insurance companies – and such a prospect has most Republicans and all conservatives all atwitter.

Why should the government be involved in the private sector? How can the government possibly be expected to run anything competently?

This is the ages-old argument of our democracy – an argument that began when the government was formed and Alexander Hamilton suggested a national bank. It has continued through the ensuing two centuries over a variety of government initiatives and projects such as building interstate highways down to Fannie Mae and Freddie Mac.

From our point of view, a public option – a government run insurance agency – is a key to the success of insuring all Americans. Does it smack of socialism? Of course, it does. So what?

The argument that the private sector and the inevitable justice that prevails in the capitalist supply and demand model are the leavening agents that will provide the greatest benefit for the most people in the long run seems to be unacquainted with history.

A free market economy cannot long remain unchecked.

Laws of supply and demand do not really care whether sweatshops use child labor, for example. A government of, by and for the people can and does.

Laws of supply and demand do not operate efficiently when companies are allowed to gain monopolistic advantage. Government can and does.

Capitalism can run amok. Always has, always will. That's why the government has to reign in certain industries from time to time or go after certain captains of industries or masters of the universe who can spot a legal loophole from across the continent.

That's why the government has forbade insider trading and Ponzi schemes – in order to check those who care little about the common good and who abuse even the notion that "greed is good."

In the matter of health care, the laws of supply and demand do not operate in quite the same manner as does the rest of the free market economy and, therefore, the need to counterbalance inequities in the system are even more compelling.

The demand for health care does not fluctuate in the same proportion as it might in other sectors of the economy.

The price on a car goes up beyond the buyer's range, he looks for a cheaper car or takes the bus. The price on a house goes up out of reach, the buyer rents.

The price of health care goes up, the alternatives are not so available. All too often, a person gets the health care he needs or he dies. The demand is still there. If it is not fulfilled, too many die well before their time.

And, wouldn't you know it, that is just what is happening today in the United States. We spend 15.6 percent of our gross domestic product on health care – more than any other nation and yet we rank in the mid-forties among nations in both life expectancy and infant mortality rates.

It is much more expensive to delay treatment and end up in an emergency room. We know that. Yet that is the system that serves almost 50 million Americans – driving up costs, lowering the chances to extend life, keeping insurance premiums for the majority of Americans who do have coverage at an all-time high and, let's take this to the very logical extension, pushing General Motors into bankruptcy.

The negative impact on our economy is incalculable. That's why the Obama administration is pushing so hard at such a time of economic turmoil. It's one thing to put a bandage on the economy, quite another to look down the road and try to deal with the systemic problems plaguing the system.

We have to hope that Congress can forge some sort of compromise and move ahead on a health care plan that makes sense.

Community Calendar**June 29-July 4**

Parkwood Seventh Day Adventist Youth Week of Prayer: "The Culmination Heaven is Our Goal," ages 13-18; 6 to 7:30 pm; 11 am on Saturday: 419-241-5456

July 3

Padua Center Peace Rally: 1 pm: 419-241-6465

July 5

Braden United Methodist: New location 4725 Door; Morning worship at 10:30 am; evening worship at 5 pm

July 11

Summer Concert in Ottawa Park: Extra Stout (Irish); 6 to 8 pm: 419-936-2700

July 18

Summer Concert in Ottawa Park: DeZire (Motown); 6 to 8 pm: 419-936-2700

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

4th Annual NAMI Walk Kick-Off Picnic: 9 am to 1 pm; 930 S. Detroit; Free food, activities

July 20-24

Worship Center's Vacation Bible School: Ages 4 to 11; 9 am to 12:30 pm; Serving breakfast and lunch daily

July 24

True Vine MBC 8th Pastoral Anniversary: Celebrating Pastor Melvin Barnes and First Lady Jeanette Barnes; 4 pm; Guests Bishop Duane Tisdale and Friendship Church; "Called to Be a Servant Leader"

July 25

Summer Concert in Ottawa Park: On the Beach (Pop; Rock); 6 to 8 pm: 419-936-2700

July 25-26

Calvary Baptist Church Women's Day Luncheon on Saturday at 11 am; Sunday morning service at 10:45 am; Sunday afternoon service at 4 pm

August 1

Community Resources and Health Fair: Monroe St. Neighborhood Center; 10 am to 1 pm; Blood pressure screenings, cholesterol and diabetes checks; Healthy snack and kit provided

August 8

Frogtown Fair: Erie Street Market; 9 am to 3 pm; Exhibits by green organizations, energy-savings ideas, recycling, etc.: 419-936-3015

The Sojourner's Truth

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A City's Conscience

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



I had worked with Brundage for the past year on a local Community Development Corporation board and wondered why in the world anyone, let alone an elderly white man, would constantly ride a bicycle through some of Toledo's most crime ridden neighborhoods. Was Dr. B responsible for his own fate by not taking ordinary precautions considering society's current sorry state of civility?

He was the "conscience of Toledo, whose always-conspicuous presence reminded us of what we should be doing," a participant at a prayer vigil outside St. Vincent's hospital anxiously remarked.

Several concerned residents and public officials had gathered on behalf of esteemed community activist Robert Brundage, Ph.D., who remained in critical condition after being beaten severely and robbed of his trademark bicycle a week ago. The assault had taken place where the stately and tight knit Old West End historic neighborhood district borders with the hood in the heart of Toledo.

With much of the community fanning the flames of conflict, "Dr. Bob" was one of few to raise a voice for justice and the poor. The idea that angry, apparently unemployable, unreformable, unmanageable, and unmarried persons would batter and bloody the very outstretched helping hand extended to them or wound the very one to shout "Wait a Minute" on their behalf when their lives are reduced to the punchline for jokes by the media or downright ignored, to me was altogether was repulsive and appalling.

Police arrested Dailahntae Jemison, a neighborhood

teenager and who evokes visions of the problematic behavior and failure of numerous black youths in the minds of those who live outside the inner city. Who is responsible for the fact that young black men commit a disproportionate number of crimes, especially violent crimes?

The public consensus is that poor parenting, addiction, the lack of responsible fathers, laziness and sexual promiscuity are to blame. Yet the majority of families in the 'hood make good decisions, are not addicted to drugs or alcohol and raise their children and behave responsibly.

Also rarely if ever do those living in poverty play a role in designing failing school systems, make the decisions about locating businesses and jobs overseas or in southern states, or authorize housing that no average working person can afford.

Scholar Orlando Paterson of Harvard, however, rejects structural factors such as poverty, lack of available jobs, poor schools, and low incomes. "This is all stan-

dard explanatory fare. And as usual, it fails to answer important questions. Why are young black men doing so poorly in school that they lack basic literacy and math skills? Poor schools, per se, do not explain why after 10 years of education a young man remains illiterate," he argues. "Nor have studies explained why, if someone cannot get a job, he turns to crime and drug abuse. One does not imply the other. Joblessness is rampant in Latin America and India, but the mass of the populations do not turn to crime."

Some politicians feel that getting more police officers back on the street will serve

as a deterrent or crime prevention measure but a recent Justice Policy Institute report found overwhelming evidence that cities that use extensive social resources—job training, mentoring, after-school activities, recreational programs—make significant dents in gang violence. Areas that rely heavily on police enforcement, such as Los Angeles, have far less impact.

If victims of poverty are not totally at fault and if structural institutional policies are not totally at fault, who or what is responsible for this situation? Who is to blame for this tragic and senseless transgression: the victim him-

self, the accused perpetrator, his parents, society?

Where does individual responsibility begin and end? How far do the cords of contention extend between individual and collective, or social, responsibility?

Perhaps the task of assigning blame is itself part of the problem. Black youth in the 'hood are dying over crumbs in a never-ending epidemic of violence. We expect those who live by the sword to die by the sword, but it took Brundage, the consummate activist, a wounded healer and peacemaker who is a victim of violence to illuminate and dramatically illustrate the depth

(Continued on Page 11)

Cutting Library Funding Is Unacceptable

Governor Ted Strickland: Please DO NOT permit CUTTING of the public library funding in Ohio. Why jeopardize the system that helps assure ALL Ohioans' public access to published information?

Free access to public information is what fuels and expands our collective capacity to intellectually prepare for and negotiate present and future challenges. Public library cuts have the propensity to ultimately create a devastating domino effect. Such cuts may ultimately frustrate EVERY single state system [political, economic, business, agricultural, industrial, medical, military, Internet, educa-

tional, religious, spiritual, and entertainment] that relies on "informed" people to operate them effectively.

I'd like to think the majority of Ohioans desire to be "informed" people. Is Ohio's budget in so much trouble that we would devour rather than leverage our intellectual resources? Is there no alternative other than choosing a solution which aggregately produces negative implications for years to come?

What of the overall effectiveness of prior preventive fiscal decisions—made by our Ohio electorate, those decisions that led to our public officials to now consider our public libraries as a prime sacrificial lamb offered unto the

impotent god of faulty reasoning? Where else do we look to stimulate much-needed innovation by Ohio's citizenry—our entrepreneurs, our educators, current and future community leaders, etc.? Ohio must protect itself from statewide intellectual malaise resulting from self-sabotaging type budget cuts negatively affecting all.

Of particular concern is the unfavorable impact upon the most vulnerable of our citizens—the youth, elderly, unemployed and disadvantaged. Where else then will we look for the requisite public info to reinforce our collective capacity to develop, excel and contribute to society as public

(Continued on Page 4)

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The Systematic Dismantling of Scott High School

Knowledge Works, funded by the Bill Gates Foundation money, awarded \$931,005 to Scott High School to administer the three-year "small schools" program. This predominantly black school is the oldest public school in Toledo, Ohio and once was the anchor and fortress of the historic Old West

End neighborhood. This school has had the academic, curricular and extracurricular programs systematically dismantled to the detriment of the students. Scott High School, once the cornerstone of an historic community, draws no students from this neighborhood, not even the children

of the superintendent, who live in this neighborhood, and pulls in no students from any other school.

As Scott High School's building has deteriorated so have the academic programs so vitally needed in this competitive world. This school is the victim of de facto segregation and because the academic offerings are so meager, parents use the Out Of District Transfer program to send their students out of their neighborhood and no students transfer back in, leaving Scott High School at its lowest enrollment ever. Once a school housing 2,000 students, it now warehouses less than 900.

Sincerely,
Twila Page

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Wilkowski Lays Out Economic Development Plan

By Fletcher Word
Sojourner's Truth Editor

At a news conference last week, surrounded by supporters and The University of Toledo's solar panels, mayoral candidate Keith Wilkowski introduced a 21-point jobs action plan that he called a "comprehensive economic development plan" that will happen in "the context of small business."

Wilkowski's plan falls into three general categories of advancing the manufacturing of complex products, creating green-collar construction jobs and generating funding for transportation and inter-modal opportunities.

"This is a critical time in Toledo's history," said the Democratic candidate. "We have 20,000 [people] out of work." Wilkowski said that under his stewardship, the Toledo area will become an advanced manufacturing community and that 75 to 80 percent of the jobs that are created will be through small businesses.

Standing with Wilkowski at the news conference were a half dozen elected officials: City Councilman Joe McNamara; Municipal Clerk of Court Vallie Bowman English; Toledo School Board members Steve Steel, Ph.D., Lisa Sobecki and Bob Vasquez and Lucas County Treasurer Wade Kapszukiewicz, who intro-

duced the candidate.

"This is someone who has a specific plan to create jobs," said Kapszukiewicz in his opening. Keith Wilkowski has created jobs as a county commissioner and as a law director. He has demonstrated a real cooperation with our suburban neighbors. Forty three hundred jobs will be created on his energy proposal alone and that is just the beginning."

Wilkowski's jobs action plan focuses on regional cooperation, keeping taxes low and offering incentives to energy-driven businesses and identifying opportunities to attract government grants and venture capital to help finance projects.

The 21-point plan also

calls for forming a public-private partnership through existing agencies; transforming the City of Toledo's Development Department into an Office of Innovation, Technology and Jobs; setting goals for use of new energy products; bringing a regional U.S. Patent Office to Toledo; working with the Regional Growth Partnership's Rocket Ventures Program, joining the Solar Energy Industry Association, converting the city's Department of Public Utilities into a Department of Energy and Utilities and targeting workforce training dollars to prepare workers to perform the more highly-skilled jobs in the "New Energy Economy."



Ashford and Council Recognize UT Scholarship Program

Special to The Truth

Councilman Michael Ashford sponsored a resolution of Toledo City Council officially recognizing The University of Toledo's "Guaranteed Scholarship Program" at the June 23, 2009 Council meeting.

The recently established program "guarantees" a full four-year scholarship at UT to Toledo Public High School seniors who have a cumulative, minimum grade point average of a 3.0 or higher, along with having met other eligibility requirements.

This scholarship will "guarantee" 100 percent free tuition and general fee coverage as long as the student remains full-time at the university and maintains a 3.0 grade point average or higher. In addition to that, if prospective students are eligible to receive other



(L. to r.): Mayor Carty Finkbeiner, Councilmen Mark Sobczak and Mike Craig, TPS Superintendent John Foley, Councilman Michael Ashford, UT VP Kevin Kucera, TPS Board member Bob Vasquez, Councilmen Frank Szollosi and Wilma Brown

types of financial assistance through state and federal avenues, the guaranteed "Blue and Gold" Scholarship Program would then cover any remaining balances. "There are so many kids that fall through the cracks that really want to go on with their education," Ashford said just prior to presenting the

resolution. "I see struggling parents everyday trying to figure out how they are going to take that next step; this will allow them to do that!"

The Guaranteed Scholarship Program commenced with TPS students who graduated in spring of 2009, with enrollment at the university in the fall of 2009.

Unacceptable

(Continued from Page 3)

ductive Ohio citizens? Where else do we look to develop minds which can engineer Ohio's future well-being within every system operating in our state?

In NW Ohio particularly—first the ill-fated measures to improve our public schools, then the closure of COSL, now impair or destroy our public library system?

JUST SAY NO—TOO MUCH AT STAKE!

Esteemed Ohio Electorate, I urge you to view this proposed measure for what it truly means now and futuristically for ALL Ohioans. This is no time for a myopic assessment of the probable cumulative negative consequences of this proposed budget slashing. These proposed public library cuts will create an

unaffordable dearth in Ohioans' public access to published information. This dearth will also yield fewer citizens having the capacity to make well reasoned, well researched and forward thinking decisions about even future proposed legislation such as this.

Who would make it a priority to vote to cut off or limit access to free public books and other media resources in a failing economy? Ohioans can least afford to be "dumbed down" at this point in our history!

We Ohioans must prepare ourselves to survive and to thrive amidst the demands of unprecedented changes in our local and world economies. Who would detract from a peoples' access to obtain public knowledge about emerging trends in technol-

ogy, energy, business – and in every discipline within the arts and sciences?

Face it, the world will never be the same. Generally, we are rapidly moving toward unprecedented local and global changes. We must remain intellectually competitive and encourage the same in each other.

We must assure that our children do not inherit a bigger mess than has already been created by us adults. This public library-cuts issue is a c o n s t i t u e n c y - b u s t e r...don't sleep on this one, Elected Officials.

Do the right thing in the right season... for the right reasons! We Ohioans are watching and weighing this issue right along with you ...

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VP Biden Brings Reassurances, New Economic Story to Northwest Ohio

By Torri Blanchard
Special to The Truth

Thanks to the ability to “go green,” struggling American manufacturers finally have something to look forward to.

On Thursday, June 26, Vice President Joe Biden visited the Willard & Kelsey Solar Group LLC in Perrysburg, Ohio and informed local residents and a few dozen elected officials that the Obama Administration has implemented a program that will create green jobs for manufacturers. This

program is known as the White House Council on Automotive Communities and Workers.

“We are in the middle of a tough recession,” said Biden. “I’m here to tell you that this is the beginning of a new economic story.”

Given that Toledo and surrounding areas are such large contributors to the automobile industry, it is only reasonable to conclude that local residents have been severely affected by the

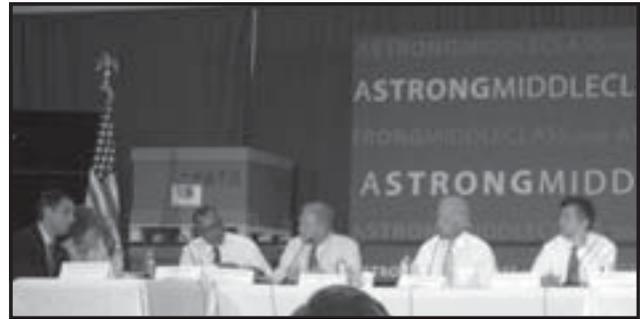
downward spiral the automotive industry has taken.

According to Biden, the Obama Administration is aware of the damage done by the economic downturn and they too are anxious to see this city get back on its feet. While acknowledging the cities’ struggles and lack of jobs, Biden said, “we get a sense of what you’re going through and we won’t be satisfied until you’re satisfied.”

As the government looks to improve the economy, companies such as Willard & Kelsey stand out for various reasons.

To begin with, Willard & Kelsey is a solar panel manufacturer, which makes the company a part of the green energy movement and a strong example to other manufacturing companies.

Secondly, they’re expected to be a great contributor of jobs to many locals. Thirdly, the solar-based corporation has already begun exporting supplies to an organization in Thailand.



“Willard & Kelsey is an advancement of technology in northwest Ohio,” said Bill Mitchell, CEO of Willard & Kelsey. Mitchell was a member of Biden’s six-member panel, which also included U.S. Secretary of Commerce Gary Locke and Ohio Gov. Ted Strickland.

While being referred to as “guy” by the vice president during the panel discussion, Strickland expressed his appreciation for stimulus money the state has received from the Obama Administration. This stimulus money has been used to assist Ohio with its unfortunate budget deficit.

In addition to contributing to Ohio’s financial recovery,

the Obama Administration plans to implement wind-turbine manufacturing into the American green movement, which is expected to be a great asset to manufacturers.

Said Biden: “There is no reason why American manufacturers cannot be the strongest manufacturers and dominate the market again.” Nevertheless, the vice president did acknowledge that “manufacturing is facing one of its toughest periods.”

The government expects that the middle class will comprise the largest percentage of beneficiaries of a dominant manufacturing economy. Such an idea was apparent to all those in atten-

dance to the forum. Audience members could not help but notice the panel’s backdrop, which read: AStrongMiddleClass.gov.

“[The Obama Administration] will measure ourselves on how well the middle class grows,” said Biden.

Looking at America’s future as a whole, Biden said: “Unless we sustain our educational, healthcare and energy systems, we cannot surpass our doings of the 21st Century.”

Throughout their tenure, Biden and Obama are determined to “keep the economy from dropping into a sink-hole,” Biden said. “We will get through this.”



Jasmine Shells: From Fighting Irish to ... Fighting Irish

Special to The Truth

Last month, the Board of Trustees of the Toledo Community Foundation, Inc announced the winner of the first Buckeye CableSystem/TV One Scholarship – Jasmine Shells.

The scholarship provides a one-time award of \$1,500 for a graduating high school African-American student who is a permanent resident of the Buckeye CableSystem service area.

On Thursday, June 26, Buckeye CableSystem hosted a celebratory dinner for Shells and her family at the Toledo Club.

Shells, a 2009 graduate of Central Catholic High School, will attend the University of Notre Dame in the fall and plans to major in psychology. She will be a pre-med student with a goal of becoming a family physician.

Shells selected Notre Dame for its atmosphere and school spirit. “It reminds me of Central Catholic,” she said comparing the two Fighting



Irish campuses. Shells was a member of and on the executive board of the Gospel Choir at Central; a member of the National Honors Society; a member of the African-American Club and the after school STARS tutoring program and served on the Spiritual Committee while at Central Catholic. She also performs community work for her church and at various area kitchens that feed the needy.

Joining Shells at the Toledo Club dinner were her parents, Vinson Shells and

Shirley Parker; sister Kamaria Parker and nephew Venson Vance III.

The scholarship applicants were required to have a minimum 2.5 grade point average and had to submit an essay addressing the theme: “America’s First African-American President, Barack Obama: How Will It Influence Your Life as an African-American?”

Applications for the scholarship are available through the guidance departments of high schools in the area, generally after the first of the year.



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All About Fat

Sarah Boes, Bowling Green State University
Guest Column

Fat is commonly known to be bad for our health. The truth is the body needs fats for growth, development, and maintenance of good health. There are actually different kinds of fats. Some fats are essential to the body and others should be limited as often as possible.

Fats are needed by the body by several ways. Fats provide nine calories per gram of energy and are used as a source of energy to spare protein. They are also responsible for carrying fat-soluble vitamins A, D, E and K through the body. Furthermore, fats also increase flavor of foods and help one to feel full. The problem with fat is that most people consume too much and the wrong kind of fat which can lead to health problems such as heart disease.

There are three main types of fats: saturated, transaturated (trans fat) and unsaturated fat. Saturated fats are considered "unhealthy" fats and are found in animal foods and a few plant foods. Animal foods include beef, veal, lamb, pork, lard, poultry, butter, cream, milk, cheeses and dairy products made from whole or two percent milk. Cholesterol is found in all animal foods that contain saturated fat and, therefore, saturated fat is the main reason for high cholesterol in the body due to the diet. Plant foods that contain saturated fat include coconut, coconut oil, palm oil, tropical oils and cocoa butter. However, these foods do not contain cholesterol.

Transaturated fats are also considered "unhealthy" fats, and are made when hydrogen is added to vegetable oil. This is done to increase shelf life and provide fla-

vor to foods. Trans fat is primarily found in vegetable shortening, margarine, crackers, cookies, snack foods, and fried foods. Trans fat are like saturated fat in that they raise cholesterol levels.

Unsaturated fats are considered "healthy" fats and are found primarily in fish, nuts, seeds and oils from plants. Salmon, trout, herring, avocados, olives, walnuts, and soybean, corn, safflower, canola, olive and sunflower oil all have a significant amount of unsaturated fat. There are actually two types of unsaturated fats – polyunsaturated and monounsaturated – neither of which raise cholesterol levels. They can actually help lower cholesterol in the body if taken in place of saturated and transaturated fat.

Unsaturated fats are necessary and can benefit the body when used in moderation. Saturated and trans fat do not benefit the body. Since saturated and trans fat raise cholesterol levels, there is an increase risk of heart disease. It is therefore recommended to limit foods with saturated fat and trans fat, or choose foods with low amounts of these fats. The American Heart Association recommends limiting total fat to less than 25-35 percent of total calories per day. Saturated fat is recommended to be limited to less than 7 percent of calories per day while trans fat limited to less than 1 percent of calories per day. The rest of the daily calories from fat are recommended to come from unsaturated fat. So for a person that needs 1800 calories a day, it is recommended for them to have less than 14 grams of saturated fat,

less than two grams of trans fat, and between 50-70 grams of total fat for the day. Most of the total fat would therefore be coming from unsaturated fats.

To help follow the recommended amount of fats, there are many helpful tips and ways to specifically cut back on saturated and trans fats. Choosing nutrient rich foods such as fruits, vegetable, whole grain and low fat-dairy; using vegetable oils such as soybean, corn, safflower, canola, olive, and sunflower oil as often as possible when cooking; using soft margarine as a substitute for butter; limiting foods such as French fries, doughnuts, cookies, crackers, muffins, pies, and cakes as often as possible; limiting fast food; eating less animal foods that contain fat; and practicing using any kind of fat in moderation are all ways to have a healthful fat diet. Other tips include checking the nutrition facts on the label for saturated fat and trans and comparing between products; choosing fish instead of meat; choosing lean meats without the skin or have not been fried and, when eating out, asking how the food is prepared.

There are many ways to eat a healthful fat diet. It is important to remember that fats are essential to the body and should never be completely avoided. On the other hand, a high fat, specifically a high saturated or trans fat diet, can be detrimental to the body. Moderation is the key to the most healthful diet.

This article was written by Sarah Boes, a BGSU Dietetic Intern in partnership with The Ohio State University Extension, Lucas County.

	Type of fat	Food sources	Recommended Percent of total fat	Effect on
	Monounsaturated	#1 choice Canola oil	Up to 20%	Linked to lower risk of heart disease
	Polyunsaturated	Liquid Vegetable oils, Fish oils	Up to 10%	Linked to lower risk of heart disease
	Saturated	Animal foods, Coconut oil, Palm oil	Less than 7%	Linked to increased risk of heart disease
	"Trans"	Shortening, Margarine, Crackers, Cookies	Less than 3%	Linked to increased risk of heart disease

The Toledo Urban Federal Credit Union



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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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TOPS Offers Healthy Cookout Tips to Spark Up the Grill

This summer, let your kitchen be lonely. Turn your oven off, and take your family outdoors to fire up the grill for sizzling, healthy meals on a sunny day.

Since July is National Grilling Month, it offers tasty timing for TOPS Club, Inc. (Take Off Pounds Sensibly) to suggest nutritious alternatives to cook on a grill.

Registered dietitian Dena McDowell, M.S., C.D., nutritional expert for TOPS, suggests preparing lean ground turkey breast as an alternative to ground beef for burgers. She advises looking on food labels for ground turkey that is at least 93 percent fat-free.

According to www.nutritiondata.com, four ounces of ground beef containing 10 percent fat has 240 calories and 12 total fat grams. Four ounces of ground turkey with 7 percent fat has 150 calories and 7 total fat grams. Four

ounces of ground turkey with 1 percent fat has 120 calories and 1.5 total fat grams.

Here are tips from McDowell to keep your food fresh and healthy at a cookout:

- Trim the excess fat from meat before grilling to lower the fat in the end-product, as well as reduce the amount of polycyclic aromatic hydrocarbons (PAHs) that are produced.

- Get creative and grill vegetables and fruits to add more texture and flavor to the meal. Use a grill basket (found at most hardware stores) to grill slices of peppers, eggplant, zucchini, sweet potatoes, and even corn on the cob. For a sweet dessert, try grilling pineapple and papaya slices. Add a little cinnamon for increased sweetness.

- Use a marinade that contains lemon, lime juice, or vinegar. The acidic nature of these marinades will reduce the amount of ad-

vanced glycation end-products (AGEs) that are formed. AGEs can cause inflammation in the body and increase risk of chronic diseases such as cancer, heart disease, diabetes, and stroke.

- Keep food out of the danger zone (between 40° F and 140° F). Bacteria can multiply quickly if food is kept in this temperate zone. Keep hot foods hot, using a meat thermometer to check the internal temperature. Keep cold foods below 40° F by keeping foods in coolers that have adequate ice.

- Cook beef to a minimum of 160° F or until the center is no longer pink and juices are clear. Cook ground poultry to 165° F and poultry parts to 180° F.

- Marinades diminish the charring of meats, which reduces the risk of developing heterocyclic amines (HCAs). These food components can increase risk of certain forms of cancer.

- Marinades that contain red wine, beer, or fruit juices (such as papaya or pineapple) will tenderize the meat and also prevent charring from taking place. This may reduce the amount of HCAs produced by an estimated 90 percent.

- Never reuse marinades that have been used for raw meat, chicken, or fish.

Smart cooks find ways to lighten up.

The following recipe from McDowell for barbecue sauce reduces the amount of salt and sugar, especially in the form of high-fructose corn syrup.

Healthy Barbecue Sauce
1 cup low-sodium ketchup

2 teaspoons chili powder

One-half cup onion, minced
1 tablespoon butter

1 tablespoon brown sugar *

1 teaspoon vinegar

One-half teaspoon garlic powder

Sauté onion with butter until tender. Mix all remaining ingredients with onion. Bring to a boil and then simmer for 20 minutes. Add extra chili powder or Tabasco® sauce to make a spicier version. Makes one-and-a-half cups.

* To reduce the carbohydrate content further, you can use Splenda® brown sugar in an equal portion.

The following salsa recipe from TOPS' membership magazine, TOPSNews, has the advantage of zero cholesterol, along with bursts of flavor, color, and texture.

Black Bean Salsa
1 15-ounce can black beans

1 15-ounce can garbanzo beans

1 15-ounce can whole kernel corn

1 15-ounce can diced tomatoes

1 small can sliced black olives

1 tablespoon thyme

2 tablespoons finely chopped onions

1 tablespoon minced garlic

1 tablespoon Italian seasoning

2 tablespoons dried parsley

1 tablespoon dried celery leaves

One-fourth cup olive oil

Drain beans and corn and rinse well. Combine all ingredients and mix well.

Chill at least two hours. Makes 16 half-cup servings.

TOPS Club, Inc. (Take Off Pounds Sensibly), the original, nonprofit weight-loss education and support organization, was founded more than 61 years ago to champion weight-loss support and success. Founded and headquartered in Milwaukee, Wis., TOPS promotes successful weight management with a philosophy that combines healthy eating, regular exercise, wellness education, and support from others at weekly chapter meetings. TOPS has about 170,000 members in nearly 10,000 chapters throughout the United States and Canada, and several chapters in Europe.

Visitors are welcome to attend their first TOPS meeting free of charge. To find a local chapter, view www.tops.org or call (800) 932-8677 for more information.

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Healthy Baby. Healthy Family.

Tobacco Treatment Center at St. Luke's Hospital

Free Lecture Series for Expectant and New Moms and Dads Continues with "Feeding Your Growing Family"

To help expectant and new parents prepare for parenthood, the Tobacco Treatment Center at St. Luke's Hospital will host *Healthy Baby. Healthy Family*. This free lecture series will provide information about a wide range of health topics, including fertility, pregnancy, life balance, relationships, nutrition and vaccinations.

"Feeding Your Growing Family," the next program in the series, takes place on Tuesday, July 7, at 7 pm, at the Diabetes Care Center on the campus of St. Luke's Hospital, 5901 Monclova Road, Maumee. In the center's demonstration kitchen, dietitian Jennifer Schnipke will show parents how to stretch their food dollars while still providing tasty, nutritious, kid-friendly foods for their little ones.

Next, parents will learn more about vaccines and their role in disease prevention at "Be Wise. Immunize." on Wednesday, Aug. 12, at 7 pm. Gary F. Gladieux, MD, pediatrician, and Mary Ann Fasca, RN, Toledo-Lucas County Health Department, will answer vaccination questions about novel influenza A (H1N1) virus, seasonal influenza, rotavirus, vaccine safety, alternative vaccination schedules and vaccine supply.

The series wraps up with "Baby-proofing Your Relationship" on Wednesday, Sept. 23, at 7 pm in Classrooms 1 and 2 at St. Luke's Hospital. A panel of experts in family medicine and psychology will discuss the problems and rewards couples encounter when children are added to their relationship. Drawings will be held for his and her massages and a date night (dinner and a movie) package.

Call 419-897-8484 to register for *Healthy Baby. Healthy Family*. Or, visit www.stlukeshospital.com. Click on "community health programs."

Healthy Baby. Healthy Family. is funded by the St. Luke's Hospital Foundation.

Fabulously Fit For Life Continuing the Journey to a Fit Lifestyle

By Angela R. Steward
The Truth Contributor

Hopefully you've begun your fitness journey and your food journal has about three weeks of entries. Your entries don't have to be extensive – K.I.S.S. (keep it simple, stupid), just enough for you to become aware of what you're eating and why: hunger – maybe, boredom – PROBABLY!!!

My food journal helped me realize I was eating out of boredom! I'd get home from work, eat dinner, park my behind on the couch and watch TV! Then around 10:00 - snack time. Eating + television = entertainment!!! Does this sound familiar? That's why your food journal is so important. It will help you realize what you eat, how much you eat, and possibly why you eat.

I began to take control of my health in October, 2003. I weighed 240 lbs and squeezed into a size 18 dress that looked like my grandmother's kitchen curtains. I stared in the mirror with tears in my eyes and

asked "who are you?" No one told me I'd changed! I blamed my husband for never telling ME – he just laughed and said "I love you no matter what size you are." Just then Halle Berry came on TV! While he was screaming how fine she was - I realized I used to be fine too! I could never be Halle, but I dang sure could be a new and improved ME!

I began to pack my lunch every day. I watched my portions, ate lots of fresh fruits and vegetables and eliminated junk food during the week. I also drank a lot of water and limited myself to one diet soda a day. No sugar, nothing white (bread, pasta, potatoes) but on the weekend I ate what I wanted!

Also, during this time, I met George! George could cook! He supported my lifestyle and helped me in my fitness journey. My husband didn't like George when I brought him home for the first time I met him at Wal-Mart and brought him home with

me and immediately laid him on my kitchen counter. George would cook my food quickly and he never complained.

He would cook my burgers, chicken breasts, bacon, steaks and fish to perfection. He would grill my veggies, too! I was in love



with George! Then George cooked for my husband, my hubby fell in love with him too. George has been living with us ever since. In fact, we've used him up and have had to replace him several times. By now I hope you know I'm talking about my George Foreman grill! There is nothing like it! If you have one - USE IT! If you don't have one -- BUY ONE! George is inexpensive, and cooks your food quickly while removing the fat!

The largest and hardest but most important step I had to take was to **EXERCISE!** I started walking every morning before work. Then I began to take classes at a local gym. I'd stop at the gym right after work (that time was more convenient for me)! It became a very important part of my day.

I looked at it as one more hour of work, I wasn't getting paid for it – but it would pay off! I didn't necessarily look for any particular class – any

class would do – as long as it involved cardio! I'm not a machine-type person, I need interaction, so a class with fun, uplifting music with a lot of movement was what I needed!

Exercise soon became addictive and I worked myself up from the back row to the front row! Of course, now I have my own studio so I look forward to witnessing the confidence levels of my back row participants grow as they move from the back row to the front row!" So a big **SHOUT OUT** to all my back row ladies – I look forward to seeing you up front!

Try to exercise at least 30 minutes five days a week – anything more than five is a bonus! It's not about going to the gym and killing yourself for a couple of hours and coming home exhausted! There are so many ways to workout and have fun! Simple things like walking, riding a bike, dancing or running can

(Continued on Page 9)

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Sports Physicals Offered in July at Bay Park Community Hospital

Special to The Truth

Students participating in high school or middle school athletics are invited to receive quality, low-cost sports physicals on Tues., July 14 from 5 – 8 p.m. at Bay Park

Community Hospital's (BPCH) Total Rehab. For only \$15, athletes will receive:

- A medical exam
- A review of their medical history

- A musculoskeletal exam
- A vision screening

Physicians, licensed athletic trainers and licensed physical thera-

pists will be present to provide the physicals and answer questions. Athletes are encouraged to attend, as most schools will not allow students to begin practice until they receive physicals. The physicals will only serve as a general screening for health concerns (if a problem is found, the student will be referred to a

primary care physician). In addition, sports medicine expert Steven Freeman, MD, will be on hand to oversee the entire sports physicals process. All athletes, regardless of age, must be accompanied by a parent or receive a parent signature on a physical form. In any case, parents are

strongly encouraged to attend with the athletes. Contact Total Rehab at BPCH at 419-690-8400 for additional information. Total Rehab is located within the Professional Office Building at 2751 Bay Park Drive, Suite 150, Oregon.



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Fit

(Continued from Page 8)

make a tremendous difference in your metabolism.

So turn the stereo on – turn it up LOUD – dance while you're dusting or running the vacuum sweeper. Shake that thang while you're washing dishes! Laugh at yourself – it's okay to laugh! Remember when you were YOU – not Wifey, not Mom, not Mrs., not Granny, but YOU!

Your life expectancy consists of approximately 47,304,000 minutes (90 years) – don't waste another minute sitting on that couch! Get moving, shake your groove thang and find George - LOL!

Email me with any questions or comments you might have! I look forward to hearing from you!

Yours In Fitness!

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Skin Cancer Can Affect Anyone!

By Marquitta Bey and Dr. Hope Mitchell, MD
Guest Column

Skin cancer is the most prevalent of all cancers! Many people of color have a sense that we are not affected by skin cancer. We seem to think that melanin in the skin

Melanoma. More than one million new cases of skin cancer will be diagnosed in the US this year. In fact, one in five Americans will develop skin cancer in

lack of early detection, melanoma patients among the black and Hispanic communities have a higher percentage of cancer that spreads to other organs and tissues at the time of diagnosis, in comparison to their Caucasian counterparts.

Melanoma is a more aggressive skin cancer and can be fatal. Melanomas can appear suddenly as a new lesion or from a preexisting mole. See your dermatologist immediately if there are any changes in the size, color, shape or texture of a mole.

Although only four percent of all skin cancers are melanoma, 80 percent of skin cancer deaths occur from melanoma. Excessive sun exposure, particularly sunburn, is the most preventable cause of melanoma. Although dark brown or black skin has less risk, it is not a guarantee against this skin cancer. Melanoma can develop anywhere on dark-skinned individuals, especially the palms and soles, under nails, and in the mouth.

What can you do to protect yourself?

While having brown skin tone is beautiful and unique, we must always know the importance of being familiar with changes in our skin and choosing a doctor familiar with ethnic skin tones.

The best way to identify skin cancer is to have a **yearly skin check** just like one goes for a mammogram or a cholesterol check. The American Academy of Dermatology strongly recommends every-

one to examine their skin regularly to aid in early detection of a new or changing lesion. This means looking over your entire body including the "hard to see" areas like the back, behind the ears and the backs of legs.

Contact Dr. Hope Mitchell, dermatologist, or Marquitta Bey, medical assistant, at info@mitchellderm.com.



– that gives us darker complexions – protects us from any impending danger. Although darker skin-toned individuals have protection against UV rays of the sun, it is not a sure fire defense against the one deadly form of skin cancer, malignant

his or her lifetime! The most common cause of skin cancer is excessive exposure to ultraviolet light.

There are three types of skin cancer: Basal Cell Carcinoma, Squamous Cell Carcinoma, and the deadliest form, Melanoma. Because of the

Prevention is key! The best protection against skin cancer is sun avoidance!

1. Seek shade between 10:00am and 4:00pm when the sun's rays are the strongest. Remember, "No shadow.....seek the shade!" If your shadow is shorter than you are, the sun's rays are at their strongest and you are likely to sunburn.
2. Wear light-colored, tightly woven, protective clothing including a wide-brimmed (3-4 inch) hat, and sunglasses during prolonged periods of sun exposure.
3. Apply a broad spectrum (protects against UVA and UVB rays) sunscreen with a Sun Protection Factor (SPF) of 30 or greater, 15-30 minutes before sun exposure, and reapply every two hours when outdoors, even on cloudy days.
4. Avoid tanning beds.
5. Protect children! Minimize sun exposure and apply sunscreen to children six months and older.

Dear Ryan,

I am starting a workout program and I'm not sure how much weight I should be using. I don't want to get big and bulky. I just want to tone up and look good. How much weight would be good for me to start with and how long before I see results?

Ms. T

Dear Ms. T

Congratulations to you for starting your new program. First I would like to rid you of the myth that you will get big and bulky if you weight train. You are not a man nor are you built like one. You will get more muscle tone, burn more calories, have a ton of energy, feel better about yourself plus develop you new body. So, bulking up will not happen for you. You would have to increase calories and lift heavy for a few years to get large muscles. Now you don't have an excuse not to train hard. Use a weight that you are comfortable with and can get a hard 12 repetitions. I take my clients through a one rep max test to determine how much weight they can comfortably use for the workouts that we start with.

I take 60 percent of their max weight and do two sets of 12-15 reps per body part. Here is how to find you one rep max. If you are using a selectorized stack machine, use a light weight to warm the muscle.

After 12-15 reps increase the weight by one or two plates and do only one repetition. Continue this process until you can not lift the weights for one complete rep. Let's say the last rep you fully completed was 100 lbs. You would take 60 percent of the weight (60lbs) and begin your workouts with that poundage. You may have to change the percents depending on the strengths of each muscle group. This will work the muscle and bring results.

If you do your weight training three times a week and follow a good eating regiment you will see results in a few short weeks. You can simply start by cutting your sugars, drinking more water and eating five small, high in protein, meals per day. Remember that losing more than two to three lbs a week will result in losing muscle tissue and not body fat. Set realistic goals and stick to it.

Good luck achieving your Dream Bodies and keep up the good work.

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Old West End Daycare Center — What Preschool Commencement Means to the Children

Special to The Truth

The air was fresh and the atmosphere was full of hope and expectation for the preschool children of the Old West End Daycare Center. The faces of parents were beaming with peace. In short, this was the day parents and friends got to experience the joy of a child's first academic milestone — the preschool graduation.

As Old West End Daycare has done for the past couple of years, this year the venue was no different. The center's preschool commencement ceremonies took place on Saturday, June 27, 2009, at The University of Toledo. However, what was different about this year's celebration is that special recognition and awards were given to over 30 of the center's school-agers who participated in its two week summer enrichment program.

"We are proud of the work our school-age children have done," Patricia Dumbuya, the owner and executive director said. "More often, it appears in our society that learning ceases the moment schools close for the summer. Children abandon their books just to find out that



Careonna Nelson



Rodney McCoy

they have regressed academically a semester or two, after summer break is over.

"What was so special about our enrichment program," Dumbuya continued, "is that it was 100 percent embraced by the children and their parents when we first floated the idea a month or so before school ended for the summer."

For Robin Carouthers, a foster parent of some of the children who attend the center, she believed that, beyond the normal care the center provides, the enrichment program was very helpful to her children. "I liked the fact that the staff did not only push a math or language worksheet in front of the

kids, but that they took time to explain what the kids needed to do, and assisted them when needed. I loved it," she said.

Other parents were simply happy that their children did not squander the entire summer and that they were engaged in some form of academics.

With regard to how children responded to the program, especially just having completed the academic year, Dumbuya said that she was pleasantly surprised. "Every one of the children from kindergarten to sixth grade enjoyed the enrichment program. They learned more math and language in a two-week period than I have seen them in a long time—only

because learning was made fun.

About the events of the day, Ronita Mack, a parent whose elder child went through the preschool program, and still attends the center, reflected on the positive influence the center and Francis Dumbuya, Ph.D., have had on her grandchild. "My grandchild looks forward to going to the center each day. He has to see his friends and Dr. Francis."

Mack also went into detail by saying that the urge by her graduating son "to attend the center has tremendously increased since he looks up to his brother who has also been through the program. I cannot forget to thank Dr. Francis and Ms. P.

"As for Dr. Francis and Ms.

P., they are God sent. They have never been the ones to sit and let the staff do all the work. They are the professionals who can be having a meeting with someone, and in a moment's notice, turn on to help with the babies," she said. "Also, I am here today to show my support and gratitude to all the staff at the center for their hard work and commitment to providing exceptional care."

The event's guest speaker was Larry Whatley, a Toledo media personality and religious leader. In his speech, Whatley emphasized parental involvement and responsibility. And, that includes building a strong foundation of education and family values.

He also thanked parents for

using the Old West End Daycare Center for their childcare needs because as he put it, "there is leadership there that is doing some remarkable things."

He specifically addressed the graduates and reminded them that "commencement is just the beginning of great things to come. But that the children must do their part by listening to their parents, guardians, teachers, and counselors who are there to help them map a brighter future."

Whatley concluded by extending wishes of good health and success in the coming years to the children and their parents.

Party of Five Heads for South Africa.

Sojourner's Truth Staff

A group of five Toledo-area residents heads for South Africa this week to take part in an academic and economic study of the country.

Leading the excursion and making his 16th trip to the continent, is Ruben Patterson, Ph.D., director of The University of Toledo's Africana Studies Program.

Accompanying Patterson will be State Representative Edna Brown; founder and former executive director of UT's EXCEL Program, Helen Cooks, Ph.D.; and two UT students—Treyken Addison, head of the Black Student Union, and Tammy Armstrong, a nontraditional student and real estate agent.

The sojourners will be in Africa from July 4 to July 26, according to Patterson, as they travel to Johannesburg, Cape Town, Pretoria, Durban



Johannesburg to create markets for Ohio entrepreneurs and to create a workforce in South Africa with firms doing business in that country.

Part of Patterson's attention will be drawn to the changing economic environment in the South African nation.

"They have succeeded fabulously with the transfer of wealth," he said of the changes since the end of apartheid. "They have a structure in society with some fabulously wealthy [black Africans]. But some lives have scarcely improved since the fall of apartheid."

To that extent, part of Patterson's mission is to try to improve the connections between South Africans and African-Americans.

and a number of townships including Soweto.

Patterson is a traveling lecturer and will be conducting some classes during the trip. The venture, however, is multifaceted. One of the purposes is "to promote trade between Ohio and South Africa," said Patterson.

The Ohio Department of Development has an office in

From the Amazon to You Mona Vie's Premier Acai Blend Packs a Healthful Punch



The secret to Monavie's premiere acai blend can be found thousands of miles away - deep in the Amazon rain forest of northern Brazil. The acai (pronounced ah-SIGH-ee) is the "crown jewel" of Mona Vie's three products - Mona Vie Original, Mona Vie Active and Mona Vie Pulse.

This small black-purple berry grows in clusters on the acai palm and has been revered for centuries by the people of Brazil's northern Amazon region.

There are three formulas currently available. Mona Vie's Original; formula features the nutrient-dense acai berry and 18 other fruits. Some of these fruits are well-known, such as pomegranates, purple and white grapes, apples, cranberries, passion fruit, bananas, prunes, kiwis and blueberries.

Other fruits in the mixture are not so common - such as camu camu, which is also from the Amazon rainforest; bilberries, which are found throughout temperate and subarctic regions of the world; wolf berries and lychee from China and the acerola fruit, which is native to the West Indies and northern South America and is prized for its high vitamin C content.



For more information on all of the Mona Vie products, go to our website at www.MyMonaVie.com/edwinamesley

Conscience

(Continued from Page 3)

of an urban problem to which we have grown numb and accustomed to.

The stark contrast of Brundage riding his bicycle through the meanest streets of Toledo and the intimate geographic relationship between the aristocracy of the Old West End and the poverty of the 'hood challenges us to get beyond assigning blame to deal with the actual problem of poverty.

A common misconception is that everything that can be done has been done to solve poverty and its destructive con-

sequences. But we have not yet convened a serious, sustained, high-level and grassroots collaborative, strategic action-focused conversation about what black families and children need to survive, contribute, and thrive. The reality is that we haven't been willing to invest in poverty reduction or parenting, healthy families and children particularly to the benefit of those poor who make an honest attempt to improve their lives. That time has now dramatically come.

Budget cuts to areas that empower children and families will resurface in larger

and exceedingly expensive crises in the areas of juvenile and adult crime, incarceration, school delinquency and drop out, emotional illness, substance abuse and suicide.

"A ghetto can be improved in only one way: out of existence." Let's stop the blaming and solve the problem. How often do we need to be "reminded of what we should be doing?"

Contact Rev. Dr. Donald Perryman at dcperryman@wcofc.org

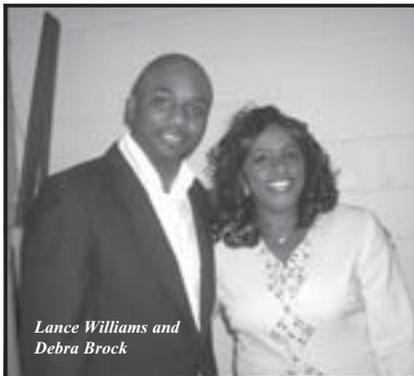
Music & Arts Love and Fellowship Conference Held in Toledo

By Artisha S. Lawson
Sojourner's Truth Reporter

The 30th annual Music & Arts Love Fellowship Conference was held in Toledo during the week of June 21-27. Hundreds of visitors and residents attended the various conference events.

In 1979, the first Edwin Hawkins Music & Arts Seminar was held in California and, while touring, he became aware of the lack of accurate information on the history and development of black religion music, especially modern day contemporary gospel.

By 1988, the Love Fellowship Convention was developed, under the leadership of Bishop Walter Hawkins.



Lance Williams and Debra Brock

The Love Fellowship Convention provided pastors and their congregations the opportunity to refresh their spirits through joint praise, worship and education.

Lynette Hawkins Stephens, sister to Edwin and Bishop Walter Hawkins has been with the conference since the beginning and looks forward to each pending year. "I instructed the drama workshops this year," said Stephens. "When the conference first began it wanted to help the gospel community by striving to go beyond the church to become professionals. It started with music and has expanded to all arts like dance and drama."

The week-long conference kicked off with a musical at Indiana Avenue Missionary Baptist Church then



Conference host committee

duction, percussion, song writing, choir decorum and directing, children and youth ministry, dance, drama, vocal technique, recording musicians rehearsal, young adult intensive, the art of leading praise and worship, piano, ministry of gospel music, business of gospel music, bridging the gap, pastors' session and advance piano.

Guest instructors included: Pastor Rance Allen, Pastor Daryl Coley, Melonie Daniels, LeAnne Faine, Lynette Hawkins Stephens, Tramaine Hawkins, Bishop Walter Hawkins, Bobby Jones PhD, Donald Lawrence, Pastor Donnie McClurkin, Bishop Kenneth Moales Sr, LaShun Pace, Pastor Calvin Rhone and Richard Smallwood.

Gwendolyn Boyd of Detroit has attended the last seven conferences and en-

joys each year. "It's great, we come together to fellowship. It's not a huge conference, but like family bonding and I look forward to each year. Everyone is someone at Love Fellowship Conference."

On June 27, the conference closed with a live recording which featured over 150 vocalists of The Music and Arts Love Fellowship Conference Mass Choir. Members were conference participants who practiced

throughout the week for the Saturday recording.

Twelve unique songs were selected for the recording which took place at St. James The Armory Church of God in Christ. The songs selected were: "Jesus, That's why I love You," "Shout out Loud" (with music and words by Chris Byrd of Toledo,) "Worth all the Praise," "In This Place," "All the Way," "Everything I Need," "Forever My Praise," "Lift the Savior Up," "Shine," "Psalm

47," "You Changed my Life," and "I Long to Worship You."

The composer of "I Long to Worship You," Lance Williams of New Jersey, selected Deborah Newsome of Toledo to lead the worship song. "My genre of music is worship, and this talks about my relationship with God and I long to be closer to him," said Williams. "How I long to worship in my heart and know that even with challenges I can worship through it."

The live recording quickly turned into praise and worship service as the 150-member choir encouraged those in attendance to sway and clap along with the music. "Shout out Loud" was extended to include an encore when Bishop Hawkins took the stage and began leading the song.

For further information on the conference or live recording compact disc, refer to the conference website <http://www.southsidebaptist.org>

continued with conferences at The Ramada Inn & Conference Center on Secor Road.

The workshop topics included: fashion show pro-

Local National Guard Couple Heading to Iraq

Sojourner's Truth Staff

If you are a member of the Army National Guard and are about to get deployed to Iraq for the next 18 months, it hurts to leave all of your loved ones behind. So if you can, take one with you.

That's what one Toledo couple are doing. Tommy Moore and Reva Kerkulah have been a two some for about five years now. They've been together in the Army National Guard for a number of years. And, this week, they are going to Iraq in the same unit.

"It makes it a lot easier," said Moore on the eve of their departure at a going away party held for the couple at the Peacock Cafe by their family and friends.

Actually, they may have caught another break. They leave on July 2. On June 30,

the U.S. forces were scheduled to complete their pull out from Iraqi cities and turn the duties of maintaining order over to the Iraqi army and police. American troops will remain on base from now on—at least that's the theory.

Moore is prepared to remain vigilant during his tour.

"It's a different world," he said. "You never know

when you are going to get attacked."

Moore, a track star during his days at Rogers High School is a postal worker who is three semesters short of his degree from The University of Toledo.

Kerkulah, a sergeant in the Guard as is Moore, has earned a bachelor's degree from UT and was employed at Walbridge before her assignment to Iraq.

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Michael Jackson: A Perspective on a King Among Men

By Michael Hayes
Minister of Culture

I have written and re-written this article over 27 different times and still it doesn't feel right.

We paid tribute at our open mic night, I wrote a poem...and still it doesn't feel good enough to honor someone so vastly important to the world.

You would think this type of reverence and devotion would be reserved to honor

God instead of an entertainer.

How can one man be so important that multitudes of people across an entire planet

pay homage to his memory as if he were a close friend?

There are so many levels to look at Michael Jackson and his legacy.

The psychology of a person stripped of this childhood to the point at which he can't relate to the world away from lights and stage.

The mindset of someone emotionally and physically abused during adolescence to the point that he may have sought to reconstruct himself outwardly because he had no true identity on the inside.

We can't begin to look at Michael Jackson until we look at ourselves.

For every extraordinary part of his life...of his artistry,

there was a very ordinary dysfunctional plight underlying it all.

The type of dysfunction that you nor I can judge because we suffer our own flaws just the same.

See... I'm not one to bite my tongue and I'll just say it:

White American media will crown you and then crucify you in the same breath.

Look at Madonna, Bill Clinton and others - all praised for what they brought to the world but as soon as something human about them came to light then they were mercilessly attacked.

Of course it's deeper than color...but I need to make the point that black America at least tries to support its heroes to the very end.

As long the offenses aren't proven to be too gruesome... we will still hold it down for our favorite athletes, actors and musicians.

I don't give a damn about Michael Jackson's financial



standing.

I don't give a damn about whether or not he conceived his kids the old fashioned way or whatever they say happened. I don't give a damn about how he looks.

Because I am flawed just as he is, and in the end it's about his artistry and impact.

If Joe Jackson had stayed working at the steel mill and Diana Ross and Berry Gordy

never walked into his family's life... Michael Jackson may have never found a way to change the world through his art.

But an artist he was. A natural at a very young age.

A triple threat before anyone knew what a triple threat was!

To those of us who are artists...it's a no brainer!

Michael Jackson was a king among men (artistically speaking)!

I mean...it's MICHAEL JACKSON!!!!

Who cares if his moonwalk got slower as he aged.

American media says his last album *Invincible* flopped by only selling two million in the States but he sold over 10 million of the same album worldwide.

You don't want to even add up all the hundreds of millions he's sold over his lifetime...

You don't want to go into his foresight to buy the rights to the Beatles catalog in the 1980's when most black entertainers knew very little about publishing royalties.

You don't EVEN wanna go into how M.T.V. was launched on this man's back!!

Funny thing... as a child, I hardly ever knew what he was saying. Either he or

Prince. But in my family... I had to pay attention to choreography.

I had to pay attention to harmony. I had to pay attention to song structure.

The man was beyond genius in every facet of his artistry.

For those of us who were babies in the 80s and teens in the 90s... *Thriller* was responsible for many a sleepless night in those kindergarten years... LOL.

But later on you see his genius.

I don't remember how it premiered, but I do remember when *Bad* came out and when "Black or White" came out.

Michael Jackson's video world premiers happened on regular TV!!!

I mean... like a presidential address!!

When I heard he passed, I didn't even believe it at first mainly because it was TMZ who reported it and secondly because... I mean... in my mind I'm thinking 'dude, if Michael Jackson died... they would stop all TV'.

One of my facebook



friends had a status update saying he wouldn't be surprised if the world actually stopped spinning.

And THAT's when you know it's deeper than the music.

It has to be deeper than the music.

Five year olds have a love of Michael Jackson and they have no reference point for his dominance in music.

Even throughout the 90's, much of his song concepts were NOT pop... they were political ("Heal the World," "They Don't Really Care About Us," etc.).

So obviously ... the allure...the magic...the power of Michael Jackson transcends his artistry as a musician and dancer.

When you see the decades and decades worth of adoring fans crumbling to their feet in tears at the mere sight of him in person... that is deeper than music.

That is deeper than celebrity induced fandomism.

I believe Michael Jackson was a mere mortal who rose to super-human heights in the mastery of his craft.

I believe Michael Jackson radiated a love and compassion that souls on a global scale found divine.

Art is a medium. As an artist... there may never be someone so dominant... so transformative in our culture ever again.

Beyonce, Shakira, Garth Brooks, and Hannah Montana don't even slightly compare.

And they are all icons in their fields.

I encourage you all to indulge in Michael Jackson's musical legacy.

Keep watching those youtube videos, go buy those albums, do whatever you can to keep his artistry and music alive and celebrated.

It's a weird place to feel so connected to someone you've never met...to know that it doesn't really affect you, but it DOES affect you and there are so many others like you that it in turn actually affects the entire world.

That's powerful.

Leave the scandals and nonsense to those who are scandalous and nonsensical.

If you love music... if you love Michael Jackson... remember him at his best.

Peace.
glasscitytruth@yahoo.com
and you can facebook search Michael Hayes and join my group:

Remembering Michael Jackson.

Early Elementary Teacher

Dundee Community Schools, Dundee, Michigan has an opening for an Early Elementary Teacher. Candidates should submit a letter of interest, resume with professional references, and a completed Dundee Community Schools' application for teaching position (found at www.dundeecommunityschools.org) to Maury Geiger, Principal, Dundee Elementary School, 420 Ypsilanti Street, Dundee, MI 48131, Deadline for application 07/06/09 at 12:00 p.m.

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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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CLASSIFIEDS

July 1, 2009

Page 15

INVITATION FOR BIDS

The Lucas Metropolitan Housing Authority is seeking bids from licensed, qualified, electrical contractors to furnish all labor, materials, and equipment for the following project(s):

JOB NO.: 29057
PROJECT NAME: Vistula Manor Electrical Upgrade
WALK-THRU DATE: Monday, June 29, 2009 @ 10:00am
BID OPENING DATE: Tuesday, July 14, 2009 @ 11:00am

All bids will be publicly opened and read aloud in the 2nd Floor Conference Room on the dates shown above, in the RCI/Modernization Department, at 201 Belmont Street. Contract documents and technical specifications/drawings will be available from the RCI/Modernization Department, and will be provided upon request.

Each bid shall be accompanied by cash, an approved surety company bid bond, or a certified check upon a solvent bank, made payable to the Lucas Metropolitan Housing Authority in an amount equal to five (5) percent of the bid, tendered as a bid guarantee (if required) that the bidder will, if the award is made to him, enter into a bona fide contract with Lucas Metropolitan Housing Authority for this work and furnish proper guarantee bonding as required under the specifications within a period of ten (10) days after the awarding of the contract.

The prevailing wages for this locality, as established by the Department of Labor as Wage Determination OH20080028, as modified, must be paid all persons employed for this work.

All bidders shall be required to meet the Affirmative Action requirements and Equal Employment Opportunity requirements as described in Executive Order #11246. Each bidder must insure that all employees and applicants for employment are not discriminated against because of their race, color, religion, sex, national origin, disability, handicap, age, ancestry, creed, or military status.



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RE: Examinations for Journeyman Wireman
Applications for the Journeyman Inside Wireman test will be accepted July 13 – 17, 2009 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible to be eligible for this examination are:

1. Must be 18 years of age or over.
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

Art Teachers

Dundee Community Schools, Dundee, Michigan has openings for two (2) K-12 Art Teachers. Candidates should submit a letter of interest, resume, three letters of recommendation, copy of transcripts and a completed Dundee Community Schools' application for teaching position (found at www.dundeecommunityschools.org) to Jeff La Roux, Principal, Dundee Middle School, 420 Ypsilanti Street, Dundee, MI 48131. Deadline for application 07/06/09 at 12:00 p.m.

Development Officer

United Way of Greater Toledo is currently seeking a motivated individual to act as a Development Officer. The Development Officer is responsible for the fund raising and year-round relationship building activities for major segments of United Way's Resource Development to support the overall Community Impact objectives. Special focus will be key accounts and special fund raising initiatives as assigned. The Development Officer documents, monitors, manages and evaluates account development, analyzes account data, manages and supports key volunteers. This position includes significant data management and report generation for the department as well as assigned accounts.

Applicants must possess a Bachelors degree with at least two years experience in fund raising/sales and working with volunteers.

Qualified candidates should submit a cover letter with salary requirements along with a resume to:

United Way of Greater Toledo
One Stranahan Square
Toledo, Ohio 43604
Attn: Karri Anthony
Or

E-mail to karri.anthony@unitedwaytoledo.org – subject: RD

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PUBLIC NOTICE CITY OF TOLEDO NEIGHBORHOOD STABILIZATION PROGRAM 2

To all interested agencies, groups, and persons:

The City of Toledo is seeking comments on a proposed Neighborhood Stabilization Program 2 (NSP2) under the American Recovery and Reinvestment Act of 2009.

The Neighborhood Stabilization Program plan includes a description of available funds from the Department of Housing and Urban Development (HUD) and the eligible uses for the NSP2 grant. It contains a description of the activities to be undertaken and the expected results of those activities. The purpose of this program is to stabilize communities that have been affected by foreclosures and abandonment through the purchase and redevelopment of foreclosed and abandoned homes and residential properties.

The draft will be available for review and comments beginning Friday, July 3, 2009 on the City of Toledo website: www.toledo.oh.gov, located under the *Department of Neighborhoods*, and at the following locations:

- | | | |
|--|---|--|
| 1) Department of Neighborhoods
One Government Center, 18th Floor
Downtown Toledo, Jackson & Erie | 4) All local branches of the Toledo-Lucas
County Public Library
(Refer to local telephone directory or
toledolibrary.org for locations) | 7) Lucas Metropolitan Housing Authority
435 Nebraska Avenue
Toledo, Ohio |
| 2) Department of Development
One Government Center, 22nd Floor
Downtown Toledo, Jackson & Erie | 5) The Ability Center of Greater Toledo
5605 Monroe Street
Sylvania, Ohio | |
| 3) Clerk of Council
One Government Center, 21st Floor
Downtown Toledo, Jackson & Erie | 6) The Fair Housing Center
432 N. Superior Street
Toledo, Ohio | |

The City of Toledo will receive comments from the public through Monday, July 13, 2009, either through the website at www.toledo.oh.gov, or at the following address:

KATTIE M. BOND, DIRECTOR
CITY OF TOLEDO
DEPARTMENT OF NEIGHBORHOODS
NEIGHBORHOOD STABILIZATION PROGRAM 2
ONE GOVERNMENT CENTER, SUITE 1800
TOLEDO, OHIO 43604
(419)245-1400/FAX: (419)245-1413

Comments received during the 10-day comment period will be included in the plan submitted to HUD.

* Reasonable accommodations will be provided upon request.

First Annual Carnel Smith Girls' Summer Basketball Camp

Sojourner's Truth Staff

The First Annual Girls Basketball Camp, a part of the Carnel Smith Summer Youth Camp, was held from June 22 to June 26 at Smith Park.

Eleven participants, grades six through eight, improved their hoops' skills under the tutelage of Coach Taron Gillespie and his assistant, Tony Sutton.

The week ended with trophies all around and a rousing five-on-five game.

Gillespie, the freshman basketball coach at St. John's Jesuit, as well as an assistant golf coach at the school, is an officer with Juvenile Detention.

The camp was sponsored by Carnel Smith's Mentoring, Education, Leadership, Inc, a non-profit organization that has been successfully conducting a football camp for boys, grades three to eight, for the past seven years. That camp

started off, said Smith, with just a handful of boys and is now up to over 100 participants annually. He expects the girls' basketball camp to experience similar growth over the next few years.

Smith is a graduate of Scott High School, who attended the University of Pittsburgh on a football scholarship and played briefly in the NFL. He is the dean of students at Horizon Science Academy.



FRIDAY JULY 03 2009 BACK IN THE DAY SUMMER SOUL JAM MIDNIGHT STAR & ONE WAY AL HUDSON Stranahan Theater 4645 Heatherdowns Blvd | Toledo, Ohio tickets available at the Stranahan Box Office 419.381.8851 and all Ticket Master locations 1.800.745.3000

Independent Housing Facility Abundant Life of Perrysburg is a subsidized independent housing facility for those 62 or older. We are located in a beautiful, quiet residential setting in Perrysburg. Abundant Life offers one bedroom garden apartments with private patios, indoor mailboxes, reserved parking and busing to local grocery stores. Applications are now being accepted. Call 419-872-3510 or 419-874-4371

Attention All Vendors Join us for this year's 5th Annual African American Festival To be held Saturday, July 11 - Sunday, July 12, 2009 At the University of Toledo's Scott Park Campus Contact Suzette Cowell at 419.255.8876 for more information Call TODAY - Space is limited!!

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