



Local and National News

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Volume 17, No.06 "And Ye Shall Know The Truth..." December 02, 2009

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LUCAS COUNTY POLITICS

A GAME of MUSICAL CHAIRS



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This Strikes Us ...

A Sojourner's Truth Editorial

In all the turmoil that will ensue at Toledo Public Schools, lost in the equation, as usual if the past is any indication, is how are we going to close the educational attainment gap for those students who are getting left behind in such great numbers.

Unfortunately, every upheaval on Manhattan Blvd. serves as a distraction to this great effort.

Whether the question is one of minority contractors, the remodeling vs. rebuilding of Scott High School, the Board of Education elections, or any other number of divisive issues, rarely is educational attainment given the attention it needs.

Now comes the resignation of Superintendent John Foley and what will be a nationwide search for his successor. If you don't remember the last nationwide search, more power to you. For those of us who do, what we recall was that it quickly degenerated into a nightmare, part of our long city-wide nightmare over the sorry state of our educational system.

As we ponder the Board of Education's next choice for superintendent, we thought we would throw in our two cents worth about what direction the next leader and his or her administration need to take.

But, first of all, let's dispense with all the nonsense with which we measure academic success these days.

Those test scores that indicate the district is on the move academically are absolutely meaningless. Aside from the issue that central city schools lag behind those on the perimeter, rising test scores are merely an indication that administration, teachers and students have gotten better at working the system. There is no sign that our students have either gotten smarter or gained more wisdom, they have simply gotten better grades.

We would suspect that the next superintendent will give much lip service to the priority of improving our students' graduation rate. When that happens, we will know immediately that we are in for the same old prescriptions for what passes for success that we have heard before.

The problem with focusing on improving the graduation rate is much the same as improving test scores, the system can be manipulated to achieve what passes for success. To improve graduation rates, we merely need to entice students to stay in school by whatever means may be at our disposal. We can keep them in school without necessarily giving them more knowledge or improving their chances of success in their post graduate lives.

It might be easy enough merely to keep them in school but that's not where our focus, as a society supposedly committed to education, should be.

We write again, as we have in the past, that what we as a society that values education should be more focused on is preparing our students for our schools more than using our schools to idly occupy 12 years of a young person's life.

We need to gain some understanding of the fact that education does not start at the kindergarten age of five and end at 18. Education of a child starts in the womb and never ends. Until we reach that understanding – that a literate society begets a literate society – all the manipulation of scores and years in school will avail us absolutely nothing.

Our biggest challenge is to create an environment, with the help of educators and government officials, non-profits and business enterprises, of education and literacy. A city that reads, for example. A city in which parents are encouraged to read to and speak to their children from the moment they are born.

Studies have shown that kids from lower income homes have on average, at the age of three, a vocabulary of about 550 words. On the other hand, those from upper income families have on average a vocabulary of more than 1,100 words. It's a discrepancy that can be corrected but certainly not in our challenged educational systems.

The model for a holistic, womb to adulthood educational approach is Geoffrey Canada's Harlem Children's Zone that he started in 1990 and has so impressed President Obama that he would like to have the system replicated in 20 American cities. Toledo is not likely to be one of those 20, we'll have to find our own way.

We hope that the next superintendent and our next mayor can take a fresh look at education, combine resources and begin to change the very culture of Toledo's educational environment.

The Harlem Children's Zone might be a good place to start to look for inspiration.

Community Calendar

December 4

"Tis the Secor Holiday Celebration and Art Sale:" Exhibition of artwork and open studios of Secor artists; The Secor Building; 6 pm to midnight: 419-297-3822

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

Wayman Palmer YMCA Annual Christmas Party: Lunch from 10 to 10:30 am; Christmas program from 10:30 am to noon: 419-241-7218

Prayer Brunch: "Prayer Makes the Difference;" Church of the Living God; 11 am to 1 pm; Speaker Lashonda Armstrong; 419-241-8045

Kaleidoscope Ensemble Concert: "The Babe of Bethlehem;" Unity Methodist Church; Soloists Nate Gurley, Rine Allison and Rev. Darrell Sheares; 7 pm: 419-380-3100

Dance Auditions: Collingwood Arts Center; 5 to 8 pm; For crews only (four or more): 419-255-4489

December 5-6

Grace Temple's Annual One Stop Shopping Christmas Bazaar: Saturday from 11 am to 5 pm; Sunday from 1 to 4 pm: 419-841-4614

December 6

Clarence Smith Community Chorus Annual Christmas Concert: St. Martin de Porres Church; 6 pm: 419-535-1602 or 419-534-2299

Third Baptist Church of Holland Mass Choir Winter Musical: 4 pm

Ebenezer MBC 14th Pastoral Appreciation Services: Pastor Jimmie L. Jordan, Jr. and First Lady Rosie Jordan; 3 pm; Guest Rev. John Williams and Eastern Star Church: 419-205-1735

December 7

Sexual Abuse PATH Coalition Meeting: 11:30 am to 1 pm; UT Scott Park Campus, Conference Rm 3920: 419-729-0245 or cece@myrnirvananow.org

December 12

Joy of Giving Dance: Hosted by Delta Sigma Theta Sorority, Inc Toledo Alumnae Chapter; Hot Peppers; 9:30 pm to 1 am; Food, cash bar and prizes: 419-530-3850 or ambershaun@yahoo.com

December 13

Sixth Annual Messiah Sing-A-Long: Christ the Word Presbyterian Church; 7 pm; Soloists include Curtis Cook, Celesta Kirk, Sarah Dionne, Robert Fredrick and Don White; Toledo First Seventh Day Adventist First Church (419-329-1100

Nurses Guild Annual Candlelight Service: New Prospect Baptist Church; 4 pm; Speaker is Rev. Casey Diggins: 419-241-2624

December 18

St. Paul MBC Faith Friday: 7 pm; Speaker Rev. Allen Smith, associate minister

December 25

Merry Christmas!!

Thomas Temple C.O.G.I.C. 5th Annual Free Christmas Dinner: 1 to 3 pm

December 26 – January 1

Kwanzaa 2009: "Hope, Change & Unity;" Wayman Palmer Community Center YMCA; Doors open 5 pm nightly: 419-471-1912

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Betrayal

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



n. 1. *The delivering up or giving over (by breach of trust) to the enemy.* 2. *A treacherous violation of confidence.* Soule's Dictionary of English Synonyms

There may be no sadder human act, nor one more painful, bruising and physically or emotionally-scarring than the base, despicable act of aiding and abetting those who are set out to harm someone vulnerable to our trust and confidence.

Betrayal sometimes entices us into believing that its loathsomeness has gone undetected because the act is sometimes passively committed. Further, it is even more abhorrent and execrable when it is a collective transgression.

That was the point being driven home in a historic address at a meeting of the organization Clergy and Laity Concerned given by Martin Luther King, Jr. in Riverside Church in New York City on April 4, 1967, exactly a year before he was assassinated.

King stated, "A time comes when silence is betrayal." While King used the statement to express his opposition to the Viet Nam war and the policies of the Lyndon Johnson administration, there are 21st Century issues affecting the community and society for which the same principle of betrayal by silence is profoundly true and relevant.

After weeks of public criticism for allegedly euthanizing too many dogs, Lucas County Dog Warden Tom Skeldon resigned effective December 31, according to recent media reports. One local television station had 335 broadcast mentions of the "dog controversy" according to its website. The Toledo Blade newspaper posted 53 separate mentions or articles – from Lucas County Commissioner Ben Konop's call for an investigation into the death of a dog after it was tranquilized by a deputy warden and demands for Skeldon's ouster to then Toledo mayoral candidate

Mike Bell's expression of outrage over the "high number" of dogs killed at the County pound.

Yet by comparison, there were only 19 mentions of the savage December 2007 beating death of Tayvon Evans, a local 23-month-old toddler and victim of child abuse.

While the national media coverage of the murder of 5-year-old Shaniya Davis, who was recently found abandoned in a wooded area of North Carolina might be considered an exception, unresolved cases such as Asha Degree, a missing then nine-year-old girl near Charlotte, last seen by a truck driver (who failed to stop or inquire) walking down the road at 4 a.m. on February 14, 2000; or Finlea Mitchell, a pregnant 15-year-old missing in Springfield, Ohio since Sunday, November 22 and scores of other underpublicized missing and abused black children continue to endure needless suffering or even death because their victimization is allowed to continue without protest.

Child fatalities are the tragic consequence of maltreatment, according to the U.S. Department of Health and Human Services which estimates 1,760 child fatality

victims nationally, in their latest report – three quarters of which were younger than four years of age. Ohio, has the eighth highest rate in the nation of 3.27 fatalities per 100,000 children.

Yet there have been no cries for the removal of any public administrator or official, no marches or press conferences by the religious community and no mass meeting, photo ops or public pronouncements in Toledo by local or national civil rights leaders or groups.

With 753,357 reported victims of child maltreatment nationally – including neglect, physical and sexual abuse, psychological maltreatment and medical neglect, where is the outrage?

Although abuse affects all ethnic and socio-economic groups, often race and poverty causes those victims who do not fit the image of "blond blue-eyed innocence or purity" to be virtually ignored by the media, according to Henry Giroux, PhD.

Also, African-Americans, who possess the highest rates of victimization at 16.7

per 100,000 compared to whites at 9.1, are often kept in bondage by a culture which has traditionally kept secret any family information that is difficult or shameful.

In addition, there are many in the black community who have been vocal and outspoken on issues of black wealth, achievement and individual accomplishment but skeptical of a perceived media fascination with black pathology and are quick to usher from their consciousness any black images of dysfunction or that align with racial stereotypes.

Likewise, the post-civil rights black church has been focused on themes such as prosperity, heaven, or rules, rituals and traditions and silent on issues such as abuse, poverty, violence, literacy or health and mortality.

This plays right into the hand of the perpetrator, says Pamela Crabtree, a child abuse survivor and president of Yell & Tell: Stop Child Abuse Now, Inc., an agency she founded in 2004. "The perpetrator, who will abuse an average of 750 children

during his/her lifetime, relies on intimidation and silence to avoid being detected."

She adds, "Child and sexual abuse is a silent shame. And although abuse costs each American household \$1,400 per year in direct and indirect costs, we don't want to talk about it and so the problem becomes more pervasive."

For certain, the days of perceiving children as something or someone to be seen and not heard are long gone. Even more apparent is that 21st Century living is more difficult than ever for anyone. But for children – particularly those who by virtue of their race, class or age are deemed "expendable," it is precarious at best.

In a society which responds only to the noisiest segments of the masses, the lack of a grassroots, media-supported public outcry over the torture and killing of our children is more than merely letting them down, it is betrayal.

Contact Rev. Donald Perryman, D.Min., at ddperryman@comcast.net

THREE LATE THOUGHTS ON THE ELECTION RESULTS.....

By Lafe Tolliver, Esq
Guest Editorial



out spent, mayor designate Bell ran into the burning building of One Government Center party politics and is and will be putting out the fires started by pyromaniac Carty Finkbeiner a/k/a: lame duck mayor.

The sooner Carty can clean out his \$9999.99 shower stall (remember that bit of financial trickery done early in his term?), the sooner this city can gather its wits about itself and move on.

The fat cat party bosses were using old policy papers of they being the only pony show in town and simply believed that the old alliances including the strong bloc voting of the docile Negro voter would take them over the top with Keith Wilkowski.

Not this time. Both candidates were qualified to serve and to lead but when you start relying on your past history as a done deal to win mayoral elections, you are doomed. Too bad that judicial candidate Ian English was a casualty of these divisive party/race politics. Hopefully he will dust himself off and

run again.

Toledo needs more people to run as independents and thus change the mind set of both political parties and to get new ideas in the system. Bell will be able to employ savvy people from both sides of the aisle and now that word "aisle" will include independents. To the victor belong the spoils!

(2) Well Fran Lawrence, the Queen For Life of the Toledo Federation of Teachers, is so excited over the defeat of vocal school board member Darlene Fisher that she will probably need a two-month-long prescription of extra strength Valium to calm her down. Darlene Fisher was not the worst school board member ever...as purportedly quoted from Her Highness Fran Lawrence. Darlene Fisher just didn't kiss Fran's ring on command. Fisher's loss is a loss for the community, the school board and its becoming a progressive board.

My prediction?
The school board will re-
(Continued on Page 4)

(1) Well, do not let anyone kid you, my friend, the Democratic fat cat party bosses are still crying in their beers at bars all across the city. Not crying really but sobbing heavily because they lost both the mayor's office (after all of these years) to an eight-year absentee independent and a municipal court judgeship to a "johnny come lately" Republican newbie who works in Wood County! Go figure.

The party of the donkey got a swift beat down by the "machine" of Mike Bell & Company. Out gunned and

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Politics as Usual – The Musical Chairs of Term Limits

By Fletcher Word
Sojourner's Truth Editor

Now that the most recent political campaign season has come to an end with the early November elections, it's time for the next one to begin. And according to all indications – it has begun in earnest.

As 2010 approaches, seats are open locally in the Ohio House and Senate districts, primarily because of the issue of term limits and how to work around them.

The Ohio General Assembly in 1992 imposed term limits on legislators, preventing them from serving in the same chamber for more than eight years – eight elected years. The legislation does not prevent ambitious public servants from switching from one chamber to the other in order to remain in Columbus.

Toledo also has term limit legislation for city elected officials and one member of City Council's term expires at the end of 2011 as a result. The jockeying for that seat has already begun.

The first salvo of the 2010 campaign was fired by current Toledo City Council President Joe McNamara, a Democrat, who has decided to step down from the presidency in order to explore the possibility of running for a state senate seat.

That move opens up the presidency for another contentious battle – they are virtually always contentious, after all. Councilman Michael Ashford, who served briefly in the position in the second half of 2007 and has been frequently mentioned as a candidate for the position, has disavowed any interest this time around.

Newly elected at-large Republican Councilman Rob Ludeman, who held the presidency during the first part of 2007 and then lost it in a Democratic coup to Ashford, is one of only three Republicans on Council and would appear to have little chance of gaining enough Democratic support this time around as he did several years ago.

Ludeman, who served the residents of District 2 before he had to bow out due to term limitations, has been on a two-year hiatus from public service.

McNamara has shown interest in the Ohio Senate opening in District 11 – one of 33 seats in the Senate. That district, which encompasses most of eastern Lucas County – the greater part of Toledo and all of the City of Oregon – is held by Democrat Teresa Fedor. Fedor is currently serving her sec-

ond four-year term in the Senate, having served in the House in 2001 and 2002.

Fedor has held leadership positions in the Senate such as minority leader, minority whip and assistant minority whip but she is term limited from running for re-election in 2010.

In order to continue her public service, Fedor is seeking to return to the House and that would be to District 47 whose representative, Democrat Peter Ujvagi, is also term limited.

Ujvagi, now in his fourth two-year term, ran for the House seat in 2002 when he was term limited from running for re-election for Toledo City Council. He was president of Council – from 1997 to 2002 – as he exited that legislative body.

And what would Ujvagi like to do now that he is prevented from continuing his run in the House? Naturally, he wants to run for the seat that Fedor holds in the Senate.

But not so fast, my friends. Formidable opponents are lining up on the Democratic side to battle Ujvagi.

One of those would be Democratic State Representative Edna Brown of District 48

who is ... and you probably saw this one coming, term limited from continuing in the seat she has held since January 2002. Brown is actually in her fifth term, having been appointed to fill the seat vacated by Jack Ford when he was elected mayor.

Brown worked for the City of Toledo for 32 years before being elected to City Council where she served for six years before her appointment in 2002 to the General Assembly. She is first vice president of the Ohio Legislative Black Caucus and serves on the executive committee of the National Black Caucus of State Legislators.

"I've been around for a while and have proven myself to be an effective legislator," said Brown earlier this week as she and her team were still busy planning the announcement of her candidacy for the State Senate. "I think my chances are pretty good."

But the question is – are her chances improved by a crowded field?

Not only will Brown have to square off against her fellow

representative, Ujvagi, but the Democratic side of the race will also, in all likelihood, include McNamara.

McNamara has not officially decided about the run yet, but the fact that he has given up his presidency is a pretty clear signal of which way he is leaning and while Brown and Ujvagi will be touting their experience, McNamara has indicated that he will be mentioning the prospect of his election bringing "fresh ideas and new perspective" to the legislature.

"It will be competitive," said McNamara of the donnybrook that is rapidly approaching. "I have a lot of respect for both Peter Ujvagi and Edna Brown." Nevertheless, said McNamara, "I like my chances."

And what's not to like?

In the recent race for City Council, McNamara, running at large, finished first among the city council candidate field, garnering more votes than did the eventual mayoral victor, Mike Bell. McNamara was named on 37,702 city-wide ballots compared to Bell's 36,108. The District 11 Senate

seat will encompass an area larger than that in which either Brown or Ujvagi have competed.

Closer to home, after an election in which six at-large seats in Toledo City Council were decided, with relatively few surprises, one might have assumed that all would be quiet in City Council chambers for just a bit.

Not so.

Councilman Mike Craig, who is one of the few to have expressed interest in the presidency, might be the favorite to capture the post if only by default. He may be the only councilman, said Ashford recently, who could put together the requisite seven votes.

Meanwhile, Wilma Brown, who has represented the city's District 1 for the past 10 years, will be term limited from running again in 2011 and names are already being tossed around for that seat. Aji Green, who ran for the Toledo Board of Education this past November and finished out of the running in his first try for elected office, is said to be considering a run for council.

Three Thoughts

(Continued from Page 3)

vert to its safe old ways of singing their pledge of allegiance to Queen Fran before every board meeting and genuflecting to her every time she comes within 100 feet of them.

Who is going to champion the issues that Darlene Fisher fought for? Please do not say Larry Sykes. He fell down the stairs and broke his good leg selling, "I'll be a watchman for minority inclusion" wolf tickets on the missed \$680 million school rebuild opportunity program and now he just won another chance to break his other leg! Some things you simply do not need to repeat.

Memory-challenged voters really missed a chance to send Larry Sykes a message that talk is cheap...and you have no roll over minutes.

When you have any school board members who are not used to independent thinking and who sent or send their kids to parochial or private schools but they want to govern your kid in a public school system... watch out! What rank hypocrisy!

I have always said that a requirement of being a school board member should be that if you have kids, those kids must attend Toledo public schools; and also any teacher who teaches in the Toledo public school system must...I repeat...must have their darling little Johnny or Suzie attend Toledo public schools. No exceptions. None. If you do not like it...don't run for the school board or teach or

administer or work in Toledo public schools.

If the urban schools are not good enough for your precious kids, then they are not good enough for other people's kids. That is like the head of GM driving a Kia!

Can you imagine how fast things would change in the atmosphere and culture of education if teachers and administrators and workers had to have their kids attend the same school system out which they draw their paychecks? Ever hear the phrase... "greased lightning?"

Hopefully (knock on wood!) the chemistry of this new board will result in it being pro student and pro parent and not a doormat for Fran Lawrence's agenda.

(3) Now that the casino issue has passed and we will soon see a Taj Mahal building rising up on or near Rossford, I am wondering how many clergy (those who advocated for Issue # 3) will be taking up courses like the Science of the Poker Table or Slot Machines 101 For Dummies.

If you, as clergy, endorsed the casino issue and then ran for cover under the guise of it creating jobs, do not complain if your church members are later found to be somewhat compromised by this gambling issue and the attendant ills thereto.

Clergy who backed the casino nightlife have a slipped disc in their biblical


backbone of discernment and are bowing their knees to Baal. It could also mean that church may be in danger of becoming lukewarm...neither hot or cold... and this casino endorsement is merely a symptom that they have left or are leaving their first love. You cannot serve both God and Mammon.

You would expect more from these pulpites than allowing or encouraging or condoning grandma to bet her monthly social security check on an inside straight flush but truth is stranger than fiction! If you initially support casinos you must then continue to support their ongoing success by encouraging people to go to them.

After all, if you endorse casino gambling, you can't pull up your preaching robes in a huff and leave the pulpit in a snit when your church members start dropping in I.O.U. notes into the offering plates because their church money was robbed the night before by the one-arm casino slot bandits.

The guff that casinos will create more jobs and thus are needed is contra to your professed mantra that God is to be the source and supply all of your needs.

Nothing is more embarrassing than seeing blind clergy, with aces of spades hidden in their Bibles, trying to lead blind church gamblers. Both will throw craps and lose.



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1:30 & 3:30 p.m., Saturday; and, 1:30 p.m., Sunday
"The Star of Bethlehem: An Astronomer's Perspective"
Dr. Bernard W. Bopp, University of Toledo
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Woodward High School Polar Bears ...Empowered!

By India King
Special to The Truth

Reverend Jesse Jackson stopped by Woodward High School during his visit to the Toledo area. His message for the students was truly empowering. Jackson led the students in series of his renowned "call and response" type chants, engaging them and ultimately committing them to take actions.

Jackson began his speech by reminding students that these are "serious times in which (they) you live." He shared that 90 percent of prison inmates are high school drop outs. With that in mind, he led the students in various chants:

"Life is full of choices and consequences. I must live the consequences of my choices."

"I matter, through it all — I have the right to dream; I matter."

Jackson shared with the students that no one has earned the right "to do less than their best."

Specific areas of improvement that he mentioned were the high drop out rates of high school-aged students, students making babies that they can not afford to raise and students engaging in violence which lead to the planning of funerals rather than futures.

"I must get the glory out of my story!"

The son of a teen mom himself and born at home due to not having health care, Jackson said that his story was not always glorious. His humble and often troubled beginnings stand as a testimony that students can not allow their unfavorable predicaments to hinder a suc-



cessful future. He further said that students must use their predicament to inspire them to achieve.

"If you can not read, you can not reason."

In addition to academics, Jackson pointed out that not only must students learn together, but they must live together. He strongly encouraged all students to learn to speak Spanish. He stated that there are

many languages but one message.

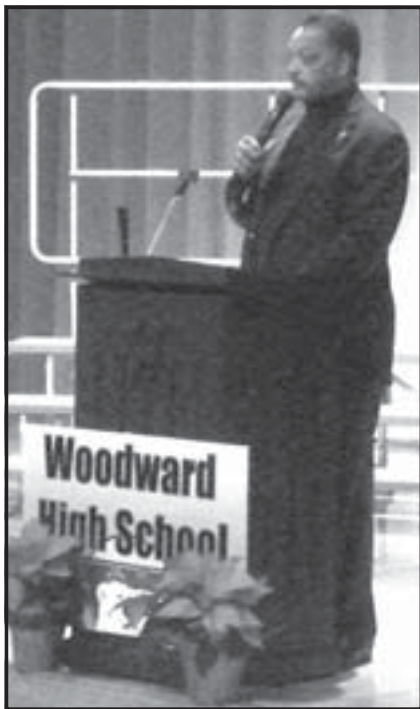
During an intimate moment in his presentation, Jackson asked the football team captains, specific questions about their game plan. The captain, Carlos, stated that the team practiced five days a week, three hours a day, no radio or TV at practice and no girlfriends.

When the team got tired, they pushed forward even harder. Jackson took all of Carlos' feedback, and used it as an analogy for studying.

He stated that if students studied the same way they prepare for a sporting event, they could accomplish more. The veteran civil rights leader then asked who would stand with him in committing two hours a day to their studies. Several students moved forward.

With their commitments, the chants rang out throughout the auditorium.

"If I do my best...God will do the rest," and the famed "I am somebody!"



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Peace

By Diana Patton, FITatudes Guest Column



in this manner and it just made me realize how awesome it is to be a peacemaker. Now, when I read Matthew 5:9 that says "God blesses (makes happy) those who work at peace, for they will be called children of God" I am convinced true happiness can only come from God – and true happiness in life comes from living out His word!

Then I thought, hmmm ... have I really been working at making peace in my home or have I been working at making war or have I been just letting things just ... be and not working. The scripture says we have to work at it ... always seeking reconciliation. Living at peace takes effort and focus. And if you really strive to live at peace, you'll find that your life is much less stressful and you'll live healthier.

Wow – that's pretty deep isn't? That means I really have to put my ego aside and just let my life be like Christ's ... can I do that? Can you? Of course we can!

But, let's face it – it's pretty hard for people to put their pride aside, especially when they've been criticized, degraded or trampled upon. Everyone's first instinct is to fight back, take revenge, and show them whose boss. But you have to ask yourself,

which path do you think leads to better health? ... *Right ... you know the answer! The alternative is "Short term gain ... long term loss!"*

Wouldn't this be a great goal – to live as a peacemaker? Seriously, we are all trying to find new goals for our lives by losing weight, making more money, the list goes on. But, what about being a peacemaker ... not "cool" enough for you?

I don't think there is anything cooler! So, here's a challenge, let's try being peacemakers through out the month of December! For a lot of us, that would be a great Christmas present to your families and probably the best Christmas gift you can give yourself! Living at peace could quite possibly be your answer to better health and change the negative readings on your physical chart like your blood pressure, blood sugar, and your BMI ... *are you feeling this?*

Are you in? Let's try this out!

Lee quoted Pastor Rick Warren by saying that we should try the following:

1. Plan a Peace Meeting Now
2. Empathize with Their (others) Feelings
3. Attack the Problem not the Person

4. Cooperate as much as Possible

5. Emphasize Reconciliation not Resolution.

Are you ready to put this health benefit into action? Do you think you'll need some support along the way? Then become a FITatudes Fan on Facebook

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[fitatudes](http://fitatudes.com) and hear how I am progressing or check in on the FITatudes blog page at www.FITatudes.com. We'd like to hear from you as well! As we say at FITatudes, we need to Feel Inspired Together so let's make this happen together! Sound good?

Alright then ... Peace Out! Diana Patton is co-owner

of FITatudes, a Christian-Wellness organization and conducts speaking engagements, workshops and teaches classes from the FITatudes curriculum. Log onto www.FITatudes.com today and receive your FREE eBook entitled "Just Tell Me What to Eat" before the Holidays and book Diana for your next event!

Many Unaware of Rights to Appeal Claims Financial Effects of Using Out-Of-Network Physicians

Special to The Truth

With worries about the H1N1 virus and the national debate over the future of health care, it is more important than ever for consumers to get smart about their health insurance coverage. However, the Ohio Department of Insurance and the National Association of Insurance Commissioners' (NAIC) latest Insurance IQ survey finds that consumers are unaware of some key aspects of their health insurance coverage that can have a significant effect on their wallets.

In the survey of 1,000 consumers conducted Oct. 21-26, only six in ten consumers (61 percent) understand their

rights to appeal a denied health insurance claim and fewer than one in three consumers strongly understands the cost factors that determine their health insurance premiums. Additionally, a strong minority of consumers (19 percent) also acknowledge they may go to an out-of-network doctor for health care insurance coverage. These consumer attitudes toward understanding health insurance trigger clear financial implications.

"In this economic environment, consumers need to understand all of the factors that impact the cost of their health insurance," said Ohio

Department of Insurance Director Mary Jo Hudson. "By getting smart about their policies and tapping into the resources available, consumers will be more confident about their insurance choices and learn to make cost-effective decisions without sacrificing important coverage needs."

How to Improve Your Health Insurance IQ

These tips can help consumers better understand their health insurance needs and requirements so they can better protect their loved ones and themselves.

Conduct a Coverage Checkup: By getting smart about their health insurance coverage, consumers can more easily understand the cost implications of various procedures and services. For example, going to an out-of-network doctor versus in-network traditionally costs a consumer much more for the same type of service. Do your homework, research all the options available and review your insurance policy before making any decisions.

Take Advantage of Your Employer's Open-Enrollment Period: Employer Open Enrollment refers to the time period when members of a group health insurance plan can enroll in or change certain programs and benefits. During this period, insurance carriers are required to accept all applicants of the group without underwriting or evidence of insurability. It is also a good time to review your coverages, deductibles and provider or prescription

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ASK FOR HOSPICE OF NORTHWEST OHIO BY NAME

Gifts from the Kitchen

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

Give Yourself the Gift of Time

Why pay more for convenience food items from the store? Make your own recipes to save money and time. For example, consider potato soup. You can easily make it from scratch for a limited cost, using fresh potatoes, carrots, onions and low-fat milk. But when you are in a hurry and need to grab a convenience item, how much money are you spending?

A can of potato soup from the store usually has two to two and a half servings and costs a little less than \$2.00. A bag of instant potato soup for eight servings costs around \$4.00. Try the recipe below, using shelf-stable ingredients for your own instant potato soup and spend less than \$1.60 for eight servings! Not only can you enjoy these ideas in your own kitchen, these can also be packaged to give as gifts for the holidays.

What Kinds of Recipes?

To make convenience foods, look for recipes with all dry ingredients such as: uncooked rice or pasta, dry cereal, pretzels, dry beans, nuts, dry milk, flour, sugar, chocolate chips, spices and herbs. None of these ingredients will have to be refrigerated or frozen.

If this is a gift, what would the recipient like best? For example, a young family might enjoy a quick snack mix

while the gourmet cook would like a tasty, low-sodium spice blend. For many, it is helpful if you use ingredients that are low sodium. Look for those ingredients as you choose different recipes. Test out new recipes to make sure that the item tastes good, and the instructions are easy to follow.

Thrifty Shopping

To stretch your food dollar, look for sales, compare costs of store brand to national brand, compare cost of smaller versus larger sizes and buy food in season when it is least costly. Purchase shelf-stable ingredients such as flour, sugar and nuts in bulk to trim costs. Before grocery shopping, re-read the recipe to make sure you have all the ingredients and equipment added to your shopping list.

Food Safety

Before any food preparation, clear and sanitize work area and wash hands with soap and water. Make sure that containers are clean and completely dry before adding any ingredients.

Storage or Gift Containers

Use only containers that are designed to store food safely. Canning jars, for example, make great containers for food mixes. If using canning jars, make sure they do not have chips or cracks. Avoid containers that contain toxic metals, such as lead,

copper, brass, zinc, antimony and cadmium. Other good containers for gifts include mugs for soup or drink mixes (put the mix in a plastic storage bag first before putting it in the mug) or salt or cheese shakers for spice mixes. There are many choices of decorative food storage bags and containers at local discount or craft stores.

Decorating Gift Containers

The way the gift is presented can be almost as pleasing as the food itself. Notice the gift sets at the stores such as hot chocolate in mugs, selling for much more than the cost of the instant hot cocoa. In some cases it is nice to use a container that will be used after the food has been used. Use a kitchen towel instead of paper to wrap the gift.

Your decorations can be as simple as attaching the recipe to the container or you can add scrap fabric, ribbon, or colored paper to decorate the outside of the package. Let kids help decorate the container with samples of their artwork. Tie on a candy cane, small whisk or measuring spoon for added decorations. Labeling food gifts is recommended, especially if nuts or other foods that some are allergic to are included in the recipe. Add a copy of the recipe in a holiday card. Try this recipe for instant potato soup.

Potato Soup Mix
Ingredients:
1 ¼ cup instant mashed potato flakes
1 ½ cups dry milk powder
2 tablespoons chicken bouillon granules (look for low-sodium, if you'd like)
1 teaspoon dried parsley
¼ teaspoon pepper
½ teaspoon dried thyme
½ teaspoon seasoning salt
Optional: 1 tablespoon dried chives

Kitchen Directions:

Combine all the dry ingredients in a bowl and stir. Pour all ingredients into a quart jar or divide ½ cup of mix into eight zip top baggies for individual servings. Add directions (below) to make the potato soup.

Directions for Making Potato Soup:

To make one serving, place ½ cup soup mix in bowl or large mug. Stir in one cup of boiling water until smooth. Enjoy!

In December, Ohio State University Extension, Lucas County will have displays on "Gifts From the Kitchen" at different community events. Information for this article was adapted from Lisa Martin, EFNEP Kansas State University Extension and the recipe was from Washington

Bay Park Community Hospital to Host Free Vascular Screenings

Special to The Truth

Bay Park Community Hospital (BPCH) will host free vascular screenings, Mon., Dec. 14, 1-4 p.m., for those who qualify.

The free health screenings are offered monthly and include screenings of the carotids, aorta and legs. To qualify, participants must be over the age of 65, or over the age of 50 with a history of one or more of the following risk factors: diabetes, family history of vascular disease, high cholesterol, high blood pressure or smoking.

The carotid scan is a painless ultrasound test to help identify the risk of stroke; the aortic scan is a painless ultrasound test to detect an abdominal aneurysm—a potentially fatal condition; and Peripheral Arterial Disease (PAD) testing measures the circulation in the legs to detect PAD.

An abdominal aneurysm often has no symptoms and is left undetected unless discovered during a routine physical exam or chest X-ray. PAD affects eight to 12 million Americans, and people with PAD are three to four times more likely to die of a heart attack or stroke.

Medicare-qualified seniors are eligible for a one-time aortic aneurysm screening exam within the first 12 months of enrollment. (Please inform the screener at the time of exam to qualify.) Those currently being treated for vascular disease cannot receive vascular screenings.

For more information, or to register, please call 419-690-7845.

Appeal

(Continued from Page 6)

drug lists. Generally, open enrollment occurs just once a year and, if you miss that time, you likely will not be able to enroll in your employer-sponsored health insurance program or make changes to your options until the following year. Check with your human resources department to see when your company's open enrollment period begins and ends, and when your policy goes into effect.

Contact the Ohio Department of Insurance: Department staff are ready to help with any question or complaint a consumer may have about coverage. With many health insurance policy details developed and managed at the state level, consumers should reach out to their state insurance commissioner to learn more about how their local laws affect their cover-

age. To find out more, contact the Ohio Department of Insurance at 1-800-686-1526 or by visiting www.insurance.ohio.gov.

State Consumer Protections: Ohio law provides a variety of important protections through state law. These may include the appeal of denial of coverage decisions within the insurance company or to an impartial external reviewer; prompt payment of claims; access to certain specialists and health care providers; and coverage of specific treatments and services. Please visit www.insurance.ohio.gov/consumer/pages/healthcoverageappealtoolkit.aspx for more information.

Insurance Premiums: With employer-sponsored coverage, the employer usually pays for most of the cost of coverage. However, em-

ployees are usually required to pay a monthly contribution too. If an employer offers a choice of plans, the employee's monthly contribution may differ depending on the plan selected. When selecting a plan, consider the level of benefits that is right for you, and the amount of the monthly contribution. Picking the right plan is important when you need health care services.

Create a Rainy Day Fund: It is crucial that consumers put aside savings into a rainy day fund to cover any expenses in case an emergency happens. One way to do that is with a Flexible Spending Account (FSA). Health insurance policies do not always pay for such procedures as allergy tests or braces, but an FSA can help save on these out-of-pocket costs by allow-

(Continued on Page 10)

♥ Hearts Before Hands

Lucas County Strengthening Families



Parents - Do moments like these have you feeling stressed? Feeling overwhelmed? Before the age of one most children will attempt to feed themselves. However, children at this age are still developing their hand to mouth coordination and their parents should be prepared for the inevitable mess. Having realistic expectations of what your child should be able to do at their age will help you to be more patient and less stressed. For more information call the Lucas County Family Council,



Lucas County Family Council

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Before & After

By Angela Steward, Fitness Motivator
Guest Column

I love sharing my fitness journey with others and motivating them to begin their own fitness journey! I also love teaching exercise classes seven days a week and writing a monthly article for the Sojourner's Truth.

At the end of every article I list my cell number and email address for any questions or comments you may have, or to share your own fitness experiences. I usually receive a few calls and emails after every article. Thank you!

My November 6 article titled "From 140 to 240 in 30" encouraged a lot of WOMEN AND MEN to contact me, thanking me for sharing my story, because it's their story. The article tells you how I gained 100 pounds over a 30-year period!! That particular article also showed my BEFORE and AFTER pictures. I received well over 50 phone calls and over 30 emails responding to the article and pictures and also requesting information about my exercise classes.



I had no idea what an impact these BEFORE and AFTER pictures would make. They old saying is true: a picture is worth a thousand words. I have always talked about how much I used to weigh, but seeing the BEFORE picture must have made non-believers, believers!

When looking at my pictures, my family members (including my husband) commented that they just don't remember me being that heavy. Even though I was around them every day, they never really saw how unhealthy I had become. I was overweight; I lacked energy, motivation and self-confidence. I dressed nice, got my nails and hair done,

but deep down inside, I was hurt and mad at myself for letting my weight get so out of control. I wondered why no one ever commented about my weight gain. Perhaps they felt they shouldn't tell me what I already know. But I didn't know. In my mind I still looked the same. I was in denial and didn't know how to come out of it.

Fortunately, several things happened within a year to bring me out: (1) One of my best friends in Atlanta (big hugs to Marty) – made a comment about my weight while I was visiting her, not rude, but just enough to open my eyes to see how much weight I had truly gained.

(2) I went to my doctor for my yearly physical and complained about my sore knees and swollen ankles. I had no energy and felt sluggish! I asked her for medication to give me energy and to take away my knee and ankle pain. She told me I was overweight. She also said if I lost 40 pounds the pain in my knees and ankles would disappear. I was offended and I let her know it!

She was offended that I was offended – and she let me know it. She has been my doctor for many years, so at the time she felt very comfortable in being honest with me – to this day I love Kelly – she saved me – Thank You!

(3) Of course, my ex-

spouse commented on my weight too. "Wow - What you gonna do Biggums?" That really hurt, but it was a valid question. Thanks Don for keeping it real, for real!

(4) And of course, I wrote about my dreaded trip to Dillard's, where I broke down in tears in the dressing room because a size 16 dress was too tight and the sales lady was bringing a size 18 to my dressing room. These situations and experiences brought me out of denial!

I'm sure there were many, many people and incidents that pushed me to begin my fitness journey, and stay motivated! I am truly thankful for every person, situation and experience that helped me to improve my health and lifestyle.

Believe it or not, holiday time is a wonderful time to begin your fitness journey. I know you are probably thinking – that doesn't make sense, but honestly that's when I began my fitness journey.

Right before Thanksgiving many years ago, my husband and I and several

family members went on a seven-day cruise – unhealthy foods are offered 24 hours a day. My thought was that if I could pass up the fattening, unhealthy food, make healthier choices, and control my portions for seven days, surely I could make healthier food choices in my everyday life. I also walked in the morning or participated in fitness classes to get my body adjusted to exercising daily.

In only seven days, I began to feel better! I soon realized making healthier food choices, watching my food portions and exercising regularly, would allow me to look and feel FABULOUS every day for the rest of my life!

This holiday take a BEFORE picture. Look at it. Are you where you want to be physically? If not, take the first step towards improving your health, fitness level and appearance. Focus on your AFTER picture! Commit To Be Fit!!!!

Have a Blessed Holiday Season!

Questions, comments, etc., contact:

Angela Steward @ Fabfitu@yahoo.com
Cell: 419-699-9399



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The Giving Season – Ohioans Helping Other Ohioans

By Vickie Shurelds
The Truth's Lima Reporter



U.S. Census statistics indicate that almost one and a half million Ohioans are living in poverty. About half a million children under the age of 18 are living in poverty. Just one out of every three households has at least one adult who is working but even they are unable to make ends meet.

Ohio food banks are facing unprecedented demands serving over 1.6 million people between July 1 and September 30, 2008. A figure that shows a 46 percent increase that has grown over the past five years. Further breakdown of those numbers indicate that 213,000 are seniors, 618,000 are children.

Happy Thanksgiving.

Throughout Ohio, including the city of Lima, there are people in need, struggling to face their day-to-day existence and now, with the coming of the holidays, there is increasing apprehension. There's an expectation this time of year...feasts aplenty and all the traditional indications

of Americans celebrating life. Many parents are facing the realities of our 2009 economy.

As Jerry Lewis, owner of Lima area McDonalds, prepares for his annual Community Day Thanksgiving Dinner at the Veteran's Memorial Civic and Convention Center, other groups are at work to see that family home traditions continue.

There is reason to believe there will be another increase in the amount of people who attend this year. The dinner is open to every resident regardless of their situation. Volunteers dish out the holiday meals and man tables that are laden with coats, non-perishables and other donations which feasters may place in bags and take with them.

Fourth Street Missionary Baptist Church led by Reverend Ernest Stephens gave away the makings for 200 Thanksgiving dinners on Saturday.

Church members were asked to submit the names of family or friends who were in need over the holidays and the Church, living up to its tradition of "Looking up to Worship, Reaching Out to Serve" gave out turkeys, potatoes, canned vegetables and other staples that could be made into a delicious dinner by

any family's favorite cook.

There were those who came who were not on the list but none were turned away. It didn't take long to hand over the feast-making items, obviously the event could have replicated the fishes and loaves story in the Bible, there are so many in need. But all who came were served and there were many smiling faces leaving the Church parking lot.

On Sunday, Lima City Councilman Derry Glenn and his wife Judi held their annual Thanksgiving feast giving day at the Fresh and Faded Barber Shop on East Kibby Street. Three hundred and fifty families received a turkey, a box of mashed potatoes and a box of stuffing – essentials that could be the turnaround point for anyone who was wondering what they could be thankful for this year. Just the day before, the Glens had given out the same meal to residents of Lima Towers and other sites that work with the needy and working poor in his ward.

The economy has had a profound effect on the American family. Unfortunately, those who were already hard-pressed to survive are now pushed under the radar, being crushed by new applications for food

pantries, food banks and groups like Harvest for the Hungry. Even with the outreach of these beneficial programs, there are still hungry families in Ohio – not just at Thanksgiving, but every day of the year.

The governor's office has come out strongly in support of The Benefit Bank, which works with faith-based activities, social service organizations and non-profit agencies to close the gap for families facing difficult financial times by identifying additional services for which they may be eligible. Those interested may visit their website at thebenefitbank.com. Typing in your zip code on the landing page will give you a listing of the nearest site and allow you to take a quick test to assess your eligibility.

Ultimately, though it still comes down to neighbors helping neighbors one day at a time. Churches reaching out to their congregation and their neighbor-

hoods; elected officials taking the lead in offering to put actual meals on the tables of their constituents, and business owners who choose a day to give back to the communities that make their companies successful.

As the Christmas/Hanukkah/Kwanzaa season approaches, city residents will find the economic climate has not had an impact on the organizers of gift, food and events for families. The bells still ring at the hand of the Salvation Army. Breakfast, lunch and dinners with Santa will still be offered.

Christmas wishes will continue to take place and

for a few lucky families, 2009 will end on a much higher note. But, with the knowledge of a half million children in Ohio living in poverty, it becomes a time of renewal, revival, and re-assessment concerning what it means to survive in our communities.

Nearly 3,000 food banks serve the 88 counties in Ohio. They are relentless in their efforts to keep food on the table of every Ohio family. Then, there are folks like the Congregation of Fourth Street Missionary Baptist Church, and Derry and Judi Glenn – helping one neighbor at a time.

Guess those are reasons enough to be thankful.

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You Need a Few More Holiday Shopping Tips? Buy Books!

By Terri Schlichenmeyer
The Truth Contributor

For about a month now, you've been on a mission.

You've been doing a bit of spying and stealth is the name of your game. Bravely, you've ventured forward in search of your prey, always aware, eyes constantly roving. You're not sure what your target looks like, but you're confident you'll know it when you see it. Able to leap tall trees in a single bound, speedier than shoppers at a buy-one-get-one bin, more powerful than a 75-percent-off sale, you're invincible.

Whew. Holiday shopping is hard work.

So how about some relief? How about one-stop shopping at your local bookstore? Here are some more great suggestions – part two in our series – to get you going (and to shorten your gift-buying load)....

FAMILY AND PARENTING

Ever wonder about the people who care for kids? Read about nannies and their lives in *Just Like Family* by Tasha Blaine. This book isn't a tell-all so much as it's a tell-about, and parents will never look at their kids' caretakers the same again. Hint: it's also good for anyone thinking about becoming an au pair.

For mothers who juggle career and parenthood, *Hard Time & Nursery Rhymes* by Claudia Trupp will be a welcome gift. This is the true story of Trupp's double life, first as a mother and secondly as a criminal defense attorney who works with the worst hardened criminals. This book will make you laugh and gulp, and would also make a great gift for true-crime fans.

Parents of children with special needs will want to read *Josie's Story* by Sorrel King. This is a book about a mother who became advocate when her daughter's medical care went seriously, terribly wrong. Also look for *The Horse Boy* by Rupert Isaacson, which is the story of a father's search for the best care for his autistic son.

If this is the first year with a new grandbaby in the family, then here's a book that New Grandma will cherish: *Eye of My Heart*, edited by Barbara Graham. In this book, 27 writers penned their ideas and feelings – good and bad – about being a grandmother. Not just for brand-new Grandmas, this book would make a nice gift for one who's got plenty of experience.

Got teens? Someone on your list does – and he or she growls about it all the time. So smile, and give them *Teenagers Suck* by Joanne Kimes and R.J. Colleary (with Rebecca Rutledge, Ph.D.). There's sound advice in this book, and reading it won't take quite as long as it takes to get through the Terrible Teens. Another book for moms of teen girls is *You'd Be So Pretty If...* by Dara Chadwick. This book helps parents to help their daughters love their bodies and their looks and Moms might learn a thing or two, too.

If there's a new divorcee (with a sense of humor) on your gift list, wrap up *Ask Me About My Divorce: Women Open Up About Moving On*, edited by Candace Walsh. In this book, several women write about the good, the bad, and the ugly when it comes



to splitting. It's funny and heart-tugging, and will make her smile.

What happens after the baby? If you've got a new mother on your gift list, wrap up *Life After Birth* by Kate Figes. This book discusses what really could happen – the exhaustion, the emotions, and how her life will change. Hint: wrap it up with a nice restaurant gift certificate and offer to babysit. Also look for *The Gift of an Ordinary Day* by Katrina Kenison. It will show any new mother that easier times are ahead and that kids grow up too fast.

Did someone's life change this year because of the birth of a new baby? If so, show her you understand by giving her *Rattled!* by Christine Coppa. This cute book is about a woman who's got a fast-paced lifestyle and a hunky boyfriend, until one day she realizes that she's pregnant and her whole life is about to do a one-eighty. Hint: great book for single moms... And if Baby's brand-new (or not yet here), look for *First-Time Parent* by Lucy Atkins. This common-sense book will help a lot of new parents in the first year and beyond. And for first-time Dad, wrap up *Home Game* by Michael Lewis, a funny, heartfelt

book about what really happens when Man turns into Daddy.

And speaking of Daddies, *Do-Over!* by Robin Hemley is a book about a man who decides to go back to being a kid and re-visiting all those embarrassing things that happened when he was younger. Perfect for fathers of older kids and men with a good sense of humor, mothers will get a kick out of it, too. Also look for *Hell is Other Parents* by Deborah Copaken Kogan, a funny book about a mom who is also a photographer for families.

BIOGRAPHY

Vietnam Veterans and political junkies won't want to miss *Heart of a Patriot* by Max Cleland (with Ben Raines). This is a book filled with bravery on many fronts and perseverance in life, and will make a perfect gift for a hard-to-buy-for dad, brother, or uncle.

Got a fan of British history on your gift list? Then don't miss *The Sisters Who Would Be Queen* by Leanda de Lisle. This engrossing biography about Mary, Katherine, and Lady Jane Grey includes drama, tragedy, and intrigue, just like a mystery... but it's all true.

The old-movie buff on your list will enjoy opening *Not the Girl Next Door:*

Joan Crawford, A Personal Biography by Charlotte Chandler. This book, which includes interviews done with the diva herself, covers Crawford's loves and her films. Hint: wrap it up with a DVD of "Whatever Happened To Baby Jane?"

POETRY

Is there a poet-at-heart on your gift list? Then look for *Generous Fiction* by Michael Cervin. Billed as "the anti-poetry poetry book", this collection is quirky, fun, and would make a great stocking stuffer.

GLBT AUTHORS

Somebody on your gift list has a sense of humor. So wrap up *I Told You So* by Kate Clinton, because you know it will be a welcome present. This collection of essays is one of those books that will make your giftee call you to read passages aloud. Better yet, just borrow it back in the New Year.

If you know a child who loves dress-up, then pick up *10,000 Dresses* by Marcus Ewert, illustrations by Rex Ray. In this book, a little boy dreams of beautiful dresses, and even though Bailey feels like a girl, everyone tells her otherwise. This cute book is perfect for questioning kids ages 4 to 7.

If you're looking for something very unique for someone on your gift list, look for *In Jupiter's Shadow* by Gregory Gerard. This is a true story about secrets, devoutness, and what happens when someone pokes them both to learn more about himself.

The music fan on your gift list will definitely want to read *Deflowered: My Life in Pansy Division* by Jon Ginoli. An inside story of the first openly gay pop-punk band in America, it will appeal to anyone who played air (or real) guitar. Hint: wrap it up with a new CD or concert tickets.

Do you have a Drama Queen on your gift list? If so, give him (or her) more drama by wrapping up *The*

Collected Plays of Mart Crowley. This book contains six complete plays, including "The Boys in the Band", and it will make your theatre lover smile.

If your giftee loves a novel experience, then be sure to give *Lois Lenz, Lesbian Secretary* by Monica Nolan. This novel is, well, it's about a lesbian secretary and the world of working women with passionate desires. Do I need to say that it's humorous? Do I need to say that this is a book you give, if nothing but for the hilarious title and cool cover? More gifts to look for: *Where the Girls Are*, edited by D.L. King, (an anthology of lesbian erotica), and *Verge* by Z Egluff (a quirky story of love, bad decisions, and filmmaking).

AFRICAN AMERICAN AUTHORS

For any child age 10 to 14, *My Name is Henry Bibb* by Afua Cooper is a historical novel they'll love. It's the story of a young boy born into slavery and the life-changing events that made him think of escape. Hint: wrap it up with *My Name is Phillis Wheatley* by the same author.

It's a pretty safe bet that you've got someone on your list who loves music. So why not give him or her *Lady Miss Clawdy – The True King of the 50s – The Lloyd Price Story* by William "Dollar-Bill" Waller. Filled with pictures and memories, this book is all about Lloyd Price, his life, the people he knew (Ike and Tina! Fats Domino! Sam Cooke!) and his enormous contribution to music. Hint: wrap it up with a compilation CD or concert tickets.

For anyone who wants an uplifting story as a gift, look for *What Else But Home* by Michael Rosen. This is the triumphant story of a family that adopted and "adopted" boys who had little, and gave them everything in the form of support, guidance, and love. Hint: wrap it up along with a donation to your giftee's (Continued on Page 14)

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Music Production and Writing Your Own Christmas Wish List

By Michael Hayes
Minister of Culture



Every holiday season for the past few years I've noticed a growing trend.

Mothers often ask me about a few items on their sons' wish list that puzzle them.

These dear mommies have very little idea about how to go about purchasing some of these products or even fully what they do... so they ask me.

NOT because I've been a music critic/columnist for a few years.

But because they know me as a music producer for many years.

A growing number of teenage sons (and daughters) all around Toledo are hoping Santa Claus will bring them all the necessary products to record and make beats!

Yes, imaginations are ablaze with the curiosity and intrigue of becoming a hit maker.

So instead of just Xbox this, or Jordan that... well intentioned parents are being slammed into a world they know little about.

Words like Propellerhead, Soundforge, Midi Interface, Motif and Plug Ins are all being tossed around creating many dizzy heads for those uninitiated in this enterprise.

In Toledo, Ohio if you see three or more black males standing together... and I mean just any random

group of black males at least three deep who you may witness in each other's midst, if you approach them I am certain at least one of them aspires to do music or is currently involved in the music scene. Future rappers or producers let them tell it.

In some cases it has become sickening to watch a craft many of us have studied and taken as a lifelong endeavor become nothing more than a trivial flirtation to others.

Soulja Boy really did change the game, and how the game looked at itself.

Using Fruity Loops (by Image Line) Soulja Boy re-created Cadillac Don's

"Inside Peanut Butter Outside Jelly" and made "Crank Dat" into an international mega hit. Older musicians already look down on producers for stepping away from instruments but since the hey day of Bad Boy & So So Def, music had found a comfortable middle ground employing the use of technology with gifted and talented artistry to make all the songs you've heard on the radio since you were a pre teen (well, since I was, at least).

And that balance was a good thing.

You could have a song like "Beauty" by Dru Hill, or "Baby Boy" by Beyonce or even "Toxic" by Britney Spears... and the producers behind those hits

used computer-generated sounds and patches but it still felt like music. Played, composed, orchestrated by professionals. "Crank Dat" showed an entire legion of followers that Fruity Loops software can do without the talent factor... you don't need any talent, just click here.

And, honestly, what can you say? The publishing

money alone off that hit will have Soulja Boy iced out for decades to come.

And with talent-less music comes artless art and mindless drivel.

It should be noted that Soulja Boy infuriated a large number of African-Americans when at an awards show he was taped saying "...shout out to the slavemasters.

Without them we'd still be in Africa. We wouldn't be here to get this ice and tattoos."

Now generations are beefed out. People 10 years older than me hate Soulja Boy for what he's doing to the minds of their teenagers. People 10 years younger than me don't see the big deal. In the middle, I see it all.

Married to his popularity is the caveat "and he made his own beat." "Turn My Swag On" was NOT produced by him and it's his best song yet, but the damage had already been done a few years ago.

So now... in addition to everyone you know wanting to be a rap artist, double that number and that's how many want to make beats.

Be clear. A beat maker and a music producer are not the same thing.

Our motto at U.G.E. is "produced by The Undergodz we don't make beats."

Beat makers rarely understand song structure, how to coach vocals, sequencing for effect and many other nuances of music production.

This area has a rich history of music production.

I can't name everyone because surely someone will get left out and I'm done being cussed out for this year so I'll just name those who've had an impact on me.

Before computer-based music production and home recording really fell into the hands of the average man, all aspiring producers were enamored with which keyboard to get next. Looking in catalogs, staring at Rolands, Yamahas, Korgs, Kurzweils and more.

A keyboard... a music workstation was all you really needed (maybe a drum machine).

Legendary area producer Reed Russell helped my partner and me see our Korg olw and Boss Dr. Rhythm drum machine for their full potential. Legendary area producers Dree & Corey Jones relied on the ASR10, and we picked up a few pointers from them as well.

Already producing for a few years, by the time 2000 rolled around, pointers were all others would offer because it was up to us if we truly learned the craft.

After getting our first four-figure check for a track

a few years into this decade, my partner and I came back from NYC and bought computers and the learning curve began. Be advised, producing music in this day and age won't permit you to be 100 percent artistic.

You've got to be 30 percent scientist, 50 percent artist and 20 percent glutton for punishment in order to make all the technology work together to even allow you to get a peep out of your equipment.

Words like Dithering, Overruns, Latency and more will soon become part of your vocabulary.

Oh yes, the equipment. I have a few things I'd like to ask Santa for as well.

So if you see a Christmas list full of MOTU, Protools, M box, Tascam, Behringer or even a new computer packing three gigs of ram ... you have a monster in your house.

The walls will shake at night.

You will hear screams of frustration and you will find yourself being dragged to come and listen to just a piece of it all coming together.

I did the same thing to my mom ... and my co-producer did the same to my aunt.

I don't know what the industry holds for us these days... even locally.

From 2000 to about 2004 we made \$300 per track in Toledo and more elsewhere.

But still are waiting for our breakthrough to do this for a living.

However, we couldn't picture ourselves doing anything else.

If that sounds like you, welcome to the world of music production.

Hope Santa hooks us all up nicely.

email/facebook search me:
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one soulja boy
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Books

(Continued from Page 12)

favorite charity for a double gift they'll appreciate.

If your giftee just needs a divine nudge in the right direction for the coming new year, how about giving *Making Great Decisions for a Life Without Limits* by T.D. Jakes. Using a spiritual approach to make sense of personal relationships, this book is good for both men and women who are looking for love in all the wrong places.

Know somebody who's struggling with issues of race – even though it's the Twenty-First Century? If you do, then wrap up *Survival in a Sea of White* by Marcia E. Jones Cross, which is a story of one woman's move from the familiarity of home to an environment of hostility and unwelcome. While it may be a little hard to find, it's a great read for anyone of any race who struggles with ha-

tred and lack of acceptance.

Know someone who needs a good boost? For women, wrap up *Tears to Triumph* by Dawn Marie Daniels, Candace Sandy, and Dr. Jarralynne Agee. This book offers helpful stories, worksheets, insightful thought-provokers and plans to move past hard times and stay there. For men or women, look for *Family Affair*, edited by Gil L. Robertson IV. Filled with

essays from some of today's best writers, entertainers, and thinkers, this book offers ideas and thoughts on being African American in today's world, what it means, and how we can all reach a better understanding together.

CARIBBEAN AUTHORS

Looking for a fun romance with island flavor? Then look for *Café au Lait* by Liane Spencer. When

everything goes wrong for Shari Zamore, she returns home to Trinidad to heal her soul. What she finds is a handsome man to heal her heart, too....

If your giftee longs to get back to the island, then look for *White Frock & Coals Dust* by Lincoln Depradine. This book, filled with gossipy tales and wonderful characters is the story of The Wharf neighborhood of Grenada and the

people who call it home. Truth? Or novel? Doesn't matter... it will make a great gift.

And there you are: something for pretty much everyone you need to buy for, at tiny, non-budget-busting prices.

Next week, we will bring you some favorites in a few more categories.


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CLASSIFIEDS

December 02, 2009

Page 15

Research Technician, Cntr for Drug Design and Development

The Research Technician provides support to the Center for Drug Design and Development. This position is grant funded with the possibility of continued funding as grants are renewed yearly.

The requirements for this position include: MS in pharmacy-related major; Two years laboratory experience involving synthetic medicinal chemistry, cell culture, analytical chemistry, and biological testing of compounds; Handling of small rodents for *in vivo* studies; Familiar with spectrophotometric measurements and automated liquid handling system; Must be fluent in spoken and written English language; Must be able to generate summary reports.

To apply, submit a cover letter (include position title and job), a resume, as well as three professional references to: The University of Toledo, Human Resources Department, Toledo, Ohio 43606-3390; Fax (419) 530-1490; or email recruit@utoledo.edu, which is preferred. Use only one method of application. Resumes must be received by Monday, December 7th, 2009. **The University of Toledo is an Equal Access, Equal Opportunity, Affirmative Action Employer and Educator.**

Deputy Director

Toledo non-profit seeks experienced individual to serve as Deputy Director with responsibilities in residential development, grant funding and policy research. Must hold a B.A. in planning, public administration or B.B.A. in finance, marketing, operations analysis. A graduate degree is preferred. Candidate must be able to pass criminal background check. Salary level starts at \$45,000. Send resume to: Search Committee, NHS of Toledo, and P.O. Box 8125, Toledo, Ohio 43605. Submissions must be post marked no later than 12/18/09. N.H.S. of Toledo is an Equal Opportunity Employer.

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Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for this position. The position serves as the Chief Financial Officer of the LMHA, and financial advisor to the Executive Director and other LMHA Managers; plans, directs and coordinates the financial affairs of the LMHA to include management and supervision of accounting, payroll and benefits, information systems, and procurement; maintains all financial systems pursuant to HUD's Asset Based Management/Project Based Budgeting Model and in accordance with GAAP accounting principles. Requirements: Master of Business Administration degree in accounting or finance (CPA preferred); plus at least three (3) years progressive Management and Supervisory work experience in accounting/finance management in the public (preferred) or private sector. Must possess and maintain a valid Driver's License and insurability. 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. **This position is open until filled.**

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State of Ohio Ohio School Facilities Commission NOTICE TO BIDDERS

Bids will be received by the Toledo Public School District (the "District or TPS"), at the School Board Office, Treasurers Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608 for the former Larchmont Elementary School Pre-demolition Asbestos/HazMat Abatement Project in accordance with the Drawings and Specifications prepared by:

TTL Associates, Inc.
1915 N. 12th Street
Toledo, Ohio 43604
Phone No. 419-324-2222
Fax No. 419-321-6252

The Construction Manager for the Project is:

Lathrop/Gant/Barton Malow, LLC
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Toledo, Ohio 43604
Phone No. 419-776-5600
Fax No. 877-281-0784

Any Proposed Equal for a Standard shall be submitted to the Consultant, no later than ten (10) days prior to the bid opening. If no Addendum is issued accepting the Proposed Equal, the Proposed Equal shall be considered rejected.

Sealed bids will be received for: Estimates Bid Item No. 1: Asbestos/HazMat Abatement of the former Larchmont Elementary School \$94,000.00

Abatement Dates: February 15, 2010 through March 5, 2010 until **Tuesday, December 8, 2009 at 11:00 a.m. (as determined by Stratum clocking (cell phone time))** and will be opened publicly and read immediately thereafter.

The pre-bid meeting will be held on **Thursday, December 3, 2009, at 1:00 p.m.** at the former Larchmont Elementary School, 1515 Slater Road, Toledo, Ohio. **ATTENDANCE AT THE PRE-BID MEETING IS MANDATORY FOR ALL CONTRACTORS INTENDING ON SUBMITTING A BID.**

Bidders will be required to comply with the Toledo Public School District's Community Inclusion Plan.

Contract Documents can be obtained from **Toledo Blue Print, 6964 McNerney Street, Northwood, Ohio 43619, phone: (419) 661-9841** for the cost of the printing, to be paid to the printing company at the time the drawings are picked up. CD-Rom copies of the bid drawings are also available from **Toledo Blue Print** for no cost with the purchase of the specification books.

The Contract Documents may be reviewed for bidding purposes without charge during business hours at the following locations:

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PH: 614-486-6575
FX: 614-486-0544

Ohio Construction News
7261 Engle Rd., Suite 504
Cleveland, Ohio 44130
PH: 800-969-4700

The Plan Room
3135 South State St., Suite 210
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PH: 734-662-2570
FX: 734-662-1695

Builders Exchange
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Toledo, OH 43615
PH: 216-661-8300

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Toledo, Ohio 43602
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Construction Association of Michigan
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Bloomfield Hills, MI 48302
PH: 248-972-1014
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Please submit employment applications by December 11, 2009.

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Who Doesn't Love a Parade?

Sojourner's Truth Staff

Seventy entries delighted thousands of viewers during the Downtown Holiday Parade on Saturday, November 28, according to many, the best and biggest yet. There were high school bands, a bevy of politicians and elected officials; police, fire and water; ponies and horses, clowns; a current mayor, a new mayor and a partridge in a ... no, on second glance, no partridge was spotted.



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Holiday Concert Series @ Main Library

Special to The Truth

The Toledo-Lucas County Public Library is proud to announce its Holiday Concert Series scheduled to kick-off in December in the Wintergarden at Main Library, 325 Michigan St. All concerts are FREE and open to the public.

All concerts are scheduled from 12:30 – 1:30 p.m.

Mark your calendars now! We hope to see you during our Holiday Concert Series!

- Wednesday, December 9
Sylvania Northview High School Jazz Band & Jazz Cats
 - Thursday, December 10
Toledo School for the Arts Chamber Winds
 - Friday, December 11
St. Ursula Academy Concert Choir
 - Wednesday, December 16
Ottawa Hills High School Carolers
 - Thursday, December 17
Madison Avenue School of Arts (3rd-5th Grade Choir)
 - Friday, December 18
Toledo School for the Arts Chorus
- For more details, please call 419.259.5207

Did you know? Nearly half of your Library's funding is generated from state dollars, the other half from property tax dollars. The recent 30 percent reduction in state library funding, coupled with a drop in property tax valuations, has caused a drastic \$7.4 million shortfall for 2010. To survive and provide service to patrons, the Toledo-Lucas County Public Library has been forced to reduce hours, staff and Library materials. Thanks for your continued support.

