



Local and National News

www.thetruthtoledo.com

Volume 19, No.01

"And Ye Shall Know The Truth..."

November 03, 2010

In This Issue

Perryman  
Page 2

Tolliver  
Page 3

Legends Luncheon  
Page 4

NAACP Freedom Fund Banquet  
Page 5

The Health Section

Patton on Diabetes Awareness  
Page 6

Eating Vegetarian  
Page 7

Pettis on Diabetes and Flu  
Page 10

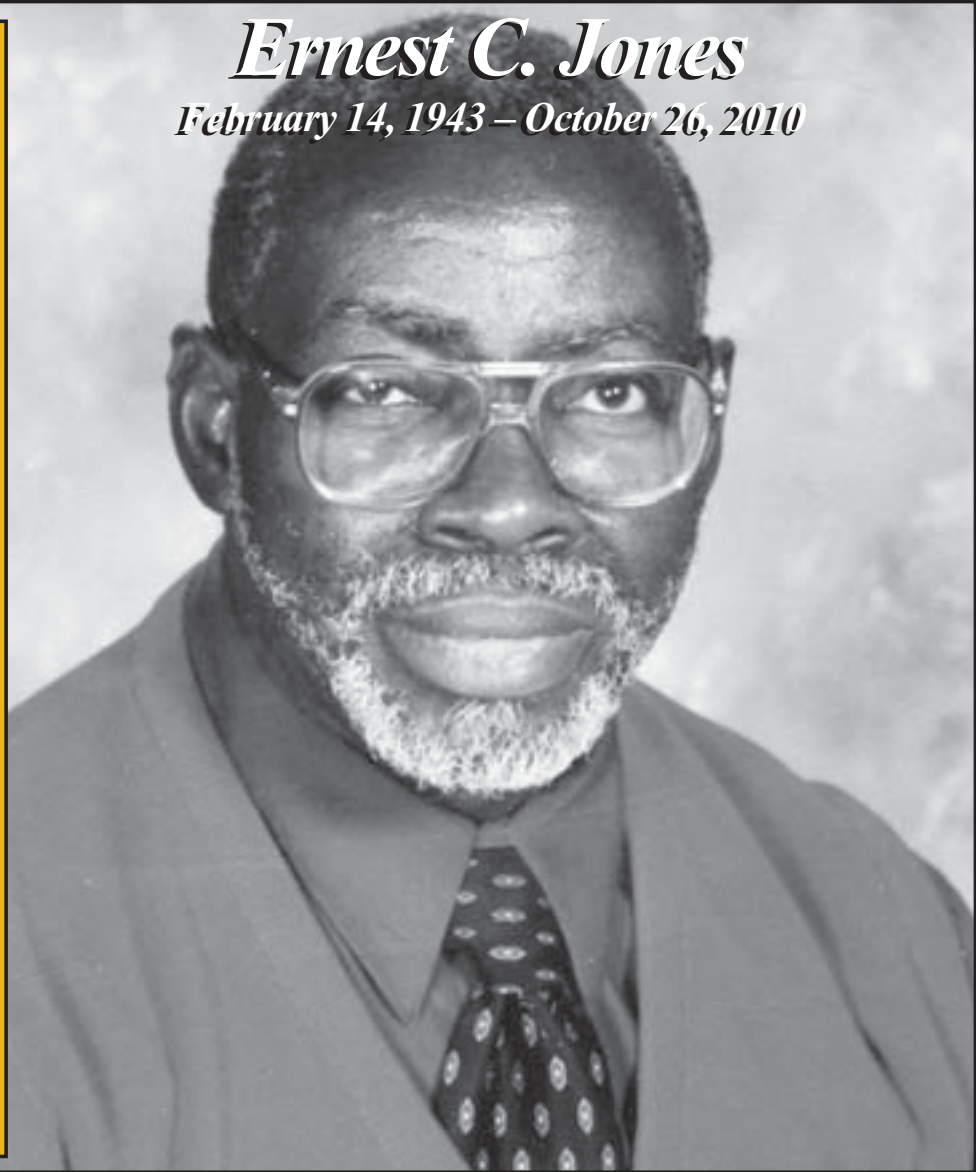
Architect at Local Schools  
Page 11

Minister and Leone  
Page 12-13

BlackMarketPlace  
Page 14

Classifieds  
Page 16

In Memoriam  
Ernie Jones  
Page 16



*Ernest C. Jones*

*February 14, 1943 – October 26, 2010*

**E**rnie Jones taught art in the Toledo Public School System for 25 years, and also taught elementary students on various elementary levels throughout his career. Ernie has lectured and exhibited at many universities, schools, and churches across the country. Another of his accomplishments was serving as the activities director of the National Youth Sports Program here at The University of Toledo for 24 years. Through his efforts, thousands of disadvantaged youngsters received different opportunities to participate in organized sports and activities on campus.

## The Transition Effect

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



*Be not discouraged. There is a future for you.... The resistance encountered now predicates hope.... Only as we rise ... do we encounter opposition.- Frederick Douglas, 1892*

"What did the choir sing?" Since the day was Saturday, I assumed my mother was asking about last Sunday's Women's Day service. "They sang," – I began to reply but abruptly stopped. She had fallen asleep even before I could finish the sentence.

She dozes increasingly more now, seldom perking up except when talking about "Binky," her newest great-granddaughter and the one that she has yet to see.

Possibly, she is unable to differentiate between dream state and wakefulness. Her answers no longer always line up with the questions being asked, yet her conversation regarding Cleveland's professional sports teams or its athletic icons such as African-American baseball pioneers

Larry Doby and Frank Robinson, NFL great Jim Brown or the NBA's LeBron James remains on point. "The Browns ain't dead yet," she asserts in a low, strained but audible voice, with the TV tuned to ESPN playing in the background.

Mom, except when the finely chopped or pureed collards, mustard greens and hot water cornbread she requested were brought in, seldom eats anymore. Having raised seven sons alone (with help only from the black church and nurturing inner-city school teachers) as a young widow, she is now tired and weak. One complication after another, increasing in severity, seems to emerge almost daily.

As our family faces the certainty of impending change in its long-term structural composition, understanding and managing mom's "transition" or end-of-life care – specifically the choice between life-extending versus death-accepting care – has been one of the heaviest and most reverential tasks I have ever had to undertake. Yet, the experience has also been quite instructive.

I've learned that transition is the key to achieving optimal change outcomes, yet most personal, political or organizational change efforts often, either suffer an inglorious and premature demise or are left to helplessly languish in a state of pitiable paralysis rather than moving forward to a graceful and dignified change destination. The reason? Because the dynamics of the transition process were underestimated, overlooked or misunderstood.

Given this week's midterm elections: What life lessons do "transitions" have for leaders in a society rapidly and inevitably becoming older, darker and undergoing severe economic and other structural change?

I see a few parallels to my personal experience.

First of all, transition, defined as the "psychological reorientation that people have to go through before the change can work," needs to be given primary consideration, adequate discussion and ample deliberation in any transformation or change strategy. In other words, transition takes time. It should be a slow process generally.

Is it possible, that some leaders have been too "focused on getting the change accomplished rather than getting the people through the transition," causing them to under-communicate the vision or to be overly optimistic in the timing of the results of their previously-promised change? If so, the price for minimizing the transition process and hurrying or rushing change through can be steep, leaving open opportunities for exploitation or defeat.

A second lesson is that: it's always hard to say goodbye to yesterday.

Some leaders may have forgotten that change is upsetting, causing us to desperately try to hold on to the past. Letting go of the "way things used to be" is an extremely emotional experience which fuels resistance that is not only fierce but can also be irrational. In fact, the more noble, honorable or progressive the change, the more likely that the resulting backlash will be proportionately vehement and passionate.

Whether talking about the emancipation of American slaves or the wresting of women's suffrage from the hands of a false, national sense of male superiority or the 1954 Brown v. Board of Education Supreme Court decision of which Martin Luther King Jr. said was "a joyous daybreak after a long and desolate midnight." Or, perhaps, the 1964 Civil Rights Act proposed by John Kennedy and signed by Lyndon Johnson who said as a consequence "I am afraid we have lost the South for a hundred years," change does not come without vigorous struggle.

There will be days when the old ways rally and appear to be full of vim and vigor. This can be deceiving, and there needs to be sincere, open dialog with others involved in the transition concerning the issues paramount to THEM as they are respectfully "helped" to let go of the past. Since change is so emotional, the transition must be managed in a way to allow people to "come to grips" with what they are being asked to let go of through communication rather than merely imparting information.

Finally, though transitions are slow and painful, there is hope that "This Too Shall Pass."

As inevitable change ultimately prevails, the pain subsides and the wounds will heal. The challenge is to ensure that the resulting change is graceful and dignified. That will only occur when there is special attention paid to the transition process and when it is effectively managed.

"Everything must change, Nothing stays the same, Everyone must change, No one stays the same

The young become the old, And mysteries do unfold, Cause that's the way of time, Nothing and no one goes unchanged

There are not many things in life, You can be sure of, Except rain comes from the clouds Sun lights up the sky, And hummingbirds do fly

Winter turns to spring, A wounded heart will heal, But never much too soon

Yes, everything must change" (Bernard Ighner)

Contact Rev. Donald Perryman, D.Min. at [drdlperryman@centerofhopebaptist.org](mailto:drdlperryman@centerofhopebaptist.org)

## Community Calendar

**November 7, 14, 21, 28**

Mind Body and Soul Free Dance Lessons: Every Sunday in November; YMCA at Summit and Bush; 4 to 6 pm: 419-944-4269 or 419-450-2143 or 419-376-3346

**November 4**

ProMedica Cancer Institute's Free Prostate Screenings: Bay Park Community Hospital; 9 to 11 am: 877-291-1441

**November 5**

Diabetes Youth Services Annual Fundraiser: "Sweet Success Gala;" Carranor Hunt and Polo Club in Perrysburg; 6:30 to 10 pm: 419-244-7766 or 419-351-2132

**November 6**

College Scholarship Seminar for High School Students and parents: UT Student Union Rm 2592; 2 to 4 pm: 419-381-3280 or [sdoles@utoledo.edu](mailto:sdoles@utoledo.edu)

Christian Community Church Women's Seminar: Women's Health; 2 pm; Facilitator Stan Scarborough: 419-536-7852

Jerusalem MBC: "A Tea of Elegance;" Noon to 3 pm; Indiana Avenue MBC; Style show, vendors, fun and fellowship

Jerusalem MBC: Tea of Elegance; Noon to 3 pm; Indiana Ave MBC's Stevenson-Roberts Fellowship Hall: 419-248-2139

**November 7**

End Time Christian Fellowship 19<sup>th</sup> Pastoral Anniversary: 10 am service; Speaker Rev. Pamela Phillips: 419-472-5993

Warren AME Faith Out Loud Open House: Learn what Warren's youth organizations have to offer: 419-243-2237

Mt. Nebo 80<sup>th</sup> Church Anniversary: 11 am and 4 pm services; Guest for 4 pm is Pastor D. Alexander Bullock of Detroit

New Prospect Baptist Church 10<sup>th</sup> Pastoral anniversary: Pastor Glenn Burel; 4 pm Service with Second Baptist's Rev. Jerry Boose

UAW Chicken Dinner and Craft Bazaar: UAW Local 12 Hall; 11 am to 6 pm: 419-356-1698

Morning Manna Presents Seminar: "Talents Are not Enough;" Crusaders for Christ Church; 10 am: 419-376-2331

**November 13**

West Toledo Bereavement Monthly Meeting; 10 am; Bethlehem Baptist: 567-249-7470

20<sup>th</sup> Annual Clarence Simmons Pre-Thanksgiving Prayer Breakfast: Sponsored by Amazon Lodge No. 4; Warren AME Church; 9:30 am to noon: 419-531-2746

**November 14**

End Time Christian Fellowship 19<sup>th</sup> Pastoral Anniversary: 10 am service; Speaker Rev. Apphia Williams; 5 pm service with Rev. Lewis Savage of Lo Salem MBC: 419-472-5993

New Prospect Baptist Church 10<sup>th</sup> Pastoral Anniversary; Pastor Glenn Burel; 4 pm service with Jerusalem MBC's Willie Perryman

Jerusalem MBC Mass Choir Concert: 6 pm: 419-248-2139

Third Baptist Church Military Ceremony: Rev. Kevin Bedford's retirement from the U.S. Navy; 3 pm: 419-248-4623

**November 16**

Joint Utility Social Service Committee 2010-2011 Information Fairs: South Toledo Branch Public Library; 2 to 6 pm; Info to assist on utilities, food, housing, health care and other social service needs

**November 20**

Trulight Cathedral Global Ministries 4<sup>th</sup> Annual Well Watered Women of Faith Luncheon: "Oasis of Hope;" Noon to 3 pm; Tamaron Country Club; Guest speaker, entertainment, door prizes: 419-705-1008 or 419-344-7673

Calvary Baptist Church Cancer Awareness Luncheon: 10 am to 2 pm

## The Mississippi Soiree II Blues Show Dinner and Dance

Debut of  
"The Blues Man-Bobby G"  
and Friends!!  
With DJ Perry Chillus



Bobby G

Saturday, Nov 13, 2010 \* 6 pm – Midnight  
at the Garden Lake Hall \* 5359 Dorr St

Tickets available at Toledo Urban Federal Credit Union  
(1339 Dorr – 419-255-8876) and  
Henry's Jewelers (4909 Dorr – 419-535-9567)  
Reserved Table of 10 - \$230 until 11/8  
Contact Dorothy Gray – 419-260-2209

### OPEN BAR

**Dinner Menu:** Fried / Baked Chicken, Almond Green Beans, Mashed Potatoes / Gravy, Dirty Rice, Rolls, Salad, Dessert, Coffee, Teas and Punch

## Another Mess At Scott High School

By Lafe Tolliver, Esq



High (f/k/a: Scott High School Bulldogs)?

Save for some exceptions, the incoming freshman class is having difficulty making the transition to high school.

Yes, you heard it right. Practically (not all) the entire incoming class of freshmen is allegedly having coping problems (discipline included) doing the academics of a ninth grader.

Yes, go ahead and double-blink and then re-read the above again. Practically the entire class of freshmen are flummoxed by the academic rigors of ninth grade and this

A recent bombshell of a letter was recently circulated from Treva Jeffries, director of Scott High School and Principal Leaders Jacqueline Quinn and Keith Scott.

The letter was an urgent cry for the parents and guardians of the latest incoming freshman class of Scott High School to come together for a couple of brainstorming sessions. (note: the date is November 4 at 9 a.m. and 5:30 a.m. at Scott High School).

The reason for this unprecedented plea for parental involvement of the frosh class at Chihuahua

is at Scott High School, sadly not generally touted city-wide for any rigorous academic programming or intellectually demanding studies.

The first thing that should come to mind is, "what did...or did not the junior high school feeder schools do to these kids that they would enter high school feeling as if they have been shortchanged.

What course of aca-

demical studies did these kids receive at their junior high schools that purportedly has mentally short-circuited them so that they cannot successfully undertake a ninth-grade curriculum?

When you get beyond the issue of preparation, you move to the second question which is: "How did the TPS system so miserably fail these kids that they have fear and trepidation to engage in a ninth grade course of studies?"

Then you scratch your head and ask yourself another question: "Where were the parents of these kids when they were in junior high school and were being "passed along" to the next grade without mastering the previous course of study?"

Finally, when you can clear your throat at the wonder of this all, you have to press on and ask yourself another alarming question: "Why did these co-conspirator teachers and administrators and principals allow this aca-

demical "death watch" to happen?

It is not rocket science for a teacher or a principal to gauge the level of sophistication of their students and to assess whether or not they are "getting" the materials and are able to synthesize the data so that they can conjugate it in proper form and fashion.

But if a teacher or a principal ducks their professional responsibilities in order to give a "social promotion" to a Shauntae or DeMarcus, they are doing a grave injustice to the child.

It is an outrage by any standards of community decency to sit by and allow young kids to engage in academics when you know or should have known that they are ill prepared to go on to the next level of academic comprehension.

But yet, it appears that the junior high school that feeds into Scott High School simply went belly

up and belched and burped the kids along to a gloomy future of either, "catch up if you can" or working the graveyard shift at a local company sorting glass paperweights.

What was a real bumper was the note in the news report that during the summer orientation program, only five students out of 150 incoming freshman students even bothered to show up! Note: the program was canceled for lack of attendance.

What foolishness is that, that the parents could only motivate five kids to hustle and be disciplined enough to attend a program that was for their present and future benefit?

This is where the parents who "copped out" on being loving parents to their minor kids, need a swift kick (or two for that matter) in the behind.

When you have kids raising kids, you will suffer generational gaps in the transference of posi-

tive values.

Educational excellence should be deemed a high no nonsense priority in the black community and a swift rebuke to the damaging urban legend held by some that education is a, "white thang!" How stupid is that!

Will there be an intensive investigation as to how practically an entire entering class at a high school can be found so ill equipped to do ninth grade academics?

Answer: probably not, since these are black kids from certain street addresses or zip codes or income levels that have been "penciled out" regarding educational excellence being something that they can achieve.

Concerned parents who can opt out and flee the public school system are doing so.

Contact Lafe Tolliver at tolliver@Jumo.com

## Stay Warm, Stay Connected this Winter

The current economic climate remains difficult for many in our community.

However, as we approach the 2010-2011 winter heating season (traditionally November through March), I wanted to share that natural gas bills are positioned to offer a glimmer of relief for Columbia Gas of Ohio customers.

Several factors have contributed to help reduce the price of natural gas to near-decade lows, including new production from large pockets of natural gas in the continental United States, record gas storage levels, and a mild hurricane and summer weather season. These factors provide a strong indication that natural gas prices should remain stable, with minimal possibility of a spike due to a cold snap, for the 2010-2011 winter heating season.

During the winter heating season, 70 percent of the average customer's bill is the cost of the commodity: natural gas. The previously mentioned good news – natural gas prices near decade lows – should be

good news for consumer bills this winter heating season. Consumers are positioned to see bills at the same levels as last year and, depending on weather and other factors, they could even be among the lowest in the past decade.

Additionally, customers will begin to see the full benefit of our new service charge structure this winter. By removing the volumetric charge for natural gas usage that was previously in place, customers will not be exposed to a volumetric charge during winter months, when demand and consumption are at their highest levels. These factors should allow consumers to enjoy bills that are easier on their household budgets.

A trend we have seen in recent months is that a large number of customers who qualify for assistance have not received help for a number of reasons: they didn't know they qualified for help; their economic situation has changed and they are not aware help is available; they are unsure where to seek assistance. Our hope is to

ensure these families find the help they need this winter.

There are several programs and options to share, however the first suggestion for every situation is: Contact your utility company at 1-800-344-4077 at the first sign you may have trouble paying your bill. The sooner we hear about an issue or problem, the more options are available for assistance.

Interrupting someone's service is always the last resort for Columbia Gas, and we will work with customers to try to ensure service is not interrupted. It is our commitment that no Columbia Gas customer goes without heat this winter. We will work with every household to find a way to ensure service, as we understand the economic climate has had a profound impact on many. We will make every effort to keep our customers and our community warm this winter.

Sincerely,  
Chris Kozak  
Columbia Gas of Ohio

open your heart  
open your home

Many children in our community cannot live safely in their own homes; they need the nurturing and stability that can only come from a family environment.

Won't you help?  
Consider becoming a foster or adoptive parent.  
Please call 419.213.3336

Lucas County Children's Services

# African American Legacy Project Annual Luncheon Honors Seven Legends

By Torri Blanchard  
The Truth Reporter



Joan Coleman

Sponsored by The Blade and Mercy Health Partners, the sixth annual African American Legacy Project luncheon was held Oct. 23 at the Hilton Garden Inn at Levis Commons in Perrysburg. The sold out luncheon

was held in honor of seven influential African-Americans leader from the Toledo community who have demonstrated acts of heroism throughout their careers. "Thank you for paving the way for people like me," said

Mayor Mike Bell as he spoke about how proud he was to be in the company of the award recipients.

The afternoon's events began with a music prelude by Gerald Foster and Robert Greenlee, followed by a welcome by the master of ceremonies, Bill Harris and an introduction of those on the dais and the awardees.

**This year's awardees include:**

*Joan H. Coleman*, who served as the Toledo/Lucas County Victim-Witness Assistance Program Director, assisting more than 93,000 victims of violent crimes during her 15-year tenure. Now retired, Coleman is still active in her quest to motivate youth to reach their full life potential and become successors.

*Judge, Charles Joseph Doneghy*, is a graduate of The University of Toledo, who has served for many years as a judge in the Lucas County Court of Common Pleas. Doneghy is a member of several local boards, where he demonstrates his natural abil-

ity to lead.

*Sheryl Anderson Riggs*, is the manager and managing director of the Dale-Riggs Funeral Home. In addition to overseeing and arranging a vast amount the funeral arrangement business, Riggs holds Certified Funeral Service Professional and Certified Preplanning accreditations.

*Rev. John E. Roberts* has been the pastor of the famous

Indiana Avenue Missionary Baptist Church since 1965. Roberts is highly respected because of his continuing faithfulness to his community, family and congregation. He and First Lady Melvina Roberts celebrated their 60<sup>th</sup> wedding anniversary in April 2010


*Prince C. Spencer*, who spent 18 years as Red Foxx's manager, was a member of the tap dancing quartet - The

Four Step Brothers. Today, Spencer resides in Las Vegas, which is not too far away from the star on the Hollywood Walk of Fame that he and The Four Step Brothers' received in 1988 for their astonishing tap dancing ability.

*Rev. Leon L. Troy, Sr.*, is the renowned pastor of Second Baptist Church in Columbus. As pastor, Troy and  
*(Continued on Page 14)*



Honorees and their Presenters



wt05toledo.com

MONDAY 8PM & 9PM  
90210 & GOSSIP GIRL


TUESDAY 8PM & 9PM  
ONETREE HILL & LIFE UNEXPECTED

WEDNESDAY 8PM & 9PM  
AMERICA'S NEXT TOP MODEL & HELLCATS

THURSDAY 8PM & 9PM  
THE VAMPIRE DIARIES & NIKITA

FRIDAY 8PM & 9PM  
SMALLVILLE & SUPERNATURAL

TV TO TALK ABOUT



# NAACP Freedom Fund Banquet: "One Nation ... One Dream"

By Brittany Jones  
Sojourner's Truth Reporter



Donnetta Carter and Rhonda Sewell

Reaching 101 years is a rare achievement. When an organization earns that accomplishment, it demonstrates its impact and the support it has had within a community.

This is the case of the National Association for the Advancement of Colored People or the NAACP.

With more than half-million members and supporters around the world, the association as a whole has changed history through its civil and humanitarian efforts.

The Toledo Chapter of the NAACP holds those standards high through their actions and their programs.

One in particular is the annual Freedom Fund Banquet. October 29 marked its 95<sup>th</sup> anniversary of the dinner, which was held at the Parkway Plaza.

This year's theme, "One Nation ... One Dream," brought together leaders of the community as well as those who hold dear the principles of the institute gathered to celebrate.

With Melvin Barnes, Sr., pastor of True Vine Church as the master of ceremonies, the program began with an opening prayer by Kevin Bedford, pastor of Third Baptist. Sybil Edwards-McNabb, president of the Ohio Conference of the NAACP, welcomed and thanked the guests for attending and for their support.

Toledo Lucas County Public Library Media Specialist Rhonda Sewell presented a guest commentary about why the NAACP is relevant. She was followed by Kirk Clay, the NAACP national staff Civic Engagement Director. He brought greetings from the national unit.

Clay spoke about how in these times of hardships, there is still hope and people

should hold on to it no matter what they are going through.

"Hope is what gives us the courage to take on our biggest challenges and to move forward as a community," he stated. "It is not up for debate."

Brenda McFall, a retiree of Economic Opportunity Planning Association (EOPA), performed a musical selection. She serenaded the crowd with the gospel tune "Total Praise."



WillAnn Moore and Keith Foster

Barnes offered the invocation before dinner.

Afterwards, Chance Sweeny, author and NAACP Toledo Unit Young Adult recited an original poem appropriately titled "One Nation, One Dream."

With numerous political officials in attendance, it was part of the agenda to acknowledge them. That was the task of Yvonne Harper, second vice-president of NAACP, executive director of the Lucas County Democratic Party and president of the Perry Burroughs Democratic Club.

Those were in attendance included Anita Lopez (Lucas County Auditor), Wilma Brown (President, District I Council), Linda Jennings

(judge of Lucas County Common Pleas Court), Edna Brown (state representative and running for state senate this year), George Hillard (Lucas County Democratic Party Central Committee chairman), Theresa Fedor (state senator and candidate for state representative), among others.

There was a special presentation of the President's Awards conducted by NAACP Toledo

She spoke about how the NAACP Toledo Unit has accomplished many goals and fought for rights of the minority. Kaptur also talked of current troubles in the nation such as home foreclosures, the greed of the big banks and the disappointing lack of faith in the president. She mentioned that people have to keep mov-

ing forward and be strong.

"Our work is never finished," she said. "Although we have come a long way, we know we still have an extensive way to go."

The evening concluded with the singing of the Negro National Anthem "Lift Every Voice and Sing" and a benediction executed by Bedford.

The mission of the NAACP is to "ensure the political, educational, social and economic equality of all persons and to eliminate racial hatred and racial discrimination." The organization wants to "remove all barriers of racial discrimination through the democratic processes."



Local 14 dinner guests

**WE ARE RIBS AND SEAFOOD**  
21 Wenz Road (At Hill)

<p style="text-align: center;">TUESDAY &amp; WEDNESDAY ONLY</p> <p style="text-align: center;"><b>JUMBO BUTTERFLY SHRIMP &amp; FRIES</b> \$6.00</p> <p style="text-align: center;"><b>BBQ RIB TIPS</b> \$3.00</p>	<p style="text-align: center;">ANYTIME</p> <p style="text-align: center;"><b>FULL SLAB DINNER</b> 1/2 CHICKEN 2 HALF POUND SIDES \$12.95</p> <hr/> <p style="text-align: center;">THURSDAY - SATURDAY</p> <p style="text-align: center;">\$1.00 OFF on all Combination Plates</p> <hr/> <p style="text-align: center;">SUNDAY ONLY</p> <p style="text-align: center;">We Are Rib Deal Ribs, Shrimp, Catfish, Whiting With 2 Side Dishes &amp; 12 oz. Drink \$12.75</p>
---	--

NW Ohio Ribcoff 1<sup>st</sup> Place 2007, 2008, and 2009

Open Tues - Sat 3 to 9:30 pm  
Open Sundays - Noon to 6 pm  
419-537-9268

## A Thanksgiving Dinner For Waretta H. Hollie

**My Beloved Aunt is living in Marietta, Ga and has been very ill for the past 11 years.**

**She was admitted last Wednesday to Tranquility-A Residential Hospice and I am raising money to make the long drive down there with a Thanksgiving Dinner Fundraiser at St. Philip Lutheran Church 3002 Upton Ave Toledo, Oh 419-475-2835**

**This Friday Nov.5th 11am-6pm**

*Dinners consist of 3 pieces of Turkey, Dressing, My World Famous Mac an Cheese, Greens, Candie Yams, a roll and Pumpkin Cheesecake all for \$10.00*

**We will start selling at 11am until its gone call 419-514-5260 to place your order or stop by 3002 Upton at Central**

**Also, let me know if you want me to deliver a dinner to your home or work site.**



# The Sojourner's Truth Health

Sponsored by NHA

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

## DANGER - November is Diabetes Awareness Month – DO THIS NOW!

By Diana Patton, FITatudes Guest Column



watch. Sadly, we tend to respond to our health in the same manner. We don't take things seriously until it's often too late. Picture this. You set an appointment with your doctor because you've been feeling fatigued most days, have persistent dry mouth, you're thirsty all the time and you've experienced unexpected weight gain. Your doctor tests your blood and finds that your blood sugar is within normal range but advises that your levels are very close to being out of range.

November is Diabetes Awareness Month. Now, the question is, how do we move from simply being aware that something exists that can negatively impact our lives to actually doing something about it?

Let me ask you something, do you react differently when you see the word "awareness" versus words like "alarm" or "danger." Or how do you feel when you see the word "watch" versus a "warning." How did you respond recently when the Tornado sirens went off here in Toledo but only a "tornado watch" was issued? I admit I ignored the siren because the newscaster was telling me it was only a tornado

and sometimes curable lifestyle disease.

I am not writing this article to provide a clinical review of the different types of diabetes, the warning signs and all the devastating statistics. You can go online at [www.diabetes.org](http://www.diabetes.org) to learn as much as you want to learn. Rather, the focus of this article is to get at the heart of the matter of why we respond and behave the way we do even when warning and danger signs are flashing in our face? If you are sitting there scratching your head saying: "yep, I've often wondered why I just don't respond positively and change my ways when I see the warning signs in my life like being overweight, constantly being negative, staying up too late, needing to be busy all the time, eating poorly and feeling depressed most days," just to name a few.

Well, you are in good company. Paul, in Romans 6:15 said: "I do not understand what I do. For what I want to do I do not do, but what I hate I do." You see, changing our behavior is so deeply rooted. It takes a ton of work to overhaul our thinking and our be-

havior. Want to know how fast we make decisions; just read the book *Blink* by Malcolm Gladwell.

I am an optimist. However, optimist or not, we all need a deeper sense of purpose and resolve to change our autopilot, comfortable, familiar way of thinking that lulls into a path of destructive lifestyle diseases. We need an intentional life; that's one that consistently looks to improve and better oneself, setting goals, challenging and resolving to live life to the full; not only for self but for others, especially

those we love, including our children and their children.

For those of you who consistently read our FITatudes articles, or if you are reading our FITatudes article for the first time, you know we lean on Christ for understanding to direct our daily life path. We don't trust our own will power because while it may seem like it works, it ultimately fails us every time. We know Paul in the Bible was a man who lived an intentional life, he always asked God to search him so that he knew his anxious thoughts. Paul knew he

was not condemned; that's because he lived for Christ but it was a daily surrender of his will for God's will.

My friends, we must live an intentional life, search for ways to consistently improve, and take warning signs very serious. Be the change you wish to see for your family's sake. *Let diabetes be a lifestyle disease of the past!*

To learn more of how you can be that change, visit us at [www.FITatudes.org](http://www.FITatudes.org).

## Sweet Success Gala Set for November 5 in Perrysburg

Special to The Truth

The Carranor Hunt & Polo Club, Perrysburg, will be the setting for the 2010 Sweet Success Gala Friday, Nov. 5, from 6:30 to 10 p.m. The event is the fifth annual fundraiser for Diabetes Youth Services (DYS).

The Sweet Success Gala helps to fund educational services for more than 3,000 children in northwest Ohio and southeast Michigan living with type 1 diabetes. DYS teaches children and their families to

manage their diabetes on a daily basis through summer camps and year-round programming. DYS is also the only area resource to local schools in providing training for school staff.

Gourmet grazing stations and a cash bar will be a highlight of the event. Featured will be a wide range of unique and interesting items, offered in silent and live auction formats. Among the auction items will be travel packages, sports tick-

ets and theatre and music experiences. In addition, a live auction will help to fund campers and advisors at the DYS education camps Big Shots and Little Shots each summer.

Serving as host for the evening's activities, and leading the live auctions will be Beth Rose of Beth Rose Auction, Toledo.

"Every day is sweet success when you learn to live with your diabetes," said Angie Rush, DYS gala chairman. "In acknowledging national Diabetes Awareness month of November, our Sweet Success Gala is a celebration of hope and courage."

Tickets for the Sweet Success Gala are priced at \$85 each. For more information about Diabetes Youth Services, to become a sponsor or advertiser or make a reservation for the gala, phone 419.887.8739 or visit [www.dys4kids.org](http://www.dys4kids.org).

About Diabetes Youth Services

Founded in 1984, Diabetes Youth Services is the area's sole provider of school support programs and educational summer camps for children with Type 1 diabetes. There are currently more than 3,000 children with diabetes in the DYS service area of 14 northwest Ohio counties and five counties in southeast Michigan. For more information about DYS, visit [www.dys4kids.org](http://www.dys4kids.org).

*special THERAPIES*

*family COUNSELING*

*WISHES honored*

*There is a difference IN HOSPICE CARE*

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

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

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

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

For the most experienced care, insist on the best. Hospice of Northwest Ohio. To learn more, visit [hospicenwo.org](http://hospicenwo.org). Or call 419-461-4001.

**HOSPICE OF NORTHWEST OHIO**

ASK FOR HOSPICE OF NORTHWEST OHIO BY NAME

## The Toledo Hospital and Toledo Children's Hospital Receive Silver Recognition from the Ohio Partnership for Excellence

Special to The Truth

The Toledo Hospital and Toledo Children's Hospital, members of ProMedica Health System (PHS), have each received the Silver Level Award from the Ohio Partnership for Excellence (OPE) following the organization's assessment of the Malcolm Baldrige Criteria for Performance Excellence. The Silver Level Award demonstrates the organization's

performance in the following seven areas: 1) leadership; 2) strategic planning; 3) customer and market focus; 4) measurement, analysis, and knowledge management; 5) human resource focus; 6) process management; and 7) results.

"It is an honor to be recognized by the Ohio Partnership of Excellence for our contin-

ued commitment to service and quality for our patients and their families," said Kevin Webb, president, The Toledo Hospital and Toledo Children's Hospital. "As an organization, we strive every day to find ways to improve our processes and outcomes in ways that benefit our patients."

The OPE is a non-profit

organization that utilizes the Baldrige criteria. Congress established the Baldrige award program in 1987 to recognize organizations across the country for their achievements in quality and performance, and to raise awareness about the importance of quality and performance excellence as a competitive edge.

To attain the Silver Level Award, applicant organizations were required to submit a self-assessment addressing items in the criteria. They also received a site visit by volunteer examiners from all sectors and regions of Ohio who are trained to help organizations identify their strengths and opportunities for improvement.

For more information about The Toledo Hospital or Toledo Children's Hospital, visit [www.promedica.org](http://www.promedica.org).

## Missing Meat?

By Patrice Powers Barker

Ohio State University Extension, Lucas County  
Guest Column

Why would someone choose to eat a meal without meat? Some personal reasons include increased health benefits, lowering the cost of groceries and as a way to add variety to meals. Just because someone chooses to eat vegetarian it does not necessarily mean they are healthier, spending less or eating a better variety of foods but planning a meatless meal once a week can help meet those goals. This is not to recommend that everyone adopts a vegetarian lifestyle but this article will look at some ways and benefits of fitting in some meatless meals during the week.

Vegetarians do not eat any meat products but there are a variety of vegetarian lifestyles. Vegan means no meat (chicken, beef, seafood) or animal products (like milk or eggs). Depending on personal preference and the reasons for not eating meat, someone may choose to eat fish but no other meats. Vegetarians do eat more than salads and vegetables! For those who are not vegetarians and *do* eat meat on a regular basis, choosing a meatless meal can be an interesting way to add new recipes and variety to the daily diet.

As far as cutting costs at the grocery store, research has shown that a healthy diet can be followed at a reasonable cost by spending less on processed meats and high-fat dairy, and spending more on nuts, soy and beans. The next time you're at the grocery store, keep these tips in mind:

- Choose smaller portions of (or only buy every other week) smoked sausage, processed lunch meats, high fat beef, as well as cheese, sour cream, ice cream and whole milk. These foods tend to cost more and be higher in fat. They can fit occasionally into a healthy diet but not necessarily every day. When eating any foods, also keep in mind serving sizes.

- Take a look at the nuts — do you prefer almonds, walnuts, mixed nuts? Although nuts are not inexpensive, you don't need much — a little goes a long way, nutrition-wise. A small handful of nuts for a snack or added to a salad can add protein to the diet as well as healthy oils. This counts as food from the meat and bean group so eating nuts will replace some of the meat that you would need every day.

- Try tofu or soy-based meat alternatives in your recipes to incorporate more soy in your diet. Tofu comes in different forms and does not have much flavor. It is best added to other recipes with tasty foods and it will take on their flavor. You might be surprised at how well a silken tofu works in a smoothie with different fruits.

- Stock up on beans (canned or dry) and incorporate them into casseroles, soups, and stove-top or slow-cooker recipes. Look for ways to eat more beans for your health and grocery budget! Beans also work well in dips such as hummus or refried beans. Once again, if you are eating beans, you are eating a healthy protein and will need to eat fewer servings of meat from the meat and bean group.

- Add a variety of vegetables to your meals and dishes to add more nutrition and flavor.

The recommendation for a healthy diet is to include foods from all five food groups — grains, vegetables, fruits, milk and meat and beans. If someone does not eat meat at a meal it can be part of a healthy diet. If they eat a variety of foods they will get the nutrients they need like:

- calcium from dark green leafy vegetables, broccoli and white beans
- iron from dried beans, dried apricots and leafy green vegetables
- zinc from legumes, nuts and fortified cereals
- protein from dried beans, nuts and soy milk

So, you do not have to eliminate meat from your diet but you can add new and healthy options by including some meatless meals to your meal plan. On traditional days like Thanksgiving, you do not have to give up meat but take the challenge to think about additional healthy side dishes that can also be added to the turkey on the table. Celebrate the season by enjoying reasonable servings and not overstuffing yourself!

This article was adapted from Chow Line, a service of Ohio State University Extension and the Ohio Agricultural Research and Development Center. For more information please contact Ohio State University Extension, Lucas County at 419-213-4254 or [www.lucas.osu.edu](http://www.lucas.osu.edu)

## PROMEDICA CANCER INSTITUTE WILL OFFER FREE PROSTATE CANCER SCREENINGS

The ProMedica Cancer Institute will offer free prostate cancer screenings this fall in northwest Ohio. Each screening exam will include a digital rectal exam and a prostate-specific antigen (PSA) test. The risk of developing prostate cancer is higher for the following individuals who:

- Are 50 years of age or older
- Are African American
- Have a family history (father, brother or son diagnosed)
- Consume a diet high in fat or who drink alcoholic beverages

Bay Park Community Hospital – Professional Office  
Building, suite 303  
Nov. 4, from 9-11 a.m.  
2801 Bay Park Drive  
Oregon

Hickman Cancer Center at Flower Hospital (hospital entrance # 9)  
Dec. 7, from 4-6 p.m.  
5200 Harroun Road  
Sylvania

### FORMOREINFORMATION:

You must register for a screening exam by calling ProMedica Cancer Institute at 877-291-1441.

**Parrish HomeCare**  
A nurse owned and operated agency with over 35 years of home health care experience.



**MISSION**

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



**Criteria For Qualifying A Patient for Home Care:**

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

**Consider Referring to Our Home Care If:**

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

**Accepted Insurance**  
Medicare • Medicaid • Humana • Arma Medicare

**Services Available:**

- Registered Nurse
- Physical Therapist
- Occupational Therapist
- Medical Social Worker
- Speech Therapy
- Licensed Practical Nurse
- Diet Counseling
- Home Health Care Aids

**Special Services Provided:**

- LV Therapy
- Anticoagulant
- Therapy/ENRatio
- Machine
- Wound V.A.C.
- Procrit Therapy
- CHF Management
- Diabetes Education

**Parrish HomeCare**  
Phone: (419) 389-1020  
Fax: (419) 389-1300  
[www.parrishhomecarellc.net](http://www.parrishhomecarellc.net)

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

## “The West Comes to Northwest Ohio With Many CHARMS”

By Brittany Jones  
Sojourner's Truth Reporter

The Toledo Chapter of the Charms held a western dance on Saturday that allowed the organization to continue their endowment fund at The University of Toledo.

This fund has provided many African-American students with a scholarship over the years.

The Charms and their guests dressed in western attire, dined on a delectable western meal and danced the night away at Gladioux Meadows on Heatherdowns.

With a buffet and a 50/50 raffle, the guests and members enjoyed their evening mingling and celebrating the

sisterhood of the organization.

More than 200 attendees came out to support the bi-annual event.

The Charms were originally named the Midnighters in 1952 by LaVera Heard of Pittsburgh, Pennsylvania. It later evolved from a social net-



The Charms Chapter

work to Squaws, Inc, which served the needs of their community.

To ensure political correctness, the name was later changed to Charms, Inc. in 1996 at the 15<sup>th</sup> Biennial Conclave in Las Vegas, Nevada.

(Continued on Page 9)

**24 HOURS** **HICKS DAYCARE** **7 DAYS A WEEK**  
WHERE KIDS COME FIRST! TRANSPORTATION AVAILABLE  
Infant to 12 years of age  
2469 MAPLE WOOD • TOLEDO, OHIO  
WWW.HICKSDAYCARE.COM  
419-243-9175 \* 419-810-5505



# Mayores Senior Center

2 Aurora L Gonzalez Dr. • Toledo, OH 43609 • 419-242-1144

The Mission of the Mayores Center is to support the independence, empowerment and well-being of older adults, enhance their dignity and self respect, and promote their participation in all aspects of community life.

## WE ROCK!

**Services:**

- Transportation and Escort
- Information and Referral
- Health Assessments
- Education/Training
- Spanish translation available
- Activities

- Billiards
- Bingo
- Chair Aerobics
- Salsa Classes
- Casino Trips

You tell us the programs you want and we'll make them happen!

Come in and see us . . .  
**Roberto**, Activity Coordinator  
**Linda**, Program Assistant  
**Leann**, Transportation Coordinator

Hrs. 8-4:30 • Summer Hrs 8-5:30  
Fridays Summers 8-1



313 Jefferson St • Toledo, OH 43604 • 419.720.7883  
In cooperation with the Area Office on Aging





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

## “CHARMS”

(Continued from Page 8)



Officers Deborah Washington, Zenobia Faulkner, Yvonne Gayle, Dorothea Stubblefield, Hortense Ward

Currently, the organization now encompasses chapters in 11 states, the District of Columbia and in 2011 Las Vegas will be added.

Yvonne Gayle, current president stated, “the humanitarian efforts both locally and on the national level are many.”

With their 2012 “Golden

Anniversary,” celebrating 50 years of sisterly love, commitment and dedication to humanitarian efforts, the Toledo chapter continues to forge ahead and upholding

the high ideals that is their society.

The Toledo chapter celebrates 40 years in existence and carries on with its seven new inductees under the outgoing president

Lenora Barry.

This constant civic, cultural and social organization grows to “promote unity and harmony” as they endeavor to help others. They do this not only through

their members, but also through their spouses or companions (Charmers) and children (Gems).

This year’s national theme is “Ladies of Charms Impacting Change!”



Aminah Robinson

Voices that Taught Me How to Sing

Opens November 18, 2010

Free Exhibition

Good for you. TMA

2445 Monroe St.  
419-255-8000  
toledomuseum.org

### EVERY HOME IS DIFFERENT. AND SO IS EVERY MORTGAGE.

At Huntington, we don't treat our customers like a transaction, or a number. That's why we developed a home lending experience that has your individual needs in mind, and your best interest at heart.

Our experienced professionals will guide you through the process of finding a mortgage loan program which meets your needs and supports your goals - both future and present day.

We offer:

- Low Down Payment Programs
- First-Time Home Buyer Programs
- FHA (Federal Housing Administration) Loans
- VA (Veteran's Affairs) Loans
- Special Programs for Health Care, Safety, Teachers and Military Personnel

Call Huntington Mortgage Sales Manager, Joe Rodriguez at 419-720-7720, or visit [huntington.com](http://huntington.com) for all your home lending needs.



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

# The Flu Vaccine Is A Must For Diabetics

By Dianne Pettis, MS, FNP-Bc  
Guest Column



the 2009 H1N1 virus, the H3N2 virus and the Influenza B virus. People with diabetes should get the flu shot and not the nasal spray flu vaccine.

The flu shot is made from a killed virus, so you cannot catch the flu from the vaccine. I repeat – you don't get the flu from the vaccine. You get the flu from people who already have the flu, or you may get a virus not covered by the 2010-2011 vaccine.

It's that time of year again – flu season. The flu vaccine is widely available now. The Centers for Disease Control vaccine experts voted that everyone six months of age and older should get the influenza vaccine, especially those people with a chronic illness such as diabetes. Influenza (the flu) is a respiratory illness caused by a virus. It is spread by the coughing and sneezing of people who are already sick with the flu.

Getting the flu can be worse for diabetics because they are more likely to get flu-related complications, like pneumonia. The risk is higher for the need for hospitalization or even death from pneumonia. So, a pneumonia vaccine is also recommended for diabetics older than two years old. Having the flu can also interfere with managing blood sugar levels.

The vaccine for the 2010-2011 seasons contains protection against three viral strains:

lin, even if you can't eat, and stay in close contact with your health care provider, as he or she may adjust your medications based on your blood sugars.

Vaccine side effects include soreness, redness or swelling at the vaccine injection site, a low-grade temperature and achiness. Rare allergic reactions include breathing problems, wheezing, hives or swelling.

These usually occur within a few minutes to a few hours after the injection. Seek medical care right away for any allergic reactions.

People who should not receive the flu vaccine are those who have a severe reaction to eggs, or a past severe reaction to a flu vaccine; and those with a history of Guillain-Barre Syndrome (fever, nerve damage, or muscle weakness) after receiving a flu vaccine.

If you have a fever, it is suggested you wait until you're fever-free before getting the flu vaccine.

Prevention measures are always important in protecting your health. Try to avoid close contact with sick people. Wash your hands often with soap and water, or use an alcohol-based hand sanitizer. Avoid touching your mouth, eyes, and nose to keep germs out of your

body. Have enough medications, and supplies to last you for a week in case you need to, or have to stay home.

Get your 2010-2011 flu and pneumonia vaccines!

*Dianne Pettis is a family nurse practitioner who can be reached at*  
[www.harthealthandwellness.com](http://www.harthealthandwellness.com)  
or  
[www.prosperousliving.com](http://www.prosperousliving.com)  
888-887-4429

## Dear Ryan,

I have read where you say that you don't have your clients do cardio. Isn't cardio an important part of getting your heart strong and burning fat? I've been doing cardio and I have been dropping weight but now it seems to be at a stand still. Do I need to increase my cardio time or add another day?

**Thank-you  
Tonia**

**Dear Tonia,**

I think you misunderstand me when I say I don't stress cardio to my clients. Most of the people who come to see me are trying to drop body fat. I focus primarily on weight training because the more muscle tissue that you have the more calories you will burn through out the day.

I do cardio between sets with clients but not as a "whole"

part of the workout. We do super sets with jump rope or other cardio exercises between sets with no rest.

Your body will also begin to burn muscle tissue if your doing to much of it without the proper nutrition to support your calorie expenditure. This in turn slows your metabolism down and causes you to hold on to body fat.

Cardio is important, and I tell my clients to do it after we train or on days that they are not with me. The more cardio that you do along with weight training the more you will improve your overall fat burning.

Cardio helps to get more oxygen to your muscles and the harder you breathe the more calories you burn resulting in more fat burning. If you have reached a sticking point then add a little weight training or try doing it first thing in the morning.

By doing cardio before your first meal, you begin to burn body fat in the absence of glycogen. You become leaner as a result of this. Try to operate within 60-80 percent of your target heart rate (220-age) Example: 220-40(yrs old)=180x.6 & .8 = between 108 and 144 beats per min.

This will help you to make progress again. Also I have a

few bootcamps going right now and it is a great way to burn fat, tone up, and improve your level of fitness and conditioning. Contact me if you are interested in hosting a boot camp at your place of employment, church, or any other organization you are part of. It's a great way to get in shape, meet new supportive

friends, and build camaraderie with friends, family or employees. Good luck.

Ryan Rollison  
Dream Bodies  
1240 W. Sylvania ave  
Toledo Ohio 43612  
419-476-3494  
[mydreambodies.com](http://mydreambodies.com)



## AUNT MINNIES FROZEN FOOD OUTLET STORE



12265 WILLIAMS ROAD / STREET BEFORE EVIS COMMONS

**\*\*JUST IN TIME FOR THE HOLIDAYS\*\***

**NOW OPEN MON thru FRI 12 TO 6**

**WALK IN & PHONE IN ORDERS**

**PEACH OR BLACKBERRY COBBLERS\* SWEET POTATO PIE**

**CANDIED YAMS\* HOMEMADE ROLLS\* CORNBREAD STUFFING**

**FROZEN DUMPLINGS\* BREAD PUDDING / CUSTARD SAUCE**

**VISA/MASTERCARD\*\*PAYPAL**

**SNAP FOOD CARDS ACCEPTED SOON**

**PRICES START AT \$3.99\*\* (419) 872-4396**

*Join Us!*  
Every Sundays at 5:30 p.m.  
Live & Broadcasted on YouTube - Free!

## Worship EXPERIENCE

*Dr. John W. Williams, Pastor*

Eastern Star Missionary Baptist Church  
2102 Mulberry Street, Toledo, Ohio 43608  
(419) 726-1180, FAX: (419) 726-6240  
E-mail: [EasternStarMBC@aol.com](mailto:EasternStarMBC@aol.com)  
Website: [www.drjwilliams.org](http://www.drjwilliams.org)

# New York Architect Who Grew up in Toledo Returns to Address Area Students

*Special to The Truth*

Toledo native Terrence O'Neal, founder of Terrence O'Neal Architect (TONA) LLA, a New York City-based full-service architectural, design and planning firm, returned to the Glass City re-

cently to visit three area high schools and to speak with students interested in pursuing architectural or design careers.

O'Neal, the son of Brunetta O'Neal, retired edu-

cator, and Cleveland O'Neal, Jr, a retired chemist, visited Start and Rogers high schools and his alma mater, Ottawa Hills High School.

At Start, he stopped by the classroom of teacher Ri-



## Election 2010: What Happened To Urban Green?

*By Simone Lightfoot, National Wildlife Federation Guest Column*



The weeks leading up to election 2010 were exhausting. From ensuring my grandmother properly filled out her absentee ballot, to reminding our church congregation about the need to vote. There was Get Out The Vote (GOTV) training in Muskegon, an American Association of University Women (AAUW) keynote address in Jackson, and speaking to physicians with the American Osteopathic College of Occupational and Preventive Medicine during opening day of the World Series in San Francisco. Not to mention countless political meetings, debates, strategy sessions and conversations in urban centers whose politics are key to our regions revitalization like Cleveland, Detroit, Cincinnati, Toledo and Chicago.

No matter the city or state, attack ads, partisan sensationalism, campaign promises and over-the-top accusations have, yet again, defined the electoral season. References – let alone solutions – pertaining to urban green were basically nonexistent.

Just as public policy often ignores places at its peril, public policy makers up for election through out the Great Lakes region barely mentioned urban vitality, agriculture and farming, surplus land reuse, alternative energy, oil spills or the impact of climate change. No big push for things like recycling and reuse, smaller but stronger cities, regeneration efforts, preserving viable residential neighborhoods or green uses for vacant lands and buildings. Mum was the word – but

why?

Well, consider several factors. First, although urban areas are widely recognized as the engines of prosperity and essential to the Great Lakes regions renewed relevance, to date catchy green talking points and campaign slogans have not proven sexy. Secondly, the urban electorate and voter turnout during off year elections play a major role in what political campaigns focus on – or not.

Then there are those in politics who view green advocates as strange tree huggers that lack diversity, in other words, not quite the political mainstream. Lastly, besides resources cited as a barrier, private conversations behind the scenes revealed that many state and federal candidates view urban sustainability as a local issue (city, township, village, etc.) and are not clear about the local implications of climate change.

So, what do we do now? Having served both as an advocate protesting and agitating for change and then on the other side as an elected official, I suggest a “both” and not an “either or” approach.

Sustainability and climate change advocates must remain eternally vigilant while reconfiguring our strategies based on which party is in control, who won and who lost. We have to keep sounding the alarm that over the last 25 years cities in the Great Lakes region have undergone drastic changes.

The kind that warrant state and federal policies that leverage, reflect and fund these new realities.

Compartmentalization can no longer be the order of the day. For instance, we cannot effectively address:

- \*climate change absent factors of health concerns specific to a rising senior population
- \*retrofitting absent residents on fixed incomes
- \*green jobs absent felon re-enfranchisement, displaced autoworkers and single heads of households
- \*air quality absent asthma rates
- \*technical and scientific

needs absent public education

- \*smart growth absent managing land inventories
- \*linking central cities to their metro areas absent addressing race relations
- \*comprehensive green planning, environmental justice and brown field remediation absent voices and views of color.
- \*new sustainable communities absent storm water management, aligned public transportation and insurance redefining
- \*leveraging our regions university and medical center assets absent higher education affordability
- \*energy conservation absent utility rates
- \*urban sprawl absent wildlife preservation

The list goes on and on and therefore we can no longer work through outdated paradigms which provided for the proliferation of suburb vs. inner city political fights and oversimplification of complex challenges that now necessitate integrated, holistic and multidimensional responses.

Policy makers are not all knowing so let's not assume otherwise. Send the winners of election 2010 a note of congratulations, introduce yourself and let them know that you will be in constant contact. Attach a list of green solutions, research and talking points then, hold each official accountable.

*Simone Lightfoot heads up Regional Urban Initiatives for the National Wildlife Federation Great Lakes Region. She integrates the work of the NWF with the regions urban green efforts including but not limited to air and water quality, sustainability, climate change, solid and hazardous waste, recycling, environmental justice, water conservation, invasive species, aged infrastructure, mass transit, wind energy, community college trainings and new economy jobs. Her area includes Chicago, IL; Indianapolis and Gary, IN; Milwaukee, WI, Cincinnati, Toledo, Columbus and Cleveland, OH; Detroit, MI and Buffalo, NY. She can be reached at 313.585.1052 or slightfoot2004@yahoo.com*

chard Rose who conducts the Computer Aided Design and Architecture class. The principal is Elizabeth Wray who assisted in gathering the classes together for O'Neal's visit.

Duane Elliott is the Wood Technology class teacher at Ottawa Hills High School, in whose classroom O'Neal addressed the students. The Ottawa Hills principal is Benjamin McMurray.

“I was very impressed with the outstanding Con-

struction Careers Academy at Rogers High School under the direction of Mr. Keith Dawson who explained that this is a four-year college preparatory course designed to provide exploration in all skilled trades and construction management as well as an apprenticeship program,” said O'Neal of his visit to Rogers, whose principal is Kelly Welch. “The classes I observed were working on types of projects included in first year curriculum of archi-

ture at the college level.”

O'Neal, a graduate of Kent State University, founded his firm in 1993 and some of the major projects TONA has been involved with include a series of renovation in Brooklyn and Queens for the NYC Neighborhood Homes program; complete renovations of several Covenant House New York centers; a unique robotics site for Newark Public Schools and ongoing work for the NYC School Construction Authority.

# “Signature Toledo: A Poetic Medley Show” from Tripple Croxx/O.F.P.

By Michael Hayes  
Minister of Culture

Earlier this decade I used to run a spoken word/jazz night at Murphy's while I was attending The University of Toledo. During this time poetry and expression were a huge part of how young, gifted and black Toledoans were starting to spend their time.

Many people came through our doors during those Tuesday nights we called The Renaissance and among them are quite a few success stories.

A poet named Sierra Leone was a crowd favorite at our night and her partner, myself and my crew would always talk about how to take the art further.

Well, Sierra Leone and her companies have done

just that.

Relocating to the Dayton area, Tripple Croxx (pronounced Cross) Entertainment and its subsidiary, O.F.P., have done a lot to bring quality, urban entertainment from concept to reality. Since the company was founded by native Toledoans, they felt it only right to return home with such an event.

Glass City, I'm urging you to support an event that supports your city.

“Signature Toledo: A Poetic Medley Show” will appear at the Stranahan on November 12 featuring renowned, award-winning Def Poetry Jam success: Georgia Me, along with other highly successful,



spoken word artists. And if that wasn't enough ... the event also benefits a local non-profit foster agency, A

**SIERRA LEONE:**  
Founded September 11, 2000, Tripple Croxx Entertainment is an independent company that specializes in authentic live productions, client services and artist management. The company has built a loyal constituency through a distinctive combination of operational excellence, innovative products and immeasurable service.

As a leading, independent, urban, creative arts organization in southern Ohio, the company maintains a continuous connection with clients, business partners and communities through service-oriented innovation. As the pulse of urban creative arts the company provides the southern Ohio community with culture, artist with a platform and clients with skilled artistic event planning options.

Tripple Croxx Entertainment is “The Keyword for Creativity.” The company's headquarters are in the heart of downtown Dayton, Ohio.

**MICHAEL:**  
The event you're doing here in Toledo sounds amazing, please tell our readers in detail what they can expect and the idea behind

bringing this event to our city.

**SIERRA LEONE:**  
This event will feature top talent in spoken word, music and more. It marks the Toledo premiere of “Signature Toledo: A Poetic Medley Show,” which has been playing to sold-out crowds in Dayton, Ohio, for three seasons. This cutting-edge showcase features local and national poets, musicians, actors, vocalists, dancers and visual artists.

The Toledo show is a tribute to creative artists and will benefit an agency that works with foster care youth. The show benefits A Home for You, a licensed, nonprofit agency that uses a holistic approach to treatment, helps disadvantaged youth reach their highest potential while successfully transitioning to adulthood.

All of the funds raised during “Signature Toledo” will support those young people who are transitioning through and out of foster care. Michelle Savage is the owner & executive director.

Service is a large part of the culture at Tripple Croxx Entertainment.... because it was what truly sparked by interest in the arts when I was in school...folk in the community giving back and creating opportunities for self-expression. So

besides easing peoples' minds and lifting their spirits some form of education or charitable effort is always connected to the experience.

**MICHAEL:**  
When it comes to bringing quality urban entertainment to urban communities what are some key points that can bring professionalism back to this kind of business?

**SIERRA LEONE:**  
The purpose of Oral Funk Poetry Productions (OFP Productions) is to revive, share and support – as well as to provide and create opportunities for artists to express their gifts through performance and visual expression. Our goal is to cultivate an atmosphere that will connect the performer's aspirations to create with communities that support and nurture professional and emergent creative voices. Most importantly, consistency, treat artist with respect, pay artist or create opportunities to be paid & maintain healthy professional working relationships with internal and external connects.

**MICHAEL:**  
What are some of your accomplishments in the Dayton entertainment scene?

**SIERRA LEONE:**  
The Signature: A Poetic Medley Show is completing its third year of residency at The Schuster Center...Mathile Theatre.

We just finished our second installment of the RACC (Regional Academic Cultural Collaboration) which was headlined by COM-MON 2009 & Lupe Fiasco 2 0 1 0 .  
[www.cultureworks.org/racc](http://www.cultureworks.org/racc)

Also we have been named as an authentic “off Broadway” production.

**MICHAEL:**  
(Continued on Page 13)



Home For You.

What more do you want, Glass City?

Oh, you want to know more.. okay. I got you.

Sierra Leone and I were able to catch up , so please read the interview and get caught up on a company doing big things with a purpose.

**MICHAEL:**  
Explain to our readers what exactly Tripple Cross Ent/Oral Funk Productions does... and the overall mission of your company.



**dentalcenter**  
of northwest ohio  
Years of Service

Exclusively a distributor of  
Tooth Towne  
a place just for kids!  
www.ToothTowne.com

2138 Madison Avenue  
Toledo, OH 43604  
Monday-Friday 8:30 am - 4:30 pm



**419-241-6215**  
Toledo's Dental Center Non-Profit since 1910

**DCNWO Patient Eligibility & Fees**

- Living at or below 300% of the Federal poverty level or receiving Medicaid.
- \$25 visit for children up to age 18
- Living in Northwest Ohio
- Adults not on Medicaid are charged a reduced fee.
- Flexible payment plans available.

Call 419-241-6215 for an Appointment

**DIXIE** Auto Leasing Toledo, OH

5880 N. Detroit  
**Month to Month Leasing**  
419-476-8674

WE ARE A FULL SERVICE BUSINESS



**Grace Edwards**  
Broker/Licensed in Ohio & Michigan

BUS: (419) 726-9494  
FAX: (419) 726-9490  
[www.graceedwards.com](http://www.graceedwards.com)  
3623 N. WARRIPE AVE.  
CREGON, OH 43616



**DiSalle**  
The Home Search!

**THE REAL PROS!**  
Equal Housing Opportunity

## Signature

(Continued from Page 12)

Toledo is actually bigger than Dayton yet many people feel its far too difficult to succeed in any entertainment capacity here...what are your thoughts on that?

SIERRA LEONE:

Our Signature Series was born out of a yearning for an artistic community. Truly it came from be-

Has leaving Toledo allowed you to accomplish things you couldn't have done if you stayed here?

SIERRA LEONE:

Home is always where the heart is and the foundation of who we are. Leaving home was just a part of the process. Spoken Word in Toledo is very progressive and that is why Signa-

Any thing else you want our readers to know?

SIERRA LEONE:

The signature is a healthy balance of artists and variety, the audience never knows how exactly a show will unfold because we aim to keep the environment fun and exciting.

This will be an experience to hopefully make



**“The audience never knows how exactly a show will unfold because we aim to keep the environment fun and exciting.”**

ing a poet and wanting to fill a void in the Dayton community.

MICHAEL:

Tripple Cross has plans that reach far beyond Ohio, what are some of the moves you're making in other places?

SIERRA LEONE:

Our goal for 2010 is to continue to strengthen our relationships with the creative arts communities through-out Ohio. Having a three-fold company allows us to work through out Ohio and the surrounding six states...presenting the Signature and working with clients.

MICHAEL:

ture Toledo....will be exciting and fast pace, racy, cutting edge, sexy ... just powerful. That alone helps...we have been key in urban redevelopment.

MICHAEL:

As a company...Tripple Croxx Ent aims to do business in a more responsible way .. where did that idea come from?

SIERRA LEONE:

In the face of failure, you fail or transcend. But having a strong connection to your local community is very powerful and important, they lift you up and ensure that you have the opportunity to succeed.

MICHAEL:

people forget their phones, their bills, their other demands and just enjoy great entertainment in Toledo.

MICHAEL:

Well, it's good to see you doing big things and I'm looking forward to this event.

Thanks for the interview.

SIERRA LEONE:

Thank you.

All right, Toledo.

I see us going to club after club, I see us bickering back and forth only supporting our favorites on the scene and what not.

Cut that out.

This will be a quality event this city can be proud of. I want to see you in the

building.

Nov. 12 – Stranahan Theatre. Tickets are \$15/\$20 at the door.

[www.ticketmaster.com](http://www.ticketmaster.com)

Any questions, as always.. email me: [glasscitytruth@yahoo.com](mailto:glasscitytruth@yahoo.com)



**Buckeye CableSystem and Sojourner's Truth**

**vip OF THE MONTH**

very impressive pricing with the best bundles in town!

video + internet + phone

**★ Marjorie Holt, Ph.D.**

Minority Affairs and Inclusion Coordinator for Lucas County Children's Services

**CRITERIA**

Selected from among 1,000 potential candidates to serve as a delegate to the Vision 2020: An American Conversation about Women and Leadership Congress held in Philadelphia, PA in October

**FAVORITES**

Along with her work at LCCS, Holt is an author, motivational speaker, consultant, trainer, pastor and a known catalyst for change. She has founded both the Bethesda Christian Center and the Joshua School of Leadership

Congratulations on being a VIP!



**Buckeye CableSystem**

419-724-9800 • [buckeyecablesystem.com](http://buckeyecablesystem.com)

# Legacy

(Continued from Page 4)

his congregation developed a \$1,700,000, 45-unit housing complex for the elderly in his city. Rev. Troy has been married to Berniece Troy for 58 years. They have five sons, eight grandchildren, and one great-granddaughter.

Posthumously – Frank Charles Clemons is a former

UT standout athlete and letterman. He excelled on the basketball court, football and track field. Clemons graduated from UT in 1949 with a bachelor's degree in education. Following college, Clemons went on to serve his country in the military. Once his national service was complete, he

held several professional jobs and served on several of the UT boards, all the while demonstrating class and character. Clemons passed away in 2008, leaving behind his beloved wife Hortense Clemons and their three children: Frank, Fatino and Edward.

“My father would be

very, very happy if he were alive,” said Frank Clemons as he accepted the legacy award on his father's behalf.

Individually, the award recipients have come from diverse walks of life; however together they have united to form an elite assembly amongst the most



distinguished, top men and women who contribute and make positive impacts on the African-American communities throughout Ohio. “Each one of our honorees has demonstrated a lifetime of service not only to their families, but to their communities as well,” said Andrea Price, Mercy president and chief executive

officer. The luncheon's closing remarks were offered by Robert Smith, founder and president of the African American Legacy Project. Laneta Goings, former vice president with The Blade, served as this year's Legend's Weekend chairman.



# THE BLACK MARKETPLACE

**1310 Prospect \* SALE PRICE \$17,000**  
**Cash or Conventional**  
 “Fixer-Upper's Dream Come True” - Solid home with lots of character in established neighborhood. Many mechanical updates and plenty of storage. Sold “as is”.  
 Call Alma Dortch-Gilbert 419.297.2301 for appointment  
 adortchgilbert@sbcglobal.net

**Duplex for Purchase or Lease**  
 Great investment property! Excellent condition! Move in ready for owner or tenants. Both units contain newer furnace, hot water tanks, new windows, updated electrical system. Both consist of large living areas and lots of storage space. WOW! Motivated seller. Easy access for showings.  
**Seaway Asset Management**  
 Call Kimberly Brown - 419.810.7097

**\$16,000 Down Payment Assistance**  
 May include other incentives if you purchase now! Unique two-story brick home located Old South End. Totally remodeled! Over 1,500 sq. ft. home furnished with appliances. 1<sup>st</sup> floor LNDY room, large bedroom. Large closets. Extra loft for entertainment. Must see!  
**Seaway Asset Management**  
 Call Kimberly Brown - 419.810.7097

**Hillandale - \$87,000/REDUCED**  
 Ottawa Hills condo. 1440 sq. ft., 2 full baths. Location, location, location. Bright home, new carpet, newly painted. Spacious one floor. Lots of storage, private garage. One great unit.  
**Seaway Asset Management**  
 Call Kimberly Brown - 419.810.7097

**YOU'VE ALL BEEN WAITING FOR THIS!**  
**SCREEN PRINTED TRANSFERS & AIRBRUSH**  
**NOVARRO'S GARMENT IMPRINT**  
**1 TO 101+ T-SHIRTS**  
**DESIGNS FOR ANY OCCASIONS: Reunions – Business – Schools**  
**Sports – Events – Civic – Youth ...**  
**ENGLISH/SPANISH**  
 Novarro.1@bex.net google **NOVARRO GIBSON 419-464-2361**

**WHITTINGTON GROUP REALTY**  
**HOUSES FOR RENT!!!!**  
**SECTION 8 WELCOME!!**  
 Website: www.whittgrouprealty.com  
 Click on Featured Listings and Navigate  
 OR call 419.536.7377  
 Email: propertymanagement@whittgrouprealty.com

**THE C. BROWN FUNERAL HOME, INC.**  
 1629 Nebraska Avenue, 43607  
 419.255.7682  
 A BETTER BUSINESS BUREAU ACCREDITED BUSINESS  
 START WITH TRUST<sup>SM</sup>

**“A Life with natural health and beauty”**  
 Body magic system - designed to re-shape, restore & revive  
 Vitamins  
 Variety of nutritional supplements  
 Lose inches without exercise or surgery  
**Contact me to set up a showcase -**  
 www.ardysinternational.com/UniqueDesigns:  
 Traci Barner drknlvlybarner@yahoo.com: 419.346.8610

**WHY RENT? ... INVEST!!**  
**1637-39 Potomac Drive**  
 Owner Occupancy w/Rental Income. 2 bds, Living Rm, Dining Rm, Kitchen w/Breakfast Nook, Custom finished Basement w/Bar, Office, Cedar Closet, 2 Car Garage  
**Wilma Smith \* DiSalle Real Estate Company**  
 Cell 419.350.7514

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

**STNA TRAINING**  
*Richards Wants to Get You a Job*  
 Ask about our Early Registration Specials  
 Become An STNA in three weeks  
 Morning/Evening/Weekend Classes Available  
 Just \$50.00/down gets you started  
 We Train, We State Test and We Hire  
**For More Info Call Richard Health Systems**  
**419-534-2371**

**Houses For Rent**  
 Everything New: Paint, Carpet, Stove, Refrig. Section 8 OK  
 MVP Property Management  
 419-244-8566.

**Woodley Court - \$259,000**  
 6 bedroom, 2 1/2 baths, 3488 sq. ft.-Custom-built home. Must see to believe. Located in the quiet Trail Acres subdivision. Built for entertaining or large family. Easy to show and ready for buyer.  
**Seaway Asset Management**  
 Call Kimberly Brown - 419.810.7097

**DEBT RELIEF?**  
**CHAPTER 7 BANKRUPTCY**  
  
**\$650.00 plus court costs**  
**FREE ADVICE**  
**ATTY. LAFE TOLLIVER**  
**419-249-2703**  
**a debt relief agency per the bky code**

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

**2 & 3 BR Homes City Wide!**  
 Traditional financing & lease w/option available for some.  
 Call Montalena @ 419.320.5224 and follow me...  
**Your Guide To Home!!**

**210 Bloomfield - \$50,900 GREAT BUY!**  
 3 bdms - 1 full bath - living room/dining combo with cozy kitchen. Beautifully landscaped with fenced in yard. Move in ready!  
 Call Alma Dortch-Gilbert 419.297.2301 for appointment  
 adortchgilbert@sbcglobal.net

**NEW PRICE!! PERFECT STARTER**  
**IN MOVE-IN CONDITION!! 1818 MACOMBER**  
 2 bds, living rm, dining rm w/hardwood floors. All new windows. Newer roof, furnace, and hot water tank. C/A, Security System & Patio in rear yard. Appliances stay  
**Wilma Smith \* DiSalle Real Estate Company**  
 Cell 419.350.7514

# CLASSIFIEDS

November 03, 2010

Page 15

## Wanted to Buy:

Diabetes Supplies  
Earn up to \$12 per box of 100 test strips  
Must expire after Aug. 2011. Leave labels on boxes.  
We remove and shred.  
Call 419-740-7162 and leave message.

## For Rent

3 bedroom  
1015 Norwood  
\$600 month  
Pay own utilities  
419-261-2397

## DRIVER (FT & PT)

Transports children/adults to visitations and appointments. 35 & 21 hrs/wk (hrs. will vary w/evening & weekend work required). Position starts at \$12.38/hr. w/benefits. REQUIREMENTS: HS diploma/equiv.; valid driver's license, ins., no traffic citations w/in last 8 years and reliable auto. Complete position requirements at [www.lucaskids.net](http://www.lucaskids.net). Send resume to Human Resources, LCCS, 705 Adams St., Toledo, OH 43604 or fax to 327-3291 by 9/30/10. EOE valuing diversity

## SECURITY OFFICER

Provides security/communication functions to ensure the safety of staff, building and property. REQUIREMENTS: H.S. diploma/equivalent and security-related exp. or educ. (prefer 2-year degree in Law Enforcement). Position starts at \$17.60/hr (hrs. will vary w/evening & weekend work required). See complete requirements at [www.lucaskids.net](http://www.lucaskids.net). Send resume to LCCS, Human Resources, 705 Adams St., Toledo, OH 43604 or fax to 327-3291 by 9/30/10. EOE valuing diversity.

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

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

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



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

## NORTHGATE APARTMENTS 610 STICKNEY AVENUE Now Accepting Applications

1 AND 2 BEDROOM APARTMENTS  
A Senior Community for Persons 55 and Older.

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



## RN (FT, PT & CONTINGENT)

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

## Payroll Manager

The City of Toledo's Finance Dept. is seeking an experienced Payroll Manager. Salary range is \$50s - \$60s. Details and application at [www.toledo.oh.gov/HumanResources](http://www.toledo.oh.gov/HumanResources). The City of Toledo is an Equal Opportunity Employer. Minorities, females, and individuals with disabilities are encouraged to apply.

## Account Payable Rep

Account payable rep needed in our firm. Candidate must have at least high school or college degree. The position offers 200 dollars per week plus benefits.

Send resumes to [js1960@live.com](mailto:js1960@live.com) if interested

## APARTMENTS

Abundant Life of Perrysburg is a subsidized independent housing facility for those 62 or older. We are located in a beautiful, quiet residential setting in Perrysburg. Abundant Life offers one bedroom garden apartments with private patios, indoor mailboxes, reserved parking and busing to local grocery stores. Applications are now being accepted. Call 419.872.3510 or 419.874.4371



Or email [www.abundantlifeperrysburg.org](http://www.abundantlifeperrysburg.org)

## Land Survey / Construction Technicians wanted

City of Toledo - Engineering Services needs a full-time **Senior Engineering Aide** and a full-time **Intermediate Engineering Aide** to perform technical field survey work under general supervision. Requirements as follows:

**Senior Engineering Aide position.** Graduation from high school or General Educational Development (G.E.D.) Tests equivalency and three (3) years of experience on a survey crew as an instrument operator.

**Intermediate Engineering Aide.** Graduation from high school or General Educational Development (G.E.D.) Tests equivalency and one (1) year of experience on a survey crew within the previous five years.

Good knowledge of current instruments used in engineering survey work. Must be able to safely lift and carry objects weighing up to approximately 110 pounds

Must possess a valid State of Ohio driver's license.

Applications can be acquired at the City of Toledo department of Human Resources, 19<sup>th</sup> Floor, One Government Center, Jackson Blvd at Erie Street, Toledo, Ohio. Office hours are 9:00am - 4:30pm Monday-Friday.

**The City of Toledo is an Equal Opportunity Employer. Minorities, females, and individuals with disabilities are encouraged to apply.**

## INVITATION FOR BIDS

The Lucas Metropolitan Housing Authority is seeking bids from qualified contractors to furnish all labor, materials, and equipment for the following project:

Re-Roofing at Weiler Homes Day Care Center  
Job Number 210066  
Walk-Thru Date October 26, 2010 at 10:00am  
Bid Due Date November 4, 2010 @ 11:00am



Bids will be opened and reviewed in the Modernization Department, at 201 Belmont Street, on the date shown above. Contract documents and technical specifications/drawings will be available from the Modernization Department, and will be provided upon request.

Each bid shall be accompanied by cash, an approved surety company bid bond, or a certified check upon a solvent bank, made payable to the Lucas Metropolitan Housing Authority in an amount equal to five (5) percent of the bid, tendered as a bid guarantee (if required) that the bidder will, if the award is made to him, enter into a bona fide contract with Lucas Metropolitan Housing Authority for this work and furnish proper guarantee bonding as required under the specifications within a period of ten (10) days after the awarding of the contract.

The prevailing wages for this locality, as established by the Department of Labor as Wage Determination OH20100028, as modified, must be paid all persons employed for this work.

The Lucas Metropolitan Housing Authority reserves the right to reject any or all bids, or to waive any informality in the bidding. No bids shall be withdrawn for a period of sixty (60) days subsequent to the opening of the bids.

All bidders shall be required to meet the Affirmative Action requirements and Equal Employment Opportunity requirements as described in Executive Order #11246. Each bidder must insure that all employees and applicants for employment are not discriminated against because of their race, color, religion, sex, national origin, disability, handicap, age, ancestry, creed, or military status.

LUCAS METROPOLITAN HOUSING AUTHORITY  
MODERNIZATION DEPARTMENT

# Celebrating the Life of Ernest C. Jones

February 14, 1943 – October 26, 2010

“Once a Bulldog, always a Bulldog,” describes Ernest C. Jones Sr. who was called home on October 26, 2010 at Hospice of Northwest Ohio. Ernest was born in Marian, Alabama on February 14, 1943 and was one of 11 children. He attended Toledo’s Birmingham Elementary School. As a student at Scott High School, his pen and ink draw-

ing, “Traffic on the Maumee,” was published in *Reader’s Digest*, April 1962. Upon graduation, he earned his Bachelor’s Degree in Education from The University of Toledo in 1966 and received his Master’s of Education in 1976 from that university.

Ernie taught art in the Toledo Public School System for 25 years, and also taught elementary students

on various elementary levels throughout his career. He has major pieces of his work at various churches and locations in Toledo. His 20-foot high “*Christ Ascending to Heaven*” can be seen at Faith Way Church of God in Christ. Ernie has lectured and exhibited at many universities, schools, and Churches across the country.

Ernie was one of the

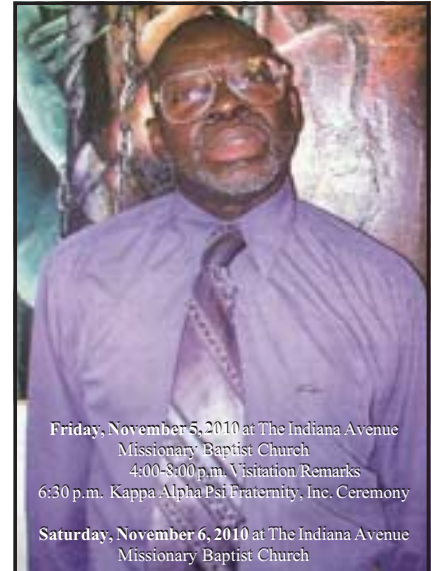
founders of the Confederation of Black Artists (COBA). Also, he was a founder of the Black Caucus of Toledo Teachers. Another of his accomplishments was serving as the Activities Director of the National Youth Sports Program (NYSP) here at The University of Toledo for 24 years (1970-1994). Through his efforts, thousands of disadvantage youngsters received different opportunities to participate in organized sports and activities on campus. Many of the NYSP youngsters later enrolled at The University of Toledo.

Ernie Jones was also the founding advisor for the City-Wide Afro Clubs. He helped area and city high school students create an annual scholarship dance. The “Afro-Ball” has been the crowning achievement of pride for over 20 years in Toledo. There are over 15 high schools networking to give four college scholarships a year. Mr. Jones has truly touched the lives of thousands of youngsters.

Ernie Jones is a long-standing member of the Kappa Alpha Psi Fraternity, Inc and was a member of the

Amazon Lodge #4, Order of Prince Hall Masons. Ernie and his devoted wife Gloria have three children: Charvette, Ernest (Alicia) II and Tanara.

They have four grandchildren, Sea Aira, Ron Naysha, Katorian and Ernest Jones III. He stated proudly that “Christ is the head of his life.”



Friday, November 5, 2010 at The Indiana Avenue Missionary Baptist Church  
4:00-8:00 p.m. Visitation Remarks  
6:30 p.m. Kappa Alpha Psi Fraternity, Inc. Ceremony

Saturday, November 6, 2010 at The Indiana Avenue Missionary Baptist Church

11:00 a.m. - Wake  
12:00 a.m. - Celebration  
3:30 p.m. - Repast (Dinner)  
2:00 p.m. Interment (Historic Woodlawn Cemetery)

**TOLEDO INTERNATIONAL MARKET**  
5315 DORR STREET, TOLEDO, OH 43615  
PHONE (419) 531-1883  
@ FOX PLAZA next to AMIGOS  
HOURS: MON — SAT 10 AM — 8 PM  
**Relax & Sooth your senses....Drift away**  
Collection of oil Burners, Candles and Incense  
MEN'S DESIGNER FRAGRANCES... COOL, WATER, JAGUAR, JEAN PAUL & more  
CLASSIC FRAGRANCES... NAG CHAMPA, SANDALWOOD, PATCHOULI, EGYPTIAN MIST & more  
LADIES DESIGNER FRAGRANCES... ANGEL, BLACK WOMAN, BEAUTIFUL & more

**GIVE A GIFT THEY'LL SING ABOUT!**  
**OH! LOTTERY.**  
Visit [www.ohiolottery.com](http://www.ohiolottery.com) to see all holiday games & release dates!

Lottery players are subject to Ohio laws and Commission regulations. Please play responsibly.