



Volume 16, No.15

"And Ye Shall Know The Truth..."

August 05, 2009

#### In This Issue

The Truth Editorial  
Page 2

Perryman Commentary  
Page 3

Universal Health Insurance  
Page 3

The Campaign Trail  
Page 4-5

#### The Health Section

FITatudes  
Page 6

NHA Pediatrics  
Page 7

Fabulously Fit  
Page 8

Diet Myths Reviewed  
Page 9

The Lighthouse Road  
Page 11

Colored Women's club  
Page 12

Minister's Revolution  
Page 13

BlackMarketPlace  
Page 14

Classifieds  
Page 15

Truth Art Gallery  
Page 16





AURELIUS TAYLOR  
Owens Student  
Business Management  
Major

HIGHER EDUCATION.  
**SMARTe.**

- 7 Associate Degree programs online
- 5 career certificates online
- More than 600 classes online

REGISTER NOW! • Fall classes begin Aug. 17. • [www.owens.edu](http://www.owens.edu)



**OWENS**  
COMMUNITY COLLEGE

## This Strikes Us ...

*A Sojourner's Truth Editorial*

It's a bit confusing these days trying to understand exactly what a racist is?

White conservatives, after years of railing against minorities who seem to be overly eager to label white folks as racist on the slimmest of evidence, have now decided to usurp the term for their own amusement.

According to one such conservative pundit, President Obama has exposed his own racist leanings through a "deep-seated hatred for white people or the white culture."

"I'm not saying he doesn't like white people," said the radio host. "He has a problem. This guy is, I believe, a racist."

That's what we mean by confusing. Obama apparently likes white people, says the host. He certainly hires them in great numbers, we know that. He was raised by them, taught by them, learned with them.

So just what exactly is a racist? Is anybody clear on that anymore?

But it's not just Obama who has drawn the ire of conservatives for his deep-seated hatred of white people – is there anything a media personality won't say to bump ratings?

The recent Senate Judiciary hearings on the nomination of Judge Sonia Sotomayor to fill the vacancy on the U.S. Supreme Court were absolutely ridiculous, as have been the pronouncements since of a few Republican senators.

Sotomayor, as just about everyone now knows, once said that "I would hope that a wise Latina woman, with the richness of her experience, would more often than not reach a better conclusion than a white male who hasn't lived that life."

Her fairly middle of the road judicial history drew relatively little comment from Republican senators during the days of questioning. However, she was asked about that comment on 17 occasions according to one count.

Now comes Senator Orrin Hatch, who has voted to confirm every Supreme Court nominee in his 32-year career ... until now. He has praised Sotomayor's "credentials and experience," he said, but the comments disturb him. Ironically, of course, this "experience" he praises is, at least in part, that of a "wise Latina woman."

Hatch's remarks were temperate in comparison with others who called her a racist for assuming that her background improved her judgment in certain circumstances. Newt Gingrich, a possible candidate for the Republican presidential nomination in 2012, went ballistic – or at least made it seem as if he had gone ballistic – when he accused the nominee of racism and recommended that she withdraw.

Part of the recent change in tone about who is a modern-day racist can be explained by the simple fact of Obama's election; some of it by the disturbing messages that his pastor Jeremiah Wright imparted during and after the campaign.

And then, Obama has done himself no favors by weighing in prematurely on the Professor Henry Louis Gates/Police Sgt. James Crowley testosterone-laden shouting/handcuff affair. Obama saw racism in the policeman's actions – probably unfairly so – and others saw racism in him because he saw racism. It's a pretty vicious circle.

As for Sotomayor's Senate interrogators, in the curious words of Sen. Tom Coburn (R. OK), they "got some splainin' to do." Yes, Coburn tossed that Ricky Ricardo line – accent included – at Sotomayor in a moment of levity – levity for him that is. The future justice must surely have winced a bit while maintaining the smile on her face.

"Because when a case comes before me involving, let's say, someone who is an immigrant – and we get an awful lot of immigration cases and naturalization cases – I can't help but think of my own ancestors, because it wasn't that long ago when they were in that position," said the Supreme Court nominee.

No, not Sotomayor. That was the previous nominee – the conservative Samuel Alito, who was named by President Bush to the Supreme Court.

At the end of Alito's statement about how experiences have shaped him as a person and as a judge, his questioner, the very same Tom Coburn, simply said: "Thank you," and yielded the balance of his time.

Alito, apparently, did not have any "splainin'" to do to Coburn about how his experiences had rendered him wiser in immigration cases than a jurist who would have had no such experience in his memory bank. Of course, Alito is a white, male conservative and Sotomayor is quite obviously not.

Just as an aside, we also worried about the sexism of the questioning as well when the senators inquired about her "temperament" on the bench. She asks tough questions of lawyers, she admitted. We don't recall any questions ever asked of Justice Antonin Scalia about his "temperament."

But, back to the racist issue. Now that minorities are the new racists, we think it only appropriate to ask a few questions of our president. What's up with Obama hiring all these white folks, anyway?

## Community Calendar

### August 5-8

Interfaith Fellowship of Churches 12<sup>th</sup> Annual Convocation: 7 pm nightly; Day sessions start at 9 am; Bethesda Christian Center Cathedral; Musical guest Douglas Miller: 419-320-8571

### August 6

ASSETS Toledo First Annual Golf Outing: Ottawa Park Golf Course; 11:30 am welcome; Noon tee-off: 419-251-9870 or [www.assetstoledo.com](http://www.assetstoledo.com)

### August 7

First Friday Fish Fry: People's MBC; 11 am to 3 pm: 419-389-9333 or 419-243-0854  
Friday Night Comes Alive: Holy Life Church of God; Ministry of Nikki D and the Brown Singers, Tiffany Campbell, Steps of Grace, Fresh Anointing, Destined and more; Hosted by Padua Center: 419-241-6465

### August 8

Frogtown Fair: Erie Street Market; 9 am to 3 pm; Exhibits by green organizations, energy-savings ideas, recycling, etc.: 419-936-3015  
God of Our City Group "Praise in Promenade Park:" 10 am to 9 pm: 419-868-5949

### August 9

Center of Hope Community Baptist Church Men's Day: Speaker former Mayor Jack Ford; 11:30 am  
"A Night of Elegance:" Silent Auction celebrating anniversary of New Life C.O.G.I.C.; Cousino's Navy Bistro: 419-699-4877  
Union Grove MBC Pre-Women's Day Service: "A Fixed Up Woman – Humble in Spirit:" 4 pm; Speaker Sis. Charlon Dewberry of St. Marks' MBC: 419-531-1994

### August 10, 12 and 14

Grace Temple COGIC Ezra Moore Fitness Center One year Anniversary; 6 to 7 pm each night: 419-242-9321 or 419-841-4614

### August 10-14

Discovery Canyon Vacation Bible School: Supper 5:30 to 6 pm; VBS – 6 to 8:15 pm; Holy Trinity Lutheran Church: 419-382-5644  
Youth 5 Day Camp: For ages 8-12; 9 am to 3 pm; American Care Givers Family Activities Club; Adventure, education and activities: 419-724-0888

### August 15

Josh Project's 3<sup>rd</sup> Annual Fundraiser: Indiana Avenue MBC; Noon to 5 pm; Swimming lessons and water safety for youth; Food, activities, vendors, raffles, Gospel DJ: 419-973-1383

Mildred Gibson Center Flea Market/Yard Sale: 9 am to 5 pm: 419-810-5284  
St Paul MBC Annual Rainbow Tea: 2 to 5 pm; 6202 Trust Drive  
Sacred Steel Legends of the Church of the Living God: Hilton/Dana Center; 2 to 6 pm: 419-243-0564 or [www.sacredstrings.com](http://www.sacredstrings.com)

Family of Faith Church 2<sup>nd</sup> Annual City Park Outreach: Savage Park; Back to school items, entertainment for all, clothing giveaway; Noon to 5 pm: 419-259-2033

### August 19

Key Note Speaker Luncheon: American Care Givers; 11:45 am to 1:30 pm; Speaker Janis Liparato of Wells Fargo; "Reverse Mortgages:" 419-724-0888

### August 21

Back to School – School Supply Drive: American Care Givers Family Activities Club; 10 am to 5 pm; Fundraiser for school supplies: 419-724-0888

## The Sojourner's Truth

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

### Subscribe to The Truth Today!

26 Weeks - Only \$40.00

52 Weeks - only \$70.00

Name: \_\_\_\_\_ Phone# (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Send your check or money order to:

## The Sojourner's Truth

Toledo's Truthful African-American  
Owned and Operated Newspaper

Kevin McQueen  
Fletcher Word  
Becky McQueen

Publisher  
Publisher and Editor  
Business Manager

Nadean Hamilton  
Vickie Shurelds  
Sharon Guice  
James Fowler  
Artisha Lawson  
Jack Ford  
Michael J. Hayes

Reporter  
Reporter  
Reporter  
Reporter  
Reporter  
Political Columnist  
Entertainment Critic

Jason L. Lee Sr.  
Jennifer Retholtz  
Pamela Anderson  
Kathy Sweeny

Layout Designer  
Webmaster  
Sales Representative  
Ad Creation

### A Certified MBE, 2009

The Sojourner's Truth, 1811 Adams Street, Toledo, Ohio 43604  
Phone 419-243-0007 • Fax 419-255-7700  
[thetruth@thetruthtoledo.com](mailto:thetruth@thetruthtoledo.com)  
[www.thetruthtoledo.com](http://www.thetruthtoledo.com)



## Continuing the Conversation

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



"I already can't wait to come back next year," a teary adolescent student cried as she hugged the administrator at the finale of an accomplished educational enrichment program designed to help children develop a love of reading while increasing their self-esteem and generating positive attitudes toward learning.

Since 1995, the sails of opportunity have been raised for more than 70,000 children and families by the Children's Defense Fund Freedom Schools summer and afterschool program. In 2009, this evidence-based model, evaluated by the prestigious Philliber Research Associates, partnered with 106 sponsor organizations to serve

nearly 9,000 children aged five to eighteen, at 143 program sites in 75 cities and 27 states including a local site at The University of Toledo.

With two to five million young people aged 18 to 24, not in school or working, and over one million young people dropping out of high school nationally, the smiles and words of appreciation mingled with tears of sadness from the conclusion of the 2009 Freedom Schools quickly got my attention.

According to the U.S. Department of Education, the dropout rate and the public school suspension rate is twice and three times respectively for African-American students than that of Caucasians. Only 59 percent of black students graduated from high school on time with a regular diploma in 2006. When blacks do graduate they have a greater chance of being unemployed and a lower chance of going to college full-time than white high school graduates.

The magnitude of these academic achievement problems in turn affect many social problems

such as inadequate housing, unemployment, crime, poverty and poor health care.

Acknowledging that the crucial issue facing schools is the "dropout problem" and low academic achievement, how can the educational system respond adequately to the needs of black students? It is readily apparent, looking at the dropout data, that many African-American children are reluctant to embrace school.

Bert L'Homme, Ph.D. former associate superintendent of schools for Wake County in Durham, North Carolina and current director of Education Policy for the Children's Defense Fund states, "When high energy instructors, motivated that every child has a rich experience, provide engaging material coupled with high expectations for learning and behavior, children will rise to the occasion and you will find that almost 85 percent of educational problems will be dissolved. Children will respond positively when they find that you expect them to achieve and that

(Continued on Page 5)

## Universal Health Care: After 100 Years of Discussion Is It Finally an Idea Whose Time Has Come?

By Fletcher Word  
Sojourner's Truth Editor

Members of the House of Representatives left Washington D.C. for its summer recess last week leaving unanswered any number of questions about the form that health insurance reform may take ... if indeed it takes any form at all.

Nevertheless, Congressional Democrats and Republicans are moving forward on health care and appear to be getting closer to an agreement on a deal that no one will like in the final analysis. That deal may be the perfect example of the art of compromise.

As lawmakers head back to their districts to answer questions and to listen to the criticisms of their constituents for either doing too much or too little in the matter of universal health insurance, a few key questions seem to have emerged regarding the package that may eventually be placed on President Barack Obama's desk for his approval.

Will the cost for the new health insurance plan exceed \$1 trillion over the next few years or have legislators found a way to bring it in at slightly less than that grand number?

Will the lawmakers agree to exempt small businesses with less than \$500,000 in revenues from the mandatory requirement of providing health insurance?

Will individuals be required to carry insurance?

And most important of all, will there be a government-run public option to compete with private insurers or will the Senate Finance Committee's recommendation for health coverage co-operatives carry the day with the crucial bloc of conservative Democrats in the House and the moderate Republican Senators?

### The Problem

More than 46 million Americans, about 18 percent of the population under 65, are without health insurance according to government data. That number has increased by eight million just since 2000. The overwhelming majority (80 percent) are native or naturalized citizens.

Eight in 10 uninsured people come from working families. In fact, 40 percent of the uninsured reside in households that earn \$50,000 or more. Health insurance premiums, however, are rising at a rate of 12 percent annually, compared to the average rate of inflation of 2.5 percent so, in many best case scenarios, even if employees are offered coverage, they can't always afford their share of the premium since that employee share has increased 120 percent between 2000 and 2006.

Already the United States spends more on health care per capita than any other

United Nations member country, which translates into 15.3 percent of the country's gross domestic product. But the World Health Organization ranks the U.S. health care system 37th in overall performance and 72nd in overall level of health among 191 member nations in the study.

A comparison to Canada shows that Americans spent \$6,714 per capita on health care in 2006 while Canadians spent just \$3,678 in U.S. dollars or about 10 percent of that country's GDP.

By any measure, Americans are spending more, much more, than any other country of health care and getting far less in return. We rank in the mid forties among countries in both life expectancy and infant mortality rates.

### The History of Universal Health Care

Attempts, or at least discussions, in the United States to structure a universal health care plan have been around for almost 100 years.

President Theodore Roosevelt first called for universal health care. Franklin Roosevelt, who introduced a whole slate of social welfare programs to the U.S., turned his brief attention in 1941 to the idea of increasing the access to adequate medical care for

(Continued on Page 7)

## Scholarship Golf Tournament

Registration includes:

- 18 Holes w/cart
- Hot Dog Lunch
- STEAK DINNER

**FREE** round of golf

**Saturday, August 29, 2009**

Tamaron Country Club

2802 W. Alexis Rd., Toledo, OH 43623

Registration: 8:30 AM • Shotgun Start: 9:00 AM

---

**FEATURES** Hole-In-One Prizes   Closest To Pin   Longest Drive   And Many More...

Early Bird Registration :: \$80 individual :: \$320 Per Foursome

On-Site Registration :: \$100 individual :: \$360 Per Foursome

Early Bird Deadline   July 31 2009

For more information contact 419.509.4057 or visit [www.ox1906.org](http://www.ox1906.org).

Please detach here and mail in with payment

I am registering as a(n):   ☐ Individual   ☐ Team

If you are registering a team please list players below (PLEASE PRINT):

\_\_\_\_\_  
Captain

\_\_\_\_\_  
\_\_\_\_\_

Make checks payable to: Alpha Phi Alpha Fraternity, Inc. • PO Box 351061 • Toledo, OH • 43635

# GREEN FOR GROWTH

...Because when TPS grows -  
so does Toledo

**Endorsed Democrat for the  
Toledo Board of Education**



Aji Green

Paid for by Green for School Board Committee - Venice Haynes, Treasurer

## Wilkowski Holds Town Hall Meeting on Job Creation

By Torri Blanchard  
Sojourner's Truth Reporter

On July 28, Democratic mayoral candidate Keith Wilkowski held a town hall meeting at the East Toledo Locke Branch Library entitled: "Jobs for Toledo." The meeting included several local elected officials such as Toledo City Councilman Michael Craig; Lisa Sobecki, vice president of the Toledo Public School Board; Ohio Representative Peter Ujvagi and about 30 residents.

After a welcoming introduction by Ujvagi, Wilkowski continued his campaign journey by elaborating on his 21-point Economic Development Plan for the City of Toledo.

"I am here today to talk about economic development and the things we can do to put Toledoans back to work," said the Democratic candidate.

As Lucas County Commissioner in 1988, Wilkowski helped implement a plan, he informed his audience, that bought Burlington Air Express (BAX) to the airport along with 1,000 jobs.

If elected as mayor of the City of Toledo he said he plans to use this experience to create more jobs. In addition, the mayoral hopeful plans to work for a way to share businesses and their profits with Toledo suburban neighbors such as Oregon, Rossford and Maumee.

He acknowledged that "such a collaboration is essential."

The Democratic candidate also explained: "It will be essential for a Wilkowski administration to lead public discussions with the school board pertaining to the importance of education." This was his response to Toledo Public School Board Member Brenda Hill's question: "Do you plan on working with the school board?"

"How do you plan to structure an Economic Development Office," asked University of Toledo Professor Kimberly Colson. "I plan to design an innovation, technology and jobs office. Innovations such as wind-turbines and solar panels," answered Wilkowski.

Wilkowski had held a press conference last month on June 30 at the former Jeep assembly plant. This



particular site was chosen because "it is a formal industrial site that lends itself to serve as a host location for a solar array," said Wilkowski.

During that conference, he explained how an administration under his supervision will "revise the city's zoning code to address large scale solar arrays, including an expedited approval process for those projects."

Recalling those statements for his audience last week, he said: "Solar en-

ergy projects will strengthen local manufacturing, create green-collar jobs, and generate clean electricity for thousands of Ohio homes and businesses. Toledo should be leading the way!"

"Bold action is needed to revitalize our manufacturing sector for the 21st Century and put Toledoans back to work," said Wilkowski. "More than anything in Toledo, we need our residents to stay here. We also need to establish a manufacturing community, which will ultimately create jobs."

## Konop's Building Up Toledo Business Plan

Sojourner's Truth Staff

Lucas County Commissioner and Democratic candidate for mayor, Ben Konop, unveiled an economic development plan on Sunday designed to build a partnership between the City of Toledo, local banks and the Small Business Administration.

The business loan/grant program, said Konop, is a "plan that will not re-create the wheel – it's been tried and tested throughout the country even in Youngstown, Ohio where 1,500 jobs were created."

The plan, in fact, as Konop noted, is very similar to a program under the Mayor Jack Ford administration. "That [program] was unfortunately abandoned by the [Carty] Finkbeiner administration," said Konop.

Konop's plan, which was announced in the shadow of an abandoned building at 9 N. St. Clair, addresses what he calls the major impediment to the creation and expansion of small businesses – start up capital. "This is an important piece of my campaign and of Toledo's future," he said.

Under the Building Up Toledo Business Plan, any business interested in locating or expanding



in Toledo that would be willing and able to put up 10 percent of the start-up/expansion costs and is approved for a loan based on SBA guidelines will receive 15 percent of the necessary funds from the City of Toledo in the form of a loan. The city would fund up to \$50,000 for the project, or \$100,000 for manufacturing or high-tech companies. Those loans would become grants if the company completes the project and reaches its promised number of jobs created.

Private banks would then finance the other 75 percent for the project but, as an incentive to do so, 90 percent of the funding institution's loan would be guaranteed by the SBA.

In order to pay for the start-up fund pool of

money, Konop proposes to set aside \$2 million generated by the merger of some government functions with Lucas County.

"In the last few days the City of Toledo has received millions from the federal government for bringing back [laid off] police officers," said Konop. "That frees up other funds for this proposal."

Businesses that are able to locate into the downtown area would be especially encouraged to do so through the Konop plan – especially to occupy the vast number of existing vacant properties such as the one where the candidate's news conference was held.



**Toledo Community Development Corporation**  
1611 N. Detroit Avenue • Toledo, OH 43607 • 419.255.7500

*Annual*  
**Health Fair**  
*Fair*

**August 8th, 2009**  
10am- 4pm

**Back to School CELEBRATION**



**OPEN TO THE PUBLIC!!!**



**Smith Park**  
Dorr & Lawrence  
(In The Heart of The City)

**\*LIVE ENTERTAINMENT  
\*SCHOOL SUPPLY GIVEAWAYS  
\*OTHER GIVEAWAYS**



## Conversation

(Continued from Page 3)

you refuse to accept violent, aggressive or antisocial behavior."

Joshua Edelman, executive officer of the Office of New Schools at Chicago Public Schools adds, "It is necessary to find the balance between care and rigor, promoting high standards while saying I love you. But the crisis in public education is as much about poverty and race as anything else. The disparities make powerful statements. Discussion needs to include the challenge of race and racial equality."

Most educational reform proposals either ignore race and cultural diversity, deal with it in a cursory manner or pronounce it as problematic. Yet students are not motivated to learn in educational climates or curricula where the instruction ignores, demeans, or disassociates them from their own cultural back-

grounds. Studies show that children are better students, more disciplined and have greater motivation for schoolwork when they are "centered in their own cultural background."

They "must see themselves represented in all aspects of the educational process. This means incorporating the black perspective in the strategies of learning, teaching and the administration of education of black youth. When black youth see themselves as subjects rather than as objects of education, they more easily identify with the materials being taught or discussed in class and are in a stronger position to learn."

Creating a shared cultural and generational experience that is caring and supportive yet demanding with high expectations is critical. A safe, emotionally secure atmosphere

containing "boundaries" and where multiple intelligences are appreciated, creativity is not stifled and learning is balanced with physical exercise is also requisite.

In addition, transformation is more likely to take place when students are engaged in collaborative and cooperative learning pursuits where they are intellectually challenged away from a vulgar individualistic thinking towards the realization that we are all tied together in an interrelatedness of collective destiny benefitting the common good.

Yet to leave the responsibility for quality education exclusively with the schools, according to some, leads to a distorted and incomplete worldview. "American history is longer, larger, more various, more beautiful and more terrible than anything anyone has ever said about it," according to the late

James Baldwin. If education is to serve the interests of and address the implications for all students it will take more.

What can we do?

We can push for legislative action at the local, state and federal level that focuses on quality programs. Community and faith based groups can partner with good schools to provide quality people and implementation. Individuals can mentor, tutor

or work by observing what is going on and educating themselves by finding out and learning the facts.

Finally, if we are ever to shrink the swelling number of youth that we are losing from our schools, the most effective strategy will be one which replaces fighting and distrust with civil discourse and closing of ranks in order to build, strengthen, and nurture solid partner-

ships and collaborations to explore new ways to integrate material and practices that include the intellectual validity of all people.

Contact Rev. Donald Perryman, D.Min, at: [dperryman@centcityphilly.org](mailto:dperryman@centcityphilly.org)

## Stephen Ward Continues Campaign to Redefine Politics

*Sojourner's Truth Staff*

Toledo City Council candidate Stephen Ward has made it well known, from the moment he announced his candidacy, that he is not accepting campaign contributions. Last week, he took his own pledge a step further and asked other candidates to join him in redefining local politics.

"It is not about buying a seat, it is not about campaign signs," said Ward at a press conference on the steps of One government Center. "Those things have a place and purpose to some candidates. My agenda is to serve the people and sometimes you must deny yourself to do that."

"Twenty-two thousand people are unemployed here but yet we have candidates raising thousands of dollars for campaigns. Instead of raising money for ourselves, just imagine what it would be like if we got together and raised money for the people!"

Vowing to stay true to his campaign pledge and his call for change, Ward asked that people donate money to a non-profit organization called 1 Matters.

"I have set up a donation link on my campaign website [www.WardforToledo.com](http://www.WardforToledo.com) and I ask that my supporters please donate to the organization 1 Matters instead," said Ward who is running for an at-large seat on council as an independent. "1 Matters is an organization that was

founded in Toledo by Ken Leslie. Their website is [www.1matters.org](http://www.1matters.org). Every year they run the homeless awareness project called Tent City that has taken place since 1990."

In addition to an affirmation of his pledge not to accept political campaign contributions, Ward repeated his commitment to donate 20 percent of his City Council salary to the City of Toledo if he is elected.



## Nature's Neighborhood

The Toledo Zoo has re-imagined its children's zoo—come see what it's all about!

Nature's Neighborhood is a 100% explore-able experience where your family can encounter the wonders of nature all year round. From familiar goats and guinea pigs to exotic birds, bugs and more, Nature's Neighborhood offers up so much fun, kids may not realize they're learning!



TOLEDO  
ZOO

Nature's Neighborhood is now open—visit [www.toledozoo.org](http://www.toledozoo.org) for details!



## Adam Martinez

Democrat for Toledo City Council

- ProBusiness, Pro Neighborhoods, Pro Toledo -



Adam Martinez

"It is time to develop a long-term plan to help manage our government and to develop opportunities for individuals, including qualified women and minorities, to advance."

Paid for by the committee to elect Adam Martinez  
1232 Broadway, Toledo, OH 43609, Arturo Quintero, Treasurer

The  
Sojourner's



# Truth Health

Sponsored by **WAA**

Celebrating 40 years of service **WAA** • Celebrating 40 years of service **WAA** • Celebrating 40 years of service **WAA** • Celebrating

## Grilling Secrets You Must Know

By Diana Patton and Tonja Ward  
Guest Column



Seems we haven't had a blazing hot summer but that has not stopped folks from outdoor grilling. Summer just isn't summer without a few good barbecues and cookouts. Outdoor grilling is not only a great excuse to socialize with friends and family and share your FITatudes™; it has tremendous healthy lifestyle advantages – such as:

- Excess fat drips away from the meat you cook making for a lean entrée.
- You spend less time cooking and
- As an added bonus it reduces your energy costs because you don't have to blast the air conditioner after the oven or stove heats up the kitchen.

However, when you grill, care must be taken so that you don't lower one health risk and increase another. When

meats, poultry and fish are char grilled, dried out from long cooking times and/or cooked at high temperatures, carcinogens (substances that cause cancer) can form, namely Heterocyclic Amines (HCAs). Polycyclic Aromatic Hydrocarbons (PAHs) also form when the fat from the meat drips on the grill's heating element and produce smoke, which eventually land on the food.

This is not only in your backyard but also when you order char grilled or charbroiled food from a restaurant. The Physicians Committee for Responsible Medicine (PCRM) recently settled a lawsuit against Burger King over carcinogens found in its grilled chicken. They will now post warning signs to alert customers of the compound in their California stores.

The PCRM also has outstanding lawsuits against McDonald's, Chick-fil-A, Applebee's, Outback Steakhouse, Chili's and T.G.I. Fridays. From the looks of it the HCAs and PAHs are the summertime party poopers.

But fear not!

We don't want this all to "rain" on your summer barbecue plans. So, here are some grilling tips you must know to minimize the HCAs and possibly prevent negative health effects:

- Marinate your meats before grilling
- Line the grill with foil
- Wrap food in parchment paper
- Grill seafood
- Make use of your spatula and flip your burgers often
- Use a cedar plank or rack for more indirect cooking
- Pre cook your meats and grill for flavor
- Keep the temperature low and slow grill
- Bake, roast, crock pot or stir fry your meats and serve with barbecue sauce - just dust off that crock-pot that you put away after the winter and stew your meats in a

tangy barbecue sauce for some shredded barbecue chicken sandwiches

• When you eat-out, order grilled fish since HCAs form at lower levels in fish. Or stick with rotisserie, baked or stir fried chicken over char-grilled. At Burger King you can also order the Veggie Whopper over the BK Tendergrill™ Chicken Sandwich.

• Grill your veggies - especially those well-known cancer fighting cruciferous vegetables like broccoli and cauliflower

• Add citrus like or-

ange slices along with your grilled foods as this has been shown to reduce carcinogens in some cases. Bottom line, practice safe grilling when you cook your meats out doors and practice moderation as you consume your grilled meats!

When you take a break from barbecuing – give yourself a Spiritual, Mental and ABUNDANTLY Physical "Pick-Me-Up!" Join the fun, energizing, fat-burning and spiritually uplifting Toledo FITatudes Boot camp

class - 6am on Wednesdays and 5:30pm on Sundays. Send an email to [diana@FITatudes.com](mailto:diana@FITatudes.com) and learn more and to sign-up!

Diana Patton (Toledo, Ohio) and Tonja Ward (Houston, Texas) co-own and operate a company called FITatudes, a Christian-based wellness organization that enhances and empowers women, athletes, and sports families' lives with the FITatudes concepts [www.FITatudes.com](http://www.FITatudes.com)



### ATTENTION TOLEDO!!!

It's the  
RECESSION SPECIALS

**Hems, Cuffs, Waists – \$4.00**  
**Suits Dry Cleaned 2 PC – \$8.20**  
**Pants Dry Cleaned - \$4.00**  
**Pants turned into shorts - \$4.00**  
**Long sleeves into short sleeves - \$4.00**



**Faith's Dry Cleaning & Tailoring Shop**  
2491 Collingwood Blvd, at Delaware  
419-210-4680

**unison**  
Behavioral Health Group

1425 Starr Avenue • Toledo, Ohio • 419-693-0631

### Alcohol & Other Drug Treatment Services for Youth

Services for youth ages 11-17 facing substance abuse and dependence disorders, including: assessment, individual treatment, home-based therapy, intensive outpatient (IOP), and aftercare.

Call Unison Behavioral Health Group at 419-693-0631  
for more information on how we can help **U** today.



Department of Alcohol &  
Drug Addiction Services



Health Section Sponsored by **NHA** • Health Section Sponsored by **NHA** • Health Section Sponsored by **NHA** • Health

## Dr. Jonna McRury: NHA Pediatrician Fascinated by Her Calling

*Sojourner's Truth Staff*

"I went to medical school thinking I would do anything but pediatrics," said Dr. Jonna McRury, MD, who entered pediatrics immediately upon graduation and has been a pediatrician with Neighborhood Health Association (NHA) for the last two years. "But kids are delightful, they live in the moment and the teenagers especially are so appreciative of being treated like adults."

Dr. McRury, a Toledo native and graduate of Whitmer High School, earned her undergraduate degree – a bachelor's in biology – from The University of Toledo and her medical degree from the University of Cincinnati. She then spent 11 years at the Medical College of Ohio (now the UT Health Science Campus) on the pediatrics faculty before she and her husband moved to Columbus. They returned home several years ago because they missed Toledo and their families.

She now works with fel-



low pediatricians, Drs. Thomas Wojciechowski and Cecelia Peters, at NHA's Daisy Smith Pediatric Clinic at 430 Nebraska Avenue. Until the beginning of this year, the clinic operated only on a part-time basis. Now a full-time operation, the Daisy

Smith Clinic sees about 36 patients a day.

Dr. McRury is as delighted to be on staff at NHA as her patients are to see her.

"I love working with the population the clinic sees," she said. "When I first came there, Dr. Peters was the only

one there. The patients were so appreciative for the additional staff."

NHA operates pediatric clinics in two locations – the Daisy Smith Clinic at 430 Nebraska and NHA Pediatrics at One Aurora Gonzalez Drive. Both clinics are open five days a week and both clinics accept all children. If a child and her family have no insurance, they need only to bring in proof of income to be eligible for treatment.

"We see anyone who wants to be seen," said Dr. McRury of her patient list. "We see lots of teenagers because we are attached to

the [Jones] middle school. We do lots of sports physicals, and we see a lot of patients in this area."

In addition to the physicals and treatments, the pediatricians at NHA are committed to a program called Reach Out and Read – a two-year old program that is part of a national effort to promote early literacy by giving new books to children and advice to parents in pediatric examination rooms about the importance of reading aloud to youngsters.

Dr. McRury is involved with Reach Out and Read both inside the clinic and outside

of her normal working hours as an educator for the program and in providing training for other physicians.

The Daisy Smith Pediatric Clinic (419-255-7883) is open during the summer 8 a.m. to 5:30 p.m. Monday through Thursday and 8 a.m. to 11:30 a.m. on Friday. During the summer, NHA Pediatrics (419-241-4230) is open 8 a.m. to 5:30 p.m. on Mondays and Wednesdays; 1 p.m. to 5:30 p.m. on Tuesdays; 8 a.m. to noon on Thursdays and 8 a.m. to 11:30 a.m. on Fridays. The 5:30 p.m. time is shortened to 4:30 p.m. during the winter.

## Healthcare

*(Continued from Page 3)*

all Americans.

Harry Truman proposed a national health care program in 1945 as did Gerald Ford and Jimmy Carter during their presidencies. And the failure of Bill Clinton to push through his health insurance proposals is well documented. So well documented in fact, that the Obama administration is using the Clinton strategy as a blueprint on how not to enact legislation – let the legislators take the lead in the open rather than try to jam such massive changes down their throats.

Ironically, the president who came closest to enacting a universal health care plan was Richard Nixon.

Nixon did more than simply make a proposal. Nixon put together a Comprehensive Health Insurance Act "for millions of Americans who cannot now obtain [health insurance] or afford it."

Given his basic conservatism, his success in China, the winding down of the War in Vietnam and his overwhelming re-election victory in 1972, Nixon's push for a universal health care system that would be built on the concept of using existing employer-sponsored insurance plans and government subsidies for the self-employed and small businesses might very well have carried the day under normal circum-

stances.

But in 1974, circumstances were anything but normal.

"We had a few distractions then," said Nixon speechwriter Ray Price – his tongue firmly embedded in cheek – of those Watergate days.

Nixon's plan was lavishly praised by Time Magazine: "More and more Americans have been insisting that national health insurance is an idea whose time has come." Given the fact that Nixon's ideas are still being discussed in various House and Senate committees as they break for summer recess, maybe the time has indeed come.

*(Continued on Page 12)*

# FABULOUSLY FIT

Fabulously Fit is a group exercise program created for women of all ages and fitness levels! Designed to motivate you by combining dance and fitness using current R & B, Hip-Hop and Old School music!

### CLASS SCHEDULE

WED.	6:00 pm (Cardio & Toning)
FRI.	6:00 pm (Cardio & Toning)
SAT.	9:00 a.m. (Cardio & Toning)
	4:00 pm (Hustle)
	5:00 pm (Cardio & Toning)
SUN.	3:30 pm (Body Sculpting using weights)
	5:00 pm (Cardio & Toning)

\$5.00 per class - pay as you attend or  
\$30.00/month all classes  
(No Contract)

The hardest part  
about getting in shape is  
**GETTING STARTED**

## START TODAY!

**FABULOUSLY FIT**  
@  
**STUDIO FITNESS**  
1411 Bernath Parkway  
(off Airport Highway)  
(across from TGIFridays)

More info contact: ANGELA STEWARD 419.699.9399  
Email: FabFitUs@Yahoo.com

### Pregnant and Parenting Teens Finish High School at Polly Fox Academy.

If you are in grade 7-12, and pregnant or parenting, we'll help you graduate and achieve financial independence so you can take care of yourself and your child. Polly Fox is more than a school. It's a community of women with a goal -- to finish high school. The Academy is free of charge to all young women in Northwest Ohio and offers these benefits for mothers and children:

- A curriculum personalized to your needs
- Individual tutoring if needed
- Subsidized child care is available
- Flexible scheduling that adapts to the special needs of you and your child

- On-site support services, including WIC and Shots 4 Tots
- A school nurse who can provide health care support and education
- Referrals to community resources available to you and your baby
- Parent education and career planning assistance

**POLLY FOX**  
ACADEMY

2228 Jefferson Avenue, Toledo, Ohio 43604  
Phone 419-720-4503 • [www.pollyfox.org](http://www.pollyfox.org)

At Polly Fox Academy, you'll blossom because you'll belong. Call 419-720-4503 or visit our website, [www.pollyfox.org](http://www.pollyfox.org).



## Paying It Forward!

By Angela Steward  
The Truth Contributor

One of my favorite movies is *Pay It Forward*. If you've never seen it – get it, watch it, live it!! This movie inspired me to share my fitness journey with women who were interested in starting their own fitness journey. I have been blessed with so much support! FABULOUSLYFIT is the talk of T-Town. Shout out to the original Fab Fit Crew – Waverley, Ebony, Leah and Tara, and everyone who comes to get their FABULOUSLYFIT work-out on at STUDIO FITNESS!

FABULOUSLYFIT is not only about getting in great physical shape, it's also about motivating and encouraging others! Your fitness journey is deeper than finding a great exercise program or eating less. It begins with looking at yourself – not only your physical appearance but also your spirit and how you feel about yourself!

The way you feel about yourself affects every relationship you're in. Many of you have made me a part of

your lives, it's an honor I take very seriously and am grateful for. You are also a major part of my life and I enjoy helping you through your journey. Your accomplishments inspire me to work harder to help others. Many of you are already sharing your journey with others – I encourage you to continue sharing – you are PAYING IT FORWARD!

As your fitness motivator my job is to motivate you to eat healthy, to exercise, to recognize distractions, and keep you focused on your fitness goal. Fitness journeys are filled with accomplishments/setbacks, supportive/unsupportive friends/family, and positive/negative situations, such as:

1 *Your mindset and attitude towards life will change - you will experience excitement and joy in your new attitude. Some may share in your joy, others may not!*

2 *When you look better you feel better! You're the*

same person on the inside, but for the first time in a long time *you begin to take pride in yourself and your appearance! Some may call it confident, others will call it arrogant.*

3 *As your weight and waistline changes, so do your hobbies and interests. For whatever reason, your relationship with others will change too.*

4 *Friends may begin to change their opinion of you because you've changed your opinion of you.* They

may feel now that you're "thinner and more fit" you will think less of them.

**Negative situations – POSITIVE action!**

1 *Have empathy! Try to understand how your friends feel – you've changed, but they haven't. You used to love to eat buffet-style, but now you're watching your portions, packing your lunch and exercising regularly. You're a stranger to them!*

2 *Invite your friends to begin their own journey – share your experiences. Begin walking once a week with them, introduce them to people who are interested in fitness. If they declines, invite them again and again.*

3 *Invite people who have the same interests into your circle. That doesn't mean get rid of your present circle – just increase the size of it.*

4 *Right now you know at least one person who always pulls you into a negative place. He or she questions your commitment, tries to distract you from your goal, never encourages you and always brings DRAMA. That person can't be happy for you – he or she is not happy. So don't expect much inspiration, instead give him inspiration – soon he will become motivated or he'll fade away.*

5 *Your happiness now comes from within instead of from food or unhealthy forms of fulfillment.*

7 *Surround yourself with people who love and support YOU! The truth of the matter is now that you're developing into this fabulous, healthier and happier person, some people will be happy for you – others won't. Some people, for whatever reason won't like you, your new lifestyle, or your new attitude. It's okay, it's THEIR ISSUE, not yours! You can drive yourself crazy trying to be all things to all people. The solution is to "Get good at being YOU."*

You are living a healthier and happier life and you're working hard to maintain it! Stay focused, stay positive, share your experiences with others, and stay true to that fabulous person called YOU!

### Pay It Forward!!

For questions or more information on FABULOUSLY FIT

Contact Angela (419) 699-9399

E m a i l :  
Fabfitu@yahoo.com





**NEIGHBORHOOD**  
Health Association

313 Jefferson St • Toledo, OH 43604 • 419.720.7883

**Adult Medicine**  
Cordelia Martin Community Health Center  
905 Nebraska Ave.  
Toledo, Ohio 43607  
419.255.7883

**South Side Community Health Center**  
732 South Ave.  
Toledo, Ohio 43609  
419.241.6106

**River East Community Health Center**  
117 Main Street  
Toledo, Ohio 43605  
419.691.1322

**Pediatrics**  
Daisy Smith Pediatrics  
430 Nebraska Ave.  
Toledo, Ohio 43607  
419.255.7883

**NHA Pediatrics**  
One Aurora Gonzales Dr.  
Toledo, Ohio  
419.241.4230

**Healthcare for the Homeless**  
The Mildred Bayer Clinic  
2101 Jefferson Ave.  
Toledo, Ohio 43624  
419.241.1554

**Healthcare for Women**  
The Huron St. Women's Center  
923 N. Huron  
Toledo, Ohio 43604  
419.242.6128

**Senior Center**  
Mayores Center  
Two Aurora Gonzales Drive  
Toledo, Ohio 43609  
419.242.1144

**Dental Clinics**  
The Mildred Bayer Clinic  
2101 Jefferson Ave.  
419.241.1554

Cordelia Martin Health Center  
430 Nebraska Ave.  
419.255.7883

**Pharmacy**  
Cordelia Martin Health Center  
(Available for use by all NHA patients)

**Laboratory Services**  
Most clinic locations.  
Please call the clinic near you for details.

*No one is turned away, regardless of ability to pay.*

*Most insurance accepted.*

*Saturday hours available.*

**We offer the following services:**

**Medical Care**  
Primary Medical Care (Internal Medicine, Family Practice)  
Gerontology  
Podiatry  
Cardiology (in partnership with UT College of Medicine)  
General Surgery  
Pediatrics

**Midwifery**  
Obstetrics/Gynecology  
Dental Care  
Vision Services  
Pharmacy Services  
Social Work  
WIC  
Sickle Cell detection & education  
Mayores Senior Center  
Community Outreach Program  
Prenatal Outreach  
Community Liaison Specialists

**Immunizations:**  
On Site nurse visits  
Laboratory Services  
Family Planning  
HIV testing  
Transportation



**Quality Healthcare**  
*within your reach*



Health Section Sponsored by *NHA* • Health Section Sponsored by *NHA* • Health Section Sponsored by *NHA* • Health**Book Review****Diet Myths That Keep Us Fat** by Nancy L. Snyderman, M.D.

c.2009, Crown

\$24.95 / \$28.95 Canada

304 pages

By Terri Schlichenmeyer  
The Truth Contributor

About 1700 years. That's how long you figure it will take to get into that swimsuit you bought at the end-of-season clearance last August.

The swimsuit was perfect, it was marked down, and you figured you could diet into it, no problem.

Fat chance.

Right now, it's balled up in a drawer, you're feeling like a slug, and it'll be a long time before you'd dare wear it in public.

You've been dieting and exercising like mad, but nothing works. So next time, instead of reaching for a plate, grab *Diet Myths That Keep Us Fat* by Nancy Snyderman, M.D. It's possible that what you don't know really can hurt you.

You've eaten grapefruit by the dozens, munched meat (no bread), dined on anything you could sip

through a straw, and tried to Diet Like the Stars. You've lost weight, found it, lost it again, and put on even more. Dr. Snyderman says the first thing you need to know is that there's no magic bullet for weight loss.

Secondly, she says, learn that food is a friend. You need food to survive, and eating should be enjoyable. Just eat what you want, in moderation; in fact, you should build some of your favorite food no-no's into your new lifestyle. And no, that piece of cheesecake you ate last night is not, alone, going to make you fat.

But yes, you'll have to keep track of calories because, despite whatever you've heard, calories do count. Don't fast or slash your calorie intake to slash pounds; doing so will only

slow your weight-loss. Conversely, you *do* want to get rid of those love handles: studies show that body shape is important and belly fat is toxic fat.

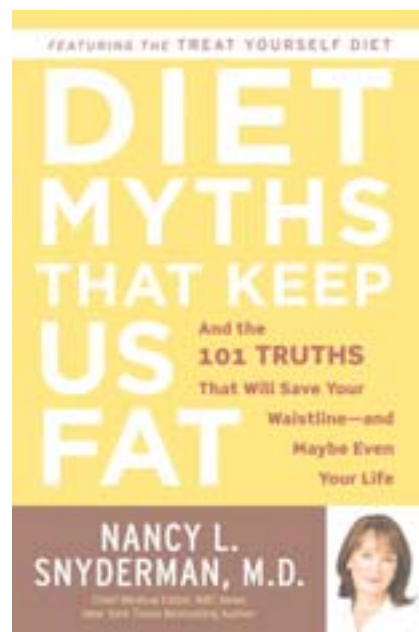
Think of your body as a calorie bank account, and don't worry about eating after 8pm; *what* you eat can be more fattening than *when* you eat it. Forget that old "negative calorie" stuff; there is no such food. Because research has proven that lack of sleep can cause weight gain, be sure to get plenty of Z's. Go for the B's in your diet (broccoli, blueberries, bananas). Remember that dieting is not all you need to shed the pounds, but don't overdo exercising. And though carbs are good for you, know that that goodness comes with a big "but"...

Trying to fit into your summer clothes before

summer's over? *Diet Myths That Keep Us Fat* may be the guide you've been waiting for.

Author Nancy Snyderman, M.D. tells it straight for losing weight. She gives you the good news (dark chocolate can be beneficial) and the bad (spot reduction doesn't work). She gives dieters permission to backslide. And she offers a diet plan with things you don't normally see in a diet book: flexibility and a built-in "treat week." For that real-person approach and for Snyderman's advice-dispensing style, I liked this book.

If you're tired of wasting your money on the latest fad-diet book, grab a copy of *Diet Myths That Keep Us Fat*. And remember—reading is calorie-free.



# Dental Care *for kids*

**Dr. Deborah Fulton, DDS**

Begins, Saturday, June 6th- from  
10:00 am to 2:00 pm Cordelia Martin  
Health Center 430 Nebraska Ave.

For appointment call:

**255-7883, ext. 169**

Ask for Kathy



## Cut the Salt

By Cynthia L. Mitchell,  
BGSU Dietetic Intern  
Ohio State University Extension -Lucas County  
Guest Column



There are many definitions of a healthy lifestyle, and one definition is a lifestyle that promotes health and well being. Many Americans have a bad habit that puts them at risk for high blood pressure, heart attacks and stroke. If you guessed that this bad habit is eating too much salt than you are right.

Table salt is called sodium chloride. The average American consumes 4,000 milligrams of sodium a day, which is almost two times the recommended amount of 2,300 milligrams sodium or about one teaspoon of salt per day. Also, individuals with hypertension, African-Americans and middle-aged and older adults can be more salt sensitive than others.

Try to consume no more than 1,500 mg of sodium per day and meet the potassium recommendation (4,700 mg/day) with food.

Let's look at where salt can be found in your diet. The salt shaker adds salt to your food at the table, and many people will use the salt shaker even before tasting their food. Salt can also be added during cooking or as part of the recipe. Finally, salt may be hidden in foods.

Prepackaged and processed foods like canned vegetables or soup, frozen pizza or crackers may contain a high amount of salt. The salt hidden in foods is often present to preserve it or add flavor. Both the hidden and unhidden salt in your food add to the amount of salt you eat. Changing your habits can help change the amount of salt that you consume.

By stopping your use of the salt shaker at meals, you can lower the amount of salt you eat by 30 percent or about 1,200 milligrams. A challenge to lowering the

salt in your diet is learning to cook flavorful foods without using salt. Delicious meals can be created using herbs, spices and salt free seasonings instead of salt for seasoning.

Fresh or frozen vegetables contain less salt than canned vegetables. When you do eat canned vegetables, drain the liquid from the can and rinse the vegetable with water in a colander to remove excess salt. You can make your own soup from fresh ingredients. If you eat canned soup, choose a low sodium variety instead of the regular version.

The DASH is a way of eating to help lower your risk of high blood pressure and other diseases. DASH stands for "Dietary Approaches to Stop Hypertension" The DASH is a low fat, low salt way of eating. The first part of the DASH plan is eating eight-10 servings of fruit and vegetables a day.

Fruits and vegetables supply nutrients like potassium, folic acid, Vitamin C and Vitamin A. Eat a rainbow of colors

each day. You can choose food like blueberries, potatoes, apples, peaches, carrots, spinach, eggplant, bananas, or tomatoes to provide a wide variety of fruits and vegetables.

The DASH plan also calls for eating seven to eight servings of grains each day. Half of the grains you eat should be whole grains. Foods from the grain group include cereals, bread, pasta, popcorn, rice or crackers. The DASH plan recommends eating two to three servings of dairy products every day. Milk products, like cheese, yogurt, and fluid milk, provide calcium and vitamin D to protect your bones. Lean meats, eggs, nuts, seeds and beans provide protein.

The DASH recommends two three-ounce servings of meat or beans a day. A three-ounce serving of meat is about the size of a deck of cards. Are you ready to take the DASH challenge?

What is one small step you can take today to limit the amount of salt you eat? For some people, the first step will be to stop using the salt shaker. For others the first step will be to eat more fresh fruits and vegetables. Other people will be ready to follow the DASH plan.

Each of us is on a journey to better health, and it only takes one small step to make a big difference. More resources available at: [www.mypyramid.gov](http://www.mypyramid.gov) and [www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)

## Dear Ryan,

I am trying to put on some size and I just can't seem to do it. I eat like a pig and train hard but I just can't seem to put on any muscle tissue. I lift heavy and hard but it seems the more I do, the more frustrated I get because my results are not there.

Shouldn't I see some progress after a few months of training and eating like a psycho? I'm a very disciplined person and I very rarely miss a workout. What should I do?

**Thanx, I don't wanna be skinny**

**Well, Mr. I Don't Wanna Be Skinny,**

It could be a number of things you are doing wrong. You could be going too heavy too soon and just because you're eating like a pig doesn't mean that you're giving your muscles the right kinds of food it needs to grow.

You could also be over training, which falls in line with training too heavy and not eating the right foods for your body to repair itself. By going heavy all the time your sets are shorter and you're not keeping your muscles under tension long enough to force them to work harder.

You're improving strength in your muscles, tendons and ligaments but you're not putting on the muscle tissue that you desire. You have to do three-to-four working sets of a heavy enough weight on which you can get a hard eight-to-12 repetitions.

Studies show that this is the best rep range for building tissue and putting on quality size. For some reason men always feel that they have to lift every weight in the gym. Sure you can get stronger but do you want to be just strong or do you want to have a lean muscular physique?

Now I am in no way saying that lifting heavier doesn't put on muscle size. What I'm saying is that you must drop your weight so that you can stress the muscle longer. After you have reached a point where you can do three-to-four sets of a good working weight of course you want to raise the pounds.

Stick to the main muscle builders for a while. These are squats, bench, inclines and pull ups or some type of rowing exercise.

Now you say you're eating like a pig? Well, porky, are you eating the right things to feed your muscles and repair them after you work out? Are you getting enough protein to meet the requirements to put on size or have you just been eating and training all this time in vain?

You need to get at least one gram of protein per pound of body weight. You need to consume a protein drink with a carbohydrate and some glutamine after you train. This will help you to recover and feed your muscles what they need to repair and grow.

You should be eating every three hours, splitting your protein requirements evenly throughout the day. You **MUST** eat right to gain muscle tissue.

Good luck in achieving your Dream Bodies out there.

Ryan Rollison  
[mydreambodies@aol.com](mailto:mydreambodies@aol.com)



### IMANI LEARNING ACADEMY

"Home of the Imani Cougars"

Where We Roar With Education



728 Parkside Blvd.

419.535.7078

**OPEN HOUSE**

**for the 2009-2010 School Year**

**Hot 97.3**

**Will Be Broadcasting Live**

**Wednesday, August 19, 2009**

**4:30 pm - 6:30 pm**

- K-8 (full) day Kindergarten
- Extended Day (if needed)
- Small Class Ratio motivated
- Caring Staff
- Dress Code
- Breakfast/Lunch Program
- Computers

## The Financial Design Group

is proud to welcome

**Kevin S. McQueen**



**to the FDG family**

**Call Kevin to help your family with its financial objectives**  
**419.843.4737 ext. 119**

Financial Design Group, 3230 Central Park West Suite 100, Toledo, OH 43617, is independently owned and operated. Securities offered through Securian Financial Services, Inc., Member FINRA/SIPC.

T#58736  
DOFU: 05/13/2009



## The Lighthouse Road

## Fighting a Silent Epidemic: Early Childhood Oral Health

By Dr. Anita Lewis-Sewell, MD  
Guest Column



Dr. James Duffee, MD, MPH, is on a mission to prevent and eliminate childhood dental caries or tooth decay. He has long served as a medical leader and community advocate for this cause to improve the oral health of children.

Dr. Duffee, medical director of the Rocking Horse Health Center in Springfield, OH, and practicing pediatrician for over 25 years, re-

cently spoke at a conference on early childhood oral health sponsored by the Ohio Association of Community Health Centers (OACHC).

His comprehensive review of the Early Childhood Oral Health or ECHO Fluoride Varnish Initiative was held at the Victor J. Casano Health Center in Dayton, OH.

Susan Lawson serves as OACHC ECHO coordinator, while Heather L. Porter is OACHC ECHO operations specialist. They both emphasized the vitally important role of primary care physicians in this project.

The OACHC received a substantial three-year program development grant from the Anthem Foundation in 2008 to establish a fluoride varnish initiative in Ohio's community health

centers.

The ECHO Fluoride Varnish Initiative has three primary steps:

**STEP #1: ORAL ASSESSMENT.**

**STEP #2: FLUORIDE VARNISH APPLICATION.**

**STEP #3: ANTICIPATORY GUIDANCE AND TRANSITION OR REFERRAL TO A DENTAL HOME.**

Dr. Duffee first defined the problem and detailed the epidemiology, the risk factors, consequences, and the extreme prevalence of dental caries during early childhood.

"A cognitive shift is needed," Dr. Duffee stated, indicating that "we need to think of oral caries as a huge chronic health problem that

can interfere with many aspects of life."

He cited former Surgeon General David Satcher's May 2000 report on Oral Health in America that referred to dental disease "A Silent Epidemic."

This report noted a lack of public awareness of the importance of oral health. It also identified significant disparities between racial and socioeconomic groups in regard to oral health.

The "Smiles for Ohio Fluoride Varnish Program" was developed by the Ohio Department of Health (ODH) to reduce health disparities related to early childhood caries in Ohio children. Research indicates that application of fluoride varnish can reduce tooth decay by 25 percent to 45 percent.

Childhood caries is "a severe, rapidly progressing form of tooth decay in in-

fants and young children" which is preventable with appropriate early intervention, Dr. Duffee explained.

Dental caries is associated with extreme oral pain, spread of infection, difficulty chewing, and poor weight gain (both in children and adults). It can lead to children falling off of the growth curve, the risk of dental decay in adult teeth, extensive and costly dental treatment, and crooked bites.

Cavities in effect should be considered contagious, Dr. Duffee noted. This is due to the fact that it spreads by means of vertical (or direct) transmission of cariogenic bacteria (such as *S. Mutans*) from the mother or primary caregiver to the child.

High risks groups include children from low socioeconomic and ethno-cultural

groups, such as poor Appalachian and Hispanic populations. They also include children with special health care needs, poor dietary and feeding habits, suboptimal exposure to topical or systemic fluoride, whose caregivers or siblings have caries, and those with visible caries, white spots, plaque, or decay.

Evidence-based prevention strategies for ECHO to halt or prevent tooth decay include:

- Ø Optimizing oral hygiene
- Ø Focus on maternal oral health
- Ø Fluoride
- Ø Early Referral to a Dental Home

Dr. Duffee discussed tooth brushing and flossing recommendations for children, and a "Caries Risk Assessment Tool" useful to primary care physicians in knowing when to refer children for advanced dental care.

He noted the tremendous health benefits and cost savings that such a preventive program will ultimately have. He also cited the importance of such a program to low income families who often have limited access to dental services.

It is important to note that this initiative is not intended to replace or usurp the need for regular oral care provided by dentists (i.e. cleaning, fillings, extractions, or dental care for trauma or malocclusion.)

The application of FV is simple, inexpensive, effective, and should be considered as appropriate preventive care of childhood, as providing routine immunizations. Medicare reimburses fluoride varnish from tooth eruption to a child's third birthday.

It reduces dental caries by arresting demineralization and remineralizing teeth. It is a fairly brief procedure that can be easily integrated into the well child visit.

A firm foundation for good oral health should start in early childhood.

There is strong consensus between the American Academy of Family Practice (AAFP), the American Academy of Pediatrics (AAP), and the American Association of Pediatric Dentists for expanding fluoride varnish programs for all children, Dr. Duffee concluded.

## The Toledo Urban Federal Credit Union

has just launched their "Brick Campaign". The **TUFCU** has begun this campaign to raise funds for the new building at Detroit Avenue at Dorr Street. If you are interested in purchasing a "Brick" as a part of the campaign the prices are as follows:

\$ 50.00 for each "Walkway" brick  
\$100.00 for each "Vestibule" brick  
\$500.00 for each "Archway" brick

**Please call TUFCU at 419.255.8876 to make your contribution TODAY!**

**Bricks Sold as of August 2, 2009**

New Life Church of God & Christ, St. Paul Missionary Baptist Church, St. Martin de Porres, Southern Missionary Baptist Church, Mt. Pilgrim Baptist Church, ABCO Contracting LLC., Alpha & Omega Collections, Commodore Perry Federal Credit Union, Earl Enterprises LLC, The House of Day, Logan Creek Construction Company, Midwest Urban Newspaper, Mo's Market, Nabil's Next Day Sign, Po-Mo's, Quality Time Day Care, ALPHA PHI ALPHA Fraternity (ALPHA XI LAMBDA CHAPTER), Maumee Bay Club NANBPWC, INC., Perry Burroughs Democratic Women's Club, Toledo Chapter Coalition of Black Trades Union, Bishop Edward T. Cook, Pastor Darian N. Banks, Rev. Raymond Bishop, Pastor Glen D. Burel Sr., Minster Charles E. Chandler, Pastor Robert A. Culp, Rev. Dr. Donald Perryman, Rev. Dr. John E. Roberts, Pastor Talmadge J. Thomas, Pastor Troy Thomas, Rev. Robert P. Wormely, Pastor William Terry, Mother Bernice Roberts, First Lady Sheila Cook, First Lady Willetta Perryman, Commissioner Tina Skeldon Wozniak, Jeanine Perry State Representative, Councilman Joe McNamara, Councilwoman Wilma Brown, Wade Kapszkiewicz Lucas County Treasurer, Vallie Bowman English, Ian B. English Esq., WilliAnn Moore, Brenda Hill, Eddie M. Cole Atty., Myron Duhart Atty., Toby Fey Atty., Keith Wilkowski Atty., Barb Wilkowski, Suzette R. Cowell, Shawn Cowell, George W. Cowell Jr., Edwin Mabrey, Leo D. Martinez, Maria E. Martinez, David Smith, Frances Smith, Eve Allen, Jewyana Anderson, Eric Baldwin, Mira Banks, Dale Bamhill, Queen Ester Barringer, Arlene Bond, Henry Boyd, Anita-Hackett-Braswell, Charsena Braswell, Drenda Brooks, Gwen Brown, Leona Brown, Michael A. Cancel Sr., Ernestine Carter, John Chapman, Russell Chapman, Lamont Chenault, Leona Chenault, Rufus Coffey, Charlest Coley, Reginald Coley, Dennis Conley, Gloria Conner, Branden Mykal Cook, Manhattan Michelle Cook, Barbara Corgens, Andre L. Cowell Sr., Kevin Cowell, Ruth L. Cowell, Sharon D. Crawford, Lester Crump, Marquisa Darden, Martha N. Ramey-Dewalt, Shirley A. Thomas El, Patricia Y. Ellis, Rose E. Bonhart Ellis, William H. Ellis Sr., Percy Evans, Virginia Evans, Priscilla Fletcher, Janice Fryar, Verbie Garland, Del Grace, Kelli Grace, Stanley Graves, Gerturde Green, Ralph Green, Harriett Hardy, Yvonne Harper, Corene Harris, Doreen Harris, Patti Henry, Sylvia Hewitt, Aviance Hill, Mozell Hill, George Hillard, Gloria Hillard, Gabrielle Hinton, Roy Holloway Sr., Holly Hodge, Albert J. Hunter, Lucile Hutton, Thomas Hutton, Martin Jarret, Gary Johnson, Jacqueline Luckett-Johnson, Jamie Johnson, Lee Johnson Jr., Anthony Q. Jones Sr., Alto King III, Alto King Sr., Delores Latson, Barbara Lee, Willie Lee, Lisa K. Linear, Yulonda McClure-Logan, Larnzy McClelland Sr., Theressa McClendon, Donald H. McCreary, LueDell F. Martin, Pamala Matthews, Paula Mayes, Eddie Merrell Jr., Robert Montgomery, Teresa Moore, Dorine Mosley, Lavern Mosley, Linley Pickett, Bernadette Powell, James Powell, Gayla C. Price, Nell Roach, Doris M. Roberts, Sharlene K. Roberts, Delise Simmons, Sean Simmons, James Simpson Sr., Chris Smith, Shirley Smith, Virginia Haywood-Smith, Wanita Smith, James Snodgrass Sr., Tracee Perryman-Stewart, Lynn Storum, Antonio Stuart, Cornell Talley, Pierrette Talley, Mattie Taylor, Monique Talley, Lillie Watkins, Charles B. Welch, Twyla Lorraine Wheaton, Evangelia White, Anderson N. Whitt, Vincent Wiggins, Edith Williams, Felesha Williams, Jane Williamson, J.T. Williamson, Dorothy Willis, Edward Willis, Pamela Wilson



**DIXIE** Auto Leasing Toledo, OH

5880 N. Detroit

**Month to Month Leasing**

419-476-8674

WE ARE A FULL SERVICE BUSINESS

**Health Connections**  
Counseling Services

We assist individuals, couples and families to address the challenges life provides.

Relationship Challenges  
Anxiety/Panic

Trauma  
Addictions

No longer will you have to "go it alone" or settle for what has been traditionally available.

6600 Sylvania Ave, Suite 264  
Sylvania, OH 43560  
Phone 419.517.4088  
www.healthconns.com

Ross Chaban, M.Ed.  
LPC, LICDC, OCPs II

## Health Care

(Continued from Page 7)

### The Health Care Proposals

As Congress left Washington last week, several packages dominated the news. House Bill 3200 has been dissected by three committees that are trying to put their stamps on the legislation. In the Senate, a proposal by the Finance Committee has garnered bi-partisan support – at least in committee.

The House Energy and Commerce Committee voted at the end of last week, hours before the House adjourned for its August recess, to move ahead with HR 3200. The Energy Committee has a number of “Blue Dog” Democrats – conservative Dems – who had balked at the \$1 trillion dollar price tag.

Friday's agreement, by a 31-to-28 vote appears to be the beginning of a consensus in the House on at least two areas of concern – the need to rein in private insurance companies on practices that prevent Americans from obtaining affordable insurance and the need to expand coverage through subsidies.

Left intact in the compromise is a critical piece for the Democrats – the need to create some type of government insurance plan that would compete with private insurers.

To help keep costs down, the House bill would reform Medicare and reduce the growth of payments to hospitals and other health care providers by, at least in part, rewarding value rather than volume of services.

The Energy and Commerce version of the bill now also calls for the government to negotiate prescription drug rates in the public plan.

The next step in the House is to merge the three versions of the bills – the Energy and Commerce Committee proposal with those of the Education and Labor and the Ways and Means Committees.

Meanwhile in the Senate, a major breakthrough occurred last week in the Senate Finance Committee because of the bi-partisan nature of the compromise. Three Democrats and three Republicans on the committee put together a health insurance plan that would provide incentives for employers to provide insurance (rather than mandate it) and would mandate individuals to carry it (with subsidies as necessary).

As to a government-run option, the Republicans – Olympia Snowe (Maine), Charles Grassley (Iowa) and Mike Enzi (Wyoming) – rejected such an idea immediately so the group of six crafted a plan that calls for health insurance cooperatives that are modeled after rural electricity providers. Such non-profit cooperatives could arrange for collective coverage for members and thus compete with private insurers. That plan, estimates Sen. Kent Conrad (Dem. ND) could have as many as 12 million members.

Will liberal Democratic Senators and Representatives approve a bill without a public option in favor of collectives? Will the final version of the bill, after a panel merges the House and Senate versions, garner any Republican support if a public option remains intact?

Obama and his presidential opponents spent a good deal of time during the campaign focusing on

the fine points on health care reform. Obama, in particular, railed against mandates on individuals as Hillary Clinton, a veteran of the universal health insurance wars, declared that mandates would be absolutely necessary to guarantee coverage to the maximum number of citizens.

These days, Obama just wants a plan – mandates or not – because one of the key questions going forward for Obama is not necessarily the details of the plan so much as the support it receives.

The two great social programs of the 20th Century, Social Security and Medicare, both of which were enacted by Democratic presidents and Democratic-controlled Congresses, received deep and wide Republican support at the time. (Social Security in 1935 received 16 of 21 Republican Senate votes and 81 of 96 House Republican votes; 30 years later, Medicare received 13 of 32 Senate GOP votes and 70 of 138 House GOP votes.)

Both programs are considered integral parts of the American and, as George Bush discovered after his re-election in 2004 when he tried to spend the “political capital” he had earned, changing such systems will be a lot more difficult than it was to enact them.

For health insurance reform to take its place as a vital and respected cog in the American social contract, Obama would undoubtedly like to have more than just token Republican support.

Such support does not seem to be on the horizon for any version of this program.

## Women's Club Donates to Local Food Pantry

By Artisha S. Lawson  
Sojourner's Truth Reporter



Central Region of The National Association of Colored Women's Club, celebrated their 84th anniversary convention banquet on Tuesday, July 28, 2009 at West Toledo's Ramada Inn on Secor.

Central is one of the five regions of the club; this region includes: Illinois, Michigan, West Virginia, Ohio, Kentucky, Missouri, Indiana, Iowa, Wisconsin, Nebraska, Kansas and Minnesota. “This is our bi-annual conference; there are 12 different states in the Central Region. Ohio was picked as this year's host state, and next year we will be in Michigan,” said Delores Wanzo, president of Central Region.

Women from the Central Region portion of the organization gathered for this bi-annual celebration using the theme “Revitalization, Rededication, Recommitment to preserving the legacy left by our predecessors in deeds not words,” featuring guest speaker Lenora Gayle Barry.

Barry is a native of Bessemer, Alabama, graduated from University of Michigan in 1973 and began working in her profession as a social worker just two years later. Since that time she has worked for The American Red Cross, Cummings/Zucher Center, and United States District Court Probation Office. She currently is a member of Alpha Kappa Alpha Sorority, Inc. and Charms Inc.

One of the highlighted activities during the banquet is the community service project presentation by the president of the Central Region. This year's president, Delores Wanzo, encouraged the members of the organization to donate to Toledo Northwestern Ohio Food Bank, located on Woodruff Avenue in Toledo.

“I decided that my project would donate towards a food bank in the city where the banquet is being held. We collected from the women in attendance at the conference, they were very generous,” said Wanzo.

The organization collected \$575 from the members, and James M. Caldwell, president and CEO of Toledo Northwestern Ohio Food Bank, was present to collect the generous donation from the Central Region officers of The National Association of Colored Women's Club.

“Because of their generosity, 5,000 meals will be available to feed those less fortunate. Thank you to the ladies of this organization,” said Caldwell.

The National Association of Colored Women's Club was established in 1896 and more information is available on their website <http://www.nacwc.org>.

**William Lucas**  
also known as KING KEYSER  
[www.kingschampions.com](http://www.kingschampions.com)

**Truth Art Gallery**  
and Event Center  
1811 Adams Street  
Uptown Toledo  
419.460.1343

will Feature ...

**Toledo's Own:  
Gale Stephens'  
Art Collection**

**Friday - August 7, 2009**  
**6:00 p.m. ~ 9:00 p.m.**

**Do come out and show your Support !!!**

© 2009 EE Press



**The RIGHT to Revolutionize**

By Michael Hayes  
Minister of Culture



Is a level playing field always such a good idea?

I'm the most liberal of liberals when it comes to power for the people, but when it comes to

voicing one's innermost ramblings, prejudices, and maniacal opinions, I'm a level playing field good?

Hip-hop was born out of a need for inner-city minorities to report on their environment.

The news, the media, Hollywood, politicians and even upper crust minorities didn't tell the hood story accurately... so ghetto America created an art form that would express, report and accurately convey messages.

That is a good example of leveling the playing field out of necessity.

However, any yahoo with a yahoo account can become

his own media galaxy and that's kinda wack.

The world is becoming vastly conceited, self-indulgent in our own "me" centered ways.

Not "me" centered in terms of finding or balancing your center...not inner spirituality.

"Me" centered in ways that can lay waste to entire industries.

The ME in all of us says:

"Screw you, a major record company, why would I buy a CD for \$13 when I only like one or two songs? I'm just gonna stuff a gazillion free mp3s in a playlist made by ME!"

And THAT'S what I'll be listening to as I jog, as I make love, as I drive, as I work. so there!"

The ME in all of us says:

"Screw you, Dateline, why would I wait for you to tell ME what the news is?"

Why accept some corporate hand me down headlines when I can just blast my own thoughts/opinions all over cyberspace...and when I want news, I'll just check the blogosphere and get real information by people who think and feel like ME!"

My readers know I'm big on generational studies, but don't expect any BS about calling this information revo-

lution "MEGENERATION" -because it's not generational or age-related.

There are 15 year olds doing it. There are 50 year olds doing it.

Our society (worldwide, not just in the U.S.) is disposing of the old system of how news, editorial/opinion, entertainment content and information in general is handed out to the masses.

The revolution is far from over, but it is rampant and apparent everywhere you look.

Sure...Fox News is still one prime example of how idiots take whatever the idiots on the idiot box are handing out. I mean...jaded, overtly biased and, many times, grossly inaccurate opinions are passed off as fact every hour of every day on the official network of evil doers and their most faithful viewers/drones continue to suckle.

Viewers mindlessly allow the rants/raves onscreen to replace their own independent sense of good and common sense. I mean...this is the same media giant that chose to report Michelle and Barack Obama's fist bump as a "terrorist fist jab." That's the kind of media that needs to be overthrown. That's an example of so much faulty information slid-

ing down from the mountaintop that it forces you to question what buffoonery is going on at the top of this damn mountain.

Our country's mainstream media all across the board is pretty one-sided.

The reporting steers viewers/readers/subscribers/listeners into certain ways of thinking.

The news cycle is so quick, that nothing gets to resonate or really inspire action.

It's URGENT HEADLINE after URGENT HEADLINE.

And when you realize you're being taken for a ride, of course... you say to yourself

"I might as well just take control over what kind of information I'm feasting on."

And we all feast.

No doubt about it.

You are all taking part in this global media/information upheaval even if you haven't tread one single serious news story all year.

You want to learn how to create and design video games?

Well guess what ... every time you log on to the Internet you may bypass the latest news on the recession but you still probably spend a couple hours reading blogs from game designers, visiting sites of popular video game companies, you might play a few games, etc, etc, etc.

But you have become the center of your own media universe.

Good for you!

Notice the more you visit certain sites now all the ads you see off in the corners are geared more and more towards YOU! Not just advertising to the public, advertising specific to YOU!

But with so much information floating around...how do you know what is correct?

If you do a search for: finding employment in a tough economy, you get

1. 1,000,000 blogs written by people who are out of work

like you

2. 1,000,000 online employment/work at home scam hits

3. 500,000 Articles written by economists on how to weather a recession

4. 100,000 Ads for Resume writing software

so on and so on...

GUESS WHAT?

You have taken control of your own destiny by attempting to use information to your benefit, but have you found what you were initially looking for?

And out of everything you did find, who's to say that the information being given to you is from a credible source?

Credibility ...that's what used to drive this system, people.

Okay... you want to be a rapper, where's ya skills.

Can you control the crowd? Do you have metaphor/wordplay? Can you construct solid songs?

Do you have charisma, vocabulary and vocal intonation?

Those and many other questions had to be answered first before you could make it.

That's what made Biggie, Jay Z, Tupac, Eminem, Andre 3000, Redman, Missy Elliot etc...that's what made them credible.

Now...it's a great thing that the power has been re-distributed to give the indie artist a fair shot, but without the power structure we had 10 years ago, there's no one at the door checking for credibility. Which is making the music worse and worse, and worse and even worse.

I would like to think that my label is trying to restore credibility through our music and artist development.

But unless we all play our role, no one or no thing will ever truly be credible enough to serve us all.

Recording studios are struggling because so many people record at home.

But that doesn't mean you have the expertise to truly make your work credible.

Print periodicals all across the nation are going out of business or severely cutting back because ad dollars are following audiences to the Internet.

Yet patiently waiting for all those misguided souls are billions of online blogs representing so many singular voices that no one is listening because everyone is too busy yelling.

Don't get me wrong...I'm all about D.I.Y.

I'm from Toledo, Ohio...the birthplace of the S.U.V., and countless grassroots movements.

When you're from a place everyone hates, you learn a lot about how to Do It Yourself.

But when it comes to information...too many chefs in the kitchen leaves no one in the dining room to enjoy what has been expertly prepared by some (and foolishly thrown together by others).

But I'm still here, grinding it out.

So ... as a writer, as a producer, as someone trying to find a way to earn a living... hopefully the revolution won't leave me out.

[glasscitytruth@yahoo.com](mailto:glasscitytruth@yahoo.com)  
(facebook search me or email me)

ANNOUNCEMENTS;

Shouts to Waymon Farmer, Charles Johnson, D.J. Reese, Christine Quinn, Tiffany Spencer.

Every week... some good people bring positive thought, and inspiration to me and who would I be not to acknowledge them.

**THE LISTENING OPEN MIC NITE HELD AT THE TRUTHART GALLERY EVERY SATURDAY CELEBRATES ONE YEAR ANNIVERSARY 8/29/09 BETHERE.**

**ONE SOURCE TV**  
The Show The Players Watch  
**GAMESAVVY.TV STOP BEING SO SUPRISED!**

**Experience THE FAPSIDE**  
VIDEOS FLIPPED & REMIXED  
Produced and Seen Locally  
Saturdays 11:30pm  
Sundays 10:30am  
Only On Toledo's **my 58**  
**DJ Reese**

**HAIR RAISING EXPERIENCE**  
Hair and Nail Salon  
"Toledo's Best Kept Secret!"  
Kathy Woodard, Sandra Avery, Jewery Brown and Dawn Avery  
**Experienced Professional Stylists**  
With the Total Care of Your Hair and Nails in Mind  
525 S. Reynolds Road - Phone 419.578.7209

# Mike Bell Introduces Plan to Stabilize Neighborhoods

Sojourner's Truth Staff

Independent candidate for mayor, Mike Bell, announced a plan this week that he said will "restore vitality to [Toledo] neighborhoods."

The critical piece of the Bell proposal will be the formation of a multi-department City Task Force that will force compliance of "deadbeat owners" of neglected properties to "make sure

neighborhoods are being treated in the fashion they should be treated."

The task force will consist of city prosecutors and staff from the Law, Police, Fire, Utility and Neighborhood departments, said Bell, and they will prosecute, when necessary, owners who are not in compliance with city ordinances on vacant properties.

As he made the announcement, Bell stood in front of just a property, a vacant Victorian house on St. Louis St. which is now owned by Neighborhood Housing Services (NHS), a non-profit community development corporation that acquired the house in 2005 when the previous owner went into foreclosure. NHS has asked the city to demol-

ish the building.

Bell also said that, if elected, he will:

- Promote and streamline the existing city Land Bank to make it easier for neighbors to improve eyesore properties;

- Re-assign an employee of the Utilities Department to serve as the city's "Street Light

Watchdog" to force replacement or repair of street and alley lighting by Toledo Edison;

- Ensure that alley maintenance is a high priority — cleaning glass, refuse and trees; removing abandoned vehicles and appliances; reporting broken lights;

- Redirect police resources to targeted enforcement in neighbor-

hoods.

"One of Toledo's great strengths has always been the diversity and character of its neighborhoods," said Bell. "I am making a commitment to Toledo residents that stabilizing neighborhoods will be a top priority of the Bell administration."

## Black Market Place

**Homes For Sale!!!**  
Grant Money & Tax Credit Funds Available!  
1347 Craigwood, West Tol, \$99,999, 3 beds, 2 Car  
1127 Fernwood, Central Tol, \$24,999, 3 beds, 2 Car, Owner/Agent  
Whittington Group Realty  
Emory Whittington, III 419.392.5428

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

**DMC TOTAL HOME IMPROVEMENT**  
Services include: Roofing - Dry Wall - Flooring - Basic Wiring - Plumbing - Kitchens and Bathrooms Remodeling  
**Free Estimates**  
Contact Darrell at 419.917.2275

**Call**  
419.460.1343  
Video, and Photography  
Owner - RAMON TIGGS

**125 W. Delaware - \$39,900**  
**Old West End Area!**  
3 beds, 2 full baths with double lot.  
Totally remodeled!!  
Grant Money Available!!  
Call Delise Simmons - 419.514.0461

**2525 Kimberly Drive**  
**\$165,900**  
Lovely 4 bedrooms, 2 1/2 Bath,  
Stone fire place in living rm, full  
finished basement with wet bar  
Please call Bessie 419.260.0215

**5106 Grelyn Drive NEW PRICE \$148,500**  
Spacious 3 bdrm brick ranch w/2.5  
baths; 2588 sq. ft. of living/entertaining  
space for you and your family. Great  
neighborhood with easy access to UT bike trail.  
Call Alma today for a showing. 419.297.2301

**NO MORE STAIRS!!!**  
**1500 Roosevelt Avenue**  
All Brick, 1 story 3 beds with  
1.5 Bath with Hugh Kitchen, 2 car  
GRANTS AVAILABLE!!  
Call Emory Whittington, III \* 419.392.5428

**FIRST HOME OR INVESTMENT!**  
**1749 MACOMBER - \$29,900**  
Three Bd and One Bath, Living Rm w/Decorative  
Fireplace, Kitchen w/Breakfast Nook, Newer Furnace, Roof  
and Hot Water Tank, Well Maintained, Move-In Condition  
**Wilma Smith \* DiSalle Real Estate Company**  
Cell 419.350.7514

**HOUSE FOR SALE - 1303 Grand Avenue**  
2 Bedrooms ~1 Bathroom~ Walk In Closets  
~Central Air Full Basement~ A MUST SEE  
Down Payment Assistance Available for Income  
Eligible Applicants Call Toledo Community Development  
Corporation 419-255-7500 And more!!

**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](http://lulu.com/content/5743710) for only \$5.00

**HOUSES FOR RENT!!!!**  
**SECTION 8 WELCOME!!**  
Website: [www.whittgrouprealty.com](http://www.whittgrouprealty.com)  
Click on Featured Listings and Navigate  
OR call 419.536.7377  
Email: [propertymanagement@whittgrouprealty.com](mailto:propertymanagement@whittgrouprealty.com)

**THE C. BROWN FUNERAL HOME, INC.**  
1629 Nebraska Avenue, 43607  
419.255.7682  
A BETTER BUSINESS BUREAU ACCREDITED BUSINESS  
START WITH TRUST<sup>SM</sup>

**4522 Oak Creek \$84,500**  
3 BDRM brick/vinyl ranch home 2.5 baths  
and Master Suite. Large LR/DR with up-  
dated kitchen. 2.5 car attached garage and  
inground pool. Subject to lender approval.  
Call Alma Dortch-Gilbert 419.297.2301 for appointment  
[adortchgilbert@sbcglobal.net](mailto:adortchgilbert@sbcglobal.net)

**Better Care Lawn & Show Removal Services L.L.C.**  
Commercial/Residential Free Estimates  
Senior Citizen Discount  
Insured and Bonded Landscaping  
Phone: 419.917.6440 \* Fax: 419.754.3953  
[www.bettercarelawnservice.com](http://www.bettercarelawnservice.com)

**Kynard's Barber & Styling Salon**  
863 W. Central \* Toledo, Ohio 43610  
For Appointment Call ..... 248.9317  
Hair Stylist: Clyde \* Dell  
Latest Techniques in Hair Styles for Ladies & Men

**Tired of investing \$100s in programs that promise big profits from your "small" investment only to find out when your package comes you have to invest more money to make the "big" profits? Stop the madness! Earn \$100 in a week using your email or cell phone contacts. It's easy, almost free (\$10 investment), no sales experience is required and there are no hidden costs.**  
[www.earn100dollars@yahoo.com](http://www.earn100dollars@yahoo.com)

**ANAR Accounting Services**  
**Rana Daniels, ATP - Tax Accountant**  
Payroll, Bookkeeping, Individual Taxes, Corporate Taxes,  
Financial Planning and Administrative Services  
We offer: Rapid Refunds, Instant Checks, Free Notary Services,  
Union & Church Affiliation Discounts  
Call Now to Set up an appointment 419.727.1501  
[www.anaracct.com](http://www.anaracct.com)

**Houses For Rent**  
Everything New: Paint, Carpet,  
Stove, Refrig. Section 8 OK  
MVP Property Management  
419-244-8566.

**2029 Joffre St. - \$54,900**  
Well maintained 3 BR, 1 BA home  
with newer furnace & hot water  
tank. Full basement & 1 car  
detached garage  
Call 419.885.8738 Office

**2-3-4 Bedroom HOUSES FOR SALE**  
1303 Grand \* 1044 Lincoln \* 234 Maumee \* 851 Oakwood  
\* 1027 W. Woodruff Down payment and closing cost assistance  
available for income eligible. Lease-Purchase option  
available. Call Toledo Community Development Corporation at  
(419) 255-7500 or Julia Bryant, Key Realty at (419) 320-0909.

**516 Mettler \$54,900**  
A MUST SEE Beautiful Brick ranch, 1g  
livingroom, 3 bdrms with 1g walk in closets,  
2 full baths, 1g eat in kitchen with walk-in  
pantry  
**SOLD**  
Call Alma Dortch-Gilbert 419.297.2301 for appointment  
[adortchgilbert@sbcglobal.net](mailto:adortchgilbert@sbcglobal.net)

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

**NEW PRICE!! PERFECT STARTER**  
**IN MOVE-IN CONDITION!! 1818 MACOMBER**  
2 bds, living rm, dining rm w/hardwood floors. All new  
windows. Newer roof, furnace, and hot water tank. C/A,  
Security System & Patio in rear yard. Appliances stay  
**Wilma Smith \* DiSalle Real Estate Company**  
Cell 419.350.7514

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

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

**George Hicks**  
Administrator  
2469 Maplewood Ave, Toledo, OH 43620  
Cell: 419.870.2335, Phone: 419.243.9175 Fax: 419.243.9174  
E-mail: [ghick3@msn.com](mailto:ghick3@msn.com) \* [hicksdaycare.com](http://hicksdaycare.com)



# CLASSIFIEDS

August 05, 2009

Page 15

## RFQ Advertisement # FY10-017 Architectural/Engineering/Design Firms

The University of Toledo, Main Campus and the Health Science Campus requests that Architectural/Engineering/Design Firms complete State of Ohio A/E Qualifications Form No. **F110-330, Part II only**. This form is an annual statement of qualifications and performance to be kept on file for one (1) year. Firms interested in providing Architectural/Engineering/Design services for capital improvement projects for fiscal year 2010 (July 2009 – June 2010) must have completed and submitted two (2) copies of this form by 1:00 P.M., Friday, August 28, 2009 to be eligible for consideration. Copies of Form No. F110-330 is available through the State of Ohio Website or upon request via email through Purchasing, Joy Martin at [joy.martin@utoledo.edu](mailto:joy.martin@utoledo.edu). Sealed envelopes for this request must be clearly marked with the advertisement #FY10-016 on all inner and outer envelopes and/or shipping containers and must be addressed and delivered to the University of Toledo, Plant Operations Building, 2801 W. Bancroft St., MS216, Toledo, Ohio 43606 to the attention of Joy Martin, Purchasing by Friday, August 28, 2009 @ 1:00 P.M.

## BENEFITS & OPPORTUNITIES IN THE AIR NATIONAL GUARD

Ages 17-37

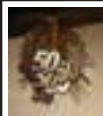


[novarro.1@netzero.com](mailto:novarro.1@netzero.com)

Looking for potential AIRMEN/OFFICERS For pre-qualifications, call or email Msgr. NOVARRO GIBSON, (Ret.) USAF 419-464-2361

## Vendors Wanted Flea Market/Yard Sale

Sat. August 15 – 9 am to 5 pm  
The Mildred H. Gibson Center  
3360 Nebraska & Cuthbert  
Zion Lutheran Church  
(2) 6' – 8' Tables - \$25  
(1) 6' – 8' Table - \$15  
Deadline Aug 1  
419-810-5284 for more info.



**For Sale**  
**Cascade Centerpieces**  
**50th Birthday or Anniversary**  
**Call 419.283.9836**

## Do you need a Recording Choir to be a part of?

For Information Call  
419.260.2209

## Two Day Art Workshop

Now forming at the Truth Art Gallery  
Cost is \$35 per person  
Call Ramon Tiggs @ 419-460-1343 for details

## Need a tutor?

Professional, in-home tutoring offered in math, science, Spanish and more!  
Pre-K thru college. Call 419-708-0447 or visit [www.tutoringinyourhome.com](http://www.tutoringinyourhome.com)

## SNOW PLOW OPERATORS WITH VEHICLES

The City of Toledo, Streets, Bridges, and Harbor Division is interested in contracting with owners/operators of snow plow vehicles for plowing on residential streets during heavy snow conditions. Those interested in bidding should contact the following city official. All bids must be received by 4:00 PM August 28<sup>th</sup>, 2009, for a copy of the bid proposals and specifications:

STREETS, BRIDGES, AND HARBOR  
1189 W. Central Ave. Toledo, Ohio 43610  
PHONE: 419-936-2508

## Production/Maintenance Supervisor

Heinz North America, a Fortune 500 Midwest Food Processing Company has an immediate opening for a Production/Maintenance Supervisor. This position is responsible for directing and monitoring the making and packaging of food products that conform to Heinz quality standards.

Assume leadership in the efficient production of quality product in a safe manner. Manage related functions of safety, quality, productivity, maintenance, labor relations, continuous improvement and conformance to all regulatory requirements.

The qualified candidate should possess a degree in Business or Sciences, with three (3) to five (5) years experience in Food/Beverage industry plus; Supervisory training or experience; Human Relations experience or training plus a general maintenance background.

We offer a competitive starting salary and attractive benefit package. If interested please send your resume in confidence to:

Heinz NA – Fremont Factory  
Human Resources  
Charlene Hutchinson  
1200 N. Fifth Street  
Fremont, OH 43420

## Notice to Bidders: Inquiry # FY10-16,

(Project # 053-08-548) for Student Recreation Center Roofing Repairs 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, August 26, 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 Stough and Stough Architects, 6377 River Crossings - Suite 1, Sylvania, Ohio 43560. Call 419-885-3583 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 Craig A. Stough, AIA of Stough and Stough Architects at 419-885-3583. **One Pre-Bid Conference will be held on Wednesday, August 19, 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: \$87,000.00; Breakdown: General Const: \$87,000.00.

## Place your classified in The Sojourner's Truth CALL PAM AT 419-243-0007

Classifieds are also posted online at  
[www.thetruthtoledo.com](http://www.thetruthtoledo.com)

## SPACE AVAILABLE

For rent for day care center or for church services.  
Contact 419-283-7708 or 419-297-3591 for details.

## Motivations Salon

Now hiring – hairstylists and nail techs!  
Lowest booth rental ... guaranteed"  
Call now for interview 419-531-3321

## APARTMENTS

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



## NORTHGATE APARTMENTS

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



## The University of Toledo CWA Positions

### Job T99091, Electro-Optics Technician, PVIC:

The full time Electro-optics Technician will be responsible for the design, construction, and operation of prototypes to be used for on-line metrology in the thin film photovoltaics industry. This position will design and construct high precision optical scanning systems and data acquisition systems, and participate in the design of new optical measurement systems and design changes for existing systems.

### Job T99090, Vacuum Deposition Technician, PVIC:

The full time Vacuum Deposition Technician will be responsible for installing, operating, and maintaining equipment for plasma-enhanced chemical vapor deposition of thin-films using pyrophoric and toxic gases, including silane, disilane, germane, phosphene, diborane, trimethyl boron, and boron trifluoride.

For more information position requirements and how to apply, please visit our website at: <http://www.utoledo.edu/depts/hr/main/employment/career.html>

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

## ATTENTION ALL MOMS!!!

Are you between the ages of 18-40 and feel that you are HOT?

Looking for beautiful, physically fit and fabulous moms for an equally fashionable project. Call 419.870.8757 for details or an audition if you or someone you know fits this profile.

## Discipline, Judgment, Confidence

Train your child in the martial arts now  
So that they won't carry guns later  
Call 419-244-0113  
Khalig Kartier

## Art Exhibit to Open Friday August 07, 2009

Gale Stephens, a talented artist, was born and raised in Toledo. She graduated from Scott High School and just recently retired from Toledo Hospital, after 33 years of service.

Stephens' interest in art developed after taking a basic course in high

school. Her instructor was the well known artist and teacher, Ernie Jones. Jones is well known in the Toledo area for his many art works and successful line of students.

From this experience she began to refine her talents and to enter art

and craft shows throughout the area. This continued during her employment at the hospital where she won numerous awards for her projects. Stephens painted a portrait of her grandmother for a family reunion at the Toledo Hilton Hotel which led

to many opportunities to sell her paintings and much praise was received from her proud grandmother.

In June of 2008 she had the opportunity to meet Victoria Rowell (The Young and The Restless) who viewed her art and encouraged her, "to continue to follow your passion." During the same year she entered the Ministers Wives & Elks show (an annual event which travels nation wide) at the Toledo Clarion Hotel that sold very well for her.

In addition to her many accomplishments, Stephens was recently chosen as a potential candidate to represent the professional and business community of Toledo, Ohio in the Biltmore 2009 Honors Edition of Who's Who among Executives and Professional.

Once finalized, Stephens' listing will share prominent space in the Biltmore Registry with thousands of fellow achievers across the na-



Gale Stephens

tion, each representing individual accomplishment within their own geographical area.

Stephens' goal is to exhibit in different galleries in the Toledo area and eventually across the United States.

Please join us this Fri-

day, 8/7/09, at the Truth Art Gallery, 1811 Adams Street, to meet this wonderful personality. She will be greeting all of her friends and fans at her opening reception starting at 6 p.m. along with food, music and fun.



**Fairview**  
Skilled Nursing and Rehabilitation Center

**Welcome to Fairview Skilled Nursing & Rehab!**

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

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



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



**Church's Chicken**

TRY **SPICY CHICKEN**

**2 PC** Mashed Potatoes & Biscuit  
Legs & Thighs  
**\$2.49**

Complete Meal for 4 Less than \$3 PER PERSON  
10 Pc Legs & Thighs, Large Mashed Potatoes  
Large Cole Slaw and 4 Biscuits \$10.99

Present coupon when ordering. Limit one per customer. Void where prohibited.  
Not valid with any other offer. Substitutions extra charge.  
Offer good for Church's Chicken at 2124 Franklin Avenue, Toledo, Ohio



**HORIZON SCIENCE ACADEMY**

HSAT is rated an **"EXCELLENT"** School by ODE

**NOW ENROLLING**  
**GRADES 4-12**

**OPEN HOUSE**  
EVERY SATURDAY 11:00 - 1:00 PM  
REFRESHMENTS WILL BE PROVIDED

**CONCEPT**

**New Accepting Applications**  
**GRADES 4-8**

**HORIZON SCIENCE ACADEMY - SPRINGFIELD**  
430 South Reynolds Rd., Toledo, OH 43607  
Phone: (419) 535 8824  
Fax: (419) 535 8825  
www.horizonmfgfield.org

**New Accepting Applications**  
**GRADES 9-12**

**HORIZON SCIENCE ACADEMY - TOLEDO**  
425 Jefferson Ave., Toledo, OH 43604  
Phone: (419) 244 3700  
Fax: (419) 244 3721  
www.horizontoledo.org