



Local and National News

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"And Ye Shall Know The Truth..."

May 04, 2011

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*Wanda Dorsey, NAMI
Lead Parent Partner*

The Approaching Day

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



We were born into an unjust system; we are not prepared to grow old in it. - Bernadette Devlin

I admit that I have feelings of ambivalence toward the death of Osama bin Laden at the hand of U.S. Special Forces. While I firmly believe that justice will always prevail at some point and am convinced that violence and the threat of violence must always be eliminated in order to preserve life, bin Laden's demise was, for me, an occasion for contemplation rather than celebration.

Although the elimination of this hate monger was a brilliant, courageous, well-planned and executed military operation, it reminds me too much of the violence and killing that takes place too frequently

in poor and minority communities.

It is true that a lot of our existing community violence results from parents' failure to monitor their children and to adequately socialize them early in life or because of a lack of family ties altogether.

Yet, we continue to ignore or underestimate the consequences of the obscenely unequal distribution of resources in our society and the resultant pressures that beat down upon individuals and families causing many of them to function out of a sense of desperation.

Are we willing to deploy the resources and employ the resolve "by any means necessary" to preserve life and also eliminate the problems that terrorize the black community? I don't know.

But I do know that finding the answer that redirects black life from crime, violence, father absence/single female-headed households and other dysfunctions towards the pursuit of quality education has now become a matter of life or death.

There is hope, however.

It's easy to be misled into thinking that that's all there is by looking at groups of hell-raising young black people in the media and on street corners as well as an out-of-touch and recalcitrant older black generation needing to be propped up but hell-bent on holding on to positions and power.

Yet there are young people on the scene, not operating merely out of self-interest, but charged with "village caring for children and therefore caring for our future for the greater good of the masses," and out to put change in the mind and in the pattern of thinking towards education and prosperity. Their motto is "Educational Empowerment, One Child at a Time."

They also have a sense of their history and thus bring a mindset and style that is old, yet new and fresh. Like activist Ella Baker before them, the mantra of this current generation of activists is that you "work for the long haul; don't put too much stock in leaders or their charisma; build group-centered leadership rather than leader-centered groups; develop leadership among the uncredentialed including the poor, women and youth; and that the people closest to the problem should be involved in the solution of that problem."

Alicia Smith, student at The University of Toledo, indicates that the university's group of organized multicultural activists have been engaged around issues of restorative justice, community empowerment, prisoner reentry, gang interaction, community relations and alternative choices for juveniles and adults returning to education for the growth of their families.

Smith, and others, working under the direction of Morris Jenkins, Ph.D., will host Detroit attorney Gregory J. Reed, founder of the Keeper of the Word Foundation, for the launch of the 'Lost Documents of Malcolm X' at the Wayman D. Palmer YMCA on May 21, 2011 beginning at 2:00 p.m.

Reed acquired the manuscripts and three lost chapters from the 1965 Alex Haley version of the Autobiography of Malcolm X in 1992 from Haley's estate. The volumes will contain the unpublished and direct words of Malcolm X, an anthology featuring the works of over 20 poets, and a 14-point plan for African-American independence and will be broadcast by CNN and other major news networks.

While we have not yet arrived, in our relentless pursuit of the terrors which assault our community, at the "Good Day in America" of which President Obama so proudly exclaimed with the capture and killing of bin Laden, our circumstances are not completely dark.

For, I do see the purpling of an approaching dawn and a turning point, with the arrival of young reinforcements equipped with new energy and fresh ideas and willing to be a part of the struggle.

Though they have their own perspective and different life experiences, we must provide support to their efforts, encouragement and assistance (when asked) in their leadership development and the willingness to integrate their culture with ours as these young people work to build their skills and capacities.

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

Community Calendar

May 3-4

St. Paul Episcopal Church Spring Rummage Sale: Tuesday – 9 am to 7 pm; Wednesday – 9 am to 1 pm; Proceeds go to local and national charities: 419-874-4548

May 3-5

Beulah Baptist Spring Revival; 7 pm nightly

May 4-6

Interdenominational Ministerial Alliance Annual Revival: Warren AME Church; 7 pm nightly

May 6

City of Zion, the Mt. Zion Church Women's Ministry: "Purpose in My Press: A Celebration of Women;" Cynthia Hale guest speaker at 7 pm

May 7

Mother and Daughter Luncheon: Women's Department of St. Stephens COGIC; Noon to 2 pm; Speaker Missionary Arlene Glover-Bond
Delta Sigma Theta Breakfast for M'Lady: The Pinnacle; 10 am: 419-537-0760
United MBC Women's Ministry: "Women in the Bible;" 5 pm

May 11-15

Warren AME "Celebration of Love;" For Rev. Otis Gordon and First Lady Debra Gordon; Nightly revival Wed through Fri, 7 pm; Saturday night banquet at Gladioux Meadows – 6 pm; Sunday service at 10:45 am: 419-514-2989

May 12-15

First Church of God 50th Pastoral Anniversary: Rev. Robert and First Lady Maggie Culp: 419-724-5451 or 419-255-0097

May 13-14

City of Zion, the Mt. Zion Church Women's Ministry: Purpose in My Press: A Celebration of Women;" Women's conference at 6 pm on Friday; Conference at 8:30 am on Saturday; Guests include Min Sallie Jones and Pastor Patricia Sullivan

May 14

Bereavement Meeting: Bethlehem Baptist Church; 10 am: 567-249-7470
All Saints' Episcopal Church Gospel Festival: Saturday - gospel workshops from 9:30 am to 3 pm; Festival at 7 pm featuring Barbara Johnson Tucker (soloist), Phillip Hall (pianist) and Obed Shelton (violinist): 419-246-2461

May 14-15

United MBC Women's Day: "Women Recharging Our Commitment to Christ; Saturday workshop, Sunday service

May 15

Third Baptist Church: Women's Day; "Destined for God's Purpose;" Guest speaker Rev. Evonne Linnear of Mt. Pilgrim; 10:45 am
Bibleway World Outreach Church 18th Pastoral Anniversary: Pastor Bruce and Lady Karen Mitchell; "The Year of Revelation;" 4 pm: 419-870-2184
True Vine MBC 19th Pastoral Anniversary: Pastor and Lady Melvin Barnes Sr.; 4 pm; Guest speaker Rev. Floyd Smith: 419-539-9104

May 19-22

Bibleway World Outreach Church 18th Pastoral Anniversary; Services 7 pm nightly: 419-870-2184

May 20

Woodward High School Career Fair: 9:30 am to 3:30 pm: 419-490-3895 or 419-671-6000

May 20-21

New Covenant Church 14th Annual Marriage Retreat; Hilton Garden Inn; Speaker Pastor Chris Hale from Akron: 419-262-0533

IMA of Toledo and Vicinity
Interdenominational Ministerial Alliance of Toledo and Vicinity

REVIVAL

MAY 4 - 6, 2011

7 P. M. NIGHTLY

<p>WEDNESDAY</p> <p>Genre: Gospel</p> <p>UNITY SERVICE AND PRAYER</p>	<p>Warren AME Church 519 Collingwood Ave. Toledo, OH 43602</p> <p>Special Live Concert, Host: Enoch Pastor: Enoch Wood, President IMA</p> <p>CALL 419-874-4548</p>	<p>MUSIC BY</p> <p>THE CENTER OF HOPE BAPTIST CHURCH DR. PAUL EPISCOPAL SABASTIAN CHURCH MT. ZION BAPTIST CHURCH</p>
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Dr. Donald L. Perryman Reverend Dr. Chris Hale, Jr. Bishop Larry Taylor

Birthers Gone Wild!

By Lafe Tolliver, Esq
Guest Column



these media wolves is not their primary currency.

No, the next wave of assaults from the birthers have just been discovered and I, as did Donald Trump who is taking sole credit for forcing the President's hand to divulge the long form of his birth certificate, must take credit for the following revelations.

As some of you may know, I have been fortunate to make long-lasting contacts and friendships with people in Washington, D.C. whom have the wherewithal to "acquire" information that many times is simply not made available through ordinary news sources.

At the risk of ruining some cherished friendships but still mindful of my duty to my readership of bringing them breaking news in a timely manner, I leaned upon a particular news "mole" for some info about what the birthers plan to do next.

Now, at the outset, I must confess that I am not particularly proud of what I did or the manner in which I did it, but the only consolation I had when I undertook this inquiry was that I was doing it for the readers of this column

My reluctant "mole" (who owed me several favors for helping him get a Vietnam

War deferment) was privy to some unbelievable data about the birthers and their future attacks against President Obama.

My "mole" friend was in fact a double agent. He fronts as an ardent birther but at the same time he was compiling data for the organization WikiLeaks so that he could bust them in the near future

Because of his support and generous financial contributions to the birther movement, my "mole" friend was able to wiggle his way up to the secretive computer rooms of the birther movement and gain some startling information that I am now about to share with you.

Here now is the purloined document (scaled down to a readable format) that shows what will be soon happening against the president:

(1) Attack his academic credentials as being the product of affirmative action. (Note: this gibberish is currently being rolled out by Donald Trump where he is now questioning how President Obama was able to enter the hallowed halls of Harvard Law School).

(2) Question whether Michelle Obama did in fact personally give birth to two kids since no one really saw

her pregnant with either child. (Note: the birthers view the kids as "plants" to give the family an aura of being legitimate).

(3) Question whether Obama's father was really born in Kenya but in fact was born and trained in Russia like a "Manchurian Candidate" whose job it was to train up his child to be president of the United States. (Note: go figure that scenario out!)

(4) Question whether President's Obama's late mother was in fact a white woman but rather was a light-skinned black woman passing for a white woman. (Note: they believe she was forced into an arranged marriage).

(5) Question about some early medical procedures that President Obama had while a kid in Indonesia and which procedures placed several tiny implants in his brain by which he receives daily anti-American electronic messages from communist covert operatives based in Cologne, Germany.

(6) Question why you never see the President in short sleeves and which is purportedly due to the pres-

ence of "scarring" that he received while in Kenya during his late teen years and which shows that he is a member of a Kenyan tribal gang devoted to the illegal poaching of the famed black rhino horns.

(7) Question why President Obama is never seen eating chitlin's and pig's feet with combread which indicates that one of the medical procedures changed his taste buds from a "brotha" to that of a white Bostonian northerner.

Needless to say, I was literally overwhelmed by the lengths the birther movement will go to destroy this man and impugn his credibility by their reckless placement of these fables at certain Internet sites that are voraciously read by Fox News (?), Donald Trump and Michele Bachmann.

I could only grieve for America. An America that has allowed its faculties of common sense to be hijacked by men and woman of low character and who possess even a lower mental acumen

Such a scurrilous attack has never been waged against any sitting American president...even George W. Bush

who was widely seen as not being the "brightest bulb in the pack."

But the venom released against President Obama and the ongoing vitriol can be partly explained that some of white Republican America is outraged that a supremely confident black man sits in the White House and is seen as the leader of the free world.

For many birthers and TEA party devotees, such a picture is more than they can bear and they vent their seething rage by engaging in such outrageous rhetoric and ongoing tragic political theatre.

For them to see a black man and his stylish wife and two smart kids roaming the White House at will and flying on Air Force One, triggers in them uncontrollable fits of anger that a direct progeny of Africa rules and reigns in America.

The birther movement is an ill wind blowing in America.

Contact Lafe Tolliver at tolliver@juno.com

You would think that with the release of the long-form birth certificate of President Obama that the howls and hoots from the looney bin of the Birther Movement would cease. Especially from one of their ardent spokesman, the megalomaniac, Donald Trump (who even believes in his delusions that black folks are thrilled with him!)

However, if you accept that, you simply have not gauged the depth of the ardent passive-aggressive disdain that the birthers have for America's first black president.

Birtherism is not based on any rationality or probity or common sense. It is fueled by conspiracy buffs and a garden variety of liars and is driven by the right-wing media that simply loves to increase their viewership or sell newspapers. Truth for

America's New Slaves

By Floyd Rose
Guest Column



However, when we criminalize certain behavior, like possessing small ounces of marijuana, a drug that is scientifically less harmful than cigarettes, and we target young black men, they can be legally be denied the same rights that blacks were denied during slavery and the years of segregation that followed.

By targeting young black men, and decimating black neighborhoods, the U. S. criminal justice system functions as a means of racial control, even as it claims to be color blind. The imprisonment of young black men is rooted in the perception that they are dangerous. It is, therefore, more acceptable to imprison and warehouse them at a cost of \$35,000 a year than to educate them at a cost of \$8,300.00 a year.

As convicted felons, they can be legally treated like slaves; treatment that is encouraged by the very criminal justice system that claims to protect their rights. And they are treated with less respect than blacks had before the civil rights movement.

The criminal justice system creates a perpetual class of people whom they label as

criminals. And the label itself justifies its right to deny them their human rights. When they return to an unforgiving society, because they have been convicted of a felony, more often than not, they are unable to get a job. To survive, they are forced back into the very criminal activity for which they were imprisoned.

We have not ended the race caste system. We have only redesigned it.

It is no accident that 43 years after the assassination of Dr. Martin Luther King, Jr., while blacks are only 12 percent of the population, they make up 51 percent of the prison population. And on any given day, blacks are more than 85 percent of the county jail populations.

In 2011, more African Americans are in prison, in jail, on probation, or parole, than were enslaved in 1850; a decade before the Civil War. And more of them are disenfranchised than in 1870, the year that the 15th Amendment was ratified, prohibiting laws which denied blacks the right to vote.

The more things change, the more they remain the same.

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Brandon Tucker: First Up to the Plate – Ready to Listen and Act

Sojourner's Truth Staff

Democrat Brandon Tucker, director of work-force development for the Greater Toledo Urban League, filed his campaign petitions with the Lucas County Board of Elections on Thursday, April 28 becoming the first candidate for the Toledo City Council District 1 seat that has been held for the past 12 years by Council President Wilma Brown.

After turning in 79 signatures on four pages along with his \$45 fee, Tucker received his campaign finance material from the Board of Elections. His father, Robert Tucker, will serve as campaign treasurer.

According to the Toledo Charter, candidates for district office must collect at least 50 valid signatures of residents of the district in which they are running for election. After verification, a candidate is then officially placed on the

ballot. The deadline for filing petitions is July 15.

"Today we made it official," he said afterwards. "We filed early because what we've heard in the community is that we need fresh, creative leadership on council."

Tucker, who grew up in District 1, is a graduate of Central Catholic High School and The University of Toledo. He has a master's degree in organizational leadership

from Lourdes College.

Tucker said he is running on a pledge to respond within 48 hours to any call from a District 1 constituent and will be running under the slogan of "One Call, That's All."

"We will have leadership that is responsive," he said of his commitment to following up on residents' concerns. "This allows me to focus on the community."



Aji Green: Neighborhoods, Jobs and Economic Development

Sojourner's Truth Staff



Democrat Aji Green officially launched his campaign for the District 1 seat on Toledo City Council last Thursday during a fundraiser/rally at Mt. Pilgrim Baptist Church.

"I am confident that I will make a difference on Toledo City Council representing the people of District 1," said Green in a statement just before his kick-off event. "I understand that tough decisions have to be made to get Toledo back on track and I am committed to doing just that."

Green will be competing to succeed City Council President Wilma Brown

who is term-limited from running again.

Green, who worked at the Toledo Jeep assembly plant for six years, is a graduate of The University of Toledo and currently works as a legal professional with a law firm as he pursues an advanced degree from UT.

Green listed his major goals as a councilman as strengthening neighborhoods, economic development, fighting for the working man and woman and jobs creation.

In the wake of the contentiousness developing between Mayor Mike Bell and several current council-

men about the possibility of foreign investment in the Marina District, Green announced his support for a deed restriction that would force investors to use local union contractors.

This will be Green's second campaign for elective office. In November 2009, he ran an unsuccessful campaign for the Toledo Board of Education. In the meantime, he has kept his hand in the political process, most recently as a volunteer on Keila Cosme's 2010 bid for a spot on the Ohio Sixth District Court of Appeals.

Green plans to file his campaign petitions on May 12.

"Wilma Brown has served our city honorably and now that she is leaving city council, I feel that I am the person who can best move District 1 forward by focusing on promoting economic development and improving the safety of our neighborhoods," he said.

Little Miss Not-So-Perfect

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Food Vendors Find Promise of The Huntington Center Slipping Away

Sojourner's Truth Staff



Paul Hubbard and James McDay

Just before the Huntington Center opened in the fall of 2009, The Truth reported that food vendors Paul Hubbard and James McDay would be part of the team providing edibles to the Center's customers. Their time had finally arrived, they told us then.

That was then, this is now.

Sadly that assessment proved to be premature, the two now report. The two vendors have been all but precluded from earning anything but mere pennies for their efforts by the general contractor, they say.

Hubbard and McDay are minority vendors brought on board by Gladieux Catering which

has the general food contract for the Center. That contract includes not only the concession stands but also the food consumed by customers in the private suites.

Hubbard's Hub's Chicken was to feature chicken fingers along with boneless Asian and hot chicken wings as well as Chicago-style caramel and cheese popcorn. McDay, proprietor of We Are Ribs at 21 Wenz Road and a frequent winner of the Northwest Ohio Riboff, was to supply ribs, rib tips, pulled pork and baked beans.

Things went well ... for a while. But as this second season started in the fall, both vendors were informed by Gla-

dieux's management that they had to drop certain products. Hubbard was left with popcorn as Gladieux went with their own chicken products.

McDay was told that his rib tips, which had proven to be a big seller for him during the first season, would no longer be needed.

Those are the same ribs that won the First Place Golden Rib Award and First Place Peoples Choice Award in 2007, 2008 and 2009 in the Northwest Ohio Riboff.

And as if the restriction on products were not damaging enough for their businesses, both vendors were also cut back on locations.

Hubbard is now down

to one location within the Center for his popcorn products.

McDay has two locations but he has been dropped from the menu for the suites.

As a result of the changes, the two minority vendors have netted less than \$8,000 total – approximately \$6,000 year to date for McDay and around \$1,100 for Hubbard. McDay and Hubbard, by the way, are the only minority food vendors operating at The Huntington Center.

The selection of these two vendors was part of the process the Board of Lucas County Commissioners used as they put together the pieces of the complex puzzle to include minority contractors during the construction and operating phases of the Center.

A team of advisors from the minority community had been assembled to present views to the Commissioners on how to best implement minority inclusion.

As The Truth reported in October 2009, just as the Center was about to open, 14.2 percent of total contracts had been let to minority business enterprises and the Center's contractors had a total payroll for minority workers of 12.4 percent. That oversight committee had set a goal of 15 percent for both categories.

"We are not going to reach 15 percent but it's a good start," said member Art Jones at that time.

And the food vendors themselves were gratified by the progress that the oversight committee had forged.

"These contracts would not have happened without the oversight committee," said Hubbard in 2009. "We got a lot of promises when Fifth Third Field was built and nothing happened but this committee kept pushing."

But in spite of that pushing back then by the committee, Gladieux it appears has steadily chipped away at the revenues of the two minority vendors, denying them access to customers and limiting their ability to fully market their offerings and, in the process, slicing their profits to the bone – in a manner of speaking.

That was then, the reality is now.

Efforts to speak with the Gladieux manager in charge of The Huntington Center food operation proved futile.

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Dr. John W. Williams, Pastor

Eastern Star Presents Pastor Williams' 67th Birthday and Street-Naming Ceremony

Sojourner's Truth Staff

Pastor John H. Williams began to lead the congregation of the Eastern Star Missionary Baptist Church over 32 years ago. In the interim, he has also assumed the pastoral duties at the New Zion Missionary Baptist Church and the Memorial Missionary Baptist Church of Buffalo, NY.

The son, grandson and sibling of Baptist ministers, Williams was honored for his years of service this past weekend as Toledo City Councilwoman Paula Hicks-Hudson and other elected officials joined dozens of members of the congregation at the corner of Mulberry and Moore to witness a portion of Mulberry Street re-named for the Eastern Star pastor.

"Put all your trust in God," said Williams at the podium that had been placed in the street for the ceremony. Afterwards, the

congregation gathered for a program in the church to hear a tribute to their leader and to feast on a

dinner of chicken, turkey, roast beef and a variety of side dishes.

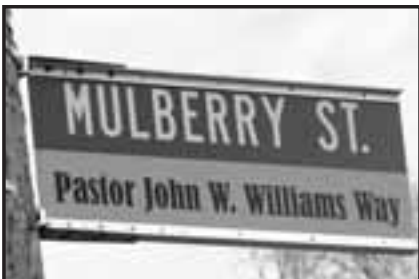
Williams was born in

1944 in Holy Grove, AR to Rev. S.W. and Sallie Williams – the 12th of 14 children. He married Wanda Wilson in 1968 and earned a degree in education from AM&N College of Arkansas in 1970. In 1977, he accepted his call to the ministry and served as co-pastor at the Greater

Galilee MBC of Indianapolis until 1979 when he accepted the position of pastor at Eastern Star. The couple's daughter, Yolonda Cheles, was born in 1971.

He took on the duties of pastor at New Zion MBC in Buffalo in 1991 and of Memorial MBC

in 2004. In addition to his duties as pastor of the three churches, Williams also conducts numerous workshops and revivals in various cities and has a number of outreach ministries via television, radio, cassette and newsletters.



African Art Has Arrived!!

Hundreds of wood carvings from Ghana have recently arrived at The Truth Gallery – masks, statues, village scenes! All at unbelievably low prices!



The Gallery is open Monday through Friday from 8 AM to 4 PM

See more art online at www.thetruthtoledo.com



The Truth Gallery
1811 Adams Street
419-242-7650

In Memoriam

Albert Lee Reed – December 14, 1939 to April 25, 2011



Advocate, administrator, counselor, minister, pastor, teacher, vocalist and friend. Albert L. Reed grew up in Giles County, Pulaski, TN. In 1956, he migrated with his family

to Indianapolis, IN. He graduated from Short Ridge High School in 1958. In the fall of 1958, he enrolled at Philander Smith College and majored in philosophy and religion. While studying at

PSC, he pastored St. Mark United Methodist Church in Little Rock, AR. Upon graduation he pursued his studies at Garrett Theological Seminary for one year. He transferred to Methodist

Theological School in Delaware, OH where he graduated with a master's of divinity. While studying there, he pastored Broadus United Methodist Church in Springfield, OH.

On December 24, 1963, he married Roylene Wilson Reed from Little Rock, AR. After graduation, he was appointed to Braden United Methodist Church in June 1966. Albert and Roylene were soon blessed with a son, Timothy Lee, and later a daughter, Alberta Jean.

While at Braden, Rev. Reed continued his studies at The University of Toledo and earned a specialist degree in guidance and counseling. In addition to providing spiritual leadership at Braden, he also served as a part-time social studies teacher for the Hoag Alternative Learning Center and eventually became the program's coordinator. During his stay in Toledo, he was actively involved in the Civil Rights Movement. He led demonstrations against segregated housing and

job discrimination. He worked for the unity of all people.

Following the direction of the membership of Braden, he developed the following ministries: a five-day a week Day Care Center, a Purchasing Co-op, Senior Citizens' Program, Community Theater, Youth Ministry Young Fellowship along with the building and remodeling of the church facility and parking lot development.

The congregation grew approximately 20 percent over a period of 20 years.

Rev. Reed spearheaded a move for the congregation to authorize a light in the church tower from dusk to sunset which would tell all who saw it that this is a community dedicated to the glory of God.

In June 1986, Bishop Edsel Ammons appointed him as associate director of Counsel on Ministry of the West Ohio Conference where he served for three years. In 1989 he served as the director of Metro

Ministries in Toledo for the West Ohio Conference. In 1990, he was appointed to Trilby United Methodist Church as the pastor. He retired in 1991 from the United Methodist Church. During his retirement, he assisted several Baptist churches as they sought out ministerial assistance and support in the urban area. Later Rev. Reed pastored First Antioch Baptist Church and retired in 2005.

Reverend Albert L. Reed of Toledo passed away unexpectedly on Monday, April 25 at Ridgewood at the age of 71. Rev. Reed leaves to celebrate his life a loving and devoted wife of 47 years, Roylene; son Timothy Lee; daughter Alberta Jean; brothers Eugene Reed and Joe Louis Reed; sisters Annie Ruth (Ralph) Blackshear and Cora Lee Hunter; brothers-in-law Thomas (Clover) Wilson and Clarence Wilson; sister-in-law Doris Jean Davis and a host of other beloved relatives and friends.



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Wanda Dorsey: Providing An Understanding Ear for Families Coping with Mental Illness

By Fletcher Word
Sojourner's Truth Editor



For Wanda Dorsey, finding NAMI (National Alliance on Mentally Illness) of Greater Toledo was just short of a miracle. Dorsey has a family member who suffers from mental illness and the family, as she now describes it, “was in a state of desperation” as they sought out places

and individuals for assistance, assistance that was clearly not easy to find. When she found NAMI, she found understanding. “For a long time, I was hurting because so many did not get it,” she says now. “NAMI allowed us to interact with others. Finally I could go into a room

and say ‘bi-polar’ and everyone understood.” That connection with NAMI has changed the whole arc of Dorsey’s life, and the life of her loved one. “The advocacy and support I received; the listening and the understanding ear were priceless,” she says.

For several years, Dorsey and her family were recipients of NAMI’s understanding and support. But about three years ago, Dorsey switched roles and became part of that support system when she was brought on board as a parent advocate – a volunteer to listen to others

who needed the advocacy that had meant so much in her life.

“I worked to give parents an ear and a heart – since we have all walked in the same shoes,” she says. “I was available to listen and that’s so important. You feel so much better talking to someone who cares and understands.”

Now, in her current work with NAMI, Dorsey is a lead parent partner bringing in others to help NAMI provide a support system for families of those who suffer from a variety of mental illnesses. Along with listening and caring, parent partners help families in need by guiding them through the maze of social service agencies that can provide additional assistance.

NAMI provides such support for approximately 50 families.

“Their lives are our lives and our lives are theirs,” she says of the investment these parent partners make in their clients’ well-being.

Dorsey, a native of Chicago, grew up in

Washington, D.C. and arrived in Toledo in 1978, a move she attributes to the hand of God.

“God brought me here. Toledo was a magnet and I knew there was something here for me,” she recalls. The first family member to move here was Dorsey’s mother who joined her new husband in the Glass City. Subsequently, Dorsey and three sisters would join her here.

Once she made the move to Toledo, she and her family – she has two children here, three sisters and four grandchildren – never looked back.

Having worked at Gallaudet College (the renowned college for the deaf and hard of hearing) for seven years, it made sense for Dorsey, who had learned to sign during those years, to obtain a position with the Bureau of Vocational Rehabilitation to help deaf clients get accustomed to working on new jobs – going with them to the job site and signing with them.

These days, Dorsey serves her church as a secretary and has been a real estate agent for the past nine years.

In addition to her duties as lead parent partner, Dorsey is also the facilitator for NAMI’s Women to Women program which meets once a week to help women who have experienced a variety of problems – homelessness, mental health, substance abuse issues.

“It’s an opportunity to share their challenges, their successes, their failures – to share,” says Dorsey of the participants in that group.

THIRD IN A SERIES

Letters from the Heart

My mom was able to hold her grandson again thanks to Hospice of Northwest Ohio. Before they arrived, she was in too much pain for my son to be on her lap. But they got it under control.
Tim, 1985.

My wife and I were treated with dignity by the Hospice of Northwest Ohio team. Sometimes, they knew my feelings even before I did, and offered support and encouragement.
John, 2007

Hospice of Northwest Ohio showed respect and compassion for my grandma. Their experts came in and instead of worrying, we could just be with her and love her.
Katie, 2009

Share your story.

For 30 years, families have been writing to Hospice of Northwest Ohio to share how we helped them and their loved ones. The sooner you seek our expertise and support, the more we can do to help make end-of-life experiences the best possible.

Visit hospicenwo.org
419-481-4001 (Ohio)
734-568-6801 (Michigan)

HOSPICE
OF NORTHWEST OHIO
30 years
thousands of lives touched.

May Is Mental Health Month • May Is Mental Health Month • May Is Mental Health Month • May Is Mental Health Month

Unison's Child and Intensive Services Program Adds Summertime Treatment

Sojourner's Truth Staff

"Now is the time for teachers and area professionals to promote positive youth development over the summer," reads the literature for

Unison's Child and Family Intensive Services program. The program has been revamped recently under the direction of Program Man-

ager Bill Emahiser in order to close a gap in treatment services for children ages five to 17 with potentially serious mental health needs.

"Schools say they were doing so well at the end of the school year," said Emahiser as he and the staff of Unison assessed the need to carry on treatment for children who, because of a variety of issues, often lose their temper, actively defy or refuse to comply with rules, are easily frustrated and/or irritated, blame others for their mistakes or misbehaviors and are often angry or resentful.

In addressing those concerns, Unison felt that the gap between services at the end of a school year and the start of a new one meant that, all too often, a child with

such issues, was at a severe disadvantage during the new school year both socially and academically.

Now, working hand-in-hand with schools, Unison will be using a team approach to identify current and potential problems with children so that treatment can be maintained during summer months.

The non-profit organization's specialized team will be encouraging children and families to stay in touch with doctors and counselors during these upcoming summer months. And the team is prepared to intervene when

anyone or combination of the following issues arise to interfere with a child's success: trauma, depression, juvenile justice or Lucas County Children Services involvement, poor parent/child relations, substance abuse, oppositional defiant behaviors, AD/HD, conduct disorder, bipolar disorder among other serious behavioral health disorders.

Parents, students or professionals working in a school setting can contact Unison's Child and Family Community-Based Treatment program by calling 419-693-0631 or via email at www.unisonbhg.org.

NAMIWalks Scheduled for May 14 on UT Campus

Special to The Truth



NAMI of Greater Toledo invites the community to participate in NAMIWalks on **Saturday, May 14** on the campus of The University of Toledo Medical College. Registration for the 1.5 mile walk starts at 9 a.m. and the walk will begin at 10 a.m. WTOL Anchor Jerry Anderson will serve as the event's honorary chair.

NAMI Walks is a nationwide fundraising and mental health awareness program that will be held in more than 80 communities around the country. Money raised locally will be used to fund NAMI programs which benefit residents of northwest Ohio.

"I am extremely honored to serve as honorary chair of this year's NAMIWalks," says Jerry Anderson. "Many of us have been touched, in some fashion, by mental illness. I hope members of the community will join me and many, many others in raising mental health awareness in our community."

This year's walk will be in memory of Marci Colton Dvorak, former NAMI executive director, who passed away in January.

For more information about how to support the walk, call 419-243-1119. To sign up to participate, visit www.nami.org/namiwalks/OH/Toledo.

NAMI of Greater Toledo is a community based, family and consumer focused organization, dedicated to improving the lives of people with severe mental illness through support, education and advocacy.




No More Excuses!

By Angela Steward, Fitness Motivator
Guest Column



Whenever I am out and about in my lovely city of Toledo, I always run into someone who asks: "Aren't you the exercise lady in The Sojourner's Truth?" Which gives me a good feeling because I know that you are reading my articles and of course the Sojourner's Truth!

Yes, I am that lady and I'm blessed to share my fitness journey with you. Maybe in some small way it will help you to begin your journey too.

A fitness journey is a life-long journey! It's a personal choice and a way of life! If you want to be fit, if you talk about being fit, but you just don't know how you're

going to get fit – you have to fit FITNESS into your busy life! NO EXCUSES!

If you don't make the time to focus on your health, to exercise at least 30 minutes daily, to cut back on the high calorie, high sodium, fatty foods – you will make time for a heart attack, or stroke, or diabetes, or heart disease, or maybe all of them. Try fitting that into your lifestyle. So before you reach that point, here are a few pointers:

It doesn't take but 30 minutes out of your 1,440-minute day, to do something for your health! There's no requirement to join a gym, there's no need to hire a personal trainer – all you need to do is face yourself in the mirror and tell yourself "I will do something today to improve my health."

Take a walk, just put one step in front of the other – turn on your ipod, start walking slowly, gradually increase the pace, you may find that after walking for 30 minutes, three to four times weekly, you enjoy it and you are also removing

a lot of stress! Keep your tennis shoes in the trunk of your car; go straight to a park or gym, or your own neighborhood and W-A-L-K! Doesn't cost you a dime to walk.

If you can't change the people around you – change the people around you. I say this over and over again, and it is so true I have to keep repeating it.

I have so many clients who begin exercising with a friend, only to have the friend decide they can't fit exercising into their busy schedule, or little "Bobby" has soccer practice so I can't go anymore, or my feet hurt so I had to stop, or I like to sleep in – I work all week so Saturday morning is the only time I can sleep late.

I guess you can tell – I've heard all the excuses ever known. That "friend" who you thought would help you in your journey is now discouraging you from working on you. She questions "Why are you still working out - I don't see any difference in you?"

Or, "Girl, you are getting to skinny – you're starting

to look like a crackhead!" She tempts you: "Girl, we haven't been to Golden Corral in a long time – let's go – you can miss one class!"

My advice to you is: "Do You!"

Don't let someone else's drama hold you down (thanks, Fantasia)! Just because your "friend" is not able to continue in her fitness journey, doesn't mean you can't succeed in yours. Make new friends – friends who support you in your fitness goal, who will motivate you to exercise and will not let you fail! Doesn't mean you have to get rid of the old friend – just make new ones.

The Hair, The Hair, THE HAIR! Ladies – Forget about the hair! I could just scream whenever I hear: "Girl, I would exercise but I don't like to mess my hair up – I don't like to sweat my hair out!"

There are wonderful new inventions out just for you "hair lovers." Shampoo, mousse, gel, flat irons, curling irons, afros, cornrows, wigs, etc. ... whatever! You're unhealthy, over-

weight, tired and your feet hurt - but your hair looks fabulous? GET OVER IT! As Indie Arie said: YOU ARE NOT YOUR HAIR! Tie your hair up - get up, get out and move.

Take care of yourself in your early years (35 and under)! If you never smoked, don't start! If you smoke – stop! If you haven't had a physical in years, visit your doctor now! Schedule your mammogram and colonoscopy – make an appointment now! This is the best time to take control of your life.

With each year that passes, it gets harder to find time to care about "YOU." Everything else and everyone else becomes a priority! Where are YOU in your life? How can you help others around you if you can't and don't take care of you? Who's going to take care of you and your needs, when you've given all of yourself to everyone else – who's burden are you going to be?

This much I can tell you: I promised myself years ago – my health is affordable, being overweight and liv-

ing an unhealthy lifestyle is a price I can't afford to pay. I will live the rest of my days healthy, happy and passionately. I will surround myself with people who make me laugh, who tug my heart strings and make me smile, who I often tell and they tell me wholeheartedly "I love you" and mean it. No lies, no games, no envy, no negativity, no excuses.

I'm always told: You need to slow down, rest a little! My response: I don't need to rest – I've got plenty of time to rest when I get to the rest home!

I plan to live long, and die long!

No excuses for me – and no more excuses for you!

Begin to live your best life Passionately!

Angela R. Steward
Creator of FAB FIT™

Questions or comments:
Email: FabFitU@yahoo.com

Cell: 419-699-9399

DO YOU HAVE A BREAK, SPRAIN, OR DIFFICULTY WALKING WHILE RECOVERING?



If so, see your NHA medical provider for assistance with the **FREE** loan of "DURABLE MEDICAL EQUIPMENT"

We offer walkers, walking canes, wheelchairs and crutches.

For more information on how we can help you and to see if you qualify, call one of the health centers below and ask for the Social Services Department!

Cordelia Martin/Daisy Smith - 419-255-7883, ext 101

River East - 419-691-1322, ext 300

South Side - 419-241-6106, ext 400

Huron Women's Center - 419-242-6028, ext 650



Flower Hospital to Host Stroke Prevention Workshop

WHAT:

In recognition of National Stroke Awareness Month, Flower Hospital's Primary Stroke Center will host a free stroke prevention workshop. Participants will learn the signs and symptoms of stroke and how it can be prevented. There will be free blood pressure and blood glucose screenings. Refreshments will also be provided.

WHEN:

Saturday, May 7

10 a.m. – noon

WHERE:

Flower Hospital
Administrative Board Room
5200 Harroun Rd.
Sylvania

FOR MORE INFORMATION:

Please call 419-824-1685

Flower Hospital Primary Stroke Center

... providing outstanding care for stroke patients.



All About Stroke Stroke Prevention Workshop

When stroke strikes, every minute matters. During National Stroke Awareness Month, learn the signs and symptoms of stroke and how it can be prevented. There will be free blood pressure and blood glucose screenings. Refreshments will be provided.

Saturday, May 7

10 a.m. – noon

Flower Hospital
Administrative Board Room
5200 Harroun Rd., Sylvania, Ohio

Admission is free.

To register, please call 419-824-1685.

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

MISSION

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- 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 (can, 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

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- Diet Counseling
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Special Services Provided:

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

Parrish HomeCare
Phone: (419) 389-1920
Fax: (419) 389-1300
www.parrishhomecarellc.net

Flower Hospital Primary Stroke Center has earned The Joint Commission's Gold Seal of Approval™

PROMEDICA

FLOWER HOSPITAL

www.promedica.org

Lettuce Eat!

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

Celebrate National Salad Month during May! The Dietary Guidelines for Americans suggest, "Make half your plate fruits and vegetables." One easy thing about salads is that they do not have to be cooked. The only work you have to do with salads is assemble the ingredients. Many restaurants offer salads as an option on the side or a large salad as a main-dish.

Although the variety of iceberg lettuce is a common staple in salads, there are many types and colors of lettuces and other green leaves to make a colorful base to your salad. For a variety of shades of green, try spinach leaves, baby kale, romaine lettuce, arugula and chard. Other common colors to add to the salad include red lettuces, shredded red (or purple) cabbage and radicchio.

Although you do not need any fancy kitchen equipment to create a delicious salad, one tool that is useful to use if you eat a lot of fresh greens is a

salad spinner. They come in a variety of styles and large range of costs but the main concept of a salad spinner is that it "spins" the water off the leaves.

Salad spinners have a basket to rinse leaves under clean, running water. Then the basket fits in the salad spinner, a large bowl with a lid and some type of device like a handle or draw-cord to spin the basket. As the basket spins, the water flies off the leaves into the enclosed bowl. The salad spinner can be used to "dry" all types of greens including fresh herbs.

If you do not have a salad spinner, wash the greens in clear, running water, and gently pat them dry with paper towels. One disadvantage of soggy salad greens is that salad dressing will slide off the lettuce and collect at the bottom of the bowl.

Top lettuce and greens with a variety of other vegetables like sliced or grated carrots, peppers, tomatoes, celery, cucumbers, broccoli,



cauliflower, peas, tender asparagus and cooked beets. What about fruits in the lettuce salad? Add a little sweetness or crunch with dried fruit like raisins or cranberries, dried or fresh sliced apples, orange sections, sliced pears, avocados, grapes or berries.

A main dish salad can easily include foods from all five food groups of MyPyramid. To make a main dish salad, added protein will add flavor

and help satisfy hunger. Go lean with protein, like cooked turkey, chicken, eggs, salmon, other seafood or dried beans. Nuts and seeds are another way to add protein, flavor and crunch to the salad. Try some chopped walnuts, peanuts, pecans, almonds, pumpkin seeds or sunflower seeds.

The great news is that most dark-green vegetables have calcium as well as many other nutrients. If you would like to add some foods from the milk group for more calcium, add a serving of shredded cheese or use some low-fat plain yogurt to make a healthy "creamy" salad dressing.

Use caution when choosing salad toppings in order to not drown it in sodium and fat. At the

grocery store, when purchasing dressing, compare nutrition facts for the healthiest choices and notice the amount of a recommended serving.

An average recommendation is about one to one and a half tablespoons of dressing per two cups of salad. It's also easy to make a homemade dressing or go with the traditional vinegar and oil – go light with a heart healthy vegetable or olive oil and sprinkle it with flavored vinegar or citrus juice. There are a lot of salad topping ingredients to choose at the grocery store or even at salad bars. Make wise choices about serving sizes. When eating out and ordering a salad, request the dressing on the side in order to use a smaller amount than a

restaurant might dish up for you.

Using taco salad as an example of a main-dish salad that includes foods from all five food groups of MyPyramid, start with a colorful base of lettuce leaves, spinach and chard. Toss in chopped vegetables like tomatoes, shredded carrots, red, yellow and green peppers. Add some cooked lean ground meat and cooked dry beans like kidney beans, black beans or pinto beans. Sprinkle on a little cheese and your choice of sliced olives, avocados and hot peppers.

For crunch, add a small amount of crushed tortilla chips. For a dressing, mix some plain, low-fat yogurt and salsa to make a creamy topping.

Church's Chicken

NEW! TRADITIONAL OR BONELESS WINGS 5 NEW SAUCES!

6 WINGS \$2.99

NEW! 6 WINGS \$2.99

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

The family of the Late Mother Esther McPherson would like to thank all of our friends & extended family for your cards, calls, food, presence and prayers. A Special "thank you" to the members of Mount Zion Missionary Baptist Church, Pastor Talmadge A. Thomas, C. Brown Funeral Home and Elder Wynston E. Dixon. We are thankful to God for the life & legacy of our beloved Mother & Grandmother.

Blessed,
John & Cersandra McPherson
Grandkids; Danyale, John Ross & Genesis

Rep. Patmon Introduces Legislation for Breast Cancer Patients

Bill would ensure that women know their rights for reconstructive surgery

Special to The Truth

State Representative Bill Patmon (D-Cleveland) has introduced legislation to ensure that breast cancer patients know that reconstructive surgery is available and covered by insurance.

"Reconstructive surgery is an important option for many breast cancer patients who

have a mastectomy. It not only improves physical appearance, but it has been shown to have psychological benefits as well," said Patmon. "The surgery can promote a sense of wellness for women and their families. They should know how to obtain this procedure, and that it is covered by their

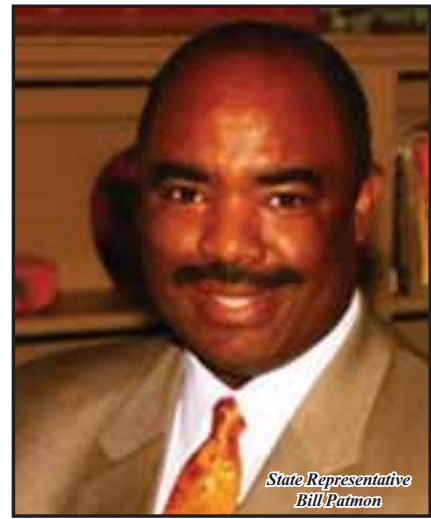
insurance." Patmon's legislation, House Bill 217, requires hospitals to provide written material to all patients about to undergo breast or lymph node removal that outlines their options. The information would include how they can obtain breast reconstructive

surgery, details of the timing of the surgery including the option of waiting until any chemotherapy or radiation treatments have been completed and an explanation of health insurance coverage.

The federal Women's Health and Cancer Rights Act of 1998 requires that private and public insurance companies provide coverage for breast cancer reconstruction. However, according to the Journal of the American College of Surgeons, 60 to 70 percent of women are not offered the option.

New York has already approved a similar law, and legislation is pending in Texas.

Breast cancer issues are a special concern for Patmon. His mother is breast cancer survivor.



State Representative Bill Patmon

Dear Ryan,

I have a big problem and I'm hoping you can give me some direction. It's called summer! It will be here soon and I am not in shape for it. I just need a quick fix to get me ready for summer. What you got?

Pressed for Time.

Dear Pressed For Time

"Pressed for time" is an understatement! You should have sent me this e-mail at least a month ago. Well depending on how much you have to lose or what your definition of "in shape" is, honestly, you may not have enough time. Not to discourage you, but you have less than five weeks until June is here.

There is some hope for you but you have to realize that it's not going to be easy and it's going to take discipline, intense training and sound nutrition. The best I can do for you at this point is to give you a workout to follow and some nutrition pointers. As far as training goes, I suggest keeping it fast pace with very little rest during your workout combining strength exercise, plyometrics and cardio. This is an example of one of my boot camp workouts with a few modifications for you:

1. 20 Squats
2. Jumping jacks – 30 seconds
3. Push ups (15 or as many as you can do)
4. Jump rope – 30 seconds
5. Tricep bench dips – 10-15 (or as many as you can do)
6. Mountain climbers – 30 seconds
7. Curls – 12-15
8. Squat thrusts – 30 seconds
9. Lunges 12-15 each leg (or 24-30 walking)
10. 10 crunches then 10 leg lifts

REST for one to two minutes and repeat (increasing your 30 second cardio to one minute then back down the next set to 30 seconds and for your last set back up to one minute.)

This means you will do four rounds of this workout.

That's the easy part, now for the real challenge: your nutrition and making sure you are supporting the work you are doing. Making sure that you lose fat and not muscle.

As I have stated before anyone can lose weight, but it's body fat that counts. I will use the K.I.S.S. (keep it simple, stupid) method for you.

Calories in versus calories out! Plain and simple! Consume lean protein every time you eat something, cut your starch cabs out after 3:00 (unless you're training later in the day). Drink no less than .65 oz of h2o per pound you weigh. Eat **ONLY LEAN MEAT & VEGGIES FOR DINNER**, and eat every three hours!! If you do train later in the day it is fine to ingest a carb with in 1.5 hrs after your work out.

I hope this helps and good luck. I would love to know how much you lose and how many inches you shrink so please keep me posted. That goes for anyone of you readers that attempt this. Also you may get a food list on my web site mydreambodies.com under the nutrition heading. Thank-you all for making Dream Bodies a success.

Ryan Rollison
Dream Bodies
1240 W. Sylvania ave
Toledo Ohio 43612
419-476-3494
mydreambodies.com



REMEMBER

AND MARK THIS DATE!



NAMI of Greater Toledo's next

NAMI Walks for the Mind of America



is scheduled for:

Saturday, May 14, 2011

(Registration begins at 9:00 a.m.)

at

**University of Toledo
Medical Center Campus
Arlington entrance – Parking
Lot #44**



Need more information? Contact NAMI @ 419-243-1119.

Walker Check-In Time: 9:00 a.m.

Official Walk Start Time: 10:00 a.m.

Distance: 1.5 Kilometers

REMEMBER: Check in at the PET STATION for your doggie supplies!

May Is Mental Health Month • May Is Mental Health Month • May Is Mental Health Month • May Is Mental Health Month

Are You In Your Right Mind?

By Dianne Pettis, MS, FNP-BC



pression. It is also estimated that at least one in 10 children has a mental disorder severe enough to affect how they function at home or school.

Help for 'the blues' is needed when your symptoms interfere with being able to function normally in your daily life. There are the typical symptoms, such as feeling sad, hopeless and worthless. You may feel irritable or anxious. Though anxiety is also a mental health diagnosis, it can be a symptom of depression.

Because the mind and body are connected, you may feel extreme fatigue—always tired. Chronic or unexplained physical complaints, such as headaches, stomach aches,

joint pains and back pains can be a clue that depression is the main issue. There may be an inability to concentrate on tasks.

The thought of suicide is a major red flag. Some symptoms take extremes: early morning awakening or sleeping a lot; over-eating or not eating.

Feelings of depression may be brought on by situations such as job loss, death of a loved one or the ending of a relationship. Normally people will work through a situation, find a positive way to cope with the situation or take action to resolve the issue. Some ways to help yourself get through a tough situation

are exercise (releases your body's feel-good hormones), setting goals (several small manageable goals if the task is large), and talking – to trusted friends, pastor, or your primary care provider.

If the symptoms that I mentioned above are lasting longer than 2 weeks, you need to seek help for what would be considered a Major Depressive Disorder.

Other types of depression are Dysthymic Disorder. With this type, the symptoms above last longer than two years, but are less severe. People can function normally out in public by putting on a happy face, but will go home and get in the bed; or they're always at the doctor with issues that never seem to go away.

Postpartum Depression affects 10-15 percent of women in the first month after giving birth. It can be very

debilitating, and dangerous for the newborn. A Psychotic Depression is depression severe enough to cause a break in reality. The person will experience hallucinations or delusions.

Bipolar Disorder has several types, but most people are familiar with the cyclic mood changes between depression and mania. Lastly, there is Seasonal Affective Disorder (SAD), in which the lack of natural sunlight in the winter season causes the symptoms of depression.

There are a variety of treatments, depending on the severity of the symptoms. Many people tend not to want to be on medication, but sometimes it is needed. Counseling is always necessary. At times hospitalization is needed.

If you feel you need help, or if someone you care about

needs help, help is available. In a crisis, call 911 or a crisis or suicide hotline, or the Emergency Department. Otherwise, contact your primary care provider, a mental health counselor, or pastor.

If you hear anyone talking about suicide, or even mentioning it in passing – take them seriously and help them get help. There is always hope, there is always a solution. Don't suffer alone; don't be ashamed. Don't let a loved one suffer.

Recovery from mental illness is possible when you get the right help.

Dianne L. Pettis, MS, FNP-BC

Family Nurse Practitioner
Hart Health and Wellness Services, LLC

www.harthealthandwellness.com
888-887-4429

Do You Want to Choose the School that Your Child Attends?
Your Child May be Eligible for an EdChoice Scholarship to Attend a Private School of Your Choice.

If your child attends an eligible Toledo Public School, he or she could qualify for an EdChoice scholarship up to \$4,250 for elementary and \$5,000 for high school for the 2011-2012 school year.

For more information about eligibility and participating schools, call (419) 351-4852. Or visit edchoice.ohio.gov

Do the Math!

Save up to \$1,250 on your child's private education, grades K-8 when you apply for a scholarship today!

Apply today and your child, grade K-8 could receive a scholarship worth up to 75% of next year's tuition at the private school of your choice.

Families that meet eligibility requirements and live in Lucas, Wood or Fulton County can expose their children to a rich diversity, new ideas and new ways of learning.

Scholarship Fund
Children's Scholarship Fund

To apply, call (419) 244-6711 ext. 219 or visit our website www.nosf.org
Scholarship application deadline is June 1, 2011

Islands of Genius: The Bountiful Mind of the Autistic, Acquired, and Sudden Savant by Darold A. Treffert

c.2010, Jessica Kingsley Publishers
\$29.95 US & Canada 302 pages, includes index

By Terri Schlichenmeyer
The Truth Contributor

Your checkbook's a mess.

It's not really your fault. For some reason, you just don't "get" numbers. Math eludes you completely. You have other talents, of course, but addition and subtraction aren't among them.

So would you believe there's a chance – albeit a very slim one, but a chance nonetheless – that you could wake up tomorrow and easily do advanced algebra? Read more about it in *Islands of Genius: The Bountiful Mind of the Autistic, Acquired, and Sudden Savant* by Darold A. Treffert.

Surely, it shocked a few parents: their autistic son (or, occasionally, daughter) suddenly understood music, art or mathematics. Overnight, he was a virtuoso on the piano, an instrument he'd never seen due to blindness. In an instant, she understood time but couldn't count. He was unable to talk, but his artwork was museum-quality. His IQ tested well below normal, but he was a mathematic genius.

For nearly 50 years, Darold Treffert has studied these people and the condition called Savant Syndrome, "a rare but remarkable condition in which incredible abili-

ties... coexist side by side, in jarring juxtaposition, to certain disabilities within the same person"; abilities that most "neurotypical" (Continued on Page 15)

Islands of GENIUS



The Bountiful Mind of the Autistic, Acquired, and Sudden Savant

Darold Treffert
Foreword by Daniel Tammet

Dear President Barack Obama,



I am a logical and reasonable person.

I was logical enough to give you my vote in 2008 based on your stance on issues that affect me. But I was reasonable enough to admit that a sentimental quality existed also.

Logic and reason allows me to

However, it is neither logical or reasonable to blindly accept that Osama bin Laden carried out the attacks of September 11, 2001.

If this were a courtroom, and the only evidence was untraceable video footage of a man speaking in a language the jury can't translate supposedly confessing to the same crime the prosecution wants me to believe he committed, well, that wouldn't be enough.

Plainly said, where's the proof he did it?

I'm reasonable enough to realize a possibility exists that he was a possible threat to us.

But let's be logical. There is documented proof that the United States of America employed Osama bin Laden for many years, while funding and training his terrorism as long as he used it against another country.

There is documented proof that the Bush family aided several members of the bin Laden family in fleeing the U.S. days after September 11 when all the nation's planes were grounded. Yet there's FAA flight plan proof that then President George W. Bush granted just a handful of flights during that time... all to get bin Laden's relatives back home to Saudi Arabia.

What more needs to be said?

Mr. President, you seem to be a logical and reasonable person and on top of that you're an attorney. When any crime is committed, lawyers find the culprit through the universally employed strategy of determining who had three things:

Who had the means to commit the crime?

Who had the motive to commit the crime?

Who had the opportunity to commit the crime?

Sir, I know I'm supposed to be jumping for joy because we killed a man and his family on the land of a sovereign nation. However I just see a far better fit for a suspect.

Who had the means, motive and opportunity to carry out 9/11?

All the evidence that a logical and reasonable person needs to arrive at a conclusion points squarely at the C.I.A., the Bush family and its associates.

Let me add that I'm thankful you are a level-headed man.

I know you won't react with some emotionally charged outburst while reading a dissenting viewpoint. But surely you've seen the Loose Change documentary.

I mean, you're a grassroots guy working for everyday men and women.

I'm sure you youtube'd that years ago.

Scientists, architects and engineers have come forth by the thousands saying that it defies the laws of physics that jet fuel caused the buildings to collapse.

Demolition experts and the NYC firefighters of that day have come forward by the hundreds saying that there were explosive devices planted throughout the buildings and detonated (which is shown on video) at intervals that would pulverize the building just like any other controlled and intentional removal of a tall structure.

How do you get explosives planted in a building

equipped with bomb-sniffing dogs, security cameras and controlled access doors all managed by a company called Securacom?

Well within four days leading up to 9/11, there is documented proof that the bomb sniffing dogs were pulled from the facility and two 36 hour long "power outs" intentionally disabled all surveillance and gave unrestricted access to what was described as "many engineers coming in and out of the tower". And that's on September 8 and 9.

But who had the means to authorize such a drastic change in security detail?

George Bush's younger brother, Marvin Bush.. the man in charge at Securacom (the company who handled all security for WTC at the time).

But this is all public knowledge.

No news to you, sir.

All the pilots and aviation veterans who have gone on record admitting that "no human" could've executed the maneuvers and altitude of the two plane crashes into the towers.

All the documented CIA exercises of remote controlled 747 flights years ago when Bush Sr. was head of the CIA.

All the proof that even the FBI and BBC news have confirmed that at least seven of the 19 men blamed with hijacking the planes have been found alive and well in other countries.

With all this and more proof staring at you everyday, it must be hard to do your job.

For me, your presidency has given hope that the common man and woman have a voice.

Speaking from a common sense perspective sir, we both know its complete BS that terrorism exists because a bunch of Arabs "hate our freedom."

The notion that there are sinister plots being concocted to kill Americans in a fiery outburst of hatred

over how "free" we are is utterly ridiculous.

Of course Pakistan would dislike the U.S., Israel has been kicking their ass for 50 years and all Israel's weapons and money comes from the U.S.. Duh!!

I'm not in your shoes but, once again, it's all about logic and reason.

Not jacked up tough guy BS, or sappy overblown American patriotism.

Just purely.. what makes sense and what doesn't.

It makes perfect sense that terrorism exists as a reaction to our actions.

If we were so worried about Osama Bin Laden after 9/11, then why did we invade Iraq?

I could go on and on, but the movement for 9/11 truth is full of qualified professionals so my two cents isn't needed and I really am writing you about something bigger than this.

Mr. President, sir.

I hope you get your second term.

I hope the tea party dies, and I hope Americans can attain a reasonably comfortable existence for those of us who apply ourselves (you know.. jobs, healthcare, education and manageable bills--that sort of thing).

I even hope you get the credit you deserve for being just as pragmatic of a Commander in Chief of our armed forces as you are a fair and balanced legislator.

You really are a great president.

But to be exceptional, you would need to keep it as real as real could possibly ever get.

Sir, there's no coincidence that Osama Bin Laden and Adolf Hitler were both killed on May 1. I mean, we can Google research the significance of that date with the true powers that be, but I want to hear it from you.

That demand logical and reasonable answers.

From the extreme to the not so extreme, whatever theories attempt to address what is really going on in this country and in the world are all just futile until we have proof.

For some reason, although I see the savagery of the people who you get your orders from I still somehow believe that you aren't entirely corrupted.

That you aren't exactly part of it.

I just hope I'm right.

Because we've created a nation of idiots with this

recent dancing in the street at the death of America's #1 boogeyman, and this type of idiocy will care less and less over time about the truth.

Unless someone just spills the beans on his way out the door (hint, hint).

Congratulations on all your recent triumphs, now let's win one for the common man and woman with enough sense to know a lot deeper things are going on.

Sincerely,
Michael J. Hayes.

Book Review

(Continued from Page 14)

(i.e., normal) people wouldn't possess unless extensively trained. Rare (it describes about one in 10 autistics) and stunning to behold, Savant Syndrome holds secrets that make scientists scratch their heads.

There are, Treffert says, three main ways for someone to become a savant. Most are born with the syndrome, but it may lie dormant for years. Piano prodigy Leslie Lemke, for instance, was 13 years old when his parents were awakened in the middle of the night by their blind son's musical brilliance.

Artist Alonzo Clemons falls under Treffert's second category. Clemons was a normal baby, but was injured by a fall at age three. While in a group home, his gift of sculpture was discovered. Clemons is an acquired savant, meaning that his ability presented after injury.

The third, Sudden Savant Syndrome, occurs without prelude and can happen to "neurotypical" people at any time. It comes unbidden, bestows incredible talent and can leave quietly or remain for years.

Walk through a bookstore or library these days, and you'll find several dozen books on the workings of your brain. I believe, though, that this one is quite likely the most intriguing of all.

Using case studies, reader-friendly medicine, and contagious curiosity, author Darold A. Treffert leads his readers on a tour of one facet of brain science that even Hollywood seems taken with, but about which few books are written.

Treffert challenges us to maximize what we have in our craniums by proving that even "neurotypical" brains are malleable and under-utilized. Furthermore, not only is his an impossible-to-put-down, amazing collection of warm human-interest stories, but this book also offers parents of autistic children a ray of hope in a few chapters specifically meant for them.

Armchair scientists, parents, educators, and anybody with an interest in brain works will find *Islands of Genius* fascinating and fresh. For you, savoring this book is a true no-brainer.

Toledo Fire & Rescue Department

Is actively recruiting men and women for the positions of firefighter and paramedic. Recruiting goes through May 20, 2011. Civil service testing is set for June 12, 2011.

If you are interested contact toledofirerecruitment@gmail.com. And visit the department web site at www.toledofirerecruitment.org for more information or call 419-392-4550

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Lucas County Children Services Recognizes Foster Care Month

Agency Appealing for New Families to Become Foster Caregivers

Special to The Truth

Lucas County Children Services (LCCS) joins child welfare agencies nationwide in recognizing May 2011 as National Foster Care Month, and is appealing for more adults and families to become foster caregivers in Lucas County.

LCCS currently has about 270 adults and families providing homes for about 350 Lucas County children. These foster families care for children while their parents take time to work out the problems that prevent their kids from being safe at home. Foster parents also support birth families by providing guidance and support so families have a better chance of reunifying successfully.

Right now, LCCS needs more families to become foster caregivers. The need is

particularly acute for families in the 43605, 43608, 43609 and 43612 zip codes, as well as for families who are able to care for groups of three or more brothers and sisters. "The bond between brothers and sisters, particularly those who have been abused or neglected, is very strong. They provide each other with a sense of security. When siblings stay together in foster care, they adjust much better, since they don't have to worry whether their brother or sister is all right," says Dean Sparks, executive director of Lucas County Children Services.

The agency is also seeking families who are able to become foster parents for teens. "Imagine being a teenager and not having an adult to guide you through all of the important decisions that

you have to make at that time in your life. It can be devastating. Teens need foster parents to help them get a good start on becoming adults," says Laura Draheim, assistant manager of placements at LCCS.

Adults interested in learning more about becoming foster parents can call 419-213-3336 for information, and are invited to attend free training sessions June 20-27 from 9 a.m. - 4 p.m. at LCCS offices at 705 Adams Street, in downtown Toledo. Additional training sessions are scheduled later in the year; schedules are available at www.lucaskids.net.

With an estimated 12 million foster care alumni and 424,000 children and youth currently in out-of-home care, it is hard to ignore the impact

of child abuse and neglect on our nation's next generation. Every year, approximately 30,000 young people leave the foster care system at age 18 without lifelong connections to support them. These young adults navigate a weakened economy offering fewer jobs and less support for vital services. They need, and deserve, caring adults who

love and support them because their own families are in crisis and unable to care for them.



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CLASSIFIEDS

May 04, 2011

Page 17

Covenant House Apartments One & Two Bedroom Apartments Now Accepting Applications

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AOD THERAPIST

Unison Behavioral Health Group Inc. is seeking an experienced AOD Therapist to work with adults, children or adolescents providing individual, family and group counseling, case management and prevention services.

Candidate must possess a bachelor's degree, a minimum of two years experience working with children and adolescents with chemical dependency issues and one of the following Ohio licenses – LSW, LISW, PC, PCC, LCDC II, LCDC III or LICDC. A Master's degree and dual mental health /chemical dependency licensure preferred.

Send resume or apply to:
Human Resources Director -AOD
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Fax: 419-936-7574
Email: hr@unisonbhg.org

EOE

Bookkeeper Position

A nonprofit, senior citizen HUD housing facility is seeking person for bookkeeping position for twenty-five to thirty hours per week. Knowledge and experience is QuickBooks, accounting and bookkeeping principles, payroll, Microsoft office and Excel are required to apply.

Positive people skills, organized and ability to work with others are also a necessity. Hourly rate is \$12.00 to \$14.00 per hour. Applications and job description can be found online at www.abundantlifeperrysburg.org or by calling (419) 874-4371 between 9:00 a.m. – 5:00 p.m. Cover letter, resume and application may be emailed to ablif@bex.net or mailed to 100 Trinity Court, Perrysburg, OH 43551. Please include detailed description of experience in QuickBooks and bookkeeping. Applications accepted through April 29, 2011 at 5:00 p.m.

ADVERTISEMENT FOR PROPOSALS TOLEDO-LUCAS COUNTY PORT AUTHORITY TOLEDO, OHIO

NOTICE IS HEREBY GIVEN by the Board of Directors that Sealed Bids will be received by the Toledo-Lucas County Port Authority for:

LAKE ERIE PORT MANUFACTURING & INDUSTRIAL CENTER PHASE 1

This contract is for rail installation and related activities for the above-referenced project at Ironville (formerly known as the Chevron property), 2863 Front Street, Toledo, OH 43605.

The full text of this advertisement may be obtained by visiting the Toledo-Lucas County Port Authority's website at <http://www.toledoportauthority.org/PublicNotices.aspx>.

Looking for a good family!

Roxie is a Boxer mix / approximately 11 months old.

She is licensed, has all her shots (up to date) and has been neutered.

NO COST!! Looking for a great family to take in a fun loving dog, great with adults, kids and other pets!!

Please call 419.917. 5289 for additional information



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Bus Driver

Part time School Bus driver which may lead to fulltime employment. Must be able to work with students K-8 and submit to a criminal history check. Must have appropriate credentials (certified CDL Class B, passenger endorsements and Airbrake). Send resume to Star Academy of Toledo 1850 Airport Highway, Toledo, Ohio 43609.

We are an equal opportunity employer. Under-represented minorities and women are encouraged to apply

Executive Director

Our not-for-profit grass roots organization seeks a forward thinking leader to develop, administer, and oversee current and future programs that improve the quality of life for individuals and their families living with mental illness. The Executive Director must possess skills that include but are not limited to exceptional communication and problem-solving, strong community presence, ability to expand existing community partnerships, proven fundraising ability, grant writing, implementation of strategic plans, and administrative experience. The successful candidate will lead staff and volunteers who are committed to NAMI's mission. Our work schedule requires flexibility to accommodate the agency's diverse responsibilities and outreach within the community. The applicant will have a state of Ohio advanced independent license (LISW or LPCC) with the ability/designation to supervise non-independently licensed staff (LSWs or LPCs). Conditions of employment, salary, and benefits shall be mutually agreed upon. A complete position description is available through the NAMI of Greater Toledo office. Please e-mail a cover letter, resume and salary requirements to crenner@namitoledo.org no later than May 6, 2011. NAMI's success depends upon the full and effective employment of qualified staff. We do criminal record checks and we are an EOE.

CPST

Unison is seeking full-time Community Psychiatric Supportive Treatment Clinicians to provide community support services to adults with serious and persistent mental illness. Duties will include assessment of client needs, assisting in the development of the treatment plan, coordination of the treatment plan, crisis management and stabilization, advocacy and outreach, education and mental health interventions addressing the mental illness.

Bachelor's degree in Social Work and a valid driver's license required. A Bachelor' in psychology or a related field may be considered in conjunction with relevant work experience. Ohio counselor or social worker license and experience preferred.

Send resume or apply to:
Human Resources Director - CPST
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Fax: 419-936-7574
Email: hr@unisonbhg.org

EOE

Wanted to Buy:

Diabetes Supplies

Earn up to \$12 per box of 100 test strips
Must expire after Jan. 2012.
Leave labels on boxes.

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Legal Notice

Bid packets will be received by Lucas County Job & Family Services (LCDJFS) until 4:00 p.m., June 3, 2011 for the selection of a Provider to provide Home-based Chore Services for eligible participants. Submitted bid packets must be completed according to the specifications and provisions outlined in the Request for Proposals (RFP). The contract period will be from approximately July 1, 2011 through June 30, 2012.

No bids will be accepted after 4:00 p.m. on June 3, 2011; bids that are submitted via any method other than that described in the RFP will not be accepted.

The Request for Proposals will be available on May 4, 2011. It will be available for potential bidders to download by going to the site: <http://www.co.lucas.oh.us/bids.aspx>.

An Electronic Question & Answer (Q&A) process will be from May 4, 2011 at 8:00 a.m. to May 19, 2011 at 4:00 p.m. PARTICIPATION IS OPTIONAL, BUT IS HIGHLY ENCOURAGED. Questions for the Q&A must be submitted in writing and received via email, by Michelle Niedermier at niedem@odjfs.state.oh.us by May 19, 2011 at 4:00 p.m.; the posting of the Q&A will be on May 23, 2011. If any changes are made to the RFP as a result of the Q&A, an addendum to the RFP will be posted on the website address (noted above).

This notice is posted, as of May 4, 2011, at <http://www.co.lucas.oh.us/bids.aspx>.

The right is reserved to reject any and all bids.

By order of the Board of County Commissioners, Lucas County, Ohio.

Pete Gerken - President Tina Skeldon Wozniak -

Commissioner Carol Contrada - Commissioner

Bid: 48-12-RFP-01

**ASSISTANT DIRECTOR
FOR LESBIAN GAY
BISEXUAL AND
TRANSGENDER (LGBT)
PROGRAMS
Office of
Multicultural Affairs
Bowling Green
State University**

The Assistant Director for LGBT Programs will supervise and coordinate programs and services for Lesbian, Gay, Bisexual and Transgender (LGBT) students on the BGSU campus. This position will serve as an office liaison or advisor for LGBT student organizations (currently Vision, HUE, Queer Grads, FOCUS, and Transcendence). As a member of the Office of Multicultural Affairs team, this person will provide support and guidance on effective methods for retaining underrepresented students on campus and teach multicultural retention classes and provide advising to at-risk students.

For a complete job description & instruction on how to apply for this position (L-61945) visit http://www.bgsu.edu/offices/ohr/employment/adm_staff/page11137.html or contact the Office of Human Resources at (419) 372-8421 or ohr@bgsu.edu. BGSU is an AA/EO employer/educator.

INTERESTED BIDDERS:**TOLEDO PUBLIC SCHOOLS – BEVERLY K-8, BIRMINGHAM K-8, OLD ORCHARD ES, RIVERSIDE ES, AND WALBRIDGE ES furnishings and equipment PACKAGE**

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until 1:00 p.m. on May 19, 2011, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the Beverly K-8, Birmingham K-8, Old Orchard ES, Riverside ES, and Walbridge ES FF&E package, as more fully described in the drawings and specifications for the project prepared by MacPherson Architects, Munger Munger + Associates, and The Collaborative Inc. and will be opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan room in Columbus, Builders Exchange in Toledo, University of Toledo – Capacity Building, E.O.P.A. – Hamilton Building, Northwest Ohio Hispanic Chamber of Commerce, and The Plan Room in Ann Arbor, Construction Association of Michigan, Toledo Regional Chamber of Commerce and Ohio Construction News.

Bidders may obtain copies of the documents starting Tuesday May 3rd, 2011 which can be purchased from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615, phone: (419) 385-5303. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.

A PREBID CONFERENCE is scheduled for May 12, 2011 at 2:00 p.m. at Toledo Public Schools Board Room, 420 Manhattan Blvd, Toledo, Ohio 43608.

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

Bid Item #1 Beverly K-8	School Desk & Chairs Package	\$486,844.00
Bid Item #2 Beverly K-8	Tables Package	\$112,348.00
Bid Item #3 Beverly K-8	Office & Chair Package	\$149,798.00
Bid Item #4 Birmingham K-8	School Desk & Chairs Package	\$259,633.00
Bid Item #5 Birmingham K-8	Tables Package	\$103,865.00
Bid Item #6 Birmingham K-8	Office & Chair Package	\$155,798.00
Bid Item #7 Old Orchard Elementary	School Desk & Chairs Package	\$165,591.00
Bid Item #8 Old Orchard Elementary	Tables Package	\$108,942.00
Bid Item #9 Old Orchard Elementary	Office & Chair Package	\$161,234.00
Bid Item #10: Riverside Elementary School	Desk & Chairs Package	\$200,000.00
Bid Item #11: Riverside Elementary	Tables Package	\$131,580.00
Bid Item #12: Riverside Elementary	Office & Chair Package	\$194,737.00
Bid Item #13: Walbridge Elementary	School Desk & Chairs Package	\$137,986.00
Bid Item #14: Walbridge Elementary	Tables Package	\$90,780.00
Bid Item #15: Walbridge Elementary	Office & Chair Package	\$134,355.00
	Total Estimate	\$2,593,491.00

Legal Notice

Bid packets will be received by Lucas County Job & Family Services (LCDJFS) until 4:00 p.m., June 3, 2011 for the selection of a Provider to provide Work Experience Program (WEP) Site Development and Client Participation Services for eligible participants. Submitted bid packets must be completed according to the specifications and provisions outlined in the Request for Letterhead Bids (RLB). The contract period will be from approximately July 1, 2011 through June 30, 2012.

No bids will be accepted after 4:00 P.M. on June 3, 2011; bids that are submitted via any method other than that described in the RLB will not be accepted.

The Request for Letterhead Bids will be available on May 4, 2011. It will be available for potential bidders to download by going to the site: <http://www.co.lucas.oh.us/bids.aspx>.

An Electronic Question & Answer (Q&A) process will be from May 4, 2011 at 8:00 a.m. to May 18, 2011 at 4:00 p.m. PARTICIPATION IS OPTIONAL, BUT IS HIGHLY ENCOURAGED. Questions for the Q&A must be submitted in writing and received via email, by Michelle Niedermier at niedem@odjfs.state.oh.us by May 18, 2011 at 4:00 p.m.; the posting of the Q&A will be on May 23, 2011. If any changes are made to the RLB as a result of the Q&A, an addendum to the RLB will be posted on the website address (noted above).

This notice is posted, as of May 4, 2011, at <http://www.co.lucas.oh.us/bids.aspx>. The right is reserved to reject any and all bids.

By order of the Board of County Commissioners, Lucas County, Ohio.
Pete Gerken-President Tina Skeldon Wozniak - Commissioner Carol Contrada - Commissioner Bid. 48-12-RLB-01

Notice to Bidders: Inquiry # FY11-084,

(Project # 0040-11-710) for Savage Arena Boiler Replacements for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 1:00 p.m., Wednesday, May 4, 2011. Bids will be publicly opened that same day at 1:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$45.00 will be charged per set. Any further information may be obtained from Bob Tauer of Fosdick & Hilmer, Inc. at 513-241-5640. One Pre-Bid Conference will be held on Wednesday, May 04, 2011 at 9:00 a.m. in Plant Operations Building Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: \$280,000.00; Breakdown: Mechanical: \$280,000.00.

Deltas' Annual Senior Recognition Program

By Brittany Jones
Sojourner's Truth Reporter

The transition from high school to college is one of excitement, anxiousness and curiosity but, most importantly, it is one of learning and preparation.

This was the focus of Delta Sigma Theta Sorority, Inc. Toledo Alumnae Chapter's 25th Annual Senior Recognition Program on Saturday at The University of Toledo Student Union. It was fittingly titled, "Investing in Your Future...How Prepared are You?"

Those honored were Lucille Carter and Erica Parker of Scott High School, Olivia Phifer of Maumee Valley Day Country School, Paris Allen, Erika Thompson, Raya Armstrong and Lawanda Johnson of Springfield High School.

Opening the program was a welcome and introduction of committee members by the chairman, NaTasha Baker. The Senior Recognition Committee consisted of Martina Turner, Tia Daniels, Shannon Tisdale, Kaylene Miller, Phyllis Wadley and Gwendolyn Banks.

A PowerPoint of Delta Sigma Theta and the activities of the Toledo Alumnae Chapter were then shown.

Members of the Beta Lambda Chapter presented their formal introduction about the history of the sorority.

Robin Stone, the Toledo Alumnae Chapter president, introduced the history of the chapter and some its community programs, such as participating in the Annual Susan Komen Race for the Cure, the Heart Walk and the building of two Habitat for Humanity houses.

"We encourage you to look around and get into community service while in college," she said. "We think that all of you have a lot of potential so do not stop after

today, keep going and excel in your endeavors."

Turner and Daniels conducted an icebreaker for the young women, so they could have a chance to get to know each other. The girls took a number of Skittles and how many they picked determined the number of things they had to tell about themselves. Turner explained that this activity showed how important it is to find commonality with other people in order to make friends, in addition to becoming more comfortable with talking in front of people.

Afterwards there were two breakout sessions, one for parents led by Banks and the other where the alumnae panel consisting of Daniels, Turner, Tisdale, Baker and Miller worked with the seniors. This time presented an opportunity to get answers to significant questions ranging from how to be prepared for that next chapter in their lives to how to find their career paths. They were given index cards to write whatever questions they wanted.

A big subject was the dreaded lure to credit cards by that "free" t-shirt and other things the credit card companies use to attract freshmen to sign those applications.

After that exercise, the guest speaker, Minister Jenai Hicklin, took the stage to spread her wisdom. Hicklin currently serves with the ministerial staff at the Manifested Word Church. She is also the director of the after school program under Toledo Area Ministry (TAM).

The theme of her speech coincided with the focus of the program—steps to take to invest in one's future.

Before she began any-

thing she gave thanks to God, all in attendance and acknowledgment of grandparents, guardians and parents for all their hard work of getting their children this far in their lives and education.

She emphasized that college is a time for much experience and life lessons.

"College is education from books first and foremost but there are other levels of education that you receive while attending college such as social, through relationships, cooking [the famous Ramen Noodles], budgeting finances, working, cultures and ethnicities," she said. "All your time is now your time, it is time to grow up."

Hicklin reminded them of putting faith in God and using prayer to get through whatever troubles they may face while in college and to now make the mistake of making temporary people permanent in your life because when their season is up, let it be up, she stated.

"Everyone that is traveling with you now is not meant to count on the journey because everyone is not able to deal with your success," she stressed. "Always remember that when you decide to invest in your life, God has given enough evidence for you to have confidence in him that he will supply everything you need for the investment to manifest itself."

It was award presentation for the young graduates. As they received their certificates, a brief description of their high school activities, future careers, schools and studies were read.

After a series of picture taking, Stone closed the program with thanks for those who attended as well as congratulations to the graduating seniors.

What stood out as a lasting impression from Hicklin's speech was: "Success does not mean you

make six figures, drive a Jag and live in a house with five bedrooms and three bathrooms. Success is when

you can get up every day and do what you have a passion for and get paid."



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Larry Jones 60th "Diamond" Birthday Celebration

Sojourner's Truth Staff

From the moment Larry Jones, resplendent in tux and white tie, was escorted into the Ramada Hotel Atrium by his four great nephews – Lionnell Scott, James Scott, Cornelius Scott and Charles Hagler, all tuxedo-clad as well – to the applause of his 200 guests, it was clear that this would be a night to remember.

And clearly, neither Jones nor his guests would be disappointed by the proceedings. Speaker after speaker strode to the microphone to explain his or her connection to the retired Toledo Public Schools' administrator and emcee extraordinaire and to extol the gifts of the man whom one

speaker declared "would do anything for you – give you the shirt off his back."

The evening's reflections were divided into three parts – each representing a 20-year period in the life of Larry Jones.

And getting things started was a tribute from Deborah Rivers who was Jones' classmate as far back as the fifth grade and was also a fellow administrator at TPS in more recent years.

"A brother of honor and integrity," said Rivers of her colleague and lifelong friend.

Others extending tributes included Toni Craig and Jones' cousin, Tandra Ezell.

And, of course, there was



music ... plenty of music. Joan Bolden of Third Baptist sang, as did Debra Brock of Mt. Nebo and Deborah Gardner of St. Paul MBC.

Jones' nephew, Jerome James of Grand Rapids, MI presented recorded gospel music throughout the evening.

In between there was a lighting of candles in memory of family and friends – a ceremony led by Jones' great niece and nephew, Michael Crosby and family of Grand Rapids.

No doubt, everyone in attendance is looking forward to Jones' next big birthday bash.

Photos courtesy: Al Smith



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