



Local and National News

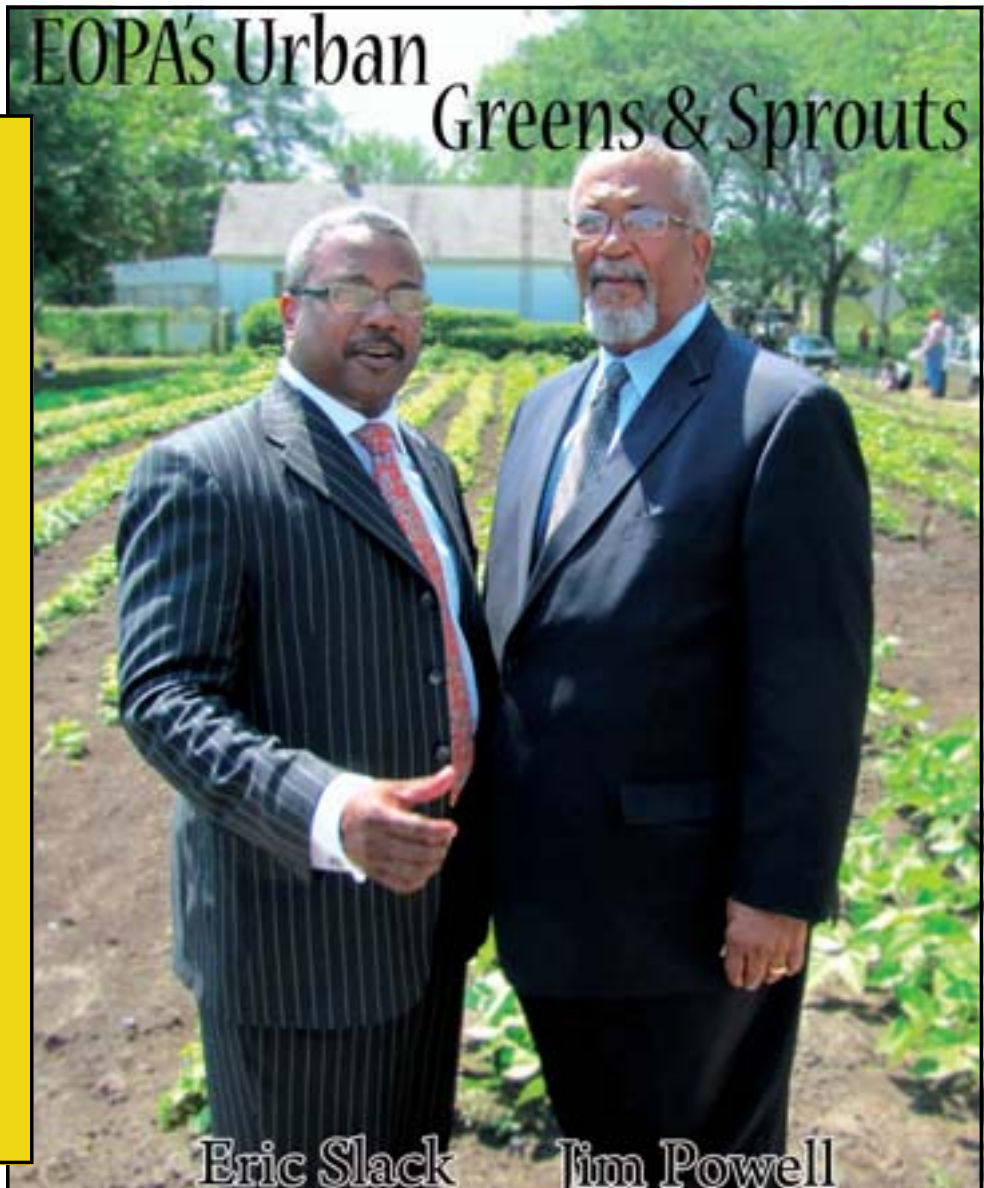
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The *Sojourner's* Truth

Volume 18, No.14

"And Ye Shall Know The Truth..."

August 04, 2010



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This Strikes Us ...

A Sojourner's Truth Editorial

On numerous occasions we have written about the inequities in the federal sentencing laws on crack cocaine and the hypocrisy of politicians who sought in 1986 and in subsequent years to stem trafficking in crack by imposing draconian penalties for those who were accused of such offenses.

Finally, Congress reversed course last week and reduced the disparities between crack cocaine sentences and those meted out for powder cocaine. It's not a perfect bill. The disparity has not been eliminated altogether, but it is a step in the right direction.

A little history about the law. In 1986, Congress, in a panic over reports that a new drug, crack cocaine, was particularly addictive and produced especially violent reactions in users – compared to the powdery substance – passed legislation decreeing that anyone convicted of a crack cocaine offense should be sentenced as if he or she had been responsible for 100 times that amount of powder cocaine. So, if a street peddler were caught with a mere five grams of crack, for example, he would be sentenced as if he held 500 grams of powder cocaine.

With the addition of mandatory sentencing laws, that meant that such an offense would bring the accused a sentence of five years for an amount – five grams – that could easily have been for personal use.

Virtually no one disputed the fact that the heightened penalties were directed squarely against the African-American community which received the bulk of the notoriety when the drug surfaced.

What quickly did surface as a major dispute, however, was the original analysis of the differences between crack and powder. Chemically the two substances are identical. This was a fact conceded time and time again in courts around the land but because of the nature of the sentencing laws, particularly the mandatory minimum sentences, federal judges hands were tied.

As a result of the disparities, over the years more than 80 percent of those sentenced by the federal judges for crack cocaine offenses have been black.

Last week, finally, Congress approved a bill that changed that mandatory sentence of five years from five grams to 28 – the equivalent of an ounce – the amount that many experts say an average dealer might carry around. A disparity still exists, however, the new law will fix the ratio at about 18 to one.

There have been so many things wrong about this approach to sentencing, that it's difficult to wrap one's arms around the total.

First, of course, there was the fixation on the black community, both in the legislation and the enforcement. Contrary to what we see on popular television shows, federal law enforcement has so often been geared to piling up conviction numbers. More often than not, those accused of trafficking offenses were rewarded with lighter sentences by turning in those lower in the organization than those above them. That's how so many street level dealers have been caught and sentenced.

Second, there is the myth, even popular among those who have been fighting the sentencing disparities, that crack cocaine was the drug of choice only in the African-American community. In fact, according to statistics compiled over the years by the U.S. Justice Department, the majority community accounted for approximately 70 percent of crack cocaine use.

Third, and these are in no particular order, there is that hypocrisy we have seen in politicians of all stripes, conservative and liberal, over this issue. All of the above have been tripping over each other for years in order not to appear soft on crime, no matter the cost to a variety of communities, in a nation that incarcerates a higher percentage of its population than any other on earth.

There is no better example of such hypocrisy than President Bill Clinton. During Clinton's terms the sentences for drug trafficking really took flight and the building of new prisons became a major industry.

Clinton waited until he was leaving office to admit that the federal sentencing laws were drastically unfair and that he should have addressed them early in his tenure.

Finally, there is the whole notion in this country that incarceration is the only answer to crime. In fact, as we look at our approach to crime and the statistics – the U.S. incarcerates the largest number of people in the world; the rate is four times the world average; the U.S. imprisons the most women in the world – the fact is that crime rates and incarceration rates simply do not correlate.

Advocates of such incarceration policies argue that crime would be a lot worse if we did not penalize at such a high rate. Such an argument overlooks the cost of incarceration to individuals, families and communities and the very obvious fact that a high rate of incarceration perpetuates a high rate of incarceration.

There is no better example of incarceration policies run amok than that of our approach to crack cocaine. Last year, close to 1,500 people were sentenced to mandatory minimum sentences for possession of crack cocaine amounts between five and 28 grams. Almost 3,000 people per year will be affected by the change in the crack cocaine laws, estimates Julie Stewart, president of Families Against Mandatory Minimums (FAMM), reducing the average sentence in these cases from 109 months to 79 months.

For years, only members of the Congressional Black Caucus spoke out in favor of changing the penalties. It's a relief to see that enough other congressmen have finally seen the light.

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

August 4-7

Bethesda Christian Center Cathedral Holy Convocation: Wednesday – Youth Explosion at 7 pm; Thursday 0 Intercessory prayer at 10 am, Bishop Dora Scott at 7 pm; Friday – Intercessory prayer at 10 am, men and women's sessions at 10:30 am, Apostle Michael Fields at 7 pm; Saturday – Intercessory prayer at 10 am, Elder Rance Allen at 7 pm

August 6

A Fundraising Cruise up the Maumee – Sunset and City Lights: 8:15 to 11:30 pm; A cruise up the Maumee on the Sandpiper: 419-392-1034

August 6-8

Big T-Weekend: Three-day fundraiser at Zeigler Habilitation Homes; Youth Hip-Hop Jam 5 to 9 pm; Saturday – The Joy of music, 2 to 9 pm; Sunday, Gospel Showcase 2 till close: 419-536-3825

August 7

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

Word of Faith Ministries Annual Tent Crusade: 10 am to 9 pm; Food, activities for children, entertainment for all; Min Daryl Winters of Life changers Inter Ministries, Pastor Kevin Sutton

Landscape Project: Jerusalem Baptist Church Kitchen Ministry; 10 am to 4 pm; Dinners, vendors' tables

August 7-8

Phillips Temple CME 93rd Anniversary: "Raising Our Church Direction;" Saturday 4 pm banquet at the church; Sunday morning service at 11 am and a musical gala at 5 pm at the church: 419-654-1570

New Prospect Baptist Church: Pre-Men's Day musical on Saturday at 6 pm; Women's Day Service on Sunday at 11 am; Men's Day Service at 4 pm

August 8

Union Grove MBC Pre-Women's Day Service: "A True Woman of Faith – A household Necessity;" 4 pm; speaker Sis. Martha Mack of St. Mark's MBC: 419-531-1994

Southern MBC Pastoral Installation Service: Rev. Lemuel Quinn III; "My Call Is to Preach the Word;" 6 pm

August 9-10

Scott High School Bridge Program: Week-long orientation for incoming freshmen; 9 to 10 am – parent/student Power Hour; 10 am to noon – Community Bash

August 14

The Josh Project Save a Life: "Learn 2 Swim;" 4th annual summer fundraiser; Indiana Avenue MBC; Noon to 5 pm; Fun, food, music, homemade ice cream: 419-973-1383

Picnic on the Lawn: Noon to 5 pm; Devilbiss High School; Games, music, food concessions, cars: 419-472-4191

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

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Don't Dance to the Tune ... Buy the Fiddle

By Lafe Tolliver, Esq
Guest Column



and which is the owner-driver:

(1) Education. TPS is on a careening course of failing to educate minority children to reach their full potential (note: I am speaking collectively and not of the many individuals who are able to trump the system and successfully negotiate life) and to be articulate and morally-sound student scholars. Any education without a moral component simply makes one an educated fool. Solution: Community members and organizations must coalesce to start, fund and maintain their own schools of excellence from K-1 to high school.

"Own the cow and enjoy the milk." "Buy the fiddle and call the tune." "Plant the tree and sell the apples." "Lease the loom and make the suit." "Buy the school and groom the scholar."

Now, you can take your pick of the above aphorisms and apply its principles to what collectively we as a community need to do in Toledo in order to get rid of a lot of mental and emotional debris that clogs up the pipelines when it comes to blaming society for what ails us.

It is obvious to this writer that the following scenarios need to be developed not as a dream but as a plan so we can rid ourselves of some excuses of being a victimized passenger and not the role we should be aspiring to

Carping, complaining and bemoaning about what the public schools did and are doing to our kids is high insanity because the same complaints about the same conditions over long periods of time are producing the same results. Either do for self or simply "sit in a corner and have a tantrum."

We, the parents, are the ultimate teachers and role models for our children.

Change can be accomplished but if the will is not there, then years from now,

we will still be carping about how pitiful Toledo Public Schools are and how bad they are treating Shauntae and DeMarcus. Enough already! Being a victim is easy. Doing something about your victimization takes courage and work and sometimes money.

(2) Police Misconduct. When cops go bad and start bullying the very people they have sworn to protect and serve, it is high time that the public servants, which they are, be reprimanded.

Quickly and thoroughly so as to be an example to anyone else who believes that wearing a gun and a badge gives you power to abuse at will.

The citizenry has the final say or power over the police force, not the chief of police or city council.

The people can petition for redress to the council and if they fail to act, you vote them out of office and fire the police chief.

Solution: The need to resurrect a police/citizens review board with subpoena power and the ability to take sworn testimony and take their findings to a grand jury.

Only a diligent review

board that is populated with people who are not scared of a blue uniform will be the proper buffer zone between Gestapo tactics and freedom from unreasonable searches and seizures (that includes police misconduct and brutality cases).

Toledo had at one time such a review board but you do not hear from it at all. It is probably defunct and such duties, by default, seemingly went to the Board of Community Relations which needs to be equipped with subpoena powers and to be able to refer matters to the county prosecutor for indictments when so warranted.

Even a better idea: study up for the police and fire classes and become a firefighter or police officer and become an agent of change.

(3) Yakety-Yak about "others" in our community.

This is a no brainer. Why is it when "others" being defined as Koreans, Chinese or Mid-Easterners camp out in the central city and buy up corner lots or open up carry outs and other stores which always sell the "community

building blocks" of: beer, wine, cigarettes and Lotto tickets, that some black folks get bent out of shape when they get shabby treatment in those stores either via insulting customer service, shoddy goods or unkempt premises?

Want to correct those problems? Easy as blinking your eyes: Don't patronize any store that treats you with contempt or insults you with high prices or shoddy goods or crude comments.

Make your complaint and simply walk out (put the goods back first) and never return. Never. Now, wasn't that easy?

Better yet and this requires a change in attitude: gather up some family and friends, pool your resources, form a corporation, buy up land and buildings and start your own commercial activities. You want revenge? Success is the best revenge. Just don't do or become the same person that you complained about!

(4) What's In A Name? Plenty! Quick quiz. What do the following names all have in common?: Da'taneysaia,

Bosylenzia, Snow White, Caulosandra, Hermenisota, A'moleysia, Mumdiforba, Kozecelecta, Jay-Drusolemia, Effornia, Losquesovea, Ike And Tina Turner (this is just the first name of the child!) Va-Onsey and Ophrehetta.

You guessed it. Names (?) that a black parent pinned on a poor black child. Why?

The parents thought they were being "creative" but, in fact, they were being quite short sighted in their thinking because such a horrendous moniker will follow that child all of the days of their life and immediately identify them as being a minority child.

Parents, quit naming your kids as if they are aliens from Neptune! Get a baby book of names and quit using that ouija board.

There is nothing "cute" about ridiculous, hard to pronounce names. They are laughable...not commendable (I know, I know...the emails are zinging their way right now!).

Contact Lafe Tolliver at Tolliver@Juno.com

Social Media Workshop

A workshop designed to help small businesses, nonprofits and individuals get acquainted with and use social media as a mass media communication tool will be held at the The Truth Art Gallery, 1811 Adams Street, on Saturday, Aug. 7 from 10 a.m.-2 p.m.

Clyde Hughes, former Blade reporter and a writer/editor with Purdue University Marketing and Media in West Lafayette, Ind., will facilitate the workshop, which will include handout material, group discussions, a power point presentation.

This workshop will show you how to marry old school and new school media technologies to create a comprehensive publicity plan, how to brand your product and yourself, and get people excited about your event and issues.

The workshop will present strategies and techniques that are being applied today by some of the country's leading institutions and how you can use these the moment you walk out of the workshop (and a few while you are still in the workshop!)



Who should attend?

- Small Business Owners
 - Nonprofit Directors, Officers
 - Event Planners
 - Future Business Owners
 - Government and Private Public Relations Officers
 - Politicians and Campaign Managers
 - Anyone Interested in Using Social Media and Old School Media Effectively
- In this workshop, you will learn:
- A new way to use news releases and news conferences in the age of the Digital Media.
 - Why you still need newspapers and television news, despite the rise of the Internet.
 - Why you should start writing a blog – TODAY!
 - What is SEO and why is it important.
 - What is a "brand" and why you need one.
 - Integrating LinkedIn, Facebook, and Twitter into your Media Plan.
 - How to make it all work to get you noticed.

Register Today! • Space Is Limited!! • Classes begin Aug. 17th!!!

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Call today to reserve your space and to pick-up your information packet. Hurry, classes begin Tuesday, August 17th and space is limited.

419-242-7304 ext. 2912

Funded by: The American Recovery and Reinvestment Act Community Services Block Grant

Completed Dorr Street-Scapes Celebrated by Community Leaders

Sojourner's Truth Staff

Several dozen community leaders gathered last Friday morning near the recently-completed "street-scapes" on Dorr Street to celebrate a project that they expect will spur the revitalization of the inner city corridor.

"This project started over 50 years ago but it was a project lost," said Jimmy Gaines, executive director of the Organized Neighbors Yielding Excellence (ONYX)

Community Development Corporation (CDC). "The promise was made to us that we would have a vibrant Dorr Street and a vibrant inner city."

The street-scape, a two-block-long island containing self-watering planters and banners touting the project, was requested two years ago by the Dorr Street Coalition in their push to revitalize the strip. At that time no funds

were available from any government source for the improvement project.

When the federal American Recovery and Reinvestment Act (ARRA), also known as the stimulus plan, offered up money for shovel-ready neighborhood beautification projects, the City of Toledo Department of Neighborhoods requested and received funds for the Dorr Street island.



On Friday, at the press conference attended by city officials, community organizers and CDC leaders, Gaines emphasized that while Dorr Street was well on the way to being reinvented with such recent additions as the Brownstones on Dorr, increased retail along the corridor and the new building soon to be constructed for the Toledo Urban Federal Credit Union, much more is needed.

"We need more effort and more attention on a plan," said Gaines. "Why not put more money into the central city? This is the place to do it,

this is the place we want it."

"This is an exciting day," said E. Michelle Mickens, executive director of the Toledo Community Development Corporation (TCDC), the other CDC heavily invested in the Dorr Street Coalition. "We have made millions of dollars in investment [in the neighborhood] because we care. It's worth it and the people are worth it."

Toledo City Council President Wilma Brown, who personally pushed for years to bring the Brownstones on Dorr Street to the area, spoke of how important such infrastructure improvements were

for the redevelopment of the area and noted that the Brownstones themselves were only part one of a three-phase development strategy.

Realtor Julia Bryant also touted the Brownstones project and the high quality of the building – "one of the best projects I've ever been associated with in terms of quality." Tax abatements and down payment assistance are still available for prospective homeowners.

According to Kattie Bond, director of the Department of Neighborhoods, \$250,000 was spent on the street-scape.

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Children Under 12: \$8.50

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September 10, 2010

No Seat Holding

New TPS Super Hits Ground Running

Sojourner's Truth Staff



Superintendent Pecko tours the new Woodward High School

Jerome Pecko, Ph.D., recently appointed superintendent of the Toledo Public Schools, started his new position on Monday with a whirlwind tour of the district including a stop at the new Woodward High School in north Toledo.

Taking a spin around the new facility with Woodward Principal Emilio Ramirez, Pecko spoke glowingly of the

area's new schools and of the challenges facing the fiscally-troubled district.

"I'm really looking forward to this," he said of his new job. "The district has a lot of bright spots in terms of facilities and academics. The challenge is to continue to make improvements in academics and in budget matters."

Pecko also spoke at length of how troubled he is about

two aspects of the recent budget cuts: the administration and school board were forced to make in order to close the deficit – transportation and athletics.

The cuts to transportation will save the district about \$2.6 million annually and those to athletics will save about \$884,000.

"Transportation is a large concern of mine," he said during the Woodward stop-over. "Students in K through eight will not be transported if they live within two miles of their schools. The way they will get to school, we will worry about that."

He also expressed his concerns about the loss of athletics programs and the loss of opportunity for the district students.

Pecko noted that the district will have an opportunity to take a second look at those cuts if the November school levy issue is passed by voters. At that time, voters will

(Continued on Page 12)

Night at the Savoy Brings the Jazz Back to Toledo

By Brittany Jones
Sojourner Truth Reporter



Ramona Collins

attendees to keep jazz alive in Toledo.

"Jazz takes a beating because people want to boogie and dance," Collins said. "As long as there are singers who want to keep the spirit alive, we got something everyone can feel."

With the Eric Dickey Quartet as the band, the lineup of performances began with Dorothy Gray. Although she is not a native of Toledo (born in Margret, Alabama), her singing training and exposure to music began at Scott High school.

What Gray bought that night were familiar tunes such as "Fever" by John Davenport and Eddie Cooley as well as "They Can't Take That Away From Me" by George and Ira Gershwin. Along with two other pieces, she produced a mysterious and rhythmic vibe to the room.

At an early age, singing for Sheila Fleming came natural because she had no formal training. Born in Chicago in the early 1950s, she got her knack for jazz by listening to Dinah Washington and Nat King Cole. In the early 1990s, she relocated to Toledo and made her mark, performing with many top jazz perform-

ers and singing at Murphy's Place downtown.

Her musical selections brought the sassy, energetic and engaging ambiance that jazz can generate. Her songs talked of finding a love so real that one cannot live without that person around them ("Night and Day" by Cole Porter, "On Green Dolphin Street" by Bronislaw Kaper and Ned Washington and "What a Difference a Day Made" by Stanley Adams and Maria Mendez Grever).

Fleming also ventured into the hurting side of love when a significant one leaves ("Stormy Monday" by T. Bone Walker and Memphis Slim).

After a brief intermission, it was time for Lesli Lane to take the stage. A graduate of Scott High School, the singer and actress unveiled her talents at the age of 18 at Rusty's

Jazz Café. As a result of her love of entertaining, she has traveled the world (Japan, Europe and Asia) and performed with revered jazz performers such as Eddie Abrams and Clifford Murphy.

A haunting love and a love that takes much out of a person was what Lane expressed through her selections, such as "Round Midnight" by Thelonious Monk and "Don't Get Round Much Anymore" by Duke Ellington and Bob Russell. Although her microphone cord was not long enough to walk through the audience, it did not stop her from having the attendees participate.

Despite the topics of the songs, Lane's deep and mellow feel gave a tranquil atmosphere mixed with the distinguishing practice of scatting. Collins got in on the action when she performed some songs from her two independent CDs, "Everything Old is New Again (1997)" and "Live and Loving It," which will be released this Fall.

After a finale of George Gershwin's "Summertime" and last acknowledgements and remarks the night was

came to an end with melodies from the Eric Dickey Quartet.

The Quartet members are comprised of Eric Dickey (bandleader and pianist), Kevin Eikum (bassist), Damon Cook (drummer) and Mark Lemle (woodwinds, saxes, flute, et al).

Jazz was in the air that night. Jazz was back in Toledo.



Sheila Fleming

Saturday night, July 31, was a trip back in time to the Roaring 20s. A time where women were deemed "flappers," with short dresses and costume jewelry and men in their tailored, slim-fitting suits.

That era was also the origin of the Harlem Renaissance, which was known as the "New Negro Movement." And on the other hand, it marked the rise of the "Jazz Age."

Jazz was in the air that night. Jazz was back – in Toledo – and it was all thanks to the performances at "A Night at the Savoy," a night dedicated to the legendary ballroom in Harlem.

In the Belvedere Room of the Toledo Club, three of the city's finest jazz singers entertained lovers of the music genre. Presented by the Neighborhood Health Association (NHA), CRSmith Productions and The Sojourner's Truth, the singers – Sheila Fleming, Lesli Lane and Dorothy Gray – transported the audience age

when jazz was golden.

Opening the night were welcomes and comments from Doni Miller, CEO of the NHA and Clarence Smith, Jr., CEO and producer of



Lesli Lane

CRSmith Productions.

Serving as the Mistress of Ceremonies, Ramona Collins, a "treasure and best-kept secret" of the region's jazz scene, kept the night going through engaging and witty commentary. She added to the jazz mood and reminded



Eric Dickey

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Stressed or Worried About Food?

By Diana Patton, FITatudes
Guest Column



"Then Jesus said to his disciples: 'Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the

ravens: They do not sow or reap, they have no store-room or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?'"

Luke 12:22-26.

Jesus is pretty clear about us not stressing out and worrying about food.

Do you find yourself obsessed with trying to be the perfect eater? Or, are you like us; you read the latest news about various foods and hear how certain foods can cause a negative impact in your body. And then, you sometimes get overwhelmed and worried about staying away from those particular

foods and keeping the foods away from your family? Or, are you just learning about healthy food and you want to stay on the "straight and narrow" and your complete focus is on food and not so much on how God can help you with balancing your food focus?

Regardless of where you fall, we need to adhere to Christ's teaching in Luke and then jump on over to 3 John while you are at it and read chapter 1:2 which says "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." So, you see God wants us to be in good health (which means eating healthy foods too). He just doesn't want us to

worry about the food we are eating.

What better time to start than now – "smack-dab" in the middle of summer. Let's put this into practice for the remainder of this summer and I'll start! I pledge that with Christ's help, I will not worry or get stressed out if my kids eat more junk food than normal this summer.

Okay, admission time: sometimes I do worry or stress out when I find out they were chomping on things that are not that great for them – and that worry and stress alone causes a whole other spiral of stress inside of me. Yes, God knows I want the best for my children and, as mothers, we must be the leader in our homes, setting the example and feeding our kids healthy foods.

But, what happens when our kids go to school, when they go to a baseball game and they are out of our sight, when they are at a friends

house – are we to worry about what they are eating and get stressed about it? No. Are we to worry and stress when we allow them opportunities to eat the foods that may not be the best for them from time to time. Again, no! God says there is more to life than food. Christ is right!

Case in point; when our family spends time together, fellowshiping with one another and enjoying life, laughing like crazy and loving each other according to his provisions, we are pleasing him and living that "Live Life to the Full" life that Christ talks about in John 10:10.

Life is just easier and the worry and the stress will dissipate when we trust God with the path he wants us to take. It's a fact – we will live healthier, fuller lives, we can eat according to what he desires for our lives, and we will remain in balance according to his will. This is the healthy bal-

ance focus and outlook that we all seek. What a great place to be, right? Everything begins and ends with a God.

Questions for you: are you struggling to balance your food-focus, to lose the weight and keep it off and to live a fully-energized life? Has this article triggered some excitement and hope? Then you'll want to pick up our FITatudes "Jump Start Program Workbook and DVD – 3 Weeks to a Healthier You" (www.FITatudes.org). Or, perhaps you may wish to prayerfully consider hosting a group in January 2011 for the FITatudes Jump Start kick-off to help others get the right Christ-focus and not get all stress and worried about food. We'll have more information on how you can host an event in future FITatudes articles right here in the Sojourner's Truth paper or visit us on the web at www.FITatudes.org.



Quite possibly the cutest thing in the world.


Look, no offense to other cute things, but The Toledo Zoo's new polar bear cub has clearly set a new standard for adorableness.

One visit and you'll agree. Come see the only polar bear cub in the country as he scampers, frolics and generally melts your heart all summer long.



I LOVE MY ZOO

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AT & T Lifeline Outreach




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Summer Grilling

By Patrice Powers-Barker, OSU Extension, Lucas County Guest Column

Use the grill for your entire meal! Many vegetables and fruits can work well on the grill as well as your favorite cuts of meat, poultry and fish. A couple of the best reasons for using the outside grill include the opportunity to prepare lower-fat meals and also to enjoy a fresh, summer taste without heating up the kitchen! If you don't grill outside you can also use these ideas with an indoor, double sided electric grill.

Grilling fruits and vegetables is easy and can be done in a variety of ways to best suit your grilling preferences. Grilling highlights the unique flavors of the vegetables and caramelizes the natural sugars of fruits. What produce works well on the grill? Some of the most commonly grilled vegetables include peppers, zucchini, eggplant, corn on the cob, mushrooms, onions and tomatoes. Fruits like peaches, nectarines,



apples, pineapples and bananas can be part of a side dish or a colorful dessert.

Start with a clean grill and wash the fresh produce in clean water. The specific preparation for the produce will depend on how you choose to grill them. Three common ways for grilling fruits and vegetables includes laying them right on

the grate of the grill, kabob style or using a special grilling pan or heavy duty aluminum foil. No matter how you choose to grill the produce, it's advised to cut or slice each type of produce in similar sizes so that they will cook in about the same amount of time.

A few hints for the different ways of grilling fruits and vegetables:

- If grilling on the grate cut or slice the fruits and vegetables large enough so they do not fall into the grill! If grilling something like a peach, slice the peach in half and place the flat side on the grate.
- If grilling on wooden kabob skewers, soak the skewers in water (or a marinade) for a few hours before sliding on the fruits or vegetables. This will keep the wooden skewer from burning while the produce is still grilling.
- If using foil, choose heavy-duty foil or make at least two layers of thinner foil to create a flat tray or wrap the foil closed like a pocket for the fruits or vegetables. In that way the moisture will stay on the foil packet and they will be cooked on the grill but the result will be like steamed

vegetables. If making a foil packet, you can also grill smaller pieces of produce like grated cabbage.

In general, grilling time will vary with the size of the cut fruits and vegetables. For most fruits and vegetables it is recommended to cook on a medium high heat. If using a charcoal grill, allow 30-40 minutes for the coals to reach ash stage. Keep a close eye on the produce so that it does not burn. Two to three minutes per side may be all that it takes to grill some fruits and vegetables, especially tender ones. Often fruits and vegetables are grilled until fork tender but it also depends on your preference.

Adding more flavors can

be accomplished by marinating the vegetables before grilling or sprinkling grilled produce with fresh herbs. A homemade marinade can be made by blending a half cup of oil with a fourth cup of vinegar of your choice. An oil-based Italian salad dressing can also be used as a flavorful marinade. It is not required that you marinate food before grilling but if you do not use a marinade, it is advised to spray or brush fruits and vegetables lightly with cooking oil before placing them on the grill in order to prevent sticking.

Corn on the cob can be grilled with or without the husks. If leaving corn husks on, peel back the green husk and remove the yellow silks. Next, soak the corn (with the husks) in water at least 20 minutes so that the husks will not burn on the grill. Drain excess water before grilling. Without husks, the ear of corn can be brushed lightly with oil or butter before placing it on the grill. During grilling (with or without the husks) turn corn frequently to prevent burning.

Don't forget the food safety! Just like preparing food in the kitchen, food safety tips also apply to outdoor grilled food. Always wash your hands with soap and water for at least 20 seconds before handling foods.

Wash fresh fruits and vegetables in clean running water.

If they are not tender vegetables (like carrots, potatoes, etc) use a vegetable brush while scrubbing them under clean running water. Marinate foods in the refrigerator, not on the counter or outdoors. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Keep raw meats and poultry separate from vegetables that will be served raw and from other foods that are already cooked.

Have plenty of clean plates and grilling utensils on hand to make the job easy. When grilling meat and poultry, use a food thermometer to make sure the meat is cooked enough but not overcooked. The following temperatures are for each type of meat:

- Beef, veal and lamb steaks and roasts: 145 °F for medium rare and 160 °F for medium.
- Ground pork and ground beef: 160 °F.
- Poultry: to at least 165 °F.

Continue to enjoy your favorite grilled foods this summer and add some new family favorites by adding a burst of color and flavor to your meals with grilled fruits and vegetables.



William Lucas
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About Our School

Annual Productions of Positive Force include: "The King of Glory" (2005), "Lord Peter" (2004) "Glorious" (2007), "Ode to Worship" (2006), "Redeemed" (2007), "Full Holy Spirit" (2008) "Power of the Blood" (2009) and "Arise" (2010). The mission of Positive Force Christian School of Dance is to train, motivate, encourage and provide positive self-confidence youth within our community. Positive Force serves all of those to encourage family unity, to promote the idea of team accomplishment through support and interaction. Positive Force offers classes in Classical Ballet, Jazz, Pointe and Hip-Hop to youth over the ages of 3 years of age regardless of race, gender, religion or cultural heritage.

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EOPA's Urban Greens & Sprouts Community Gardens

By Fletcher Word
Sojourner's Truth Editor

Perhaps the most striking feature of the Economic Opportunity Planning Association's (EOPA) newly-planted garden at 725 Belmont Street is what seems to be missing ... a fence.

The garden, located on a corner lot owned by the Organized Neighbors Yielding eXcellence (ONYX) Community Development Corporation, surrounded by several newly-planted ONYX homes and the recently completed Ella P. Stewart Academy for Girls, is a project that will be tended by community members. The fruits – or vegetables, in this case – of their labors will be

shared by the same community members, says Jim Powell, executive director of EOPA, who conceived the idea of getting his organization involved in urban gardens.

Why use valuable funds, he decided, on fences?

The EOPA Urban Greens & Sprouts Community Gardens program was inspired by the confluence of two events – First Lady Michelle Obama's White House Kitchen Garden and the availability of federal American Recovery and Reinvestment Act (ARRA) money (stimulus funds).

Powell and Eric Slack, director of planning for EOPA,



applied for the funds and received approximately \$82,000 for the garden project. The result of that investment will be gardens planted at Belmont, at 536 High Street (in collaboration with the Toledo SeaGate Food Bank), at 701 Vance Street (with the City of Mt. Zion Church) and at 640 Indiana Avenue (with Indiana Avenue MBC), along with six others around town.

EOPA's mission is to provide access to fresh produce, plants and flowers, educate

residents about good nutrition and healthy eating and to spur neighborhood improvement, a sense of community, economic development and a deeper respect and love for the environment.

On Saturday, August 14, EOPA will conduct a ribbon-cutting ceremony and garden tour to showcase the four projects. The tour will start at the Belmont location and is free and open to the public. The event will include a live broadcast from a local radio station, gardening celebrities,

a cooking demonstration by The Truth's Diana Patton and SeaGate Food Bank officials, children's activities, take-away garden-themed gifts for the public and refreshments.

The benefits of the program have the potential to be far-ranging, says Slack. For ex-

ample, EOPA's HeadStart students will be given tours of the gardens when they re-convene as the school year starts. They will receive demonstrations on gardening and eating healthy foods and a portion of that instruction, Slack says, will be

(Continued on Page 9)



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"Time Flies When You're Having Fun"

That quotation has proven true for Cynthia and Jack Ford during the last 90 days!

The couple got on board with a pro-health company, Visalus Sciences, and took the Body By Vi Challenge on May 1, 2010. They took the challenge with 12 friends to make health a larger priority in their busy lives.

Jack set a goal of losing 80 pounds to become eligible for placement on the kidney transplant list. Cynthia took the Body By Vi 90 Day Challenge to get fit, increase energy level and show support for Jack.

They are thrilled with the results! Jack has lost 54 pounds in 90 days!

Cynthia has changed two dress sizes and no longer munches granola bars and diet soda to get through the day. Now that they have achieved success without stress, they want to invite YOU to join them on the Body By Vi Challenge, too!

Jack Has Just 26 pounds to Go!

If you, or someone you care about, are interested in a weight loss transformation before the holidays begin or if you are interested in joining their team of positive and dedicated professionals, Jack and Cynthia invite you to join them beginning in August 2010.

Website – www.cynthiafordbodybyvi.com or www.cynthiaford.myvi.net

Email – jackieford2012@gmail.com Business Phone: 419-283-7300

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Gardens

(Continued from Page 8)



woven into the Head Start curriculum.

Then, of course, there are the neighborhood improvement benefits. With so many abandoned homes in the central city and lots in need of care, the potential for urban gardens is unlimited in Toledo.

So what looks good in

Belmont's garden?

Even though the garden got a relatively late start due to excessive rain in the planting season and the need to till the soil, the radishes seem to be in evidence and the tomatoes are popping out on their vines. Three types of greens will be ready in the fall, well before the

first frost – mustard, collard and turnip.

The garden plot also holds string beans, squash and jalapeno and banana peppers.

The garden project will provide about six temporary jobs, says Powell, but the gardens themselves could not possibly be successful without the

care the neighbors will be providing.

Lonnie Hester is one such neighbor. Originally from Hughes, Arkansas, Hester moved to Toledo in 1959 to work for the railroads. Gardening, however, is a skill that he kept employing after his move north to an urban area. He has

always maintained a garden in the ensuing years.

If the neighbors do not consume all of the produce from the garden, some will be donated to food banks. Some, says Powell, may be sold at neighborhood markets which he hopes will be up and running by September. Funds from

those sales can be used as seed capital (Powell's pun, not ours) for the following year's gardens since the stimulus funds are a one-time opportunity.

For more details on the Urban Greens & Sprouts Community Gardens, call EOPA at 419-242-7304.



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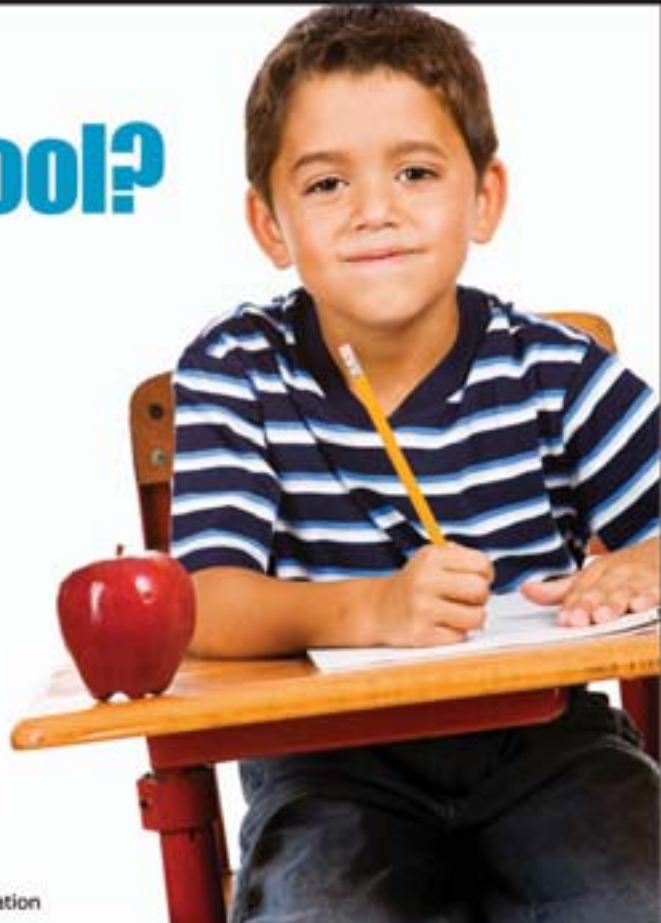
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High Blood Pressure: The Silent Killer

By Dianne Pettis, MS, FNP-BC
Guest Column



This article is the first in a series of three about blood pressure.

number is the pressure exerted when your heart beats or contracts. The diastolic (bottom) number is the pressure when your heart is at rest between beats.

Hypertension is the term for high blood pressure. A reading of 120/80 used to be the average for an adult, but this reading is now considered to be the high limit of normal. The normal level was lowered because we now know that heart, kidney, and eye damage can occur even with slightly elevated blood pressure over a long period of time.

Do you know your average blood pressure reading? Is it normal, high or low? What's the big deal?

The deal is that high blood pressure kills by causing stroke, heart failure, heart attack, and kidney failure. High blood pressure has been called the silent killer – and for good reason. There are usually no symptoms.

I see people in my practice who want to get their blood pressure checked because they have a headache, but it's a mistake to look for symptoms as an indication of high blood pressure. On the other hand, I get blood pressure readings on people who are very surprised that their blood pressure is high.

Blood pressure measures the force of your blood pushing against the walls of your arteries. The systolic (top)

120/80 or below – normal
121 to 139/81 to 89 – pre-hypertension
140/90 or higher – hypertension

A diastolic reading over 140 is defined as malignant hypertension, and requires emergency treatment.

Screening

Your blood pressure should be checked at least once per year. If the reading is above normal, your primary care provider may have you get several readings over a one to two week period to determine the average. This practice helps in making a proper diagnosis, since one blood pressure reading – unless very high – is not enough to diagnose hypertension. A diagnosis of pre-

hypertension or hypertension is made if either the systolic reading, diastolic reading, or both are consistently above normal.

Many community agencies and health centers have a 'Know Your Numbers' campaign. It is really important for you to know your average blood pressure, especially if you have risk factors such as a family history of high blood pressure, heart attack, or stroke; if you smoke or if you are overweight.

Make sure you have an annual physical. Always ask

what your blood pressure reading is, and write it down. "Your blood pressure is fine," is not a good answer. If you have high blood pressure, you should see your primary care provider every three months. If you are taking medication, take it everyday and make sure you don't run out.

Prevent or control hypertension by not smoking, maintaining a healthy weight, being physically active, decreasing dietary salt/sodium and limiting alcohol. The

American Heart Association has a website that helps you understand, track, and manage your heart health by using interactive tools. Visit www.Heart360.org.

The next article in this series will discuss hypertension

diagnosis and treatment measures.

Dianne Pettis, MS, FNP, BC
Family Nurse Practitioner
Dayton, OH
www.hearthealthandwellness.com
www.prosperousliving.com
888-887-4429

Dear Ryan,

I have been doing so well with my eating and exercising that I want to thank you for all of your help. I look forward to reading your articles in the truth. My question is – I want to take my workouts to the next level and I don't know what to do. I train three days a week, total body, but it's getting easy for me to do. How can I make it more challenging?
Kim

Dear Kim,

I'm very glad that you are getting help from my articles and that you are making improvements in your physique. It's a great feeling to look in the mirror and see that all your hard work is not in vain.

Well, there are a couple of ways that you can handle this. You can either increase the amount of work you do on the days you train or you can add another day of training. If you want to increase the workouts that you are doing now just simply increase your weight for a hard eight-15 reps or you can simply add another set to what you are doing. If it is still easy just keep adding weight until it is difficult for you to get your reps but with good form. NEVER sacrifice form for weight!

Your other option is to add another day. Train two on, one off, two on, two off. Start separating body parts, adding other exercises and stop doing total body workouts. This will give you more exercise per body part and give you a chance to work on lagging areas.

Make sure that you don't work the same body part two days in a row. Keep your nutrition clean and stay on your water. I hope this helps you and if you are unclear about anything just e-mail me.

You can also come in for a consultation and I will take you through a workout and go over your nutrition with you.

Ryan Rollison
Dream Bodies
1240 W. Sylvania ave.
Toledo Oh 43612
mydreambodies@aol.com



Hattie Lou Dupree Celebrates 100th Birthday with Family and Friends

Sojourner's Truth Staff



"It is truly a blessing to be here with someone who is 100 years old," said one of the guests at the 100th birthday celebration for Hattie Lou Dupree last Saturday, July 31 at Body of Christ Church at 5612 W. Bancroft Street.

Dupree, whose birthday was the previous Thursday, July 29 is an Alabama native who moved to Toledo in 1953. Among other positions, Dupree was a long-time teacher.

Dupree was joined by over 100 family members and friends, many of whom are fellow members of Body of Christ Church. "I have tried to live a virtuous life and serve the Lord," said Dupree as the celebration was getting started.

Dupree's son, Henry Dupree, Jr. was in attendance at the event organized by her niece Sarah Harper. Other relatives include two grandsons, seven great-grandchildren, one great-great-grandchild, four nieces, 16 great nieces and nephews, 15 great-great nieces and nephews and nine great-great-great nieces and nephews, most of whom were also in attendance.

Wanda Harper, a great niece, served as the mistress of ceremonies and another great niece, Rhonda Harper performed a solo – "Only What You Do for Christ Will Last." Presentations from President Obama, Gov. Ted Strickland and Mayor Mike Bell were read by Harriet Grier and Walter Webb, great niece and nephew.

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Fitness Sistahood

By Angela Steward, Fitness Motivator
Guest Column

Recently, I was waiting in a lobby for an appointment and a lady recognized me from my fitness articles. She shared her weight loss struggle with me and told me about the lack of support from family and friends. She explained that when she attempts to exercise, someone always tries to talk her out of it, or discourages her by telling her it's a waste of time. To them she doesn't look like she's lost any weight.

She also shared that she started exercising in January, and has only lost three pounds. So her question to me was "What is the point in exercising, if she can't lose weight." A lot of people have asked me the same question! If I am exercising, why am I not losing weight?

I don't proclaim to know everything about fitness, but

I do know what has worked for me and a lot of women I've helped along the way. My articles and advice are based on my personal life experiences and fitness journey.

A fitness journey is exactly that – a Journey! You learn as you go! Of course you'll make mistakes along the way, but as you're learning you'll realize the importance of:

MOTIVATION. SURROUND YOURSELF WITH PEOPLE WHO WILL SUPPORT YOU IN YOUR JOURNEY! Your support group understands the importance of exercising. They understand and respect your fitness and health goals and will motivate you to reach your goals. This exclusive group is your fitness family. They don't replace your blood family, but they play a very strong role in your journey. Find a good fitness family

or as I call it a strong "Fitness Sistahood"!

FOCUS. Now that you've made life-changing decisions, expect some life-changing experiences in this journey. The people around you are going to change because you've changed. Don't let that discourage you. This is the time to focus on what is right for you. This is your journey, not theirs. As you lose weight, you will be questioned on all levels: Why do you want to lose weight? How much are you planning to lose? Haven't you lost enough? You look too skinny, you need to eat. You don't look like you've lost any weight. Stop wasting your time exercising – it isn't working. Stop drinking the HATER-AID they're serving. Focus on your goals, keep moving forward in your fitness journey. Watch your haters from your rearview

mirror.

FOOD JOURNAL. Live like fit people do. Keep a food journal, track your intake of calories, it will make you aware of how many calories and how much food you eat daily.

PORTION CONTROL AND NUTRITION LABELS. Begin reading food labels. Anything you buy from the store has a nutrition label. Notice how many portions are in a container, and how many calories are in each portion. That small bag of chips is probably two servings at 150 calories each serving, that's 300 calories per bag. Reading labels is not something you'd normally do, it takes discipline, but take the time to do it. Half of the things you normally bring home from the store will stay on the store shelf!

DISCIPLINE. Drive past all-you-can-eat restaurants. Do you really want to eat ALL the food you can eat in one visit? There are medical conditions associated with eating at buffets – THUNDER-THIGHS and DUNLAP DISEASE (my belly

done lapped over my pants)! If you're eating at a restaurant, follow my Half-Plan, eat half of what you order and take the other half home for another meal. The Half-Plan saves you money and calories.

EXERCISE. Continue to exercise for one hour daily. Exercising three times a week allows you to maintain your current weight. To lose weight you should exercise five days, but I always recommend seven days of activity. You don't have to go to a gym to exercise: take a walk in the park, buy a pedometer and take 10,000 steps per day, walk your dog, dance while you clean your house, jump rope, walk to pick up the kids from school and walk home together.

HATER-AID: STOP DRINKING IT. My final bit of advice is stop taking other people's opinions so seriously. The people you love the most can and will be the most critical of your new lifestyle. Once you make your health a priority, you will feel fit and begin to look fit. **Fitness is not just about**

how you look, it's also about how you feel. When you feel better, you automatically look better.

REALISTIC GOALS. The goal is to look and feel your best and take care of "YOU." Once you've reached a certain health and fitness level, it will be easy to share your journey. So don't be selfish with it, share it! When you see someone struggling with weight loss, befriend them, encourage them, motivate them, share your fitness journey and create your own "Fitness Sistahood"!

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Unison Behavioral Health Group Expands Services

Proud to be the Newest Neighbor in the Heart of the City

Special to The Truth

Unison Behavioral Health Group stepped up in the midst of crisis to meet the needs of Toledo youth when Connecting Point closed in 2009. Concerns raced throughout the community about the future of behavioral health and substance abuse treatment for youth in Toledo, and, Unison took the steps to ensure local youth and their families would not fall through the cracks.

In February 2009, Unison launched an alcohol and substance abuse treatment program for youth ages 11-18. Since the inception of this program, more than 100 youth have been served. The number of youth in our community who are dually diagnosed – the presence of a substance abuse disorder and mental health disorder – is on the rise. According to Dr. Larry E. Hamme, Unison's Chief Clinical Officer, "75% of the youth currently served by Unison's programs are dually diagnosed."

The rapid growth of the program was putting a crunch on space at the agency's 1425 Starr Avenue location. Soon, executives at Unison began to explore options to move the program to another space. They heard the cry from Lucas County Juvenile Court officials, Lucas County Children Services, community physicians and other behavioral

healthcare providers to situate themselves near downtown – providing ease of access for youth and their families who were in desperate need of behavioral health and substance abuse services.

Unison's board of trustees understood the importance of locating additional services downtown and began exploring the possibility of purchasing the vacant Connecting Point facility. "While we faced our own budget crunch, we knew we had to find a way to serve more of these youth," says Bridget Root, Unison's board president. "It was an easy decision to move forward with the purchase of the Connecting Point building".

Nearly one year later, Unison Behavioral Health Group at 1212 Cherry Street is ready to open its doors for services. Terry Glazer, CEO of United North says, "We are excited that an empty building on a major corridor in our neighborhood has been renovated. Most importantly, Unison will make available much needed services for our youth and will be a great partner in our efforts to work with the community".

David Schlaudecker, Interim Executive Director and Chair of the Mental Health and Recovery Services Board of Lucas County adds, "The

MHR SB applauds Unison's commitment to the behavioral health and substance abuse needs of our community and the opening of their 1212 Cherry Street location".

Programs slated to be offered at Unison's 1212 Cherry Street location for adults, children and adolescents include: diagnostic assessments, individual and family therapy, alcohol and substance abuse treatment and medication management.

Unison is a not-for-profit community mental health agency supported by the Mental Health and Recovery Services Board of Lucas County. Unison is licensed by the Ohio Department of Mental Health and Ohio Department of Alcohol and Drug Addiction Services. In addition, Unison is accredited by the Joint Commission on Accreditation (JCAHO).

Unison currently operates three community mental health centers at 1425 Starr Avenue in East Toledo, 544 E. Woodruff Avenue, and their newest location in the heart of the city at 1212 Cherry Street. Unison accepts Ohio Medicaid and most private insurances. For more information on the services provided by Unison Behavioral Health Group or the Judge Mathis event, please call 419-693-0631 or visit www.unisonbhg.org.

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Book Review

The White House Doctor by Dr. Connie Mariano

c.2010, Thomas Dunne Books \$25.99 / \$31.00 Canada 300 pages, includes index

By Terri Schlichenmeyer
The Truth Contributor

You've worked with a lot of people in your life. But there's one you'll never forget.

He's the one who gently corrected you just before you embarrassed yourself. She never made you feel like the bonehead you were. He fed you pointers and help. She fed you lunch more than once.

You called them boss, but "friend" was equally appropriate.

Dr. Connie Mariano had two bosses like that, both of them known around the office as POTUS: President of the United States. In her new book *The White House Doctor* she tells about nine years at work, and the two administrations she administered to.

It always seemed that Connie Mariano stood in the shadow of the U.S. Government. Her father was a Navy steward to Vice Admiral Hugh Goodwin and his wife. Mariano's uncle was a Navy steward at the White House during the Kennedy administration. Mariano herself was a Navy doctor who spent time aboard ships, caring for the crew. But when she was tapped for the position of junior doctor for the first Bush Administration, she was surprised.

For the last year of the Bush's tenure in office, Mariano dispensed band-aids, followed the First Pa-



tient, and followed orders. When Bill Clinton was elected, she briefly feared losing her job but was pleased when asked to lead the department.

Her family, however, wasn't so pleased.

Mariano had promised her husband and sons that they'd return to their beloved San Diego after her two-year tour as White House physi-

cian ended. Two years became four, became six, became nine.

Still, it was a dream job with limitless opportunities. Mariano traveled all over the world as the "White House bag lady" who totes medical supplies and devices wherever the president went, "just in case." The job demanded long hours, but she forged lifelong friendships—includ-

ing those with both presidential families. She rose to the highest rank that any female Filipino-American Navy officer had ever achieved. But when it was over, she had hard reflections.

"I had been missing in action for nine years to take care of the first family," she says. "Would my real family still need me when I finally came home to stay?"

So you think you've got a tough boss? Ha! Try an-

swering to the Leader of the Free World.

Being the physician to POTUS is one of those demanding-but-necessary (and fun!) jobs that nobody thinks about, and author Connie Mariano does well in explaining the day-to-day of it, as well as the exhausting, 38-hour-day bits. Hers was a job that required "invisibility" with constant presence and—talk about pressure—knowing that "it is not a matter of

if the president is attacked but when."

Aside from one annoyance—an incessant reminder of her father's service—I really enjoyed this peek inside the best-known House in the land. Whether Democrat or Republican, Bush or Clinton, I think you'll like it, too, so grab a copy of *The White House Doctor*. For politicians, medics, or anybody who's just plain curious, this book works.

Pecko

(Continued from Page 4)



School Board member Bob Vasquez and Superintendent Pecko

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be asked to pass a measure that will raise about \$22 million – the largest levy of additional money ever approved. On a house worth \$100,000, that would add \$199 to the annual property taxes.

But the November levy comes hard on the heels of a failed May income-tax request that was defeated during the primary by a two to one margin.

Even if the voters approve the November levy, said Pecko, the board and administration will still have to deal with a deficit in the \$11 million range. He will still advocate restoring the transportation and athletics programs.

"If the November levy passes, I would recommend restoring transportation and I see no reason not to jump back into the spring sports programs."

Rell Review
Inception

Leonardo Dicaprio Ellen Page

By Michael Hayes
Minister of Culture



What do you really know of the power of your subconscious?

What if technology has made it possible for someone to tap into your mind's deepest thoughts during the sleep/dream state when your defenses are down but your mind is most active?

What if a very easy-to-use device made it possible for people sleeping in the same room to share the same dream?

What if the science of dream sharing had been perfected to the point that sleepers had definite roles in creating the worlds of the dreams they share?

One person responsible for the environment of the dream... being on a street ... being in a mall, etc.

What if this entire concept had become so prevalent in modern-day society that businessmen commonly had to safeguard their subconscious selves from being hacked in their dreams because ideas and secrets worth untold millions of dollars lay stored away vulnerable to theft?

Instead of the world's richest corporations being susceptible to firewall infiltration and company information and assets just a mouse click away from being compromised, now the owners and officers of these businesses live in a world where the very thoughts that found and guide these companies can be tapped into and stolen.

Inception stars Leonardo Dicaprio, a man who has hacked into Hollywood and stolen an

astonishingly successful career that his acting talents don't easily explain. Yet I admit this is one of his best roles.

He plays Cobb, a wunderkind in the field of dream sharing and subconscious corporate espionage.

His team and network of associates who specialize in particular areas are all pretty flat characters except for the wonderful Ellen Page who plays Ariadne, a prodigy in the science of dream architecture.

Cobb has secrets that bring dangerous complications to any operation his team may try to pull off when they all go under because his subconscious is still dealing with tragedies in his own life.

An opportunity comes for Cobb to rectify part of his past but he and his team have to PLANT an idea in a powerful man's mind instead of STEAL an idea... this process is called Inception.

I'm telling you all, this film is one of the best you have seen in the last 10 years.

It has all the elements necessary to be a classic.

The concept is mind blowing!

I put on facebook that anyone who uses drugs or mind altering substances can take a day off and just go to the theatre and see Inception instead.

Certain elements of Inception seem to incorporate ideas present in two of my favorite films of all time, Vanilla Sky and The Matrix, but on a purely conceptual base level... this film

blows those two out of the water because it's revolutionary yet eerily tangible all at once.

Beyond concept, the film's visuals conveying the concept are awe inspiring.

A sparing usage of shock and awe is a masterful tool used by director Christopher Nolan (the man behind another visual masterpiece, The Dark Knight).

It makes a bigger impact when the action is jarring and the effects are mesmerizing but not

over done... rather than a constant rush of explosions, and mind bending feats.

And because this is The Truth and I've been holding y'all down for years with the real... I have to put a BOOTLEG ALERT on this one.

Do not see the bootleg version of Inception.

Go see it in the theatre, first! Hell, go on Tuesday when movies all across the city are \$6 all day.

Multiple plots and subplots, and truly dynamic storylines and climax moments... this film will only disappoint you if you sleep through it.

But if you sleep through it and find yourself dreaming... don't be surprised if you wake up with a certain urge to know more.

I'm giving Inception my highest grade: A+.

It's a film that wins in every category but even above that, it sits with you days after seeing it.

I ran into fellow music producer Gutta Dave at a night club, and with all the action in the club he and I found ourselves having a 10 minute conversation about Inception... in the middle of the club.

This movie will rock your world and make you question it all at the same time.

See it twice, then hit me up. Peace.

Email or Facebook search:

glosscitytruth@yahoo.com



Advertisement for 'GAMESAVVY LATE NIGHT' featuring a collage of faces and the text 'WATCH GAMESAVVY LATE NIGHT EVERY SATURDAY FOLLOWING SATURDAY NIGHT LIVE.' and 'GAMESAVVY.TV STOP BEING SO SURPRISED'.

Advertisement for 'Experience THE UPSIDE' featuring DJ Reese and the text 'VIDEOS FLIPPED & REMIXED', 'Produced and Seen Locally', 'Saturdays 11:30am', 'Sundays 10:30am', 'Only On Toledo's my58', and 'DJ Reese'.

Advertisement for 'The Truth Art Gallery' featuring African art and the text 'COMING SOON!!', 'The Truth Art Gallery', 'An amazing array of African Art imported from Ghana', 'Hundreds of wood carvings masks, dolls, animals, profiles', and contact information: '1811 Adams Street', '419-242-7650', 'www.thetruthtoledo.com'.



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CLASSIFIEDS

August 04, 2010

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Request for Qualifications (RFQ) to Pre-Qualify Mechanical, Electrical, Plumbing and Fire Protection (MEP & FP) Contractors, Inquiry # FY11-001, Project # 0104-10-656.

The University of Toledo is assisting the Construction Manager at Risk to pre-qualify MEP & FP contractors for the Wolfe Hall renovation phase of the Center for Biosphere Restoration Research - Bowman-Oddy Laboratories and Wolfe Hall Renovations project on the Main Campus. Total MEP & FP Construction Budget for Wolfe Hall Phase: \$505,000.00. This project is a State of Ohio Construction Reform Demonstration Project and will use the "Construction Manager at Risk" project delivery format with a guaranteed maximum price (GMP). MEP & FP contracts will be awarded by the Construction Manager at Risk to the lowest responsive pre-qualified bidder. The contracting process and MEP & FP construction phase services are described in the RFQ. Please submit all responses to the RFQ to The University of Toledo, Facilities and Construction, 2801 W. Bancroft St., Plant Operations, Mail Stop 216, Toledo, Ohio 43606 by DATE: Friday, August 13, 2010, TIME: 4:30 p.m. All questions and inquiries can be emailed directly to daniel.klett@utoledo.edu. For a copy of the RFQ email joy.martin@utoledo.edu. Please reference Inquiry # FY11-001 on the outside of envelope and include six (6) copies of your response.

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Or email www.abundantlifeperrysburg.org

Notice to Bidders: Inquiry # FY11-012, (Project # 5004-10-1535) for University Medical Center

2nd Floor Frozen Section Renovations for the University of Toledo Health Science Campus. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Wednesday, August 18, 2010 Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$40.00 will be charged per set. Any further information may be obtained from Julie Cavese of Meyer + Bates Associates at 419-873-8450. One Pre-Bid Conference will be held on Wednesday, August 11, 2010 at 9:00 a.m. in The Health Education Building, Room 110, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$117,930.00; Breakdown: General Const: \$60,330.00; Plumbing & Fire Protection: \$13,000.00; HVAC: \$33,100.00; & Electrical: \$11,500.00.

Notice to Bidders: Inquiry # FY11-014, (Project # 1020-10-631) for University Medical Center Campus Waterproofing for the University of Toledo Health Science Campus.

Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 3:00 p.m., Wednesday, August 18, 2010 Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Stough and Stough Architects, 6377 River Crossing - Suite 1, Sylvania, Ohio 43560. Call 419-885-3583 for an appointment to pick up bid package. A cost of \$40.00 will be charged per set. Any further information may be obtained from Craig A. Stough at 419-885-3583. One Pre-Bid Conference will be held on Wednesday, August 11, 2010 at 10:00 a.m. in The Health Education Building, Room 110, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 5%. Project Estimate: \$400,866.00; Breakdown: General Const: \$400,866.00.

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The University of Toledo

Job 5003: Observatory Research Lab Technician, Physics:

The job functions are approximately evenly split between this position will support for the Ritter Observatory and laboratories in McMaster Hall. The observatory duties include designing and building new optical, mechanical, electronic, and computer hardware and/or adapting purchased hardware to existing systems, as well as exercising initiative to ensuring that existing systems remain in working order. Research laboratory duties include diagnosing and correcting problems in high vacuum systems. This includes identifying problems with sensors and readouts for vacuum instrumentation gauges of several types including thermocouple, convectron, capacitance manometer, and ionization. It includes expert use of a helium mass spectrometer leak detector in various modes to identify and correct virtual and actual leaks. It will require communication with technical experts of equipment manufacturers and with the departmental machinist and electronics technician. Other work may require designing and constructing vacuum systems and components as well as overseeing the purchase of compressed gases and liquid nitrogen for the department. The successful candidate must be able to work at heights, manipulate heavy equipment, lift 35 pounds, and climb ladders.

A Bachelor's degree in mechanical or electrical engineering, or physics, or or astronomy (or equivalent experience) is required. Several years of experience in an academic or industrial R&D or engineering capacity is highly desired. The position requires a broad range of skills: mechanical, electronic, optical, and computer-related experience. Desired background includes experience with telescopes, preferably in a professional astronomical observatory, and experience with vacuum systems and with cryogenics. Workshops and similar experience are also desirable in computer repair and upgrade, preparation in handling of optical fibers, and handling and disposal of hazardous materials. Full time. Some night/weekend support work will be expected occasionally. Salary commensurate with education and experience.

For more detailed description information and to apply please visit <https://jobs.utoledo.edu>. **Application deadline is Friday, August 6, 2010.**

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A Literary Bash: The Library's Up on the Roof Fundraiser

Sojourner's Truth Staff



Rhonda Sewell as ...

The Toledo-Lucas County Public Library held its annual fundraiser on Saturday, July 31, featuring how jazz, cool views and rooftop fun.

This year's theme, appropriately enough, was "A Literary Bash ... Up on the Roof" as the staff paid homage to well-known authors and characters. A number of current and retired staff dressed as the characters they represented which included two Ernest Hemingways, Julia Child, Alice from *Alice in Wonderland*, Waldo from *Where's Waldo* and Harlem Renaissance author Zora Neale Hurston who penned the classic *Their Eyes Were Watching God*.

The focus of this year's fundraiser was on fine books

and youth services. The rooftop party featured the sounds of saxophonist Jesse Coleman and the JAMM Band along with seven local authors and a multitude of prizes and surprises.

This year's event was sponsored by the Library Legacy Foundation and PNC Bank.



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Call today to reserve your space and to pick-up your information packet. Hurry, classes begin Thursday, August 5, 2010 — space is limited!

419-242-7304 ext. 1508

Funded by: The American Recovery and Reinvestment Act Community Services Block Grant