



Volume 18, No.10 "And Ye Shall Know The Truth..." July 7, 2010

In This Issue
Perryman
Page 2

UT Minority Outreach
Page 3

Dorr St Coaliton
Page 4

Cover Story:
Night at the Savoy
Page 5

The Health Section
Fruits and Veggies
Page 6

Tightrope
Page 6

Mercy's Community Resi-
dents
Page 7

Truth Tribute
Page 8

Change Your Age
Page 9

Cleansing
Page 10

Ask Ryan
Page 10

BlackMarketPlace
Page 14

Classifieds
Page 15



Something "fresh" is growing in your neighborhood!

SAVE THE DATE • Friday, August 6th • 9 am - Noon • 12 Homegrown Locations • FREE & OPEN TO THE PUBLIC

Pimpin' The Game II: Black Leaders and Leading Blacks



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

...Find out just what any people will quietly submit to and you have found out the exact measure of injustice and wrong that will be imposed upon them, and these will continue till they are resisted with either words or blows or with both. The limits of tyrants are prescribed by the endurance of those whom they oppress. — Frederick Douglass, 1857

The election of Barack Obama as the 44th President of the United States was THE sign, many proclaimed, that the long, torturous climb toward the pinnacle of racial equality had finally been conquered.

The election of thousands of black legislators and public administrators along with the appointment of countless private industry CEO's, corporate officers and executives, able to walk through doors opened by unprecedented grassroots political mobilization and the protest demands of

the Civil Rights movement, also seduced us into thinking that the war against oppression had come to an end.

And more recently, an educational crisis representing what is arguably the most formidable challenge facing the African-American community in the 21st Century, was met head-on locally when a minority-majority public school board with three of the five members being African American and another being Hispanic, was elected in Toledo.

Yet the progress at TPS has been much like that elsewhere—symbolic only. With expanded black access to school board seats in a district where the majority of students are of color, it is reasonable to expect to see policy changes resulting in higher percentages of black teachers, more African-American male teachers, a larger proportion of blacks attending college, fewer minorities suspended, dropping out or in special education classes and more students of color in gifted programs and enriched classes.

And with an \$821 million building construction program, you would also expect to see a drastically larger share of contract funds going to minority businesses as well as the establishment of a relevant minority supplier program.

Yet, despite the black leadership presence, there has been a lack of responsiveness to minority concerns such as the racial academic achievement gap, a need for a higher proportion of students going to college, the disparity in resource allocation resulting in vulgar inequities between schools within the same district. The election of the black board members appears to have had very little if any impact.

Why isn't the community getting the results that we expect?

"Too many black folks, once they get elected forget that they are black until they need us again. They want the black community to rally around them and support them and then cut us loose when they feel they don't need us any longer," lamented a local minister who decided to pass on the TPS invitation last week to dialog with the final two candidates for the TPS superintendent vacancy. "I find listening to mediocre candidates produced by a meager and limited search to be a useless exercise in a patronizing and purposeless process," she states.

There is also facing the community the presence of, what Harvard scholar, Henry Louis (Skip) Gates, Jr. calls, a "gap between black leaders and their constituents." He writes in *Future of the Race* (1996): "The thornier issue, no doubt, is who counts as a leader and who is doing the counting."

Indeed, there are phony leaders, who are "appointed" and financed by others and thus serve as proxies for those outside the community, and there are "anointed" leaders, who often do not show up on certain "official leadership lists," but whose goal is rooted in the purpose to "move us forward as a people and to benefit the entire community."

The allegiance of those black leaders appointed by the powers-that-be is not to the black community but resides with those who have appointed them and so the benefits of black representation do not filter down to the people they outwardly purport to serve.

With a likely repeat TPS tax levy, a pivotal election with state and national consequences and possible 2012 presidential implications looms in November. A challenge as well as an opportunity exists for the community.

"What can we do?"

"Salvation for a race, nation or class must come from within," therefore progress and redemption must begin with the community, which must shoulder much of the blame itself for how it is treated.

We must revoke the free passes that we have given out to black leaders and to the Democratic Party, scrutinize them and require tangible responsiveness while holding them accountable for the impact of policy (or lack thereof) benefiting a diverse black community. Even in economically-challenged times, the focus should be on how the people that our leaders serve have tangibly benefitted.

Much of the lack of responsiveness by black leaders and others, however, is a matter of disrespect and co-optation but the anemic 12 percent voter turnout in May's primary and the failure of the TPS levy more than anything else, indicated the power of the black vote when it is withheld. The old saying is true: "When poor people feel they make a difference, they vote. There's no apathy; only disappointment."

But we also have additional options. We hold in our hands the "Charter" card and the weapon of choice. Therefore we must force our representatives to respect us and demand results on the issues important to our community.

Also, rather than allowing others to isolate, separate and divide us, our strategy should be to evolve from a community of many chiefs each with a few followers to the development of unified coalitions in order to challenge the indifference to community issues exhibited by black leaders and others.

Finally, we also can, as W.E.B. Du Bois indicated in 1933, "do the only thing for civilized human beings to do when facing such a problem: learn the facts, reason out their connection and plan the future; know the truth; arrange it logically and contrive a better way." **Contact Rev. Donald Perryman, D.Min., at drldperryman@centerofhopebaptist.org**

Community Calendar

June 21-August 20

Feed the Children Program: Majestic Praise Ministries; Free lunch – Monday through Friday; 11 am to 1:30 pm

June 22-August 5

Nu-Vizion Summer Kids Program: Tues, Wed and Thurs; 11 am to 2 pm; Fourth to eighth graders; Games, crafts, music, bible lessons, free lunch: 419-241-9358

July 7

Youth Diversity and Conflict Resolution Dialog: Hosted by City of Toledo Board of Community Relations; Huntington Room of the Toledo Main Public Library; 2 to 4 pm: 419-245-1565

July 10

West Toledo Bereavement Support Ministry: Bethlehem Baptist; 10 am: 419-867-2122 or westtoledobereavement@email.toast.net

July 11

Women's Day celebration: Corinth Baptist Church; 11:30 am service; 4:30 pm service

July 12-16

City of Zion Ministries Bible Boot Camp: 6 pm nightly; Age appropriate instruction for everyone: 419-246-1850

July 16-17

Labourers for Christ Ministries: "Wilt Thou Be Made Whole;" 8:30 am; Free two-day conference of leadership training, workshops, 7-Wonders ministry, evening worship services: 567-868-8921

July 17

Pilgrim Church: Motorcycle run & BBQ chicken dinner; Noon for the run; 2 pm for dinner: 419-478-6012

July 18

Friends and Family Day: Phillips Temple Church; Guest speaker Rev. Timothy William of Mt. Zion; 11 am

New Prospect Baptist Church Family and Friends Day: 4 pm; Guest speaker Rec. Torrance Oliphant of Greater St. Mary's

July 19-22

UT Campus Exposure Week: Presented by the Mentoring Collaborative and University of Toledo; 10 am to 4 pm daily; Monday for 1st to 5th graders; Tuesday for 6th to 8th graders; Wednesday for 9th to 12th graders; Thursday open for all: 419-381-3280 or sdoles@utoledo.edu

July 20

Start High School Black Alumni Reunion Planning Meeting: WJUC – The Juice 107.3

August 7

Local 12 Women's Committee Garage/Flea Market Day: Local 12 Office; 10 am to 4 pm; Activities for kids as well

August 20-21

Scott HS Class of 1965 45th Reunion: Ramada Inn Secor: 419-535-1226, 419-266-0330, 419-535-1925, 419-535-9567, 419-350-4080

The Sojourner's Truth

Toledo's Truthful African-American Owned and Operated Newspaper

Kevin McQueen
Fletcher Word
Becky McQueen

Publisher
Publisher and Editor
Business Manager

Brittany Jones
Vickie Shurelds
Sharon Guice
James Fowler
Artisha Lawson
Jack Ford
Michael J. Hayes

Reporter
Reporter
Reporter
Reporter
Reporter
Political Columnist
Entertainment Critic

Jason L. Lee Sr.
Jennifer Retholtz
Pamela Anderson
Kathy Sweeny

Layout Designer
Webmaster
Sales Representative
Ad Creation

A Certified MBE, 2009

The Sojourner's Truth, 1811 Adams Street, Toledo, Ohio 43604

Phone 419-243-0007 • Fax 419-255-7700

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

University of Toledo Invites Minority Contractors to Participate in Renovation Project

Sojourner's Truth Staff

"We don't just talk about diversity, we practice it," said Dr. Lloyd Jacobs, MD, president of The University of Toledo on Wednesday, June 30, as he opened a meeting in the Memorial Field House Auditorium to provide information about an almost \$8 million renovation project to a campus building.

Minority contractors and minority-owned businesses were invited to the event that was presented by UT, the City of Toledo and the Ohio Department of Administrative

Services to hear about the renovation of the Bowman-Oddy Laboratories building which will create a Center for Biosphere Restoration Research. This project is one of three approved by the state to test a new construction method that is intended to be more flexible and efficient and increase minority participation in public construction.

"We want this to be a great project that will lift up the community," continued Jacobs in his introduction.

Also present to kick-off

the meeting was Toledo Mayor Mike Bell who addressed the problem of a lack of cooperative spirit among contractors.

"I have had the opportunity to get active talking about issues such as this and what we need to do in the City of Toledo," said Bell. "Why don't we figure out how to work together? At some point in time we have to move forward on those particular issues."

According to UT and state officials, the Bowman-Oddy renovation project – which



UT to Host African American Festival

Special to The Truth

It's become a tradition for The University of Toledo to host one of the most exciting summer festivals in the city.

And that custom will continue this weekend when the UT Scott Park Campus for Energy and Innovation will host the annual African American Festival for the third consecutive year.

The community event full of music, a parade, great food, rides, and a health fair will be Saturday, July 10 and Sunday, July 11.

"The community really loves having this family event on the UT campus. It's a central location and a great setting for the African American Festival," said Suzette Cowell, CEO of Toledo Urban Federal Credit Union, the event organizer. "We are so excited to have a strong partner in UT and so many wonderful musicians for another memorable festival in 2010."

The sixth annual African American Festival begins with a parade at 10 a.m. Saturday starting at Mount Pilgrim Baptist Church, 1401 Hoag St., which will feature Mecca Temple #43. It continues with two days of musical performances, free rides for children, and free health screenings from 2 p.m. to 6 p.m.

"The University of Toledo is proud to host this successful event on our campus that our community really looks forward to every year," said Lawrence J. Burns, UT vice president for external affairs and interim vice president for equity and diversity. "The African American Festival is a wonderful way to celebrate the culture and heritage of our region in a way that brings everyone together for a fun and vibrant social event."

The scheduled performers for the sixth annual African American Festival are:

- Saturday, July 10
- 1 p.m. – United Missionary Baptist Church's Praise Team
- 2 p.m. – Katrina Barnhill
- 3:15 p.m. – Karen and KGB Band
- 4:30 p.m. – Ramona Collins
- 6 p.m. – Curtis Jr. and the Midnight Rockers Band
- 7:30 p.m. – The Dramatics

- Sunday, July 11
- 1 p.m. – Darius Coleman
- 1:45 p.m. – Nate Gurley & Friends
- 3 p.m. – New Spiritualaires
- 4:15 p.m. – Skip Turner Band
- 5:45 p.m. – Myrna Allen Austin
- 7:15 p.m. – The Rance Allen Group

Admission is \$8 for adults, \$5 for children and seniors, and children 2 and younger are free. For more information on the festival, call 419.255.8876.

totals \$7.888 million – will use a construction delivery method of construction manager at risk, rather than the traditional multi-prime approach that awards numerous different contracts. In the new approach, the construction manager will work with individual trades contractors to enhance flexibility and efficiency.

UT has set a goal of 15 percent participation from minority-owned businesses

for the Bowman-Oddy project.

The construction project will include the renovation of a 21,291-square-foot space on three floors of the Bowman-Oddy building to create the Center for Biosphere Restoration Research. Upon completion the Center will house 13 faculty members from the UT Department of Environmental Sciences.

The project will be completed in 2012 and will include new mechanical, plumbing and electrical systems. Architecturally, it will involve the wholesale reconfiguration of non-load-bearing partitions, new finishes and new laboratory casework and office furniture.

The new approach to construction projects is also being utilized at The Ohio State University and Central State University.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Now Through July Only

Buckeye Express High-Speed Internet

\$14.99 /mo.

2.0 Mbps for 6 months!

Plus, FREE installation.

Upgrade to 8.0Mbps
for just
\$10 MORE!

Ask how to get
FREE
Buckeye TEL
Home Phone Service
for 3 months!

Ask how to get
FREE
HBO
for 3 months!

Don't delay, offer ends July 31st.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

419.724.9800 • buckeyecablesystem.com

Offer good for new Buckeye Express, Buckeye TEL and HBO customers who have not had these services within the last 6 months and who agree to purchase a 3-year service agreement. Buckeye Express 2.0 Mbps for 6 months for \$14.99 per month and Buckeye Express 8.0 Mbps for \$24.99 per month are available for 48 month promotional rate. Buckeye TEL limited to one line of service at \$12.99 per month. HBO limited to one line of service at \$14.99 per month. Buckeye Express and Buckeye TEL service available in select areas only. Service subject to change without notice. ©2010 Buckeye CableSystem. All rights reserved. Buckeye CableSystem is a registered trademark of Buckeye CableSystem, Inc. Offer ends 07/31/10 0800 EDT.

Back to the Future: Restoring the Glory That Was Dorr Street

By Brittany Jones
Sojourner's Truth Reporter

Many have heard older Toledoans reminisce on what Dorr Street was "back in the day." Theaters, black-owned stores, banks and bars filled the long strip in that area. It was the hot-spot.

However, for those born in the latter generations (post-1970s), the current appearance of Dorr Street, with the sprinkling of retail shops, a few corner stores, assorted apartment complexes and other buildings, few would have imagined it being a bustling, productive part of the inner city.

The street was once the heart of the black community, but today there is little life. However, there are steps being taken to revitalize the area to its glory days. Through the efforts of various neighborhood organizations like the Dorr Street Coalition, Organized Neighbors Yielding

eXcellence (ONYX), Department of Neighborhoods and more, the progress of this vision is showing.

One project in effect is the development and sale of brownstones on Dorr Street and Smead to the surrounding community. To further the promotion of the brownstones to her constituents, City Councilwoman Wilma Brown held a meeting last Wednesday at the Government Center for 30 local religious leaders.

The purpose for this meeting was to get religious leaders deeply involved with the restoration of Dorr Street and increase positive awareness of the leasing of brownstones.

Out of the 30 invited, only five ministers were present for the discussion: D.L. Perryman of Center



of Hope Community Baptist Church, Jeanette Williams of River of Life Church (wife of John Williams), Benjamin Green of Church of New Covenant Baptist, John Roberts of Indiana Avenue Baptist Church and Winston Dixon of Braden United Method-

ist Church.

Julia Bryant, sales associate for the buildings and realtor for Key Realty, explained that this project is an attempt to get back downtown. She said that this is an effort to get that underway again and something established in remembrance of how it used to be.

"Our goal is to continue to provide housing and to hopefully be a catalyst for further development in the neighborhood," Bryant said. "It's important to put value back into the community where people working hand in hand are seeing the promise and hope of it being something nice."

Bryant, Brown and Kattie Bond, director of the City of Toledo's Department of Neighborhoods, touted the benefits of living in the condominiums.

Investment in this housing was explained by Bond who said that a package offered through her department consists of the City of Toledo down payment assistance of 20 percent

for any unit of choice. Included are 15-year tax abatements during which residents do not pay taxes on construction, but just a very small portion of property taxes. If the U.S. Senate renews the \$8,000 First Time Homebuyer Tax Credits, then that would also go towards the homeowner aid.

To receive these benefits, buyers must have an income at or below 80 percent of the area median income (AMI), or \$47,100 for a family of four. They would also have to participate in the seven-step process which includes homebuyer counseling to support those in home buying.

The discussion took a turn to the subject of extra amenities for buying a brownstone. Besides the landscape and garages, deluxe appliances are standard. And with the condo fee, occupants live maintenance-free where they do not have to worry about cutting grass, shoveling snow or anything of that stature. As Brown put it, "They just have to live there."

The ministers had a chance to express their opinions on the area and the project. Safety for family, affordability and ways to change the attitude of the community were some of the concerns mentioned. They also gave thoughts on how the brownstones would be more appealing to the community such as including more detail of the vision.

The meeting wrapped up with scheduling get-togethers so Brown can talk further to the ministers and their boards about

the project.

"We [African-Americans] have to pick our own selves up and strap up our own boots and do something because they feel we can't do anything on our own, thus why people won't invest in black community," Brown said. "We need to show them that we can do something for ourselves or we'll be stuck with carry outs, a gas station, Section 8 housing and renter housing- we have enough of those."

Over four and a half years later (groundbreaking was in 2006), the "Brownstones on Dorr Street (BDS)" is moving to fulfill those promises of urban renewal made in the 1970's after a riot in the late 1960's destroyed many black-owned businesses. In addition to the Brownstones, The Toledo Urban Federal Credit Union (TUFCU) will be building a new structure at the intersection of Detroit and Dorr increasing the new life along the corridor.

Under the guidance of Brown and the The Dorr Street Coalition, spearheaded by Suzette Cowell, president and CEO of TUFCU, the hope is that Dorr Street will no longer be stagnant and will begin to flourish.

The Dorr Street Coalition, organized by Rev. Raymond Bishop, pastor of Mt. Pilgrim, Cowell and Charles Welch, president of Welch Communications/WJUC-FM, is striving to develop strategic plans to further revitalize the Dorr Street corridor.

The City of Toledo Police Department Is Looking for a Few Qualified Individuals

Interested in Law Enforcement?

Are you physically fit, with a clean record, a genuine "people person," aged 20 to 34?

Why become a police officer with the City of Toledo? There are so many rewards, says Officer Darnell Peters of the Recruitment Unit

- Fighting crime
- Helping the community
- Good salary
- Great benefits

"There's a reward in knowing you're doing it in an honest way," says Officer Peters

Testing for the Toledo Police Department will start soon.

For more information and to obtain a Police Officer Interest Card, go to www.toledopolice.com or Call Officer Peters at 419-936-3690

Class Schedule:

Wednesday: 6:00PM - 7:30PM
Friday: 6:00PM - 7:30PM

Location: Warren A.M. E. Church
915 Collingwood Blvd. Toledo, OH 43604
For more information Call:

419.266.1065
www.faimotionfitness.com

Jazz Is Back: A Night at the Savoy

Sojourner's Truth Staff

Savoy, the home of sweet romance

Savoy, it wins you at a glance

Savoy, gives happy feet a chance to dance

-"Stompin' at the Savoy"

Remember the Savoy Ballroom?

Of course you do. The legendary ballroom located in Harlem on Lenox Avenue between 140th and 141st Streets?

Chick Webb as the house band? A teenager Ella Fitzgerald as vocalist in the early 1930's?

Let's refresh your memory.

The Lindy Hop made its name in the dancing palace that opened in the late 1920's and closed in 1958. The hit, "Stompin' at the Savoy" was named after the joint. Unlike the famed Harlem Cotton club, the Savoy Ballroom was integrated and white and black couples danced together.

Yep, we knew you'd remember.

Well, the Savoy is back and once again, jazz is king – at least for a night.

On Saturday, July 31, three of Toledo's finest jazz singers – Sheila Fleming, Lesli Lane Rodgers and Dorothy Gray – will entertain jazz lovers at the Toledo Club in an evening presented by the Neighborhood Health Association (NHA), CRSmith Productions and The Sojourner's Truth.

It's an evening, says Clarence Smith, founder and leader of the Clarence Smith Community Chorus, that will be a signature event for NHA in the future and will also showcase a few of the premiere jazz talents in the Glass City.

"I grew up in a household filled with music and jazz was the genre of choice," says Fleming. "I was caught – jazz was it for me."

Born in Chicago in the early 1950's, singing has always come easy for Fleming. Never formally trained, she had an ear for everything she heard and was encouraged by her mother to perform at family gatherings and for friends.

Early exposure to artists such as Dinah Washington and Sarah Vaughn and the melodic standards of crooners such as Frank Sinatra and Nat King Cole was the foundation by which she developed a deep sense of true jazz vocals and the bebop, blues, gospel effect of jazz.

In the late 60's and throughout the 70's, Fleming did studio work for Jerry Butler, The Emotions and the early recordings of Earth, Wind and Fire.

In 1993, she relocated to Toledo where she met Toledo legend Ramona Collins who encouraged her to sing at the

"open mic" nights at Murphys Place. Since then she has performed with many other top jazz performers in the area such as Claude Black, Leon Cook, Eric Brazier, Gene Parker, Damon Cook and others.

In 2002, the renowned "Father of Vocalise" and University of Toledo Distinguished



Professor of Music, Jon Hendricks, invited Fleming to sing with his "vocalstra" group.

*How my heart is singin'
While the band is swingin'
Never tired of rompin'
Stompin' with you at the Savoy*

Toledoan Rodgers is a graduate of Scott High School who started her jazz career under the tutelage of Collins and Smith and debuted at the age of 18 at Rusty's Jazz Café.

"Jazz touches me – the lyrics are strong, the people respond as the artist presents her own version," says Rodgers on why jazz means so much to her. "Jazz is a classic form of expression."

She has performed over

the years with some of Toledo's most revered performers such as Black, Clifford Murphy and Eddie Abrams. Both a singer and actor, Rodgers has performed with the Jim Brown Trio at the Cleveland Dinner Theatre and at the Karamu House, the nationally known training ground for black actors in Cleveland.

What joy, a perfect holiday

Savoy, where we can glide and sway



Savoy, they'll let me stomp away with you

Gray, a native of Margaret, Alabama, moved to Toledo during her childhood and became exposed to music of all types as a member of the Scott High School choir under the direction of its director at that

time, David Carter. She also trained under Mary C. Anderson and Marion Richardson. She has sung a variety of

Gray has been singing jazz, pop and Broadway with the Calvin Hughes Trio at Murphy's Place and during their open mic evenings. She has also performed with Charles McDaniel, The Jamm Band, Curtis Jr. and the Midnight Rockers and husband Bobby G.

Her love of jazz continues to grow with special admiration for the stylings of Billy Holiday, Sarah Vaughn and Ella Fitzgerald. "Jazz gives me a chance to express my style, how I feel, make the music my own."

*What joy
Savoy
Savoy, they let me stomp away with you*

A Night at the Savoy starts on Saturday night at 8 p.m. at the Toledo Club. Tickets are \$20 per person or \$120 for a table of eight. For more information call 419-720-7883 ext. 212.

For credit card purchase visit nhainc.org or for cash purchases stop by NHA's offices at 313 Jefferson Ave.

The former Ms. Black Ohio of 1979 has sung in Las Vegas nightclubs and at concert venues in Europe and Asia.

In Las Vegas, Rodgers has performed at the Maximum, the Americano and the Stardust Hotels and in Atlantic City as the Golden Nugget with organist of Liberace fame, Bruce Zarka.

In the 1990's she sang with the Kilroy Daughters in a USO tour of Iceland, Greenland and Holland. She was a featured vocalist on Seattle producer Don Howell's CD titled *Mind Games* (1991).

Rodgers currently performs with the Clarence Smith Community Chorus and at Stella's in Perrysburg on Thursday nights with CJ Manning and Company.



Citywide Baby Shower

for pregnant and parenting teens

- A free event for interested students, their children and family members
- Gift bags for interested students and their children
- Door prizes and refreshments
- Presentation of educational opportunities available through Polly Fox Academy
- Discussion of our subsidized childcare through Toledo Day Nursery
- Displays showing other community resources that are available to Polly Fox Academy students
- Tours of our new school

Wednesday, July 14 • 1-3 p.m.
1505 Jefferson Blvd. • Free on-site parking
For more information, call 419-720-4585

Polly Fox Academy offers students in grades 7-12, who are pregnant or parenting, the opportunity to graduate from high school and achieve financial independence.

POLLY FOX
ACADEMY
www.pollyfox.org

William Lucas

also known as KING KEYSER

www.kingschampions.com

The
Sojourner's



Truth Health

Sponsored by NHA

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

“Tightrope”

By Angela Steward, Fitness Motivator
Guest Column



can't dip on the scene; Yeah they talkin bout it.

When you get elevated, They love it or they hate it; You dance up on them haters; Keep getting funky on the scene; While they jumpin round ya; They tryin to take all your dreams; But you can't allow it;

Cause Baby whether you're high or low,
You gotta tip on the tightrope!”

I enjoy listening and exercising to all music: rhythm and blues, hip-hop, pop, some country, and ole skool. But I've recently come across a new artist: Janelle Monae. Her song “Tightrope” is fresh, fun and keeps me dancing. Check her out, when you get a chance. When you're finished dancing, take the time to listen to the lyrics.

Tightrope
“Some people talk about ya; Like they know all about ya; When you get down they doubt ya; And when you dip it on the scene; Yeah, they talkin bout it; Cause they

The Tightrope she's talking about is LIFE! How do we balance that Tightrope? With all the demands put upon us every day, how do we balance our marriage, children, home, health and sanity? My tightrope is complicated and hectic. I can't tell you how to tip on your tightrope, I can only share how I tip on my own.

STAY STRESS-FREE – Don't stress about things you can't control. I am a control freak, if I can control the outcome of a situation, I will dissect it, analyze it and work it to death. But if it's a situation that is out of my control, I

pray on it, leave it in God's hands, and move on.

MARRIED, TAKE THE TIME TO ENJOY IT! My husband and I raised six children who are all adults (hallelujah – happy dance)! We've been married for 19 years and every year we take a vacation together, just us! No kids, no grandkids, no parents, no friends, just us. We do this so we don't lose touch with each other. It's so easy to spend your life taking care of every one else and putting all your hopes and dreams into your children and their accomplishments and failures. Slowly you lose sight of your own dreams and ambitions. Your wants and needs, and even your spouse's wants and needs come last. By occasionally doing things together, you grow together instead of apart!

SINGLE, ENJOY IT! You don't need a spouse to be happy. Love yourself, be your own best friend. You know your wants and needs better than anyone. Socialize, make friends, flirt, date and enjoy your lifestyle. There are many married people who wish they were in your “single” shoes.

side of your comfort zone – do something new and different. If we were all birds and the Head Buzzard told you to only search for food under the trees (unknown dangers are in and above the trees), would you be that one bird who'd sneak a peek, to see that there is so much more land and food in, above and beyond the trees? New experiences create new opportunities. Deb – thanks for challenging me to peek over the trees!

DON'T APOLOGIZE FOR YOUR HAPPINESS – SHARE IT! Everybody wants to be around someone who is motivating, upbeat, fun and full of positive energy. Share your happiness with others, motivate and encourage others. Your positive spirit will become contagious!

EXERCISE IS A GREAT STRESS RELIEVER. Take one hour out of your busy day to devote to your health. Take a long walk, ride a bike, skate. I hadn't skated in over

15 years, but thought it would be a fun way to get some exercise. So I gathered a bunch of friends together and we all went skating. Some had never skated. Some were very good skaters and helped those who couldn't skate – thanks Candice and Vann! We skated all night and will probably go again. Skating is just another form of exercise. Just because you haven't done it in a while doesn't mean you can't do it anymore, just put the skates on, lace them up and roll. It's like riding a bicycle, you never forget. As long as your body is moving, you're exercising!

NO DRAMA, NO STRESS. I try to live drama-free, stress-free, healthy and happy. I have a wonderful husband, a great family and a lot of good friends who support me and I support them. I meet people daily who recognize me from this article, from exercise classes and different health and social functions around the city. I enjoy talking and meeting new

people and I try to share my enthusiasm for life wherever I go! Of course I'm not in a good mind all the time, who is? But when bad things happen, complaining about it doesn't help...so either work on fixing it, or turn it over to someone who can.

My Tightrope is pretty hard to balance. I work full-time as a paralegal. I teach fitness classes six days a week, and write several articles monthly, but I find my balance. I prioritize, I make time for myself, my family and friends. I share my happiness and blessings with others and avoid those who distract me – that's how I walk my Tightrope!

Yours in Fitness!
Angela R. Steward
Fabulously Fit
Fitness Motivator
Studio Fitness
1413 Bernath Parkway
Toledo, OH 43615
Cell: (419) 699-9399
Email:
fabfitu@yahoo.com

Are You Guilty of Not Eating Your Fruits and Vegetables?

By Tiffany Hansen, BGSU Dietetic Intern
The Ohio State University Extension, Lucas County
Guest Column

More than likely, you fall into the category of Americans who do not consume the recommended amount of daily fruits and vegetables. According to the latest data from the CDC and Department of Health and Human Services, less than 25 percent of the population consumes the recommended amount of five plus servings of fruits and vegetables every day.

Even more disheartening, it would probably be safe to say, also, that many of these servings come from potatoes and corn for vegetables – both with little nutritional value – and from fruit juice for fruit, also with little nutritional value.

So what's the big deal? Well, falling short on the USDA Food Guide Pyramid recommendations of 2 ½ cups of vegetables and 2 cups of fruit per day could potentially lead to an increased risk for poor health later in life. A diet rich in fruits and

vegetables provides a variety of nutrients and an increased amount of “gastrointestinal-friendly” fiber to the diet.

A diet that includes daily servings of fruits and vegetables has been repeatedly linked to a decreased rate of chronic diseases, including heart disease, high blood pressure, high cholesterol, diabetes and metabolic syndrome. A healthy diet can drastically improve our odds of warding off these conditions that are commonly

(Continued on Page 11)

dental center
a north-west ohio
Years of Service
2138 Madison Avenue
Toledo, OH 43604
Monday-Friday 8:00 am - 4:30 pm
www.ToothTowne.com
Tooth Towne
a place just for total
Dental & Orthodontic
Services

419-241-6215
Tooth & Dental Center Non-Profit since 1910

DCNWO Patient Eligibility & Fees

- Living at or below 200% of the Federal poverty level or receiving Medicaid.
- Living in Northwest Ohio
- Adults not on Medicaid are charged a reduced fee.
- Flexible payment plans available.
- \$25 visit for children up to age 18

Call 419-241-6215 for an Appointment

LOVE YOURSELF! Find personal time for yourself. Read a book, spend time with friends, spoil yourself occasionally – pedicure and manicure, massage, etc. Recognize the great things about you and how unique you are – there is no one like you!

INCREASE YOUR CIRCLE, THE BIGGER THE CIRCLE, THE BIGGER THE VIEW! A very good friend tells me this often. Keep old friends, but make new ones. Enjoy past experiences, but create new ones. Step out-

DIXIE Auto Leasing
Toledo, OH
5880 N. Detroit
Month to Month Leasing
419-476-8674
WE ARE A FULL SERVICE BUSINESS

Grace Edwards
Broker/Licensed in Ohio & Michigan
905: (419) 720-8484
FAX: (419) 720-9850
www.dixie-realestate.com
3623 NAVARRE AVE.
OREGON, OH 43616
DiSalle
THE REAL PROS!
100% Satisfaction Guarantee

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

Community Resident Teams with Mercy, 13ABC to Improve Heart Health

Special to The Truth



For Earlean “Cookie” Belcher, a long-time community resident, by learning and becoming more familiar with your heart, the better your chances are for achieving and maintaining top cardiac health. This is the message of *My Mercy Makeover*, an inspiring program focused on providing a unique opportunity to improve the heart health of women in this region.

Mercy and 13ABC have come together to spend six months chronicling the journey of three area women as they work on improving their cardiac health—and changing their lives. The six-month program is in partnership with 13ABC and features anchor Kristian Brown as host.

The three women who were selected to participate each have their own personal

reasons for wanting to improve their cardiac health, but for Belcher the opportunity could not have come at a better time.

“My Mercy Makeover came along at the perfect time for me,” she said. “About three

“My Mercy Makeover came along at the perfect time for me,”

weeks before they interviewed me as a finalist, I was diagnosed with type II diabetes. I think this program will be very beneficial for me. I am so glad I was chosen and I am excited to get started.”

Belcher’s goal is to become healthier and gain the knowledge and tools required to eat

better and exercise effectively.

“I really would love to be able to control my diabetes through diet and exercise so I can avoid taking medication,” she said. “Right now my doctor wants me to take five prescription medications. I looked them up online and read about all the potential side effects, and some of them are pretty scary. I’d much rather commit to making a lifestyle change with diet and exercise. I am not looking at this as a diet – I have been on and off diets my entire adult life, and they don’t work long-term. I recognize that I can’t look at this as a one-week or one-month thing. I need to make permanent changes. That is why I need My Mercy Makeover. I hope

it can teach me to eat and cook properly without my food being boring.”

Belcher already had been walking for fitness, but since her diagnosis has “stepped it up.”

“I have walked consistently off and on since 1984,” she said. “I used to aim for two

to four days a week, but now five to seven days is my goal. I am hoping to get into something else in addition to walking, so I am eager to learn about other forms of exercise. I have the time to devote to it – I am retired and spend most of my time on whatever the day brings. I love to garden and decorate my home, so those things keep me pretty active, and I am open to doing more exercise.”

Through the My Mercy



Makeover, Belcher hopes it will help her make the lifestyle changes required to enjoy her retirement for many years to come.

“My dad died at age 57 and my sister at 48,” she said. “My mom lived to 78 but had diabetes and had to go on dialysis, and I don’t want to get myself into that situation. I’ll be 61 on my next birthday, and I am not about dying, I am about living. I am going to do what I can to make sure I stay around to enjoy my grandchildren and hopefully even my great-grandchildren.”

The other two participants in *My Mercy Makeover* include Robin Perry and Kathy Saco. Perry teaches children with autism spectrum disorder. She wants to learn how to cook healthy meals, so she can help her family break the fast food habit. Saco is a retired school teacher and is committed to an active and healthy retirement.

Mercy hopes not only to change the lives of the three participants, but to use their stories to inspire other women in this region to take charge of their own heart health and to empower them to make changes within their busy lives.

The *My Mercy Makeover* TV segments will continue through the summer months. Each of the three participants received an individual assessment and then, over the course of the coming months, will work closely with Mercy health professionals to enhance their diet and exercise stress management skills.

To follow the *My Mercy Makeover* participants’ cardiac journey, visit facebook.com/mercywvo or mercyweb.org, or Ch.13web.site at 13abc.com.

Confronting the Difficult Aging Process Unison Offers Services to Help Older Adults

Special to The Truth

Aging can be difficult for anyone. Change is all around – people move, communities transform, loved ones pass on, aches and pains are more abundant. Older adults often feel tired, alone or anxious as life becomes increasingly difficult. About one in five people age 65 and over have depression. However, the vast majority of people do not receive the behavioral assistance they need.

Unison Behavioral Health Group offers the only specialized outpatient behavioral health program for older adults in Lucas County. Older adults often participate in behavioral health programs because they are experiencing one or more of the following: bereavement, retirement, disability, difficult relationships, decreased independence, loneliness, depression or anxiety.

Participants in Unison’s Older Adult program may choose from a variety of therapy options including: individual and family therapy, Men’s Depression and Anxiety Group, or a Women’s Depression and Anxiety Group. With support from Unison’s licensed and caring staff, older adults will find that professional behavioral health assistance can make a difference – they can learn to cope with their challenges and lead happy, productive lives.

Unison Behavioral Health Group is a not-for-profit organization dedicated to providing quality behavioral health care and substance abuse services that are accessible and affordable. Unison accepts Ohio Medicaid and most private insurances. Through our contract with Lucas County’s Mental Health and Recovery Services Board, we are able to offer subsidized services to Lucas County residents who are unable to afford the total cost of treatment. Transportation is also available on a limited basis.

For more information on Unison’s Older Adult Program or to make a referral, please contact Unison’s Older Adult Specialist, Pam Lee, at 419-693-0631.

The FAMILY ACTIVITIES CLUB a State of the Art Rental Facility
5202 Trust Drive (Near Kohl’s Store off of Holland/Sylvania Rd.)

YOLANDA WOODBERRY
TEACHING ARTIST

CREATE ART

YOUNG ART WORK

WEEKLY CLASSES

Mon to Fri, 9 to 5pm - \$80.00
Mon to Fri, 9 to noon - \$55.00
M to F 1:30 to 4:30pm - \$55.00
Ages 6 to 13 years
10 students per class

FAC 419-724-0888 ext. 24 yol_teacher2002@yahoo.com
Yolanda Woodberry 419-867-9733

The Financial Design Group
is proud to welcome
Kevin S. McQueen and James Hall

FLG
FINANCIAL
DESIGN
GROUP

to the FDG family
Call Kevin or James to help your family with its financial objectives 419.843.4737

Financial Design Group, 3230 Central Park West Suite 100, Toledo, OH 43617, is independently owned and operated. Securities offered through Securian Financial Services, Inc., Member FINRA/SIPC.
TRF 69769
FLG.F.I. 06/05/09

Freedom – It Gives Us the Right to Choose and Act!

By Diana Patton, FITatudes Guest Column

Seeing the Sojourner Truth monument recently and experiencing the July 4th celebration this past week reminded me to be grateful for the freedom I have to choose between being negative or positive, what is right or wrong, serving God or myself and doing His will or my own.

My family traveled to Battle Creek Michigan a couple of weeks ago to watch my son play in a baseball tournament. As we entered the downtown area, I recalled that Sojourner Truth once lived here. In fact, a monument stands in the center of the city – recalling her life and her legacy.

Of course, we pulled over and took the time to read every inch of the monument and as we gazed at the gigantic statue replica of her, I could not help but imagine what it was like for her growing up and wonder when she came to the point where she was going to choose her destiny.

Isabella Baumfree, born 1797 endured so much pain, hardship and cruel treatment when she was young. After



reading her detailed biography, I learned that at the young age of 11, she began relying on the word of God to help her see beyond the relentless harassment and sexual abuse that she suffered as a slave.

In 1827, the abolition of

slavery occurred and with the help of some wonderful people, she began to see promise for her life. In fact, in 1829, she connected her self with the Holy Spirit and began preaching and motivating so many. A book was published

memorializing her life and she began conducting speaking engagements, joining various religious movements around the country; of course later becoming known as Sojourner Truth and making her mark on history, especially for woman's rights.

I've come to realize that Sojourner and I have quite a few similarities. I too had a tumultuous childhood and at the age of 11 began relying upon the word of God to help me see beyond what surrounded me. Through my many struggles, bad decisions, wrong paths and good choices, I've come to know that I have the freedom and the right to choose a crooked path that leads to destruction and misery, or a path filled with truth, love and joy that leads to Life to the Full. Of course, I chose (and continue to choose) the latter knowing that the only way to achieve that type of life is through Christ.

Sojourner experienced a life changing moment – a shift, if you will, that caused her to change her focus. I too experienced a similar life changing

moment. Before working with FITatudes, I was working quite comfortably in the "corporate world" with my law degree in hand believing that this was my calling in life.

But I felt uneasiness and a sudden urge to leave and a serious calling to do something more with my life – challenging me to step outside of my comfort zone. As a result, FITatudes (along with my ministry partner Tonja) was born. And now, I know the secret to living Life to the Full – that is trusting in God, not leaning on my own understanding but in all my ways, acknowledging him and he will direct my path.

I can't help but think that Sojourner Truth thought the same thing every single day of her life. She wandered for many years preaching the Gospel and living off of whatever people would give her. She could not know that one day she'd wind up at the White House with Abraham Lincoln, reforming slavery and planting the prosperous seeds for the woman's rights movement after her memorable "Aint I A

Woman" speech at the Women's Rights Convention in Akron in 1851! *Go figure.*

I don't know the future for me and I am sure you don't either but we can believe it will be filled with hope and purpose if we follow Him. The one thing we can begin doing today to help us live that John 10:10 "Life to the Full" that we so often speak of at FITatudes, is to acknowledge, trust, and choose God and believe that he is the way, the truth and the Life.

We have the freedom and the right to do that in this country! Thank God we will not be beaten, scared or imprisoned for our beliefs. We have so many to thank through out history for our spiritual right to choose.

Sojourner chose this path. She clung to John 8:32 (NIV) that says "then you will know the truth, and the truth will set you free."

When we are trying to live that Full Life, we must have something we can center ourselves upon – something that inspires us and gets us feel

(Continued on Page 9)

MISSION

Parrish HomeCare recognizes the changes in today's climate of health care; commitment, and professionalism available while rendering faithfulness and consistency in job performance.

Criteria For Qualifying A Patient for Home Care:

- Residual Weakness
- Severe SOB or SOB on exertion
- Needs assistance for all activities
- Require assistance to ambulate
- Unable to safely leave home unassisted
- Confusion, unable to go out of home alone
- Dependent upon adaptive device (cane, walker, and wheelchair)

Consider Referring to Our Home Care If:

- Patient is unstable whenever they come to doctor's office requiring frequent medication changes.
- Frequent hospital admissions.
- Questionable Comprehension related to medication (patient lives alone)
- Often misses scheduled doctor's appointments.
- Physician has not seen patient in extended period of time

Accepted Insurance
Medicare · Medicaid · Humana · Aetna Medicare

<p>Services Available:</p> <ul style="list-style-type: none"> · Registered Nurse · Physical Therapist · Occupational Therapist · Medical Social Worker · Speech Therapy · Licensed Practical Nurse · Diet Counseling · Home Health Care Aids 	<p>Special Services Provided:</p> <ul style="list-style-type: none"> · LV Therapy · Anticoagulant · Therapy/INRatio · Machine · Wound V.A.C. · Procrit Therapy · CHF Management · Diabetes Education
---	---

Parrish HomeCare
Phone: (419) 389-1020
Fax: (419) 389-1300
www.parrishhomecarellc.net

Fairview

Skilled Nursing and Rehabilitation Center

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

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

BLAZIN CLUB FLYERS

Now Available

The Sojourner's Truth

No hidden fees, Design & Shipping Included

5000 1/4 Page Flyers: \$285.00
Ask about our short runs

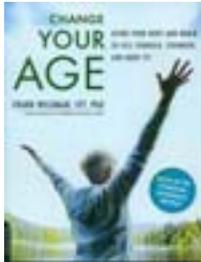
Full color graphics design, printing & Photography

1811 Adams St., Toledo, Ohio
Call: (419) 243-0907 or (419) 514-1284

Change Your Age by Frank Wildman, CFT, PhD

c.2010, Lifelong Books \$18.95 / \$24.00 Canada 214 pages, includes index

By Terri Schlichenmeyer
The Truth Contributor



who is. In the new book *Change Your Age* by Frank Wildman, CFT, PhD, you may find out how.

Don't you sometimes wish you were 20 years old again? Imagine no creaky bones, foggy brain or achy joints. Remember when you could carry groceries and a wiggly toddler at the same time? Oh, how you took that for granted...

The good news is that catch-up is possible. Movement affects the brain in positive ways, and vice versa. By engaging your brain in varied physical coordination, you can "re-groove" neuro-pathways so that healthier physical movement becomes second nature and memory improves.

But not all movement is alike, says Wildman. In fact, he asserts, many popular exercise programs use movement that can actually age your body. Instead, think about the ways you moved as a child, move "lightly and slowly," and understand that more is

oftentimes not better.

Beginning on the ground-floor (literally), Wildman takes you through an assessment in which you learn your body map, feel your physical contact with the floor and acknowledge discomfort. He addresses posture and habits before he moves forward with movement exercises meant to energize both body and brain.

"Remember," he says, "that variations of movement... not only are good for the structures of your body but also greatly benefit the functioning of your mind. Just as a lack of variation causes limitations in our joints, so it causes limitations in our feelings - and imagination."

Tired of schlepping around extra pounds? Want to get fit this summer, mind and body? You'd better be almost there before you tackle what's in *Change Your Age*.

Based on the very beginning of his program, author Frank Wildman seems to speak only to seniors and

boomers who are in good health but want to achieve better. The starting exercise - the assessment - asks that you lie on the floor, presuming that you can safely get there in the first place and then get back up. Almost no allowances are made for the slightly-overweight or those with even the smallest physical limitations.

Additionally, Wildman recommends that you do a series of these movements several times a day, even at work. Just looking at the illustrations in this book will show you that that won't generally be possible in public.

While there's no doubt that the movements in *Change Your Age* could be beneficial, there are *lots* of caveats to consider before you try Wildman's methods. Overall, unless you're in excellent shape and don't want to act your age, just move this book aside.

Freedom

(Continued from Page 8)

ing that there is hope when we feel desolate or defeated with our wellness goals. That's where the word of God comes in because most times we don't do what we want to do. And often times we do what we hate - Romans 7:15 (NIV).

Some of us experienced a little bit this past July 4th by overeating and regretting it... if that's you, next time pick up our FITatudes.org newsletter or read our bog before your next party.

As we say at FITatudes, we must learn to *Eat to Live, Live to Worship and Get full on God's Word!* We can't rely on our own will power because our spirit is willing but our flesh is weak (Mark 14:38).

We can learn a lot from Sojourner Truth. To have courage like hers, she had to rely on a solid bullet-proof strategy - and that was the word of God. I am certain she often recited 2 Timothy 1:7 "For God did not give me a spirit of timidity, but a spirit of power, of love and self discipline."

Some of you are just struggling to eat healthy, exercise and feel energy and you may not feel like you are going to go out and be another Sojourner Truth and blaze a similar trail. I get it - you just want to feel good, be healthy and live a purpose filled life.

Regardless of where you start or where you land, it all starts and ends with God and 2 Timothy 1:7 applies to all of us! We must experience an uneasiness and unsettling feeling for change, a time of repentance, a complete mind shift in order to journey to wellness and living that Full Life! Just feel at peace knowing that we have the *freedom* to choose and act here in America... and when you do act, be like Sojourner so that you may say "Lord, I have done my duty and I have told the truth and kept nothing back."

That's what I want to say - how about you?

Like what you read and want more? Read our weekly FITatudes blog at www.FITatudes.org/!

FREE Diabetic Supplies

With Graduation from our Diabetes Management Education Program

Yes-that's right-you can get a Glucometer, test strips, lancets and alcohol pads, all **FREE** and for as long as supplies last, by attending our 5 session Diabetes Management Education Program. Learn about Diabetes and its management, risk factors, the effects of high and low blood sugar, insulin management and the impact of your diet on your illness.

Those interested should call LuAnn at **419-241-6106, ext. 205**

Cordelia Martin Health Center
430 Nebraska Ave.
Toledo, OH 43604



Safe Cleansing: Ridding the Body of Wastes and Toxins

Dianne Pettis
Guest Column



With all the available products and recommendations to get healthier, it can be hard to choose among them. You need to ask yourself a few questions: Is it safe? Or will it cause me harm?

Some measures can be downright foolish or dangerous but, for the most part, you can consume a product or perform an activity if you follow the directions, don't go to extremes to rush the process and don't ignore product warning labels. Also ask yourself, Can I make this a

part of my lifestyle long term? Will I benefit?

One of the popular measures available to improve health is cleansing or detoxifying the body. These days, you can find all kinds of products for cleansing your body from the inside out. You'll find them on the Internet, on infomercials, in stores, someone is selling them or there's an old family remedy passed down. Yes, ridding your body of wastes is important but you need to be informed before you waste a lot of money or, worse—cause more harm to your body.

What is cleansing?

Cleansing and detoxifying are terms used to describe ridding the body of wastes and toxins. Our bodies naturally go through a cycle of elimination; the bulk of which happens between 4 a.m. and noon. All of our body's systems have a part in the cleansing process, but the digestive sys-

tem (liver, gallbladder, colon) plays a major role.

A toxin is anything that has a negative effect on the body—inside or out. Simply put; they are poisons. Internally, toxins stress organs, decrease the immune system's ability to protect from illnesses, and cause breakdown of cells and tissues. The body even produces toxins. The problem with toxicity in the body occurs when there is excess intake of toxins or when there is a problem with elimination through the digestive system.

Some of the common methods used are fasting, herbal combinations, colonics and juicing. The danger is in going to extremes when using these methods. Over-elimination or over-detoxifying can cause loss of essential proteins, vitamins and minerals. I never recommend using laxatives or enemas to get rid of wastes. I know people who swear by colonics (similar to en-

emas), but I don't recommend those either; they just upset the natural elimination process. I support methods that eliminate toxins and replace important nutrients—nutritional cleansing.

Why cleanse?

Most ill health results from toxicity and congestion/stagnation. We are exposed to toxins in the environment, in the foods we eat and from the many products we use on a daily basis. There are just too many toxins for the body to handle, so the whole digestive system and elimination process slows down. Toxins affect the cells, which make up tissues, which make up organs. The organs don't work well, so the body suffers. A few of the many problems related to toxicity and congestion are: joint pain, weak immune

system, digestive problems, skin problems, bad breath, obesity, cancers, asthma, increased cholesterol and allergies.

How often?

Listen to your body. Cleansing gives your body a rest, and time to rejuvenate and balance. If you're having any of the problems I mentioned above, then it's time. A cleanse can last for one day, once per month up to 21-30 days or every four to six months.

Where to start

Get good counsel before you start. I recommend getting the blessing of your primary care provider, especially if you have a chronic illness. Hopefully, your provider is knowledgeable about nutritional cleansing; or he or she can refer you to a registered dietician. There are some good writ-

ten resources. I like *Toxic Relief* by Don Colbert, MD and *The Detox Diet* by Elson M. Haas, MD. The Isagenix line of products (sold by independent distributors) is excellent and nutritionally sound.

Physical cleansing is just one part of living a healthy lifestyle. Remember to cleanse your mind of unhealthy and negative thoughts as well. They also can cause toxicity to your body. You have an amazing body. Listen to it. Take care of it.

Dianne Pettis,
MS, FNP-BC
Family Nurse
Practitioner
www.hathandwellness.com
www.prosperousliving.com
E-mail:
DPettis@aol.com
(888)887-4429



(ANGEL STEWARD, FITNESS INSTRUCTOR/MOTIVATOR)

(419) 699-9399

@

STUDIO FITNESS

1413 Bernath Parkway (off Airport Hwy)

FABULOUSLY FIT is a fitness program designed for **WOMEN OF ALL FITNESS LEVELS AND AGES!**

Get FIT while exercising to the latest R&B, hip hop and old school music

using a combination of CARDIO DANCE, KICKBOXING, TURBOKICK, ZUMBA, PI-YO, AND BODY SCULPTING!

ALL CLASSES \$5.00 – PAY AS YOU ATTEND!

EVERY WED @ 6pm, SAT @ 9am & SUN @ 5pm

ALSO FEATURING

SASSY SENIORS CLASS – EVERY MONDAY

@ 3 & SATURDAY @ 3

Dear Ryan,



I have been training for quite some time and I just can't seem to get my chest to grow. I train it three times per week and I do a lot of benching but my results seem to be minimal. Can you give me a good chest work-out to follow?

Thank-you
Michael S.

Dear Michael S,

Hope you and all the readers had a nice holiday weekend. My first thought is that you are training chest too much and not giving your muscles time to rest. This will prevent you from growing and cause your muscles to stay catabolic (muscle breakdown).

You need to pick two days out of the week and train your chest. I would give at least a 48-hour break between chest work-outs. You can try my chest work-out and see if it works for you.

I start out with the bench press and after a good warm up set I pyramid up. I do a total of five sets (not counting warm up). I start out with 12 reps add weight and by my fifth set I do a total of 4-6 hard reps.

Then I move to incline dumbbell presses. I choose dumbbells because I can get an incredible stretch at the bottom of the movement. If I bench heavy I incline lighter and if I incline heavy I bench lighter.

Now by light I don't mean easy sets. Your light work should burn and make you struggle also.

I then move to flat bench flies and superset them with dips. These two exercises really stretch the heck out of your muscles which in return will help them to grow. Every chest day I change the order of the exercises that I do.

It is also important that you consume good quality protein sources so that your muscles can repair after a vigorous work-out. Try this work-out for a few weeks and see how it works for you.

If you are still not getting results, then it's time to take a serious look at your nutrition. Are the rest of your body parts responding to your training? If they are then try this work-out and see what happens with your chest progress.

If they are not, then you need to fix your nutrition and that is the key to any progress in any program. I know this will help you if you stay consistent.

Good luck. I'd like to thank everyone that came out to support my 5th Annual Glass Scepter Bodybuilding & Figure contest. More Boot Camps will be starting in June. One will be in Point Place and the other @ Willys park for information or to join up place call the studio.

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

Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health Section Sponsored by NHA • Health

Groundbreaking Study Ranks Top Producers of Primary Care Physicians

Special to The Truth

A new study from the Annals of Internal Medicine ranks Meharry Medical College as one of the nation's top producers of primary care physicians and second highest in "social mission score."

The first-of-a-kind quantitative study funded by the Josiah Macy Jr. Foundation ranked all the nation's 141 medical schools based on three metrics: 1999-2001 medical school graduates who practice in primary care, number of medical school graduates who work in health professional shortage areas and number of physician graduates who are underrepresented minorities in medicine.

The three metrics com-

bined create a social mission score and ranking.

Morehouse School of Medicine ranked first in social mission while Meharry came in at number two. The other Tennessee medical school ranked in the top twenty using this new methodology was the 12th-ranked East Tennessee State University's Quillen School of Medicine. Howard University, Wright State University Boonshoft School of Medicine and the University of Kansas round out the top five.

In primary care physician output, two Tennessee schools rank in the top five in the nation. East Tennessee State University Quillen College of Medicine is the number one producer of primary care phy-

sicians in the nation, followed by East Carolina University Brody School, West Virginia SOM, Meharry Medical College and Wright State University Boonshoft School of Medicine.

"This powerful new study and ranking is very important because it validates in a sophisticated and evidence based manner the impressive work of institutions like ours and the value proposition we incessantly articulate to our applicants, student and trainees—that primary care and serving under-served communities is important to communities all across the nation," said Wayne J. Riley, M.D., MPH, MBA, MACP, President & Chief Executive Officer of

Meharry Medical College. "Often the elite and larger schools have real difficulty embracing and emphasizing the worth of primary care as a career pursuit for medical students. In spite of its rigorous scientific basis, the practice of medicine is indeed a social pursuit and, as I often tell our students, when you put the initials M.D. behind your name it comes with a strong obligation to serve."

The study, led by Fitzhugh Mullan, M.D., a professor of health policy at George Washington University, breaks new ground in medical school ranking research. Medical school rankings often come under fire of their methodological weaknesses including using subjective rather than

objective assessments. Researchers hope this study will be a starting point for further dialogue addressing the role of medical schools in determining the makeup of the U.S. physician workforce.

"The social mission of medicine and medical education should be important to everyone. It isn't just about rural areas or just about poor people, it's about the entire fabric of how we deliver care," Mullan said. "As patients are insured through health reform, the first place they will go is the primary care office. Medical schools need to be mindful of the nation's requirements for primary care, for doctors prepared to work in under-served communities and

for minority physicians to help meet the growing and changing needs of the country."

The 10 schools with the highest social mission scores (ranked from highest to lowest):

1. Morehouse School of Medicine
2. Meharry Medical College
3. Howard University
4. Wright State University Boonshoft School of Medicine
5. University of Kansas
6. Michigan State University
7. East Carolina University Brody School of Medicine
8. University of South Alabama, Ponce Medical College
9. University of Iowa Carver College of Medicine
10. Oregon Health & Sciences University

Are You Guilty

(Continued from Page 6)

linked with life-style behavior.

So, I'm guessing that identifying the importance of including fruits and vegetables in your diet does not sound like rocket science, right? You are absolutely right. However, even though most people know the importance of including fruits and vegetables in their diet, few actually consume an adequate amount of servings of fruits and vegetables.

Here within lies the problem...we do not eat the foods that we know that we are supposed to eat, and instead reach for a diet rich in meat, white breads, convenience foods and added fats, salt and sugar. What gives!

Well, I'm also guessing that you, or members of your family, do not like the taste of many vegetables, and fruit's perishability leaves you with a feeling of "what's the sense." We have to get the idea that fruits and vegetables are boring and bland out of our mind...otherwise how in the world can we give them a chance to taste good?

I will leave you with a few ideas for adding fruits and vegetables into your daily routine. Even increasing your consumption of healthfully prepared fruits and vegetables by a few servings every day will impact your health positively. Start now by making small steps to a healthier you!

One of the easiest ways to add fruit to your diet is to add it to your breakfast meal. Top pancakes or waffles with

fresh berries, or add fruit to yogurt and cold or hot cereals.

Focus on variety and color (aim for a rainbow of colors, especially heavy in the green and orange hues). Fresh, frozen and canned all count, but summer is the perfect opportunity to take advantage of the plentiful harvest of fresh fruits and veggies.

Experiment with summer salads, thinking outside of the traditional by making bean salad, fruit salad, potato salad, rice salad with veggies, panzanella (toasted and cubed

bread tossed with tomatoes and fresh herbs) or pasta salad. Be adventurous and ditch the creamy dressings, instead opting for homemade vinaigrettes made with oil, vinegar, fresh herbs and something sweet, like a pinch of brown sugar or honey. Grilled vegetables can be added to almost any type of "summer salad" to make the dish extra special.

Make your own fresh salsa with fruit for an added twist. Start with red onion, tomato, jalapeno (to taste), and cilantro. Dice finely and add to a bowl. Then be cre-

ative with what fruit you decide to add. Mango, pineapple, mandarin oranges, and watermelon are all good choices. Just dice and add to the initial ingredients for a wonderful new take on traditional salsa. You will love the outcome, I promise!

Try new fruits and vegetables. Make it a goal to try something new each week. Plantains, star fruit, papaya, nectarines, plums, jicama, radishes, summer squash...anything that is new and exciting to you.

Top a pizza with mushrooms, peppers, onions, zuc-

chini, or pineapple. The sky is the limit when it comes to topping pizza!

Slice a banana half way through lengthwise. Grill until soft. Serve in bowl with crushed graham crackers and peanuts. Add frozen yogurt for an even sweeter treat!

Add apples, grapes, or raisins to chicken salad

Mix fresh fruit and granola into yogurt.

Add peppers, onions, spinach, broccoli, shredded carrots, or any other left over vegetables to a morning omelet

Make a smoothie with

fruit, low-fat yogurt, and ice. Strawberry, banana, and low-fat vanilla yogurt tastes great!

Try the following recipe for an new refreshing and tangy watermelon salad. Combine ingredients together and chill before serving.

- Watermelon Feta Salad**
Ingredients:
 5c cubed seedless watermelon
 1/2 c sliced red onions
 1/3 c crumbled feta cheese
 10 basil leaves, finely chopped
 2T balsamic vinegar

special THERAPIES

family COUNSELING

WISHES honored

There is a difference IN HOSPICE CARE

All hospices are not the same. Only Hospice of Northwest Ohio has been serving the area since 1981 and has defined the Gold Standard of Care in our community.

"My mom loved to sing and music therapy brightened her life."
 In addition to our expert medical care, special therapies - including music, art and massage - are available to bring joy and comfort to patients.

"Our kids opened up to our counselor to discuss their feelings."
 Hospice of Northwest Ohio offers counseling services for the entire family to help with emotional issues during and after hospice care.

"We appreciated that dad could try hospice care, go off and come back on."
 Our team honors the wishes of how patients and families receive care - including the ability to stop or suspend our services if so desired.

For the most experienced care, insist on the best. Hospice of Northwest Ohio. To learn more, visit hospicenwo.org. Or call 419-661-4201.

HOSPICE OF NORTHWEST OHIO

ASK FOR HOSPICE OF NORTHWEST OHIO BY NAME

Second Annual Polly Fox Citywide Baby Shower Reaches Out to Pregnant And Parenting Teens

Special to The Truth



Polly Fox Academy, a school dedicated to helping pregnant and parenting teenage girls, grades seven-12, complete their high school education, will hold its second annual Citywide Baby Shower for teen mothers on Wednesday, July 14.

In addition to gift bags for potential students, refreshments and door prizes, the free 1-3:00 p.m. event will give interested young women the opportunity to find out how they can earn their high school diploma at Polly Fox Academy.

The Academy is free of charge to all pregnant and parenting teenage girls in northwest Ohio. Its mission is to help young mothers graduate and achieve financial independence so that they can support themselves and their children.

Besides the usual high school curriculum, Polly Fox offers classes that prepare students to cope with the special challenges faced by teenage mothers. Social service support and linkages to appropriate community resources are also provided.

Subsidized daycare through Toledo Day Nursery is available to care for the children of students while they attend classes. In addition, the Academy offers flexible scheduling that is adaptable to the needs of both mother and child.

Polly Fox has a school-

based health clinic with a nurse educator who provides health education with a focus on pre-natal care. She is available to answer students' questions about pregnancy as well as medical concerns they might

have about their children. The nurse educator can also diagnose medical problems and refer students to a doctor so they don't have to rely on emergency room care.

The Academy offers ca-

reer preparation that empowers students to become independent. The program includes skills assessment, job readiness training and mentoring opportunities. Job shadowing and internship placements are also offered. Seniors create a portfolio that they can use in job interviews.

The second annual Citywide Baby Shower will be held at Polly Fox Academy, which is located at 1505 Jefferson Avenue at 16th street across 16th from the Catholic Club. Free on-site parking is available.

More information is available at www.pollyfox.org.

*** A free event for interested students, their children and family members**

*** Gift bags for interested students and their children**

*** Door prizes and refreshments**

*** Presentation of educational opportunities available at Polly Fox Academy**

*** Discussion of our subsidized childcare through Toledo Day Nursery**

*** Displays showing other community resources that are available to Polly Fox students**

*** Tours of our new school**

Dependent Age Now Increased to 28: State, Insurers to Partner on Campaign Targeting "Young and Invincibles"

Special to The Truth



these newly eligible individuals. Young people often feel they're healthy and don't need health insurance coverage, when this could not be further from the truth," said Ohio Association of Health Plans President and CEO Kelly McGivern. "Younger people are not invincible. For example, young adults have the highest rate of injury-related emergency department visits among all age groups. With the extension of dependant coverage, health insurers are reaching out and encouraging young adults and their parents to take advantage of the new law."

The Department has created a dynamic health reforms page on its website at www.insurance.ohio.gov that includes a breakdown of the state and federal reforms being implemented in Ohio.

Ohioans with questions concerning the new state and federal health care reforms are encouraged to contact the Department calling 1-800-686-1526. Free information, including fact sheets, brochures, FAQs, an implementation timeline and key links, can also be obtained at www.insurance.ohio.gov in the health reforms section.

An estimated 20,000 additional young adults now have access to health care coverage. That's due to a new Ohio law that allows unmarried children up to age 28 to remain or be added to their parent's insurance coverage. Ohio Department of Insurance Director Mary Jo Hudson urges parents to evaluate this opportunity to cover their older age children, who are commonly referred to as the "Young and Invincible."

"According to the 2008 Ohio Family Health Survey, nearly one-third of the Ohio's uninsured are between the ages of 18 and 24," said Director Hudson. "As such, we felt it was critical to make changes to Ohio's health insurance laws to enable more of

these young adults are able to stay on their parents' health plans until they have the means to purchase insurance on their own. Additionally, we will be partnering with the insurance industry this fall to create an awareness campaign geared to these young Ohioans so they are aware of the importance of having health care coverage."

The state reform will work in tandem with the federal law dependent age change that becomes effective Sept. 23, 2010. Previously, only dependents up to age 19, or up to 23 years old if they were still in school, were eligible to receive coverage under their parents' policies.

"Ohio's health insurers are ready to work with parents and their unmarried children up to age 28 to extend health insurance coverage to

HOSTED AT THE UNIVERSITY OF TOLEDO

The 6th ANNUAL **AFRICAN AMERICAN FESTIVAL**
Saturday, July 10 • Sunday, July 11

PARADE AT 10 A.M. SATURDAY
Enjoy fantastic food, thrilling races and exciting games at one of Toledo's finest family events!

**LIVE JAZZ • LIVE BLUES
LIVE GOSPEL**

FREE RIDES FOR KIDS!

\$8.00 ADMISSION
Health fair with free screenings from 2 to 6 p.m.
Find out about UT Guarantee Scholarship program!

LOCATED AT SCOTT PARK CAMPUS

FOR MORE INFORMATION, CALL
419.255.8876

Owens Community College Assists School Children With "Backpack to the Future" Summer Supply Drive

Special to The Truth

As another school year comes to an end, many students are once again placing their backpacks in storage or are discarding them entirely in anticipation of buying next fall's latest fashion trend. Owens Community College's Alumni Association has taken the initiative of once again organizing a gently-used back-

pack drive to provide new life for what many students consider their mobile lifeline to learning.

The College's Alumni Association community service endeavor, titled "Backpack to the Future," is currently accepting gently-used or new backpacks and new school supplies from area residents during the

summer months. Items collected, as part of the "Backpack to the Future" program, will be given to low-income elementary school children throughout Northwest Ohio.

"There are many low-income families that can barely afford to pay their bills, and may not be able to provide their children with



and Kleenex tissues. Area residents can bring their charitable donations to the Office of Alumni Relations on the Toledo-area Campus in Perrysburg Township and to the Student Development Office on the Findlay-area Campus in Findlay.

Since establishing the program in 2004, the Owens Alumni Association has given over 1,520 backpacks and over 25,710 school supplies to benefit disadvantaged children throughout Northwest Ohio.

Since opening its doors in 1965, Owens has provided higher education to more than 250,000 students. Owens' Alumni Association is committed to the personal and professional success of alumni and students through the ongoing development of value-added initiatives.

For more information about the school supply drive, or to make a donation, contact the Owens Alumni Relations Office at (567) 661-7876, 1-800-GO-OWENS, Ext. 7876 or alumni@owens.edu.

new supplies. The Owens Community College Alumni Association's goal is to ensure that such occurrences do not happen and that all children begin their school year with new educational resources," said Kaye Koevenig, Owens Community Service Chairman of

the Alumni Association. In addition to the gently-used backpacks, individuals can donate crayons, markers, bottles of glue, glue sticks, colored pencils, pencils, pink erasers, school boxes, pocket folders, marbled covered composition books

NAACP Remembers the Legacy of Legendary Civil Rights Attorney William Taylor

Special to The Truth

The NAACP mourns the passing of William L. "Bill" Taylor, civil rights attorney, professor and former council to the NAACP Legal Defense and Education Fund. Taylor passed away on June 28 at the age of 78.

"William Taylor embraced his status as a staunch advocate for educational equity throughout his storied legal career," said NAACP President and CEO Benjamin Todd Jealous. "His contributions to the desegregation of our nation's education system were unparalleled and invaluable, and we will miss him."

Taylor's esteemed career as a civil rights lawyer spanned six decades. While at the NAACP Legal Defense and Education Fund, he worked with legendary NAACP attorney Thurgood Marshall, the first African-American to serve as United States Supreme Court Justice. Taylor's reputation was that of a devoted supporter of educational civil rights, and he successfully litigated several public school desegregation cases that followed the NAACP's historic *Brown v. Board of Education* victory.

"Bill Taylor was a friend of the NAACP and played a critical role in advancing civil rights in education both in the courtroom and on the national public policy stage," said NAACP Washington Bureau Director Hilary Shelton. "His steadfast commitment to the enforcement of civil rights was demonstrated by his influence in the reauthorization of the Voting Rights Act in 1982, the passage of the Civil Rights Restoration Act of 1988 and the passage of the Civil Rights Act of 1991, among others. His legacy will live on through the landmark legislation and legal battles he so effectively waged and won on behalf of children of all races and ethnicities nationwide."



6TH ANNUAL AFRICAN AMERICAN PRAYER BREAKFAST

In Memory of Rev. Robert P. Wormely, James Cobham, Jr. & James Cobham, III

Friday, July 9, 2010 ~ 8:00AM

Mount Pilgrim Church

1401 Hoag @ Dorr St.

Rev. Raymond G. Bishop, Jr.

Pastor



TICKETS \$10.00



With men this is impossible; but with God all things are possible. Matthew 19:26

African American Mayors Call on Senate to Choose a Clean Energy Future for America

Special to The Truth

The National Conference of Black Mayors last week called on the U.S. Senate to chart a new direction for America's future through comprehensive climate and energy legislation that will provide for the sustainability of our nation's most vulnerable communities. Congressional Black Caucus Chair Rep. Barbara Lee and Members of the Congressional Black Caucus joined 20 African American mayors along with the Hip Hop Caucus in their call for Senate action.

"The National Conference of Black Mayors accepts the obligation to actively engage in the national conversation on clean energy and advocates



for a new and comprehensive climate and energy federal policy. Our federal lawmakers must have the courage to step away from status quo provisions that

have marginalized vulnerable communities and debilitated generations of American citizens with health and economic consequences," said NCBM

Executive Director Vanessa R. Williams.

The call for action is a part of the NCBM Green The City Initiative, which has recently partnered with the Hip Hop Caucus to strengthen its outreach to our nation's youth. The initiative aims to assist African American mayors in putting their cities on a path to long-term economic and environmental sustainability.

"Regular Americans in cities represented by these Mayors want to see action. They are ready to help make their cities thrive again, working with their Mayors and city governments. They realize that while the Senate is being indecisive, their cities and

communities are suffering, and a clean energy future sits in the balance," said Hip Hop Caucus President Reverend Lennox Yearwood. "This generation is fighting for its very existence."

The delegation of Mayors convened in the nation's capital for a three-day summit to strategize on advancing a national plan to move their cities to become more energy efficient, reduce pollution and create new clean energy jobs and businesses. While in D.C., Mayors met with Senators, Cabinet Leadership, industry experts and environmental advocacy groups.

The group aims to impress on the Senate the

need for decisive action on comprehensive clean energy and climate legislation that will undergird their local efforts. Mayors and their communities want to create new opportunity through clean energy investments, but they need Washington to act.

The group urged our nation's leaders to take responsible and reasonable action as it transitions from a fossil fuel economy to a clean energy future for the sake of the American people, and requires the energy industry to operate with regard for our communities and our planet.

Black Market Place

Charleston House of Toledo
A Premiere Consignment Shop for the Economical Conscious Woman

WHERE THOSE SUMMER DAY SALES ARE HOT!!

STOP IN ... SEE FOR YOURSELF!

Designer Suites and Dresses
Elegant Hats - Name Brand Shoes
Open 10:00 a.m. - Tuesday thru Saturday
4055 Monroe Street - Toledo, Ohio
419.472.4648

EMADE WILSON 711 MORAN TOLEDO, OH 43607

REAL BRIGHT ELECTRIC
All Wiring

Call: (419) 870-1730
Fax: (419) 531-4518

Hillandale - \$87,000/REDUCED
Ottawa Hills condo, 1440 sq. ft., 2 full baths. Location, location, location. Bright home, new carpet, newly painted. Spacious one floor. Lots of storage, private garage. One great unit.

Seaway Asset Management
Call Kimberly Brown - 419.810.7097

1310 Prospect * SALE PRICE \$17,000
Cash or Conventional

"Fixer-Upper's Dream Come True" - Solid home with lots of character in established neighborhood. Many mechanical updates and plenty of storage. Sold "as is".
Call Alma Dortch-Gilbert 419.297.2301 for appointment
adortchgilbert@sbcglobal.net

Duplex for Purchase or Lease
Great investment property! Excellent condition! Move in ready for owner or tenants. Both units contain newer furnace, hot water tanks, new windows, updated electrical system. Both consist of large living areas and lots of storage space. WOW! Motivated seller. Easy access for showings.

Seaway Asset Management
Call Kimberly Brown - 419.810.7097

YOU'VE ALL BEEN WAITING FOR THIS!
SCREEN PRINTED TRANSFERS & AIRBRUSH
NOVARRO'S GARMENT IMPRINT
1 TO 101+ T-SHIRTS

DESIGNS FOR ANY OCCASIONS: Reunions - Business - Schools
Sports - Events - Civic - Youth ...
ENGLISH/SPANISH
Novarro.1@bex.net google **NOVARRO GIBSON 419-464-2361**

"A Life with natural health and beauty"
Body magic system - designed to re-shape, restore & revive Vitamins

Variety of nutritional supplements
Lose inches without exercise or surgery
Contact me to set up a showcase -
www.ardyssinternational.com/UniqueDesigns:
Traci Barner drknlytbarner@yahoo.com: 419.346.8610

\$16,000 Down Payment Assistance
May include other incentives if you purchase now! Unique two-story brick home located Olde South End. Totally remodeled! Over 1,500 sq. ft. home furnished with appliances. 1st floor LNDY room, large bedroom. Large closets. Extra loft for entertainment. Must see!

Seaway Asset Management
Call Kimberly Brown - 419.810.7097

Better Care Lawn & Show Removal Services L.L.C.
Commercial/Residential Free Estimates
Senior Citizen Discount
Insured and Bonded Landscaping
Phone: 419.917.6440 * Fax: 419.754.3953
www.bettercarelawnservice.com

STNA TRAINING
Richards Wants to Get You a Job

Ask about our Early Registration Specials
Become An STNA in three weeks
Morning/Evening/Weekend Classes Available
Just \$50.00/down gets you started
We Train, We State Test and We Hire

For More Info Call Richard Health Systems
419-534-2371

WHY RENT? ... INVEST!!
1637-39 Potomac Drive
Owner Occupancy w/Rental Income, 2 bds, Living Rm, Dining Rm, Kitchen w/Breakfast Nook, Custom finished Basement w/Bar, Office, Cedar Closet, 2 Car Garage

Wilma Smith * DiSalle Real Estate Company
Cell 419.350.7514

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

Seaway Asset Management
Call Kimberly Brown - 419.810.7097

DEBT RELIEF?
CHAPTER 7 BANKRUPTCY



\$650.00 plus court costs

FREE ADVICE

ATTY. LAFE TOLLIVER

419-249-2703
a debt relief agency per the bky code

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

2 & 3 BR Homes City Wide!
Traditional financing & lease w/option available for some.

Call **Montalena @ 419.320.5224** and follow me...
Your Guide To Home!!

210 Bloomfield - \$50,900 GREAT BUY!
3 bdrms - 1 full bath - livingroom/dining combo with cozy kitchen. Beautifully landscaped with fenced in yard. Move in ready!

Call Alma Dortch-Gilbert 419.297.2301 for appointment
adortchgilbert@sbcglobal.net

NEW PRICE!! PERFECT STARTER
In Move-In Condition!! 1818 MACOMBER
2 bds, living rm, dining rm w/hardwood floors. All new windows. Newer roof, furnace, and hot water tank. C/A, Security System & Patio in rear yard. Appliances stay

Wilma Smith * DiSalle Real Estate Company
Cell 419.350.7514

CLASSIFIEDS

July 7, 2010

Page 15

INTERESTED BIDDERS:

TOLEDO PUBLIC SCHOOLS – OTTAWA RIVER MIDDLE SCHOOL 6TH-8TH ADDITION FURNISHINGS AND EQUIPMENT PACKAGE

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until 1:00 p.m. on July 21, 2010, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the Ottawa River Middle School 6th – 8th Addition FF&E package, as more fully described in the drawings and specifications for the project prepared by Duket Architects Planners 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 **July 1, 2010 which can be purchased from Toledo Blueprint, 6964 Mc Nerney 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 PREBID CONFERENCE** is scheduled for July 9, 2010 at 2:00 p.m. at Toledo Public Schools Board Room, 420 Manhattan Blvd, Toledo, Ohio 43608.

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

Bid Item #1: Ottawa River Addition	School FF&E	\$ 161,135.00
Bid Item #2: Ottawa River Addition	Office FF&E	\$ 45,000.00
Total Estimate:		\$ 206,135.00

Wanted: (2) Experienced, Mature Barbers

-Are you tired of moving from shop to shop?

-Are you looking for a new environment?

-Customer parking lot within sight!

-Four-chair barber-shop with a family atmosphere!

-Inexpensive boot rent!

-Call 419-320-2056 for more information

Place your classified ad in *The Sojourner's Truth*
Call Pam at 419-243-0007

www.thetruthtoledo.com

Aurora Academy 541 Utah St. Toledo, Ohio 43605

Job Posting

A full time position as an Administrator to oversee Title 1 teachers (inclusion environment); monitor teacher unit planning and testing; oversee level meetings between regular education teachers, Title 1 tutors, and intervention specialists; RTI coordinator; responsible for formative and predictive testing; advertising; hiring staff.

Position entails working with a dedicated staff with 3 years of intensive professional development. Aurora Academy is entering it's 13th year as Ohio's first Charter school.

Must have Masters degree in Curriculum/Administration and teaching experience.

Starting date: August 1
Closing date for this ad: Until position is filled.

**Classifieds
Posted
online at:
TheTruthToledo.com**

Housing Specialist

Community Development Financial Institution seeks professional, ethical, motivated person for a Housing Specialist position. The ideal candidate will have strong housing background ideally in lending, foreclosure, financial counseling, counseling, and/or financial products and services. Knowledge of computer applications, good communication skills, team player attitude and a desire to help our community is a must. We are an Equal Opportunity Employer. Resumes must be received by Monday, July 26th. Send resume, cover letter and salary history to:

Vice President
432 N. Superior Street
Toledo, OH 43604

House for Rent

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

Financial Advocate Coordinator FT

Oversee and Monitor the activities of all Financial Stability Advocates by following the United Way Agreement, Procedural Manual and outcome measures. Send resume att; FSC 1020 Varland Toledo, Oh 43605

RN (FT, PT & CONTINGENT)

Lucas County Children Services is seeking candidates to assess/document medical care of children in care. Requirements: Valid Ohio R.N. lic. Exp. in Pediatrics preferred. Knowledge of ambulatory health care helpful. Work hrs. based on hire status, plus on-call. Additional info available at www.lucaskids.net. Send resume by 7/7/10 to: LCCS, 705 Adams St., Toledo, OH 43604; Fax: 419-327-3291 EOE Valuing Diversity

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.

Doves Manor Apartments Seniors 62+ and better! One Bedroom Apartments Now Accepting Applications

Rent based on income, utilities included. Newer building has secure entry, laundry, extra storage, central air conditioning, wellness clinics, fitness center and MORE!!

Call for an appointment and more details. Applications are now being accepted with the possibility of immediate move-in.



Doves Manor
1040 Brookview Drive
419-389-9999
Appointments only

NORTHGATE APARTMENTS 610 STICKNEY AVENUE

Now Accepting Applications

1 AND 2 BEDROOM APARTMENTS

A Senior Community for Persons 55 and Older.

Rent Based on Income. Heat, Appliances, Drapes and Carpeting Included. Call (419) 729-7118 for details.



Rummage Sale

A Community Parking Lot Rummage Sale
Saturday, July 10, 2010 from 8 a.m. to 5 p.m.
209 S. King Rd. Holland, OH
Rent 6ft table \$15.00 day of event
Everyone welcomed to come buy or sell



Parker Hannifin, a Fortune 500 Company, has an immediate need for a Logistics Supervisor at its Hydraulic Filter Division located in Metamora, Ohio.

Essential functions of this role are managing and controlling material flow necessary to support all production departments and processing all purchased and transferred materials received. This person will also manage, organize and maintain the inventory supermarket. The selected candidate will also manage and supervise the shipping and receiving function of the operation. This person will also be responsible for establishing, maintain and enhancing the S&OP process.

Qualifications for this position are 5-7 years supply chain experience at a management level in a production environment. A four year degree in manufacturing, business or other related field is required. Lean, Kaizen, Continuous Improvement, Kanban and JIT environment experience is a must. Cycle counting and/or inventory experience in a computerized environment.

If qualified please visit <https://parker.tms.hrdepartment.com> to apply.

U.S. Citizen or U.S. Permanent Resident status required.

EOE/M/F/D/V

Special Notice

RE: Examinations for Journeyman/Wireman

Applications for the Journeyman Inside Wireman test will be accepted July 12 – 16, 2010 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

1. Must be 18 years of age or over.
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

Looking For Local Bakers!



Have a talent in the kitchen? Enjoy sharing your treats?
Love giving back? Then this may be for you!

When: August 28, 2010

What: Capozzke Camp Toledo Fund Raiser

To Support: Cookies For Kids' Cancer and the Toledo Area Humane Society

Contact Lindsey T. @ 419-573-2386 or check out
capozzkecamp Toledo website for more information!

COMING SOON!!

The Truth Art Gallery

An amazing array of African Art
imported from Ghana

Hundreds of wood carvings
masks, dolls, animals, profiles



The Truth Art Gallery

1811 Adams Street

419-242-7650

www.thetruthtoledo.com

Church's Chicken

Special Meals for any Family!

Feed 4 8^{PC} **MIXED** **\$13⁹⁹**
3 Corn, 1 Lg. Mashed Potatoes & 4 Biscuits

Feed 6 12^{PC} **MIXED** **\$19⁹⁹**
5 Corn, 1 Family Mashed Potatoes & 6 Biscuits

Feed 8 16^{PC} **MIXED** **\$23⁹⁹**
6 Corn, 1 Family Mashed Potatoes & 6 Biscuits



Offer good for Church's Chicken at
2124 Franklin Avenue, Toledo, Ohio

Commercial & Residential

America Maid Clean, LLC

COMPLETE JANITORIAL SERVICES:

- * OFFICES * RENTALS
- * NEW CONSTRUCTION

"CLEAN WITH GREEN PRODUCTS"



Call today to schedule a free quote!

6202 Trust Drive
Holland, Ohio 43528
419-724-0888 Phone
419-724-0884 Fax

FORECLOSURE CLEAN-UP

American Lawn & Snow Removal Services

Commercial & Residential

Complete Clean-up Services:

- * Lawn Cutting
- * Hedge Trimming
- * Mulching
- * Lawn Edging
- * Bush Hog for Hire

Call us today to schedule a Free Quote

6202 Trust Drive Holland, Ohio 43528
419-724-0888 Phone * 419-724-0884 Fax