



Local and National News

www.thetruthtoledo.com

Volume 17, No.02 "And Ye Shall Know The Truth..." November 04, 2009

In This Issue

Commentary
Page 2-3

Mayor Defends AA
Record
Page 3

Port Authority's "Top"
Candidate?
Page 4

NAACP 100th
Page 5

State of the Urban
League
Page 6

Health Section

Eating Right
Page 7

Losing 100
Page 8

Dear Ryan
Page 10

FITatudes
Page 10

Caregiver Expo
Page 11

Minister's Musings
Page 12

BlackMarketPlace
Page 14

Classifieds
Page 15

Book Review
Page 16



Ray Wood, Kevin Boyce, WilliAnn Moore

NAACP CELEBRATES 100 YEARS | 1909 - 2009

THE CITY OF TOLEDO DEPARTMENT OF NEIGHBORHOODS

SCATTERED SITE - NOVEMBER 6 - 8, 2009 - 12 - 6^{PM}

LOOK INSIDE FOR YOUR TOUR TOLEDO MAP!

TOUR TOLEDO
Preview of HOMES

Dream It • See It • Own It

SPONSORED BY: Bankage CallSystem, THE BLADE, APPLIANCECLUB

Death by Indifference

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



"If you try to tell the people in most Negro communities that the police are their friends, they just laugh at you." - Dr. Martin Luther King, Jr.

Despite the lack of public outcry, the relationship between Toledo's African-American community and the police became even more fragile with the death last week of yet another young black male in an encounter with law enforcement.

Pyon Simmons, age 29, was shot dead after allegedly striking police officers multiple times with three poles – one made of solid wood, another of three-quarters to one-inch galvanized metal fencing type and a one and a quarter-inch light aluminum pole such as that found on a beach umbrella.

Police were responding to a domestic violence call where Mr. Simmons reportedly stabbed his mother in the side.

Police Chief Robert Navarre indicates that separate corroborating witness statements and police officer accounts led to TPD assessments. "There were no facts in dispute. It appears that the officers acted in self-defense. One officer had a two-inch gash on the head and another received welts on the head, ear and neck."

One such fact however, does appear to have been overlooked in the police response to the 911 emergency call. Mr. Simmons apparently suffered from bipolar disorder, a mental condition also known as manic depression and had not been taking his medication. "We knew that Pyon was bipolar and not taking his meds before the communication from the dispatcher went out to the crews," said Navarre in a phone interview.

Despite the fact that the incoming 911 call suggested a mental health crisis, no officers with Crisis Intervention Team (CIT) training were dispatched to the scene. It is also unlikely that the dispatcher who took the call has had this training. CIT training is a free but voluntary 40-hour program in which officers are trained to recognize a mental health crisis and teaches them de-escalation skills.

The relevant question becomes "Was the failure of the dispatcher and police officers to adequately take the red flag of Mr. Simmons' mental disability into consideration a matter of indifference or negligence? And could the situation have been handled differently?"

According to research, CIT training results in:

- 1 Fewer injuries to police in dealing with mentally ill offenders.
- 2 Reduced arrest rates and incidents requiring the use of force.
- 2 Fewer incidents of patient violence and the need to use restraints.
- 3 Less officer time diverted from traditional law enforcement duties

Why were no CIT trained officers responding to the Simmons call?

"It was a Code 3 response," says Chief Navarre. "In that case we don't have time to shop persons to respond. We send the closest unit."

Lt. Mark King, CIT coordinator for TPD adds, "We only have 80 CIT-trained officers between all shifts. We are affected by off days and shift changes and sometimes we are very thin. Although we are very active in State CIT program, the training is voluntary. Also, local police staffing requirements do not allow us the opportunity to spare manpower that would be off with the time it takes to train. In addition, we have many CIT successes that are not publicized. No one talks about the incidents that we kept from becoming worse and the goal is to protect the officers as well."

Betsy Johnson, associate executive director for the National Alliance for Mental Illness Ohio (NAMI) says, "The problem is getting the right officer to the scene. Mentally ill persons don't respond to commands and sometimes act in contradictory or unexpected ways so it is imperative that someone knows how to talk to them in a way that won't set them off."

Yet Johnson cautions putting too much blame on police. "These tragic encounters are sad, but they are also learning opportunities for the community. Most of the mentally ill are not necessarily dangerous unless treatment is not accessible, affordable or because the stigma attached causes them to be ashamed or in denial."

"However," she adds, "The greatest contributor to the increase in tragic outcomes between the police and the mentally ill may be our disinterest and frigid unconcern to adequately fund mental illness education and treatment. The State budget has recently cut mental health funding by 34 percent. Yet jail and the costs of violence are more expensive than actual treatment and making sure that the patients take their medicines."

A story in the Midrash describes the ancient Israelites fleeing for their lives from an enemy in hot pursuit. Those who lag behind and unable to keep up are those that are most vulnerable including children, elderly and the disabled. They are at last overtaken and slaughtered. The story concludes with the anger that God has for those who continued to flee to save themselves while selfishly ignoring the plight of those behind.

The mentally ill are among the rearward who are issuing the call through their suffering for us to heed their plight. Rather than continuing to be indifferent, let us enthusiastically advocate for adequate mental health funding and require crisis intervention training to be mandatory for all law enforcement.

Contact Rev. Donald Perryman, D.Min, at
drdlperryman@centerofhopebaptist.org

Community Calendar

November 5

Owens Community College Diversity Inclusion Day: Presented by students and in collaboration with area community groups; Audio/Visual Classroom Center; 11 am start with Sonia Troche of Adelante; 12:30 pm BGSU's Annie Russell; 2:45 pm Rev. Beth Marshall of First Unitarian; 3:15 a viewing of the film *Religious*; 5 pm lecture by Ana Brown of BGSU's SMART program (Students of Color, Mentoring, Aiding, Retaining and Teaching)

November 6-8

Sisters Touching and Raising the Standard (S.T.A.R.S.) Conference 2009: Conference Leader Evang. Cheryl Foster of Youngstown: 419-255-0097

November 7

"Strategies During This Recession Time and Era:" Seminar and discussion about survival tools for credit repair, budgeting and investment during these economic conditions; Presented by Alpha Kappa Alpha Sorority, Inc Zeta Alpha Omega Chapter; Speakers Judy Sparks of TUFCU and Lamont Stewart of Edward Jones; Ramada Inn on Secor; 10 am to noon

November 8

Coffee With the Fords: 12:30 am on WTVG-13abc; Find out what former Mayor Jack Ford, publisher Fletcher Word and LC Republican Party Chairman Jon Stainbrook think of the election results

Bibleway World Outreach Ministries: Praise Worship Dance Service; 4 pm

November 13-15

Indiana Avenue MBC Annual Men's Day Activities: Friday from 4 to 7 pm – Fish Fry, men's clothing giveaway, Fellowship Hall; Saturday 9 am – breakfast, 11:15 am guest speaker from Northwest Ohio Kidney Foundation; Sunday 11 am service with Dea. William Harris of Cleveland, 5 pm service with the All Male Chorus Musical: 419-320-0919

November 14

Pilgrim Church Angel Food Distribution: 8:30 to 10:30 am: 419-478-6012
West Toledo Bereavement Support Ministry: Bethlehem Baptist Church; "Blessed Are they That Mourn; For They Shall Be Comforted;" 10 am: 419-867-2122 or westtoledobereavement@email.toast.net

November 15

St. Paul MBC: Ordination service for Bro. Darryl Reed; Acknowledgement of Sis. Augustine Abbott as a deaconess; Guests are The Gethesemane Christian Discipleship Church

November 20

Third Baptist Church Community Outreach Concert: "Music: A Feast for the Soul;" 7 pm; Rebecca Eady, Monique Young, Jennifer Wenzel, Errin Brooks, Franklin Brewer and Greg Ashe – solos and in small ensembles; Bernstein, Mozart, Gershwin, Weill, among others: 419-494-9745 or 313-718-9653

November 21

Citywide Christian Trustee Association Meeting: James B. Simmons Bldg; 10 am: 419-380-9477

November 26

Thanksgiving!!

December 5

"Vocal Carol:" In the spirit of Christmas, musical selections from "A Second Chance at Christmas" and "The House I Live In;" St. Mark's MBC; 6:30 pm

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

www.thetruthtoledo.com

Mayor Touts City of Toledo's MBE Accomplishments

Sojourner's Truth Staff

On the eve of November's general election and in the waning days of his administration, Toledo Mayor Carty Finkbeiner touted his administration's accomplishments in the area of inclusion of minority business enterprises in public projects.

"In April 2008, the Office of Affirmative Action/Contract Compliance and I initiated an administrative policy and procedure that increased MBE program goals," said Finkbeiner in his opening statement during a press conference this past Monday. "The new goal for contracts/agreements for construction-related projects is 15 percent."

Monday's announcement was that the administration, in the years 2007, 2008 and 2009, had "met and exceeded" the increased goal.

According to figures released on Monday, the City of Toledo's \$266,657,183 in 2007 construction projects included more than \$54 million to MBE's or 20.2 percent. In 2008, 25.5 percent of the City's more than \$40 million went to MBE's and in 2009, year to date, 22 percent of the City's more than \$40 mil-



Back row: David Welch, commissioner Public Utilities; Don Kenney, deputy chief, TPD; Megan Robson, PIO; Larry Vasko, deputy health commissioner, LC Health Department; Michael Wolever, chief TFD; John Sherburne, director Finance; Katie Bond, director Neighborhoods; Ricci Gardner, director Development; Ed Moore, commissioner Streets, Bridges and Harbor; Clarence Coleman, commissioner Finance; Julian Highsmith, commissioner Solid Waste; Bill Franklin, director Public Service; Adam Louck, director Law; Calvin Lawshe, director Plan Commission
Front row: Valoree Ohl, AA/CC; Dennise Davenport, manager Call City Hall; Valerie Robertson, commissioner ICT; Bob Reinbolt, chief of staff; Mayor Carty Finkbeiner; Theresa M. Gabriel, assistant chief of staff; Lourdes, assistant chief of staff

lion in construction projects has been to MBE's.

"Furthermore, in 2008, we were recognized as one of the four Ohio cities by the Northern Ohio Minority Business Council for expanding minority-based businesses," added Finkbeiner.

Driving the administration's effort in the Office of AA/CC is Commissioner Calvin Brown, who also spoke to the administration's achievements.

"We do not have mandates, we have goals," said Brown. "The numbers presented to-

day can be validated and we will continue our efforts."

Brown, when asked about the bidding process for city projects, said that his office's primary task was to work with prime contractors who secured bids in order to ensure that their subcontractors included enough minorities within those packages.

Finkbeiner criticized out Toledo City Councilman Steve Steel for questioning the City's efforts in moving business into the hands of MBE's. The mayor

was particularly caustic in comparing the City's efforts with those of the Toledo Public Schools. Steel was president of the Toledo Board of Education over the past several years and TPS has in the past few months reported that its school building project has only in the past few months raised its minority participation to the level of seven percent.

"I have no idea where he was coming from but I know where he came from needs a little work," said Finkbeiner of Steel. "Some [institutions] have got a lot more work to do than

others and we have a pretty good track record to stand on."

Also speaking at the news conference were Gary Johnson, president of the Hispanic Chamber of Commerce, and Art Jones, who is chairman of the oversight committee that monitored the Lucas County Arena building project.

Johnson, owner of an MBE, praised the City's minority inclusion efforts and acknowledged that his own company had benefited from those efforts.

Jones, who said that the

Arena project had included 14.2 percent minority inclusion – just shy of the Lucas County Commissioners' goal of 15 percent, challenged other entities to match the City of Toledo's accomplishments.

Finkbeiner also made reference to the current issues facing the Toledo Lucas County Port Authority (see page 4) and the flap caused by comments of board member Bernard "Pete" Culp.

"We recognize in the City that a great number of voters that support the Port Authority or Lucas County come from the African-American and Hispanic communities," said the mayor. "Without the support of the minority community for those levies, the levies would not pass."

The mayor took the opportunity to praise members of his own cabinet for their minority inclusion efforts even extending he took pains to point out, to his own administration. Some weeks ago at a meeting of high-level city officials, said Finkbeiner, he noticed that more than half of the staff present were minorities.

MAILBAG TIME.....!

By Lafe Tolliver, Esq
Guest Column



Answer: You are right, Collette. I am just asking the question to find out what motivates some black women (and men) to want to process their hair. European and Far Eastern women are not copying black hairstyles. It appears that style-wise, everyone is falling over their combs and brushes to imitate what and how white women wear their hair. Why is that?

Do some women secretly desire/envy to have a head full of straight "flippable like" hair?

Bridgette, age 72, says: I used to perm my hair weekly until it began to fall out and I changed to a natural and my hair has stopped receding from the hairline and it is full and healthy. I straightened my hair because, growing up, I only heard bad comments about my "thick" hair. Now, I know better.

Woodrow, age 34, says: You got me! I was a Jeri Curl mess until I wised up and realized that burning junk was killing my scalp and I was trying to look "fly."

Never going back to that grease head look again.

Shar'Tae, age 18, asks: I have extensions because I like the look of long hair. What is wrong with that? **Answer:** Nothing. Just know that you

were not given the "genes" for long hair and spending that kind of money to get a certain look that is not natural can take a toll on your mental health ... much less your bank account.

Meldee, age 27, says: We as black women can and should think outside of the box and have fun with our hair including dying it either blonde or red. Those colors are not reserved just for use by white women. **Answer:** If being a black woman with blonde or red hair gives you happiness...go for it. Just come to terms with the reasons that you desire to appear that way. Are you trying to imitate someone else and think being a blonde or a red head will enable you to be more beautiful? Remember...real beauty starts within and works itself outward.

Cassie, age 52, writes: You are right. We are too influenced by white standards of beauty and especially those costly weaves and extensions. And for what? To give us the illusion that we have a head of hair we can swing around like in the TV and movies. Too sad. Long straight hair (that is trouble free to comb) has taken us over.

(Continued on Page 14)

Well, from the looks of the volume of e mails and calls I am getting from the last two articles about Cotton Balls (a/k/a: Cotillions) and about "Good Hair," I want to share my mail bag with you, answer some questions and let you in on how some readers are thinking:

Regina, age 14, asks: Are you stating that I can not do with my hair what I want to do?

Answer: No Regina. I am asking the underlying reason why you want to straighten your hair...all the time? Are you looking to standards of beauty that are strictly based upon European values or do you simply not like your hair the way it is naturally?

Collette, age 48, says: It is no one's business but mine how I wear my hair and what I do with it. It is my freedom...not yours!

Last Chance!

Bundle and **SAVE!**

Bundle Cable TV,
Internet and Phone for
as low as:

\$89.99*

per mo.

Pricing varies depending on which
bundle you choose.

PLUS...

get Showtime and The
Movie Channel **FREE**
for 12 months!*

\$179.40 value!

OFFER ENDS SOON!

419.724.9800

buckeyecablesystem.com

*Offer expires 11/22/09. Regular monthly rate of Buckeye CableSystem's Digital Ground VIP bundle is \$93.49. \$89.99 promotional price does not include applicable franchise fees, E911, Federal and State taxes and surcharges. Phone features and unlimited domestic long distance available for an additional fee. Price subject to change. Qualifying customers are new VIP customers or customers upgrading their level of VIP service. New VIP customers are defined as not having VIP service for 6 months. Qualifying customers who upgrade to \$89.99 promotional VIP Bundle are eligible for a monthly package discount of \$3.50 that will be applied for 12 months. Installation fee may apply. A digital converter is required to receive Showtime and The Movie Channel. Showtime/The Movie Channel service subscription offer is good only for the time specified; thereafter, standard monthly premium service fees apply. SHOWTIME and THE MOVIE CHANNEL are trademarks of Showtime Networks Inc., a CBS company. Offer does not apply to premium services already subscribed to by customer. Other restrictions may apply and offer may expire without notice. The 12 month free offer of SHOWTIME and The Movie Channel is a value of \$179.40 or \$14.95/mo for 12 months. ** Over 150 Digital channels includes 56 Uge Radio channels, Showtime Pak and The Movie Channel Pak. 08433-NP F&M/LG,TJ,TRUTH

Toledo Lucas County Port Authority Denies Gardner Once Again

By Fletcher Word
Sojourner's Truth Editor

In early February of this year, the Toledo Lucas County Port Authority announced that it had narrowed its search for a replacement for its ousted previous president, James Hartung, to three candidates – “the top candidates for the position of President,” according to the organization’s press release at the time.

Not on that list of candidates was Paul Toth, a 22-year employee of the Port Authority who was then serving as interim president.

Two weeks ago, Michael J. Stolarczyk resigned the presidency after only six months in the post and instead of reaching out to one of the other finalists, the Port’s board of directors appointed Toth, who had been once again serving as vice president of technical and financial services.

In February, William Carroll, board chairman called Toth a “very viable candidate” but noted that the three “top” candidates had “broader experiences” and could bring to the Port Au-

thority more than could Toth.

Two weeks ago, Carroll, in explaining the board’s change of attitude towards Toth, denied that the “top” candidates were actually the “top” candidates, as they apparently had been in February.

Was the earlier press release in error?

The confusion led Port Authority board member Bernard “Pete” Culp to challenge the board’s decision not to open up the process and advertise for the position. During a private executive session on October 15, Culp, the only African-American member of the board, used language, reportedly profane, towards his fellow board members that prompted a call for an apology. That call for an apology brought the events of the private session into the open.

Culp did apologize but he is clearly unrepentant regarding his demand for opening up the process. The issue at hand – why wasn’t the one candidate left of the “top” candidates considered for the



post? That candidate would be Ricci Gardner, the only African-American under what was thought to be serious consideration and now the City of Toledo’s director of Economic Development.

The three “top” candidates, as announced by the Port Authority in February and later confirmed in statements by Bill Carroll, were

Stolarczyk, Gardner and Sean Connaughton, a former maritime administrator in the U.S. Department of Transportation.

Connaughton would drop out of consideration just after he made that short list leaving, or so many observers thought, two “top” candidates – Stolarczyk and Gardner.

One of those involved at the time in a part of the selection process was Robert Reinbolt, City of Toledo chief of staff, who served as the City’s representative in the interview process. When asked this week about his assessment of the candidates, Reinbolt said that he definitely felt that Gardner was one of “the top couple of candidates, in my mind, right up there in the top candidates.”

Toth, said Reinbolt, was a good candidate, but “he did not do as well in the interview as Ricci and some of the others.”

Apparently Gardner impressed Reinbolt enough to later gain more than serious consideration for the City’s Economic Development cabinet post.

But after the Culp flare up was reported, Carroll commented to The Blade that “no one ever said Ricci Gardner was number two and so I don’t know where [Culp] is getting that.”

According to Culp, since the board had announced

that there were three “top” candidates, he would naturally feel that there were two “top” candidates once one dropped from the race.

Carroll declined this week to address the apparent discrepancy between the Port Authority earlier announcements and his recent statements but through the Port Authority’s press secretary issued a statement calling Toth “highly qualified.” He also said in that statement that the “stress on the organization” following “18 months of turmoil” made necessary for the board “to act swiftly to appoint an experienced leader to stabilize the situation.”

He did not address the issue of why Toth could not once again stabilize the situation as an interim director.

Attempts to reach Opie Rollison – the board’s vice chairman who, according to Culp, had also denied just recently, as had Carroll, that Gardner was a top candidate or had come in second – were not successful.

Dive into
Tuesdays!

MELROSE
PLACE

TV
TO TALK
ABOUT

ALL NEW
TUES 9P

the Vampire Diaries
love sucks

ALL NEW
THURS 8P

WT05-TOLEDO
THE CW
wt05toledo.com

© 2009 Warner Entertainment, Inc.

Annual Freedom Fund Dinner Commemorates NAACP 100th Anniversary

By Artisha S. Lawson
Sojourner's Truth Reporter

Since 1909 the National Association for the Advancement of Colored People has manned the barricades on behalf of African-Americans. The organization's Toledo Chapter celebrated this milestone with the annual Freedom Fund Gala on Friday, October 30, 2009 at The Pinnacle in Maumee.

Local and national officials, church members and pastors, civil rights leaders and residents of Toledo gathered in the gold and cream decorated hall. This year's theme was "Bold Dreams Big Victory." Yvonne Harper served as mistress of ceremonies for this year's banquet which opened with a selection by WilliAnn Moore, president of Toledo Unit NAACP.

Moore continued the program by introducing a list of local and national dignitaries: Pastor Raymond Bishop, Mt. Pilgrim Baptist Church; Leonard Hubert, member of Ohio Civil Rights Commission; James Powell, executive director of Economic Opportunity Planning Association; Marcia Webb, president of Mansfield NAACP; Darlene Sweeney-Newbern, Toledo NAACP Unit civil rights and housing chairman; Raymond Wood, first vice president of Toledo NAACP



Ray Wood, Kevin Boyce, WilliAnn Moore

unit; Doni Miller, president/CEO Neighborhood Health Association; Kevin Boyce, Ohio State Treasurer; Vince Davis, State Farm agent; Teresa Fedor, Ohio State Senate; Vallie Bowman-English, Municipal Clerk of Court; Ian English, Lucas County prosecutor; Andre' Washington, NAACP executive committee; Timothy Gray, Toledo NAACP executive committee; Michael Alexander, Toledo NAACP executive committee; Morris Jenkins, Toledo NAACP executive committee; Gina Paris, Toledo NAACP executive committee, Oscar Hill, Toledo NAACP executive committee, Sharon Roach, Toledo Unit Women in NAACP chairman, Essie Wiggins, Toledo NAACP executive commit-

tee; George Hillard, vice president of Lucas County Central Committee; Vincent Wiggins, president of African American Chamber of Commerce; Terry Awls, manager of Sylvania Country Club; Shantae' Brownlee, executive director of Frederick Douglass Community Association; David Young, director of University of Toledo Office of Excellence; Alan Bannister, governor's office of faith-based and community institutions; George Sarantou, Toledo City Councilman At-Large; Wayne Blanchard, International Representatives of UAW Region 2-B; Karl Parker, Parker Enterprise; Jacqueline Martin, executive director of Lucas County Mental Health and Recovery; Edna Robertson, Ohio State representative.

"We're just six years younger than the national office. I thank all of you for your patronage. In six years the Toledo Unit of NAACP will turn 100," said Moore.

Reverend Raymond Bishop of Mt. Pilgrim gave the opening prayer, in which he prayed for those in attendance and those absent. "I pray for the people in this room to give them hearts of compassion and hands to do

something in that area. I pray for the unemployed. You're a great God, use these people to make a difference," said Bishop.

Miller brought a warm welcome and saluted the Toledo Unit for their work with medical students. "I love this theme," said Miller. "Times have changed so much in the last 100 years, doors have been pushed open primarily by the election of President Barack Hussein Obama. Some things have changed, while some things have not. Locally, the NAACP works to keep medical students in school."

The evening continued with commentary by Derek Shy, a graduate of Rogers' High School, and guest commentary by Lloyd Jacobs, MD, president of The University of Toledo. The university has worked with the NAACP, since Moore is on the board of admission for the Medical College to increase the number of minority medical students that finish the program.

"The NAACP and Toledo

Unit have accomplished so much," said Dr. Jacobs. "It's important to keep moving forward but to also take a look back at what has been achieved. Change has happened largely due to your organization and Ms. Moore."

ACT-SO Contemporary Music Winner and recording artist Sasha Clayborne serenaded the audience with a rendition of "Tomorrow," a gospel song.

Sandra Hill, NAACP Toledo Unit secretary recited an original poem inspired by the occasion called "Choices."

"... Well I can start by kicking chance and luck to the curb and hold on to positives like can and will, must and succeed. Oh and progress and allowance, work and ethics. My future is coming, I guess I should prepare."

The evening's keynote speaker was Ohio Treasurer Kevin L. Boyce. Boyce graduated from UT which was financed by track and academic scholarships, and begun his political career by leading the

city's youth programming.

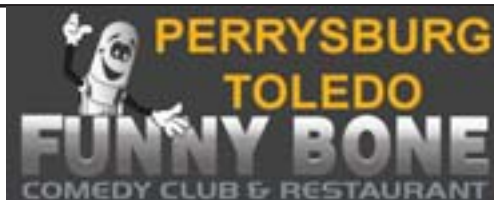
He returned to Columbus following graduation and served as a statehouse aide and then as executive director of the Ohio Legislative Black Caucus. His career continued as chief of staff for the Ohio House Democratic Caucus and, for 10 years, as a member of Columbus City Council. Gov. Ted Strickland appointed Boyce to the Treasurer's office on January 9, 2009.

The evening concluded with the singing of the Negro National Anthem – "Lift Every Voice and Sing" – which was written by NAACP member James Weldon Johnson.

The NAACP was founded by Mary White Ovington, John Hayes Holmes, Moorfield Storey, Ida Wells Barnett, Henry Moskowitz, Oswald Garrison Villard, William English Walling and W.E.B. DuBois with a mission of ensuring the political, educational, social and economic equality of all persons and to eliminate racial hatred and racial discrimination.



Norman and Ora Bell with Jeanette Stimson



November 5 at 8 pm – Ticket Price - \$10

Malik has performed on many stages, but it was on BET's Comic View where he got his break six months after beginning on his journey. He went on to appear on the show for five consecutive seasons from 1999-2004. Malik has appeared on HBO Def Comedy Jam, Comedy Central Live at Gotham, NBC Last Comic Standing season 4 and HBO P. Diddy Presents Bad Boyz of Comedy. Malik has proven himself time and time again with his universal approachable comedy style.



Malik

open your
heart
open your
home

Many children in our community cannot live safely in their own homes; they need the nurturing and stability that can only come from a family environment.

Won't you help?
Consider becoming a foster or adoptive parent.
Please call 419.213.3336





"The State of the Greater Toledo Urban League"

Sojourner's Truth Staff

The NAACP is celebrating the 100th anniversary of its founding this year but the National Urban League, which will be commemorating its centennial in 2010, isn't far behind. Last Thursday, The



John C. Jones

Greater Toledo Urban League (GTUL), and President John C. Jones, got a jump on the celebration with a signature "State of the Greater Toledo Urban League" address before an audience of about 150 at Indiana Avenue Missionary Baptist Church.

The GTUL's Barbara Kyles, director of Senior Services and the J. Frank Troy Senior Center, spoke of the services provided at the center, which exists, she said, to improve the quality of life for seniors. The Center's annual budget is approximately \$162,000 and GTUL assists seniors with transportation, escort services on errands, education, health assessments, socialization and supportive services. Well over 100 seniors avail themselves of the J. Frank Troy Center's services weekly.

Several staffers spoke of the GTUL's efforts in placing people into jobs through its workforce development program including Director Bran-

don Tucker and Shirley Lyons, the event's mistress of ceremonies.

In addition to those key programs, the GTUL operates a summer tutoring program for more than 140 youth annually and a Fathers of Tomorrow Initiative, among other programs.

"In order to be a great organization, you've got to touch the people you serve," said Jones at the start of his 20-minute address during which he spoke of the goals of the GTUL and what it will take to strengthen the local chapter.

"The state of the Greater Toledo Urban League is strong," said Jones. "Strength is defined as the ability to withstand attacks. We are still standing. We have gone through some ups and downs but the positive energy of this community has enabled us to keep moving.

"We have done good work," he continued. "But good work is not enough. It takes a coalition and a collaborative approach to become a great organization, it's not all about the dollar, it's about serving people. Service is the cornerstone of what we do, not just service but great service."

Jones told his audience that the GTUL has been and

will remain an organization of integrity and an organization that will be accountable.

"We've got a lot of work to do," he said. "There are extreme gaps in education and it is not the fault of Toledo Public Schools alone. It is a collective community problem. It makes no sense when our young people are not prepared to go to school. We used to say that it takes a village to raise a child - somewhere along the line we forgot about the village. If we do quality education there is no reason why any child in Toledo or Lucas County cannot be prepared to enter college."

Jones also addressed the economic gap that persists between minority and the majority populations.

"The minority communities have fallen," said Jones. "There is a problem when African-American unemployment creeps to 20 percent. But we have to be accountable and hold each other accountable."

Jones took this opportunity to speak about personal responsibility.

"We have forgotten the core values of our community," he said to an appreciative and understanding audience.

"We seem to think it is all

right to eat whatever we want to eat," said Jones shifting the topic to health in the minority community. "We have to become accountable for our own health."

Then Jones turned to his appeal for assistance from the community.

"We are driven and motivated to become a great organization, we are creating the Urban League way," he said. "But how do we engage the community? We need your help. We cannot do this alone. It's not all about the money, it's about time and commitment also. If service and love don't drive us, we need to go back to the drawing board. But if we get engaged, we can change the culture of this community."

Jones informed his listeners that the goal of the GTUL is to become the premiere organization of its type in the area by focusing on what it does well and staying true to its mission not by spreading itself too thin or into areas of expertise best left to others.

He wound up his speech with a promise to those invested money, time or service with the GTUL.

"There is a return in what you put into our organization," Jones said.

Old West End Restaurant

The Roaring '50's Are Back

Monday - Sunday 6:30 am to 7:00 pm

Curb-side Service & Prices

Call in advance, place order, no waiting ... or

THE FOOD IS FREE

Partial Menu

- Breakfast (Anytime) - \$2.90
- Combo Kids Special - \$1.00
- Combo Adult Special - \$2.50
- Wings - 99 cents - Hot Dogs - 50 cents
- Daily Luncheon Special - \$2.99
- Daily Dinner Special - \$4.99 - kid's meal an extra 70 cents
- Quarter Pounder - \$1.50
- Combo for 2 - \$5.99

Partial 85 Cent Menu

- Fries * Nuggets * Wingdings * Chicken Strips
 - Chicken Strip/Wingding - 40 cents each
- Corner of Collingwood and Delaware
419-210-4680



Coffee with The Fords!

Find out what Former Mayor **Jack Ford**, Publisher **Fletcher Word** and Lucas County Republican Party Chairman **Jon Stainbrook** think of the Toledo/Lucas County Election Results. There may be some surprises and great banter on Coffee With The Fords this Sunday, November 8, airing on WTVG-13abc at 12:30 PM



Buckeye CableSystem and Sojourner's Truth

vip OF THE MONTH
very impressive pricing with the best bundles in town!

video + internet + phone



Shanda Gore, Ed.

CRITERIA

Assistant VP for Diversity and Equity at UT
Chairman of President's Lecture Series on Diversity

Facilitates President's Committee on African American Recruitment and Retention

FAVORITE

Education - Received Doctorate in Spring
UT Minority Business Incubator
Presenting research to Student National Medical Association



Buckeye CableSystem

419-724-9800 • buckeyecablesystem.com



The Sojourner's Truth Health

Sponsored by *NHA*

Celebrating 40 years of service *NHA* • Celebrating 40 years of service *NHA* • Celebrating 40 years of service *NHA* • Celebrating

Smart Size Versus Clean Plate Club

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



Growing up, were you part of the "Clean Plate Club?" Do you have a loving parent, grandparent or other loved one who shows their love through large helpings of tasty, home-cooked meals? Is it an insult to them if you do *not* keep eating more?

It is a good thing to enjoy their cooking **and** you don't have to stuff your-

self! This article will look at realistic ways to make food choices without overeating. One current problem with the "Clean Plate Club" is that dinner plates today are much larger than they were just 10 years ago. So, just filling an entire larger plate is going to mean eating more food than if the plate was a few inches smaller.

Helpings or portions are "unmeasured" amounts of food one chooses. Servings are "measured" amounts of food one chooses. The nutrition fact labels on food containers gives the serving size and the nutritional information like calories, fat grams, sodium, dietary fiber and other vitamins and minerals based on one serving size. A portion is how much you choose to eat.

You could choose to eat the recommended serving or you could choose to eat many times more or less than one serving. Here are a few tips on keeping the portions close to a recommended serving size.

First of all, use smaller dishes, bowls, mugs and glasses. Be realistic about how much food is a serving and how it looks on the plate or in the glass. There are different ways you can stay to a correct serving size.

First of all, use a measuring cup to measure and see what the serving size looks like according to the nutrition fact label. Another way to estimate a serving is to use "visual cues" to remind how a serving of food compares to common household items:

- 1 Deck of cards = 3 oz. meat
- 2 Ping-Pong ball = 2 tablespoons peanut butter
- 3 Baseball = 1 cup, especially a cup of fruit or vegetables
- 4 Computer mouse = 1 medium potato
- 5 Hockey puck = 1 bagel
- 6 Two 9-volt batteries = 1 ½ ounces cheese

If you are the cook, prepare and serve less food on the plates. Teach others in your family what a serving looks like. Or, prepare the same amount of food but store half of it in the refrigerator for meals the next day.

If you are a guest, start with a smaller serving. You can always have more, if you would like. Slow down your pace of eating and enjoy the taste and texture of the foods. Eat your meal slowly and wait 20 minutes before piling up more food. It can take your stomach that long before it signals that it is full. Isn't it better to enjoy the meal and a pleasant afternoon verses feeling like a stuffed turkey?

Eat regular meals and snacks throughout the day. Plan your larger meal by eating reasonable amounts of food from all five food groups. Choose fruits, vegetables and whole grains to help fill you up. Also make smart beverage choices like low-fat milk or water. Many extra calories add up from sweetened beverages.

And don't forget to share, share and share. Share a dessert, share a walk and share a new healthy recipe! Enjoy your time with loved ones and enjoy favorite foods. If you have eaten enough food, be ready with your own loving response when encouraged to eat more.

As part of the "Clean Plate Club" were you ever reminded that children are starving in other parts of the world? Unfortunately, this is true. In addition, there are hungry children in our own community. In reality, our decision to keep eating more food from our plates does not change the situation of hunger for others.

If you are in a position where your food budget allows you to choose recipes, restaurants and grocery stores based on your health and wellness, please consider purchasing and donating some grocery items to a local food pantry. Many local community centers and faith-based organizations provide emergency food to families in need. Making a donation is as simple as adding a few extra canned or boxed items to your grocery list and sharing them with the food pantry.

If you or your organization are interested in a flyer that suggests *Best Foods to Donate* (especially useful for community food drives) please contact The Ohio State University Extension, Lucas County at 419-213-4254. The information in this article was adapted from "Eat Right Montana."

PROMedica Announces Second Scholarship Program to Address Childhood Obesity

Special to The Truth

ProMedica Health System (PHS) announces the opportunity for area high school students to win a **\$5,000 college scholarship**. The *Fields of Green* scholarship competition is open to students in grades 10 - 12 in northwest Ohio and southeast Michigan.

Students will be challenged to form teams of two to four students and design a health and fitness program for elementary school children, including nutritious snack options. This is PHS' second high school scholarship program designed to address childhood obesity.

Last year, PHS awarded \$42,000 to area students and schools through a program called *Lunch 101: Food for Thought*, which challenged area high school students to create an affordable and nutritionally-balanced elementary school lunch program.

For this year's scholarship program, each member of the winning team will receive a \$5,000 college scholarship, and the school where the students attend will receive a \$1,000 cash award. Additionally, the winning entry will be a pilot program in several local elementary schools. **The deadline to submit a program entry is Dec. 1, 2009. Program guidelines and entry forms can be found on www.promedica.org.**

President and Chief Executive Officer Randy Oostra states, "As the leading health care provider in the region, we feel that our role in encouraging healthy lifestyles, solid nutrition and exercise habits will have a lasting positive effect on those individuals and families we are privileged to serve. We want *Fields of Green* along with other health and wellness programs to be part of a journey that leads to healthier kids and families."

The *Fields of Green* scholarship program is part of a larger, comprehensive PHS initiative encompassing a variety of health and nutrition programs designed to combat the local obesity epidemic. Also this fall, PHS will introduce a new program called the Healthy Kids Conversation Map® Program which will be led by PHS employees trained to teach a series of 30-minute interactive sessions in various community settings. The sessions will focus on establishing healthy nutrition and exercise habits in children and adults.

For more information about *Fields of Green*, visit www.promedica.org.



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.**



From 140 to 240 in 30

By Angela Steward, Fitness Motivator
Guest Column

Isn't it strange how your life changes over 30 years? Your priorities change, as well as your responsibilities, friends and lifestyle!

In our 20's, we're active and our only responsibilities are studying, hanging out with friends, shopping, partying, hair and nail appointments, etc. Your only priority was YOU!

In our 30's and 40's, life changes (marriage, children) and so do your responsibilities and priorities. Your family is now your priority and your needs fall to the bottom of your priorities list.

In our 50's, kids are nearly grown and our priorities have changed once again. Your needs may have moved up a couple of notches on your priority list, but you may feel a little guilty about taking time for yourself – am I selfish if I go to the spa or spend the day with friends? What if my kids, grandkids, or hubby need me? Do I remember how my life was before marriage and children?

Nevertheless, 30 years have passed. Thirty Thanksgiving dinners; 30 Christmas dinners, birthday cakes, family reunions, baby showers and weddings; 30 years of celebrations involving a lot of food! **SOMEHOW** 100 pounds have jumped onto your body during this time. Does this sound familiar to you?

From 140 pounds to 240 pounds in 30 years is MY STORY. I know how I gained 100 pounds in 30 years! I love my family, I love good food, I love having parties and attending parties and I love my life. But somehow I forgot about my needs.

I was so busy taking care of everyone else's, I forgot about my own. I forgot about the things I used to do like ride my bike, playing volleyball, dancing, etc. I'm not saying I didn't love myself, I did. I simply put my needs on hold like so many of us do, to support the needs of my family!

After co-raising six kids, cooking, cleaning, work-

ing full-time, scheduling appointments, transporting kids, volunteering, parent-teacher conferencing and doggie and kitty poop scooping – I wanted to feel fit and look fabulous again! The only way to do it was to make a little time for myself. I wanted to be a participant in life, not a spectator.

My fitness journey began at around age 46 and is ongoing. It hasn't been an easy journey. I had to make myself focus on my health. I had to begin this journey alone. I shut out all the negative voices, inside my head and around me.

I was tired of being tired. No more excuses, it was time take care of my health and my needs. I removed negativity from my life and surrounded myself with positive and motivating people. I wanted to look good, feel good, and focus on the rest of my life.

I wanted the rest of my years – to be my best years. It took a lot of soul searching, a lot of praying and strong determination to suc-

ceed. I took my time – there was no rush to lose the weight. It took 30 years to gain 100 pounds, it would take less than 30 years to lose it, so I just adjusted my lifestyle, ate less, became active and lost the weight gradually!

I am now 51 years old and proud of it. That's over 50 years of good and bad experiences, lessons learned, and confidence gained. I wasn't expecting exercise to help me mentally and spiritually, but it did. My thoughts became clearer, and my attitude and outlook on life changed drastically.

I became hopeful, inspired and confident. I felt good and I felt comfortable in my 51 year old body. As my confidence soared, I felt a need to share my story. My story allowed me to see beyond myself. It's strange, my journey began because I wanted to reconnect with myself, but what I found was my passion for inspiring and motivating others to begin their own fitness journey!

I have been a fitness instructor for over three years, and in almost every class I teach someone tells me: "I'm way too old for this" or they ask: "Do you know how old I am?"

Of course, they are usually younger than I am, then I tell them my age. I also share with them where my fitness level was when I started exercising. That usually opens their eyes and they take comfort in realizing they can do what I'm doing because we are close to the same age. Motivating and inspiring others to do what they never thought they could or would ever be



BEFORE



AFTER

able to do is what I love about being a fitness instructor and motivator. 100 jumping jacks, 100 push-ups, and 100 abdominal crunches – all while having fun – it is possible. From 140 to 240 in 30! That's only 3.3 pounds gained per year, doesn't sound like a lot does it? But gain 3.3 pounds per year for 30 years, 100 pounds

will miraculously appear on your body.

In my case, it took 30 years to gain 100 pounds – but only three years to lose 70, all because I decided to STOP living life as a SPECTATOR, and became a PARTICIPATOR!!

Which one are you?
Yours in Fitness!!!

Email: Fabfitu@yahoo.com
Cell: 419-699-9399

"I never knew I had to worry about heart disease."

Heart disease takes more women's lives than all forms of cancer. One reason why is too many women don't even know they're at risk. Are you?

Heart Disease Screening

Mercy St. Charles Hospital
Oregon Room
Saturday, November 7
9:00 am - 12 Noon

Space is limited. Please schedule your FREE screening by calling 1-888-987-MERCY.

MERCY *Care you can believe in.*
Mercy knows & by heart.

St. Arve | St. Charles | St. Vincent | Children's | Defiance | Tiffin | Willard
mercyweb.org © 2009 Mercy

Fairview
Skilled Nursing and Rehabilitation Center

Fairview Skilled Nursing & Rehabilitation center is your bridge to home from the hospital. Fairview's broad rehab and Long Term Care services can restore a broken bone or broken spirit. Our Transitional Living Unit helps residents to discover problem areas before leaving us. Have peace of mind knowing that our staff of professionals administers care with a gentle compassionate touch. Call today to arrange your tour. We accept most insurances.

4420 South Avenue
Toledo, Ohio 43615
Office: 419-531-4201 * Cell: 419-367-6376 * Fax: 419-531-3607

Everything You Need to Know About Swine Flu

1. What is Swine Flu (2009 H1N1)?

2009 H1N1 (sometimes called "swine flu") is a new influenza virus. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization determined that an H1N1 pandemic was underway.

2. Why is 2009 H1N1 virus sometimes called "Swine Flu"?

This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes.

3. Is 2009 H1N1 virus contagious?

The 2009 H1N1 virus is contagious and is spreading from human to human.

4. How does 2009 H1N1 virus spread?

Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

5. What are the signs and symptoms of this virus in people?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever. Severe illnesses and deaths have occurred as a result of illness associated with this virus.

6. How severe is illness associated with 2009 H1N1 flu virus?

Illness ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred. About 70 percent of people who have been hospitalized with this 2009 H1N1 virus have had one or more medical conditions previously recognized as placing people at "high risk" of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease. Young children are also at high risk of serious complications from 2009 H1N1, just as they are from seasonal flu. And while people 65 and older are the least likely to be infected with 2009 H1N1 flu, if they get sick, they are also at "high risk" of developing serious complications from their illness.

7. How long can an infected person spread this virus to others?

People may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.

8. What can I do to protect myself from getting sick?

This season, there is a Seasonal Flu vaccine to protect against flu viruses and a 2009 H1N1 vaccine to protect against the Swine Flu.

A flu vaccine is the first and most important step in protecting against flu infection.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

9. If I have a family member at home who is sick with 2009 H1N1 flu, should I go to work?

Employees who are well but who have an ill family member at home with 2009 H1N1 flu can go to work as usual. These employees should monitor their health every day, and take everyday precautions to keep from getting sick.

10. What are "emergency warning signs" that should signal anyone to seek medical care urgently?

In children: Fast breathing or trouble breathing • Bluish skin color • Not drinking enough fluids • Not waking up or not interacting • Being so irritable that the child does not want to be held • Flu-like symptoms improve but then return with fever and worse cough • Fever with a rash
In adults: Difficulty breathing or shortness of breath • Pain or pressure in the chest or abdomen • Sudden dizziness • Confusion • Severe or persistent vomiting

11. Can I get infected with 2009 H1N1 virus from eating or preparing pork?

No. 2009 H1N1 viruses are not spread by food.

12. How long can influenza virus remain viable on objects (such as books and doorknobs)?

Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.

13. What kills influenza virus?

Influenza virus is destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soaps), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time.

14. What if soap and water are not available and alcohol-based products are not allowed in my facility? If soap and water are not available and alcohol-based products are not allowed, other hand sanitizers that do not contain alcohol may be useful.

15. What surfaces are most likely to be sources of contamination?
Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, and then touches their own eyes, mouth or nose before washing their hands.

16. How should waste disposal be handled to prevent the spread of influenza virus?

To prevent the spread of influenza virus, it is recommended that tissues and other disposable items used by an infected person be thrown in the trash. Additionally, persons should wash their hands with soap and water after touching used tissues and similar waste.

17. What household cleaning should be done to prevent the spread of influenza virus?

To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

18. How should linens, eating utensils and dishes of persons infected with influenza virus be handled?

Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first.

Linens (such as bed sheets and towels) should be washed by using household laundry soap and tumbled dry on a hot setting. Individuals should avoid "hugging" laundry prior to washing it to prevent contaminating themselves.

Individuals should wash their hands with soap and water or alcohol-based hand rub immediately after handling dirty laundry. Eating utensils should be washed either in a dishwasher or by hand with water and soap.

For further information, please see the website for Centers for Disease Control and Prevention, cdcinfo@cdc.gov, or call the Neighborhood Health Association, (419) 720-7883, ext. 216.

For information on local H1N1 Vaccination Clinics, please see the website for the Toledo Lucas County Health Department, www.cclucas.oh.us/health



**313 Jefferson St
Toledo, OH 43604
419.720.7883**



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

Good Bye Sugar!

By Diana Patton, FITatudes
Guest Column



Are you stuck trying to figure out what to do with that five pound bag of sweets your children collected Halloween night? Hopefully the entire bag of sweets isn't already consumed.

Fact: We all love sweets! It's natural to like sweets – that's why God put that taste bud on our tongue. But did you know that consuming large quantities of sugar can literally decrease your immune system function. And you know the immune system is your barrier to killing harmful bacteria that enter your body.

Can anyone say "H1N1" – also known as swine flu? Yep, tons of sugar can make you more susceptible to the virus that everyone; and I mean everyone, is talking about, *even my kids*. (See Dr. Mercola's article entitled "Common Links to Swine Flu Deaths," posted October 31, 2009 at www.mercola.com to read other causes of swine flu)

I spoke so much about how tons of sugar can make you sick, my kids where chanting a new saying when they were walking in the house after collecting their candy saying "You say HI, I say NI"

"HI – NI ... HI -NI." Hmm, did not expect them to start chanting about it – but the point is, *they got the point*.

I told them there was nothing wrong with having a few pieces of candy. They said "we know mom, we don't want to get sick." Plus, I am sure they had a few pieces of candy before they got home (Momma didn't raise no fool – hah!)

Now, had they been sick or in the least bit sluggish, I would not have let them go out and trick or treat. Then I would have really earned the "mean mom medalion" that night.

Now as for me, I am like most women, I adore chocolate! But I consciously make an effort to enjoy dark chocolate because they have high amounts of flavonoids – which act as antioxidants to kill bad particles in your blood that can lead to heart disease! That's a plus considering my family history with heart disease. But, if I start consuming huge quantities of dark chocolate, or chose the milkier variety (with added sugar) I defeat the health benefits.

What's the point I am trying to make here?

Eating candy is fun and you should enjoy small quantities but you must budget your intake to stay well. We all know the deadly effects candy has on you blood sugar for diabetics. Just like diabetics should budget their intake, so should everyone else to stay well this flu season.

Think of FITitude No#6 and create your Life Budget:

"Happy are those who wisely budget their resources . . . for by observing boundaries in an "anything-goes" world, they shall not squander their resources or overindulge, thus avoiding problems in the future."

Just because you have a huge amount of candy sitting in front of you doesn't mean you should plow right through it. Our sinful nature of greed says "Ah, c'mon, it's only one day . . . just eat as much as you want, gorge yourself until your sick." But, what does God say?

So, back to the original question, what are you going to do with all that candy you collected on Saturday night? If you intend to keep it, take it slow. You can freeze it and put it in a place where no one can find it too easy. Then, distribute one piece every three to four days.

But, if you are like me, you know where the candy is and it's difficult to keep it away, you may need to get the candy out of the house. That's exactly what my family is going to do this week. My husband takes all the candy to work and puts it in his office's kitchen.

Then they take the candy and put it out for customers who walk in the door or for around the office. That way the candy is gone and out of our home so no one is tempted to eat it and overindulge.

I don't know about you but I don't want the H1N1 virus in my home and if I can avoid it by decreasing the sugar my family consumes – *good bye sugar!*

Contact Diana Patton at www.FITatudes.com

DEAR RYAN

Dear Ryan,

My butt is getting huge!!!! I want to come and see you because I am out of shape and need help, but by the time I get home from work I am too tired to do anything. I sit for an hour then I cook for my kids and get ready for the next day. Do you have any simple remedies for me to get in better shape? I am open for anything at this point.

J.J.

Dear J.J.,

Well my remedy is quite simple, STOP MAKING EXCUSES!

By the time you sit an hour at home you could have come to train with me and been home in time to start your motherly chores. You just need to make a decision on how important it is for you to get into shape and do it.

If motivation is a problem find a friend that wants to get into better shape and become accountable to each other. The buddy system works great. Plain and simply you have to get started if you want see a noticeable difference and be in better shape.

You can not procrastinate any longer! Clean up your eating and keep healthier snacks around the house. I know you have kids and you probably have Little Debbie's, fruit snacks and other kid type snacks around. Get rid of them, it wouldn't kill the kids to have healthier snacks around as well.

Get rid of all your temptations and distractions that are keeping you down as well. If you don't buy them then they aren't there to tempt you.

You need to increase your activity level to burn more calories and improve your physique. So when you get home don't sit down. Go for a walk/jog, pop in an aerobics video or get some hand weights and just exercise!

It is easier to exercise before you go home because you don't have the distractions and once you get home you tend to get comfortable and relaxed. If you decide that you want to come train and get the results you want my door is opening again very soon so come on in.

KEEPALOOKOUTFORGREATDEALSFOR DREAMBODIESDISCOUNTS!!!

Ryan Rollison
DreamBodies



Bright Smiles, Bright Futures: Taking Dental Care To Those In Need

In recent months, finding ways of addressing the nation's pressing health care concerns has occupied center stage in Congress and the minds of many Americans. U.S. Census Bureau statistics indicate that there are approximately 46 million Americans without any form of health insurance, while tens of thousands may be postponing regular visits to their doctor or dentist in an effort to make ends meet.

A recent survey conducted by the Kaiser Family Foundation found that more than half of those polled said they or a family member had "cut back on health care to save money." Postponing medical and dental checkups may save a few dollars in the short run, but these sacrifices may prove more costly to one's overall health and finances over time.

In an attempt to provide greater access to health care to those in need, medical professionals in some areas of the country are teaming up with community and nonprofit organizations, as well as county and state governments, to provide free screenings and treatment via mobile health vans. Similarly, Colgate-Palmolive, the world leader in oral care, partners with professional and community organizations like the Continental Societies, Inc., an international public service organization, to provide free dental care to children (ages 5-12) by dispatching its own network of mobile dental vans.

Through its flagship oral health education program, Bright Smiles, Bright Futures, Colgate's "dental clinics on wheels" annually visit more than 150 communities across the U.S. Staffed by dental professional volunteers, Colgate's

mobile dental vans conveniently appear at schools, Family Dollar stores, YMCAs and cultural festivals to provide dental screenings, affordable treatment referrals, and oral health education for children and their families.

In 2002, Colgate's Bright Smiles, Bright Futures program made a public commitment to reach 100 million children in the U.S. by 2010 with free dental screenings, treatment referrals and oral health education. Thanks in large part to the outreach efforts of its mobile dental vans, the company has reached that goal in October 2009, one year ahead of schedule. For more information on Bright Smiles, Bright Futures or Colgate's mobile dental van initiative, please visit www.colgatebsbf.com or call (212)310-2638

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 "get it done" or settle for what has been traditionally available.
6600 Lyndale Ave, Suite 244
Shelton, OH 43160
Phone 419.517.8088
www.healthconnections.com

Rose Charley, M.Ed.
LPC, LAC, C, C-PTI

Grace Edwards
Broker/Licensed in Ohio & Michigan
BUS: (419) 729-8484
FAX: (419) 726-8650
www.dixie-realestate.com
3623 NAVY AVE.
OREGON, OH 43018

THE REAL PROS!
10 Years Serving Ohio & Southern Michigan

Unison Behavioral Health Group Responds to Troubling Statistic

Dually Diagnosed Youth on the Rise

Special to The Truth

The number of youth in our community who are dually diagnosed – the presence of a substance abuse disorder and mental health disorder – is on the rise. In response to this problem, Unison Behavioral Health Group began providing services for youth facing alcohol and other drug (AOD) related issues earlier this year. According to Dr. Bonnie Kauffmann, Unison Program coordinator, “63 percent of the youth currently served by the program are dually diagnosed.”

With the school year in full swing, Dr. Kauffmann advises parents, caregivers, and school personnel to recognize that youth diagnosed with the following mental health disorders are at an increased risk for substance abuse: attention deficit disorder, oppositional defiant disorder, post-traumatic stress disorder and psychotic disorders like bipolar disorder. Warning signs to look for include: sudden changes in personality, drop in school performance and attendance, sudden and frequent outbursts (temper tantrums), increasing conflict with family members, withdrawal from responsibility, changes in peer group, borrowing/stealing money, difficulty concentrating, loss of interest in hobbies, secretive behavior regarding actions and possessions, change in appearance, poor grooming habits and redness around the eyes or face.

Unison Behavioral Health Group treats youth ages 11-17 with substance abuse and dependence disorders, including behavioral health dis-

orders. Through an integrated team approach, the program offers clients and their families the option of receiving services in their home or in our offices at 1425 Starr Avenue. Program components include:

~**Diagnostic Assessment** – a comprehensive assessment of AOD and behavioral health issues scheduled within 48 hours.

~**Home-Based Services** – individual, family counseling and case management services can be provided in the client's home.

~**Intensive Outpatient (IOP)** – psycho-educational groups meet Monday through Thursday, two hours per day for six weeks. Family members participate in one group per week along with their child. Participants learn new coping behaviors without using drugs or alcohol.

~**Aftercare** – aftercare groups meet two days per week for 1 ½ hours each day for eight weeks following the completion of IOP. Aftercare focuses on preventing relapse and continued recovery.

~**Extended Care** – individual, family, and/or group counseling. Extended Care participants focus on strengthening their sobriety plans and maintaining healthy relationships.

~**Case Management** – case management services assist and support individuals in gaining access to needed medical, social, educational and other services

essential to meeting basic human needs.

~**Individual and Family Counseling**

~**Crisis Intervention** – available to current clients and their families through Unison's 24 access program.

Youth involved with Unison's substance abuse treatment program also have full access to the agency's psychiatric services.

Professionals and family members who are concerned about a child's behavior and suspect a mental health condition and/or substance abuse, can obtain information and support by calling Unison Behavioral Health Group at 419-693-0631.

With over 35 years of experience, Unison Behavioral Health Group is the community's recognized and preferred leader in caring for the behavioral health and substance abuse issues of adults, adolescents and children. Unison accepts Ohio Medicaid and most private insurance.

Through their contract with the Mental Health and Recovery Services Board of Lucas County, Unison is able to offer subsidized services to Lucas County residents who are unable to afford the total cost of treatment. Unison is certified by the Ohio Department of Mental Health and Ohio Department of Alcohol and Drug Addiction Services. In addition, Unison is accredited by the Joint Commission on Accreditation of Healthcare Organizations.

2nd Annual Caregiver Expo to Take Place Saturday, November 7.

Author, Speaker and Award-winning Singer/Songwriter Karen Taylor-Good to Appear as Keynote Speaker.

Every day, across the area there are men and women who struggle to find care or assistance for an aging parent or other loved ones. There are families that feel the strain of watching one parent care for the other, and someone responsible for the care of a relative's child. There is someone who wonders how they can help an ill friend or neighbor, and someone who will worry how they will make ends meet while caring for a relative.

The Area Office on Aging of Northwest Ohio can provide answers at its 2nd annual Caregiver Expo, taking place Saturday, Novem-

ber 7, 2009, from 10:00 a.m. to 2:00 p.m. at the SeaGate Convention Centre in downtown Toledo. Sponsored by The Blade, MediCare and Tarta/Tarps Paratransit Service, the Expo will feature over 40 area exhibitors offering information designed to help caregivers provide medical, physical and emotional care to their aging loved ones – and much-needed support for themselves. Author, speaker and award-winning singer/songwriter Karen Taylor-Good will deliver the keynote address.

“This is the helping hand the ‘sandwich generation’ has been looking for,” states

Pauline King, Family Caregiver Support Program coordinator at the Area Office on Aging. “If you are currently caring for a parent, grandparent or other loved one with special needs – or if you anticipate such care in the future – then this is the event for you.”

Professional respite services will also be available on site for individuals who require day care for a loved one while they attend the event. To reserve respite care during the Expo, contact Lorri Esper at 419-725-7042. Registration must be made prior to the event to take advantage of this day care service.

Free Diabetes Education Class

A free one-hour diabetes education class will be offered at the Toledo Library-Kent Branch (3101 Collingwood Blvd., Toledo, OH) on Tuesday, November 10 at 6:00 p.m.

The class, called *Diabetes Review*, is a free one-hour seminar conducted by a certified diabetes educator and is designed to provide basic education about proper diabetes self-care. Topics of the

seminar include: meal planning and portion size, exercise, complications of diabetes, important health tests, blood glucose testing and new technology updates. A special training session on glucose meters and blood glucose testing tips will also be presented.

The class is hosted by the American Diabetes Association and Great Lakes Medical Supply.

The class is open to the public, but RSVPs are requested so enough educational materials can be supplied to all attendees. RSVP to Great Lakes Medical Supply's educational hotline at 888-745-4101 or email education@glmsupply.com. You may also view additional classes on GLMS' website, www.glmsupply.com.

Church's Chicken

TRY SPICY CHICKEN

2 PC Mashed Potatoes & Biscuit \$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

Mayor of Toledo, Do You Care ?

By Michael Hayes
Minister of Culture



My co-producer/best friend/cousin Lavale Stewart once gave me a pearl of wisdom. He said "Hate is not the opposite of love, APATHY is the opposite of love." I used to love Toledo. I used to want to run for mayor of Toledo (after my music career is fulfilled). But that was years ago. Now, I must admit I barely care that much. I was ON Carty's radio show as a teen in the late 90s. I was a die-hard volunteer on the Ford campaign. I was involved in politics so heavily early this decade that I was part of a convoy down to Washington D.C. and got pepper sprayed and accosted by police for protesting at Bush's second inauguration. After all that... I have become jaded, I think. No disrespect to Keith

Wilkowski or Mike Bell...but Ben Konop's thought-out plans for change were the only cure for my newfound apathy. I look at this city and it seems just as powerless as most other cities in the country to eek out a win against this recession and nationwide financial crisis. The jobs aren't coming back, the dollar is weakening still, and the Republicans are hell bent on keeping it that way even with the hardest-working president ever sitting in office.

Toledo, Ohio has always had a self esteem problem and I wonder after all these years have I succumbed to it. I'm not the only bachelor's degree holder who is unemployed, I know MANY. If you don't have medical or industrial skills, this city's opportunities shrink even further. I've done my part for a long time to work for the collective good in this city. But I have to admit, I am more about what is best for me and those I love. If the newly elected mayor of Toledo can provide real results that address MY personal concerns of an under-served 35 & under professional job market, and the lack of support for artistic entrepreneurs... if even those can be addressed, I'll be amazed. Hell, if the

newly elected mayor of Toledo can fix potholes, reduce crime (by criminals and those committed by law enforcement) and just keep us afloat... I'll be content. I'm not a hater. But I have crossed the line from optimist to realist when it comes to The Glass City. Maybe I'll cross back.

But for now, I'm not as concerned with whose steering the ship... I'm just assessing the challenges ahead and hoping we find a way to make it through.

Good. Morning. Beautiful. On Facebook, I'm usually promoting something I do with the label/my artists. So I wanted to make a digital event, something that could only happen online and something that I believed in. Through a conversation with my friend Meghan, I had an idea for this movement to promote natural beauty in women. I created an event and group on Facebook called:

Good. Morning. Beautiful.

The rules were:
On November 2nd 2009, All ladies were asked to take a pic of themselves

FIRST THING WAKING UP. No make up, no fixing hair, no jewelry etc.

And I asked the ladies to post this as their main profile pic. All day for 11/2/09. It was supposed to be a statement for women and a celebration for women and men. Natural beauty is an honest reflection and I wanted to focus on that. So... on Monday November 2... I was amazed to see that of the 90 women who said they would be participating, about half of them actually did it! It was amazing. I had participants in Columbus, S. Carolina, Atlanta and as far away as Korea. People I know well and people I know from online and even complete strangers all taking part.

Social networking sites are great for promoting events in the entertainment world but I broke away from that and just wanted to find an interesting way to address a popular issue.

All the ladies all day have said they felt nervous, but liberated.

Some of the ladies got some flack from people unaware of why their profile pic seemed to be a "caught off guard" moment. Friends, boyfriends and even a few mothers/aunts chimed in... LOL. But it was all in good taste, and it was indeed beautiful.

Haterz Get Mad At Jay Z

So sad to see Baby, Gucci Mane and of all people Beanie Sigel going against Jay Z with dis tracks and hostile interviews lately.

It's sad. Country music is at least three times more successful than rap/hip-hop.

Those artists are still pulling down platinum plaques consistently.

Just look at the release schedule at the majors when it comes to rap/hip-hop.

It's fruitless to even spend too much time arguing about who is the best.

But...that's hip-hop. Since I was in the fourth grade and had no idea what Ice Cube was talking about... there has been the

debate...the need to hash it out...the need to present your case. On one hand it is a beautiful thing because it gives blacks/Hispanics a chance

to intellectualize and think critically (trust, some of these debates are powerful). On the other hand, in order to have a quality debate, in order to reach a consensus, you need everyone to come to the table with a sense of honor, and logic. In the end, a logical argument should beat nonsense. But in this day and age, the nonsense is louder, the nonsense is more entertaining the nonsense is easier, so people don't even apply logic and the debate grows cancerous. It divides where it should evoke passion. In your high school yearbook, they have an award for who is the most popular.

What in the hell is that based on? Reputation? Who all knows you? What?

Aren't there usually like two or three people who that award could've feasibly gone to?

The award for best dressed is somewhat simpler, you can eyeball that...there's evidence for that. But who is really sitting there tallying up someone's freshness meter for an entire school year?? (well maybe at Rogers ;) he he..lol) But attendance, grades, even most athletic...those are logic based answers. Look at the proof.

WHO IS THE BEST RAPPER?

Look at the proof! But even before that you have to define best.

Do you mean who is the best rapper in terms of who can put rhymes together most creatively... who can give you the hottest bars?

Do you mean who can sell out a tour?

Do you mean who can sell a million or more units?

Do you mean who can have the most impact on the mixtape or internet scene?

Do you mean who has reached a level of success so gargantuan that they have become an icon with considerable reach into other industries?

Do you even understand the difference between a rapper who is a boss, versus a rapper who is a mogul versus a rapper who is a power broker?

Is the best rapper the one who creates styles, trends and leaves everyone trying to copy what they've done?

Is the best rapper someone so futuristic with it that you aren't even fully comprehending what they are creating right now and it might set in later after the game has elevated to their level?

Is the best rapper the one with the most songs on the radio?

What if there's a different answer for all these questions, then how do we decide who is best?

I will leave you with this. Before I even chime in on this subject it has to be understood that our debate will become senseless bickering unless we can agree to simple benchmarks. We have to playing from the same deck of cards if we are to all sit down and deal squarely with each other. Hip-hop culture is rusting...decaying before our eyes. And I don't mean that old-school D.J.ing, B Boying culture. I mean just the part of it I grew up in.

Where you could read The Source or XXL, and you could have an informed conversation about the music you love. That is dying.

So before I even engage in this debate, we need to get on the same track.

"A wise man once told me never argue with fools, because people at a distance can't tell who is who" - Jay Z.

Next week, fam.
Glasscitytruth@yahoo.com

Dream It • See It • Own It

THE CITY OF TOLEDO DEPARTMENT OF NEIGHBORHOODS PRESENTS

TOUR TO!EDO

Preview of

HOMES

SCATTERED SITE



Friday, November 6 - Sunday, November 8, 2009
Noon - 6 p.m.

**TOUR TO!EDO Special Section & site map inside
The Blade on Thursday, November 5th — Check it Out!**

The City Of Toledo Department of Neighborhoods invite you to **TOUR TO!EDO Preview of Homes**, a **FREE** scattered site exhibition of model homes available for purchase through the **Dream To Own Program**.

Explore the architectural design of urban living through the tree-lined streets of Toledo filled with fresh fall accents of the season! Look inside **The Blade on Thursday, November 5th** for your copy of the **TOUR TO!EDO Preview of Homes Special Section** — loaded with a scattered site map of the featured homes, floor plans, home descriptions and much, much more!

Bring the kids along for this weekend tour, we've invited a special guest for their enjoyment between noon - 2 p.m. each day!

Additional information will be available on down payment assistance, financing options, interest rates and other investment opportunities.

Sponsored by:

THE BLADE
toledoblade.com

APPLIANCECENTER

Call today for advertising rates and your space reservation.

419.276.8279

Special Section Publication Date: Thursday, November 5, 2009 • Space and Copy Deadline: Friday, October 23, 2009 — hurry, space is limited!



Mailbag

(Continued from Page 3)

Delma (not my realname), age 29, says: I am a beautician and my biggest profit margins are with extensions and falls. I do it to stay in business. If I do not do them, someone else will. If white beauticians were to catch on to our styles, we would be out of business in five years since my customer base would go to them if the white beauticians were ever to make their shops attractive to a black clientele.

As to the Cotillion questions:

James, a parent of two daughters states: Thanks a lot. I needed to read that article and show it to my two girls. They laughed and said they have no problem in not going to a Cotillion. They said their friends who went were frazzled by the time commitments and the money spent and years later, they saw no appreciable benefits from it.

Marcene, a former Cotillion debutante says: Your article was funny and sad at the same time. I saw myself in the article and when the Ball was over and the gowns put away, I still felt as if I was not part of the larger society. I would not do it again.

Courday asks: I do not mind the concept but my concern is that it is still a segregated social event and we are still two societies trying to act as if we are to-

gether but we are not.

Renille says: My son was an escort at two Cottillions and he hated them. He said it was real phony and no one got any great benefits from it except learning how to curtsy and do ballroom dancing. He did it as a favor to two girls who wanted to go but did not have escorts.

Tomisa-Leigh says: When I used to live in Toledo, I was a debutante at a Cotillion. I loved the party-

ing and the dressing up but when it was over, there were no changes in my chances to do things. Also, I was never told what "society" we were being introduced into! The Cotillion did not change my life. Just see it as a social dance and you will not be disappointed in all of the hype.

Gregory says: I went and it was OK. Would not do it again and would not have my kids do it. It was not rel-

evant to anything I was doing at the time. It needs more substance and just to whom are we being introduced? I never met any of those people!

Arlene says: I went only because my auntie said it would be a lot of fun and it would improve my life. It was fun meeting all the kids and dressing up but afterwards, I did not see any real benefits from it. Were we supposed to?

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 Emory

534 Mettler - \$50,000
Priced to Sell - 3 bdrms, 1 full bath, Beautiful Brick Home, 1.5 story, Large Finished Dormer with lots of storage, 2 car garage
Call Alma Dortch-Gilbert 419.297.2301 for appointment
 adortchgilbert@sbcglobal.net

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

Real Estate Sales - Property Management
 Lease Purchase & Rental
 Condominiums Apartments
We are a FULL SERVICE REAL ESTATE Company
 Kimberly Brown
 Call 419.810.7097 Office 419.537.1090
 Realtor Kimberly is a licensed realtor for 10 years.

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

STUDIO 329 WANTED HAIR STYLIST BOOTH RENTAL
 reg \$110.00 a week/ NOW \$65.00 a week
 For information call 419.944.8350
 1238 Flaire Drive - Toledo, Ohio 43615
Where The Stars Come

"FEEL GOOD ALL OVER STARTING WITH YOUR FEET"
 If you have foot problems such as bunions, hammer-toes, heel spurs, fungus, thick toenails, diabetes, neuromas, callouses, or are in need of orthotics or diabetic shoes. **Please do not wait!**
Visit Dr. Jean today at 1857 N. Reynolds Rd. - Tel: 419.537.9877
 Almost all insurances are accepted including Medicaid and Caresource.

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 Emory

Brookley - \$59,900
 3 Bedroom, 1257 sq. ft; Finished basement
Call Kimberly Brown - Seaway Asset Management
419.810.7097

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!!

West Village - \$149,500
 2139 sq. ft. condo. Really great unit. Looks like Pottery Barn decorated this home. Ready to move in. Extras, extras, extras. Upgrades everywhere - flooring, cabinets, lighting. Patio gives a feeling of Paris Bistro.
Seaway Asset Management
Call Kimberly Brown - 419.810.7097

WHITTINGTON GROUP REALTY
HOUSES FOR RENT!!!! SECTION 8 WELCOME!!
 Website: www.whittgrouprealty.com
 Click on Featured Listings and Navigate
 OR call 419.536.7377
 Email: 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™

"A Life with natural health and beauty"
 Body magic system - designed to re-shape, restore & revive Vitamins
 Variety of nutritional supplements
 Lose inches without exercise or surgery
Contact me to set up a showcase -
 www.ardysinternational.com/unique designs:
 Traci Barner drknlylvbarner@yahoo.com: 419.346.8610

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

4522 Oak Creek \$84,500
 3 BDRM brick/vinyl ranch home 2.5 baths and Master Suite. Large LR/DR with updated 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

Hillandale - \$92,000
 Ottawa Hills condo. 1440 sq. ft., 2 full baths. Location, location, location. Bright home, new carpet, newly painted. Spacious one floor. Lots of storage, private garage. One great unit.
Seaway Asset Management
Call Kimberly Brown - 419.810.7097

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

Woodley Court - \$259,000
 6 bedroom, 2 1/2 baths, 3488 sq. ft. Custom-built home. Must see to believe. Located in the quiet Trail Acres subdivision. Built for entertaining or large family. Easy to show and ready for buyer.
Seaway Asset Management
Call Kimberly Brown - 419.810.7097

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.

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

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 MACAMBER
 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

Good Credit or Bad Need a Car? New or Used Call JP the Stork He Delivers 419.320.0863

210 Bloomfield - \$59,900 GREAT BUY!
 3 bdrms - 1 full bath - livingroom/dining combo with cozy kitchen. Beautifully landscaped with fenced in yard. Move in ready!
Call Alma Dortch-Gilbert 419.297.2301 for appointment
 adortchgilbert@sbcglobal.net

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

CLASSIFIEDS

November 04, 2009

Page 15

INVITATION FOR BIDS

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

JOB NO.: 29096

PROJECT NAME: Northern Heights Concrete Replacement

WALK-THRU DATE: Thursday, November 5, 2009 @ 10:00am

BID OPENING DATE: Tuesday, November 17, 2009 @ 11:00am

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

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

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

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

LUCAS METROPOLITAN
HOUSING AUTHORITY
MODERNIZATION DEPARTMENT



School Nurse

Caring and knowledgeable School Nurse needed for a small community school. Fax resume to 419-535-5915

Our First Love

Professional 24-hour educational center. Now enrolling – first, second, third shifts. Ages six weeks to 12 years. Why trust your loved ones to just any one? Give us a call. We offer three convenient locations ... and more

124 W. Bancroft – 419-241-1042
2704 W. Central – 419-474-5978
522 E. Broadway – 419-720-6820
ODJFS Accepted

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.



TAP IN TO OUR INCREDIBLE ENERGY.

Build a career you point to with pride.

Columbia Gas of Ohio is a subsidiary of NiSource Inc. (NYSE: NI), a Fortune 500 company engaged in natural gas transmission, storage and distribution, as well as electric generation, transmission and distribution. Forward-thinking and positive, we now seek a:

SENIOR FITTER OPERATOR

Toledo, Ohio – Starting Wage: \$23.97/hr.

Looking for customer-focused, team-oriented candidates with positive attitudes to take Columbia Gas of Ohio in Toledo to the highest level of safety, customer service and productivity. Duties include natural gas pipeline tie-ins, leakage repair, pinpointing leakage, replacing services or portions of mains and will involve operating all light earth-moving equipment. You will also maintain equipment, perform transfers and disconnects, do reads/reads, locate/repair curb boxes, remove meters and collect on delinquent accounts or disconnect gas service. Job requires working in all weather conditions and is subject to DOT Anti-Drug and Alcohol Misuse Prevention Plan (AMPP) regulations. The ability to respond to emergency calls and work overtime is essential. Valid Ohio Commercial Driver's License (CDL), motor vehicle record check, background check and drug test required. You must live within 25 miles of Toledo to qualify.

To apply, go online to: www.nisource.jobs and search for the Senior Fitter Operator posting, Job #905523. All applications must be completed no later than 11/6/2009.



A NiSource Company

EOE

www.nisource.jobs

The University of Toledo

Job 999479, Assistant Director, Law Admissions, College of Law:

The Assistant Director of Law Admissions is involved with matters of student recruiting, admissions policy, diversity recruitment, student atmosphere, recruiting travel strategies, budget allocations, evaluation of applications, and developing recruiting materials for law admissions. Requirements for the position include a Bachelor's degree; Juris Doctor or 3 years experience in law admissions. This position will be required to occasionally travel throughout the US and work some evenings and weekends. Proficiency with Microsoft Office required. ACES2 and Banner experience preferred. Must have valid driver's license.

Job: 999068 Assistant Director, Financial Aid, College of Law:

The position of Assistant Director administers financial aid to law students to secure funds necessary to pursue their education; counsels students regarding eligibility, rights, responsibilities, debt management, scholarship options, verification process, budgets, and consortium agreements; processes long and short term loans; provides compliance documentation for internal and federal auditors. Requirements for the position include a Bachelors Degree, minimum of 3 years experience in financial aid, knowledge of computers, knowledge of the financial aid process and regulations.

For more information 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.

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, in-door mailboxes, reserved parking and busing to local grocery stores. Applications are now being accepted. Call 419.872.3510 or 419.874.4371



Tailors Wanted

Faith's Dry Cleaning & Tailoring Shop needs tailors. Apply in person
2491 Collingwood Blvd., at Delaware

For Rent

Beautiful remodeled East Side Section 8 approved two-bedroom home for rent. \$550/mo. fenced yard, quiet neighborhood on a dead end street. 2620 Norwalk off of Wheeling, in the Birmingham district. Call 419-410-7193

DIRECTOR OF HOUSING CHOICE VOUCHER PROGRAMS

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for this position. The position plans, directs and reviews the work of employees engaged in the administration of all Section 8 Housing Choice Voucher (HCV) Programs; interprets, develops, and implements operational policies and procedures to achieve and maintain optimum program effectiveness and utilization and to ensure compliance with all applicable rules and regulations; trains and evaluates subordinate personnel; coordinates activities with other Authority divisions to ensure consistency in operations; ensures fiscal accountability and responsibility and assists Executive Administration in establishing departmental goals and objectives. Requirements: Bachelor's degree in Business Administration, Public administration, Human Services, or other related discipline, plus five (5) years progressive management and supervisory work experience in Section 8 management/administration, or equivalent. Must possess and maintain a valid Driver's License and insurability; must possess HQS and Certified Occupancy Specialist Certifications or receive certifications within one (1) year of employment, also must complete training in HCV Financial Management and Reporting. Salary Range: Depending upon qualifications. We do background checks and this position is subject to drug and alcohol testing. Please note on your submittal if you are a public housing or Section 8 resident. Please submit cover letter and resume specifying the position for which you are applying to: LMHA, PO Box 477, Toledo, OH, 43697-0477, Attn: Eleanor L. Gore. **All materials submitted must be received at LMHA not later than 5:00 P.M. on Friday, November 13, 2009.**

NO PHONE CALLS

Visit our web site www.LucasMHA.org or call our job line (419) 259-9537 for a complete listing of employment opportunities. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, creed, sex, military status, ancestry, disability or national origin. Persons with disabilities are encouraged to apply.



CLASSIFIEDS POSTED ONLINE AT:
www.THETRUTHTOLEDO.com

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.



Book Review

It's All Good by Nikki Carter

c.2009, Dafina Kensington

\$9.95 / \$11.95 Canada

240 pages

By Terri Schlichenmeyer
The Truth Contributor

You have enough drama in your life. And it all starts at home.

Your mother is always asking favors and while you usually don't mind, sometimes you just want to roll your eyes hard. Where does she get these ideas?

And then there are your friends. You love them to infinity and beyond but they can make you insane. You wish you weren't wrapped up in their drama, too, but hey—that's your job, right?

In the new novel *It's All Good* by Nikki Carter, Gia Stokes is back and totally up in her friends' business. But that's not a bad thing, is it?

It's almost the middle of junior year and 16-year-old Gia Stokes is pumped. She finally made co-captain of the Hi-Steppers Dance Squad at school and the squad is on their way to

the state's biggest game, where the Spartans are going to be champions. And one of those champions is Gia's BFF, Ricky.

But Ricky has been all weird lately. He gave Gia a Tweety bracelet at the beginning of the school year and that's such a boyfriend thing. It's got her wondering if Ricky's crushing on her. Because if he is, she likee.

And another weird thing: Valerie, the Hi-Steppers' other co-captain is so nasty. Sure, Valerie is a senior and it's her last year in the squad but is that any reason to hate on the girl who was crowned Homecoming Queen? Is that any reason to trash the girl on Facebook?

As if this can't get any more dramatic, Mama Gwen got married to LeRon and now Gia has a step-sister. Candy is just a

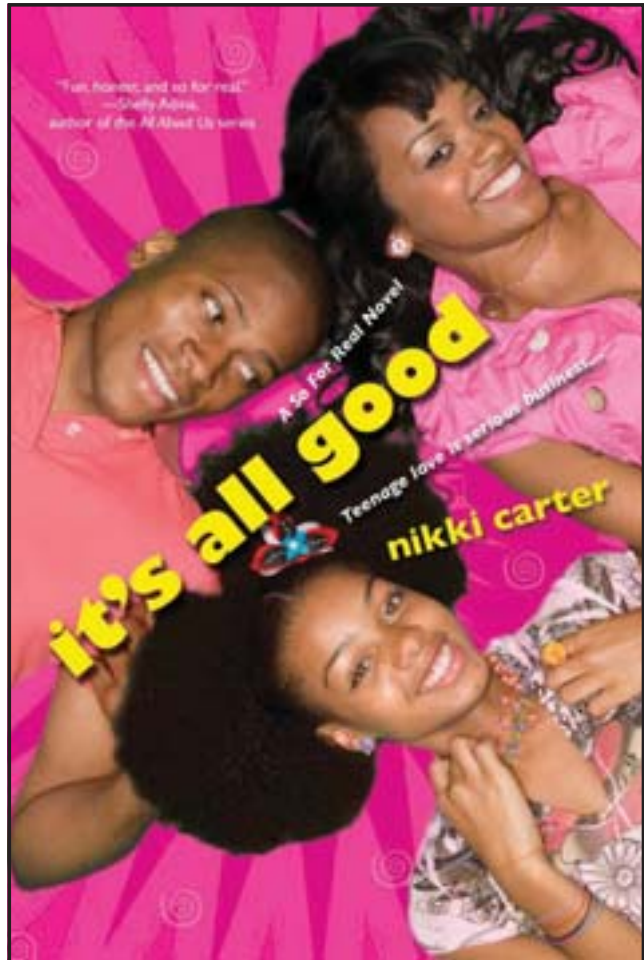
freshman and she's got a lot to learn, but while Gia's not so thrilled to have her around, it's pretty cool to have a little sister. Even if she was a shoplifter once.

And then there's this new project that Aunt Elena and Gwen have cooked up: a purity group at church they call PGP (Powerful Girls are Pure). Well, you might just as well slap a "GEEK" sign on everybody's forehead, right?

But as the school year progresses and things fall into place, Gia Stokes learns that things aren't so bad. In fact, it all turns out to be pretty great.

Okay, so how old is author Nikki Carter, anyway? Because she absolutely nailed teen culture and language, dead-on.

It's been a long time since I've read a young adult novel that's as fun



and fresh as *It's All Good*. Gia is funny and smart, the kind of girl anybody would like as a friend. Her classmates are well-written (the good and the bad), and the adults don't come across as completely ri-

diculous, bumbling fools. The best news is that this is the latest installment in a series, so old fans will be familiar and new fans can start at the beginning.

If you're looking for a teen novel that's written by someone who doesn't sound like your great-grandmother, then look for this one. There are few better than *It's All Good*.

If you're looking for a