



TPS CHALLENGED!

"The independence and scope of this committee are areas we must have common agreement and are paramount in understanding the current state of education and operations with which to formulate recommendations needed to bring about 'transformational change,'"

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Electoral Dormancy

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



Used to be a time when you would pamper me; Used to brag about it all the time.

Your friends seem to think that you're so peachy keen, But my friends say neglect is on your mind. Who's right?
- **What Have You Done For Me Lately? (1986) Janet Jackson, Jimmy Jam, Terry Lewis**

We are negativists – more likely to become emotional and ideological captives of the unrelenting scenes of despair and of all that is wrong being broadcast 24/7 into our homes. All that is positive and right – occurring almost simultaneously, is seldom noticed or garners our attention.

Notwithstanding activist Paul Hawken's accurate assertion that "millions of people work on behalf of strangers despite the six o'clock news' fixation with the death of strangers," the feeling of many in the community is that, politically, we have returned to the pre-abolitionist era when "no citizen group ever filed a grievance except as it

related to itself."

With the Democratic Party kicking off a counter-campaign to the heretical Glenn Beck/Sarah Palin "restore honor" spectacle – a symbolic mockery of Martin King's historic "I Have A Dream" address, relationship problems begin to surface from several disenfranchised Obama and Democratic Party constituencies as campaigning for crucial November elections intensifies.

With a sluggish turnout for primary elections in many states, no group of previous supporters appears to be more anemic than the low-income, less-advantaged segment of the electorate. The Obama campaign of 2008 seriously invested in efforts to mobilize this group in contrast to traditional political strategy and it paid off back then.

Yet, "it's still hard on the boulevard" as the administration's mission to build a "new foundation for prosperity for all" has not filtered from Wall Street and Main Street down to the alleys and back-streets of "Hopeless Highway" or "Ghetto Lane."

The administration, feeling that they should do a better job communicating their accomplishments, proudly touts its large commitment to education reform, historic health care legislation with its "immediate impact on those in the pews, and Wall Street reform with fairness and clarity that reins in payday and predatory lenders and credit card abusers."

Yet the massive American Recovery and Reinvestment Act of 2009, distributed to the public through intermediaries, has had no visible consequence in the black community in terms of increased economic activity or employment.

Despite the persuasive logic of "things would be much worse if Republicans return to power," there is a growing feeling that politics is meaningless among minorities and those with lower incomes – all who overwhelmingly supported President Obama and the Democrats in 2008.

With the intense opposition of those seeking to prevent the success of Obama's progressive agenda and Ohio, a "battleground" jurisdiction, in a nation with "the worst social record of any developed country in the world – number one in prison population, first in teen pregnancies, drug use, child hunger, poverty, illiteracy, obesity, diabetes, use of antidepressants, high and rising levels of economic inequality, violence, firearms death, military spending, hazardous waste production, recorded rapes and poor quality of its schools" – will our situation motivate African-Americans and the poor to turn out at the polls in November or will we continue our recent passive electoral quiescence?

Research has documented what many already know.

Since the 1970s, there has been a systematic political restructuring which depresses the political engagement of minorities and those with lower incomes, and which tilts participation towards the economically advantaged.

Disadvantaged populations don't participate when elections are not organized around their primary needs and interests. Government officials, knowing whom they can ignore without being punished and whom they must keep happy in order to be reelected, are more "responsive to the preferences of more-affluent individuals and groups" such as those already advantaged, employed or with established businesses or political ties (Gilens, 2005). As a result, the social and politically elite are reinforced and the less well off demobilized.

In addition, the policies that are implemented by politicians send public messages about the political reality which teaches lessons about the wisdom of citizen participation. The success or failure of policy advocates in achieving their desired policy outcomes is a reflection of who or what group is deserving of dignity and who can be disrespected.

Therefore, how different groups are treated, in terms of successful policy outcomes, is a powerful influence on political behavior and civic attitude. When African-Americans or the poor fail to obtain economic benefits or other tangible results for their efforts, it's simple – we ain't mad, it just doesn't make sense to struggle for nothing so we just stay home.

Finally, the responsiveness of politicians has become biased in favor of wealthy donor/activist segments, interest groups, and political action committees whom they depend on for financial contributions. This shifting of emphasis from "foot soldiers to funding" coupled with the shrinking of labor unions and other community links which historically incorporated working-class people into the political process has also helped political elites to ignore the needs of the disadvantaged.

In 2008, amidst the worst financial crisis in nearly 80 years, President Obama invited and achieved broader voter participation to include minorities and the poor and established a new era of political engagement. However, many of those who were previously involved may just sit this one out. They are too busy, still trying to make ends meet, battling "crime, prison and neighborhood issues, high mortality rates, unemployment, family disruption, early exits from schooling and residential instability."

The sad thing is Obama's opponents know it too.

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

Community Calendar

September 1-18

"Coat Off My Back Project:" Collecting new or gently used coats for families in need; City of Zion and Friendship Baptist; Sponsored by Daughters of Promise Ministry: 567-277-0494

St. Marks MBC Pre-Women's Day Shoe Fashion and Luncheon: 11:30 am to 2:30 pm; "Walking in Unison with God;" Speaker Sis Wanda Butts of Indiana Ave: 419-266-1291

September 5

First Missionary Baptist Church 5th Pastoral Anniversary: Pastor Donald Murray and First Lady Amanda Murray; Guests Pastor Gerald Fletcher and congregation

"Singing for Survivors" Karaoke Event: El Camino Real on Sylvania; 4 to 8 pm; Proceeds go to the Leukemia and Lymphoma Society's annual Light the Night Walk campaign: 216-910-1217 or www.lls.org/noh

Praise Temple: Service moved to Noon: 419-870-6760

September 8

UT Eberly Center for Women's "Doing Business in the 21st Century:" Resources every woman needs to grow her business; 5:30 to 7:30 pm; Eberly Eager Conference Room: 419-530-8570

September 11

West Toledo Bereavement Monthly Meeting: Bethlehem Baptist Church: 567-249-7470

All Saints Episcopal Church Annual Luncheon: 11:30 am – social; 11:45 – luncheon; Program starts at 12:45 pm; Guest speaker Charma Jones Quarles, former Toledoan; All Saints Praise Dancers and Drummers: 419-343-4292

Body of Christ Fellowship Church "Back to School, Kids' Fun Fair:" 10 am to 2 pm; Health screenings, immunizations, certificates for free hair cuts, school supplies: 419-464-8586

September 12

Local 14 Women's Committee Annual Flea Market: UAW Local 14 Hall; 9 am to 5 pm; Vendor space available: 419-297-0609 or 419-344-4791

September 14

CASA Information Meeting: Reynolds Corner Branch Library; 7 to 8 pm

September 15

Friendly Center Health Fair: 11 am to 1 pm; Free blood glucose and cholesterol screenings; child care and door prizes

September 16

City of Zion Men's Empowerment Explosion 2010: Special guests Bishop Larry Trotter and psalmists T'mara Spears and Chris Rowell; 7 pm

September 18

St. Mark's MBC Pre-Women's Day Shoe and Fashion show: 11:30 am to 2:30 pm; "Walking in Unison with God;" Speaker Sis Karen Waddles of Chicago's Zion Hill Church: 419-266-1291

GLADettes Youth Club fundraiser: Bus trip to Detroit for the Universoul Circus; noon: 419-535-5960

Universal New Beginnings C.O.G.I.C. 10th Pastoral Anniversary: For Pastor Robert Witty and First Lady Rhonda Witty; "Holy Ghost Knockout;" 7 pm: 419-508-1210

Fairview's "Choir Idol:" 1 to 4 pm; Pig roast and BBQ chicken; Games and prizes: 419-531-4201

St. Paul MBC Annual Women's Day: 10:45 am; Guest speaker Min Crystal Dixon from End Time Christian Fellowship Church; "One Woman in the Presence of a King"

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Urban League and Other Community Organizations Seek Changes in TPS

By Fletcher Word
Sojourner's Truth Editor

Flanked by the leaders of a host of community groups at a news conference last week, John Jones, president and CEO of the Greater Toledo Urban League, called for an "in-depth and independent review" of the Toledo Public Schools.

Noting the organizations' agreement with Toledo Board of Education President Bob Vasquez who recently called for a "transformational change within the district," Jones and his colleagues asked the Board to set up a committee that would objectively examine all aspects of the TPS operations.

"The independence and scope of this committee are areas we must have common agreement and are paramount in understanding the current state of education and operations with which to formulate recommendations needed to bring about transformational change," said Jones in a statement prepared for the occasion.

Joining Jones at the conference were: Rev. D.L. Perryman, pastor of the Center of Hope Baptist church and president of the United Pastors for Social Empowerment; Terry Glazer, director of the United North Community Development Corporation and a former school board member; Art Jones of the African American Bureau of Commerce, WilliAnn Moore, president of the Toledo NAACP; Twila Page of the African



(l. to r.) Rev. D.L. Perryman, Terry Glazer, Art Jones, WilliAnn Moore, John Jones, Twila Page, Steve Flagg

"The committee should be reflective of the community,"

American Parents Association and Steve Flagg of the Urban Coalition.

"We believe that the committee must be officially chartered by the Board of Education," continued Jones. "It must be autonomous and have no members who are Board members or school employees. All operational, educational and financial practices including union contracts must be included in the scope of work. All employees and records must be made available to the committee for interview and inspection. All committee members must be free of financial or other

relationships that pose a conflict of interest. The selection of members would be by a mutually agreed upon committee chair with memberships based upon experience and attributes that are compatible with the overall skill set needed by the committee."

In calling for the committee, Jones and his colleagues declared that TPS "sits at a crossroads of epic proportions" in that enrollment is swiftly declining, schools in the inner city are under-performing and state funding is dwindling.

The collective statement came on the heels of a

revelation by TPS that an additional \$824,000 had been found in recent days that would make certain proposed budget cuts – such as school crossing

guards – unnecessary.

The committee proposed by the groups last week was in part a response to an earlier suggestion by Vasquez that a panel be formed of experts from the community to assist the board. The devil would appear to be in the details as at least one board member, Larry Sykes, has called into question whether such a panel of Vasquez's choosing would be legal or effective. Sykes told The Truth that he supports the Jones' proposal.

"The committee should be reflective of the community," said Sykes as he voiced his opposition to the idea of "experts." He also said the majority should live in the city rather than outlying communities.

The other issue that would appear to be a stumbling block to the formation of such a committee is

the Board's desire to pass a levy that would raise \$7.8 million—an unprecedented amount in the history of Toledo-area levies.

The organizations behind last week's statement made it clear that passing a levy is not part of their agenda.

"With a levy coming up, we don't want a committee set up with the goal of passing a levy," said Glazer. The concern of the organizations, said Glazer, is that the Board would acquiesce to the idea of such a committee and then push it into obscurity after a levy had passed.

"Over the last number of years, various committees have been formed and their reports are still sitting on shelves," said Flagg. "We want this one to be different."

"Time Flies When You're Having Fun"

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



Photo by Steve LaBell

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.



Photo by Sandra Schneider

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Rebuild America! Jobs, Justice and Peace

By Annette Wright
Special to the Truth

Reverend Jesse Jackson could not have asked for a more beautiful day on which to hold a commemorative march and rally this past Saturday, in Detroit. The march and rally was held in honor of Dr. Martin L. King's June 1963 march and rally, also in Detroit.

That 1963 event and that speech was the precursor to the more widely known "I Have A Dream" speech delivered by King, a few months later in August of 1963 in Washington, DC.

Last week's march began at the UAW-Ford Headquarters on Jefferson and ended with a rally at Grand Circus Park.

The theme of this past Saturday's march was "Jobs, Justice and Peace" which isn't a far cry from what King's speech was about in 1963.

For example, in 1963 King said "Now is the time to make justice a reality for all of God's children." Jackson repeated that message on Saturday, 47 years later. "Detroit and Michigan are ground zero of the urban crisis, it's time to enact real change for working families



and all America," said Jackson. Detroit is indeed ground zero when it comes to jobs and poverty. Unemployment estimates range from 31 to 50 percent.

The city of Toledo was well represented at the

march.

There was an entire bus load and some additional car loads of freedom fighters and civil rights' workers from Toledo, Ohio including Pastor Cedric Brock, Bishop M.C. McGhee, Art

Jones, Joshua Fowler and Greater Toledo Urban League President John Jones, who spoke powerfully at the rally, along with many union workers and students.

Sharing the stage with

Reverend Jackson were Congresswoman Maxine Waters (D. CA), Congressman John Dingell (D. MI), Baldemar Velasquez of FLOC, Congressman John Conyers (D. MI), UAW Chairman Bob King and many other dignitaries as was Toledo's very own Congresswoman Marcy Kaptur who brought the crowd to their feet with a rallying cry of support for Main Street America.

Kaptur, obviously highly-respected by her congressional colleagues, said: "Our region has suffered like yours, we have people who want to work but the jobs have been moved to other countries." Kaptur left the crowd inspired and apparently determined to go to polls where real change begins.

Conyers, chairman of the House Judiciary Committee, showed the crowd that getting older does not mean getting old. His clever sense of humor blended well with the economic realities of high unemployment, lack of

health care for too many Americans and an immediate need to end home foreclosures.

When he told the crowd that he was at the 1963 march and asked how many others were at that march, very few hands went up...to which the congressman shouted, "don't lie!"

The estimates now say that 5,000 people participated in the rally as observers noted that every race, creed and color was in attendance.

With the beautiful weather and the presence of church choirs, the event at times looked and felt more like a giant outdoor healing service. Toward the end of the rally the crowd was asked to hug the person next to them and express your love to him or her.

Saturday's march represents a series of marches being held across the country leading up to one big march to be held October 2, in Washington, D.C. Stay tuned for details.

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Monroe Street Neighborhood Center's "Hats Off Tea"

By Brittany Jones
Sojourner's Truth Reporter

Tea parties are usually associated with high-class women with hats and gloves, mingling with each other and snacking on mini sandwiches and scones.

What some may not realize is the political history behind these parties in which activists discussed details that led to monumental changes in United States society.

One of those changes was the passing of the 19th Amendment that gave women the right to vote. That amendment was passed 90 years ago last Thursday. All of the planning for rallies to force this passage was done at tea parties.

To celebrate women's advancement in a tea party setting, the Monroe Street Neighborhood Center (MSNC) hosted its first "Hats Off Tea" at Central Park West on Saturday.

Clara L. Petty, executive director of MSNC, explained the purpose of the event.

"We are honoring two agencies that make a difference in the lives of women and children," she said. "We plan to do it every year because it is an opportunity for people to come out and enjoy one another as well as help raise funds for the center to continue its services."

The center lost its funding this year in June from United Way.

The two organizations that were being honored were the Girl Scouts of Western Ohio for its services towards women and children and the Catherine S. Eberly Center of University of Toledo for its work with women who are re-entering school or workforce.

Petty and MSNC board president, Lynn Bachelor, welcomed the attendees and offered some background on the center before the program began.

Afterwards, Linda Furney explained the significance of the occasion. She began with the ratification of the 19th Amendment on August 18, 1920, which was not adopted into the Constitution until eight days later. It passed with a one-vote margin.

Furney also pointed out that in 1963 on the exact date of the program, Martin Luther King, Jr. delivered his famous "I Have A Dream Speech."

"These two organizations are crucial with helping women achieve what they want to achieve and all have benefited from the votes act and the civil rights movement," she said. "So today, we not only honor ourselves, but remember two men that

made it possible."

Since the event was also a fundraiser, the committee planned a silent auction from numerous donors. From restaurants like Kyoto Ka to beauty packages from business such as Merle Norman, the women placed their bids at the different tables. To explain the rules, Michele Delaney took on that task.

Before "tea time," Karen Shepler of the Monroe Street United Methodist Church conducted prayer.

The ladies had the choice of coffee and tea with many syrups, whip cream, chocolate shavings and cinnamon sticks for however they dressed their hot drinks. Different varieties of triangular sandwiches were offered along with finger desserts such as lemon squares and scones.

Soon the award presentation was set to begin. Ellen Steiner did the honors of presenting the representatives of Girl Scouts, which partnered with the Monroe Center for the past two summers in "promoting strong character building activities for youth attending the MSNC programming."

Offering the award to the representatives of the Eberly Center for Women was Bachelor. The center's purpose is to serve women of the university and the larger Toledo communities by "advocating for women's equity in education, work, and health."

For their hard work and dedication to the success of the event, the Hats Off Committee came forward to be honored and thanked by Petty with gift bags.

As a special treat, the

senator of the 11th District in northwest Ohio, Theresa Fedor, was spotted in the audience, thanks to Petty, and asked to say a few words.

She emphasized the opportunities and importance for women to be in leadership roles and to speak up for rights.

"Let's be vocal and let's celebrate being leaders. It's about the quality of life," she said. "We need to have more women in seats of power and not standing on the sidelines so we need to continue to groom the next generation of women to run for office, to take leadership roles within



their community and for us to truly be a part of that voice."

The event ended with appreciation from the committee and from MSNC.

"Monroe Street Neighborhood Center is one of Toledo's best kept little secrets because we work with a very small staff, but we are a very dedicated staff," Petty continued. "We are a staff that are go-getters. Our objective and main reason for

being is to help those who are in need of help and that is what we are trying to do, what we exemplify over on Monroe Street."

Currently the center is providing and after school enrichment program that provides tutorial services for the youth. In the future, the center is also going to provide after school services for youth 11 to 16 to come in daily and engage in organized activities and sports.





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Walk the Pounds Away

By Angela Steward, Fitness Motivator
Guest Column



ticed she wasn't talking on her cell phone anymore.

One day this summer while backing out of my driveway I stopped to tell her how wonderful she looked and that I, as a fitness instructor, have been watching her for a

while watching television and/or eating snacks, so she decided to talk to them while walking at the same time.

I thought to myself – how smart! By incorporating fitness into her daily routine, she didn't feel like

television show and you can always talk on your cell phone while walking (just watch the cars)!

What I'm trying to get across to you is for you to take responsibility for your health. You don't need anyone to tell you how unhealthy you are, just take a good look in the mirror. If you're not happy with the reflection you see, stop talking about doing something about it and DO SOMETHING ABOUT IT!

Getting fit doesn't mean buying the most expensive gym equipment you can't afford, or joining a fancy health club, it simply means get off your rear end and move – WALK!

The fall season is a great time to begin walking.

Break out your old tennis shoes, or maybe buy new ones. Get your sweat suit out or maybe buy a new one. Really no one cares how you look while you're walking, they're trying to get healthy too, so stop making excuses and get out the house.

Walk for 15 minutes at a slow pace – take note of your 15-minute landmark. Then increase your pace daily, notice that you are passing your old landmark. Eventually work yourself up to a 17-20 minute mile! You can do it!

If my neighbor can lose 80 pounds in one year, you can too – you just have to want to do it!! The hardest part will be getting out of the bed and out of the house, but once you

begin to walk your endorphins (happy cells) will kick in and motivate you! Believe me, you'll be happy that you did something for yourself and hopefully you'll walk your pounds away, too. Start today!

Have a Fabulous Fall!
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You don't need anyone to tell you how unhealthy you are, just take a good look in the mirror.

For the past year, I have watched a lady in my neighborhood walk past my house every morning. I could sometimes see her from my bedroom window or I would sometimes wait for her to pass as I pulled out of my garage. She never missed a morning.

She walked in the snow, she walked in the rain, she walked in the heat. We always waved at each other, she not knowing me and I not knowing her. When she started walking, she walked at a very slow pace, all the while talking on her cell phone. I thought to myself, she's not getting much of a workout if she's able to carry a conversation on her cell phone, but at least she was out there walking.

Slowly she began to increase her pace, and I no-

while, and noticed the dramatic change in her weight. She was so excited to share with me that from walking every day, for 45 minutes, she has lost 80 pounds.

She wasn't on any special diet, she watched her portions, she cut back on her snacks and drank a lot of water. She also shared with me how happy she was to have lost so much weight and how she felt so much better and told how unhealthy she was before she took control of her weight and that her family is extremely proud of her.

I teased her about walking while talking on her cell phone, she told me that her cell phone was the only way she could fit walking into her daily routine. She told me that every morning she talks to her adult children, usually

she was sacrificing anything because she still spoke to her children at the same time everyday. Talking to her children took her mind off of the fact that she was exercising.

I'm sure her children motivated her. I congratulated her once again and now every morning we wave to each other as we pass each other – me on my way to work and her looking slimmer every day.

Most people believe you have to make huge changes and sacrifices to fit exercise into your daily life. Really, it doesn't take a lot of effort at all. Take note of how much time you spend sitting in front of the television, or talking on the phone.

Take 45 minutes of that time to walk! You can always record your favorite

ProMedica Health System Program Addresses Childhood Obesity

ProMedica Health System will present its 1, 2, 3 and a ½ Keys To Good Health Conversation™ Map education program to students at Eagle Academy, 2014 Consaul St., on Tuesday, September 14, from 10:30 to 11:30 a.m.

This interactive health course will be taught to students in grades four to six and is designed to help raise awareness about childhood obesity and encourage healthy eating habits. The program is also offered to parents of elementary and middle school children.

The Conversation Map program is part of a larger childhood obesity initiative called Fields of Green that was launched in 2008. For more information, visit www.promedica.org.

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FAVORITE

"Our long-term goal is to improve the quality of education and social development skills within the African-American, Hispanic and poor white communities."

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School Is In – Now Time for Some Rules!

By Diana Patton, FITatudes
Guest Column



An entire hour and 45 minutes into Ron Clark's talk and I was still on the edge of my seat ready to hear the rules he has for kids to thrive in the classroom. I heard Ron Clark, Disney's Teacher of the Year, best-selling author of *The Essential 55: An Award-Winning Educator's Rules for Discovering the Successful Student in Every Child* and Oprah's coined "Phenomenal Man" speak at the Lorain County School's kick off rally here in Ohio last week.

Let's just say I was blown away. I can still recall some of his hilarious stories, quirky and silly mannerisms and tales on how he changed so many young people's lives just by creating a relationship with them.

Creating relationships in this culture has changed so much. Folks are more likely to text, email, face book message and even blog, much quicker than we are to have voice-to-voice or even face-to-face conversation. Instinctively, we all know people care about us by how much time folks are willing to invest in us – it takes a longer time to have a voice-to-voice or face-to-face communication. And we all know that if folks are willing to go that far, it means something.

These days folks may never even return phone calls or email messages because it's just not "convenient." And we just better excuse it because – hey – *it's just the way it is*. But deep down

inside, people do feel like folks just don't care *enough* about them if they can't take the time to write or call back – even if it takes two to three days.

Ron Clark discovered the art of developing true relationships with his students to get them to respond to rules and make behavior changes that resulted in higher test scores. He said to drop the text message, drop the cell phone, and email – create some eye contact ... create a relationship – *invest in them*.

He shared a story of an extremely troubling student in his class – who everyone hated having around but Clark realized he had to do something to get this student to respond. So, Clark decided the best thing he could do was to get to know him better by attending his baseball games.

When Clark showed up at the first game, the student was shocked that he cared enough to come. After all,

even his own parents never came to his games. That simple act of kindness turned into many other acts of kindness and eventually, after a period of time, that troubled student became an advocate for Clark in his classroom to keep order and help students grow. That student who was destined to a life on the streets is now thriving in the military and often comes back to Ron Clark's classroom to talk to his students.

Clark repeated these simple acts of kindness, over, and over, and over. He did this all while balancing his love for *living life to the full*, staying positive, being silly and fun with establishing rules and keeping discipline in the classroom. Clark's simple heart-felt actions changed so many lives for the positive.

The same holds true for anyone wanting to create change and help people grow – as a teacher, preacher, coach, mentor, parent. We

must create strong bonds and build strong relationships with people. Care about them, be kind, show them they are valued human beings! In return, folks will follow the standards of conduct that you lay out for them and be willing to advocate for the mission that you hope they follow.

We hold the same standard of belief as it relates to our wellbeing and overall health here at FITatudes. God said we are all relational beings – we are to love one another and *iron sharpens iron* (Matthew 22:39 and Proverbs 27:17). In order for us to stay "FIT" we must Feel Inspired Together (that's the "FIT" in FITatudes). It's not about another DIE-it. Once we learn that everything starts with a relationship with Christ, and we learn the value of positive relationships with one another that spur each other on, then we can follow food rules and guidelines and just live it. Amen!

Take the time to read more of Ron Clark's 55 Essentials" and just to give you an idea of the first two rules that we love and advocate with our children, they are: Rule #1 – *when responding to any adult, you must answer by saying "Yes ma'am" or "No sir."* Rule #2 – *make eye contact - when someone is speaking, keep your eyes on him or her at all times.*

Did this article trigger 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. 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.

High Blood Pressure: The Silent Killer

By Dianne Pettis, MS, FNP-BC
Guest Column

This article is the second article of three about blood pressure.



Last month, I defined blood pressure and the health risks of having high blood pressure (hypertension). In this article, I'll present how hypertension is diagnosed, and methods used to treat it.

To review; high blood pressure can cause a stroke, heart attack, heart failure and kidney disease. It is indeed a silent killer because you can suddenly have a stroke or heart attack without knowing your blood pressure is high. There are typically no symptoms.

A blood pressure of 120/80 or below is considered normal. A consistent blood pressure of 121 to 139/81 to 89 is pre-hypertension. A consistent reading of 140/90

or higher is hypertension. To diagnose hypertension, you need the average of several readings measured properly over one to two weeks. Before your blood pressure measurement, don't smoke or have any caffeine for about 30-60 minutes. You should be sitting quietly for about five minutes.

Have your arm bare if possible; and rather than pushing up your sleeve, you should take the shirt or blouse off. Don't talk while having the reading taken. If you are already on blood pressure medications, make sure you have taken them at your normal time.

A lot of situations can affect your blood pressure. This is the reason for taking the average of several readings over a few days to two weeks. Both numbers (top/systolic or bottom/diastolic) don't have to be high for a hypertension diagnosis. Only one of the numbers being high is enough for the diagnosis of pre-hypertension or hypertension.

Treatment

If you have pre-hypertension, most care providers will

give you some time to make some lifestyle changes before going straight to a prescription medication. The exception would be if you already have diabetes or a heart or kidney problem. It really is important for your blood pressure to be lower than 120/80 if you have any of those illnesses to prevent any further damage to your kidneys or heart.

If you smoke, please stop. If you don't smoke, please don't start. People who smoke are more likely to develop high blood pressure or heart disease. The nicotine causes your blood vessels to constrict, making it harder for the heart to pump the blood – it has to exert *higher pressure* to pump blood through your body.

Regular, moderate aerobic exercise three to four times per week such as walking, dancing, swimming, or an exercise class with an instructor or a video/DVD helps to lower blood pressure by strengthening your heart – your heart is a muscle.

A diet change to decrease salt will go a long way to help lower your blood pressure.

(Continued on Page 11)

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Jack Ford Took the 90-Day Challenge and Changed His Life

Sojourner's Truth Staff

When it came to managing his health, former Toledo Mayor Jack Ford admits that for so many years – more than four decades in fact – he was his own worst enemy.

"I must have been at Wendy's every day of my life," says Ford as he ticks off the list of his bad eating habits. Fast food, fried foods, sugar and sodium were Ford's version of the four major food groups.

Of course, what makes those habits even worse is that he has never been in particularly good health. A diabetic, Ford's weight has been an issue ever since his football-playing days at The Ohio State University. That weight issue, his high blood pressure and his sugar diabetes numbers have combined in recent years to forestall what he needs most at the moment – a kidney transplant. Failing kidneys have had Ford on dialysis for a number of



years.

As luck would have it, two friends – attorneys Richard and Jessica Kerger – invited Jack and Cynthia Ford to their home for an evening and told them about a product that had changed Richard Kerger's life – ViSalus. Richard Kerger had started using the product and had lost over 30 pounds and had also improved certain

vital signs such as his good cholesterol number – amazing his family physician.

Ford, realizing that it was well past time to do something drastic about his health, signed on to the 90-day challenge that ViSalus offered and during that period his weight dropped 54 pounds, from 344 to 290. Even more importantly, his danger-

ous high-blood pressure numbers improved greatly and his sugar diabetes numbers came under control.

In the meantime, Ford became an advocate for ViSalus, urging vast numbers of his friends to try the cure.

"I thought it would be fun to enlist friends and it would support myself if my friends were doing it," he says. "One of the benefits is that I have re-ignited friendships with guys from my childhood."

Ford's first 90-day challenge ended several weeks ago. Three months of taking ViSalus's shakes twice a day have resulted in more than a mere weight loss, the experience has changed some deeply-ingrained habits. Only once during that period has he visited Wendy's. And now when he hits his favorite soul-food restaurant for an evening meal, he orders

the greens and the green beans – his favorites – and passes on the deep-fried fare that has caused him so much trouble over the years.

"I leave that other stuff alone," he says of all that other stuff that enticed him for so long. The fact is, he no longer looks upon his changed eating habits as any sort of sacrifice.

Now he's getting close to the point where he can put himself on the transplant list. "I'm actually at a weight now that I could do it," says Ford. "But I want to wait and get even healthier." His goal is to get down to 235 by Christmas time. That done, he plans to take a cruise and celebrate.

So much of Ford's life will be altered over the next year. He has been teaching for 31 years and plans on this being his last year. "I want to end up on a real sound basis."

As a sign of his already-

improving soundness, Ford recently had the opportunity to be the guest speaker at Rev. D.L. Perryman's Center of Hope Baptist Church for Men's Day.

Prior to his address, Ford and Perryman were seated together and Ford was looking through the program for his photo and biography. He came upon the picture of a fellow he did not recognize and not having his glasses on, he asked Perryman who the fellow was. That's a photo of you from last year, chuckled Perryman.

That guy with the gut, asked Ford, astonished at his former appearance.

The one and the same, replied Perryman, who incidentally has also taken the ViSalus challenge at Ford's prompting.

For more information on the Fords' 90-day challenge, contact them at 419-283-7300 or by email at www.cynthiafordbodybyvi.com.

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SOURCE: Center for Disease Control.

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Book Review

***I'm with Fatty: Losing Fifty Pounds in Fifty Miserable Weeks* by Edward Ugel**

c.2010, Weinstein Books

\$23.95 / \$29.95 Canada

256 pages

By Terri Schlichenmeyer
The Truth Contributor

The other day, you noticed that it's time for new-clothes shopping.

It's not that your wardrobe is outdated. What's in your closet might be considered classic, so that's not the problem. You didn't suddenly get a makeover, although that's not a bad idea.

No, you need new clothes because you've collected a few pounds this summer. Too many bar-bques, maybe, or more reunions than you'd like to admit to. And the worst part is that the holidays are coming, and you know what that means...

Think there's a reason the first three letters in "diet" are what they are? You're in good company, as you'll see in *I'm with Fatty* by Edward Ugel.

Growing up as one of five children, Edward Ugel had

some wonderful memories. He and his father and brother, for instance, spent every summer weekend on the beaches of Maryland and Delaware, where seafood was fresh, inexpensive and plentiful. That was good because the boys could really eat.

Nearly every good memory Ugel had of his life included food. His 11th birthday present: cooking lessons with a first-rate chef. Family members argued over fried chicken bits, meals Ugel made and restaurants which were life-markers.

It should've come as no surprise, then, when Ugel started punching extra notches in his belt. But his weight problem wasn't a problem until his wife recorded ultra-loud snoring and Ugel reluctantly signed into a sleep clinic. The diagnosis: he had sleep apnea

so severe that he literally turned blue while slumbering – all because of his weight.

Ugel promptly announced an imminent diet. Then, he waited. The holidays were coming; why set himself up for failure?

But a few more pounds gained and another notch in the belt made Ugel step up his plans. If he could manage to lose 2.28 ounces a day – about a pound a week – he could get back to his high school weight. He'd feel better. He could get rid of the hated CPAP machine for his sleep apnea.

One trainer, one nutritionist, one therapist, several colonic cleansings later and oh-so-close to his goal, Ugel finally found a way to lift the weight off his middle – and his shoulders.

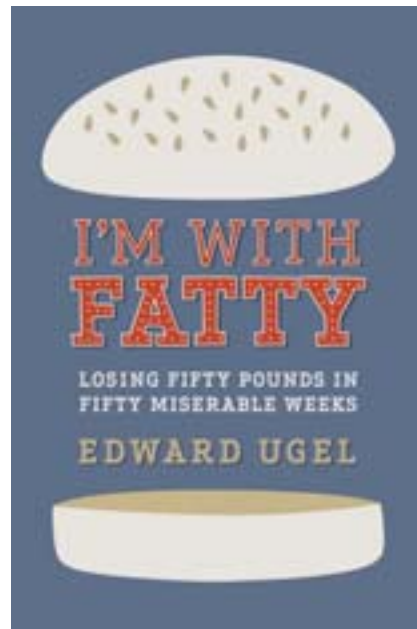
Still carrying around those love handles you

can't seem to find the time to shed? Come on over and commiserate with this book, because author Edward Ugel will make you laugh while you lose.

But that doesn't mean he plays the Jolly Fat Man role very well. Ugel is brutally honest with his food addictions and his battle with the bulge, and even though he bastes this memoir with a taste of humor, the underlying seriousness of his story is very clear.

I'm with Fatty is introspective, rueful, regretful, and – fair warning – there's an almost-overly-long discourse on colonic cleansing that could be a threat to sensitive stomachs (but is hilarious, nonetheless).

If you're hungry for a quick-to-read memoir that's got some laughs in it, sink your teeth into this one. For you, *I'm with Fatty* is a book to add to the menu.



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“A” is for Apple

By Patrice Powers-Barker, Ohio State University Extension, Lucas County Guest Column

It is important to eat different fruits and vegetables in a variety of colors and forms and apples are a wonderful addition to your menu for quite a few reasons. As with other fruits, apples are nutritious and are often an inexpensive snack food. The Junior Master Gardener book suggests, “Think of apples as one of the original fast foods – pick it, wash it, eat it and go!”

Apples are tasty, colorful and portable. A medium-size apple has an excellent source of fiber, vitamins including C and beta carotene (if you leave the peel on), minerals including potassium and only 80 calories. Apples are fat free, saturated fat free, sodium free and cholesterol free. Whenever possible, enjoy the peel. Almost half of the vitamin C content is just underneath the skin. In addition, many antioxidants and a lot of the fiber are found in the apple peel.

Check for smooth skin and few bruises when picking or buying fresh apples. Store

apples in a plastic bag or fruit drawer in the refrigerator. Different varieties store better and longer than others. Goldrush, Fuji, Arkansas Black and York all store exceptionally well. Wash apples in running water before preparing or eating. Fresh apple slices may darken as they are exposed to the air. If you would like to prevent this change in color, dip them in a fruit juice like lemon, orange or pineapple before using.

Apples are one of the few fruits you can easily find fresh any time of the year. However, fall means a large selection of local Ohio apples. There are some varieties that will be more available this time of year compared to other times of the year. There are thousands of varieties of apples, although a few are much more common and popular than others such as Red Delicious, Golden Delicious or Granny Smith. The different varieties of apples can be sweet, tart, soft and smooth or crisp and crunchy.

With so many different kinds of apples how do you choose just one? The good news is you can easily and affordably try a few different varieties of apples to try new tastes and for different purposes. There are many good all-purpose apples for eating fresh or using in a recipe. Other varieties are best for using in certain ways like eating raw or making applesauce or baking. Apples that quickly go soft when cooked are usually best for applesauce; others keep their firm shape and are better for baking whole. Tart apples are good for cooking; sweeter apples, for eating fresh. Try some new varieties. Do a taste test in your household to see which ones are favorites. Here are some recommended apples for specific uses.

- Eating Fresh and Using in Salads
 - Baldwin
 - Cortland
 - Empire
 - Fuji
 - Gala

- Golden Delicious
- Grimes Golden
- Jonathan
- McIntosh
- Melrose
- Northern Spy
- Red Delicious
- Rome Beauty
- Stayman
- York Imperial

- Applesauce
 - Cortland
 - Golden Delicious
 - Grimes Golden
 - Jonathan
 - Melrose
 - McIntosh
 - Rome Beauty
 - Stayman

- Baking
 - Cortland
 - Crispin
 - Fuji
 - Gala
 - Golden Delicious
 - Granny Smith
 - Jonathan
 - McIntosh
 - Rome Beauty
 - Stayman



Apples are a very versatile fruit to add to the day. They can be eaten raw or cooked, chopped and added fresh to salad and shredded and added to baked goods. While apples are wonderful on their own and are a favorite in fall desserts they can also match well with vegetables. Apples can be cooked and combined with sweet potatoes, red cabbage and winter squash. Apples are often matched with pork in recipes.

Simple Slow Cooker Pork Chops and Apple Slices
 Ingredients:
 4 pork loin chops (1-inch thick) well trimmed
 2 medium apples washed, cored and sliced
 1 teaspoon butter (optional)
 Salt and pepper
 Ground cinnamon or nutmeg (optional)

Directions:
 Optional: In skillet, brown pork chops quickly; drain well.
 Arrange a layer of sliced apples in a slow cooker; follow with a layer of pork chops. Repeat. Dot with butter; sprinkle with salt and pepper, and cinnamon or nutmeg, if desired. Cover and cook on low setting six to eight hours. Makes four servings.

Whether you are loading a basket of apples at a farmers' market, pushing a grocery shopping cart or picking your own at a local orchard, apples are a wonderful fall addition to your meals and snacks. Join Ohio State University Extension, Lucas County at the downtown Toledo Farmers' Market on Saturday September 4th to sample some local apples and recipes. The Toledo Farmers' Market is open from 8:00am – 2:00 pm on Saturdays. OSU Extension will share apple samples and recipes from 9:00 – 11:00 am on Saturday September 4, 2010. Information compiled from Junior Master Gardener, Illinois University Extension and ohioapples.com.

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Dear Medical Colleagues, Valued Patients and Neighboring Community, we have exciting news!

Tess M. Gordon MD, FACOG has re-opened Northwest Ohio Partners in Women's Health II, located at 3840 Woodley Road, Suite B., Toledo, Ohio 43606. Professional services include: Integrated medical services for women of all ages, and diagnostic ultrasound including 3D/4D.

For appointments please call 419.474.2300

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High Blood Pressure

(Continued from Page 7)



Increased salt causes your body to hold on to extra fluid. Extra circulating fluid (and I'm not talking about the water you need to drink) also causes your heart to have to exert higher pressure to pump blood through your body.

African-Americans are particularly salt-sensitive. The salt comes from several places: the table salt you add to your food as you cook or on your plate, salty snacks, processed/packaged foods, canned foods

and frozen foods/dinners.

Get in the habit of reading labels. Any ingredient that has 'sodium' in the name has salt in it. I had a patient who thought he was helping himself to lose weight by eating the low calorie type of frozen dinners. He couldn't understand why his blood pressure was high. Once he stopped eating those high-sodium frozen dinners, his blood pressure returned to the normal range.

Speaking of losing

weight, losing just five to 10 percent of your body weight will greatly lower your blood pressure. For example, if you weigh 250 pounds, losing 25 pounds would be a good goal in helping lower your blood pressure.

Stress is a major cause of blood pressure. Everyone has some stressors, but, if unmanaged, the physical effects are a lowered immune system, heart disease, and high blood pressure. Seek help if you're having trouble coping with stressful issues.

dition to the lifestyle changes I mentioned above.

Your blood pressure pill is NOT a license to skip over the lifestyle changes. You will usually be prescribed a single, low dose medication. Many times, a diuretic (water pill) will be the first drug tried.

If the blood pressure is not controlled, then the dosage may be increased or another medication added. In addition to diuretics, there are six other groups of blood pressure medications that can be used. The medication used will depend on your medical history or the presence of other chronic diseases.

The medications can have many side effects, such as coughing, swelling, fatigue, erectile dysfunction, and others. The side effects cause many people (especially men) to stop taking their medications. If you have side effects, discuss them with your primary provider before stopping the medications.

Hypertension is largely preventable. Even small changes can have a positive effect on your health. In next month's article I'll talk more about the lifestyle changes to keep your blood pressure on track.

Dianne Pettis is a family nurse practitioner who can be reached at www.harthealthandwellness.com or www.prosperliving.com 888-887-4429

Medications

If you have hypertension, or if you have prehypertension with a chronic illness, your healthcare provider most likely will start you on medications *in ad-*

Lifesteps® Program Can Help with Weight-loss Goals

To help adults who would like to lose weight, St. Luke's Hospital will offer its 12-week Lifesteps® Weight Management Program this fall. Beginning Monday, Sept. 20, at 7 pm, the class will meet at St. Luke's Hospital, located at 5901 Monclova Road in Maumee.

Taught by a registered dietitian, Lifesteps offers adults information about a nutritionally sound diet, behavior modification and physical activity as well as group support. It emphasizes the process of losing weight and helps participants develop sound habits that could last a lifetime.

Each participant must meet with a dietitian before the class begins. To register, call 419-893-5911, extension 6401. The class costs \$132 (payable in two \$66 installments) and includes all program handouts and workbooks.

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Prostate Health Month Honored by St. Luke's hospital with Free Educational Program and Prostate Cancer Screenings

To help men understand the importance of maintaining the health of their prostate gland, St. Luke's Hospital will host two free events during September, Prostate Health Month.

Men and Prostate Health: What You Need to Know Urologist Salvador Peron, MD, will review the role of the prostate gland during this free community program on Tuesday, Sept. 14, from 7-8 pm in St. Luke's Hospital Auditorium A. He'll discuss treatment options for enlarged prostate, prostatitis and prostate cancer. To register, call 419-897-8484.

Free Prostate Cancer Screenings for Men 50 - 64

The American Cancer Society says that beginning at age 50, men should have a prostate cancer screening annually. St. Luke's Hospital will provide free screenings for about 75 men on Wednesday, Sept. 22, from 7:30-10 am. Appointments are needed. To make an appointment, men should call

419-897-8484 beginning Wednesday, Sept. 1. The free screening will include a prostate-specific antigen (PSA) blood test and digital rectal exam (DRE).

Screenings will not be provided to those who have had radical prostate surgery or who have been previously diagnosed with prostate cancer. These men should follow up with their doctors. Also, men who are 65 and older should note that Medicare covers prostate screening exams.

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Ride to Benefit Sickle Cell Project of Northwest Ohio

Special to The Truth

Toledo and Signature Harley-Davidson are proud to kick off Sickle Cell Awareness Month as they sponsor the Ride to Benefit the Sickle Cell Project of Northwest Ohio. On Saturday, September 4, 2010 a motorcycle ride will begin at the McDonald's at the corner of Collingwood and Dorr. Registration begins at 10:00 a.m. and the ride departs at noon.

The cost is \$20 for a single rider or \$30 for a rider and passenger and includes dinner at the end of the ride as well as a ride patch to the first 100 riders registered. This 50-mile police escorted ride will travel through the immediate neighborhood and continue on a scenic drive along the Maumee River and end at Toledo Harley-Davidson on Central Ave. where there will be a cookout, music and more.

Ride organizer Derek Holmes says, "we need to continue to bring awareness



to Sickle Cell disease and how it is affecting our community. There are great resources in Toledo that need help in providing assistance to those who need it."

The proceeds from this event will go to the Sickle Cell Project of Northwest Ohio which is a special project of the Neighborhood Health Association and is funded by a grant from the Ohio Department of Health. They

provide counseling and education to families and individuals who are affected by sickle cell disease and trait, as well as other hemoglobin disorders. They also offer education and training for professionals, and work to increase awareness about sickle cell through outreach and community events.

Toledo and Signature Harley-Davidson are your

hometown Harley dealers. "We are proud to support community events in Toledo, Perrysburg and the surrounding communities," said a spokeswoman.



ProMedica Offers Free Educational Event – Obesity, Diabetes and Metabolism: Weighing the Evidence

Special to The Truth

ProMedica Health System will present a community education event with a panel of experts on the topics of obesity, diabetes and metabolism, including information about bariatric surgery, sports medicine and other treatment options on Thursday, September 23, from 6:30 to 8:30 p.m. at the Toledo Hospital Education Center Auditorium.

The event moderator will be Mounir Elkhatib, MD, director, The Great Lakes Center for Integrative Medicine. This event is free and open to the public and will include a question and answer session.

The panel will include: Bhaskar Gundabolu, MD, Endocrine and Diabetes Care Center; Roger Kruse, MD, ProMedica Sports Care; Steven Peseckis, PhD, The University of Toledo; Caroline Trapp, director, Diabetes Education and Care Physicians Committee for Responsible Medicine Washington DC and Patrick White, MD, medical director, The Toledo Hospital Bariatric Program

You may register for this event by calling 419-291-7901 or e-mail carrie.niemic@promedica.org by Monday, Sept. 20. For more information about the event, call ProMedica's Continuing Education Department at 419-291-4650.

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Interview with Wayman Farmer a/k/a Italaz Inspirational Hip Hop Edu-tainment

By Michael Hayes
Minister of Culture

Okay, why do I keep hitting y'all in the head with artists like this?

Artists with a message, artists with a purpose... why would I keep doing this?

Simple. I am doing my part to bring balance to music.

You need to know about artists like this, you need to support artists like this.

So...read up, and enjoy.

Michael:

Why the name Italaz? Does it describe your type of music or sound you want to create for the listener?

Italaz:

Italaz is actually a moniker which stands for: Intelligent Teacher Architect (of) Lyrics Apocalypse Zone (minded) and yes, I truly think it does describe the type of music I create for my listeners. Most of the time when I step into the lab to make music, I always do it with the intent to "edu-tain" (educate/entertain) the listener. I feel that's what hip-hop/rap music is lacking in today's current mainstream format; that being: a fair balance between artist's who are message/teaching and consciously oriented with their craft and the feel good/party/club music that overflows and saturates the radio.

Michael:



I've been in the studio with you. I see why they call you "one take willie." How did you first get involved with emceeing?

Italaz:

Ahhh, "one take willie" you silly for that one, Mike. Never the less, I do pride myself in knocking my verses out in one take. Like most industries, the music industry is no different, "time is money and it takes money to buy you some time" and contrary to what some may

believe who may be reading this and be on the up rise in their careers. If you are fortunate enough to make it to the next level of the "so-called" game and you get major label recognition...this is exactly how they think. If you think I'm lying, contact me off the record and I'll gladly share some of my major label experiences with you. Sorry for the tangent sir, LOL... To answer your other question, I'm gonna have to go back... waaaaaaay back. I first fell in love with hip-hop around age 15, I was in a group called the Brotha-MC's

(what's good Doc Freeze) and, ironically enough, I started out as more of a battle emcee who has matured into a complete artist learning over time to master my craft. I've been very blessed my whole life to have grown up in an extremely musically and artistically inclined family atmosphere. So from a lil' dude on, I got exposed to a wide array of musical genres and art, which I try to incorporate into anything that I artistically do.

Michael:

From art to career, how did you first come to realize that actually succeeding in the music industry was possible?

Italaz:

From an early age on, I've always known that I wanted to be connected to the music industry in some way, shape or form. But I would say when I really realized that my dreams could become reality, was during the late 80's/early 90's era of hip-hop music. Seeing artists like Chuck D, Rakim, Krs-

One, Big Daddy Kane, Koolha Rap, LL Cool J and Run (Run-Dmc) from the 80's do it and my fellow peers from the 90's like Common, Nas, Outkast, Treach, X-Clan, Redman, Wu-Tang, Brand Nubian, 2pac and B.I.G., is what truly gave me the inspiration and motivation to master my craft and live out my dreams. Hence the reason why I named the album: *My Life Is A Movie*.

When you think of the way a movie is typically structured, it's usually designed to tell you some type of story. Well with this album I went into it with that same intent, which was to reach out to my listeners, connecting with them by simply just being an "open-book" and sharing my testimony/life story, as well as, providing some necessary soul-food (information) to help somebody grow or get open who may have experienced or be going through some of the things I talk about on the album.

Michael:

You've had actual major label situations... but people would still call you a "local" rapper. What are your thoughts on the different levels of the game?

Italaz:

It's funny you say that, I just had this conversation earlier in the week with another so-called local rapper from the Glass City. My views on the almost cliché title of local rapper is this. You're only as local as the work you put in, relationships that you build and the moves you make. With the addition of the internet and digital music formula of today's industry, there is NO reason what-so-ever for anyone to really be local. If you play your cards right and make quality music for your listening audience, diversify your talents, invest properly, maintain some sort of spiritual foundation/focus and really just learn the business from all aspects, you can make an decent living off the industry without

(Continued on Page 16)



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Finance Program Specialist

The Toledo-Lucas County Port Authority seeks a Finance Program Specialist to assist in the administration and servicing of all financial programs offered by the Port Authority, including Small Business Administration Section 504 loans, Ohio Department of Development Section 166 regional loans, the Port Authority's Community Economic Development Grant Initiative and the Northwest Ohio Bond Fund issues.

Beginning salary range: \$33,379 - \$41,723, plus a full benefits package and participation in the Ohio Public Employee Retirement System.

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3. Familiarity with fund/governmental loan programs;
4. Knowledge of and familiarity with computer software systems which aid in performing credit analysis;
5. Thorough knowledge of business administration and management principles and practices.

A complete job description is available at: www.toledoportauthority.org. Qualified candidates may submit their resumes electronically to ryan@toledoportauthority.org or by regular mail to the Human Resources Dept., Toledo-Lucas County Port Authority, One Maritime Plaza, Toledo, OH 43604-1865. Resumes will be accepted until September 10, 2010.

The Toledo-Lucas County Port Authority is an equal opportunity employer.

HVAC/R Technician

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for its HVAC/R Technician position. This position performs a variety of tasks to inspect, install, and repair heating, ventilation, air-conditioning and refrigeration systems and equipment. Requirements: Graduate of an accredited technical or trade school in HVAC/R, plus four (4) years experience in the installation, service, and repair of residential and commercial air conditioners, boilers, warm air furnaces, and residential refrigerators, or equivalent; and possess the knowledge, skills, and abilities necessary to perform the duties of the position as set forth. Must possess EPA Certification in CFC (chlorinated fluorocarbons) Type II or Universal and must possess and maintain a valid Ohio or Michigan Driver's License and insurability. Hourly rate is \$20.98. We do background checks and this position is subject to drug and alcohol testing. Please note on your submittal if you are an LMHA public housing or Section 8 resident. Send cover letter and resume, specifying the position for which you are applying to: LMHA, PO Box 477, Toledo, OH, 43697-0477, Attn: Eleanor L. Gore. **All materials submitted must be received at LMHA not later than 5:00 P.M. on Friday, September 3, 2010.**

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September 01, 2010

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Applications with out salary history completed will not be considered. Completed application materials include application and resume required. Application review will begin after March 5, 2007, position open until filled. **To complete an Owens Community College application go to <https://jobs.owens.edu>.** Candidates who do not have access to a computer with Internet connection are welcome to visit our Resource Center in the Human Resources department during lobby hours from 9 a.m. - 2 p.m., Monday through Friday. Appointments are encouraged but not necessary.

To set up an appointment, please call 567-661-7089.

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Italaz

(Continued from Page 13)



of being able to eat off of it "full-time." But for me at this stage of my career as an artist, manager and CEO of my own label, I see a much bigger picture than just putting out record after record.

Once you reach a certain point in life as a grown man, everything you do should be simultaneously connected or intertwined as one from spirituality(God), finances, music and/or fatherhood, in my world it's all one in the same. Basically, when you run into me at a music function or at a community event you get the same "open-book" as you would if you play one of my records. My foundational message is and has always been the same for a very long time: "be you, do you and become the best you that only YOU can be."

Michael:
Revolution Music, as your company, seems to be building a sound based in inspirational hip-hop anthems, it's raw but it's very clean. How did you accomplish such an edgy sound but still make it so accessible?

ever having to compromise who you are as an artist in the current microwaveable major label blueprint/design.

is it a safe assumption that you want people to hear your music and take action?

Michael:
Listening to *My Life Is A Movie* you have coined terms like "truth talk" and you preach without preaching...

Italaz:
Most definitely, that is the overall intention and purpose of the music that I create. Ultimately, WE all do this music with hopes and dreams

Italaz:
My sound has matured as I've matured and grown from a young man into a grown man within the music industry and life in general. To be honest, there was a quote that I heard a few years ago which by default, has become the thesis for my career. That quote is: success comes from good judgement, good judgement from experience and experience from making mistakes. So to answer your question, my sound or style which is aptly titled "real-life music" or "truth talk" was/is derived from many chapters in my life where I made a lot of mistakes and bad choices. With every bad choice some sort of consequence usually follows closely behind it and I feel it has been those consequences that have led to the blueprint of my sound today. I personally feel and have been told that my life story is very compelling and edgy, which is the reason why I'm able to transcend my sound to a broader demographic of listeners from (16-45).

Michael:
Making message music in 2010 is risky. Coming back out as an artist after reaching elder statesman status is risky. How have you been able to plug back into the entertainment scene?

Italaz:
To be honest, I never really un-plugged from the scene, I just went on a little hiatus for some spiritual introspection and to tighten up some logistical sides of the business. But for those who may think that it's a come-back per se, I did it by diversifying myself and global networking. During the hiatus, I still was able to consistently work within the industry though. By being an art-

ist who is not contained in a box or limited to one particular sound, I was fortunate enough to still work and grow as an artist during the season that I was in. Under the group/indie deal that I had with Soundlab Ent. LLC, I released an urban contemporary/gospel CD with the group S.O.L. (Soldiers Outreaching City Limits) called *Crownz of Glory*. Also during this season, I became a self-published author and wrote a book of testimonial poetry called *Street Gospel...The End of the Beginning*.

Michael:
In addition to music, you have various community projects you are involved in... please run them all down for our readers.

Italaz:
Well first and foremost I run my own youth outreach ministry and intervention program called A.G.S.,LLC/3D (America's Gifted Scholars). Over the past 10 years we've been blessed to have facilitated in-assembly and 1:1 sessions to well over 35,000 youth, young adults and their parents. This past year we had the opportunity to work and build relationships with the youth/young adults over at Braden United Methodist Church, (YMCA) Chance for Change, Y.O.P., S.E.T.T., Big Brothers-Big Sisters of NW Ohio, TPS, Albert Earl & Earl Enterprises, KEVIN Inc., New Order National Human Rights Org.(nonhro.org), as well as, our own H.O.M.E.S.,LLC (House Of Music Education & Sports) program.

Michael:
At the bottom of it all, I know you, your intentions make their way into your music

and your overall agenda. What is the largest impact you hope to have on people and on music through this project?

Italaz:
The largest impact I hope to make is based on a three-part process. The first is to be an open book and constant giver of myself as an artist with hopes that my music will reach the masses by me doing me to the fullest and putting God first in all that I do. Secondly, my goal is to restore hope to a misguided generation of music listeners and lastly, to simply do what "my brand" of hip-hop as a grown man is supposed to do, help oppressed people. (His/Her Infinite Power (to) Help Oppressed People)

Michael:
What's the rest of this year looking like for Italaz?

Italaz:
Right now (RMR) are in the early stages of putting together a fall tour that will hit the colleges and small lyricist lounge type venues spanning several states throughout the midwest, southern and eastern regions, with hopes of taking it nationwide by next year. Obviously we will be promoting the new album *My Life Is A Movie* and we are also developing the future of Revolution Music right now working with two young musicians from Toledo and 1 regional artist from the south region.

You heard it, people, Italaz & Revolution Music presents *My Life Is A Movie*.

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Peace.
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