



Local and National News

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The *Sojourner's* Truth

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"And Ye Shall Know The Truth..."

March 03, 2010

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Dr. Reginald and Bobbie Baugh

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Unheeded Cautions

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



Hungry men have no respect for law, authority, or human life. - Marcus Garvey

There has been much recent debate and local commentary regarding red light violations and possible policies to prevent negative outcomes while providing additional revenue.

Yet, the National Urban League (currently celebrating their 100th anniversary), the NAACP, Children's Defense Fund, SCLC and many other civil rights organizations have for nearly 80 years, unwaveringly forewarned of the disastrous consequences of proceeding with reckless, negligent and inconsiderate political decisions and policies which punish, stigmatize or rob citizens of their dignity.

Stereotypical representations and rhetorical insults continue to bombard African-Americans and other minorities such as those by South Carolina's Republican Lt. Governor Andre Bauer who recently publicly and unashamedly stated:

"Poor people are like stray dogs and cats. If you feed them, they'll just come back for more – and worse still, they'll multiply. That's why it's a bad idea to give them free food or other forms of public assistance. My grandmother was not a highly educated woman, but she told me as a small child to quit feeding stray animals. You know why? Because they breed. You are facilitating the problem if you give an animal or a person ample food supply. They will reproduce, especially ones that don't think too much farther than that. And so what you've got to do is you've got to curtail that type of behavior. They don't know any better."

These and other flagrant or more subtle statements and racial representations, while totally lacking in hard data, are a gross attempt to misrepresent 21st Century racial and economic reality. Yet they serve as powerful rhetorical weapons used to justify racial inequality, shape everyday behavior and perpetuate public policy.

Temporary Aid to Needy Families (TANF), has been described as a policy that "abandons children and pushes women into lives of working poverty" because it "requires" recipients to work and places a time limit on receiving cash assistance. The policy was proposed and enacted during the Clinton presidency in response to the "Welfare Queen" myth where those on public assistance were depicted as lazy, shiftless, promiscuous single mothers driving Cadillacs and pimping the system.

TANF reduced the number of families on assistance from 4.8 million in 1996 to 1.7 million families by 2008 as "help disappeared fast but poverty didn't go away," writes Seth Wessler, in RaceWire.

Several scholars indicate that the subtle racism of post-civil rights America is maintained by "myths," "story lines" or "testimonies" that take a smidgen of assumed truth to make it seem plausible and then is repeated often and loud enough to "bolster the apparent reasonableness of their argument." The myth is therefore used to affirm the status quo social system of class, race and gender subordination and also helps to shape public policy by suggesting that minorities lack inappropriate values or are undeserving of public support because "it is their own fault that they are in their lower-caste."

It is critical therefore, for society to discern reality from myth as "those who are shut out of an economic system's rewards truly have no stake in that system" and when our children are abandoned, "the gangs will adopt them, drug dealers will hire and arm them, prisons will house them and criminals will educate them."

So what is the truth? And what public policies can move people towards self-sufficiency? The truth is:

- Welfare has always functioned to legitimize minorities at the bottom of the economy. Although approximately 39 percent of those on public assistance are white and 37 percent black, the public face of welfare is an African-American woman.

- Targeting minorities as lazy public enemies undeserving of a social safety net incentivizes those same "lazy" workers to work two to three simultaneous jobs at poverty wages in a global economy that produces a disproportionate number of low-paying, part-time, and contingent positions – a boon for corporate elites.

- Contrary to what is typically labeled as irresponsible teens having multiple babies to increase welfare payments, the percentage of total births to teen mothers has steadily declined since the 1970's. Additional research shows that over two-thirds of teen mothers become pregnant by men over age 21 and the younger the mother, the wider the age gap. This indicates that many of the teen mothers are, rather, victims of sexual abuse.

- It cannot be denied that targeted investment in job training, quality education and programming designed to change antisocial behavior and attitudes is needed to adequately prepare people for a labor market that is rapidly changing.

- Most astounding, is that politicians and economists have understood for a long time but not acknowledged that there are not enough jobs available at adequate wage levels to employ all those willing and able to work. And because there is "no intention in the market economy for this to be otherwise" therefore many workers are simply not wanted and not needed in the regular labor market. It is in just to be "required" to work when there are no jobs and to then become disqualified from receiving assistance for not working.

Therefore, if we are to become a civil society that will eventually stop fighting each another or hurting ourselves, only policies that deal with realities rather than myth will allow families to live in dignity. The policies must address the structural causes of poverty and include genuine welfare reform and not workfare. Also a serious job creation plan of sufficient size and scale with health and child care benefits is critical. It must target those most in need while adding new jobs to the total employment.

For nearly eight decades "jobs in the regular market" has been the mantra of our civil rights organizations. They also predicted that "failure to deal adequately with these problems would only lead to greater problems." Their warnings have long gone unheeded. We are just as likely to remain unmindful.

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

Community Calendar

February 3-March 3

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

March 4

Birmingham Library: Afternoon at the "Spa"brary; 4 pm; Celebrate Women's History Month with an afternoon of pampering; Girls in grades 5 – 12

March 5

Bridge of Hope & Bible Temple: 1st Friday Gospel Explosion and Reopening of the Coffee House; 7:30 pm: 419-385-7225

March 6

CASA of Warren AME Church Healthy Choice Workshop: Facilitators McKinney Chapman and Janet Trout: 419-537-0955

March 7

Momentum: 2010 Statewide Summit for Young Women: Noon to 5 pm; Dana Conference Center UT Health Science Campus; Open to young women grades 7 through 12; Presenters include Gov. and First Lady Strickland; Register at www.momentum2010toledo.eventbrite.com or 419-321-0023

March 9

Madd Poets Society Family Night: Mott Branch Library; Celebrating Black History Month; 6 to 7:30 pm: 419-259-5230

March 10

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

March 10-12

Truth Marches on Conference: New Bethel COGIC; Bishop Herman Miller, Pastor Deitrick Haddon and Marvin Sapp, D. Min: 419-242-6937

March 10-28

Calvary MBC 21st Pastoral Anniversary for Rev. Floyd Smith: 10th – Church prayer at 7 pm; 12th – Service with New Home Baptist @ 7 pm; 14th – Service with True Vine @ 4 pm; 19th – Service with Beulah Baptist @ 7 pm; 21st – Service with Friendship Baptist @ 4 pm; 28th – Service with Rhema Word

March 12

Toledo Grace Brethren Church Entertainment Event: Maumee Indoor Theatre; Comedian, musician and ventriloquist; 7:30 pm; Fundraiser for new church roof: 419-472-1212

March 13

West Toledo Bereavement Support Ministry Monthly Meeting: Bethlehem Baptist Church; 10 am: 419-867-2122
CASA of Warren AME Church Healthy Choice Workshop: Facilitators McKinney Chapman and Janet Trout: 419-537-0955

March 19-20

Phillips Temple CME Women's Day Project: Fish and Chicken Wing Dinner Sale; 10:30 am to 5:30 pm; Delivery available for four business orders or more: 419-242-7906

The Sojourner's Truth

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Morehouse Glee Club Will Appear at Historic Third Baptist on March 10

Special to The Truth

The Morehouse College Glee Club will appear in concert at the historic Third Baptist Church on Wednesday, March 10 at 7 p.m. in an event arranged by Rev. Glenn Jones, pastor of music and worship at Third Baptist.

Rhonda Sewell, media coordinator for the Toledo-Lucas County Public Library will serve as mistress of ceremonies for the evening.

The Morehouse College Glee Club embraces an almost 100 year tradition of musical excellence and achievement. In 2011 the club celebrate its centennial. The Glee Club has continued in this tradition through the dedication and commitment of its members and the leadership that its directors have provided throughout the years. It is a tradition that has bestowed upon the Glee Club a vast history of attainment and shall provide it with a secure future of even greater accomplishments.

In 1911, Morehouse College, which was then Atlanta Baptist College, had a music professor named Georgia Starr. She served the College from 1903-1905 and again from 1908-1911. Kemper Harrelld assumed directorship and officially founded the Glee Club when he joined the College's music faculty in the fall of 1911. Harrelld became director of the Glee Club and chairman of the Music Department. After faithfully serving for 42 years, he retired in 1953. Harrelld was responsible for initiating the Glee Club's strong tradition of excellence and passing it on to its members.

Wendell Phillips Whalum,

Sr., '52, took the helm as the Glee Club's second director. Whalum was a prized student of Kemper Harrelld and had served as Student Director during his tenure in the Glee Club. Whalum, more commonly known as "Doc", served Morehouse College and the Glee Club with the continued tradition of excellence until his untimely passing on June 9, 1987.

In the fall semester of 1987, David E. Morrow, '80, assumed directorship of the Glee Club. David Morrow was a prized student of "Doc," just as "Doc" was of Kemper Harrelld. He was also a scholar at Morehouse College, graduating Phi Beta Kappa in 1980 as Valedictorian. He earned his Master's degree at the University of Michigan in 1981 and then returned to his alma mater as a part of the music faculty and as Assistant Director of the Glee Club. During the 1992-1993 school year, Harding Epps, '74, served as interim Director while Morrow finished the coursework for the doctoral degree. In 1995, Morrow received the Doctor of Musical Arts degree from the University of Cincinnati College-Conservatory of Music.

On January 18, 1993, the Glee Club, as part of the Morehouse-Spelman Chorus, sang at Atlanta's Symphony Hall with soprano Jessye Norman in a concert celebrating the Martin Luther King, Jr. holiday. The Glee Club also performed the National Anthem with Natalie Cole for Super Bowl XXVIII.

They participated with Stevie Wonder, Gloria Estefan and Trisha Yearwood



in the Opening and Closing Ceremonies of the 1996 Centennial Olympic Games held in Atlanta. In February 2002, the Glee Club performed for the *Witness Concert* with the Plymouth Music Series and premiered the work *Of Dreams and Other Possibilities* written by Patrice Rushen.

In 2004, the Glee Club performed with *Take 6* at the Rialto Theater in Atlanta. In 2008 the Glee Club recorded the spiritual *He's Got the Whole World in His Hands* for Spike Lee's movie *Miracle at St. Anna*. Earlier that year we performed with mezzo soprano Denyce Graves for the inaugural concert for Morehouse College president Dr. Robert Franklin. For that occasion we also premiered the work *And There Was Light* by Uzee

Brown. In October 2009 the Glee Club, as part of the Morehouse-Spelman Chorus performed with Aretha Franklin for the 88th Birthday Tribute to the Rev. Dr. Joseph Lowery. The Glee Club has also performed interna-

tionally in West Africa (1972), Russia (1996), Poland (1998), Bermuda (2001), the Bahamas (2005), and South Africa (2008).

The current members of the Glee Club cherish the history of the Glee Club and pay hom-

age to past accomplishments by preparing to add noteworthy accomplishments to it from their future performances.

For more information on the glee Club's March 10 appearance at Third Baptist call the church at 419-248-4623

Re: Guest Editorial of February 17, 2010

A change of attitude is definitely in order regarding the guest commentary of Lafe Tolliver about the lawsuit of Johnnye Warnsley vs. TPS claiming racial discrimination. It is inflammatory and untrue.

Here is my perspective:

A review committee was created to make a decision on which candidate was to be hired. It was composed of teachers, a union steward, a student, a representative of the community (me) and a lawyer who oversaw the proceedings to ensure all prepared questions were asked of each candidate in the same way, that there was no discussion among the committee and that all paperwork was returned to the school after the vote took place.

The candidates had appropriate education credentials and offered varying responses to the questions – yes, they knew the complexities of the position and, yes, they could do the job. The compelling difference, in my opinion, was ATTITUDE! The candidate who was hired wanted to do the job! Her presentation was clear with good eye contact and included handouts outlining her goals and the plans to reach them. She created optimism for me and the body language of other members gave me the sense they shared my feelings. She was outstanding.

As a resident by choice of the Scott district for most of my life, I approached this task with an open mind and made a decision that I continue to feel was the best. The characterization of racism is inappropriate and not the truth.

Sincerely,
CarolDunn

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Local Groups Collaborate to Ensure an Accurate Area Census Count

By Brittany Jones
Sojourner Truth's Reporter

On February 25, Toledo Lucas County League of Women Voters (LWV) hosted the "ImPACT Town Hall Meeting" at United Auto Workers' (UAW) Local 12 from 5:30 p.m. – 8 p.m. Collaborating with the A. Philip Randolph Institute (APRI) of Toledo and the UAW, the LWV held a town hall meeting to address redistricting, the 2010 Census and how these two activities impact citizens.

The first United States census was taken in 1790. The census counted 3.9 million people and took 18 months to complete. What is interesting about the procedure was that federal marshals went house-to-house unannounced in order to arrive at those numbers.

As the years went by, the data-collecting tactics have improved as the census has become a part of the tradition of counting the nation's entire population.

However, the new problem is getting people to participate.

This year marks the time for the decennial census and there has been much publicity in order to boost awareness and motivate participation. Televi-

sion and radio ads, local organizations and community leaders are all pushing for an increase in response turnout. The LWV is one of those organizations.

"The program is to educate the citizens of Toledo about the importance of the Census," said Wayne Blanchard, member of APRI. "If everyone does not get counted, we could lose services vital to the community."

The closing of programs and services were mentioned during the meeting. Medicare, foster care, rehabilitation services, childcare, adoption assistance, plus more, are just some services that are at risk of being closed down if census numbers are low in the community. Some programs at risk are The Boys and Girls Club, Cherry Street Mission and Mom's House.

In addition, Blanchard added that Ohio could lose one or two U.S. Representatives as a result of a low count.

Anne Nelson, Project Manager for ImPACT, discussed the redistricting of Ohio, which happens after the census is completed. Redistricting is when "district lines are drawn in a



way that creates an advantage for incumbents or for a specific political party—namely the party who gets to draw the lines." The name for this partisan redrawing of district lines is gerrymandering.

This has been a problem because some votes could count more than others.

"People need to understand how the census can give us those fair and equitable divisions," said Nelson. "It is the politicians that draw these divisions based solely on political criteria."

A citizen can do much to change this, she continued, all one has to do is speak up.

Another topic of discussion was the changes to the census this year to increase efficiency and numbers. The 2010 Census Partnership specialist of the U.S. Census Bureau, Margarita De Leon, talked of these differences.

The number of questions has decreased from 40 to 10. Group homes, dormitories, hospitals, prisons or any type of group quarters will have their census forms delivered to them by enumerators.

De Leon added that college students who live on campus would fill out their own census, so the parents do not have to count them as part of their

household. The student needed to have lived on the campus for two or three semesters.

Another change is that there is no margin of error.

"Wherever you are on April 1, you get counted in that area," said De Leon. "Whatever number is on that paper when the president receives it, is the population count."

The president will receive the final count on December 31, 2010.

There will also be centers or "be counted sites" where people can go if they have disabilities, language barriers or have moved. All libraries are sites.

As an interactive part of the meeting, round table discussions were included. Some of the questions were those concerning solutions to increasing the number within undercounted groups like infants, the elderly, minorities, etc.

Others dealt with how to increase awareness and participation for people with hectic lifestyles, foreclosed homes, or even the national immigration issue.

Yvette Gordon, vice-president of LWV, focused on the

concerns expressed about being counted fairly. She is a member of APRI and UAW Local 12.

"We cannot miss this opportunity no matter what religion or race we are," Gordon said. "We have to educate each other especially the young people."

Gordon is in the process of reaching out to colleges because federal funding for education is also on the line to be decreased.

"It is important to address those who will be affected the most," she said.

LWV, according to its literature, is "a nonpartisan political organization, encourages informed and active participation government, works to increase understanding of major policy issues, and influences public policy through education and advocacy."

ImPACT is an initiative of the LWV which provides citizens "unbiased, nonpartisan" facts about current political reform issues.

APRI was a sponsor of the event. It is an "organization of Black Trade Unionists to Fight for Racial Equality and Economic Justice."

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Dr. Reginald Baugh, Bobbie Baugh and Friends Host Haitian Relief Fundraiser

By Fletcher Word
Sojourner's Truth Editor



Dr. Reginald and Bobbie Baugh

Need a recipe for relief? A little inspiration helps particularly if that inspiration comes in the form of a native of Haiti who is trying to raise funds for his earthquake-ravaged homeland. It might also help if those concerned about the recent events in the hemisphere's

music and admired Haitian art. Those experiences moved Jean-Gilles to open an art gallery—Pierre Paul Art Gallery in Ann Arbor—named for his father. The tragedy in his native land moved him to open an exhibit in his gallery on February 14 featuring

held in Baugh's home on Saturday, February 27 and would be titled Haitian Relief Trunk & Art Show.

Of course it would help to have the assistance of the other residents of the home—that would be Dr. Reginald Baugh, MD, and the couple's son Brandon, a medical student next year at The University of Toledo. No problem.

Dr. Baugh, professor and chief of the division of otolaryngology (ears, nose and throat) at the UT Medical Center, was eager to help.

Dr. Baugh, who joined the staff of the Medical Center about 10 months ago, has often used his skills and training in service to the Third World. In 2000, for example, Dr. Baugh made a series of trips to Jamaica to set up hearing screening programs. He and his colleagues brought in computers as well in order to have the hearing tests transported back to the States via the Internet for evaluation. They also established a five-year program for

affected by that particular visit as he saw hundreds of patients with no other source of health care—some of whom traveled miles by foot in order to see the medical professionals.

"They didn't have a good go of it before the devastation," says Dr. Baugh of the

area he visited. "They have challenges every day to eat, to find clean water, to find medication. When I was in the area, there was an insatiable demand for care—they would come from miles and miles in the dark of night starting out at 3 a.m. sometimes in order to get there in time, some

not in the best of health obviously."

Having been in that area pre-earthquake, Dr. Baugh had a certain amount of understanding of how much more difficult life has gotten for those who survived the earthquake.

(Continued on Page 8)



Show hosts Reneesha Parrish-Nnaji, Bobbie Baugh, Diane Parrish, Leisa Traylor



Merci Jesus by Fritz P and Erns Pierre

poorest nation have a bit of familiarity themselves with the conditions that the earthquake has served to exacerbate.

So you get concerned individuals together, come up with an idea to raise money and then invite a number of influential friends and there you have it ... recipe for relief.

Lee Jean-Gilles was the first ingredient in this particular recipe.

Born in Port-au-Prince Haiti, Jean-Gilles moved with his family to the United States when he was four years old. Educated in his adopted homeland, his Haitian roots remained strong in a home in which the family spoke French and Creole, ate Haitian food, played Haitian

Haitian artists in order to push the effort to raise relief funds Arts for Haiti. Fifty percent of the proceeds will go into a fund to start the Arts for Haiti Foundation that will eventually operate a school in Port-au-Prince for promising Haitian artists.

Diane Parrish and Reenesha Parrish-Nnaji, founders and operators of Parrish HomeCare, were among the group that heard Jean-Gilles' plea for help ... and responded.

During a visit with their friend Bobbie Baugh, in Baugh's home, they decided to hold a fundraiser bringing together Jean-Gilles' art, a furrier—Silver Fox Fur, Inc of Detroit and several other craftsmen. The fundraiser, they determined, would be

those with hearing aids to donate their used ones to those in need in Jamaica.

In 2008, Dr. Baugh took part in a trip to Ethiopia where he helped to deliver the tools and expertise to establish a training program for ears, nose and throat health care providers—no such program had ever been established in that country prior to that visit.

And more recently, Dr. Baugh found himself on a 10-day trip to the Dominican Republic, the country that shares island space with Haiti. Dr. Baugh and his associates were in a remote area just 20 miles or so from the Haitian border and for days, from 6 a.m. to dusk, they treated those in need—or as many of those in need as they could. Dr. Baugh was greatly af-

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With the Frost of Winter Breaking for Spring

Kathryn Rogowski, Bowling Green State University Dietetic Intern with the Ohio State University Extension, Lucas County Guest Column

With the frost of winter breaking for spring, it is time to reevaluate the behaviors that we as families have adopted during the makeshift hibernation. What are we willing to change/adopt or simply try to help make our heart healthier over the course of February?

A healthy heart can include several categories of review: a normal weight, physical activity, adopting the DASH diet, lowering sodium and moderating alcohol consumption. So what do we mean when we review these categories and how do these categories help to lower your risk for heart disease and/or hypertension (high blood pressure)?

A normal weight is considered a BMI falling between 19 and 24; however this is not the only way to judge your normal weight. Ask yourself, "Do my clothes fit the same way they did a year ago? Two years ago? Does it look like I am carrying any extra weight?"

These questions can help to evaluate whether your weight can be considered normal. Healthy weight helps to reduce risk for heart trouble as there is a high correlation

between central obesity and heart disease. Physical activity helps to keep the heart strong and can help to control and maintain body weight. It is recommended that we get about 30 minutes of activity three days a week.

As a family it would be beneficial to include "family field trips" which could combine an outdoor activity like hiking or going to park with a healthful snack such as apple slices with peanut butter. By using the field trip method, you can plan the week ahead and shop with a list for the healthy snack ingredients, which can also help to stretch your dollar and save you money.

Field trips are also a great way for you as a parent to introduce your children to the relationship between food and play. Research shows that children introduced to healthy eating and physical activity habits while younger will be more likely to practice these behaviors when they are older. Never underestimate the impact of food and activity on your family.

Other options for increasing heart health could include using the

DASH diet which emphasizes eating more fruits, vegetables and low fat dairy while decreasing saturated fat and total fat. Simply reducing the amount of sodium (salt) found in the diet could be an ideal place for change.

For an average adult the recommended sodium intake is 2,300mg which is approximately one teaspoon of salt. To reduce the amount of salt in the diet one can choose to limit the amount of sodas being consumed, use herbs when cooking rather than salt or removing the salt shaker from the table so you aren't as inclined to add extra salt.

Including more fresh fruits and vegetables in the diet limits the excess sodium that can be found in canned/frozen items. If you use canned vegetables, drain them and rinse them with water before using to reduce some of the salt. The use of lower fat milk products is a great way to reduce the amount of total fat found in the diet while also getting essential vitamins and nutrients.

As adults, we frequently forget that milk is good for us too! Many times we tell our children to drink their milk how-

ever, including low fat milk in the whole family's diet can help to manage weight and reduce excess fat. Another opportunity for reducing fat in the diet could be to use less oil and butter in preparation for meals and substitute with nonstick sprays.

The final category for reducing risk to the heart would be to moderate the amount of alcohol being consumed daily. The average man can have two servings of alcohol a day while an average woman can have one serving of alcohol daily. Drinking alcohol is correlated to an increased risk for heart disease and hypertension therefore by moderating the amount being consumed one can limit the amount of risk to which they are exposed.

While these are all areas that one can review and make changes in, it is important to remember that even small changes are good changes. Do not feel discouraged if you struggle in making change. Remember that by making a change for your heart you can also help to reduce the risk that your children may be exposed to as well. So, what changes are you willing to try today?

American Stroke Association Launches Take 2 to Save 2 stroke Campaign

Dayton, Ohio — Life is a precious gift and so are loved ones.

The American Stroke Association, a division of the American Heart Association, today launched a campaign that provides people an array of life-changing health messages to send to those who may be at risk for stroke.

Take 2 To Save 2 — part of the Power To End Stroke cause campaign reaching African Americans — calls for people to take two minutes to text two loved ones "Take 2" to "64244." The text sends a personalized health message to recipients that could help save their lives. Also, participants can get viral messages to send via a phone call, e-mail, Facebook, or other formats.

Mark McEwen, network television news veteran, was enjoying life at the top of his game when he suffered a stroke. In 2005, while traveling, he experienced symptoms that led him to the hospital. Two days later, he was diagnosed as having suffered two strokes.

"I'm taking two minutes to reach out to two friends today and you should, too," said McEwen, American Stroke Association spokesperson and former CBS Early Show weatherman. "Take two minutes to send two messages and help save lives."

Stroke is the third leading cause of death and a leading cause of severe, long-term disability in the United States.

"Think about two people you care about who smoke, are overweight, have high blood pressure, diabetes or a family history of heart disease or stroke," said Clyde W. Yancy, M.D., American Heart Association president. "People with these risk factors have a greater chance of being disabled or dying from a stroke. People who have already suffered a stroke or heart attack are at higher risk for another one. This campaign will make more people aware of their risk for stroke and it only takes two minutes."

"Reaching out to loved ones who may be at risk helps raise awareness of stroke, its warning signs and the importance of a healthier lifestyle," said Tami Williams, disabled stroke survivor and leader of the Toledo stroke support group. "My goal is to educate and encourage others and offer them the hope that they can not only recover from stroke but prevent one."

African Americans are at particularly high risk due to increased risk factors such as high blood pressure, diabetes and family history of heart disease or stroke. In fact,

(Continued on Page 10)

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CRITERIA

Entrepreneur, consultant, human resources expert, Eric Stockard is the founder and president of Stockard Consulting Group, helping small to medium sized companies and non-profit agencies maximize their sales and fundraising capabilities.

FAVORITE

Stockard has worked with financial groups, hospitals, police departments, public school districts, among others, to help them move forward, define their strategies and re-focus their missions.

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Mercy M.A.R.C. Program Hosts Black History Month Luncheon

Sojourner's Truth Staff

In 1999, Larry Sykes, member of the Toledo Board of Education, was informed by his family physician that he had cancer – bad news indeed.

There was, however, some very good news – they had caught the cancer early, before it metastasized and his prognosis was good.

Since then, Sykes has

taken it upon himself to help make a difference and spread the word about healthy lifestyles and healthy choices.

“It was a wake up call,” said Sykes on Monday, February 22 during a luncheon organized by the Mercy M.A.R.C. Program (Managing chronic disease, Active partnerships, Reaching out,

Caring for you). “I was told from above, ‘your life is not your life, I give it and I take it. I want you to go out there and speak on health.’” And so he has.

Last week’s luncheon was organized, at Mercy St. Vincent, in order to introduce the program to local black ministers.

The Mercy M.A.R.C. Pro-

gram goes into neighborhoods, particularly through black churches, in order to educate minority adults about the increased health disparities within the population, the risk factors that contribute to chronic diseases, the actions that can be taken to promote health and wellness and the role of personal responsibility in behavioral change. The M.A.R.C. Program also strives to collaborate with existing community organizations with the same goal.

According to Kristal Barham, program coordinator, M.A.R.C. counselors speak about personal responsibility and healthy choices such as exercising, controlling the portions of food consumed and avoiding those foods that increase the chances for high blood pressure, especially those laden with sodium.

M.A.R.C. offers a personalized health plan tailored to the participant’s needs, according to its literature, along with follow-up support sys-



tem.

The luncheon featured, in addition to Sykes’ personal testimony and Barham’s explanation of the M.A.R.C. Program, a healthy “soul food” meal – low in sodium and low in saturated fat. Gloria Enk, program coordinator, regaled the audience with simple ways of staying active and exercising while doing normal work routine.

The M.A.R.C. Program’s

goal is to positively impact health disparities in the minority community and in the long-term the anticipation is that as a result of the program’s outreach there will be increased knowledge regarding health issues along with measurable behavioral changes in lifestyle choices.

For more information on M.A.R.C., call 419-251-2004.

Healthy But Not Well - Is There A Difference?

By Angela Steward, Fitness Motivator
Guest Column



I had accepted the fact that I wasn’t healthy and needed to do something about the weight I had gained over the years. I also wanted to improve my fitness level. I realized there were benefits in becoming healthy and feeling well. So, five years ago my fitness journey began. I set out to change what I ate, how much I ate, when I ate and why I ate. I drank a lot of water, watched my sodium intake and I eventually lost over 50 pounds.

I continue to exercise daily, sometimes twice a day. I feel great, I look healthy, I’m happy and I’m well. I think I have this whole healthy lifestyle thing figured out – yay me! Then – BAM! During one of my annual visits to the doctor I find out I’m fit, I’m healthy, but not well. What? How can that be? I exercise daily, I eat healthy, I drink water, etc. How can I be healthy, but not well?

My mind kept telling me “you feel fine.” Turns out my mind shielded me from the actual pain I was in. So what if you have pain in your lower back – doesn’t everybody? My left side is a lot weaker than my right (it’s because you’re right handed)! My hands were always cold and ached to the point I avoided handshakes (You’re getting older and becoming more fragile)! I refused to believe I was healthy and fit, but not well.

After getting the same diagnosis from three different doctors – large fibroid tumor, I finally surrendered to the surgery – I needed to get well. My doctor graciously explained to me the surgery required to get rid of the eight-pound mound. He also told me I was way sicker than I realize. *But because I was healthy and fit, my recovery would be extremely different from others who had the same surgery. I would heal faster, I would feel better instantaneously, and I’d return to normal activity in half the time as most women who have the same procedure.*

I still tried to put it off for a couple of months – but he made sure I understood the severity of that decision, the tumor was growing and the longer I waited the more invasive the surgery would be, the larger and uglier the scar would be, and my recovery would take longer – I decided to step out on faith and scheduled my surgery immediately. Thank you Drs. Geissler, Rolf-Anderson and Emch!

Today (Feb. 28) (Sunday), I’m recovering from my surgery! The tumor was non-cancerous. In only five days I feel wonderful, sore, but happy I listened to my doctor. I instantly lost 10 pounds – yippee! My doctor was right – my back no longer hurts: the tumor was resting on my tailbone; my left side is as strong as my right, my hands are warm and don’t hurt anymore, all because the tumor was cutting off the circulation of blood in my legs and hands.

I’d like to thank all the wonderful doctors, nurses and nurse aides at MCO who took wonderful care of me, and to all my friends and family who prayed for me and have always supported me.

I’m taking it easy, on my way to a full recovery. Staying home, hubby spoiling me, no exercise, no lifting, but I did sneak out this weekend to buy two new cute pairs of pumps! A great pair of pumps just makes you feel good - LOL!

I now know that my mind and body have to work in harmony. If my body doesn’t feel right, then something is wrong!

How are you feeling today?

Yours in Fitness and Wellness!!!
(Keep me in your prayers)!!

Email Angela Steward at: Fabfitu@yahoo.com or call
Cell: 419-699-9399

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Discipline - A Love/Hate Relationship!

By Diana Patton, FITatudes
Guest Column



I guess you could say I've developed a love/hate relationship with my P90X workout videos. I've had this 12-video packet for about three years now and the 12th video, the "Ab Ripper X" video, is by far the most used (perhaps because it's only 16 minutes compared to the other 55-minute versions). And the part that gets me every time is where the instructor says in his somewhat sinister voice "Ab Ripper X—I hate it... but I love it"

For whatever reason, that just gets me digging my heels in even more to blast through

that workout and I've seen tremendous results!

What's up with that? Well, in a nutshell – discipline can be grueling but, man, does it reap some huge results!

We know that is true at FITatudes! We designed our nine FITatudes with discipline being the very last FITatude; it says:

"Happy are the faithful and diligent... for they shall see results."

It's funny because the P90X instructor really makes a profound yet relatable biblical point with his "hate it love it" statement. You see, God recognizes that we humans will most likely dread discipline and find it overbearing – but God wants us to accept discipline as a key aspect of our lives in order to live life to the full – *for sustainable health and vitality*. God is clear in Hebrews 12:10-11

"God disciplines us for our good that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of

righteousness and peace for those who have been trained by it."

- Yes, it's painful when I go through those 16 minutes of Ab Ripper X

- Yes, it's painful to get on the treadmill (i.e., the treadmill) and run 30-45 minutes or sometimes an hour as I prepare for a ½ marathon this spring (did I just say marathon)

- Yes, it's sometimes painful to take the time to shop, prepare, and cook healthy food for my family and encourage them to sit down at the dinner table *together!*

- Yes, it was painful when I left my cushy corporate salary to set out to do what God called me to do

- Yes, it was painful to flunk the bar exam the first time and refocus myself to study for and pass the bar exam the second time

- Yes, it was painful to lose those 30 pounds post-pregnancy and to work everyday to maintain a healthy weight (especially when it's cold outside)

- Yes, it was painful for Tonja and I to wake-up every

day and focus on writing our books and curriculums that is now the foundation of FITatudes

My most recent painful moment was being asked this past Thursday to resign from a part-time position with a reputable company here in Toledo ... even though I asked God to close the door if the door should be closed. Ouch, talk about painful!

But honestly with all of painful experiences, I know I will produce a harvest of righteousness and peace. The benefit comes from the training. But, we have to be willing to be trained.

You can't expect results when you just buy a treadmill, have a workout video in your home, sign-up to receive personal training, buy healthy food or purchase the latest workout gear without

doing something with those items. We have to do act, do and be disciplined to see results.

Proverbs 12:1 says *whoever loves discipline loves knowledge*. Learning and insight comes from discipline. If you are anything like Tonja and me, you've walked away from experiences where you've had to be focused, disciplined or tested and you've felt renewed, wiser and stronger. In fact, James 1:2, 3 says *consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance*.

I encourage you today to adopt a disciplined lifestyle! Don't get me wrong, sometimes I just want those hard, disciplined times to go away. Even Christ wanted the disci-

pline to go away as noted in Matthew 26:39, but not according to *his will* but according to *God's will!*

That's what we have to do – ask God for *his will* to be done in our lives because our own simple will power can't sustain the discipline that we need to Live Life to the Full! We can guarantee your lifestyle will be filled with endless possibilities!

To Live Life to the Full, go to www.FITatudes.com and grab your free eBook. 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.

Baugh

(Continued from Page 5)

The fundraising event at the Baugh's home has been judged a rousing success by the organizers. According to Diane Parrish, the final figures won't be in for a week or so, but quite a few furs were sold during the afternoon event as well as several paintings. In addition to the sales, most of the invitees left their own separate donations for the cause of the Haitian victims.

The Pierre Paul Art Gallery is located at 3370 Washtenaw Avenue in Ann Arbor. For more information on this particular exhibit call 734-975-1050 or go online to sales@pierrepaulartgallery.com.

Silver fox Fur, Inc. is located at 3031 W. Grand Avenue in Detroit. For more information call 313-872-4260 or email silverfoxfurs@yahoo.com.



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NHA's Huron Street Women's Center Takes another Step to Enhance Services

Sojourner's Truth Staff

"One of the things that our prospective female patients are not good at, or tend not to be good at, is taking care of themselves," says Doni Miller, president of Neighborhood Health Association (NHA) which manages a number of health care clinics throughout the city. "There are female health issues, such as pap smears, pelvic exams, pregnancy care in the early stages, for example, and we have the Huron Street clinic to make entry to such care early and convenient."

The Huron St. Women's Center has for several years now focused on women's health care issues. An obstetrician/gynecologist makes rounds at the clinic once a week and midwives are also available with the same frequency.

Within the past few weeks, however, the Women's Center has enhanced its services at the point of entry by providing an additional three days of staffing by a nurse practitioner – the point person in



Kelly K. Mauric

the service system.

Kelly K. Mauric, CRNP, BSN, MS, is the latest addition to the Huron St. staff and, as a nurse practitioner, Mauric can work with

female patients on the full array of concerns – heavy bleeding, period problems, discharges, STD's, PMS, PMDD, breast exams, hormonal therapy, pre-meno-

pause issues, menopause, etc.

Mauric typically sees as many as 20 patients on a full day, most of whom, she says, fall into the teen to early 30's age bracket.

What Mauric provides, along with more frequent service, is a "wide array of women's health service,"

also works for Primary Care of Northwest Ohio in Fremont.

Miller underscores the importance of enhancing the Women's Center services for female health issues by referencing the astounding rate of infant mortality in northwest Ohio. Lucas County has

to constituents on issues that affect a women's health and developing partnerships to address the health needs of women of child-bearing age in the community. These are exactly the steps that can be accomplished by adding a nurse practitioner to focus on female health issues.

Mauric typically sees as many as 20 patients on a full day

says Miller, "and a seamless entrance to the health care provider."

Mauric, a resident of Fremont, OH, earned her bachelor's degree in nursing (a registered nurse certificate) in 1996 from Lourdes College and her master's degree in Women's Health Care as a nurse practitioner in 1996 from The Ohio State University. In addition to her duties with NHA, Mauric

one of the highest such rates in the state with at more than 10.79 infant deaths per thousand.

According to the report of the Governor's Task Force on Preventing Infant Mortality in Ohio that was released in November 2009, community-based organizations are urged to take a number of steps to decrease the mortality rate including providing culturally-sensitive information

The Women's Center is open from 8 a.m. to 4:30 p.m., Monday through Friday. The nurse practitioner is on duty Mondays and Wednesday (all day) and on Thursday afternoons.

Both the obstetrician/gynecologist and the midwife are available on Tuesdays.

For more information or to book an appointment at the Huron Street Women's Center (923 N. Huron) call 419-242-6028.

Huron Street Women's Center

Services

- Women's Health
- Breast Exams
- Hormone Replacement
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Hours:

Women's Health with our Nurse Practitioner
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Ryan Writes About his Adventures in Gitmo



sunny. My job was the best anyone could ask for. I was the fitness coordinator for the base and was in charge of all the fitness programming for the military and the civilian population who were there. I had the Marines, Navy, Air Force, Army, Coast Guard and the Puerto Rican National Guard and their families. My main priority was the military and their families were secondary concerns.

I held fitness events every month such as marathons, 5 K's, bench meets, 300 challenges and many other events for them to participate.

Every Friday I would have to get up and teach Command P.T. for the day. I was the one standing in front of the command instructing them what to do. I was also sent to a training class to teach the military instructors how to instruct morning P.T. sessions.

Everyone came to me for any fitness related issues or activities on the entire base. I had a staff that I scheduled

to teach yoga, pilates, spin, step aerobics, water aerobics, bosu and stability ball class. I ran classes for the military personnel who were in danger of getting kicked out of the service due to low scores on their Personal Fitness Testing. This was called FEP (fitness enhancement program) I had these people two to three times per week and worked them pretty hard. I am proud to say that all of them passed their next PRT and are currently continuing their military careers.

One of the coolest things about my job was all the famous people I got to meet. My job was to pick them up from the air terminal and take them around the base to meet and greet the servicemen and women.

Olympic medalists, musi-

cians, comedians, professional cheerleaders, actors and the list goes on. I was on ESPN with a fishing program that came to the base to film their show. The speed limit was 25 mph; it was a real laid back, slow-paced place that showed me how to slow my life down again.

There was no crime except the occasional drunken bar fight. Iguanas were the base "animal" and buzzards were the base bird. They were both all over the place.

The water was so blue and calm and I lived less than 100 yards from the ocean. On my free time I golfed, snorkeled, fished, hiked and enjoyed a few games of frisbee golf. I had officer status and went to parties with the commanding officer of the base. I met a

lot of nice, interesting people there and have made some great contacts.

Regretfully, due to some family matters, I had to resign early but not without an excellent letter of recommendation. I am back here now with extra knowledge and experience to pass on to all my clients. I am doing boot camps now so if you have an organization, church, company or a group of friends where there is a need for you to build some camaraderie and have fun and get in shape doing it give me a call and let's get you started.

Ryan Rollison
Dream Bodies
1240 W. Sylvania Ave
Toledo Ohio 43612
mydreambodies@aol.com
419-476-3494

I have been getting a lot of people inquiring about my time in Cuba and what it was like. So Fletcher said it was ok for me to address this instead of giving you my regular ar-

ticle on training. Well Guantanamo Bay was great!! All the crazy things you hear are mostly media hype. The weather was great, always in the 90s and

Zepf Center to Combat Mental Illness With 3rd Annual "Serve Up an Ace"

Special to The Truth

The Zepf Center will host its 3rd Annual "Serve Up an Ace" tennis tournament and silent auction on Friday, March 5, 2010 from 7 to 11 p.m. at Laurel Hill Swim and Tennis Club, 2222 Cass Road in Toledo, OH. Admission is \$30 per person, \$50 per couple and is 60 percent tax deductible.

"The community has been very supportive of this event and of the work that Zepf Center does," said Jennifer Moses, chief executive officer for Zepf Center, a non-profit organization which provides quality services for Lucas County children, adolescents and adults with severe and

persistent mental health disorders.

The Zepf Center recently celebrated the first anniversary of its Child and Adolescent Services division, which provides mental health services to Lucas county youth primarily out of its 905 Nebraska Avenue location.

The fundraiser will include a silent auction, door prizes, a 50/50 raffle, hors d'oeuvres, a cash bar, and entertainment provided by a disc jockey. Those who attend but do not wish to participate in the tennis tournament are invited to watch the competition and enjoy the food and music. Anyone who would like to

attend can receive a registration form by calling Christina Baskey at 419-841-7701 ext. 2207 or register online by going to www.zepfcenter.org.

Proceeds from "Serve Up an Ace" will go to the Elizabeth A. Zepf Foundation in support of mental health recovery and vocational development for Zepf Center consumers. The center and foundation are named for Elizabeth A. Zepf, a staunch advocate for consumers with mental health disorders.

The Zepf Center is funded in part by the Mental Health and Recovery Services Board of Lucas County.

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Take 2 to Save 2

(Continued from Page 6)

about 100,000 African Americans will suffer a stroke this year.

"Too many African Americans continue to have unrelenting exposure to known important risk factors for stroke," Yancy said. "This is a cause for alarm and a trend we need to stop now. The idea that we can give hundreds of thousands of people a chance to live longer and better lives - that's the greater good."

In addition to participating in Take 2 To Save 2, people are encouraged to talk to their doctors to determine if they have health risks and to follow the American Heart Association's Life's Simple 7

to prevent a stroke. The seven steps - found at www.heart.org/mylifecheck - are: Get active, eat better, lose weight, stop smoking, control cholesterol, manage blood pressure and reduce blood sugar.

For more information about the Take 2 To Save 2 campaign, log on to PowerToEndStroke.org/take2.

Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership is a proud national sponsor of Power To End Stroke.

About the American Stroke Association
Created in 1997 as a divi-

sion of the American Heart Association, the American Stroke Association works to improve stroke prevention, diagnosis and treatment to save lives from stroke - America's No. 3 killer and a leading cause of serious disability. To do this, we fund scientific research, help people better understand and avoid stroke, encourage government support, guide healthcare professionals, and provide information to stroke survivors and their caregivers to enhance their quality of life. To learn more, call 1-888-4STROKE or visit strokeassociation.org.

St. Ursula Students Celebrate Black History Month

Special to The Truth

St. Ursula Academy's Afro Club brought black history alive on Tuesday February 23, 2010 as the entire student body gathered to celebrate the theme "We Are Phenomenal Women."

Keynote speaker Rhonda Sewell, Media Relations coordinator for the Toledo-Lucas County Public Library, spoke to the young ladies on the subject, "Generations of Women Moving History Forward."

Afro Club members are: Sharnelle Spearman, Chimere Hornbeak, Sydni Slack, Tessa Scott, Jillian Nobles, Asianna Jenkins, Tatiana Kynard, Atelia Taylor, Keyanna Jordan, Taylor Harris, Jade Allen, Terrina Jaynes and Shaneice Coleman.

The club presented inspirational prayers, songs and poetry readings to the students and faculty. The program was coordinated by Cheryl Slack, who is the moderator of the club and mother of graduating senior, Sydni Slack.



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Book Review

Last Acts by David J. Casarett, M.D.

c.2010, Simon & Schuster \$26.00 / \$34.00 Canada 354 pages, includes index

By Terri Schlichenmeyer
The Truth Contributor

Your friend was really something.

When he was young, he never met a challenge he didn't like and though he grew up, he never outgrew his love of adventure. There was always a story on his lips, usually one that made you laugh.

They said he was a favorite at the hospital, always joking. And now that he's gone, his exuberance for his life makes you ponder your own. What would you do if you knew you were dying?

Throughout his career, David J. Casarett, M.D. has seen death and he's seen what he thinks are interesting ways of dealing with it. In his new book *Last Acts*, he writes about how the end of life can be rich with opportunity.

You can only imagine the feelings your friend had when his doctor gave him

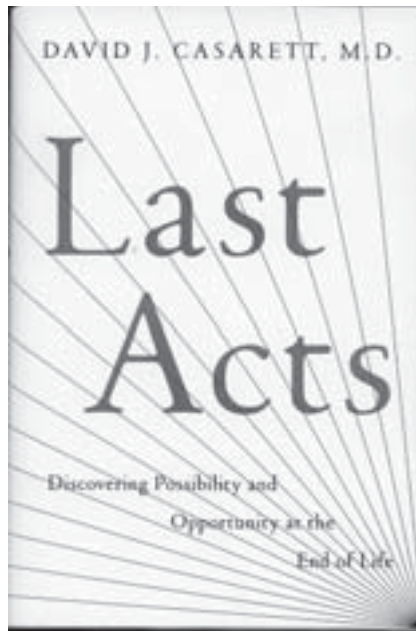
the bad news. Surely, he was scared but was it with regret or resolve?

Throughout years of working with patients at the end of their lives, Casarett has seen many reactions to imminent death, and he's become curious about them.

"...I find that my attention is caught and held simply by the efforts of those... who wanted to make something of the time that they have left," he says.

There are, of course, as many varied and personal actions as there are patients. In this book, he tells the stories of dozens of people who chose to face their deaths in ways that Casarett is able to basically categorize.

Some, like Jacob, ask for every possible minute of breath, even if it means that those minutes will be spent isolated from family. Oth-



ers, like Danny and a grandmother who went unnamed, pull their families tighter to them, hoping to leave happy memories for loved ones and wishing for the best reminisces.

There are those, like Tom, who don't want to dwell upon death, choosing instead to distract themselves or to steadfastly hang on to their identities by continuing to work. Some, like Christine, wish to convey wisdom and peace.

And—not surprisingly—there are people who rail against dying, bitter and unapologetic, hoping for revenge, angry and fearful with denial.

I had mixed feelings about *Last Acts*.

Author David J. Casarett's book will surely resonate with everyone who's old enough to have lost a loved one to a linger-

ing illness. Without a doubt, the stories he presents are well-chosen; some are very beautiful and spirit-warming, while others make you sad for opportunities lost. No doubt, they'll start conversations.

But in between each story, Casarett teases out a "why?" (Why did this patient do this, or that patient choose differently?), much of which I found confounding "Why" is largely conjecture here and the reasoning will never be learned, so I had a hard time appreciating hypotheses about decisions that may have been made *just because*.

I think this book will probably be best appreciated by medical professionals or clergymen and women, and possibly by the not-so-recently-bereaved. But for casually curious readers, *Last Acts* is one to pass on.

Lois Miller Celebrates 80th



Front Row Early Mae, Lois Miller, Terri Barnhill, Dale Barnhill. Back Row Mimmi Chong, Kathy Gregory, Sheila Gregory, Margo Davis, Ronald Barnhill

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Family and friends gathered at the Easy Street Café on Saturday, February 26 to celebrate Lois Miller's 80th birthday in style.

Miller was surrounded by a host of well-wishers including her seven children.

Susan Jester Joins Fifth Third Bank as Community Lender

Special to The Truth

Susan A. Jester has joined the Mortgage Division of Fifth Third Bank as a Community Lender, according to Robert W. LaClair, president and CEO, Fifth Third Bank (Northwestern Ohio).

Based at Fifth Third's Swayne Field Banking Center, 3053 Monroe Street, Ms. Jester will perform a wide range of duties as a residential mortgage lender with a focus on matching products and services to clients in low to moderate-income areas, as well as non-profit organizations. She will coordinate and conduct home buyer training sessions in low and moder-



ate income census tracts.

Jester has 27 years financial experience, with 17 of those years specifically in community mortgage lending. Most recently, Jester was the Director of Programs for

the Center for Advancement.

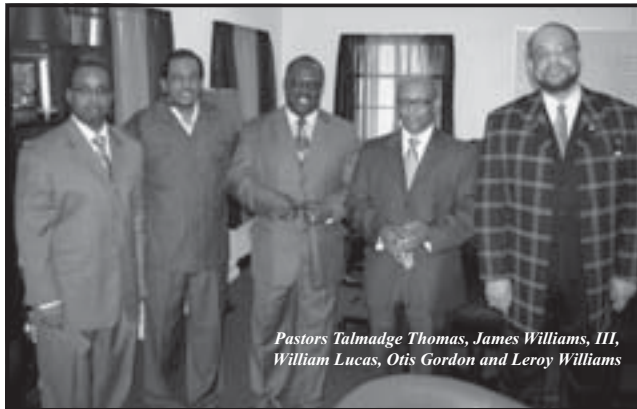
Residing in West Toledo, she serves on the loan committee for Neighborhood Housing Services.

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Interdenominational Ministerial Alliance Holds Black History Service

Sojourner's Truth Staff



Pastors Talmadge Thomas, James Williams, III, William Lucas, Otis Gordon and Leroy Williams



Pastor Cedric Brock

The Interdenominational Ministerial Alliance (IMA) of Toledo and vicinity wrapped up Black History Month on Saunday February 28, 2010 with an afternoon service at the Tabernacle of Faith Worship Center on W. Central Avenue with host pastor James Williams.

The service included an invocation, the reading of the IMA mission statement, readings from scriptures, a praise dance, various musical selections and a sermon by Rev. Talmadge Thomas, pastor of City of Zion, the Mt. Zion Church.

In addition to the service, the IMA used the occasion to raise funds from the offering for the Greater Toledo Urban League.

The IMA's officers are: Rev. Cedric Brock, president; Rev. William Lucas, 1st Vice President; Rev. Willie Perryman, 2nd vice president; Rev. Otis Gordon, treasurer; Rev. LeRoy Williams, executive secretary; Rev. Chester Trail, parliamentarian; Rev. Robert Brit, sergeant of arms and Rev. Shirley Sparks, chaplain.

Second Annual Minority Business Enterprise Electrical Summit

By Brittany Jones
Sojourner Truth Reporter

In the backroom of the Mott Library, those of the electrical industry gathered for the Second Annual Minority Business Enterprise (MBE) Electrical Summit on February 26.

Guests from other career fields – students, teachers, general contractors and more – added to the diversity of the audience.

From 9:30 a.m.- 2 p.m., the attendees gathered to learn how to better their businesses and how to succeed in changing times.

Karl Parker, president and CEO of Parker Enterprises was the master of ceremonies for the Summit.

The conference began with introductions of audience and overview of the business.

Parker set the atmosphere with a pep talk of letting go of traditional thinking or "left to right" thinking.

"You have to start thinking right to left, of what you can be," Parker said. "Think outside the box and big things will happen."

Our president is a right to left thinker, he continued. That is what bought the changes.

Talks of how to deal with income statements, balance sheets and cash flow state-

ments bought on the business aspect of the event.

Coleena Ali, vice-president of marketing and business development of Parker Enterprises, discussed current and future marketing trends.

Ali commented on the effect of the Stimulus Act on construction companies for 2009 and 2010.

"There are opportunities out there," she said. "We just need to learn how to make good decisions in offer to run profitable companies in 2010."

The "green" market was an important trend highlighted.

Megan Reichert-Kral, Incubation Director of University of Toledo, talked of how the economy was moving away from "black" (coal, oil) petroleum-based energy to "green" (solar, wind) energy.

"Growing in the Green Economy," pointed out the many avenues of energy alternatives available for businesses to invest and utilize.

Reichert-Kral bought up the Ohio House bill "25% by 2025." This bill designed a plan to convert 25 percent of Ohio's energy to be renewable or advanced by the year 2025.

"It's new. It's growing. It's changing so fast," she said.

"It's an infant business and that means creation of new jobs."

A certified MBE business can be eligible for federal set-asides—a certain percentage government funds and contracts reserved for women or minority owned businesses.

In the section "Doing Business with the Federal Government," Rob Puppas informed attendees of the procedure to get these investments. Puppas is the Director of the Procurement Technical Assistance Cooperative at University of Toledo.

The goal of PTAC is to "increase government contracting to small businesses." It offers services free of charge.

Puppas stressed the benefits of selling to the government because it is a huge potential client. In his presentation, the government bought about \$400 billion of products and services last year.

Donnell Cathey, a managing partner from the InnoTrans Group, conducted the transition between the morning and afternoon sessions.

(Continued on Page 14)

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Summit

(Continued from Page 13)

His topic, value innovation, pointed out the changes in planning if a business wants to keep up in these fast and growing times.

He went on to talk about the transformation in technology. Recognizing these developments, he continued, will put a business ahead of the rest.

"You are in business because you are an innovative thinker," Cathey said. "You need to plan two to three years

from now, not just tomorrow."

The afternoon session concentrated on business relationships and education.

Erik Johnson, president of Ivy Development Agency, discussed mentor/mentee relationships.

Due to time restrictions, the presentation jumped to the importance of MBE partnerships.

David Wood headed this discussion. Making alliances between minority businesses

would help to trigger and increase growth. He gave tips on how to maintain these relationships and strengthen them over time.

"Staying in constant communication is important," Wood said. "Get your name out there and get work. It's about teamwork."

These strategic alliances, he stated, would help gain a competitive edge because one have more resources due to the partnership.

Wood is the director of Minority Contractors and Business Assistance Program.

The summit ended with a bit of a stir within the audience because of the different viewpoints of Project Labor Agreements or tradesmen unions (plumbers, electricians, etc).

The controversy involved the labor unions forcing businesses to hire union workers, but these unions have few

minorities. Due to the roused response, Parker commented on continuing the topic virtually.

"We wanted people to learn about the green economy, get money from the government and learn a new way of thinking," Parker said. "We wanted to break those chains of thinking of what you can't do."

Parker Enterprises LLC is a "professional services firm offering program and project

management, facility assessments and operations support, engineering design and analysis, construction management, technical and business strategy services to public and private sector clients nationwide."

It is African-American owned and founded.

The third annual summit will be held next February where the topic will focus on all types of minority-owned businesses.

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CLASSIFIEDS

March 03, 2010

Page 15

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Notice to Bidders: Inquiry # FY10-082, (Project # 0051-07-524) for North Engineering Renovation Bid Package 3 for the University of Toledo.

Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Wednesday, March 3, 2010. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$95.00 will be charged per set. Any further information may be obtained from Nick Hogrefe of SSOE Group at 419-255-3830. One Pre-Bid Conference will be held on Wednesday, February 24, 2010 at 9:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$865,000.00; Breakdown: General Const: \$445,000.00; Plumbing & Fire Protection: \$78,000.00; HVAC: \$162,000.00 & Electrical: \$180,000.00.

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Job 998508 Maintenance Electrician Journeyman, Facilities:

The responsibilities for this position include: installing, maintaining, and repairing electrical wiring systems, controls, and equipment. Works independently with a limited amount of supervision. Knows and follows all applicable national, state and local building and safety code.

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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 Friday, February 12, 2010.**

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United Way of Greater Toledo is currently seeking an Executive Assistant. This position provides administrative support to the President & CEO and the COO. Responsibilities include:

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- Screens incoming calls and correspondence; and responds independently when possible.
- Assists with special projects, creates reports, statistical tracking and database management.
- Generates communication to the board of trustees and other board committees including scheduling, attending, hosting, preparing meeting agenda and materials, and preparation and distribution of meeting minutes.
- Interfaces with high-level internal and external contractors requiring considerable discretion and initiative.

A two-year Associates degree in a related field is required; a four-year degree in a related field is preferred. Two years experience in office and administrative procedures is required; experience in an executive office is preferred.

Qualified candidates should submit a cover letter with salary requirements along with a resume to:

United Way of Greater Toledo
One Stranahan Square
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Attn: Karri Anthony
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Notice to Bidders: Inquiry # FY10-083,

(Project # 0018-10-644) for Carter Hall Addition of Air Conditioning for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Wednesday, March 17, 2010. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$55.00 will be charged per set. Any further information may be obtained from Ben Flick of Heapy Engineering at 937-224-0861. One Pre-Bid Conference will be held on Wednesday, March 10, 2010 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$978,808.00; Breakdown: HVAC: \$777,750.00 & Electrical: \$201,058.00

AKA's Celebrate Founders' Day – 102 Years of Service

Special to The Truth

On Sunday, February 28, 2010 Alpha Kappa Alpha Sorority, Inc. celebrated its 102 years founding at Brandywine Country Club. This event was open to the public and hosted by the three local chapters of the nation's first African American Greek-letter organization for college educated women.

Undergraduate chapters at Bowling Green State University and The University of Toledo and the graduate chapter of Zeta Alpha Omega welcomed 200 guests and members to join this celebration whose theme was "Sustaining the Vision: A Celebration of our Founders."

Founded on the campus

of Howard University in 1908, this small group of 20 women has grown to a membership of more than 250,000 college-educated women affiliated with undergraduate and alumna chapters worldwide. The credo of "service to all mankind" guides the sorority in its programs which center on significant issues of the black family, communities, economics, health, entrepreneurship, technology and the arts.

The guest speaker was Jala Anderson, former Channel 13 Action News anchor. Anderson spoke of her great love for the Toledo community and how she welcomed the opportunity to return and

share her incredible journey since she left the area.

She was married in Toledo and left for a new job in North Carolina. Within a three-year period she lost her job with that local TV station, moved back to her hometown of Chicago, secured a position with a pharmaceutical company, was downsized and, most devastatingly, lost her husband in a car accident.

Anderson spoke of how she was changed by these events and how her faith and trust in God and her grandmother's love and encouragement sustained her and helped make her a stronger and better person today. She has written a book about



Chairman Marie Bush, AKA Honorees, Ann Battles and Clara Petty, president

her journey which will be released this year.

Last year Abbott Laboratories recognized her diverse talents and recruited her to become their Global Field Sales Trainer. She is still active in community service and gives motivational speeches to youth, civic, and church groups. Also a member of Alpha Kappa Alpha Sorority, she was eager to return to be the Founders' Day speaker and introduce her new four month-old baby girl, Phoenix Rose to her sisters and guests.

Alpha Kappa Alpha So-

rority also recognized three local agencies for their services to the community. Covenant Youth Development, The Firm, and the Genesis Project all received contributions and certificates for their efforts to make life better for their specific populations.

Entertainment was provided by sorority members Bertha Peyton who provided the musical prelude. Mary Hayes sang "Lift Every Voice and Sing" and Gabrielle Hill astounded everyone with her professional classical solos. Rosalyn Cooper danced her interpretation of Alecia Keys

"Superwoman."

Not only sorority members were recognized for their contributions as charter members, golden members, life members, silver stars, past presidents, regional and national officers. Local organizations were also acknowledged and thanked for their support. Marie L. Bush, chairman for this event said: "We wanted the community to share in our celebration and we thank you for coming."

Mistress of ceremony was Kimberly Caldwell and Clara Petty is the graduate chapter president.



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