

Local and National News

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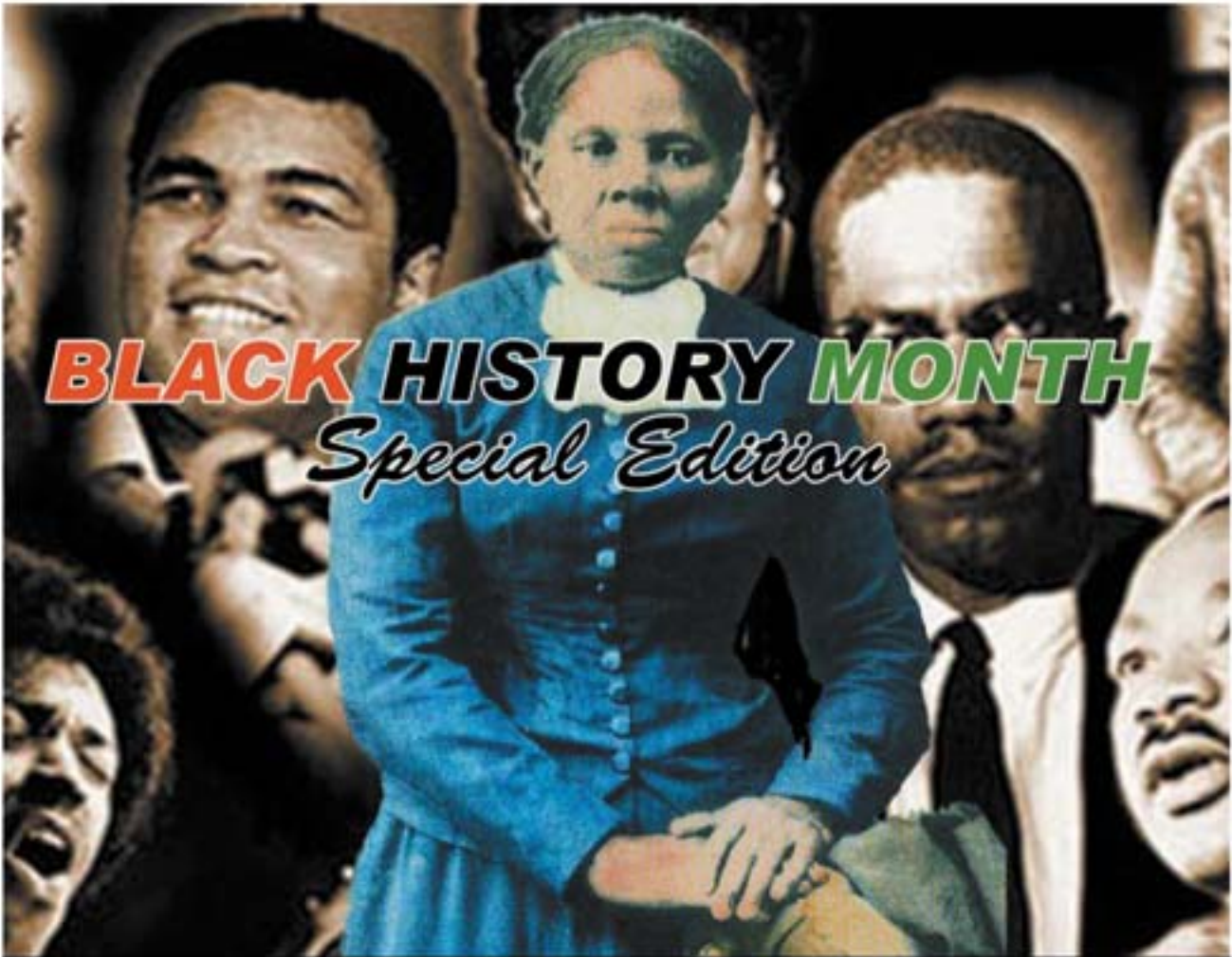


# The *Sojourner's* Truth

Volume 17, No.14

*"And Ye Shall Know The Truth..."*

February 03, 2010



**BLACK HISTORY MONTH**  
*Special Edition*



Photo by: Stan Burd

## This Strikes Us ...

*A Sojourner's Truth Editorial*

These are difficult economic times for everyone and non-profit agencies are certainly no exception. There is a local non-profit agency that has reached into the black community for years and, in order to survive and maintain its effectiveness, is now reaching out to the community for a little assistance in return.

The National Urban League is celebrating its 100 anniversary this year. The organization is the nation's oldest and largest community-based movement assisting each year over two million African-Americans and others in need to enter the economic and social mainstream of American life.

Founded in 1910, the National Urban League is a spearhead in the non profit nonpartisan movement and operates in more than 100 cities in 34 states and the District of Columbia.

Closer to home, the Greater Toledo Urban League, which was established in 1996 as an affiliate chapter, operates a variety of programs in our community.

The S.T.R.I.V.E. program serves almost 200 youth annually during the summer months helping them to pass the Ohio State achievement tests and graduation tests. The Fathers of Tomorrow Initiative is a four-week program that assists fathers in job training and placement and the Workforce Development program also works with those in need of employment and assists them in training and finding placement.

The GTUL also operates programs and a center for senior citizens and a program for young professionals in order to help them move towards the achievement of social and economic equality.

Typically, these programs are funded wholly through grants from various sources. And typically the grants fund only the programs themselves not any administrative costs associated with maintaining the organization – rent, utilities, salaries and wages, for example. For these administrative costs, the GTUL, as do most other agencies, has relied on corporate and individual contributions. Obviously in these troubled economic times, the corporate donations have dropped dramatically over the past year or so.

Therefore, the GTUL is asking individuals in the community to step up and help the agency help others, as it has done for so many for so long.

The easiest way for individuals to help is to take out memberships in the GTUL. A basic membership is only \$25 for a single person and \$50 for a family. But the GTUL is also looking for it calls supporters (\$100), sustainers (\$250), benefactors (\$500), patrons (\$750) and life members (\$1,000), for example. No gift is too large or too small to help the organization weather this short-term cash problem created by the difficult economic times our country is undergoing.

Over the past 12 years, the GTUL has thrived nicely in this community due to the spirit of giving both by the community and the corporate world. Thousands of clients have been helped each year as the GTUL has pushed to fulfill its mission of improving the social and economic conditions of each person in the community, particularly African-Americans, other minorities and those that are disadvantaged.

The Greater Toledo Urban League and The Sojourner's Truth are asking that all who can, please dig just a little deeper over the next few weeks and lend a hand to your neighbors.

Even a donation of \$5 can be of assistance, every little bit helps and ensures that the GTUL will in turn be able to continue its mission.

To make a donation or to become a member of the GTUL, call the agencies offices at 41-243-3343. You may also call The Sojourner's Truth office for more information at 419-243-0007.

## Community Calendar

### February 3-March 3

Healthy Relationships 101: Eberly Center for Women; 6 to 8 pm; Wednesdays: 419-530-8570

### February 5

Getting to the Heart of My Health: Special event for women; TMA Glass Pavilion; Registration at 11:30 am; Comp lunch at noon; Keynote address, C. Noel Merz, MD: 419-251-2700

National Black HIV/AIDS Awareness and Information Day: Planned Parenthood of NW Ohio; 6 to 8 pm; Forum to provide information with public discussion: 419-255-1115 ext 334 or sherita.evans@ppnwo.org

### February 6

Independent Advocates Old West End House Party: "Make Love Not Domestic Violence;" Celebrate healthy relationships with Independent Advocates; 7 pm; 2561 Glenwood: [www.iatoledo.org](http://www.iatoledo.org)

### February 13

Love and Marriage: Calling All Single Ladies Workshop; Momma Celeste Mitchell, author and relationship coach; Noon to 3 pm; RSVP before Feb 5: 419-376-2331

### February 16

Start High School Afro Club 70's/80's Reunion Meeting; Sanger Branch Library; 6pm: 419-309-4023

### February 22 – April 26

A Woman's Success Series: 10 week program at the Eberly Center for Women; Course designed to guide women on the journey of personal and professional development; Facilitator Angela Spoerl; 6 to 8 pm; Mondays: 419-530-8570

### February 28

Diocesan Celebration of Black History Month: "Looking Back to the Future;" St. Martin de Porres Church; 5 pm; Toledo symphony Orchestra

### March 10

Morehouse College Glee Club in concert at Third Baptist Church: 7 pm

**SAVE THE DATE**  
Friday March 12, 2010  
PAPAWAY PLACE  
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Celebrating 100 years

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For sponsor opportunities or more information visit our web site at [www.gtl.org](http://www.gtl.org) or call 419-243-3343

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## Old West End Restaurant

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Soul Food Buffet (All you can eat!!)

Thursday & Friday Lunch Buffet - \$3.99 11 am to 1 pm

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## Dr. Daniel Hale Williams: A Pioneer in Heart Surgery



Daniel Hale Williams was born in 1856 in Hollidaysville, PA, the fifth of seven children born to Daniel and Sarah Williams.

At an early age, Williams was apprenticed to a shoemaker after the family moved to Baltimore, MD, but the young boy ran away and rejoined his family in Rockford, IL. He later moved to Edgerton, Wisconsin, where he opened his own barbershop, then to Janesville, WI, where he became fascinated with a local physician.

He worked for two years as an apprentice to a doctor before entering what is now known as Northwestern University Medical School. After graduation, Dr. Williams opened his own practice in Chicago.

In 1893, Dr. Williams repaired the torn pericardium of a patient who had been wounded in a knife fight. This was one of the first such heart operations, rendered successful by Dr. Williams' care to sterilize instruments and the patient during the surgery.

While this was not the first documented heart operation, it was the first one in which the patient did not die of infection from the surgery.

Dr. Williams led the way to grant other African-American access to medical fields, establishing a nursing school for African-Americans at Freedman's Hospital in Washington, D.C., where he was appointed Surgeon-in-Chief. In 1895, Dr. Williams co-founded the National Medical Association for black doctors and, in 1913, he became the only black member of the American College of Surgeons.

## Dr. May Chinn: A Pioneer in Cancer Research



May Edward Chinn, an African-American physician, was born in 1896. She had not planned on becoming a doctor, she had wanted to be a musician. During her college years at Columbia Teachers College, she changed the course of her life. That decision would lead to one of the most distinguished careers in medicine. Her work in cancer research helped in the development of the Pap smear, the test for early

detection of cervical cancer.

Chinn was the first woman to graduate from Bellevue Hospital Medical College, one of the first black physicians in New York City and the first African-American woman to intern at Harlem Hospital.

During her days as an intern at Harlem Hospital she rode along with the paramedics on ambulance calls – the first woman to do so. This experience motivated her to continue to enter dangerous neighborhoods in an effort to bring treatment to many who would not otherwise have access to health care.

But it took quite a while for Dr. Chinn to gain privileges to hospitals in the New York area. In 1940, she received admitting privileges at

Harlem Hospital and finally started working at Strang Clinic, a cancer research facility, in 1944. She practiced there, in addition to her private practice, for 29 years. She became a member of the Society of Surgical Oncology and in 1975 started a society to assist African-American women go to medical school.

Chinn's father was a slave who escaped from a Virginia plantation at the age of 11; her mother was a Native American of the Chickahominy tribe. The family managed to save money to send May to a boarding school.

She took the entrance exams for Columbia Teachers College on a whim, and enrolled in 1917, graduating in 1921.

When she died in 1980, Dr. Chinn was the recipient of honorary degrees from both New York University and Columbia University.

## Other Milestones in African-American Medical Achievement

1783

James Derham became the first African-American to practice medicine in the United States, although like many doctors of that period, he did not receive an M.D. degree.

Derham was born into slavery in Philadelphia in 1757 and was owned by several doctors, one of whom encouraged him to go into medicine.

Derham worked as a nurse and bought his freedom in 1783 and opened a medical practice. He eventually became an expert in throat diseases and in the relationship between climate and disease.

1837

Dr. James McCune Smith was the first African-American to both practice medicine and earn a medical degree. He earned his degree in Scotland and returned to this country. He was the first to run a pharmacy as well. Smith was also a well-known abolitionist and author. He often wrote about misconceptions of race, intelligence, medicine and society in general.



1847

First African-American – Dr. David J. Peck – to graduate from an American medical school, Rush Medical School

1864

Rebecca Lee Crumpler became the first black woman to receive a medical degree. She graduated from the New England Medical College in 1864.

1868

Howard University College of Medicine first opens doors as a medical department

1884

The Medico-Chirurgical Society of Washington, D.C. was founded in 1884. This was the first African-American medical society and was formed because medical societies established by whites would not admit black physicians.



1893

Dr. Georgia E. Patton Washington graduated from Meharry Medical School and becomes the first black woman licensed as a physician and surgeon in Tennessee. She later became one of the first African-American missionaries to Africa.

1939

Dr. Charles Richard Drew established the first blood bank for the Columbia-Presbyterian Medical Center in New York. His work in plasma research altered the manner in which blood was utilized during World War II on the battlefields.

## Register Now! Saturday Classes Start February 20!

**You don't have to be perfect to be a perfect parent.**

Lucas County Children Services needs foster and adoptive families for teens with special needs and groups of three or more siblings. Our accelerated session of **FREE** foster/adoptive parent training classes begins **February 20**, from 9 a.m. to 4 p.m. You can complete your training in six consecutive day-long Saturday classes.

**Becoming a foster or adoptive parent is easier than you think. You...**



- Must be at least 18 years of age to adopt; 21 to become a foster parent.
- Can be married, single or partnered.
- Can own or rent your home.
- Can work outside the home.
- Don't have to earn a lot of money, just enough to support yourself.
- Need a safety inspection for your home.
- Agree to a background check.
- Receive free training.
- Receive financial support, based on your child's needs.

Classes are held at the Lucas County Training Center, 705 Adams Street. Space is limited; please reserve your seat today.



**Call 419-213-3336 to register today!**

# EXCEL's 26<sup>th</sup> Annual Conference for Aspiring Minority Youth

By Brittany Jones  
Sojourner's Truth Reporter

The University of Toledo's Student Union Auditorium was buzzing with philanthropic feeling on Jan 30. The Office of EXCELlence held its 26<sup>th</sup> Annual Conference for Aspiring Minority Youth from 8:30 a.m. to 1:30 p.m.

The theme centered on community service with "Living A Life of Service: Giving Back to Your Community" as its motto for the program. The purpose of the conference was to increase awareness among students and parents of the need and importance of volunteerism. David Young, director of EXCELlence Programs and Toledo EXCEL, stressed the importance of social responsibility.

According to a press release, he said: "We hope to encourage and inspire youth to volunteer their time, talent and treasure to social service organizations."

The conference began with a musical prelude and processional of conference dais members. Alexis Means, reporter with 13 ABC Action News, was the mistress of ceremonies. Rebecca Wilson, an EXCEL participant and UT

student, sang the National Anthem.

To set the mood for the program, Jennifer Hojnacki, an EXCEL high school student, read a poem titled "Giving." The welcome and greetings bought notice of influential people such as Mayor Michael Bell, local NAACP President WilliAnn Moore, Toledo City Councilmen Michael Ashford and Phil Copeland and State Rep. Edna Brown.

Following these introductions were the "student spotlights." The importance of this feature was to give recognition to those who have overcome major obstacles in their lives and are still going strong, trying to make a better place for others. Xiaopeng Burnham and Stormi Minifed, both students in EXCEL Group XXI and both virtually abandoned at birth on opposite ends of the globe, were spotlighted along with their adoptive families.

Also spotlighted was Andrea Hill, an undergraduate at UT and the valedictorian of her graduating class at Rogers High School, who spoke of her success that came about in spite of dire

family circumstances.

The special highlight of the plenary session was the keynote speaker, activist and philanthropist Malaak Compton-Rock, actor Chris Rock's wife.

Compton-Rock's list of community efforts is endless. She sits on the board of directors of The Children's Defense Fund and The Triple Negative Breast Cancer Foundation. She also is the Global Ambassador for The Susan G. Komen for the Cure Global Promise Fund and belongs to numerous organizations dealing with global poverty, child abuse prevention and other issues.

In 2008, she began The Angelrock Project, an online e-village that promotes "volunteerism, social responsibility and sustainable change." Her recent initiative, *Journey for Change*, took at-risk youth from Brooklyn and gave them an opportunity to travel to South Africa to engage them in global service.

A video clip, thanks to CNN's *Black in America 2: Tomorrow's Leaders*, showed how the experience and overseas journey affected the youth. It high-

lighted the problems in South Africa such as the AIDS epidemic where there are 1.4 million orphans and an increase of grandmother/child-led households as a result of parents dying from disease (one in five adults have HIV/AIDS). Compton-Rock even adopted one of those orphans from the grandmother-led household featured in the film.

"You Learn. You Earn. You Return." That message by Compton-Rock during her speech emphasized unselfishness by giving back to those who are not as fortunate. She stressed four points about improving one's and community: advocacy, exercising consumer rights daily (thinking about purchases, etc.), tithing and volunteering. She gave ideas for websites that people can visit to find volunteer organizations such as [volunteermatch.com](http://volunteermatch.com) and [dosomething.org](http://dosomething.org).

Following her speech, closing remarks were given and the student and parent breakout sessions began. The student breakout session gave participants the opportunity to communicate with

local community activists. The panel consisted of Shawna Woody, director of Program Operations of the Boys and Girls Club; Jason Daniels, vice president of Strategic Initiatives from United Way and Dan Rogers, president and CEO of Cherry Street Mission. The panel presented advice and insight on the importance of volunteering.

"It's not just about you," Woody said. "You will see that once you volunteer."

Rodgers gave statistics that demonstrated the reality of the urgency.

"Toledo is the eighth poorest city between Detroit and Cleveland. Volunteerism is a part of our World," said Rogers

Across the way, the parents' session offered ideas on how parents can help the youth stay out of trouble in school and in the community and explained the laws that directly affect their children.

The session also instructed the parents on how their children should interact with law enforcement respectfully and appropriately. The session's speaker was Dana Slay, community service officer for the

City of Toledo Police Department.

There was also a special presentation by Margarita De Leon, partnership specialist for US Census Bureau.

The success of the conference was displayed in the growing involvement of staff, students and community. After 26 years—the first conference was held in January of 1985—the Office of EXCELlence (founded in 1988) continues to uplift minorities (African, Native, Hispanic, Asian Americans and others) in high school and higher education. Along with the endless educational opportunities available, the program focuses on self-esteem, cultural awareness and other positive attributes that can create an active citizen. The Office of EXCELlence administers Toledo EXCEL, Toledo Prep/Tech, Upward Bound and Student Support Services (SSS).

Next year's event, the 27<sup>th</sup> Annual Conference for Aspiring Minority Youth, will be held on Saturday, January 29, 2011.

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# Fifth Annual Bridal Show Presents Array of Offerings and Services

*Sojourner's Truth Staff*

G Creations' Fifth Annual Bridal Show was held at the Garden Lake Banquet Hall last Saturday, January 30, from noon to 5 p.m., and presented visitors with



*Bridal gown display*

a dazzling array of small businesses equipped to meet just about every need of a wedding event.

Glenda Brown, the "G" in G Creations, started the event five years ago with the goal of spotlighting small, minority owned businesses that often do not have the wherewithal to participate in the large shows held at venues such as the SeaGate Convention Centre.

G Creations show, as always, featured vendors,

a fashion show – presented by G Creations, prize giveaways, entertainment and a marriage renewal ceremony.

Groom Edward Ali and Bride Maria Dunlap-Alicel celebrated 22 years of marriage in a ceremony officiated by Rev. John E. Roberts, D.Min., pastor of Indiana Avenue Missionary Baptist Church.

Vendors for the event included Affairs of the Heart, American Care Givers, Cakes by Bonnie, Chef

Les Catering, DJ Keith Success, Dream Designs Bridal Outlet, G Creations Bridal & Formal Wear, G Creations Wedding Planning, Garden Lake Banquet Hall, It Works, Julie's Event Decorating/Consulting, Katrina Barnhill Saxophonist, La Tonya's Touch, M Sews It, Mary Kay – Melody Curry, Stan Burt Photographer, Stillfootage Photography, Sweetheart Balloons & Floral and The Zen.

*(More pictures on Page 16)*

## State Rep Peter Ujvagi to Move to Lucas County

### Spot

*Sojourner's Truth*

On Monday morning, the Board of Lucas County Commissioners voted to appoint State Rep. Peter Ujvagi to the position of Lucas County Administrator. Ujvagi, who represents District 47, will succeed Mike Beazley who resigned in late January to become the City of Oregon administrator.

Ujvagi, who had been considering a run for the State Senate, was in the midst of his fourth two-year term in the Ohio House. He would not have been able to run for re-election.

Ujvagi's resignation of his House seat will in all likelihood start a cycle of movement. Ohio Senator Teresa Fedor, also term-lim-



ited from running for re-election to the Senate, had already let it be known that she would be seeking the District 47 House seat. Fedor is expected to seek appointment for the open House seat now in order to run in the fall as an incumbent.

State Rep. Edna Brown, who is also term limited and had earlier announced her intention to run for the Senate and Fedor's District 11 empty seat, has said she will seek an appointment so that she can run as an incumbent as well. Senate Democrats will elect that replacement.

So the game of political musical chairs gets an early start as the area's term-limited elected officials jockey for the advantage that appointments can bring.

## Donations

Can be made at the Toledo Urban Federal Credit Union (139 Dorr Street) In order to defray the funeral expenses for the family of Fitzgerald Adrian Robbins, 18, who died well before his time last week.



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The  
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# Truth Health

February 03, 2010

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## A Healthy Happy Heart

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

February is American Heart Month. What are you doing to keep your heart healthy? There are no magic foods to prevent heart disease, but following a basic, healthful diet can help. The American Heart Association advises consuming only as many calories as you need each day and eating lots of fruits, vegetables and whole grains.

In addition, be smart

sources are fatty fish such as salmon, halibut, herring, lake trout, bluefish, tuna, and Atlantic mackerel. Other good sources of omega-3 fatty acids include flaxseed and walnuts.

How you prepare food is very important also. Although seafood can be a good source of omega-3 fatty acids, not all kinds of fish have omega-3 fatty ac-

or grilling!

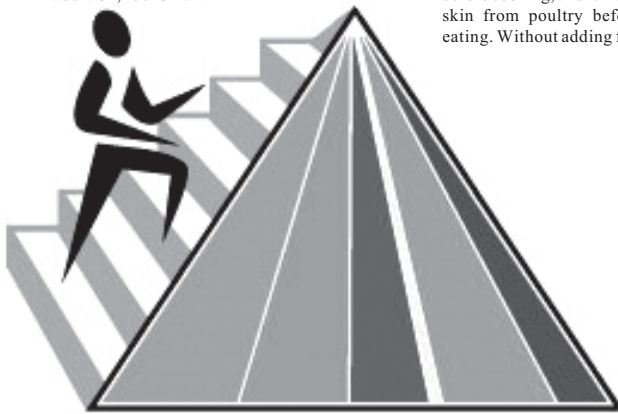
Make smart choices from the meat and beans group to limit saturated fat. The message from that food group is, "go lean with protein". With red meat and pork, look for cuts of "loin" and "round" – they are usually the leanest. With poultry, choose white meat more often than dark. Remove visible fat from any meat before cooking, and remove skin from poultry before eating. Without adding fat,

Reduce trans fats by cutting back on foods containing partially hydrogenated vegetable oils. Since 2006, it has been required that trans fats must be indicated on Nutrition Fact labels of foods. In addition, look for the word "hydrogenated" in the ingredient listing. Limit baked goods, crackers and French fries made with partially hydrogenated or saturated fats. Be care-

ful — a food can claim "zero" trans fat if it contains less than a half-gram per serving. If the food has "shortening" or "partially hydrogenated fat" in the ingredients listing, it likely has some trans fat.

Use olive oil, liquid margarine or soft margarine on bread instead of hard margarine. First, make sure you replace the "bad" fats with better fats in your diet. Sim-

ply adding more fat to what you eat every day will likely cause you to put on a few pounds, which, for most of us, definitely is not a heart-healthy path. So, instead of spreading butter on a roll, dip it in olive oil instead. But, if you usually don't even eat rolls with any type of garnishment in the first place, it's probably not a good idea to start now.



about fat in foods. Generally, monounsaturated and polyunsaturated fats – in particular, omega-3 fatty acids – are considered much more heart-healthy than saturated or trans fats. While some types of oils, such as canola and soybean, contain a small but significant amount of omega-3s some other great

ids. The cold-water fish listed above are healthy but they're also higher in fat (obviously) and calories than other types of fish, such as tilapia, cod or pollock. Whatever fish you choose, avoid deep-frying it. That could negate any health benefit. Enjoy preparing your fish and other foods by broiling, baking

dry beans are a good source of protein and fiber.

Limit saturated fat when choosing milk products, too, by selecting fat-free, one percent fat and low-fat varieties. You don't have to say "never" to whole-fat dairy such as butter, whole milk and full-fat cheese, but limit portions and frequency.

**In addition to making healthy food choices, being physically active is a key element in living a longer, healthier, happier life.**

### The benefits of physical activity may include:

- Improves self-esteem and feelings of well-being
- Increases fitness level
- Helps build and maintain bones, muscles, and joints
- Builds endurance and muscle strength
- Enhances flexibility and posture
- Helps manage weight
- Lowers risk of heart disease, colon cancer, and type 2 diabetes
- Helps control blood pressure
- Reduces feelings of depression and anxiety

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.

Some types of physical activity are especially beneficial:

- *Aerobic activities* – speeds heart rate and breathing and improves heart and lung fitness. Examples are brisk walking, jogging, and swimming.
- *Resistance, strength building, and weight-bearing activities* – helps build and maintain bones and muscles by working them against gravity. Examples are carrying a child, lifting weights, and walking. They help to build and maintain muscles and bones.
- *Balance and stretching activities* – enhances physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.

For more details on eating for a healthy heart, see the American Heart Association's Web site at <http://www.americanheart.org>. Information in this article was compiled by Patrice Powers-Barker from [www.mypyramid.gov](http://www.mypyramid.gov) and The Ohio State University Chow Line.

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## Wilma Brown

Three term veteran of Toledo City Council, Democrat Wilma Brown was recently elected president of Council by her peers in a unanimous vote. Prior to her time on Council, Brown served three terms on the Toledo Board of Education.

Brown, the District 1 representative has made it her mission to revitalize the Dorr Street corridor - urging business development and bringing to the street the first housing construction in several generations.



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# TOP TEN EXCUSES

By Angela Steward, Fitness Motivator  
Guest Column



In January's article I asked you to COMMIT TO BE FIT IN 2010! February is already here. I taught over 30 classes in January, were you in any of them? Did you attempt to begin your fitness journey? Has exercise become a part of your daily routine? Have you at least thought about what it would feel like to be healthy and full of energy?

I'm sure you have some interest in becoming healthy or you wouldn't be reading this article. Maybe you just need a little push, shove, or **KICK** in the right direction. Summer will be here before you know it! So get moving and get rid of the excuses.

## I WOULD EXERCISE, BUT.....

home. Let your children help you count your push-ups and/or jumping jacks. Let them hold your feet while doing abdominal crunches and sit-ups. Dance with them. Let them motivate you. You will inspire them!

**9. I DON'T HAVE TIME TO EXERCISE.** We're all busy. It seems the things that help us the most we don't make the time for. Exercise helps with more than weight loss, it improves your energy level, elevates self-esteem, relieves stress, lowers blood pressure, etc. Habits that benefit us should be on the TOP of our priority list, not the BOTTOM!

**8. I CAN'T AFFORD GYM FEES.** Who has to join a gym? Walking, running and biking in a public park are FREE! Now what's your excuse?

**7. I DON'T HAVE ANYTHING TO WEAR.** Are you kidding me? All you need are tennis shoes, t-shirt and shorts or pants. It's not a fashion show; no one is there to see what you're wearing. You're there to become healthy! Don't waste the PRETTY on your workout – save it for later!

**6. I DON'T LIKE PEOPLE WATCHING ME WHILE I WORK OUT.** What makes you think people are watching you? Are you watching them? Most people exercise together because they enjoy being motivated by others; they enjoy the music, high energy and fun. So if group fitness doesn't motivate you, find something that will.

**5. I CAN'T WORK OUT IN THE MORNING & I'M TOO TIRED AT NIGHT.** I can't work out in the morning; I have to be at work early, so I exercise in the evening. Always have a gym bag packed in your car. Go to the gym or the park directly from work. This is your time to focus on your health and spirit, no one else's!

**4. I TRIED, NO RESULTS, GAVE UP!** Positive results never come as quickly as we want. It took a while to gain the weight; it's going to take a while to lose it. Just think of yourself as a jewel. After some shaping and polishing, you're going to emerge a diamond! Stick with it!

**3. IT'S BORING!** Exercise used to be boring, but not anymore. There are many fun fitness classes offered ranging from self-defense, cardio dance, body shaping, belly dancing, pole fitness, hip-hop, etc. Find a program, activity or instructor that inspires you. Stick with it for at least three months! It's hard to believe, but your mind and body will begin to crave exercise.

**2. I DON'T LIKE TO SWEAT!** I don't know of anyone who likes to sweat. It's not a permanent condition, you won't stink forever, rejoice in the funk – you worked hard for it, now go take a shower.

### AND THE #1 EXCUSE I HEAR MORE THAN ANY:

**1. I DON'T WANT MY HAIR MESSED UP!** Ladies, we all want to look fabulous. My hair merely covers my big head and keeps it warm! I exercise daily, so of course my hair is full of sweat daily. I just wash it, condition it, dry it, curl it and keep it movin! Your hair is not a vital organ, but your heart is. Seriously, is your hair more important than your health?

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**Owens Dental Program Offers Free Dental Services for Children During Give Kids A Smile Day, Feb. 5**

Special to The Truth

Oral hygiene, X-rays and free dental appointments at fillings will be the focus of Owens Community College

as more than 150 area elementary and high school students' teeth are transformed to pearly whites during the nationwide Give Kids A Smile Day on Friday, Feb. 5.

Owens' Dental Hygiene program, in collaboration with the Toledo Dental Society, will be offering a day of free dental services for "at-risk" children ages six months to

18 from 8 a.m. - 12 p.m. and 1-4 p.m. at the College's Dental Hygiene Clinic. The clinic is located in Health Technologies Hall on the Toledo-area Campus.

Additionally, Toledo Dental Society dentists and Expanded Functions Dental Auxiliary will provide restorative treatments such as fill  
*(Continued on Page 10)*

**Dear Ryan,**

I need to get my arms bigger what can I do?  
**Kenneth**

**Dear Kenneth,**

Well that's very simple and to the point, I like that. So, I will try and do the same.

Well assuming that you are working your arms consistently and not getting much results with them I would say switch up whatever your doing now. If you're lifting heavy now go lighter and if you're lifting light go heavier.

The best rep range for muscle hypertrophy (growth) is 8-12 reps. If you don't know, the triceps make up two thirds of the muscle mass of your arms. So let's start with some basic exercises for your triceps keeping in mind that you always want to use a weight you can control and execute with good form. Triceps push downs, kick backs and an overhead extension or skull crushers are a good starting points for you to get started. I suggest that you mix the order of your exercises up every time you train. I would have you do a total of 12 sets with 8-12 reps not counting the warm up. Then we would move to the biceps hitting every angle with these as well.

The best basic exercises for the biceps are straight bar curl, hammer curls and alternating curls. As with the triceps I would mix up the order of the exercises each time we train them and switch exercises altogether. Following the same reps scheme and number of sets.

Now, although you are switching the order of exercise each time you train, it's important that you switch the body parts around as well. So, let's say you train your biceps then your triceps during one workout. Next time start with your triceps and then your biceps and if they are that weak and your working them with another body part try working them first.

You can also dedicate a whole workout to them if you feel they are lacking that much. I hope this helps and remember to keep switching it up so your muscles don't get accustomed to the same movements and you don't get bored.

On a separate note, this year the 5th Annual Toledo Glass Scepter Bodybuilding, Figure and Bench Rep-out contest will be on May 22.



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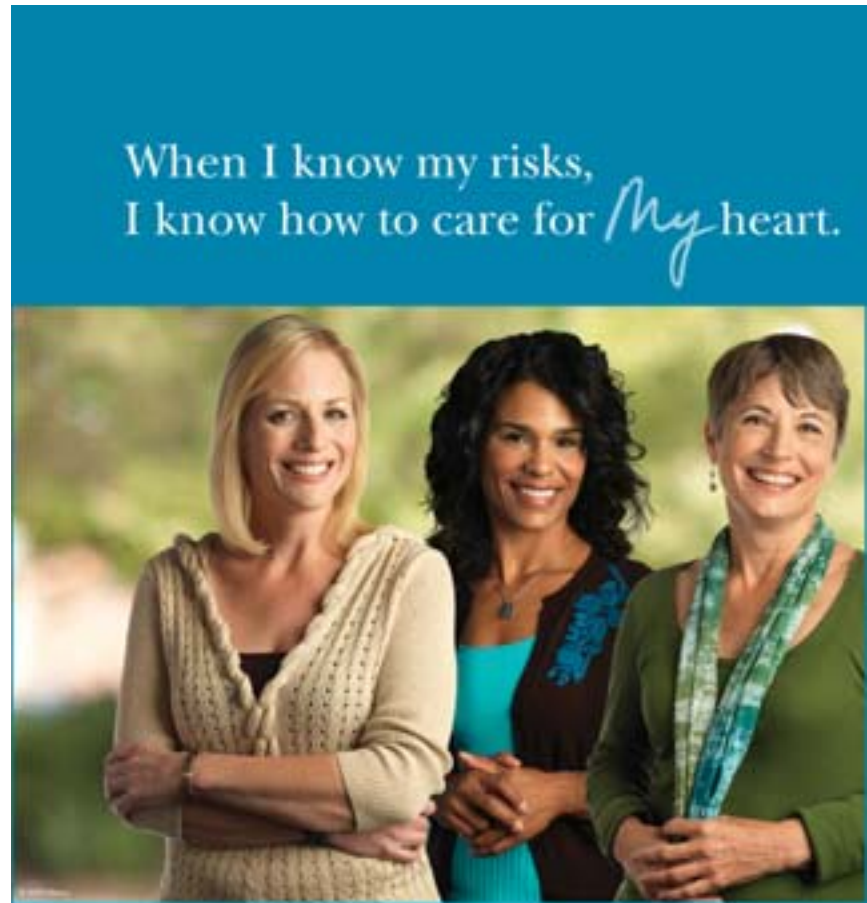
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# My Black History Showed Me love ...

By Diana Patton, FITatudes  
Guest Column

How fitting that February represents *Love* and *Black History*! Although my family history had its fair share of dysfunction – I chose and continue to choose to focus

on the love and warmth I was given and how I can pay that forward. And when I think of black history and love together, I immediately visualize my grandmother, Luella

Talmadge Jackson.

Grandma, born in 1907, was in a word “concerned” – about her family, her beloved church home and her community. Even though adversity

seemed to continually swirl in her path, she chose to focus on the positives and she paid that positive spirit forward – big time! She felt the need to help young people and de-

sired to see them follow through, be disciplined and basically, “do the right thing.”

When you approached Grandma, you felt the need to straighten up, clean up, act

right and do right. She laughed a lot and never seemed like she was depressed. She enjoyed her family but most of all, she loved God and showed love.



As a result of her love, my family realized that love has no color! Even though she still called

black folks “colored” (smile) she did not discriminate on the basis of color. She loved everyone – just

In 1990, when Grandma was inducted into the Ohio Women’s Hall of Fame, I immediately realized what love was as I looked at the sea of family occupying the many rows – Grandma lived out 1 Corinthians 13. She showed:

- o **Patience**
- o **Kindness**
- o **Did not envy**
- o **Did not boast**
- o **Wasn't too proud**
- o **Was not rude**
- o **Was not self-seeking**
- o **Wasn't easily angered**
- o **Kept no record of wrongs**
- o **Did not delight in evil but rejoiced with the truth**
- o **Protected**
- o **Trusted**
- o **Hoped**
- o **Persevered**

as Christ loved us!

Hmmm – I can’t help but wonder if adopting a loving attitude can improve your health? What do you think? Of course it can! Grandma surely lived life to the full – up to the ripe age of 98 years old and then one day, she went to sleep and went on to heaven!

If your New Years resolution is to live life to the full – with bursting energy,

a clear mind, a healthy heart and limber body – then live out the above love list! I guarantee depression sadness and overall despair will be a thing of the past.

Stop keeping a mental list of wrongs, waiting for someone to say “I’m sorry,” waiting to start a fight, and be easily angered and rude! Don’t be too proud to think this list does not apply to you. It applies to ALL of

us. Start loving your neighbor as yourself as Christ commands in Matthew 22:36-40 and see a huge improvement in your health.

That’s why we created the FITatudes. We realize that we can stay “FIT” when *Family and Friends Feeling Inspired Together*. And when “FIT” collides with having the attitude of Christ by putting love first, we can actually live out our FITatudes and *Live Life to the Full* – just as Grandma did! Check out my grandmother, Luella Talmadge Jackson’s Ohio Women’s Hall of Fame profile by going to this web site: <http://www.odjfs.state.oh.us/women/halloffame/bio.asp?ID=145>.

[www.FITatudes.com](http://www.FITatudes.com) and grab your free eBook. Join a FITatudes class going on right now at Cedar Creek here in Toledo or send us an email at [info@FITatudes.com](mailto:info@FITatudes.com) to learn more!

*Diana (Toledo, Ohio) and Tonja Ward (Houston, Texas) co-own and operate a company called FITatudes, a Christian based wellness organization that enhances and empowers women with the biblically based FITatudes concept.*

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## Owens Dental

(Continued from Page 9)

ings and extractions for patients on Feb. 12 from 1-4 p.m.

Give Kids A Smile Day is a national initiative by the American Dental Association, which is dedicated to focusing attention on the epidemic of untreated oral disease among disadvantaged children. Held each February in conjunction with National Children’s Dental Health Month, Give Kids A Smile Day provides free oral health education, screening and treatment services to children from low-income families across the country.

“Owens Community College’s Dental Hygiene program is proud to once again participate in such a worthwhile endeavor and provide dental services to individuals in need,” said Beth Tronolone, Owens Chairman of Dental Hygiene. “Give Kids A Smile Day is also a wonderful opportunity to raise the importance and awareness of preventive dental care such as flossing, brushing and regular dental visits. Our goal is give each attendee a positive dental experience and help them feel comfortable smiling again.”

Owens Dental Hygiene second-year students, faculty and alumni, and area dentists, as well as Penta Career Center faculty and students, will be conducting dental services, which will include dental education and screening, X-rays, oral prophylaxis (cleanings), limited restorations and dental sealants. In addition, first-year students from the health program will provide educational presentations for parents and children.

The College’s Dental Hygiene program provides more than 40 students with a fully accredited, scientifically current and competency-based curriculum annually. Students receive classroom instruction as well as hands-on

experience in the Dental Hygiene Clinic, while preparing to sit for the national, state or regional exam in dental hygiene. Owens’ program also offers dental services to area residents through its Dental Hygiene Clinic. The 20-chair clinic is staffed by dental hygiene students and supervised by licensed dental professionals at Owens, and appointments are available during the fall and spring semesters for a \$25 fee.

Individuals interested in receiving free dental service are encouraged to contact the College’s Dental Hygiene Clinic at (567) 661-7294 or 1-800-GO-OWENS, Ext. 7294. Appointment reservations must be made prior to the event.







## Black History Month Marks Importance of Diverse Blood Donors



Blood donors from diverse backgrounds can take their place in history by making and keeping an appointment to help save a life during Black History Month in February.

African-Americans have a

distinguished history in shaping blood services programs within the American Red Cross. In the 1940s, medical researcher Dr. Charles Drew laid the groundwork for today's modern blood dona-

tion program through his innovative work in blood banking. And the world-renowned Holland Research Laboratory in Rockville, Md., bears the name of educator and U.S. Ambassador Jerome Holland who streamlined the growth of Red Cross laboratories in the early 1980s.

"African-Americans have played a key role in modern blood banking," said Dr. Nurjehan Quraishy, Medical Director for the Western Lake Erie Region of the American Red Cross. "Black History Month is a great way to recognize that legacy, and to encourage donors of all ethnicities to give blood."

African-Americans have the power to make a unique

contribution to America's blood supply since more than 50 percent of people with African descent have type O blood. About 20 percent of African-Americans also have type B blood, which is higher than other populations. Several rare blood types are also unique to the African-American community.

"We need donors of all ethnicities to help meet patient needs," said Quraishy, adding that the most compatible blood for some seriously ill patients is most likely to come from someone with the same ethnic or genetic background. "Sometimes, it's that single donation from a particular person that can make a difference in someone's life."

Call 1-800-GIVE-LIFE to schedule a blood donation appointment or log onto to our new website [redcrossblood.org](http://redcrossblood.org) to find a blood drive near you.

### How to Donate Blood

To schedule an appointment to donate please call 1-800-GIVE-LIFE (1-800-448-3543) or visit [RedCrossBlood.org](http://RedCrossBlood.org) for more information. Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on their height) and are in generally good health may be eligible to donate blood. Please bring your Red Cross blood donor card or other form of positive ID when you

come to donate.

### About the American Red Cross

The Western Lake Erie Region serves 11 counties, and needs to collect about 300 units of blood a day to meet patient need in 24 hospitals. In addition to supplying nearly half of the nation's blood, the American Red Cross teaches lifesaving skills, provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization—not a government agency—and depends on volunteers and the generosity of the American public to perform its mission. 12/09AP1541

## Madd Poets Society Family Night @ Mott Branch Library In Celebration of Black History Month



The Toledo-Lucas County Public Library joins the Madd Poets Society in celebrating Black History Month with a relaxing and enjoyable evening scheduled from 6-7:30 p.m. on Tuesday, February 9 at Mott Branch Library, 1085 Dorr St.

Join David Bush, Mott employee and founder of Madd Poets Society, at this FREE event of creativity and poetry. Madd is an acronym for Making A Direct Difference, and is comprised of talented young poets throughout Lucas County.

Bush was recently named one of the city's "Top 25 Toledoans" by the Northwest Ohio Black Media Association (NOBMA) in a recent edition of The Sojourner's Truth newspaper (January 27, 2010). Light refreshments will be served. For more details, please call Mott Branch at 419.259.5230, or log on to [toledolibrary.org](http://toledolibrary.org)

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**Book Review**

**DK Biography: Harriet Tubman by Kem Knapp Sawyer**

c.2010, DK Publishing

\$14.99 / \$17.99 Canada

128 pages

By Terri Schlichenmeyer  
The Truth Contributor

Always keep away from "It."

That's the most important rule you learn when you play Hide & Seek. "It" covers his eyes and counts, while you run and hide. Then, while "It" looks for you, you try to get Home safely.

Hide & Seek is a game you learned long ago. You've played it now and then but what if it wasn't a game? What if hiding and getting back home was a matter of life or death? In the new book **DK Biography: Harriet Tubman by Kem Knapp Sawyer**, you'll read about a serious and brave version of Hide & Seek.

Young Araminta (sometimes called "Minty") was a slave. Her grandmother probably came from Ghana, and her mother was born

into slavery. Although historians think Minty was born in 1822, nobody knows for sure.

When Minty was four years old, she was put to work taking care of her siblings. At age eight, she was sent to live with another family and was taught housekeeping. She didn't do a very good job, though, and was whipped often. Not long afterward, she was sent back to the farm where her family lived, and she learned to do men's work in the fields.

In 1844, Minty married John Tubman and changed her name to Harriet.

Maybe because of a severe head injury she got as a young woman, Harriet was a dreamer. She claimed she had visions of flying and night-

mares of being dragged off. Her fear was that she would be sold and sent away, and it made the nightmares worse. Soon, Harriet was plotting her escape.

Following the North Star and sleeping in fields and forests, she carefully made her way to Philadelphia, home to 20,000 free blacks. Everything felt different as a free woman, but Harriet missed the people she left behind.

Promising herself that she would bring her family to freedom, too, Harriet took odd jobs and saved money for travel and food. Though she was first a passenger on the Underground Railroad (a secret route to freedom), she quickly became a conductor (the helpers or leaders), eventually lead-



ing up to 80 slaves to safety and freedom in the Northern U.S. and Canada.

Filled with true stories that will thrill young readers, *DK Biography: Harriet Tubman* is, despite its title, not just about the woman they called

Moses. It's also about the Civil War, other key people in the flight to freedom, friends and family members of Harriet Tubman and slaves on their way North.

Although little of the information in this book is new (at least, to an adult), author Kem Knapp Sawyer brings Tubman's legacy up-to-date, including new scholarly studies that "give a fair representation" to Harriet Tubman. Kids will appreciate the pictures, drawings, reproductions of letters and handbills, and the wealth of sidebars that serve to explain details in the main story.

If your child wants a good biography for fun or for class assignment, look for this one. Perfect for nine-to-12-year-olds, *DK Biography: Harriet Tubman* is a book to seek.

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# Black Identity

By Michael Hayes  
Minister of Culture



Before I begin, I want you to read this:

Senegal's president says he will offer free land and "reparation" to people affected by the earthquake in Haiti.

President Abdoulaye Wade said Haitians were sons and daughters of Africa since Haiti was founded by slaves, including some thought to be from Senegal.

"The president is offering voluntary repatriation to any Haitian that wants to return to their origin," said Mr Wade's spokesman, Mamadou Bemba Ndiaye.

Tuesday's earthquake killed tens of thousands and left many more homeless.

Buildings have been reduced to rubble, the distribution of aid is slow, and people have been flooding out of the devastated capital, Port-au-Prince.

"Senegal is ready to offer them parcels of land - even an entire region. It all depends on how many Haitians come," Mr Bemba Ndiaye said.

"If it's just a few individuals, then we will likely offer them housing or small pieces of land. If they come en masse we are ready to give them a region."

The spokesman emphasised that if a region

was given, it would be in a fertile part of the country rather than in its parched deserts, the Associated Press news agency reported.

The president of Senegal (western African country - pop. 11 million) offered a vast amount of his land to those displaced by the crisis in Haiti. President Wade referred to Haitians as "sons and daughters of Africa."

I knew I was going to write about Black Identity this week but when I found that article, I was just touched that the act of someone trying to preserve his people could be so enormous yet so overshadowed by less important news in media.

Internationally, this symbolizes the importance for black people to still identify with Africa and the need to help preserve one another.

This Black History Month, even with a black president in the White House I still find an alarming majority of black Americans not identifying at all with our homeland, our struggle or even our connection to each other's hardships.

So if we can't identify what makes us black people by how we treat each other, then what can we look to in order to find our true cultural impression on our reality?

What can we focus on that makes us say "yup, that's the essence of being black"?

Hip-hop music? NOPE. It's ours, but it's pimped and purchased by all shades.

The way we dress? NOPE. We wear Vans sneakers, belt chains and

many items that 15 years ago we would've associated with white suburbia.

The way we talk? NOPE. Dude, we say "awesome" more than white people do.

Soul food? Well maybe. What about living in "the hood." HA! These economic times have sent white folks running back to the inner city en masse! I've seen some white folks in areas around Toledo that had me doing a double take.

The melting pot of these United States has blended the races and cultures together to the point that individual identity and heritage could be lost without intentionally bringing our focus back to who we are.

Jewish people, Hispanic people and many Asian cultures living right next to us in this country find ways to keep their cultural identities alive throughout the year not just for a month.

Why can't we learn from their example?

In my opinion one of the main reasons black folks are increasingly distancing themselves from the conversations that could align us in purpose and practice is... well, it's not a simple reason, but I think I may have stumbled on, so walk with me.

Due to how we have been treated in this country, pain has become part of our identity.

Re-telling the stories of our true history in this land, explaining modern day institutionalized racism and suggesting that our collective psyche has been permanently scarred ... well, to some people that just sounds like complaining.

To some, everything I

just said simply comes off like "blaming the white man." When of course a sophisticated person could tell the difference, I hate to say it but a lot of us aren't raising sophisticated people with ability to reason and understand our environment or our condition.

So when some black folks make the call to other black folks to come together, to discuss our issues, to find our collective identity... there's an aversion to the pain of our story. That pain repels some and motivates others.

I love my people, but it's no secret that it's a damn near miracle of we can come together to complete anything.

Do you think that to be a coincidence?

Do you think that is our true nature?

Hellno.

We invented civilization. Not just as in we are the first humans, I mean .. the societal construct of various groups of people living harmoniously.. that came

from us. The dividing lines currently separating us were placed there... for a reason.

This Black History Month. Don't just attend a few programs and be done with it.

I urge you all ..everyone reading this, please use your discernment and find balance.

Sure, right now.. we are trying to fight New World Order, trying to survive.

Men of all origin must now be united under our common right to live free.

Because very powerful people want to remove that right from us all.

But we can never be of service to the larger world community until we have first found community amongst each other.

Not just attending the same church. Not being on a panel.

Not creating a program. See... black people have become masters at facilitating our blackness.

We will write a grant, write a song or give a pre-

sentation on our blackness in a minute.

But from where I am, I am looking at us and there is a need for our consciousness... for our mindset to improve to the point where preserving each other is not even a question.

President Abdoulaye Wade of Senegal has given us a remarkable example to follow.

Now that's not Black History, that's BLACK NOW. Thanks for rocking with me another week y'all.

In Toledo this week:  
Feb 4th - J. Palace, Best of the Midwest Label Showcase.

Feb 5th - David Holister & K Jon at Stranahan Theatre

Feb 6th - Black Pride event at The Truth Gallery 7 p.m. by Flow Mosley & others.

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glasscitytruth@yahoo.com



## Former Toledoan Stars in National Ad

Former Toledo resident Daphne O'Neal, daughter of Cleveland and Brunetta O'Neal, is currently appearing in a national commercial for SeniorPeopleMeet.com, a dating website for seniors. (Daphne is not yet a senior but was selected for the spot anyway!)

The ad appears regularly on MSNBC, among other cable outlets, and asks the question, "Where do senior people...meet other senior people?" Daphne appears as one-

half of the very happy "Coffee and Conversation" couple, the final pair in the spot.



## ETM PRODUCTIONS PRESENTS: "LIKE MIKE: THE MAN IN THE MIRROR"

"Like Mike: The Man In The Mirror," written by Bonita Adams, will be presented at the Franciscan Center Theatre of Lourdes College, located at 6832 Convent Blvd., Sylvania, OH on Sunday, February 28 at 6:00 PM. James Adams is the executive producer and the play is directed by Silvia Carter. Get ready to laugh, cry and

be on the edge of your seat in suspense as you follow the life of Leon Michael Williams, a young man who idolizes Michael Jackson. Three different people will play Leon at different ages of his life and will perform some of Michael Jackson's hits. Dance performances by The House of Adonis and the Springfield High School's

JROTC drill team are sure to be crowd pleasers. The message of the play is that you don't have to be famous to make a difference in people's lives. Another character, Sandra, is always trying to be someone else—from Tina Turner to Madonna. Issues involving accepting yourself and the importance of mentoring is also ad-

ressed. In addition, the play brings awareness to sugar diabetes since the main character is diagnosed with it. Representatives from ProMedica will be on hand with literature and be available for blood sugar screenings. Notable African-Americans from the past and present will be recognized. Featuring: Leon Whittington, Gerald

"GQ" Quinn along with Gerald Foster and The New Mix Band, The Difference (2008 Winners for Best Group/Duo -New Artist Showcase-Dorinda Clark-Coles Singers & Musicians Conference), Cynthia Valentine, Grant Walker, Joshua Bey, Tyrone Brock, Jr.,, Nicole Rice, C.C. & Choreographer Shawanda

Johnson. Sponsored in part by Church's Chicken on Franklin. Tickets are \$20.00 and can be purchased beginning January 15, 2010 at Franciscan Center Box Office at Lourdes College Jack's Men's Wear Church's Chicken on Franklin. You can also call Bonita at 419-215-1464 or James at 419-290-5711 for tickets or other information.

# 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

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**"FEEL GOOD ALL OVER STARTING WITH YOUR FEET"**  
 If you have foot problems such as bunions, hammertoes, 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.

**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!!

**THE C. BROWN FUNERAL HOME, INC.**  
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 419.255.7682  
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 For Appointment Call ..... 248.9317  
 Hair Stylist: Clyde \* Dell  
 Latest Techniques in Hair Styles for Ladies & Men

**Houses For Rent**  
 Everything New: Paint, Carpet, Stove, Refrig. Section 8 OK  
 MVP Property Management  
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**Place your ad in the Black Market Place**  
 Call 419.243.0007

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

**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

**HOUSE FOR SALE!**  
 New construction home located in the historic Englewood subdivision. 4 bds, 3 full baths and 2.5 detached garage. Tax abated and City of Toledo down payment assistance. Call today, see if you qualify for this new home.  
**Seaway Asset Management**  
 Call Kimberly Brown - 419.810.7097

**HOUSE FOR SALE!**  
 Totally updated, ready for new owner. Bungalow located in the Scott Park district, new windows, carpet and updated bath, kitchen, electric and heating system. City of Toledo down payment assistance for qualified buyer. Call today!  
**Seaway Asset Management**  
 Call Kimberly Brown - 419.810.7097

**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.  
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**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

**STUDIO 329**  
 Salon and Spa  
**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

**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

**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

**"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/UniqueDesigns:  
 Traci Barner drknlybarner@yahoo.com: 419.346.8610

**Hillandale - \$87,000/REDUCED**  
 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

**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.

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

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

**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

**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

**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

**210 Bloomfield - \$50,900 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



# CLASSIFIEDS

February 03, 2010

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## Director of Philanthropy and Legacy Gifts

Advocates for Basic Legal Equality (ABLE), a non-profit law firm that provides high quality legal assistance to eligible low-income residents of western Ohio, seeks a Director of Philanthropy and Legacy Gifts. The position is based in Toledo and has responsibility for philanthropy leadership within 32 counties of western Ohio for ABLE and ABLE's partner, Legal Aid of Western Ohio (LAWO).

The Director of Philanthropy and Legacy Gifts is responsible for the development and execution of the overall ABLE and LAWO philanthropy vision and strategy in all markets. He or she has the unique opportunity to lead a new team of development professionals and secure the highest possible level of performance from the staff under his or her supervision. Individual must be committed to ABLE and LAWO's mission and the principle of equal access to justice and must have a passion for fundraising. He or she must be able to motivate and support Board members, staff, volunteers, and donors to reach targeted annual fundraising goals.

This is a major leadership position in the firm with significant responsibilities for external donor relations, personnel supervision, financial goal attainment, and other aspects of program administration. The individual will play a key role in ABLE's leadership team. Significant experience in growing an annual fund, stewarding major gifts, managing capital campaigns, and establishing planned giving programs is desired. The ability to cultivate key relationships, be held accountable to productivity standards, and successfully solicit major gifts is essential.

The Director of Philanthropy and Legacy Gifts must demonstrate excellent leadership and management skills. He or she must possess a high level of initiative, sound judgment, and public speaking and interpersonal skills. The Director must be highly skilled at working effectively in a collaborative team environment in which decision making is often shared.

A bachelor's degree or 5 years equivalent experience is required; a master's degree is preferred. Law degree or experience is a plus. A minimum of 5 years verifiable fundraising/development experience and/or related field experience is required. Regular travel, including occasional overnight and evening hours, throughout the service area, is required. A very competitive salary is available, depending on qualifications, including an excellent benefits package. Send resume electronically as soon as possible, in Microsoft Word format only, to:

Email: [jobs@ablelaw.org](mailto:jobs@ablelaw.org)  
Subject: Director of Philanthropy and Legacy Gifts

Applications will only be accepted by email. Position will remain open until filled. Equal access to ABLE's office is available. Applicants requiring accommodation to participate in the interview/application process should contact the email address listed above. **EOE**

To Place an AD  
Call Pam @ 419.243.0007

## Teachers Wanted

Certified K-12 teachers and highly qualified applicants sought to tutor after school in students' homes in Toledo. Must pass BC/FBI background checks, have reliable transportation and be willing to tutor in students' homes. Hours are flexible and pay is competitive.

Send cover letter and resume to [toledo@tutoringinyourhome.com](mailto:toledo@tutoringinyourhome.com) or post pre-application on [www.tutoringinyourhome.com](http://www.tutoringinyourhome.com).

## For Rent

Winter Special - \$500 first month  
247 Majestic; Lovely 3-bdrm house  
Contact: Aisha's Housing/Rental Sales  
419-514-4011

## THE WILLARD APARTMENTS 2257 Upton Avenue

Preferred Properties, Inc. is accepting applications for a 1 bedroom (\$365) and 2 bedroom (\$415) apartments with a gas allowance. Section 8 vouchers accepted.

Application fee is \$25. For an appointment to apply or more information call (419) 389-0361.



## For Rent

Three bedroom house, very clean  
442 Arcadia. Huge kitchen. \$550 month  
Sec. 8 welcome  
Efficiencies and one-bedroom apts  
2324 Putnam - includes heat, lights and cable  
\$400 month  
419-389-0780

## Ministry Positions

FT & PT ministry positions to support USDA SNAP elderly outreach demonstration grant in Lucas County. Communication/computer skills and reliable transportation a must. Experience working with seniors and bilingual desirable. Resumes only to Toledo Area Ministries, 444 Floyd St., Toledo, OH 43620. **EOE**

## For Rent

Nice North End section 8 three bedroom home with garage and fenced yard.  
Newly painted. 2508 Locust Street.  
\$600/ mo plus alarm system.  
419-410-7193

## DIRECTOR OF ADULT SERVICES

The Mental Health and Recovery Services Board of Lucas County is seeking an individual with proven skills in program planning, development, monitoring, budgeting and fiscal decision making. The Applicant will have at least a Master's Degree in a behavioral health field and must have a current independent license, e.g., LISW, LPCC, APN Certified in Adult Psychiatric Services. Dual license in mental health and AOD disorders is preferred. The Applicant must have at least 5 years experience in management with the above responsibilities.

Qualified applicants should send a letter of interest and resume via e-mail to: Administrative Secretary at [netmail@cmhrsb.mh.state.oh.us](mailto:netmail@cmhrsb.mh.state.oh.us) by 5 p.m. February 03, 2010.

For information about the Board and to review the job description visit our website:  
[www.co.lucas.oh.us/mhrsb](http://www.co.lucas.oh.us/mhrsb)

EEO Employer.

## 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. ASK ABOUT



OUR MOVE-IN SPECIAL Call (419) 729-7118 for details.

## Ministry Positions

FT & PT ministry positions to support USDA SNAP elderly outreach demonstration grant in Lucas County. Communication/computer skills and reliable transportation a must. Experience working with seniors and bilingual desirable.

Resumes only to Toledo Area Ministries, 444 Floyd St., Toledo, OH 43620.  
**EOE**

## APARTMENTS

Abundant Life of Perrysburg is a subsidized independent housing facility for those 62 or older. We are located in a beautiful, quiet residential setting in Perrysburg. Abundant Life offers one bedroom garden apartments with private patios, indoor mailboxes, reserved parking and busing to local grocery stores. Applications are now being accepted. Call 419.872.3510 or 419.874.4371



## INTERESTED BIDDERS: TOLEDO PUBLIC SCHOOLS - LARCHMONT ELEMENTARY SCHOOL DEMO

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until 1:00 p.m. on February 24, 2010, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the demolition of the Larchmont Elementary School, as more fully described in the drawings and specifications for the project prepared by SSOE Group and will be opened publicly and read immediately thereafter.

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

Bidders may obtain copies of the documents starting February 3, 2010 which can be purchased from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615 Phone: 419-385-5303. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.

A MANDATORY PREBID CONFERENCE is scheduled for February 12, 2010 at 2:00 p.m. at Old Larchmont Elementary School, 1515 Slater Street, Toledo, Ohio 43616.

If you have any questions or a need for additional information, please direct all questions in writing [dan.timmons@lgb-llc.com](mailto:dan.timmons@lgb-llc.com), by phone at (419) 776-5600, or (fax) (877) 281-0784.

Bid Item No. 1 Larchmont Elementary School Building Demolition:	\$ 106,479.00
Bid Item No. 2 Larchmont Elementary School Site Work Demolition:	\$ 18,000.00
Bid Item No. 3 Larchmont Elementary School Building Clean Out:	\$ 8,000.00
<b>Total</b>	<b>\$ 132,479.00</b>

Bridal Show



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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

LOTS OF \$1 MILLION TOP PRIZES REMAIN!

MILLIONS OF PRIZES BETWEEN \$10 AND \$1,000!

