



Local and National News

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The Sojourner's Truth

Volume 18, No.05 "And Ye Shall Know The Truth..." June 02, 2010



In This Issue
 The Truth Editorial
 Page 2

 Perryman
 Page 3

 Closing Libbey
 Page 4

50 Men & Women Scholarships
 Page 5

 The Health Section

 Obesity conference
 Page 6

Eating Out
 Page 7

 Sassy Seniors
 Page 8

 Youngsters Working Out
 Page 9

Book Review
 Page 11

 Minister to Graduates
 Page 13

 BlackMarketPlace
 Page 14

Classifieds
 Page 15

 St. Mark
 Page 16

This Strikes Us ...

A Sojourner's Truth Editorial

It's a debate that started well before the U.S. Constitution was ratified and one that will continue as long as our republic exists – what size government do we want, what size do we need?

The question is particularly pertinent at these times as we approach mid-term elections. The passage of health care and financial reform has come under attack from the far right especially from one who has been carrying the banner of small government through the Kentucky Senate primary – Rand Paul.

The question becomes all the more important as we view the damage to the fragile ecology of the Gulf Coast via the oil spill perpetrated by BP.

Republican candidate Paul, taking his cue from the words of the conservative icon, President Ronald Reagan, decries such governmental intrusions into private business as health care and financial reform. Rand also assailed the 1964 Civil Right Act for similar reasons – why should the government force private business, he said, to serve those they don't wish to serve?

Of course, politics is politics. When Paul discovered the fact that his statements about the 1964 Civil Rights Act expressed sentiments that no other public figure would or could embrace, he immediately went into damage control and reversed positions.

And, speaking of the BP oil disaster on the Gulf Coast, why get so excited and lash out to BP for an accident, he says. Leave the business alone. Stuff happens.

This guy is going to be a lot of fun to watch over the next five months.

Others, particularly those on the Gulf Coast are not quite so sanguine about the possible destruction of their way of life. And here enters the conundrum about the size of government and its role in our life.

Shortly after our nation was founded and the Constitution written ... and accepted, one of the first subjects of contention was the infrastructure.

Should the government take it upon itself to build roads and waterways? And which government – state or federal? It was in fact the commercial need for roads and waterways – so that farmers, merchants and manufacturers could move product – that prompted state and federal governments to get into the road building business. It was the need for consistency that prompted the federal government to stay involved. By consistency, we mean that a state could not possibly guarantee that a road or waterway it constructed would connect with one another state had built. Only the federal government could carry out a project effectively connecting one end of the country to the other – which it later did with the great railroad project that began after the Civil War.

Of course, government intrusion could not possibly end there. Eventually the government would limit the citizens' right to travel on these roads at any speed they wanted, would tell them what they could not drink or smoke as they were traveling and would even tell them what side of the road they had to keep to. Imagine!

The result of this intrusion into private business affairs was that business in America flourished – even as business did everything it could to avoid government regulation.

Now comes President Obama and his intrusion into private affairs and the push back his program has received from tea baggers, Republicans, Libertarians and all those who follow the Reagan mantra that the best government is a small government. Mantra aside, of course, Reagan actually grew the size of government and the federal debt. He pushed both to record levels but that's another discussion for another day.

Now, all those folks want the government to jump into the oil spill debacle forcefully and with everything the administration has at its disposal. Which, quite frankly, is not a whole lot. BP has the expertise and the technology, not the government.

Regardless of how one feels the administration has performed during this calamity, however, the irony is that so many, especially all those who have been telling the government to keep their dirty hands out of their affairs, are begging the government to do more, to do anything.

And it is particularly ironic that people are so baffled at this time – the mid-term election time – during which the Rand Pauls of the nation are blasting the government for being so big and intrusive.

Chances are the government will respond to the oil spill by eventually getting bigger – passing more regulations on drilling, bringing in more experts to oversee the enforcement of those regulations and developing the expertise to by-pass private industry's handling of emergency situations in the future, if need be.

And giving Rand Paul and all those other tea baggers even more to disdain.

Community Calendar

June 3

Brighten Up Community Meeting: The Padua Center; 6 pm

June 4

Jerusalem MBC 60th Anniversary Celebration: Featuring the Bolton Brothers of Alabama, The Glorious Sons of Rochester, NY, Men Who Will of Detroit and Queens of Harmony of Toledo

Project higher: Aim for God's Presence; Youth and young adult service; Crusaders for Christ Church; 7:45 pm: 419-376-2331

June 5

Women Blessing Women Spring Blessings: Fashion show and luncheon; Keynote Speaker U.S. Rep Marcy Kaptur; Lourdes College Gymnasium; 11 am to 2 pm: 419-241-9789

Second Annual Urban Chicken Festival: Behind the Padua Center; Raffles, rummage sale, bargains and entertainment; BBQ chicken; 1 to 5 pm: 419-241-6465 or www.paduacenter.org

Flea Market: Phillips Temple CME; 7 am to 2 pm: 419-242-7906

June 6

New Prospect MBC 45th Church Anniversary: 4 pm service; Guests Pastor John Harris and Mt. Pisgah Baptist Church

Isaiah Thomas Giving Foundation: A Walk to Remember; Ottawa Park @ The Big Shelter; 8 am registration; 9:45 am – walk begins; A walk to give remembrance to those who lost their lives drowning: 419-973-3975

Southern MBC Concert: In memory of the late Rev. Robert Wormely; "Heaven Is Where I'll Be;" 6 pm: 419-244-2822

June 11

TPS Adult Education Graduation: "Knowledge Is Power;" Summit Annex; Practical nursing, barber academy, nurse's aide and aviation; 5 pm

June 12

Bereavement Meeting: West Toledo Bereavement Support Ministry; Bethlehem Baptist Church; 10 am: 419-867-2122

Sisters Helping Everyone: Informational Meeting; Kent Branch Library; 1 to 3 pm

June 13

St. Stephen AME 8th Annual Pew Rally: 3 pm; "Something to Think About;" Men's Group of St. Stephen's: 419-255-1821

June 14

Discussion Circle: Support and sisterly love for women incest, child sexual abuse and rape survivors; 5:30 to 7:30 pm; Elizabeth House; Learn about "The Acceptances, the Promises and Permissions and Trigger Busters;" 419-729-0245

June 14-18

Camel Smith Summer Youth Camp: Free clinic: 419-917-3547

June 20

"Walk for Ayan;" Fundraiser for 5-year-old Ayan who has contracted pediatric brain cancer; Walbridge Park at 10 am: 419-481-7249

June 21-25

Vacation Bible School; Friendship Baptist Church; 6 to 8 pm each evening; Toddlers through adults: 419-531-3242 or 419-536-1251

June 26

Toledo Youth Camp: Hosted by Miami Dolphins' Brandon Fields; 9 am to noon; St. John's Jesuit HS; Non-contact free clinic

The Sojourner's Truth

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Moving Backwards

By Rev. Donald L. Perryman, D.Min.



How unjust it is, that they who have but little should be always adding something to the wealth of the rich! -

Terence (Publius Terentius Afer)

Last Tuesday, Toledo Board of Education member Brenda Hill, with support from Board President Bob Vasquez and Lisa Sobecki, voted to close Libbey High School meeting more than 54 years and a week following the momentous *Brown v. Board of Education* Supreme Court decision and in the building bearing the name of *Brown* attorney Thurgood Marshall.

The motion, following an epiphany by Hill, was prompted by voter rejection of TPS's tax levy and the need to save \$1.3 million of the district's now estimated \$39 million budget deficit. Board members Larry Sykes and Jack Ford opposed the measure.

I have fond memories of Libbey, having attended nearly every football, basketball or track event held there in the 60s and early 1970s. I met my wife at the school and all of my neigh-

borhood homies were Cowboys, although I did not attend the institution myself. Yet the rollercoaster vote/re-vote and the emotional and polarizing experience of Libbey's closing goes far beyond sentimentality to reveal sobering realities and insights that exceed what is attainable in any classroom.

Having advocated to keep the school open, I realize more than ever that the fight for justice and equity does not consist of "one pitched battle that brings matters to a decisive outcome." It is rather, a prolonged campaign of trench warfare with occasional small victories or setbacks but largely disappointing drudgery with little discernible change effected. If our commitment to community struggle is to ever last longer than two weeks, this needs to be fully understood.

But also, there remains a need to "fight through our discomfort with open and honest public discussion on race" so that legitimate grievances can be addressed rather than being trivialized or dismissed as "playing the race card." Ford, in his dissenting remarks, indicated that the outcomes of past levies always fall to the advantage of the adults and schools in the more privileged neighborhoods despite the unfailing support of the black community and that the poorer schools bear the brunt of the budget cuts when levies do not pass. As a result, he was severely criticized in the media for bringing up the subject of race.

Was race a relevant topic in Libbey's closing?

To indicate that the Libbey students were short-changed, as Ford suggested, by union members and administrators, who "sacrificed" a meager one percent of salaries speaks of unfairness and possibly greed but it is not playing the race card.

However, where the closing of the school may not be motivated by racism, the Board's student assignment policy, which redistributes 255 current Libbey students to Scott, 172 to Waite and 104 to Bowsher represents a troubling return to the Apartheid Schooling of the dark past and a sick and twisted dismantling of an integrated and racially mixed school that had positive academic performance.

The white Libbey students and the top athletes will likely surface at mostly-white Bowsher; Hispanics or Latinos will end up at Waite with its sizeable Hispanic/Latino population, and most African-American students will be assigned to the nearly all-black Scott High. This policy represents what scholar Jonathan Kozol calls "savage inequalities," is a retreat from the commitment to diversity and is an assault upon the legacy of *Brown* and Justice Marshall as TPS concurrently builds a new elementary school across the street from Libbey and somehow finds money for a \$1.5 million expansion of nearly all-white Ottawa River school while trying to expedite Libbey's demolition.

Marian Wright Edelman of the Children's Defense Fund quotes a parent whose thoughts represent a grow-

ing trend and which may expose the motivation behind the closing of some schools and the building or expansion of others: "The bottom line is this," the parent states, "I do not want my children in school with black children. We have spent too much money on black children and nothing seems to help."

Yet Kozol, who has extensively studied urban schools throughout the United States and "finding no schools (such as Libbey) that had nonwhite children in large amounts mixed with white kids," and others agree that too many children are still being confined to high-poverty, high-minority, high-failure schools and do not receive an "equal education or equal chance to succeed in life."

Harvard's Molly McUsic, goes beyond race toward advocating economic integration of schools, concluding that the best educational results are "attained when poor children are included in a pre-

dominately wealthier school."

Family background is an indicator of academic performance as students from poor uneducated families perform worse in school than those economically better off. But while children have no say in who their parents are, the "income and education of parents of a child's fellow students also correlates highly with performance."

Poor students in middle-class or wealthy schools perform higher than poor students concentrated in predominantly poor schools because whether students learn or not is based on peer group norms. The higher the educational aspiration of the peer group, the more likely it is that all the students will succeed (McUsic, 2004). But when mostly poor and minority children live and learn in concentrated poverty and encounter few academically successful role models, they become those most at risk of dropping out and

entering the prison pipeline.

However, one thing is certain. If school districts choose to leave some of their own behind in increasingly segregated schools, the "safety, security, and prosperity of everyone is compromised." But when the goal is (as was Marshall's intent in *Brown*) that the opportunity to receive an education be made available to all children on equal terms, then we no longer have to feign solace when making tough decisions or look upon a dark past through rose-colored glasses to escape uncomfortable conversations.

Nor will we have to ask "Is it racist?" The relevant questions will be "Is it fair and equitable? Does it help all children? How does it affect poor children?"

Only then we can move forward.

Contact Rev. Donald Perryman, D.Min. at ddperryman@centrofrpaphist.org



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School Board Votes to Close Libbey High School

Sojourner's Truth Staff



During its hey day, Libbey High School had a student population of almost 2,400 students – so many, in fact, that they had to attend class in shifts. That was in the 1950's.

This year the Libbey student population hovered around 600 and last week, the Toledo Board of Education, bowing to the pressure to cut a deficit that is closing in on \$40 million if drastic changes are not made, decided by a 3-2 vote to close the aging edifice.

School board member Brenda Hill, who had voted earlier in the spring to keep the school open and who has stated that her earlier vote was mistakenly predicated on the hope that the May 4 tax levy request would pass, introduced a motion to close the school. Hill, Board President Bob Vasquez and Lisa Sobocki voted to close the school. Board members Jack Ford and Larry Sykes cast the two dissenting votes.

The vote prompted Ford, who had sought to find alternate cuts in order to save the school, to assail the institutional racism that he says has

laid waste to the black community, particularly the south Toledo neighborhood the high school has served over the years.

However, with a failed levy vote and a deficit that just recently grew from a projected \$30 million to \$39 million, the board was hit with a new dose of reality.

The drama surrounding Libbey high School, named for glass industry magnate Edmund Drummond Libbey, has claimed the attention of the Toledo area for months, if not years.

Saved on several occasions over the years from the chopping block, Libbey was the centerpiece in this year's effort to pass an income tax levy and raise approximately \$17 million to close the budget deficit. A group of African-American ministers, led by The Truth's own Rev. D.L. Perryman, fought the closure.

Several other prominent groups, such as the Toledo Area Chamber of Commerce and the Greater Toledo Urban League, opposed the passage of the levy with high-profile statements during the



waning days of the campaign.

The school board's waffling on the Libbey closing and the decision to forego an opportunity to save \$1.3 million undoubtedly had a nega-

tive impact with many voters when they were considering the tax levy. The board's perfunctory advocacy for the levy probably did their cause no good either.

Now the assignment policy has dictated that 255 current Libbey students will be assigned to Scott High School, 172 will move to Waite and 104 to Bowsher.

In addition to the Libbey closing, the administration and school board will now turn their attention to additional cuts, particularly in the teaching ranks.

Food Bank to Host First Annual Blues & Jazz Festival

National recording artists to perform at food bank fundraiser.

The Toledo Northwestern Ohio Food Bank (TNWOFB) will present a stellar national lineup of blues performers at the 1st annual Blues & Jazz Festival on Saturday, June 19, at Centennial Terrace, 5773 Centennial Road in Sylvania. Tickets, which are \$25 in advance and \$30 at the gate, can be purchased online at

www.toledofoodbank.org or by calling (419) 242-5000, ext. 216. Renowned blues masters Bernard Allison, Tinsley Ellis and Doug Deming & The Jewel Tones are slated to perform. Gates open at 3 p.m. and area musicians Josh Boyd and the VIP Band will open the show at 4 p.m.

"Our lineup offers unpar-

alleled talent and diversity," said James M. Caldwell, TNWOFB president and chief executive officer. "They are coming from almost every corner and tradition of the blues world to display their extraordinary talent, range and richness for our audience."

Caldwell added, "The event will take place rain or

shine under the stars at the spacious and newly renovated Centennial Terrace in Sylvania. There will be ample parking, vendors, food, fun and prizes – all elements that I believe, make this the perfect venue to unwind, dance, mingle and enjoy the blues."

About the performers:
Bernard Allison *notes the same smokin' six string shooter that his late father Luther Allison assaulted the blues with. And he is blessed with his father's soulful voice, spiritual devotion, and a musical freedom.*

While he's only 44, Allison feels like he's almost two generations further along than some of the young, upcoming blues players. Allison first recorded at the tender age of 13, but his father insisted that he finish high school before starting a musical career. Diploma in hand, he joined Koko Taylor's band at 18 straight out of high school. Allison claims that he owes much of his blues education to Taylor's label, Alligator Records.

He retains his father's fiery style of funk, but it's apparent from listening to his new album, *The Otherside*, that the son is no copycat replica of Luther, who passed

(Continued on Page 11)



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50 Men and Women 30th Annual Scholarship Awards Recipients

Special to The Truth

Twenty local minority high school seniors will receive scholarships this weekend from the 50 Men and Women of Toledo, Inc. The group, a by-product of individuals who were the primary sponsors for the United Negro

College Fund, has given over 200 mostly four-year renewable scholarships and more than one million dollars to Toledo area youth.

The mission of the organization states that monies raised will be used

for the overall goal of educating minority youth to further their economic, political and social growth.

James C. Caldwell, educator, civic leader, first area black corporate
(Continued Below)

50 Men & Women of Toledo, Inc. Scholarship

The purpose of this scholarship is to provide the opportunity for a highly motivated academic achiever to off-set a major cost of attaining a college education. This award is for \$1,500, non-restrictive, renewable for 4 years and may be matched annually. Consideration requirements are a 3.0 or higher GPA, 4 years of English, 3 years of mathematics and science, and 2 years of social studies and foreign language.

Janae Branch
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Social Work
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Opal Shaheer
Toledo Early College
Bowling Green
State University
Dietetics
GPA 3.12



Krystal Rupert
Central Catholic
High School
Miami University
Developmental Psychologist
GPA 4.0



Taelor Garrett
Central Catholic
High School
The Ohio State
University
Social Services
GPA 3.71



Israel Garrett, II
Bowsher High School
Tiffin University
Criminal Justice
GPA 3.50



executive for a Fortune 500 company and former executive director of a community center that now bears his name, was the motivator in forming this group and still serves as president.

The students will be honored this Friday, June 4 at Gladieux Meadows

Kevin Chad Ellis Scholarship

This memorial scholarship is dedicated to the memory of Kevin Chad Ellis. Consideration requirements are a GPA of 2.5 or higher.

Isis Darks
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It's Time to Get Serious about Living a Healthy Lifestyle

By Dianne Pettis
Guest column



These days, it seems obesity is THE hot topic; brought even more to the fore by the attention given it by First Lady Michelle Obama.

It's always been an important topic, especially for those in the medical, health and wellness and fitness fields, but with the rising rates of obesity, it seems that not enough of the general population has been paying attention.

Recently though, I have noticed, as I talk with patients, that the current interest in weight loss and health is more than just a passing fad fueled by the desire to look good for a certain event or special person. It's becoming a personal matter of life and death. The 'ah ha' moment has hit home. People tell me "I get it now." That's a good thing.

Recently, I attended the "Obesity Treatment and Prevention" conference held in Washington, D.C. It was a national Contemporary Forums conference developed in affiliation with The Obesity Society and the Centers for Obesity Research and Education. Nationally known speakers in the field of obesity research and management discussed comprehensive approaches to obesity care, including behavior, medical and psychological strategies. I was honored to do a poster presentation for my TempleBuilders Holistic Health and Wellness program as well as being a conference attendee.

When will it stop?
The usual obesity statistics were presented. With each decade the numbers

are higher and higher. Figures from 2009 estimated that more than one-third of the US adult population is obese. Thirty-seven percent of US children are overweight, and 16 percent are obese.

The term 'epidemic' fits this situation. Overweight is defined as having a Body Mass Index (BMI) of 25-29.9, and obesity is defined as a BMI over 30. BMI is calculated by a formula using a person's height and weight. More recently clinicians and researchers are using waist circumference as a measure of obesity because abdominal fat has been shown to be a major risk factor for heart disease and other problems. For women, obesity is defined as a waist measurement more than 35 inches; for men, it is more than 40 inches.

The most rapidly growing population of obese people is children; which is very scary. A child is overweight when the BMI is more than 85 percent of the general population for age and gender. A child is classified as obese if the BMI is more than 95 percent.

Risks to a healthy lifestyle

Generally, over 300,000 deaths per year are directly related to obesity. Excess weight and abdominal fat increase the risk for heart disease, high blood pressure, stroke, high cholesterol and triglycerides, sleep apnea, cancers, type 2 diabetes, bone problems and fertility issues. Many of the conference speakers focused on Metabolic Syndrome and its relationship to obesity.

Metabolic Syndrome is a cluster of disorders that together lead to heart dis-

ease. A person meets the criteria for a diagnosis of Metabolic Syndrome if he or she has at least any three of the following: abdominal obesity (greater than 40 inches for men and greater than 35 inches for women); triglyceride levels of greater than 150 mg/dl, low HDL (good) cholesterol (greater than 40mg/dl for men and more than 50mg/dl for women, blood pressure consistently greater than 130/85, or a fasting blood sugar of greater than 100-110. It is estimated that approximately 50 million people in the US have Metabolic Syndrome.

Type 2 diabetes was the other major topic discussed, with major emphasis on the alarming rate of increase for children - directly related to obesity. Obese children are more likely to have increased cholesterol, high blood pressure, and abnormal blood sugar management. A recent study of five- to 17-year olds found that 70 percent of obese children had at least one risk factor for heart disease, and 39 percent had at least two.

Why wait?

There are new medications to treat diabetes and Metabolic Syndrome, but why wait until the risk factors take over and become disease? Adopting a healthier lifestyle is the most effective way to prevent chronic disease or slow down the progression of a disease. Adopting a healthier lifestyle includes a diet with lots of fresh fruits and vegetables, regular exercise, increased dietary fiber, increased sleep, decreased stress and decreased toxins. Such a lifestyle may not be the easiest to do, but it is more emotionally rewarding,

healthier and certainly less expensive in the long run.

Take care of your temple

I received great feedback on my TempleBuilders poster presentation. It was encouraging to have confirmation from peers that I'm on the right track on this journey to teach people the importance of including all areas of life in creating a healthy lifestyle - not just for a week, or a month, but for a lifetime.

Begin with a visit to your primary care provider to find out your Body Mass Index and get your waist circumference measured. Talk about your risk factors. Get the official 'blessing' to begin an exercise program. Depending on your health status, you may need to be referred to a nutritionist, trainer, or coach to help pull it all together.

Start to adopt some changes. If you have a lot of areas to work on, just pick one. The important

thing is to start - do something. Love your body; it's the only one you have.

Dianne Pettis, MS, FNP-BC is a Family Nurse Practitioner in Dayton, OH. She is owner of Hart Health and Wellness Services, LLC providing holistic health and wellness education and coaching. (888) 887-4429 www.harthandwellness.com www.prosperouslivingsite.com



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Eating Out the Healthy Way

By Amanda Hartley, Bowling Green State University Dietetic Intern with the Ohio State University Extension, Lucas County Guest Column

Like to eat out, but you want to be healthy? Now you can do both! Eating out can be a fun way to celebrate a special event in our life, or just a way to unwind after a long day.

Oftentimes people associate dining out and consuming unhealthy foods. This

doesn't have to be the case! We can still diet, and enjoy some of our favorite restaurants. However, we do have to be smart about what we order. I am going to take you through a meal step-by-step from beginning to end and give you suggestions on how to cut out the extra calories

that we really don't need.

For starters, when the waiter/waitress asks what you would like to drink, go with something simple like water. If you need something that has a little more flavor, ask for unsweetened tea or a diet soda. If you are really feeling adventurous, order

fat-free milk! Avoid beverages with added sugar like regular soda, juice and lemonade.

Appetizers are usually the first thing listed on the menu and they can sound so appealing. My tip to you, skip it! If you really want to eat something before your meal comes out, try a garden salad with dressing on the side. This way you are still getting a small treat before your entrée, but it is healthier than the appetizers that are typically fried. If you are absolutely stuck on an appetizer, ask if you can order that as your meal instead.

Now on to the entree! Choose main dishes that include lots of vegetables like stir fry, kebabs, or pasta with a tomato sauce. Ask if you can have whole-wheat pasta also. If you have the option, order something that is baked, grilled, or steamed instead of something fried or sautéed. This will cut the calories and not leave you with that greasy feeling at the end of the meal.

If you order a sandwich, ask that they put it on whole wheat bread or a whole wheat bun. The whole wheat con-

tains more fiber and will make you feel fuller. Another tip is to ask for a "to-go" box when your meal arrives and pack half of it up for your lunch or dinner the next day. This will prevent you from eating too much and leaving the restaurant with the uncomfortably full feeling. You can also split an entrée with a friend to avoid overeating. Overall, avoid entrées that have creamy sauces and gravies or ask for sauce on the side.

Side dishes can contain more calories than you may think. Steamed vegetables are a healthy alternative to something fried or covered in gravy. If you are really craving french-fries to go with your sandwich, see if a friend wants to split a small portion of them or ask the waiter to bring a half order out. Also, like the entrées, avoid sides that will be covered with gravy and only put small amount of butter if any on the food.

Desserts can be a great sweet treat at the end of your meal, but also a way to pack on excess calories. If you just cannot go with a dessert

order fresh fruit, or try splitting a dessert with everyone at your table. This way you are getting a taste of something sweet, but not eating a large portion.

Overall, go simple when ordering. Choose water as your beverage or something with no added sugar to drink. Skip the appetizer or pick a salad if you need something to graze on before your meal. If the restaurant brings endless amount of bread to the table, be reasonable with your portion and choose only one slice with a small amount of butter! Your entrée should be steamed, grilled or baked and filled with vegetables.

Remember, don't be afraid to ask your server to have something prepared a different way or ask how it is prepared if you aren't sure. Most restaurants are willing to prepare foods how the guests requests, so all you have to do is ask!

Also, keep your side dishes as a side...don't overeat them! Avoid fried foods and desserts. Minimize large portion sizes by sharing or taking the rest in a "doggy bag".

Health Hints for Men Can Benefit the Entire Family

Special to The Truth

The month of June is traditionally a special time to celebrate the men in our lives. Just in time for National Men's Health Week, June 14-20, and Father's Day, June 20, TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, offers a variety of tips and ideas to help improve a man's health and also can benefit the entire family. Whether you're a member of TOPS or simply a member of a family, employ the following information to begin a truly long-standing journey to wellness.

Simple, Healthy Ways to Honor Dad

- Time is a gift; give it to share it. Make a date for a regular activity, and support each other in your healthy lifestyle. Commit to doing yard work together every Saturday or taking regular walks every other evening after dinner.

- Does he like to cook? Give him a healthy cookbook for his collection. Provide him with new grill accessories and encourage replacing unhealthy options with grilled fresh vegetables, fish, and seafood.

- Give him a surprise activity – a long bike ride, a day hike, doubles tennis with two other family members, or an afternoon of golf.

- A subscription to a health and fitness or sports magazine that matches his interests will be a gift that keeps on giving sound advice for his healthy lifestyle.

- A healthy brain is a happy brain. Give him books of puzzles and brain teasers. Play board games with him and the rest of the family.

- Gift him with a membership to TOPS to benefit from weight-loss support and wellness education. Visit www.tops.org for more information or to find a chapter near you.

TOPS "Losers" Share Their Success Secrets

"I used tricks I learned from TOPS, such as using smaller plates, to assist with portion control to help me reach my goal." – *Marcus Murphy; lost 59 pounds*

"Exercise has become a part of my lifestyle. I go to the local fitness center five to six times a week. I take walks with my wife, and I even play senior softball three times a week." – *John Spinola; lost 118.5 pounds*

"At first, I could barely walk five minutes on the treadmill, so I joined a group water aerobics class. My participation in water aerobics has paid off immeasurably." – *Tom Carano; lost 131 pounds*

"I filled out a weight tracker for the year in advance, planning what I'd lose each week, to keep me focused and on track. I also biked 20 to 30 miles daily pulling a 450-pound trailer!" – *John Teague; lost 115.5 pounds*

Foods Just Right for Men

We hear a lot these days about how important it is for women to eat certain foods containing specific nutrients. What about men? Are there foods men should eat for better overall health? The answer is an unequivocal, "Yes." In fact, there are several foods and nutrients men should consume most days of the week for optimum health, as outlined by Drs. Mehmet Oz and Michael Roizen, authors of the "YOU" series of books.

1. **Fiber** - Men need to eat at least 25 grams of fiber each day. While that can be daunting, fiber is found in a number of sources, like grapefruit, soybeans, and whole grains. If you're looking for whole grain products, make sure the ingredients read: "100% whole grain" or "100% whole wheat."

2. **Folate** - Men can significantly reduce their risks for some kinds of cancer by eating food rich in folate. Take a supplement or add dark, leafy greens and orange juice to your diet. Men are advised to look for the words "folate" or "folic" on food labels and to get at least 800 mg each day.

3. **Tomato sauce** - It takes 165 raw tomatoes to equal 10 tablespoons of tomato sauce. This juicy red fruit contains lycopene, which can help fight cancer. Instead of eating all those tomatoes, enjoy ten tablespoons of tomato sauce per week and decrease the chances of arterial aging, heart disease, stroke, memory loss, and other conditions.

4. **A handful of nuts** - Men should eat walnuts, almonds, and hazelnuts to get the powerful omega-3s, healthy fats with multiple benefits. It's good practice to snack on some before eating foods like pasta or corn on the cob. The fat in the nuts helps the stomach slow down and the body to more effectively process the sugar from the carbohydrates in those meals.

5. **Fish** - Men also should consider eating a serving of fish three times a week. Tilapia, salmon, flounder, cod, and mahi-mahi are all good choices. They're high in protein and low in fat and carry a low amount of mercury, a chemical that can increase the risk of heart disease and impaired memory.

In Loving Memory of the McCoy Family



My dearest distant loved ones!

The thoughts of you haven't and never will escape my mind.

Those were the coldest days that entered my life.

You will hold the key, so hold those pearly white gates open for me.
The bells of those ringing voices I will never hear again. You will stand the higher ground; the thoughts of you from me.

Let that Freedom Bell ring.

Nevertheless, unforgettable;

Your daughter, your sister

Arlene and Family

Percy McCoy – February 15, 1924 – March 8, 1995

Lorraine McCoy – June 22, 1929 to June 9, 1991

John Earl McCoy – January 26, 1960 to March 27, 2003

Happy birthday – Rodney Allen McCoy – May 27, 1972 to January 20, 2007

Seniors – We're Bringing Sassy Back!

By Angela Steward, Fitness Motivator
Guest Column



Raquel Welch. In my opinion these are three women who have aged fabulously. But of course if we all employed nutritionist, personal trainers, hairdressers and chefs we would look fabulous too.

So can the normal woman, like you and me, between the ages of 50 and 85 look and feel as beautiful and as SASSY as a celebrity—absolutely! Of course, we can all opt to have some form of plastic surgery to our face and bodies, but surgery only takes care of the physical appearance, what about the health and fitness level?

As we age, we need to improve our health and fitness to live a long, healthy, productive and **independent** life. Only participating in some form of physical activity has been proven to help adults live longer, healthier and happier lives, that's why I'm looking forward to meeting and working with some SASSY SENIORS!

While it is true that as we age we do have to work harder than our younger sisters, but even if you start as

late as age 70, your life expectancy improves dramatically. Activities like jogging or swimming at least two to three times a week or walking at least one hour per day, can make dramatic changes in your life. Most physicians and doctors advise young and older women to participate in some type of fitness program. Exercise should be a way of life throughout your entire life!

Many friends and family members have told me: slow down, you're doing way too much, take it easy, rest! My response is "I'll have plenty of time to rest when I'm in the rest home – right now I'm moving because I CAN!



You CAN too!

As we age our bodies become weaker and everyday tasks become harder and harder and many people simply give up. They avoid doing the things they once loved, like walking, riding a bike, golfing, bowling, swimming and dancing, because they're afraid. They're afraid to exercise at any level for fear of injury!

Participating in physical activity makes your muscles stronger and leaner, and relieves joint aches. This results in easier walking and a life of movement – the ability to keep us with those who are much younger.

Also, when we exercise,

our bodies release endorphins, which make us feel instantly happier and livelier. For those who suffer from types of depression, the benefits of endorphins alone can help enrich your life.

Exercising is also a great way to socialize and meet new friends – surrounding yourself with like minded people who have the same interest as you, working together to reach a common goal of stronger muscles, improved mobility and a healthier heart, those three things will keep your spirit young and alive.

Participating in any form of physical activity increases your ability to live a longer, healthier and functional INDEPENDENT life. Other age groups exercise mainly to lose weight, maintain or improve body shape and/or improve the heart. But Sassy Seniors exercise to enhance their life.

What if the exercises are too hard for a person just starting out? Exercising benefits every one of all ages and fitness levels, no matter

what their current condition is. There are all types of exercises for SASSY SENIORS, including yoga, walking, dancing and stretching. My SASSY SENIOR FITNESS CLASS is designed to be fun, easy and effective. There is no jumping or strenuous movement. Safety and comfort is always a prime concern. **There is no good reason why any senior shouldn't exercise.**

To get started right away, get your doctors approval, and join me for my SASSY SENIOR FITNESS CLASS every Monday and Saturday afternoon at 3:00 @ STUDIO FITNESS. What are you waiting for? COME GET YOUR SASSY BACK! Any questions, call me, I look forward to hearing from you!

IN SASSINESS AND FITNESS!

Angela R. Steward
Fabulously Fit
Fitness Motivator
& Instructor
Studio Fitness
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ProMedica Introduces a New Children's Exercise Program at McKinley Elementary School in Toledo

Special to The Truth

On Monday May 24, 2010, ProMedica Health System (PHS), in partnership with YMCA of Greater Toledo, introduced a new children's exercise program to students at McKinley Elementary School. The 30-minute program is designed to fight childhood obesity. It was developed by students who were the first-place winners of PHS' Fields of Green high school scholarship competition.

Children learned various exercise routines from countries all over the world such as the U.S. (30.6 percent obesity rate), Australia (21.7 percent), Spain (13.1 percent), Iceland (12.4 percent), South Africa (8-10 percent).

"The best part of leading this program is simply having fun and laughing with the kids," says University of Toledo graduate, Mark Braun.

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



Fourth graders warm up prior to playing the Australian game, 'Kangaroo Kourse'. The kids enjoyed participating in activities led by Mark Braun, University of Toledo graduate; Becca Funke, Notre Dame Academy sophomore; Alyse Krausz, Notre Dame Academy sophomore; and Mark Brahier, St. John's Jesuit High School sophomore.



Facts About Oral Sex

SOURCE: Center for Disease Control/2010

ORAL SEX IS SEX

HIV, herpes, syphilis, gonorrhea, genital warts (HPV), intestinal parasites (amebiasis) and Hepatitis A can all be transmitted through Oral sex. Individuals can reduce their risk of STDs by using condoms or other barriers between the mouth and genitals.

For more information contact a clinic near you!

ADULT MEDICINE
Cordelia Martin Community Health Center
430 Nebraska Ave.
Toledo, Ohio 43604
419.255.7883

South Side Community Health Center
732 South Ave.
Toledo, Ohio 43609
419.241.6106

River East Community Health Center
117 Main Street
Toledo, Ohio 43605
419.691.1322

HEALTHCARE FOR WOMEN
The Huron St. Women's Center
923 N. Huron
Toledo, Ohio 43604
419.242.6028

HEALTHCARE FOR THE HOMELESS
The Mildred Bayer Clinic
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419.241.1554

PEDIATRICS
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Toledo, Ohio 43604
419.255.7883

NHA Pediatrics
One Aurora Gonzalez Dr.
Toledo, Ohio 43609
419.241.4230



Hey – How's That Will Power Working for Ya?

By Diana Patton, FITatudes Guest Column



Will power? Mine ... It STINKS!

Sure, okay – let's be honest, it works sometimes but I get worn out. Often times, I'll think of a new idea or set a goal and typically, half way through *or sooner*, I start losing interest or focus and I just phase out. And then, just like drift wood in middle of the ocean, I start to think "how did I get all the way out here, I don't have a paddle, I don't see the shore, I just need to go on back to my old ways and just drift on ... drift on ..."

How about you? Have

you ever started a new goal or looked at a task and felt energized about it when you started and then your fizzle becomes flat? We are sure you can relate because a lot of us are that way.

It's June – the lazy days of summer are upon us and we are certain most of you have given up on those 2010 New Years Resolutions that you set forth in January. We are going to go out on a limb here but we think the reason those New Years Resolutions just fizzled out is because we rely on our own will power and our own understanding, and not God's power and understanding!

You see, our strength and will power *alone* is just not good enough. Don't get me wrong, we do need to do the work, but we have to have the faith in God too! *We can only go so far.*

We are sure it's hard for you to fathom meeting some of the goals you set for yourselves when you first set them. Some of us wish to lose weight while others of us just want to stop being so negative, and others of us just

want to have deeper and more meaningful relationships with other people, and others of us just want to get through a day without having to take a nap, grabbing cigarette or taking a drink of alcohol.

And for some of us, we've lived with these issues for so long that we just can't believe we can rid them from our lives for ever. So much so that when we set these goals, we don't realize that secretly and subtly in the deep corners of our mind, we are thinking "well, I'll set this goal *BUT, I know I will fail, I probably will do just like I did last year but, what the heck, might as well try something – ugh.*" And then, try as we might with our own will power – we fail and we start the cycle all over again.

Talk about INSANE! That's enough to drive anyone crazy. I am getting exhausted just writing it.

Wake up PEOPLE! Snap Snap! Look Lively Here! Get out of the dumps and get to reading the next few paragraphs – there's hope!

Think differently ... yep, get the sludge out of your

brain! We need to have bold, courageous, "move mountain" thoughts ... thoughts that can go where no man has ever gone before (had to throw a lil' Star Trek in there – but with God it's reality)

Got your attention yet? We need to replace our mindset with that of God's. You see, God's thoughts are not our thoughts and his ways are not our ways (Isaiah 55:6-8). Shew ... **thank God** ... okay, now we are on to something!

God wants us to think about things that are true, noble, right, pure,

lovely, admirable, excellent and praiseworthy (Philippians 4:8). He wants us to trust in Him with all our heart and not lean not on our own understanding; but in ALL our ways, he wants us to acknowledge him and he will make our paths straight. (Proverbs 3:5-6).

Honestly, that's fundamental "God Power" 101! Look, if God is your refuge and strength, he WILL help you when you are in trouble (Psalm 46:1) He WILL increase your power when you feel weak and weary (Isaiah 4:29). He WILL renew your strength if your hope is in

HIM! (Isaiah 40:31).

We just can't make this stuff up PEOPLE! Seriously:-/!

If we TRULY want to Live Life to the Full and have the desires of our hearts met, we have to give up our own **WILL POWER** and adopt **GOD'S POWER AND STRENGTH**. Then you can say with surety "I can do everything through Him who gives me strength." (Philippians 4:13)

Nuff said! Dare you to try him. If you doubt this, *perhaps you really* haven't tried Him! Need help? contact us at FITatudes – [www.FITatudes.com!](http://www.FITatudes.com)

UC Davis Study Finds New Predictor of Heart Disease

UC Davis researchers have discovered that a blood component linked with inflammation can predict coronary artery disease in African-Americans.

Known as lipoprotein-associated phospholipase A2 (Lp-PLA2), the blood factor is also associated with but does not accurately predict heart-disease risk in Caucasians. The findings are published in the current issue of the Journal of Clinical Endocrinology and Metabolism.

"This study suggests that inflammation may be a more important mechanism in heart disease for African-Americans than it is for Caucasians and increases our growing understanding of how heart-disease processes vary in different ethnic groups," said Lars Berglund, senior study author and associate dean for research at the UC Davis School of Medicine. "The more we appreciate such differences, the better we can individualize treatment and prevention approaches."

Lp-PLA2 was recently identified as a marker for the inflammatory processes involved in atherosclerosis. It is considered key to the progression and rupture of fatty plaques that can block coronary arteries and lead to heart attacks. It predominantly binds to low-density lipoprotein (or LDL) which is a general marker of increased heart-disease risk. Berglund

noted, though, that more well-known factors like LDL and high cholesterol cannot provide the whole picture of heart disease.

"There are other important elements of heart disease – like inflammation – that need to be better explained," he said.

For the current study, Berglund and his team measured Lp-PLA2 levels in the blood of 336 Caucasians and 224 African-Americans who were about to undergo diagnostic coronary arteriography – a test used to determine coronary artery disease in high-risk patients – at two hospitals in New York. Coronary arteriography findings were compared with the amount and activity levels of Lp-PLA2 from each research subject.

During the procedure, contrast dye and X-rays are used to detect narrowed or blocked arteries, indicating the potential for heart attacks.

"Arteriography is highly effective but considered too risky and expensive for general screening," said Berglund. "That is why researchers are always on the lookout for other reliable predictors of heart-attack risk that can be identified with a simple blood test."

The outcomes showed that Lp-PLA2 activity was higher among Caucasians and African-Americans with coronary artery disease. In addition, only in African-Americans was the Lp-PLA2 index found to independently predict coronary artery disease.

Although the test for Lp-PLA2 is widely available, Berglund said it is too soon to recommend widespread testing to affect treatment decisions. The study population was not representative of the general population as all participants already had symptoms of heart disease. Berglund's team plans further studies of Lp-PLA2 and other inflammatory components of the blood in a wider range of patients to get a clearer picture of their roles in predicting heart disease for different ethnic and racial groups. The outcomes of his current study, however, give him hope that African-Americans at high risk for heart disease will one day be treated for inflammation more aggressively and earlier in the disease process.

"This study has helped open the field," said Berglund. "More information will allow us to better tailor therapy to specific patient needs."

In addition to Berglund, other study authors included Erdembileg Anuurad and Byambaa Enkhmaa of UC Davis, Thomas Pearson of the University of Rochester and Zeynep Ozturk of the University of Istanbul.

The study was funded by grants from the National Heart, Lung and Blood Institute, the UC Davis Clinical and Translational Science Center and the American Heart Association.

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Blues & Jazz Festival

(Continued from Page 4)

away in August 1997. He joined the tour band of Luther Allison in 1989 after a furious collaboration of 'Father & Son' at the '89 Chicago Blues Festival. He released his first solo album 'The Next Generation,' in 1990. He started touring with his own group all over Europe and released several albums, taking the tradition of black music he grew up with into the new century melting the influences into his own brand.

"It's just a big pleasure for me to continue my father's legacy, but you know I don't go out and try to be Luther Allison. I just go and do what I've learned from my Dad and the likes of Koko Taylor, or Stevie Ray Vaughan or Albert King. So, I'm trying to keep the blues alive," he said.

Tinsley Ellis is a blues-soaked guitarist/vocalist/song-writer who sings and plays with the energy and soul of all the great Southern musicians who have come before him.

Since hitting the national scene with his Alligator Records debut, Georgia Blue, in 1988, Ellis has toured non-stop and continued to release one critically acclaimed album after another. His stellar guitar work, always a staple of his live shows and CDs, is matched by his strong songwriting and powerful, soulful vocals. Tinsley's hometown paper, The Atlanta Journal Constitution, calls his music, "a potent, amazing trip through electric blues-rock."

Born in Atlanta in 1957, Ellis grew up in southern Florida and first played guitar at age eight. He found the blues through the backdoor of the British Invasion bands like The Yardbirds, The Animals, Cream, and The Rolling Stones. He especially loved the Kings—Freddie, B.B. and Albert—and spent hours immersing himself in their music. His love for the blues solidified when he was 14. At a B.B. King performance, Tinsley sat mesmerized in the front row. When B.B. broke a string on Lucille, he changed it without missing a beat, and handed the broken string to Ellis. After the show, B.B. came out and talked with fans, further impressing Tinsley with his warmth and down-to-earth attitude. By now Tinsley's fate was sealed; he had to become a blues guitarist. And yes, he still has that string.

Doug Deming & The Jewel Tones, The Motor City-based, Doug Deming & The Jewel Tones have

been in demand as a backing band for today's top blues performers.

We have no gimmicks," says leader Doug Deming. "We play pure traditional music from the heart, with an image that conveys a deep respect for the genre."

As a result, Doug Deming & The Jewel Tones have been in demand as a backing band for a 'who's-who' of today's top blues performers, including Chicago's A.C. Reed, Louisiana Red, Chicago Pete, Cannonball vocalist Alberta Adams, Black Top's Johnnie Dyer, W.C. Handy Award winner Johnny Yard Dog' Jones and the legendary Lazy Lester.

Doug Deming has been the driving force behind the Jewel Tones (formerly known as the Blue Suit Band) since its beginning in 1991. As a guitarist and vocalist, he acknowledges a musical debt to T-Bone Walker, Charlie Christian and other Texas bluesmen as well as moderns like Jimmie Vaughan and Ronnie Earl.

Greg "Fingers" Taylor, a Mississippi native now living in the Detroit area, is considered by many to be one of the premiere harmonica players in the world today, in any genre of music. Fingers' tasteful, eclectic showmanship and electrifying, energetic performances have become legendary over the last 30 years in concert halls, on the club circuit, and on the numerous recordings he has graced.

Bassist Bob Conner's diverse experience includes backing such touring artists as Hubert Sumlin, Earl King, Johnny Adams, Eddie Bo and Big Jay McNeely. Bob has also recorded and toured with Detroiters Johnnie Bassett, Joe Weaver and Bill Heid.

Drummer Charlie Koltak honed his skills in the jazz program at Detroit's Wayne State University. The Houston native derives his style from jazz drummers Jim Keltner, Shawn Pelton, and Tony Williams.

Josh Boyd and the VIP Band, Powerful, bluesy,

funky, rock and roll and incredible are words that describe these Toledo-based blues masters.

You can't pigeonhole this three-piece band featuring Josh Boyd on guitar and vocals; Junior Springs on bass and Charles Gaston on drums. These boys play it all and put their mesmerizing stamp on every tune they perform.

Guitar-slinger, Josh Boyd was only three years old when he picked up the guitar for the first time and his natural musical ability has been refined over the years through the influences of performers including Johnny "Guitar" Watson, James Brown, Jimi Hendrix and Albert Collins. Don't be confused though, Boyd is not interested in being a copying any style. His playing is pure Boyd and his special touch graces everything he plays.

Josh Boyd and the VIP Band have a formidable stage presence and they deliver electric excitement and leave the crowd wanting more at every stop. It's true that great things can come in small packages and the VIP trio proves it over and over again.

About Toledo Northwestern Ohio Food Bank, Inc. (TNWOFB) is a non-profit organization established to enable other community organizations to end hunger. Over the past 26-years the Food Bank has distributed more than 70 million pounds of food and grocery products to assist those in need. Currently, TNWOFB serves a network of more than 300 member agencies in an eight county area, including Defiance, Fulton, Henry, Lucas, Ottawa, Sandusky, Williams and Wood. Agencies include food pantries, soup kitchens, shelters, non-profit daycare centers, foster care associations, non-profit rehabilitation centers, group homes and programs for the elderly and children. Since 1984, the TNWOFB has been an affiliate of Feeding America the nation's largest domestic hunger-relief organization. For more information on the Toledo Northwestern Ohio Food Bank, Inc., visit www.toledofoodbank.org.

Book Review

The Latina Guide to Health

by Jane L. Delgado, Ph.D., M.S.

c.2010, Newmarket Press \$15.95 / \$20.00

240 pages, includes index

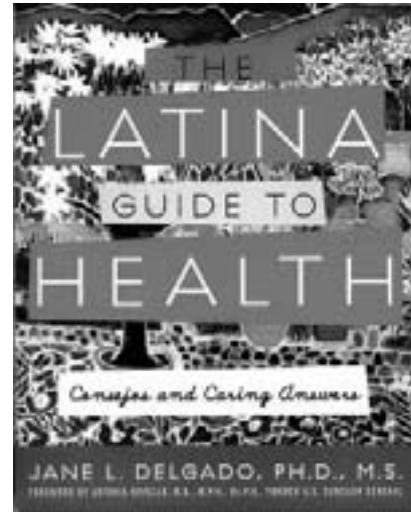
By Terri Schlichenmeyer
The Truth Contributor

You've been feeling a little enferma lately.

Something's not quite right, and you're beginning to think it might be time to find una doctora, or maybe a sobandera might be the person to see. When you were a little girl, a sobandera helped your abuelita. But can she help you?

It doesn't matter. Perhaps it's your cultura or maybe it's because you don't know what medicina can do for you, but the facts are that you're not feeling well, you don't know what to do, and you're scared. By reading *The Latina Guide to Health* by Jane L. Delgado, Ph.D., M.S., though, you can get real information, real help, and you can start feeling better.

"Latinas are different in subtle ways that have a huge impact on our



lives," says Dr. Delgado early in this book. *Familia*, for instance, means "so much more" to Latinas but that strength can become a weakness. Stress and expectations based on

cultura affect the way a Latina takes care of herself. And some women feel uncomfortable with "today's medicina." But those are only some of the reasons Dr. (Continued on Page 14)

50 Men and Women

(Continued from Page 5)

James C. Caldwell Scholarship

The purpose of this scholarship is to provide a college opportunity for a student who has shown high academic potential and career commitments to elementary and/or secondary education. This award is for \$1,500, renewable for 4 years. Consideration requirements are a GPA 3.0 or higher, 4 years of English, 3 years of mathematics and science, and 2 years of social studies and foreign language.

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Eric Johnson
Roy C. Start High School
University of Toledo
Music Education
GPA 3.40



Keith Johnson
Rogers High School
The Ohio State University
Chemical Engineer
GPA 3.90



Saraya Perry
Roy C. Start High School
University of Pittsburgh
Pediatric Nursing
GPA 3.57



James B. Simmons, Jr. Memorial Scholarship

The purpose of this scholarship is to provide a college opportunity for a student who has shown high academic potential. This award is \$1,500, non-restrictive, renewable for 4 years, and may be matched annually. Consideration requirements are a 3.0 GPA or higher, 4 years of English, 3 years of mathematics and science, and 2 years of social studies and foreign language.

Jasmine Cogdell
Rogers High School
Bowling Green State University
Early Childhood Education
GPA 3.89



Sean Love
Central Catholic High School
The Ohio State University
Law
GPA 3.25



John A. Anderson Memorial Scholarship

The purpose of this scholarship is to provide the opportunity for the often forgotten average high school achiever who demonstrates through curriculum and standard test scores the potential to be successful in college. The award is for \$1,000, restricted to the University of Toledo, renewable and will be fully matched by the Uni-

versity. Consideration requirements are a 2.3 GPA or higher, 4 years of English, 3 years of mathematics and science, and 2 years of social studies and foreign language.

Shawn Tompkins, Jr.
Toledo Early College
University of Toledo
Marketing & Communications
GPA 2.65



O-I Scholarship

This award is sponsored by O-I, Inc. The award is for \$3000 per year, renewable for 4 years. The recipient must have a GPA of 3.0 or higher and must be one who has shown high academic potential. Emphasis is placed on science, math, business and engineering.

Victoria Parsons
Roy C. Start High School
The Ohio State University
Computer Engineer
GPA 3.5



Dr. Kay E. Meadows Scholarship

The purpose of this scholarship is to provide a college opportunity for a student who has shown high academic potential. This award is for \$1,500 per year and will be matched, restricted to the University of Toledo and renewable for four (4) years, matched annually. Consideration requirements are a GPA 3.0 or higher, 4 years of English, 3 years of mathematics and science, and 2 years of social studies and foreign language. Total - \$12,000 for 4 years

Crystal Corbin
Central Catholic High School
University of Toledo
Social Work
GPA 3.89



TaSheena Hogue
Central Catholic High School
University of Toledo
Medical
GPA 3.70



Christal Jones
Central Catholic High School
University of Toledo
Nursing
GPA 3.77



Jasmine Townsend
Toledo Early College
University of Toledo
Novelist or Cartoonist
GPA 3.69



Positive Force Christian School of Dance
Merita Gibson, Artistic Director

Presenting
Arise

Owens Community College
Center for Fine and Performing Arts
Saturday, June 19, 2010 @ 6:00 pm
Sunday, June 20, 2010 @ 3:00 pm
or Ticket Information Call: 419-932-0593

Message To Graduating Seniors Class of 2010

By Michael Hayes
Minister of Culture



(Special shouts to Jasmine Caldwell graduating Sylvania Southview, Cherokee Tabb graduating Rogers and Mrs. Clark's Honors English Class at Start High School)

I never front when speaking to teens or students, I have to give it to them straight because the world makes us grow up quicker now than any other time in history. I used to hate being in high school and adults talking to me with no clue of how things REALLY were, but yet had an opinion on what I should/shouldn't do. I grew up in the 90's. Lil Kim & Foxy Brown were ruling the charts when I graduated high school.

Gang activity was dying down after years of senseless violence but sex was everywhere, shifting morals, materialism and thug life RULED the cultural landscape of black youth when I graduated high school.

For all the advice adults gave me, it was never truly from a perspective that I could relate to. They never truly understood what we were dealing with.

The adults never understood how bad the bad was and they never understood the battle some of us fought to stay on the right path.

So when I speak to anyone 18 or under about life decisions and their future,

I remember what they are dealing with.

Clubs, kicking it, sexual experimentation, drinking... if the average high school student you know isn't obsessed with these things themselves, trust and believe they can name 20 of their friends who are.

It's hard to stay on the

right path, even harder to determine what that path is.

So I offer three simple bits of advice for everyone leaving high school right now headed into a future that is all planned out for some, and terrifyingly unclear for others:

1. PLAN NOW FOR WHAT YOU WANT TO DO LATER

DON'T think going to college is just what you're "supposed to do."

If you go to college without a plan or a goal to work towards... you are just wasting time and money. For 12 years, going to school has been your career. Now you can make your career the point, and school or training merely the path that carries you to the place you get paid to do what you like to do. Even though I have a label and work with artists, I will tell you: being a rapper/singer/producer is NOT usually a good plan for someone just out of high school.

A plan could be technical training, medical training, attending a university, a community college, the armed forces (I suppose), joining the family business (hopefully it's legal J), or just getting the best job you can find and going hard at that.

If your plan is college, remember... no one gives a damn if you sleep late, skip class or even flunk. As an adult, you're not "in trouble" if you mess up academically in college. You don't have to fear a spanking or punishment. You will be facing academic probation. So just remember to think: "hmm, what would I be happy doing?" and then put a plan in place to do just that. Then handle ya biz.

If peeps in your circle are slackers, chances are you are, too.

2. BE RESPONSIBLE WITH YOUR SOCIAL LIFE

Don't kick it too hard too early. The club will still be there when you're 20, no need to rush.

But truthfully, you're probably dying to get out

there and live.

For those of you have been sheltered... smh@ what is going to happen to most of you. Experimenting sexually, getting "white boy wasted" and just over doing it... you're going to see some of your friends go off the deep end in the next year.

My advice is, do what you do but use common sense.

You are grown and it's your right to have a social life. But at some point you need to reflect inward about if the things you are doing are truly satisfying.

I'm in the club a lot because of what I do musically, but I don't live for the club. Even those of you who are addicted to Facebook or video games and never leave the house, it's still about how you let your social life impact the overall quality of your life.

Now that you are out of high school, you will see... growing older happens extremely quick. Things speed up, which means you truly have to be wise about how you spend life's most precious commodity: time. Some of you may be obsessed with being fresher than the rest.

Some of you may still be finding yourself as an individual and haven't got the slightest idea what you're all about. When it comes to your social life, take a little from here and a little from there. Go the club if you want, but take time and visit with your grandparents. Go on trips with ya friends and stay out all night, but also take time just researching things you find interesting by yourself.

Just be well rounded.

3. LOVE YOURSELF

No, not because of your outfit or how much money you have.

No, not because your attractive or popular.

But truly deep down you have to love yourself.

If you're fortunate enough to have a caring, warm family to love you or extremely close friendships/relationship that TRULY make you feel loved and val-

ued then use that.

But in the end, all of us at different ages all deal with life's ups and downs. I've seen people make terrible choices in partners, face hardship after hardship and damn near ruin their lives within the first three years out of high school. The only thing that makes a difference is self-love. When you truly value you... you won't allow anything or anyone to misuse you. You will see the value in educating yourself.

You will see the value in making wiser decisions.

You will see the good advice your loved ones give you and it will make sense. Find a way to feel good about you... the real you.

Not the you you are when you are around people.

Not conceit, just self-love. For all graduating seniors I wish you all the best of life.

I am proud of you, and you may be entering the "real" world at a time of recession and uncertainty. But honestly, the world greeting you at the moment was shaped by those who came before you.

Now it's your turn to make your mark.

So make it count!

Peace to you all.

Fb search or email:

glasscitytruth@yahoo.com

County Launches Summer Youth Employment Program

Lucas County Youth Works! – a program for employing as many as 1,000 youth for the summer – was announced recently as a joint project of Lucas County Job and Family Services and the Workforce Development Agency and a meeting for potential worksites will take place Friday, May 28, 2010 at 9 AM at the Dana Center, 3110 Glendale Road, Toledo.

Targeting youth 16 and 17 years-of-age, the program is designed to provide practical work experience in a professional environment and will pay \$8 per hour. Potential workers must meet guidelines for receiving food assistance to qualify for the program.

Employers interested in becoming worksites will be provided with an overview of the program as well as instruction on how to become a worksite and the rules that apply to businesses bringing on workers under the program.

Youth who qualify for the program were notified by mail with specific directions for applying but the program is limited so applications will be processed on a first-come, first-served basis.

For more information contact Summer Youth Works! at 419.213.6340.

William Lucas
also known as KING KEYSER
www.kingschampions.com

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Contact Darrell at 419.917.2275



CLASSIFIEDS

June 02, 2010

Page 15

Salon Needs Techs

New! South Toledo Nail Salon is seeking the following: Esthetician and Nail Technician.
Booth rent \$50.00 per week to start, commission possible. For information call Roxy at (419) 380-9528.

E.O.P.A. EMPLOYMENT OPPORTUNITIES

LANDSCAPING PROJECT COORDINATOR
Contractual position, ending on 09/30/10. 30 hrs/ per week; \$9.50 per hour/.50 per mile reimbursement. Check and audit landscape contracted grass cutting throughout the city. Assist and coordinate the community garden project. **Qualifications:** High School Diploma/GED is required. Knowledge of farming or vegetable gardening would be a plus.

Application deadline: Friday, June 04, 2010. Apply at EOPA, 525 Hamilton St., Ste. 202., 8:30-3:30. Must have reliable transportation and possess a valid Driver's License with proof of auto and liability insurance. Must be willing to travel locally. Employment is contingent upon successful completion of background check and possible drug testing. **NO RESUMES ACCEPTED WITHOUT A COMPLETED APPLICATION. NO PHONE CALLS PLEASE! EOE.**

INTERESTED BIDDERS:

TOLEDO PUBLIC SCHOOLS – MCKINLEY ELEMENTARY SCHOOL - SITEWORK, HVAC, LANDSCAPING AND GRASS AND METAL STUDS AND DRYWALL RE-BID

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until **1:00 p.m. June 16, 2010**, at the Toledo Public Schools Treasurers' Room, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the **McKinley Elementary School**, as more fully described in the drawings and specifications for the project prepared by Munger Munger + Associates Architects Inc. and will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan room 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 **May 27, 2010 which can be purchased from Toledo Blueprint, 6964 McNeerney Road, Northwood, Ohio 43619, phone: (419) 661-9841. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A **Mandatory Pre-Bid Meeting** will be held on **June 4, 2010 at 2:00 p.m.** at Toledo Public Schools Board Room, 420 E. Manhattan Blvd, Toledo, Ohio 43608.

If you have any questions or a need for additional information, please direct all questions in writing to **LeShay.Hadley@lgb-llc.com**, by phone at (419) 776-5600, or (fax) (877) 281-0784.

Sealed bids will be received for:
Estimates

Bid Item No. 1 – Site Work	
\$790,000.00	
Bid Item No. 4 – Landscaping and Grass	
\$85,000.00	
Bid Item No. 6 – Metal Studs and Drywall	
\$481,000.00	
Bid Item No. 12 – HVAC	
\$1,520,000.00	
Total	\$2,876,000.00

Attention All Vendors

Join us for this year's 6th Annual African American Festival To be held Saturday, July 10 – Sunday, July 11, 2009 At The University of Toledo's Scott Park Campus
Contact Suzette Cowell at 419.255.8876 for more information
Call TODAY - Space is limited!!



Finance Positions City of Toledo, OH

The City of Toledo seeks qualified candidates in the following areas: budget analysis, purchasing (including head of purchasing), accounting, grants management, tax auditing and collection, project accounting, utility accounting, and debt management. Candidates with SAP experience particularly are encouraged to apply. Interested individuals should obtain an application at the Department of Human Resources, One Government Center, Suite 1920, Toledo, OH 43604 or on line at the Department of Human Resources web page at www.toledo.oh.gov. The City of Toledo is an Equal Opportunity Employer. Minorities, females and individuals with disabilities are encouraged to apply.

House for Rent

North End. Fenced in
Full basement. Deck
2 Bedrooms, 1 1/2 baths
419 726-2758

Doves Manor Apartments Now Accepting Applications

1 Bedroom Apartments for Seniors 62+
All utilities included, Income-based rent, Library, Fitness Center, Wellness Clinic, Extra Storage, Central air and heat, On-site laundry facilities
Applications are accepted Monday - Friday from 9:30AM to 12:30PM. Call (419) 389-9999 for details.



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I buy diabetes supplies
And test strips
Call 419-740-7162
Please leave a message

House for Rent

3545 Dean Avenue. One level, two bedroom.
Screened-in back porch,
alarm system and garage.
See it to believe it!!
Rent, deposit, security check required.
Call 419-514-4011 Aisha's Housing

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.



PUBLIC NOTICE

Lucas County Children Services (LCCS) is issuing a Request for Proposal (RFP) for Mentoring for Families/Parents to Support In-Home Placements.

The goal is to help improve behaviors impacting family dysfunction that may result in the recurrence of maltreatment, placement re-entry, placement stability and/or reunification through the use of mentoring services that target their needs and, therefore, permanency, family/school stability and overall well-being.

LCCS is seeking proposals from non-profit and for-profit agencies or entities capable and willing to provide mentoring services to families/parents. RFP materials will be available from June 7 at 9:00 a.m., through June 15, 2010 at 4:00 p.m., at 705 Adams St., Toledo, Ohio, 43604. To make arrangements to pick up an RFP packet, call 419-213-3658. An applicant information meeting regarding the RFP will be held on June 15, 2010 at 9:00 a.m., in Room 913, 705 Adams St.

The deadline for submitting completed proposals (NO FAX) is **Friday, July 2, 2010, at 4:00 p.m. No proposal will be accepted after that deadline.**

By
Dean Sparks, Executive Director
Lucas County Children Services



MAINTENANCE MECHANIC II

The Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants to fill a Maintenance Mechanic II position. Position performs a variety of skilled maintenance tasks and must be able to repair and replace items or systems found in LMHA structures (electrical, plumbing, carpentry, glazing, plastering, painting, masonry, etc.). Requirements: Completion of secondary education (high school or GED) plus 2 to 3 years experience as a skilled Maintenance Mechanic or equivalent; knowledge of building and grounds maintenance methods and procedures; skill in operating light motorized equipment; and skill in operating/utilizing hand and power tools. Must meet all pre-employment job related testing standards. Must possess and maintain a valid Ohio or Michigan Driver's License and insurability. Salary: \$19.22 per hour. We do background checks and this position is subject to drug and alcohol testing. Please note on your submittal if you are an LMHA public housing or Section 8 resident. Send cover letter, resume and salary history, specifying the position for which you are applying to: LMHA, PO Box 477, Toledo, OH, 43697-0477, Attn: Eleanor L. Gore. **All materials submitted must be received at LMHA not later than 5:00 P.M. on Friday, June 11, 2010.**

NO PHONE CALLS

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

Human Resources Department
435 Nebraska Avenue, PO Box 477
Toledo, Ohio 43697-0477
419-259-9400 Fax 419-254-4366
Jobline 419-259-9537
www.lucasmha.org

St. Mark Missionary Baptist Church Hosts 55th Pastoral Anniversary

By the Pastoral Aide Committee



*Seated (l. to r.) – Rev. I.J. Johnson, First Lady Betty R. Johnson
Standing First Row – Otha Pickett, Vera Collier, Paula Williams, Melinda Artist
Standing Second Row – Dorothy Norris; Charlotte Jackson; Clarine Thompson,
president Pastoral Aide; Wesley Watson and Faye Lyons*

The month of April 11 through May 2, 2010, Rev. I.J. Johnson and First Lady Betty Rae Johnson of St. Mark Missionary Baptist Church celebrated their 55th Pastoral Anniversary.

The celebration started with the host pastor, Rev. Welborn from charity Baptist Church. There were other host preachers helping with the celebration, including Rev. Willis of St. Paul and Rev. Gray of St. Mark. The celebration concluded on Sunday May 2, 2010

with the host preacher, Rev. W.L. Perryman of Jerusalem Baptist Church.

The Rev. Johnson theme comes from Second Timothy 4:2 – “Preach the word, be instant in season, out of season, reprove, exhort, rebut, exhort with all long suffering and doctrine.”

Perryman’s message to Johnson was “keep on keeping on,” that the message of the church is changing, we are moving from salvation of Jesus Christ to social activism and of

good works, but for him to keep preaching of the cross.

Rev. I.J. Johnson has many accolades that he has received but his greatest reward is preaching, being able to tell everybody about somebody who can save anybody. He is the oldest living preacher pastoring in the same church for 55 years in the city of Toledo.

He has been preaching since he was 12 years old, starting back in Alabama. The Rev. and First Lady Johnson ex-

pressed their heartfelt appreciation to their church family whom they love so much and all the host preachers and visitors who shared their joy.

They are friends to humanity and believers in the Word of God. Rev. Johnson has worked for 45 years with tireless efforts of important service to the community. That community thanked him for his constant commitment and care to not only his church family but also to the citizens of Toledo.

The day of July 20 is set aside at Tuskegee Institute with a special recognition for him called Rev. I.J. Johnson day of celebration. There has been a street dedication on June 3, 2008, at the corner of Fernwood and Detroit as Rev. I.J. Johnson Way; a national recognition from the National Baptist Convention USA, Inc and the William J. Shaw National Ministry Award.

The Pastoral Aide committee has showered the couple with

many gifts including those of monetary values and dressed them from head to toe in a very fashionable manner. The congregation asked that Rev. and First Lady Johnson continue to be a blessing to St. Mark Baptist Church and community. They have endured much, said the congregation, and hope they are comforted to know that they are loved unconditionally. The congregation also expressed hope that they had a stellar pastoral anniversary.

save the Date!
Women in the Trades
Resource Fair

Friday, June 4, 2010
9 AM to 1 PM
Piping Industry Training Center
7560 Cople Boulevard
Northwood, OH 43619

Ohio Department of Job and Family Services
Ohio State Apprenticeship Council
LUCAS COUNTY

American Care Givers LLC.
Family Activities Club
419.724.0888 - www.familyactivitiesclub.com

Networking and Happy Hour Every 1st Thursday

Family Activities Day
Saturday, June 13th, 2010
12 pm - 5 pm
Fun, Games, Family Challenges
Family Members of all ages!!!
\$25.00 per Family
\$10.00 per Senior
See You At The Club
Don't Miss Out!!

Gold Party
Exchange unwanted Gold for \$\$\$\$\$
Wednesday, June 23rd

JUNE 2010 CALENDAR

11th Comedy Show Live 7:30 pm
13th Family Activities Day 12 pm - 5 pm
18th Birthday Bash w/DJ Terry Malone 7:30 pm - until
23rd Gold Party 10:00 am - 2 pm
25th Teen Party/Sock Hop 8 pm - 12pm

Remember the Family Activities Club for Event Rentals

Family Activities Club
6202 Trust Drive
Holland, OH 43528
419.724.0888