



Volume 16, No.19 "And Ye Shall Know The Truth..." September 02, 2009

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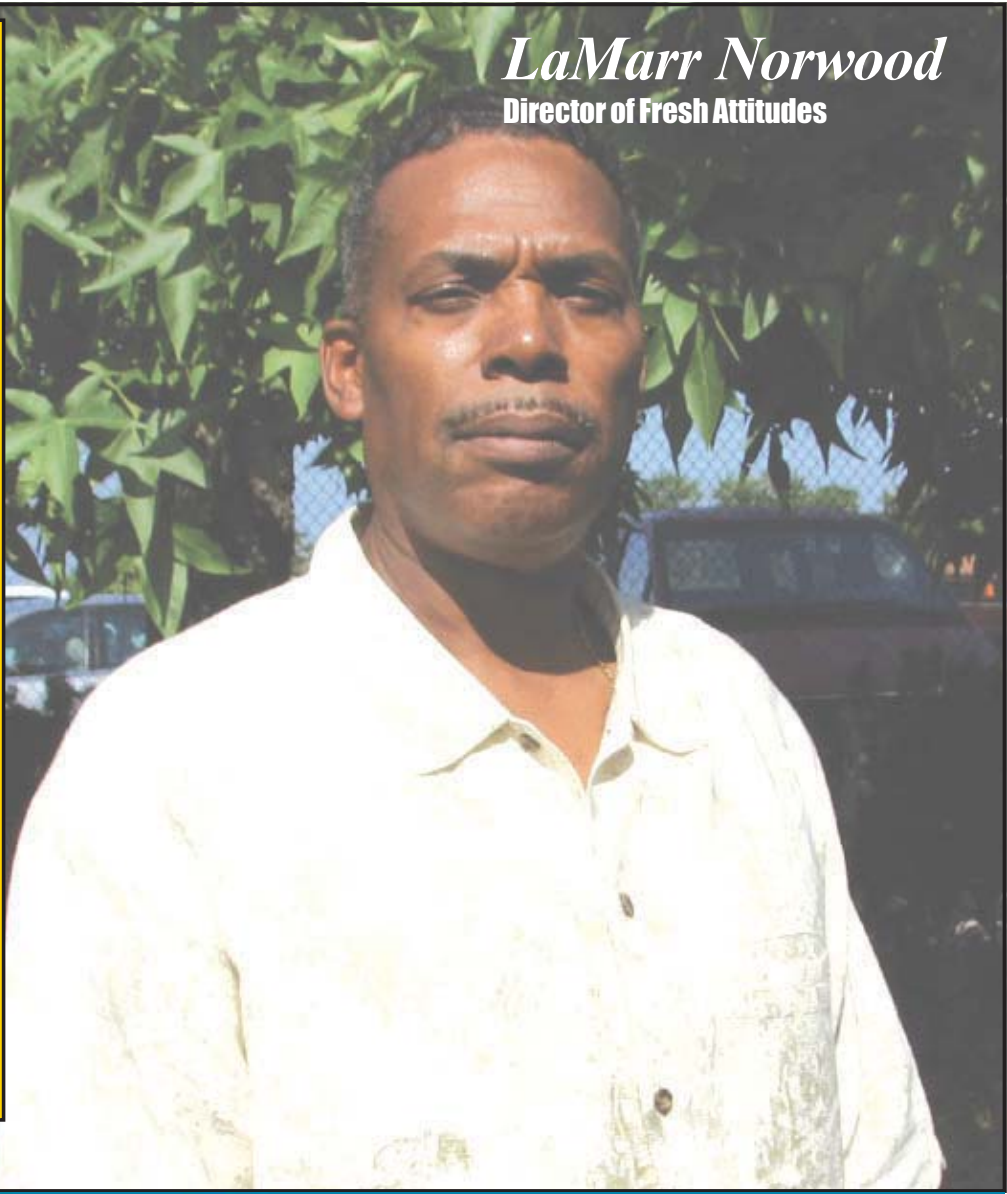
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Senator Edward M. Kennedy: The Last Shall Be First

There is a film clip of an interview with Senator Ted Kennedy from the early 1960's in which the questioner asks the newly minted senator from Massachusetts whether his political leanings are conservative or liberal. Kennedy replied that he was a liberal. It is, in all likelihood, the last time a major politician has used that word to describe himself.

The word liberal, in the decades since Kennedy made that declaration, has become the four-letter word of politics, the word that liberals dance around when asked to define their ideology.

In the 1980's when the Bill Clintons of the Democratic Party wanted to exert a moderating influence, forming the Democratic Leadership Council, Kennedy would have none of it. "The last thing this country needs is two Republican Parties," exclaimed the unreconstructed liberal lion.

But it wasn't Kennedy's liberalism for which he will long be remembered. Kennedy will be remembered above all for his effectiveness as a legislator. During his 47 years in the Senate—longer than all but two senators in history—Kennedy sponsored or co-sponsored thousands pieces of legislation. Approximately 300 laws bear his signature.

During Jack Kennedy's inauguration in 1961, he presented his youngest brother, the youngest of nine Kennedy siblings, with an engraved cigarette box—"The last shall be first." How prescient of the incoming president.

For many years, the youngest Kennedy lived in the shadow of his martyred older brothers and in years to come, the names John and Robert may well be the first to be mentioned when speaking of the only royal family Americans have known.

Unlike John and Bobby, however, Ted Kennedy's legacy will not be reflected merely in one brief, shining moment but rather in a decades-long era of extraordinary public service.

Head Start, the Voting Rights Act of 1965, the Occupational Safety and Health Act, the Americans with Disabilities Act, the Family and Medical Leave Act are some of the major pieces of legislation on which he left his mark.

In addition, he helped pass, along with Republican Senator Orrin Hatch, the first major AIDS legislation and, later, the Ryan White CARE Act to assist people with HIV who lack adequate health care coverage.

He worked with President George W. Bush to enact the No Child Left Behind Act (disavowing that partnership later when he felt it was under funded).

His near misses are just about as legendary. He was an early backer of the Equal Rights Amendment that never gained the necessary votes in the states; he teamed with John McCain, and George Bush, to try to pass landmark immigration reform and he has been a stalwart supporter of universal health insurance, first introducing such a bill in 1970. Let's clarify that last one, he has been a supporter of the most liberal form of universal health insurance—a single payer system.

In 2002, Kennedy was one of 23 senators who voted against funding the Iraq War—a vote he called the "best vote" he ever cast in the Senate.

He fought apartheid, promoted arms-control talks with the now defunct Soviet Union, spoke out against the Vietnam War (before his brother Bobby who would use that conflict to further his presidential ambitions.)

No mention of Ted Kennedy's life, however, is complete without uttering the word—Chappaquiddick. — that hung over his head ... a dark cloud for the rest of his life.

The automobile accident on the bridge that cost the life of a young woman—Mary Jo Kopechne—put an end to any chance Ted Kennedy had of becoming a president.

But, perhaps there is irony in that occurrence that would enhance his accomplishments. Had Chappaquiddick not occurred, Kennedy would have been the Democratic nominee in 1972 against incumbent Richard Nixon. Had he lost that campaign, he would have in all likelihood won the presidency in 1972. He would have served eight years and then spent the next 25 as an elder statesman. Arguably, his impact on the nation has been far greater in his role as the most influential senator for almost five decades than it would have been as a former president.

Kennedy's success in the Senate, however, had much to do with his ability to work in a bipartisan manner in spite of his very liberal credentials. In 1976, candidate Orrin Hatch told the voters of Utah to send him to the U.S. Senate so that he could do battle with the likes of Ted Kennedy. The voters complied and the battles certainly ensued. But so did the mutual respect, a lasting friendship and the willingness on both parts to set aside differences when they could work together for the nation's good. For Kennedy, the battle was never personal and conservatives were never the enemy.

Years from now when historians compile lists of the greatest Americans of the 20th Century, those lists will undoubtedly include a couple of Roosevelts, an Eisenhower and a King, among others. A piece of advice for those historians: if there is only room on the list for a Kennedy, be sure you include the right Kennedy.

As it has been said: John Kennedy inspired America and Robert Kennedy challenged America. Ted Kennedy, however, changed America.

Community Calendar

September 2

The Truth Art Gallery Presents "Nigerian Royal Wear:" An evening with designer Julio Ugo; Reception from 6:30 to 9 pm: 419-450-4820

September 4

First Friday Fish Fry: People's MBC; 11 am to 3 pm: 419-389-9333 or 419-243-0854

September 4-5

Libbey Class of 1999 10th Year Reunion: <http://libbey99.bui-tech.com> or 419-740-0BU1

September 8

7th Annual Black College Tour Informational Meeting: Kent Branch Library; 6 to 8 pm; Preparing for 2010 Eastern Tour: 419-478-7844 or 419-944-5912

September 9

5th Annual City Wide Support the Troops Rally: 6 pm; Friendship Park; Speakers, bands: 419-699-3439

September 11-12

7th Annual Imani Festival: City of Zion, the Mt. Zion Church; Friday at 7 pm, Saturday 10 am to 7 pm: 419-297-6134

September 12

GLADettes Youth Club Bus Trip: Fundraiser; Original UniverSoul Circus in Detroit; Noonshow: 419-535-5960

Back-to-School Kids' Fun Fair: 10 am to 2 pm; Body of Christ Fellowship Church; Free health screenings, refreshments, live entertainment: 419-464-8586

Luncheon and Style Show: Sponsored by Episcopal Church Women of All Saints' Episcopal Church; Gladieux Meadows; 11:30 am to 2:30 pm, luncheon at 11:45 am, style show at 12:45 pm: 419-243-9633 or 419-866-1528

Glass City Rollers Bag a Car Wash with a Bag of Groceries: Benefit for Holy Trinity Lutheran Church's food pantry; 11 am to 3 pm; Holly Trinity: 419-382-5182

September 14

Libbey HS Alumni Association: Meeting at the Sailing Club in Walbridge Park; 7 pm: 419-244-1236

September 18-19

Margaret Hunt Senior Center Rummage Sale/Garage Sale/Flea Market: 9 am to 4 pm each day: 419-385-2595

September 19

Trulight Cathedral Well-Watered Women of Faith program: "Oasis of Hope;" 11 am – 1 pm: 419-537-8629 or 419-450-2950

September 20

A Taste of Diversity: Sponsored by the City of Toledo Board of Community Relations; Toledo Botanical Garden; 1 to 5 pm: 419-245-1565

September 22

Ambassador Fatherhood Education & Parenting Classes: Outreach Center at 670 Phillips; 6 to 7:30 pm: 419-297-3530

September 24

Mercy Cancer Centers Free Prostate Screenings: Family Care Center for 1 to 3:30 pm; Regency Surgery Center from 5 to 7:30 pm: 419-251-6376

October 10

"Callie Lily Educators' Award:" Phi Delta Kappa, Inc Sorority's Beta Gamma Chapter of Toledo's first annual awards luncheon; Pinnacle; Honoring individuals who go beyond the call of duty to help students achieve

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When Profit-Motive Meets Poverty

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



Contemporary portraits of poverty are usually painted with broad brushstrokes of individual responsibility, educational failure, moral deficiencies and even race or cultural factors. Always in the shadows but seldom mentioned in poverty discussions is the role or impact of corporate policy and the business decisions which often exacerbate the plight of the poor and vulnerable.

The Kroger Co., with annual revenues of \$76 billion and a history of closing unprofitable grocery stores in low income or "less desirable"

neighborhoods that don't fit its high-end image, has announced that it will conclude the lease on its store at 559 E. Manhattan on October 10, 2009. Yet new stores are planned or under construction for two suburban stores including an 80,000 square foot store in Waterville scheduled to open in 2010.

Terry Glazer, CEO of United North Development Corporation, who has been actively involved with the issue feels that the needs of the community and the effects on the neighborhood Kroger leaves behind are not something that has been sufficiently considered.

"They are grossing two hundred thousand dollars a week and a million per month, making a profit and the building owners have given them favorable lease rates and offered to help with expansion. Kroger is abandoning the older neighborhoods and leaving behind a loyal customer base, many of whom don't have transportation to get to other supermarkets."

James Snodgrass, a lifelong resident of the area adds, "I don't like it (the closing)! A lot of blacks from the neighborhood work there. You are left with about a dozen convenience stores or gas station mini marts. Cheetos, potato chips and beer won't cut it." Snodgrass, alluding to the neighborhood disinvestment in the struggles of nearby Chrysler, the closings of Textileather and other area businesses also adds, "When Kroger closes, expect to see the other businesses in the plaza and the neighborhood start to follow suit."

Studies show that when businesses abandon neighborhoods which don't match their strategic mission or profit-making plans it has devastating consequences for the residents and communities they leave behind.

Because they often do not drive and public transportation is impractical or inadequate, the lack of access to supermarkets within reasonable walking distance makes

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My View

By Jack Ford
The Truth's Political Columnist



Every campaign is different and has its own ups and downs. The strength of Mike Bell's campaign for mayor has been his steadfastness after a somewhat rocky start.

Bell is ahead due to his great popularity and hero status as fire chief. What little boy did not want to be a fire chief at some point?

Bell has ordered and received another 200 mini billboards. He is already far ahead in existing sites and will blow away some of his opponents with another 200 billboards. Where will he place them?

I watched a mayoral debate last week that was hosted by the Phi Alpha Boule at the downtown library. I thought Jim Moody and Ben Konop

gave the strongest performances with the most well-thought-out answers over all. I have been surprised that Keith Wilkowski has not yet hit his stride in these formats.

You will soon begin to see candidates push up on those who they believe are going to win. Candidates for Toledo City Council and the Toledo Board of Education will begin to ease away from those who they sense are losing and get real close to those who look like winners. Such is politics.

(Continued on Page 5)

Now You Have The Rest Of The Story

By Lafe Tolliver, Esq.
Guest Column



While surfing the Web looking for articles on the now deceased author Frantz Fanon who wrote the cerebral but groundbreaking book, *Black Skin...White Masks*, I found a short but interesting post regarding conflicted thinking of people of color who are unable to define their roles in society and a theory of how to resolve it.

This is seemingly due to their desire to be seen as be-

ing in synch with the majority community while also in continual frictional behavior due to their not accepting (and rightly so) their assigned place in a society which views them through a tainted lens as being a lesser people or an oppressed community.

Give this a slow read. You will thank me for it.

By the way, the article is from the monthly online blog magazine called *Diaspora Events* and is entitled, "Four Degrees Of Negritude" by the author Efal Revillot. The below is a re-print of the author's observations since it was first published in 1953 when the author was traveling the South doing freelance stories about race relations in America for his hometown newspaper in Barcelona, Spain:

"Salient to any discussion of race in America is the concept that people of color, particularly people of African

ancestry have to be able to engage or cope with the negative fractionalization of their beings or personalities by the majority culture.

"This fractionalization or departmentalization comes about when the majority culture disapproves or denies the legitimacy of people of color as having any recognized right to exist or thrive once they embark upon leaving their indigenous environments.

"To avoid undue mental and emotional trauma, people of color may resort to a worldview of life and which normally expresses itself in what I will term, *Four Degrees of Negritude*.

"The First Degree involves the person coming to understand that their personality and being is not flawed and is worthy of respect and they are entitled to not only present this 'person' to the world but

(Continued on Page 5)

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Mayor Appoints Ricci Gardner Director of Economic Development

By Fletcher Word
Sojourner's Truth Editor

Mayor Carty Finkbeiner has just four months to serve but he made it clear last week that he intends to make every day count in the critical area of economic development. On Thursday, August 27, the mayor brought on board Ricci Gardner, a former Dana Corp executive, to lead the City of Toledo economic development department.

"I was hired in November 2005 by the taxpayers and [nobody] said it was a 48 month job," said Finkbeiner explaining the late hire. "They said it was a 48-month job and I intend to do everything in my power to my last day on the job to empower the citizens of Toledo and every man and woman who works for me will be busting their tails between now and the last day of that 48-month term."

Gardner, who had been a finalist earlier in the year to become president of the Toledo-Lucas County Port Authority, will take over a department that, according to Finkbeiner, has a number of projects that are close to being finalized.

"We've got about 15 projects and Ricci wants to get those as complete as we can absolutely get them complete during the course of the next four months," said the mayor as he introduced Gardner.

Gardner, a native of Nashville and a graduate of the University of Tennessee with a major in transportation economics, worked at Dana from 2002 to 2008 as global vice president of logistics which entailed building and negotiating plants in Mexico, spearheading international transportation and logistics, overseeing trucking, small parcel, rail, air-ocean and property



and facilities management.

Prior to assuming the logistics tasks at Dana, Gardner was the vice president of human resources in charge of six global business units and, before that, vice president of product development and strategic planning.

One of the tasks that Gardner will be turning his attention to immediately is the city's effort at boosting its intermodal structure.

"He is a man who is a quick learner, as the economic development team has learned," said Finkbeiner of Gardner. "He will be very much a partner of the intermodal team. Ricci Gardner has an immense amount of knowledge about the railroad business and has a lot to contribute."

Gardner will be the second person in the last four years to head the economic development office, a role that the mayor has assumed for most

of his 44 months in office. In May, 2008, Finkbeiner hired Dave Amstutz to lead the department but Amstutz was laid off in May 2009 as part of the effort to trim salaries and wages from the city's general fund. Gardner, like Amstutz, will be paid \$90,000 annually but the money will come from funds from federal community development block grants.

For his part, Gardner, who has been in limbo since being bought out by Dana Corp. has several incentives to take a job that may only last for four months.

First, his family is well settled in Toledo. He has a daughter at Central Catholic, in fact.

Second, while Gardner has had offers from several companies from around the country, the earliest starting date for most such positions would not be until 2010.

And third, he relishes the

challenges presented by the intensity of getting things moving in this short time frame.

"I understand the urgency in getting things done," said Gardner at Thursday's news conference. "We are going to finish as many projects in 2009 as we can."

Later, in a conversation with The Truth, Gardner elaborated on his goals for the next four months.

"First, the city has about 25 projects that are within closing and we want to get them done as soon as possible," said Gardner. "Some of them are rather significant."

"Second, this will help with the transition. There are so many good things happening that people don't know about. If the new team comes in without [that help] it may take about three months for them to get [back on track]."

"Third, I want to educate people here on what is available. There are programs in the city to help you start a business, to help you expand your business or to help you fix your business. We need to make sure everyone knows

about that help."

In order to educate Toledo's residents about the business resources available — loans, grants, expertise — Gardner plans to conduct an information business forum in the very near future.

Gardner's expertise railroad transportation will contribute immediately to the intermodal process said all concerned. Earlier this month, the Ohio Controlling Board's decision to release a \$2.7 million state loan for expansion of Norfolk Southern's intermodal terminal in south Toledo completed the funding needed for the \$12.8 million project.

The analysis that the project could create about 900 jobs was prepared by the Joint Intermodal Task Force. That report anticipates that the expansion of the site will enable Norfolk Southern to handle longer trains there and eventually gain cargo business that currently passes through Toledo to Detroit or is trucked in from Chicago rail terminals.

"After a quarter of a century of Discussion, the team I put together has done more

work than in all those 24 previous years," said Finkbeiner at last week's news conference.

That optimism was echoed by Jim Tuschman, chairman of the joint committee, and Rich Martinko, director of The University of Toledo's Intermodal Transportation Institute.

"Our mayor sends a message that he intends to stay focused on economic development until his last day," said Tuschman.

Martinko offered the opinion that eventually \$860 million could be spent in this area on railway transportation, an amount that could create as many as 30,000 jobs in the long haul.

Gardner, in his initial review of the intermodal project, pointed to an area of weakness in the planning. Railroads, said Gardner do not sell their own services. He plans to set up a marketing team to do just that and fill in what he called "the missing step."

"That's where the future of Toledo is," said Gardner. "The people that are going to run it in the future haven't made their first dollar yet."

Back to School

Safety tips from
Lucas County Children Services

Get to school safely.

- Does your child know how to ride the bus or cross the street?
- Do younger children have an older child or adult to walk with?
- Does your child know not to talk to strangers?

Is your child ready to stay home alone?

- Would he or she know what to do in case of emergency?
- Is your child alone, or caring for other brothers and sisters?
- Is a neighbor or other adult available in case of emergency?
- Is the child responsible for other household duties?
- How long will your child be home alone?
- Does your child have a way to check in when he/she returns home?

How well do you know your sitter?

- How much experience does your sitter have with children?
- Have you checked his/her background and references?
- Is your sitter's home or day care facility safe for your child?
- Are you welcome to drop by and check up on your child?

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Story

(Continued from Page 3)

also to rightfully defend this personality from unwarranted attacks.

"The Second Degree involves the fact that similarly situated people of color regardless of their class standing (an artificial construct imposed by the majority culture in order to cause division and distrust between and amongst people of color) have an inherent right to associate with their peer group for purposes of both social advancement and collective economic relief.

"The Third Degree involves those affected people to champion any cause that they reasonably believe will bring relief, permanent or temporary, to any verifiable injury that was caused due to their very presence.

"The Fourth Degree indicates and affirms that those who align with people of color in their struggles for basic human values are to be similarly valued regardless of their ethnic background or political ideologies that they contribute to the amalgamation.

"In toto, what you have is

a purposeful dialectic that is uninhibited in its pronouncements that economic parity and equal justice are not commodities for the few but a benefit and a burden for all seekers; and those who deny such a free interchange of both ideas and movements are not seeking your highest good.

"The Four Degrees of Negritude does not initiate any offensive broadsides save for the clear evidence that their opponent's agenda or program is antithetical to your efforts to successfully negotiate your life or career path.

"Nor does this Negritude suffer lightly those, who after being exposed to the beneficial means and methods used to advance one's personal and family agenda and done so without harm or insult, takes it upon himself or herself to gate block legitimate aspirations.

"In those situations, public rebuke and further public education of the malcontent(s) may be necessitated but always with the hope of redemption and re-

orientation by means of persuasion and its colorful cousin...passion.

"The Four Degrees of Negritude does not boast of its own goodness nor does it diminish the goodness in others but rather it seeks the highest good of all but with the understanding that "all" is to be inclusive of those deemed the greatest and also those arbitrarily assigned as being the least.

"The Four Degrees of Negritude suffers long but will not suffer in silence. It does not keep a record of offense but seeks common ground when at all possible and feasible.

"The Four Degrees places its stout shoulder to the demands of the pull of the harness and plows steadily and makes straight furrows for it takes pride in its work because a bountiful harvest is a joy to behold.

"When called upon to explain or defend itself, the Four Degrees of Negritude expresses both its heart and mind for without the bond of each other, one suffers the loss of both creative imagination and valuable intellectual

integrity.

"The Four Degrees of Negritude takes the path of least resistance unless and until called upon to demon-

strate its power to rectify that which is out of kilter and for that, it kindly defers to its inherent strength of permanency for it knows that in the

end, truth will prevail."

When I read this article, I felt that the Four Degrees of Negritude should find a welcoming home in Toledo.

Thank You, Toledo

We, Herman and Barb J. Harrison, formerly at 1945 Mt. Vernon Avenue, take this venue as an opportunity to say "Thank You" to **The Sojourner's Truth Newspaper**, the residents of Toledo and the surrounding communities for your expressions of love, support, concern and prayers during the recent tragedy we experienced in the loss of our beautiful home in the Historic Westmoreland Neighborhood by fire on June 9.

Your overwhelming response to our loss has proven too much to send personalized thank you's. Therefore, we are hopeful you will share with others our expressions of sincere gratitude written in this letter to the editor!

Although it is a daunting task to 'pick up the pieces' after our lives have been turned upside down, we know it is only by the grace of God that we are able to manage and have a sense of peace that surpasses our understanding. What a blessing it is that we are able to see the outpouring of support from friends, and neighbors including persons that we may never have known!

We, like many of you, are surprised to learn that fire hydrants may or may not work as we believe they should. With what has happened to our home, we are encouraging all citizens to raise questions about the fire hydrant nearest your home and your neighbor's home.

Does the hydrant work, does it have enough water pressure, and when was the last time it was checked to assure your safety? All citizens have basic rights to feel safe, to be safe and be assured of safety at all times.

**Herman and Barbie Harrison
1945 Mt. Vernon**



My View

(Continued from Page 3)

There is some real maneuvering going on among a few lawyers for two great legal plums. The first job is a seat on the Ohio 6th District Court of Appeals that was vacated when Judge Bill Skow died. State of Ohio lawyer Paula Hicks Hudson is very interested in that seat. As is attorney John Coble, veteran county prosecutor Dean Mandross and a dark horse candidate out of State Rep. Matt Szollosi's legal practice.

Who can win this \$130,000 a year job that is

out of the limelight but just one step beneath the Ohio Supreme Court? It depends on how strong Gov. Ted Strickland is around diversity?

We have never had a black woman on the bench in Lucas County. Strickland could have put a black woman on the bench in the Juvenile division but opted instead for Connie Zimmelman. Whoever gets the job has to run and win a multi-county campaign with at least 60 percent of that vote from Lucas County. Can Hicks

Hudson do that? Can Mandross?

And there is some skirmishing going on for a federal judgeship as well. Neema Bell, an African-American lawyer with Shumaker, Loop & Kendrick wants it badly.

Both judgeships are vetted by committee. Letters form key people never hurt even in cases where they cannot help. So let the governor and the president know whom you would like to see in these spots.

On September 15, vote for the one candidate that's best for you.

Phil Copeland

Re-Elect
Phil Copeland
for Council Democrat

Phil Copeland is an effective member on City Council. Rather than grabbing headlines, he's used his skill as a negotiator to work with all sides on Council to help our community, including:

- ▶ Keeping City Pools Open
- ▶ Fighting for jobs for Toledoans and not out of town contractors
- ▶ Maintaining police Staffing for neighborhood safety
- ▶ Ensuring our community receives services like street repair and filling potholes

On September 15, vote **Phil Copeland, Democrat for City Council**. You know his name and you know you can trust him to deliver for our community.

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The First Annual Walk for Sickle Cell Awareness

Sojourner's Truth Staff

According to Kortney Weber, project director of the Neighborhood Health Association's Sickle Cell Project of Northwest Ohio, more than 80,000 people in the United States have sickle cell disease, a group of inherited related disorders that affect red blood cells. Just about 30,000, on the other hand, are infected by cystic fibrosis, yet the latter disease has been much more in the spotlight over the years.

"Sickle cell has fallen off the map," says Weber. "But it's the number one genetic disease in the country ... possibly in the world."

The discrepancy, says Weber, between the attention focused on cystic fibrosis and sickle cell is a matter of awareness. So in order to help raise the awareness of sickle cell, at least in northwest Ohio, Weber's group is sponsoring the First Annual Walk for Sickle Cell Awareness on September 12 at Walbridge Park.

"Years ago there used to be a sickle cell walk," recalls Weber, "but it disappeared for one reason or another."

Sickle cell is an inherited, lifelong, incurable blood disease caused by the presence of an abnormal hemoglobin in red blood cells. When abnormal hemoglobin in a red blood cell gives up its oxygen, the blood cell becomes curved or sickle shape. The "sickled cells" block blood vessels and cause pain and damage to



various organs of the body.

Why the need to raise awareness of the disease?

First, in order to dispel myths. It's not contagious, it's simply hereditary. Both parents must have a certain gene trait to pass it on to a child and, even so, there is only a 25 percent chance that a child will be infected with the disease.

Second, pharmaceutical companies need to be

prompted to increase research on developing the medications that can help those with sickle cell diseases cope more effectively.

And, third, raising awareness, says Weber, will also encourage those with the disease to take better care of themselves. Providing primary care for those with the disease has been a struggle for health professionals. For several reasons, she says, "adults are

notoriously lax in managing their primary care treatment for the disease."

Part of the reason has to do with what Weber says is a certain stigma attached to the disease. While sickle cell disease affects almost all races – primarily those with ancestors from Africa, India, Central and South America, the Middle East, the Caribbean and the Mediterranean – in the United States, the majority of those suffering from the disease are African-Americans.

But it is not just an African-American disease. The sickle cell trait can be inherited by those of any color or racial background, says Weber.

The danger for those who have the disease is more than just numerous crises of pain. The disease attacks organs and, as a result, the life expectancy for those with sickle cell is about 45 years. However, with proper care, says Weber, "the quality of life and life expectancy will be so much better."

Registration for the Walk for sickle Cell Awareness will start at 8:00 a.m. on Saturday, September 12 at Walbridge Park – directly across from the Toledo Zoo. The \$15 registration fee includes a t-shirt and proceeds will go to the Sickle Cell Project of NW Ohio.

The poster child for this year's campaign is Nia Thomas, daughter of Rev. Talmadge Thomas.

Dear Ryan,

I have been working out now for about three years and I am getting very bored and unmotivated doing the same workout. I do the circuit one day and the next time I do free weights. I am doing all exercises three days a week and two days I am doing cardio on the treadmill. Do you have any ideas to spice up my work outs?

Thanx
Bored to death

Dear Bored to Death,

Well I am glad that you have been consistent but you know they say, "variety is the spice of life." I am surprised that you have lasted this long.

For starters I would suggest starting to break up your workouts into lower and upper body sessions. Mondays and Thursdays work upper, then Tuesdays and Fridays do lower, switching them the following week while taking Wednesdays and the weekend to rest if you need it or do extra cardio.

When I train clients I am constantly changing the routine for two reasons:

1) Muscle confusion – you don't want your body to get used to doing the same exercises in the same order on the same days. Your body is smart and very adaptive and will get used to the routine and stop responding.

2) Variety – the challenge of doing something different so that you're not walking into the same old boring blah work outs that bring no challenge, intensity or results.

It keeps you fresh and brings that little extra excitement to your workouts.

Try to do different exercises, take cardio classes, do barbell, dumbbell work or play around with the kettle bells. Look for different things to incorporate into your workouts.

Just be cautious because not everyone has the body mechanics to do all the new stuff that is out there now. Also remember that there are no great substitutes for the old school basics such as: squats, straight leg dead lifts, bench press, inclines, shoulder presses, pull downs, rows, barbell curls, tri presses and basic calves and abs exercises.

I suggest that you always keep these basic exercises in your training, just mix them up. Also switch the body parts you work together once you start switching workouts more. For example: chest/tris to chest/bis or chest/back, back/bi's to back/tris. Then the next workout switch it back but do it in a different order but be sure to work the larger muscle group first.

Keep it fresh, keep it creative and you will get results and intensity back in your workouts.

Ryan Rollison
MWR Fitness-Coordinator
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Drastically Improve Your Health ... Chat With Your Neighbor!

By Diana Patton
Guest Column



Do you make an effort to just stop and chat with your neighbors? Or, are you too busy trying to get in your garage as fast as you can and close the garage door behind you before you even step outside your car? We know some of you are laughing right now because that's you!

Does your lifestyle include meeting with friends and family often – for no particular reason – just because?

When we use the term “neighbor” we are not merely talking about the people you physically live beside. We are referring to those in your community – your circle of

communication on a daily basis. That includes your co-workers, the person you sit beside at church, the gas station or grocery store attendant, your child's teacher – you get the picture!

The topic of your conversation should not always be about business – why not just chat about life's joys, ups and downs and offer a prayer and a smile. What if you stopped to chat long enough to truly listen to their response when you say “how's it going” and offer a smile that warms their heart? Most times we say “how are you” and we get the typical response “great thank you, how are you?” and we move on. What's worse is sometimes, we'll respond with a “great thank you” and the person merely said “hello.” Now we know you are laughing because most of us have done that before!

Do you realize how routine and mind-numbing that

dialogue is? The dialogue or chatting with your neighbor that makes a healthy difference and adds years to your life involves true meaningful communication – such as what was found in the small community of Roseto, Pennsylvania and what is now known as the “Roseto effect.”

The new book I am reading entitled *Outliers* by Malcom Gladwell has an introduction: “The Roseto Mystery – These people were dying of old age. That's it.” I knew I was hooked on this book.

The mystery behind this community of immigrants from the Italian province of Foggia outside of Rome was that no one under 55 died of a heart attack or showed any signs of heart disease.

In fact, for men over 65, the death rate from heart disease in Roseto was roughly half that of the United States as a whole. There was no suicide, no alcoholism, no drug

addiction and very little crime. They didn't have anyone on welfare.

The cardiologists and other health professionals who studied these people thought their diet practice from the “Old World” was the contributing factor – but they were blown away when they found a whopping 41 percent of their calories came from fat. This was not a town where people got up at dawn to do yoga and run a brisk six miles. To the contrary, in fact the Pennsylvania Rosetans smoked heavily and many were struggling with obesity.

What gives? The researchers found a common theme – and that is how the “Rosetans visited one another, stopped to chat in Italian on the street or cooked for one another in their backyards.”

Extended family clans underlay the town's social structure. They saw how many homes had three generations living under one roof, and how much respect grandparents commanded. They also counted 22 separate civic organizations in a town fewer than 2,000 and how the church had a strong, unifying and

calming effect on the community.

Now, let's fast forward to America today. The leading cause of death in America is – heart attacks! Over 26 percent of Americans suffer from heart attacks and African-Americans lead the pack.

What if we applied the wisdom from the Roseto effect (<http://www.ncbi.nlm.nih.gov/-type-in-Roseto-effect>) to our own lives? Can you imagine the wonderful and significant health benefits?


This is not a mystery to FITatudes. The “FIT” in FITatudes stands for “Feeling Inspired Together.” Our entire platform is based on togetherness. We know we are better off working together at getting healthy than we are alone. While science has proven this togetherness concept for sustainable health, we turned to the bible and found the New Testament is full of instruction on how we are to Feel Inspired Together. There are over 50 passages in the new testament that specifically address “one another” or “each other.”

Now here's a health tip

you can implement **RIGHT NOW – SO START NOW!** Call friends and invite them over “just because.” Stop your car outside your garage and chat with your neighbor who may be watering their plants, walking their dog or mowing their yard. Meet people after church and have a meal together and pray with and for one another. Parents, really live out the old tried and true message “it takes a village to raise a child.”

Where's your village? Every single day, make it a point to find meaningful ways to Feel Inspired Together.

FITatudes can help! Join the FITatudes 12-week live and in-person class Tuesdays at 7 p.m. at Cedar Creek Church in Perrysburg, Or. join the live and in-person FITatudes Boot Camp and get your body healthy at the same time. But if you can't meet in person, join the 9-week telephone-seminar series starting the week of September 21. Contact us - info@FITatudes.com to learn more or visit us at www.FITatudes.com. We can't wait to Feel Inspired Together with you!





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Fairview Skilled Nursing & Rehabilitation Center

Sojourner's Truth Staff

The Fairview Skilled Nursing and Rehabilitation Center, a division of Covenant Care, has been serving the greater Toledo area since 1978 from its location at 4420 South Avenue, according to Robin Reeves, Sales and Marketing Director for the facility.

With a staff comprised of state tested nurses assistants (STNA), nurses, physical therapists, three physicians, a dietician and a social worker, Fairview has the expertise, says Reeves, to care not only for short-term patients who are transitioning from hospital to home – the Homeward Bound program – but also for those who will be patients at the facility for long term care.

Covenant Care's philosophy is a commitment to quality and the cornerstone of quality is service, according to the company's literature. That's a philosophy echoed by Reeves as she takes a visitor for a tour of the immaculately clean building on South Avenue. Fairview had a deficiency-free state sur-



Robin Reeves

vey in 2009.

Reeves, who joined Fairview after a number of years at United Way, was no stranger to the facility when she started there early this summer. Fairview is one of the local agencies to which United Way donates funds, therein lay the professional connection for Reeves. But Reeves also had a relative who resided at Fairview – the personal connection. While she is newly arrived, she has been familiar with Fairview for quite a while.

The building has a capacity of 110 residents with programs available to rehabilitate those who have suffered strokes, wounds, incontinence, respiratory ailments, contractures, fractures and other orthopedic injuries, to name some of the services provided by Fairview. The staff is also well-equipped to work with the growing number of people who suffer from diabetes.

It is the daily activities, says Reeves, that really distinguishes Fairview. The staff, she points out, takes pride in ensuring that residents are engaged in activities on a daily and frequent basis. From partaking in meals, to exercise, to outings in the new facility bus, to a variety of planned individual and group programs within the facility, the Fairview staff takes care to keep residents involved and busy.

For more information on Fairview, call 419-531-4201 and ask for Robin Reeves or go to the facility's website at www.fairviewskillednursingcenter.com

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Fresh Attitude: Providing a New World Through an Holistic Approach to Treatment

By Fletcher Word
Sojourner's Truth Editor

Fresh Attitude, Inc. was founded in 1994 in order to help individuals coming out of the prison system develop living skills in order to reduce the pattern of recidivism, according to LaMarr Norwood, CEO and founder of the non-profit agency.

These days, Fresh Attitude has evolved into more than a re-entry program. The agency provides, for example, alcohol and drug rehabilitation services to a wide range of youth, men and women in the greater Toledo area and mentoring programs for substance abusing parents.

But it all started with re-entry and the concept that it simply was not sufficient to treat ex-offenders for substance abuse issues, says Norwood. Re-entry, he says, must entail a holistic approach that addresses relationship, parenting, job and money management skills – the full range of skills that people need to succeed in their daily lives.

And through it all, Fresh Attitude has had a very large degree of success as documented by the agency's follow up surveys on cli-



Fresh Attitudes staff

ents.

In 1998, for example, after a 12-month follow-up of successful completions, it was found that 53 percent of their clients surveyed were still living sober and productive lives. That 50 percent figure is typical of the results the agency has documented. In at least one year, 2002, they found that the figure was as high as 90 percent.

Typically, Fresh Attitude works with an average of about 350 clients

per year, an enormous impact on the Toledo community considering the fact that the agency handles services with a bare bones staff.

Yet, for all of its accomplishments through the years, success has never come easy for the staff of Fresh Attitude. The Toledo area has a number of treatment agencies that compete for a limited amount of public funds even as the number of clients for such services

shows no signs of waning.

Most of the funds for agencies such as Fresh At-

titude come from the Lucas County Mental Health and Recovery Services Board (LCMH&RSB) and its hard to spend a session with the staff of Fresh Attitude and not recognize the fact that they often feel like the red-headed step child of treatment agencies.

Two years ago, staffers and supporters took to the streets to protest a decision by LCMH&RSB to refer individuals to a waiting list instead of active engagement in treatment services. According to the director of the LCMH&RSB, clients have a right to make their own choices about which treatment program they want to join. That's a decision that was hotly disputed by Norwood.

"There is no law that

gives a client a choice," said Norwood at the time. "Clients have rights but if that choice is full, then it is cruel to put the client on a waiting list." As he further explained, individuals are often required, by the court system, to undergo treatment in order to avoid incarceration or to retain or regain custody of their children, usually within a certain timeframe. Delaying treatment places families and individuals at risk, said Norwood.

Such difficulties with funding bodies are typical of the obstacles Fresh Attitude has faced over the years. On an annual basis, funds tend to dry up. Services don't stop, however. The staff marches on.

(Continued on Page 9)



Fairview
Skilled Nursing and Rehabilitation Center

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When Is Enough ... Enough?

By Angela Steward, Fitness Motivator
Guest Column



When did your health become less important than everyone else's?

You sign your kids up for ballet, football, basketball, soccer and everything else under the sun to keep the physically active and fit – what about you?

When did shopping go from FUN to FRUSTRATING?

When did your couch or favorite chair become the fitness equipment and watching television became your fitness routine?

When did a flight of stairs send you frantically searching for the elevator?

When did snacking become an activity?

When did your spouse or kids last comment about your weight?

When did the weight scale at the doctor's office become intimidating?

Has your doctor asked you just how much weight you plan to gain?

Have you asked yourself how did I gain so much weight?

When will you realize you have to do something about your weight, your health and your fitness level? When will enough – be enough?

Are you waiting for that

magic pill – that helps you lose weight and supplies you with unlimited energy. It doesn't exist!

Are you waiting for your doctor to diagnose you with diabetes or hypertension (high blood pressure)?

Are you waiting to have a stroke or heart attack?

Why are you waiting to do something about your health?

When is enough – enough?

If you plan to live another 20 years, try spending the next two years focusing on becoming healthy, fit and full of energy, as opposed to overweight, unhealthy and frustrated. The choice is yours.

I've heard all the excuses: I'm too old; my knees are bad; I get dizzy when I work out! You can become fit at any age or fitness level – you

just have to believe you can!

I work with a group of ladies @ the YWCA downtown. I love teaching this class because they are all ages, all fitness levels and they are all excited about exercising. If certain exercises are too intense, they modify it. They exercise at their fitness level. They come in with no excuses, no attitude and always smile before, during and after class. Much love to my YWCA ladies! You inspire me!

Just give yourself one hour per day – be selfish. Take a walk, ride a bike, pop in an exercise video and actually do it. I invite you to join me in my classes – they are filled with women who are full of energy, and love having fun while getting in shape – all sizes, all ages, all fitness levels.

As a Fitness Motivator, I

can guide you through your fitness journey. I can advise you of various nutrition plans. I can and HAVE helped my clients clean out their refrigerators and food pantries. I can talk and try to motivate you until I'm blue in the face, but I can't make you do anything about your health. You are the only one who can decide if you've had enough.

Your health has to become your priority. Everyone needs you: your spouse, your kids, your parents, your job, your friends, even your pets! Guess what – YOU NEED YOU! You can't help anyone if you're tired, angry and unhappy!

I don't care who you've talked to or what you've seen

on the infomercials. There is no magic pill. That special belt you wear around your waist doesn't help you lose weight in that area. Nothing will help you lose weight and become healthy until you decide to cut back on the calories and get up and move!

When is enough – enough? Maybe today?

Healthy, fit and having fun, or sickly, tired and grumpy – what's your choice?

Had enough?
I look forward to hearing from you!

Contact Angela Steward
Fabfitu@yahoo.com
or (419) 699-9399

Fresh Attitudes

(Continued from Page 8)

Fresh Attitude has just a handful of staffers who earn a living at the task of providing treatment services for those in need. When funds dry up, the staffers stay on the job, working without compensation, continuing to treat those in need, continuing to write grants to keep the agency afloat.

The remarkable part of this journey through the obstacles placed in the path of the agency is that the staff remains intact in spite of the funding issues.

Norwood himself has been at the helm since 1994. Reggie Coley, COO, has also been there for 15 years, as has Michelle Bryant, program director.

Tiffany Hairston, director of mentoring services, has worked at Fresh Attitude for eight years. Mickey Williams, counselor/case manager, has been there for nine years and Andrea Vasquez and Cristina Rodriguez, both counselors/case managers, have been there for five.

Equally remarkable is the educational attainment the staff has achieved over the years. Norwood has two masters degrees in his field, while Coley, Bryant and Hairston each have a masters, either in rehabilitation counseling or community counseling. Bryant is very close to earning a doctorate in health education.

But challenges remain, says Norwood, "because recovering people are not supposed to elevate their lives to the point where they are running agencies and helping other people."

Therein lies the issue, as those at the agency see it. Several at the agency are recovering, to be sure, but no agency in the area engaged in treatment services has a higher a staff more highly qualified than Fresh Attitude, whether the measurement is educational degrees or state licenses.

"This program is not based just on our past experiences," says Coley. "We are licensed more than any other agency, we are educated more than any other agency."

Those claims are most certainly reflected in the agency's results, say the staff.

Obviously, the current economic climate has made the staff's tasks no easier in finding funding to continue their work among those with substance abuse problems. But no one is ready to abandon ship. Fresh Attitude pursues its mission to ensure its clients become successful in their personal lives, as well as successful members of the Toledo community.

For more information on Fresh Attitude's programs, call 419-244-4081.





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Announcing the Vince Davis and Associates Weight Loss and Wellness Challenge

Special to The Truth

Vince Davis, your local State Farm agent; Steven Corggens, better known as Bubby, experienced personal trainer and Todd Baden, trainer and owner of Synergy Sports and Performance, have teamed up to help the community get back in shape.

We are taking a holistic approach to shedding pounds.

A holistic approach to weight loss and wellness training encompasses physical, mental and spiritual aspects of life. The mind, body and spirit are closely interconnected. We will encourage our participants to get regular health screenings including breast cancer, prostate, colon, rectal, heart and cardiovascular, etc.

Healthy eating habits



and exercise will be promoted. Many of the recommendations of Dr. Ian Smith will be promoted including but not just limited to The State Farm 50 million pound challenge at www.50millionpounds.com.

The Vince Davis challenge is for those who are ready to make a change in their lifestyle. Workout sessions will be held at Synergy Sports and Performance. Synergy is designed on a small scale to work with

those who really want to get better. Some of the exercises will be unconventional and promote strength versus non-functional bulk. Steve, Todd and Vince will work together to train those participating in the challenge.

Todd Baden has been a trainer for eighteen year's. Todd and the other trainers at Synergy will show that working out is simple. Todd has trained some of the top performing athletic programs in the National Collegiate Athletic Association. Todd worked as a strength and conditioning coach at The University of Toledo and The University of Texas. Todd holds a master's degree in exercise science from the University of Toledo and is certified with the National Strength Conditioning Association and the American College of Sports Medicine.

Steve Corggens is one of the top local trainers. He has worked with Olympians, professional, high school and college athletes. Steve has equally good results with folks who just want to stay in shape. By staying well, we all hope to live longer, happier, healthier lives.

Vince's Weight Loss and Wellness Challenge takes a unique approach to fulfilling your weight loss needs. You don't want to miss out on this innovative movement. The Challenge kicks off in September. Synergy Sports and Performance is located at 3350 N Holland Sylvania Rd. Toledo, Ohio 43615. If you are interested call Jennifer Lewis and reserve your spot. Classes will be open until filled so do not miss out.

Call 419-244-2904 and ask for Jennifer Lewis.

ProMedica Offers Free Prostate Screening in September

Sojourner's Truth Staff

Vince Davis, State Farm agent, is no stranger to prostate cancer screenings. Last week, he had the opportunity to have his semi-annual check-up courtesy of ProMedica Cancer Institute (PCI). Davis stopped by the Hickman Cancer Center at Flower Hospital, the same location that will kick-off PCI's September free prostate screenings.

Davis, who has lost a brother to prostate cancer and whose fraternity - Omega Psi Phi - teams with the Toledo Council of Black Nurses to present an annual free screening at his State Farm Agency on Sherman Street.

"This is a very serious problem because African-Americans are 60 percent more likely to get prostate cancer," said Davis, the day after his latest screening in which he received a clean bill of health. "And the mortality and morbidity rates are higher as well."

Nevertheless, men diagnosed with prostate cancer have remarkable recovery rates if the disease is found in the early stages.

As a result of his brother's death, Davis has also undergone a transformation when it comes to preventive health care.

"A lot has to do with diet and nutrition," said Davis. "There is a holistic and symbiotic relation between what we eat and what we get."

For Davis, there has been an ongoing struggle to raise awareness among black males of the necessity of prostate screenings. "One of the stigmas with African-American males is not wanting to get screened because it is not seen as 'manly,'" said Davis. "The digital test is uncomfortable, but it is not devastating. When you walk into a clinic, the whole procedure is just a matter of a few minutes."

Davis's brother contracted the disease in 1990 at the age of 47 and eventually passed away in 2004, after years of intense suffering. "He had that real macho mentality," recalled Davis of his brother who declined to undergo regular medical checkups. "A Vietnam veteran, a rough and tumble individual."

ProMedica starts its free screenings at Flower Hospital's Hickman Cancer Center on September 15 from 3:30 to 6:30 p.m. The health care group is specifically reaching out to the black community to encourage men to take advantage of the service, according to Davis.

There will be screenings at the Bay Park Family Practice, #303 in the Professional Office Building on September 24 from 9 a.m. to noon.

For more information, contact Patty Kaiser, ProMedica's community outreach coordinator, at 419-262-0371.

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Eating Together Offers Benefits for the Entire Family

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

Eating meals together may seem simple and old-fashioned but it offers many hidden benefits to family members. Family meals can help:

§ Save time and money

§ Children learn skills, values and traditions

§ Children have fewer behavior problems

§ Children do better in school and on tests

§ Adults and children eat healthier

§ Reduce the risk of adolescents smoking or taking drugs

Families come in all sizes, shapes and styles. A "family" meal is one or more adults such as a parent, grandparent or other adult role model eating together with one or more children or teenagers. The research shows that not only children and parents, but individuals of all ages benefit

from eating with other people.

Even if you are not currently raising children in your home, most people eat a wider variety of foods and a more balanced meal when eating with others. So, invite your neighbor over or bring dinner to your mother's house!

Everyone has their own experience of family meals. There are no wrong or right ways to eat together, although there are a few goals for pleasant family meals.

The atmosphere and talk around the table should be positive. Eating together is not the time to discipline children or bring up stressful topics for conversation. Some common "rules" like no teasing, no rude comments and no talking while someone else is talking can help teach respect.

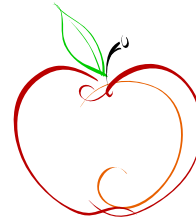
Don't argue over food by bribing children or forcing

them to eat food. Avoid distractions such as a television, computer or phone. It is good to take a break from the appliances and give attention to enjoying the food and company. Adults can include children in making decisions about the meal but it is important to offer a variety of healthy foods. In addition, the adult can be an important role model by making healthy choices at the table.

Certainly a kitchen or dining room table is a great place to gather to eat together but it is not the only option. If a busy after-school schedule keeps families from eating together, take the meal along. Make it a picnic at the practice field, at a park or in the yard. A family meal can take place at a restaurant or a family member or friend's home.

It is usually less expensive to make a meal at home

but if you are rushed for time, purchase the main dish, such as a bucket of chicken or sandwiches and add a salad, fruit and milk at home. Dinnertime is not the only time a family can gather. If it works better,



try breakfast or lunch together. If everyone cannot make it to the meal together, it is still important to include those who are there. Remember, in a home with children, a meal with one child and one adult can "count" as eating together.

Simple meals can be healthy and tasty. No one has to spend all day in the

kitchen to serve a nutritious meal. Try to include food from all five food groups in the meal: grains, vegetables, fruits, milk, meat and beans.

For example, spaghetti is a grain, the sauce is made from vegetables, add some ground meat or kidney beans for protein, a side of fruit and a glass of milk represent all five food groups. Having some easy, favorite recipes on hand is a good planning technique. Let family members take turns with the food preparation or clean up and get everyone's opinion on favorite menus or side dishes. Children at young ages can tear up lettuce for a salad or set silverware on the table.

Although it is recommended to start the habit of family meals when children are young, it is important to note that it is never too late to start. Even if your children are older, you can start eating together. Aim for three or more meals together every week.

If you do not eat together now as much as you'd like, start with just one meal a week and add more later. Once it becomes a routine, add a few other meals together during the week. Just like the motto on MyPyramid of "steps to a healthier you," your family can take steps to healthier meals together.

What are some simple changes your household can make to add more family meals? Family meals do not have to be expensive or complicated but they are worth the time and planning. Sure, there might be some challenges to a peaceful meal such as busy work schedules, television schedules, phones ringing or texts to be answered but making time to eat together is a benefit to everyone.

For more information visit Ohio State University Extension www.ohioline.osu.edu and search for Family Meals.

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
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**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., Minister 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 Kapszukiewicz 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 Corggens, Andre L. Cowell Sr., Kevin Cowell, Ruth L. Cowell, Sharon D. Crawford, Lester Crump, Marquisa Darden, Martha N. Ramey-Dewalt, Shirley A. Thomas E. Thomas 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., Theresa McClendon, Donald H. McCreary, LueDell F. Martin, Pamala Matthews, Paula Mayes, Eddie Merrell Jr., Robert Montgomery, Teresa Moore, Dorine Mosley, Lavern Mosley, Linley Pickett, Bernadine 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

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TOLEDO ZOO

Nature's Neighborhood is open year round - visit www.toledozoo.org for details!

Book Review

Ask Me Anything: Every Fact You Ever Wanted to Know

c.2009, Dorling Kindersley Limited \$24.99 / \$29.99 Canada 304 pages

By Terri Schlichenmeyer
The Truth Contributor

You are one smart cookie. You're a whiz-kid, a kid genius, Einstein in a small body. Don't believe it? Well, look... you're back in school and

you're not in the same grade, right? That officially makes you smarter than the kids who are now in the grade you were in last year. And that counts for some-

thing, doesn't it?

So how can you best display this incredible intelligence you've got in your noggin? Get even smarter by reading *Ask Me Anything: Every Fact You Ever Wanted to Know*. And then warn your family, because your smarts might scare them.

Let's say you're studying space travel in school and the teacher asks the class a question. Put your hand up and keep it in the air if you've read this book. You'll know all about how space affects the astronauts' bodies, what kinds of things they like to do while in space, where the word comes from, and how you can become an astronaut.

What if your neighbor is really into dinosaurs? You can be, too, once you've read this book. You'll know all about dinosaurs, prehistoric mammals, where to find fossils (and how they became fossils in the first place), dino bodies and why some animals become extinct.

Or let's say your



looked like when you were a baby, and how to eat spaghetti like a real Italian, without making a mess. With this book, you can learn anything!

Ask Me Anything is a great book to have lying around the house for several reasons: For kids who need a homework break, it's a quick, fun diversion. For young brainiacs, it's informative but not stuffy. For curious kids, it fills their minds with kid-friendly information. And for adults, it's browse-able and a great argument-ender.

Packed with color pictures, drawings, sidebars, lists, trivia, history, pop culture, and things kids want to know, this book covers dozens of different topics and subjects, some in-depth and others, just a surface-skim. Still, you know that books like this will only lead to more learning.

If you're looking for something light but informative to have around for your seven-to-15-year-old this is just the ticket. *Ask Me Anything* is a book they'll be asking for.

Poverty

(Continued from Page 3)

the purchase of nutritious, affordable food such as fresh fruit and vegetables or other perishables practically impossible for residents of older or low-income neighborhoods. As a result, healthy diets are compromised leading to hunger, obesity or other negative health outcomes. In addition, jobs and dollars leave the neighborhood, sales and property taxes are lowered, blight increases and declines in real estate values are hastened.

Yet to put the entire responsibility and blame for the economic component of poverty upon Kroger (which has contributed \$2 million to local charities since 2006) is unfair and unrealistic.

Several recent high-profile attacks on the elderly in the area and the 2005 riot resulting from a planned Neo-Nazi march which received national notice have created negative perceptions of the neighborhood and are seen as a barrier to attracting customers as well as economic investment.

Kroger, despite announcing the reason for the closing only as "a business decision," also factors in the buying power and income of the residents, neighborhood growth trends, existing and planned retail in the area, homeownership rates, percentage of college-educated residents, trends in home values and the amount of public investment in infrastructure. The neighborhood characteristics and demographics that result in higher cost differences will lead to a lack of stores in older and inner-city communities.

The reality is that corporate interests and those of the most vulnerable populations frequently do not match. Any relationship between poverty and corporate interests must recognize that corporations respond to profits, specifically those profits commensurate with opportunities available elsewhere. In other words businesses, by nature, cannot and will not operate where they cannot

"get paid" or be compensated.

What can be done to ensure that neighborhoods like North Toledo remain on the business agenda and produce a positive outcome?

Lucas County Commissioner Ben Konop, the only one of the mayoral candidates to respond states, "I am willing to support any citizens group in fighting this closure. I am also willing to get involved from a governmental standpoint to help keep or recruit a grocery chain for the neighborhood because the access to reasonably priced and nutritious food is obviously a public health issue. I am also interested in exploring alternative models such as a minority-owned grocery store or co-op owned by the community."

Certainly it will take a new "social partnership" among business, government and community - each as active participant rather than bystander - if poverty and profits are to coexist.

Kroger should be paid for their investment if they should remain in the neighborhood. City, county, state and federal government must provide incentives or subsidies such as grants, loans, or tax benefits. Banks and private funders such as The Reinvestment Fund, a leading innovator in the financing of neighborhood and economic revitalization, must also be willing to invest while community and faith-based organizations advocate on the behalf of business as well as its residents.

Bruce Macaulay, president of Kroger's Columbus, Ohio Division, has agreed to continue the dialog and will appear at the Zablocki Senior Center, 3015 Lagrange Street on September 10, 2009 at 6:30 PM. Rather than being a primary cause of poverty, we shall see if Kroger is willing to be a necessary and vital part of the solution and who else will join them.

Contact Rev. Donald Perryman, D.Min., at dpperryman@centralohioepiscopal.org



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Game Day
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September 28, 2009
Time: 2:00 p.m.

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Date: Thursday
October 1, 2009
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The Weekend in Review: Toledo Ending Summer in Grand Style

By Michael Hayes
Minister of Culture

THURSDAY:

Trey Songz at Erie Street Market was on point!

Shouts out to Kelvin. Just met dude and he is real cool and he promised more events like this from his company that will bring exciting things to Toledo.

The atmosphere was classy. Partly because the venue.

Partly because the women ... OMG the women.

By most estimates, for every one male in attendance...there were maybe 15 females easy. All dressed up nice. I didn't see that many girls rockin' stuff that embarrassed them and everyone they came with. I've seen some scandalous mess at the Omni but



the ladies came sexy and for the most part quite tastefully for Trey Songz.

Shocking but true! Good job ladies.

Another reason why the night was classy was because the promoter behind the event

had all his bases covered, things went smoothly.

Well...except for comedian Daryl Banks constantly pronouncing Hutch Daddy Dolla as Hush Dolla Daddy.

Daryl Banks was a good co-host though. Hutch did his thing as usual.

The opening act was Climmy.

Man, I've heard of Climmy around this city since the very first time we produced for someone's album like back in 2002. I've never met him.

But I've always heard good things about him. But... I saw his show and as the only rap

act of the evening, he held it down.

Gave the ladies and the fellas something to rock to.

Him and his dudes could spit too. It was a good look.

Tracy of Hustle Hand brought a show that ladies won't soon forget.

Fellow Hustle Hand labelmate J Mo helped out on the guitar as Tracy serenaded a lucky young lady while amazing visual artist Yusuf Lateef sketched an image of her right there on stage.

I mean ... that's hot, what can you say?

Greg Thompson hit the crowd with some 90s throw-back joints and he and his dancers gave a compelling show.

Then Trey Songz rushed in and it was O V A from then on.

The ladies in the building had like this "could be a stampee at any moment" type vibe going on. A few peeps got run over as girls clamored to get near the stage.

Then... okay. I'm not that tall.

Girls who are like 5'8" walking around in heels... yea, that's

a wrap.

Then girls just started taking their shoes off and standing on the chairs surrounding the stage. Soon... anyone standing about 20 feet from the stage had to try and see the show through this wall of lovely ladies all standing on chairs in dresses.

But I managed to see Trey do his thing and ... I mean ... I was looking forward to him

SATURDAY:

The Listening ONE YEAR ANNIVERSARY.

Okay... we said all summer long... we were gonna celebrate our anniversary and it went Bam Bam Hard!

WENEEDCHAIRS!! - City Council people (you know who you are..lol), thought you had my back on some fold up chairs? Like... just 20 or so would help me and my start up



performing his D.O.A. version. NOT cuz he's goin in on Kellz, but because in the words of T. Diamond -- "he got BARS!".

He ran through some of his mixtape favorites and unreleased album cuts but of course hits like "Can't Help But Wait" just made the whole place rock.

The ladies hung on his every word and even though the venue wasn't entirely packed, and he was leaving to go to Detroit, he gave a full blown performance, complete with impossible runs and all the little gestures that drove the ladies wild.

Great job to Kelvin, looking forward to what else you and ya company bring to the T.

This was a good look.

record label out. The Sojourner's Truth is housed at The Truth Art Gallery and this past Saturday, we packed the place with artists and supporters.

A great time was had by all and it all kicked off with a special U.G.E. dinner provided by Tiffany Spencer and Christine Quinn.

I asked these lovely young ladies... "what can we do for y'all in return?".

They said "U.G.E. has given this city a great event... and we just want to repay you guys for all you've done" - WOW !! NICE PEOPLE DO EXIST !!

The artists did an amazing job, gave their heart and soul in planned out full sets that

let were designed to let the people know we appreciate their support of what we do.

Leigh Ashley, Darron Scott, Aye Dee, Thee Untouchable, T Lynn, B.M.G, T. Diamond, Chayse Evers and introducing Domo Freak (15 yrs young from Start High School).

U.G.E.'s The Listening lives through your contributions to (Continued on Page 14)



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Weekend

(Continued from Page 13)

this event.

Y'all are amazing and I believe in and am so happy to work with each one of you.

Now, hopefully, we can get some placements, someone get signed or SOMETHING so we can actually do our art and not starve.

LAST WEEKEND ROLL CALL (people I saw wherever I was at): Royalty, J. Billz, J. Roc, Tracy, Gutta Dave (two teams supporting each other, that's a

good look..mutual respect famo), Big P.I., Lil D, Spade, C. Mills, D.J. Kausion, Hutch, T.J., Darryl Banks, Tashauna Isaac, Renata Morgan, Britney, Danielle Fugate (you know!), Donnie (John Dough), Scott Smoove, Yusuf, J Mo, Greg & Craig Thompson (always good to see yaw), Chief Alone, Flow, Desiree (about to be a slick barber out here), Brittany Jones (amazing), Melvin (had the crowd open), Tish, Quovonne,

Levarine, Eternal Fiyah (crowd needed to hear that poem bro), Christina, C.C., Tiffany Rena, J. Michaelz, Rena Renae, Bianca Janay, Waymon Farmer (family!), Antwalette, Naki, Darius, Bobby Lucas, Na'Reze Washington (proud of you!), Anonymous of Da Marxmen, Melissa, Shante, Roosevelt, Dante and soo soo many others.
If you weren't mentioned.. blame my head, not my heart.

Busy weekend.
DONT get an attitude.
ACKNOWLEDGEMENT: Mom, Dad, Kailah, my one year old niece Ava.
My partner in music and business: Lavale Adonis Stewart.
(also the photographer who took these pics, you need to holla at him/Brooks Photography). Our host for the evening Charles "The Light" Johnson. U.G.E.'s valuable support

team: Apple Bueza, Natasha Mitcham, Natasha "Shieva" Edwards - thank you always.
The Diamond Girlz (Portia, Tempest, Brandy, Share'e, and... well, she's gonna make her debut soon enough).
And all the artists... and their families and supporters (B.M.G.'s fiance Nisha.. I see you!).
I'm proud of our event and how well it went, but there were all types of event this past

weekend. Owens Icebreaker. A.T.L.'s all city Icebreaker at Eclipse.
Mugshots. Twisted Lizard, I mean spot after spot... Toledo is ending summer on a high note in my opinion.
More interviews coming soon.
email or facebook search: glasscitytruth@yahoo.com
Photos courtesy Adonis Lavale

Black Market Place

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

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CLASSIFIEDS

September 02, 2009

Page 15

EOPA - HEAD START PROGRAM - Employment Opportunities

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Application deadline: Tuesday, September 8, 2009. Apply at E.O.P.A., 525 Hamilton St., Ste. 202., 8:30 a.m.-3:30 p.m. Must have reliable transportation and possess a valid Driver's License with proof of auto and liability insurance. Must be willing to travel locally. Employment is contingent upon successful completion of criminal background check and possible drug testing.

NO RESUMES ACCEPTED WITHOUT A COMPLETED APPLICATION. NO PHONE CALLS PLEASE!

Request For Proposal (RFP) Title: Strategic Plan

RFP Number: 09015
Sealed proposals will be received until September 30, 2009 for providing services described herein. Proposals received after the date and hour designated will be deemed non-responsive and not considered. Proposals will be accepted at:
Lucas Metropolitan Housing Authority
435 Nebraska Avenue
Toledo, Ohio 43604

All proposals will have one (1) original, and three (3) copies assembled in the order of the RFP, and clearly marked on the envelope and cover "Strategic Plan." Facsimile proposals will not be accepted.

Request for Proposals may be obtained from LMHA's website - www.lucasmha.org, or picked up at:



Lucas Metropolitan Housing Authority
435 Nebraska Avenue
Toledo, Ohio 43604

Point of Contact:
Linnie B. Willis, Executive Director
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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.

INTERESTED BIDDERS: TOLEDO PUBLIC SCHOOLS - NEW RIVERSIDE ELEMENTARY SCHOOL

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until **1:00 p.m. on September 24th, 2009**, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the **New Riverside Elementary School**, as more fully described in the drawings and specifications for the project prepared by Munger, Munger & Associates, Inc and will be opened publicly and read immediately thereafter.

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

Bidders may obtain copies of the documents starting **August 27th, 2009** which can be purchased from **Toledo Blue Print, 6964 McEnerney Road, Northwood, Ohio 43619** Phone: 419-661-9841. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.

A **MANDATORY PREBID CONFERENCE** is scheduled for **September 11th, 2009 at 2:00 p.m.** at Toledo Public Schools, 420 E. Manhattan Blvd., Toledo, Ohio 43608

If you have any questions or a need for additional information, please direct all questions in writing to Justin.Hammerling@lg-ilc.com, by phone at (419) 776-5600, or (fax) (877) 281-0784.

Sealed bids will be received for:
Estimates

Bid Item No. 1 - Site Work
\$ 494,529.00
Bid Item No. 2 - Concrete Paving and Curbs
\$ 140,804.00
Bid Item No. 3 - Asphalt
\$ 120,529.00
Bid Item No. 4 - Landscaping and Grass
\$ 55,770.00
Bid Item No. 5 - General Trades
\$ 4,404,954.00
Bid Item No. 6 - Metal Studs and Drywall
\$ 216,189.00
Bid Item No. 7 - Acoustical Ceilings
\$ 118,358.00
Bid Item No. 8 - Painting
\$ 89,629.00
Bid Item No. 9 - Flooring
\$ 225,303.00
Bid Item No. 10 - Fire Protection
\$ 132,440.00
Bid Item No. 11 - Plumbing
\$ 442,640.00
Bid Item No. 12 - HVAC
\$ 1,839,200.00
Bid Item No. 13 - Electrical
\$ 1,002,980.00
Bid Item No. 14 - Technology
\$ 557,696.00
Total \$ 9,841,022.00

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.



**PUBLIC NOTICE
CITY OF TOLEDO
DEPARTMENT OF NEIGHBORHOODS
CONSOLIDATED ANNUAL PERFORMANCE AND
EVALUATION REPORT
AND
HOME ANNUAL PERFORMANCE REPORT
2008-2009**

Carleton S. Finkbeiner
Mayor

Kattie M. Bond
Director

The City of Toledo is directed by statute to officially notify the general public of the availability of the Consolidated Annual Performance and Evaluation Report (CAPER) for program year 2008-2009 as well as the HOME Investment Partnerships Program (HOME) Annual Performance Report. These are assessments of the FEDERALLY funded programs monitored by the Department of Neighborhoods during the program year July 1, 2008 thru June 30, 2009. The draft CONSOLIDATED ANNUAL PERFORMANCE AND EVALUATION REPORT and the HOME ANNUAL PERFORMANCE REPORT documents are available for public review and comment beginning Wednesday, September 9, 2009 at the following locations:

- | | |
|---|---|
| 1) Department of Neighborhoods
One Government Center, 18 th Floor
Downtown Toledo, Jackson & Erie | 5) The Ability Center of Greater Toledo
5605 Monroe Street
Sylvania, Ohio |
| 2) Department of Development
One Government Center, 22 nd Floor
Downtown Toledo, Jackson & Erie | 6) The Fair Housing Center
432 N. Superior Street
Toledo, Ohio |
| 3) Clerk of Council

One Government Center, 21 st Floor
Downtown Toledo, Jackson & Erie | 7) Lucas Metropolitan
Housing Authority
435 Nebraska Avenue
Toledo, Ohio |
| 4) All Toledo branches of the Toledo-Lucas County
Public Library
(Refer to local telephone directory or
toledolibrary.org for locations) | |

* Reasonable accommodations will be provided upon request.

PUBLIC HEARING NOTICE

In order to give the citizens, public agencies, and interested parties the opportunity for comment, a hearing has been scheduled of the Toledo City Council's Community & Neighborhood Development Committee:

Council President Joe McNamara, Chair
Councilman Michael Ashford, Vice Chair
Wednesday, September 9, 2009
3:00 p.m.
Toledo City Council Chambers
One Government Center
Downtown Toledo
Jackson and Erie

Written comments are welcomed through Wednesday, September 23, 2009, and should be directed to the following address:

CONSOLIDATED ANNUAL REPORTS
c/o Kattie M. Bond
Director
City of Toledo
Department of Neighborhoods
One Government Center, Suite 1800
Toledo, Ohio 43604
PHONE: (419) 245-1400
FAX: (419) 245-1413
2008-2009 (34th YEAR)

ALLOCATED FUNDS	
Public Service	Economic Development Activities
\$741,728.00 CDBG	\$1,178,877.00 CDBG
\$352,356.00 ESG	

Housing & Neighborhood Revitalization

Activities	\$3,673,088.00 CDBG
Community Development Corporation Activities	\$1,885,805.00 HOME
\$1,431,134.00 CDBG	\$16,824.00 ADDI
\$364,118.00 HOME	

Planning & Administrative Activities	\$1,414,535.00 CDBG
Other Activities	\$249,991.00 HOME
\$203,342.00 CDBG	

34th YEAR AVAILABLE RESOURCES

CDBG	\$7,886,761.00
HOME	\$2,427,457.00
ESG	\$352,356.00
CDBG Program Income	\$601,158.00
HOME Program Income	\$9,866.00

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

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Address: _____ City _____ State _____ Zip _____

**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