



The *Sojourner's* Truth

Volume 20, No.06

"And Ye Shall Know The Truth..."

June 01, 2011

The Debutante Cotillion



In This Issue

Perryman
Page 2

Tolliver
Page 3

2011 Cotillion
Page 4

UT @ TPS
Page 5

The Health Section
Healthy Eating
Page 6

Too Much Hot Fun?
Page 7

The Fitness Motivator
Page 8

More on IBD
Page 10

AKA's Health Fair
Page 11

Adoption
Page 12

Murphy's Place
Page 13

BlackMarketPlace
Page 14

Classifieds
Page 15

"There are very authentic jazz destinations left in this entire country so with jazz being America's number one cultural export for decades... the musicians who came through the door at Murphy's Place were truly world class." Michael Hayes on the closing of Murphy's Place – page 13

Leadership Legacies III: Toward What Ends?

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

And it started to dawn on me that the people that were going to be at that reception weren't going to walk with him nowhere. They were going to listen only to the speeches but they would never be seen out in the street with him. - Rev. Floyd Rose



"You know what hurts me more than anything?" the voice of Reverend Floyd Rose quivering from emotion asks. "Sixteen years after I left Toledo, I am still getting calls to come back to help."

With over 20 years of working on behalf of Toledo's African-American community, Rose's portfolio of outcomes is stunning.

As president of the Toledo NAACP, Rose defiantly initiated a mini-convention which held a straw poll showing support for Republican mayoral candidate Donna Owens. A "disrespectful" city government leadership had refused to interview qualified black applicants for top municipal jobs. Owens was later elected mayor with 47 per cent of the black vote, a feat no other Republican candidate has ever come close to achieving.

Rose also instituted the Fair Share Economic Initiative which entered into contracts requiring businesses with a sizable black customer base to provide the base with an equal percentage of jobs and contracts.

When the Lion Store, a downtown retailer balked, Rose showed up with bus loads of African Americans and the media. When the black customers began cutting up their Lion Store credit cards before the television cameras, the store began hiring more blacks and contracted with an African-American public relations firm.

On another occasion, protesting the lack of black construction workers, Rose used dump trucks to block a job site at The University of Toledo, shutting down a large construction project. Rose emerged from the direct action with agreements totaling \$50 million in wages and minority construction contracts.

What can black leaders in Toledo do to regain credibility and control over the issues that affect the community? What leadership qualities, actions and strategies are needed?

Although frequently surrounded by controversy and not always successful, there are a few insights emerging leaders can glean from the leadership of Reverend Rose.

The primary lesson is that without the weapon of political sanction to counter the automatic expectations which take black political support for granted, we are powerless.

Since Rose returned to Georgia in 1995, we have become a community insufficiently liberated to discard dependency on a political party that attempts to perpetuate itself by ignoring our policy interests and which "symbolically distances itself" from the same loyal community that provides nearly 25 percent of its vote.

Also, we have become comfortable in settling for the symbolism of "a black face in a high place" rather than group advancement, even when that face fails to address black grievances and problems.

As the numbers of middle-class blacks have become incorporated into the mainstream, the tepid strategies of accommodation, assimilation and pacification have become vogue for black leaders.

However, once becoming incorporated, we become dependent upon, a part of, and co-opted by the same system that oppresses the majority of the community and unable or unwilling, to deliver concrete outcomes from within.

Rose believes that it is mainly this strategy of incorporating the few rather than pursuing the leadership, mobilization and support of the most or core constituency that has made our contemporary leadership ineffective.

"In February, 1968 just before he was assassinated," Rose emotionally recalls. "Rev. Martin Luther King, Jr. flew in on a private jet. Edward Lamb, the wealthy Toledo industrialist and attorney was a great supporter of King and had planned a reception. There were doctors and professional black folks there but the welfare folks were not invited.

A couple of preachers grabbed King by the arm on the tarmac and said to him 'we've got to hurry, 35 to 40 are waiting at the reception.' Dr. King was very stern and direct and said 'just a minute now. Wait!'

The poor people that were not invited were waiting at the airport just wanting to see him. They were waving and waving. Dr. King said 'just a minute. I want to meet with some of these people that made me Dr. King'. And he walked over there and started hugging them. He understood that the people that made him were not the doctors, lawyers or even most preachers."

As a disciple of King's seemingly forgotten method of protest and direct action, Rose is often accused of publicity-seeking. He counters: "My goal was never confrontation. But it also was not to avoid confrontation. All issues can be resolved at the table but we must get the attention of those who control the agenda. That's the whole point. You've got to get on the agenda and confrontation or direct action is purely a means to an end."

To what end?

For not only individual, but group advancement. Only then has significant change taken place. The change that justifies the means.

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

Community Calendar

June 1

Flower Hospital Community Blood Drive: 10 am to 4 pm; Administrative boardroom: 419-824-1244

June 2

Seminar for Technology in the Church: Family Activities Center; 6 pm: 419-870-9073

June 4

UAW Local 12 Women's Committee Annual Community Garage Sale: 10 am to 4 pm

Padua Center Third Annual Urban Chicken Fest: 1 to 5 pm; Free games and prizes for children, food, rummage sale, entertainment: 419-241-6465 or 419-241-4544

House of Bread Ministries Kid Zone Summer Camp: Open house and registration; 1 to 3 pm

New Life COGIC Honors Community Servants: 10:15 am; Recipients are members of the Toledo Police Department: 567-868-4593

Spring Musical: The Gospael All-Stars; 6 pm; World Wide Living Ministry; Guests include The Sons of Joy, The Mighty Brothers of Harmony, Mildred Stegall and Tru Voices and more

June 5

Grocery Day at The Movement Church: First 3 families at 6 pm service receive a full bag of groceries

June 6-7

UT @ TPS Scott Learning Community: Informational meeting for parents, relatives and friends of students; Mott Branch Library; Monday 5:30 to 7:30 pm; Tuesday noon to 2 pm: 419-283-8288

June 11

St. Stephen's AME Women's Missionary Society Prayer Breakfast: 10 am; Glendale Terrace Community Center: 419-376-5113 or 419-878-0413

West Toledo Bereavement Ministry Monthly Meeting: 10 am; Bethlehem Baptist Church

The City of Zion Youth Empowerment Session: "Life of a Superhero;" Free luncheon: 419-246-1850

June 12

Bethesda Christian Center Cathedral Women's Day: 11 am: 419-944-0984

Adopt-A-Son Sunday: 10 am to 4 pm: Take a son, grandson, nephew, neighbor to church; Sit with him in church; Take him to dinner after church

June 13-24

Grace Temple COGIC "Fun Filled Summer Camp Day:" 9 am to 3 pm; Ages 5 to 16; Field trips, cooking, arts and crafts: 419-242-9321 or 419-343-4658

June 18

R.E.S.T.O.R.E. Inc First Annual Fatherhood Walk: Starts at Central Catholic; Chuck Ealey is keynote speaker; Registration at noon; To raise awareness of the importance of the roles fathers play in their children's lives: 419-377-1488

Libbey HS Round Up Committee Scholarship Banquet: Army National Guard Recruiting Center; 3 pm: 419-250-0491 or 419-255-0433

June 20-24

9th Annual Carmel Smith Summer Youth Free Football Camp: St. Francis de Sales HS; Grades 3 to 8; Registration at 10 am; Camp from 11 am to 2:50 pm daily: 419-917-3547

June 25

Bethesda Christian Center Cathedral Women's Department Color Rama: Noon: 419-508-0885

The Sojourner's Truth

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Why Not Do This??

By Lafe Tolliver, Esq
Guest Column



Have you ever wondered what would happen if the IRS was to start taxing churches and their property holdings including their streams of income and the salaries and compensation packages of the ministerial staff?

Imagine a church entity not having to file for a non-profit tax status and not being under certain requirements by the IRS as to their political and other activities.

Imagine a world in which those who want to form voluntary associations for the promulgation of their religious beliefs were left to "fend for themselves" with God being their source and supply and not the sundry tax breaks including sales tax exemptions.

What type of faith would it inspire or require if state and federal governments were to view religious associations as being no different than other incorporated or non-incorporated entities?

Ask yourself this question. If your local fellowship was to be denied any tax exemptions of any type, could it survive strictly on prayer and faith in the supply and care of God?

Imagine the hundreds of billions of dollars in value and property that is controlled or owned by church groups and then imagine the tax revenue that would be generated if such entities and the ministerial staff and pastors were taxed like anyone else.

I mean, why give a faith-based group a tax loophole or a tax break if they truly believe that God is their source and their supply and that God will supply all of their needs according to His riches in glory.

If that is believed and operated upon, then there is no need to petition a state or a federal taxing system for a tax break or exemption.

What would happen to religious charitable donations or to religious church groups if the donors or the members realized that there were to be no more tax deductions given to them for their tithes and offerings and donations made in lump sums (via wills) to their local fellowships?

Would people of faith continue to give tithes and offerings if they knew that at the end of the tax year they

could not get a tax write off for their religious giving?

Think of the hundreds of billions of dollars of untaxed revenue that the US government is missing out on due to giving tax loopholes and tax deductions to both churches and church folks who regularly give from their net or gross income with the expectation of a tax write off Yowza!

Now, flip the script and inform those God-fearing people and faith-based churches that God is to be your source and supply (not the IRS) and that you will not get more any tax breaks for your donations or on your asset holdings.

Could the real church of God live by faith and not by sight if they knew that they had no special exemptions from any government entity for their receipts of charitable-based income.

Also, how many churches would not be formed by questionable characters if they knew that they could not raise tax-free offerings or expend monies on assets that would not be tax-free.

Living by faith would really be a faith walk and not just idle talk!

QUIZ TIME! Please answer the following multiple choice questions. When completed, please send me a freewill non-traceable money order of \$29.99 and I will send you the answer template:

(1) If you knew that you could not get a tax write off for your charitable giving to your local church, you would do the following:

(a) not attend (b) give less (c) give way less (d) not give at all.

(2) If you were not able to get a tax break, what would

you do as a ministerial staff member:

(a) get into another line of work (b) do the same but do with less (c) get a part time job (d) stay in bed and bemoan my losses.

(3) If your church lost its tax exempt status, what would you do: (a) stay at home (b) still attend but hold on to my wallet with both hands (c)

give regardless (d) learn what walking by faith is all about.

(4) If the tax-exempt organization that you have been giving to (radio and TV ministries), lost its tax-exempt status, you would:

(a) demand a refund of the all of the monies I have given.

(b) not watch the next TV fund raising campaign (c) offer to hold bingo games to

offset the loss of income and charge a management fee for my services (d) read my Bible to know what is true wealth.

Note: nowhere in the Bible do you find any support for any fellowship acquiescing to a secular government (Caesar) for its tax benefits/exemptions goodies so that they can be created, survive or continue. Nowhere.

So, why doesn't "organized religion" voluntarily give up its tax exempt status? You do not need a 501(c)(3) to form a church or even the need to be incorporated.

So, what then is the real deal?

Contact Lafe Tolliver at tolliver@Juno.com

May 24 Is Northwestern Ohio Veterans Business Volunteer Day

Special to The Truth



Veterans' group with Lucas County Commissioners

May 24 was Northwestern Ohio Veterans Business Volunteer Day as proclaimed by both the City of Toledo and the Lucas County Board of Commissioners. The proclamations recognized the fact that May 24 2010 represented the launch of the Northwestern Ohio Veteran Business Movement.

That event offered U.S. Military veterans and the general public an opportunity to receive one-on-one counseling by SCORE (the U.S. SBA's Service Core of Retired Executives) to assist in starting or growing their businesses.

This past May 24, another such event was also held at the Toledo Lucas County Public Library Main Branch. Community partners were on hand to share opportunities and to reach out to individuals about social and public services that are available to enhance their quality of life here in the local area.

SECOND IN A SERIES

Letters from the Heart

Our family was able to focus on just being with my dad, thanks to the care from Hospice of Northwest Ohio. Now, we always recommend that people consider hospice care early. *July, 2007*

They were the most professional caregivers I've ever seen. But my wife and I waited too long and we didn't get all of the benefits we could have received. *Jan, 1994*

Hospice of Northwest Ohio cared for both my mother and father. They relieved a lot of the worry, stress and fear. Don't wait to get them involved. *May, 2007 and 2010*

For 30 years, families have been writing to Hospice of Northwest Ohio to express their thanks. Yet they often also say, "We wish we would have started hospice care sooner." The earlier you seek our expertise and support, the more we can do to help.

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47th Annual Debutante Cotillion – Elegance and Grace

By Torri Blanchard
Sojourner's Truth Reporter

On Saturday, May 4, 2011, the Toledo Club of the National Association of Negro Business and Professional Women's Club, Inc., held their 47th annual Debutante Cotillion at the Stranahan Theatre.

The night of elegance and grace was a beautiful feature of the elite teenage girls of Toledo. Along with the young women being presented to society were proud family members of the debutantes (seniors in high school), the deb's-in-waiting and the handsome debutante escorts.

Commanding attention, the deb's-in-waiting began the show with their introduction, followed by introductions of the debutantes. Each of the young beauties were accompanied by their escorts, most of whom are young men whose achievements are beyond notable – just as with the debutantes.

"It's my honor to introduce each young man and woman here today. All of you have worked extremely hard on your studies and you are a true value to our community," said Rhonda Sewell, mistress of

ceremonies.

Once the formal introduction was complete, the debutantes and their escorts took the spotlight with the annual "Cotillion Waltz." Without a doubt, their performance was flawless and nothing short of perfection. However, the

night was just beginning.

To complete an immaculate dance showcase, the deb's-in-waiting honored each of the debutantes with pearl necklaces, while the debutantes honored their younger counterparts (high school juniors) with roses

as memorabilia – reminding them that one day in the near future, it will be their turn to represent influential, young African-American women of Toledo.

"Now is the time we have all waited for ladies and gentlemen," said Wilma Brown, Toledo City Council president and Cotillion chairman, as she prepared to present the many awards that these event had to offer.

She began by rewarding Alexandro Lerma of St. Francis de Sales High School

as Mr. Escort, followed Miss Congeniality, which was awarded to Robbie January of Springfield High School. Such an award is always of joy for the winner because it is the only award that is chosen by the debutantes.

Next, Brown present the Talent awards, 2nd runner-up – Lakeasha Fitzpatrick of Bowsher High School; first runner-up – Sierra Holden of Bowsher High School; and the Outstanding Talent award went to Olivia Phifer of Maumee Valley Country

Day School.

Adding more thrill to the moment, Brown announced that there were five of the young women who were recipients of The University of Toledo's Presidents Community Scholarships. The winners were – Fitzpatrick, Holden, Robbie January, Kiara Lewis of Bowsher High School, and Donyell Sullivan of Woodward High School.

Saving the best for last, Brown prepared the room for the presentation of Miss Debutante. Semone Wilbert of Notre Dame Academy was named as the second runner-up and winner of \$1,000, followed by Holden as the first runner-up and winner of \$2,000.

Last but not least, was the crowning of the 2011 Miss Debutante – Olivia Phifer! Thrilled by her newest accomplishment, Phifer charmingly took to the stage for her crowning by Miss Debutante 2010, Tessa Scott.

Completing what was a glorifying night, Brown turned to the DJ and back

more photos on page 16



AJI CHOOSE GREEN

Democrat For City Council District 1

For City Council Candidates in Green, Contact: Brandon Tucker, 2011 Mountain Blvd., Toledo, OH 43606

District 1 Candidate Blasts H.B. 159

Sojourner's Truth Staff

Brandon Tucker, candidate for Toledo City Council's District 1 seat, announced his opposition to House Bill 159 last week during a press conference.

"Voting is a fundamental right," said the first-time candidate. "This bill will make it harder for seniors, minorities and the poor to vote."

H.B. 159 requires a person to provide photo identification at the polling place such as an Ohio driver's license, Ohio identification card, military identification or a valid passport. Currently, prospective voters can cast a ballot if they provide a current utility bill, bank statement, government check, pay check or other government document that displays the voter's name and address.

Such alternate forms of identification may still be used to request an absentee ballot.

The Republican-controlled House has passed the bill ostensibly to eliminate fraud, according to proponents. Democrats claim that the measure, which is expected to be taken up by the Senate within weeks, is a move to depress voter turnout among the traditional Democratic base of seniors, minorities and the poor.

"Eighteen percent of seniors don't have current ID," said Tucker. "Twenty-five



percent of African Americans and 15 percent of those earning less than \$35,000 don't have current photo ID. Voter fraud is a fantasy. H.B. 159 is a solution in search of a problem."

Nevertheless, even as H.B. 159 awaits approval in the Republican-dominated Ohio Senate, the current voter turnout among the demographic groups noted by Tucker remains dramatically low. In the District 4 special election in May, only two percent of registered voters went to the polls.

"A lot of people are misguided by the democratic process," said Tucker. "We're hoping to increase excitement, especially with early voting."

In response to a question

about his concern for a state issue when there are so many city issues facing candidates, Tucker replied: "This does affect the District voters; it has a local level impact."

So far, five candidates have declared their intention to vie for the District 1 seat currently held by City Council President Wilma Brown who, after three terms, is limited from running for office for the same position. In addition to Tucker, others who have pulled petitions for the seat from the Lucas County Board of Elections are Aji Green, Tyrone Riley, Delbra Blackshear and Jason Schreiner.

The field of candidates will face off in a September 13 primary. The top two candidates will face off in the November 8 general election.

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Have you thought about finishing your GED, or starting college, but never quite got around to it? Do you need a school schedule for yourself that matches your children's schedule? Are you looking for a community-based approach to learning that supports adult learners who have family responsibilities? Do you want to influence your children to excel in school?

If so, UT@TPS in the Scott Learning Community is for you. The program is an expansion of UT@Pickett, which started in January 2011. New students can sign up June 6 and 7 at informational meetings at the Mott Branch Library.

The program offers free pre-college/ABLE classes for adults wanting to earn their GED. For those who already have a high school diploma or GED, there are University of Toledo classes toward any major, at no cost to those who are eligible for federal grants.

Best thing? Both the classes toward the GED and the college classes are held in the schools, during the school day, following the TPS calendar. Parents and children can go to school together, come home together and have the same weeks off—together.

UT@TPS is a collaboration between the University of Toledo, Toledo Public Schools and Penta Career Center, with help from the Greater Toledo Urban League and the Toledo-Lucas County Library, Mott Branch, and with financial support from the Toledo Community Foundation and the UT College of Education Dean's Innovation Fund. The project was piloted at Pickett Academy during Spring 2011. Courses were so successful that the program

is being expanded.

Martha Jude, principal of Pickett, explained why she welcomed the program into the school when it was still untested: "Providing educational opportunities for parents is important in improving the lives of the children in our community. Education opens doors for parents and allows them to provide a better life for their children. This program allows the children to see that education is also important to their parents."

Participants' experiences in the program show the wisdom of Jude's decision. "I enjoyed sharing space with our future of today," said Reggie Williams, Williams, who is father of a former Pickett student, completed his first semester as a UT student this Spring at Pickett. "Just to say, 'Good morning young man or young lady' to the Pickett youth filled my heart with gladness. To see us walking in their hallways and sitting in one of their classrooms gives them the notion that you're never too old to achieve higher learning," said Williams.

But the benefits are not all for the children. Lillie White, another UT student in the program and grandmother to a Pickett kindergartener, saw benefits for herself and her grandchildren. She said, "After 40 years of being out of school, I was encouraged to return to get a business degree to better run my bookstore, and to encourage my grandchildren, and to show them the importance of education in order to better fulfill the dreams of their lives."

Williams noted, "What I liked about the program was the location, the class size and the experience. Attending a local TPS school while taking college classes allowed me to

take down my guard. There weren't any intimidation factors, overwhelming feelings, or sense of defeat. Of course there was some doubt, but I told myself that I can do it, and I did."

During Spring 2011 16 parents and community members comprised the first class of the UT@Pickett Parent-Community Cohort, taking two college classes in a second-floor classroom at Pickett Academy.

Because UT's Workplace Credit program scholarships 22 percent of the cost of tuition and fees for classes held off of UT's campus, all who were eligible for the federal Pell grants found that the grants would cover all their tuition, with no loans necessary.

"Our goal in starting the program was to make a supportive environment where parents, relatives, and friends who have so much influence on their children could try out college without going into debt," said Lynne Hamer, Ph.D., the UT associate professor of Educational Foundations and Leadership who founded and directs the UT@Pickett/TPS project.

Next door to the college classroom, eighteen parents and community members worked on preparing to take the GED—their first step toward the college classes—in free ABE (Adult Basic Literacy Education) classes offered by Penta Career Center.

This spring's college coursework included "Diversity in Contemporary Society," taught by Hamer. As part of their coursework, students contributed to research on parent involvement that is being conducted by the United Way of Greater Toledo. Students also took "College

Composition I," taught by Kelly Averill-Savino, a popular composition instructor at UT and other area colleges.

Williams, White, and their fellow students described liking the small class size of 16. They "enjoyed the one on one contact with our instructors," and described the classes as having "a family type bond and a great sense of humor." Perhaps most important, "We worked together on projects and helped each other when situations occurred."

In the fall, participants in the college cohort will continue with two more classes. Hamer will teach "Education and the Construction of Societies," and UT assistant professor Willie McKether, Ph.D., will teach "Cultural Anthropology." Hamer plans to involve the students in research on education that

was started by her graduate students in the local community. McKether's course will include material from his research collecting oral histories on Toledo's African-American communities and institutions.

Debbie Morris, the director of Penta's ABLE program, expects that some of the students from the ABLE/pre-college courses will have completed their GEDs and will be ready to join in the college classes. "The great thing," she said, "is that when they do achieve their GEDs, they have the option to continue right on to college, with help through the transition." Parents and community members are welcome to begin work toward their GED at any time.

Additional parents and community members are welcome to join the college cohort as well. They need

to begin the admissions and financial aid process by mid-June to be ready when classes start in August—and Hamer and others at UT are ready to help them through. Twanda Brown, mother of a Pickett third grader, signed up this week to begin the college classes. She said, "I'm looking forward to starting in the fall. Going through admissions was easy."

TPS leadership sees this work with parents and community members as part of its mission as the public schooling system in the city. "As an urban district we understand that we have much more than a responsibility to educate kids," explained TPS Assistant Superintendent Romules Durant, Ph.D.. "We have a responsibility to educate the community as well. This united partnership between TPS, the Greater Toledo Ur-

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Protein and Low-Fat Dairy

By Ryan Majcher, BGSU Dietetic Intern with OSU Extension, Lucas County
Special to The Truth

The importance of consuming enough protein as part of a balanced diet cannot be understated, and it is an essential nutrient that keeps the body healthy and functioning properly. However, there are many foods that are high in protein but also high in fat, which when consumed in excess, can lead to increased weight and a variety of different health problems.

This article will explain why protein is needed in the diet along with what can happen if not enough is consumed. Information on other nutrients commonly found in high protein foods as well as recommendations on how much to consume daily will be provided, along with specific options that can easily be added to the diet.

First, protein is the main component of muscle tissue and is needed to help keep our bodies strong and provide needed energy to perform basic activities of daily living, such as walking to the store or getting up out of bed in the morning. Protein also is necessary to keep our immune systems running at peak performance, so that an infection can be fought off more easily if encountered.

Protein is also the main component of our hair and fingernails, which is why some with a low protein status will have both brittle hair and poor quality nails. There are many other functions of protein within the human body, but the ones mentioned above make up some of the most important and are the ones we will focus on throughout this article.

As noted above, foods that are high in protein can also be high in fat, and that can lead to a number of problems. Luckily, there are many low-fat dairy products that act as an excellent source of protein, along with several other key nutrients, while not overloading one on fat and other unnecessary calories. Milk is a beverage that should be consumed on a daily basis because of its many benefits. These benefits range from being a good source of protein, calcium, and phosphorus, while at the same time not having to worry about breaking the bank.

From looking in the grocery store coolers, it is evident that milk comes in several varieties that range from fat-free to whole. The only difference between these is the fat contents; all other nutrients such as protein and calcium are in the same amounts, regardless of the fat content.

Admittedly the taste and look between low-fat and whole milk is different, but it is possible to fool the body into liking fat-free milk, if the taste is preventing one from making the switch.

Baby steps are key to a successful switch, and I would recommend going from whole, to two percent, to one percent and then finally fat-free, changing varieties every couple of weeks. This way the body is not faced with such a big jump, but instead it is slowly introduced to the new flavor and texture, increasing the odds of acceptance.

Another trick is to take a gallon of fat-free milk and add a few drops of vanilla,



starting with two to three, and adding one at a time until the flavor is to your own liking. Many feel that by adding this small amount of vanilla, the taste and texture of the fat-free milk imitates that of two percent milk, making it much more pleasing to drink.

Other food items that would be beneficial to consume would be low fat yogurts and cheeses, all of which

are good sources of protein, calcium, and phosphorus, as mentioned above with milk. Eating these low fat dairy items throughout the week can help to ensure that your body is receiving enough protein and calcium to maintain muscle growth and strong bones, respectively.

Recommendations for dairy consumption, set forth by the United States Department of Agriculture, say that

children two to eight years old should consume the equivalent to two cups per day, while adults should consume three cups. Remember that there are eight ounces in one cup; therefore adult dairy recommendations can be met with three, eight ounce cups of milk with each of three meals throughout the day.

Unfortunately, there are some people that are unable

to consume milk because they have a condition known as lactose intolerance. This simply means that they cannot successfully break down milk sugar, and instead become bloated and uncomfortable when anything dairy is consumed.

Both African Americans and individuals of Asian descent are at a higher risk of being lactose intolerant, and therefore it is a good idea to be familiar with the condition and what can be done if it is present.

Fortunately, there are special milks and a wide variety of dairy products that can be purchased at almost all supermarkets that can be successfully digested by those who are lactose intolerant.

The most popular brand for this type of product is Lactaid and is usually in the same cooler as the conventional varieties. More information on the benefits of dairy as well as all of the other major food groups can be found at www.Mypyramid.gov

Heartbeat & Positive Choices to Offer Healthy Relationships Program for Teenage Girls

Dating can be scary—for both teenage girls and their moms and dads. To help young women ages 12-15 to learn the ins and outs of dating and forming healthy relationships, Heartbeat of Toledo and

Positive Choices are offering "Healthy Relationships for Teens." This is a free, six-week program just for young women to be held on Wednesdays, beginning June 15, from 3:30-5 p.m. at Heartbeat's new office, 4041 Sylvania Ave., right across from Westfield Shopping Town. Topics to be covered include The Inside Scoop on Guys; How do I know when it's love?;

Knowing When & How to Say No; Being Assertive; Loving Yourself First; and Final Destination—Where do I want to go in life and How do I get there?

For more information or to register, please call Heartbeat at 419-241-9131.

Funding for this program was provided by a grant from the Toledo Community Foundation.



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Hot Fun in the Summertime

By Dianne Pettis, MS, FNP-BC
Guest Column



After all the stormy, gloomy weather; it's finally on its way...SUMMERTIME! You've been dreaming of the time you can get out in the sun, do some grilling, go swimming, play volleyball, etc. I'm with you; have fun...but here are some reminders before you get started. With the summer comes the heat, and burns of many forms.

Burn Injuries

Fire up the grill, but be careful! Have everything you need handy before you start, so you can pay attention to the flames. Flames can get out of hand very quickly, so you want to be there to respond quickly and safely. Keep the grill at a safe distance from anything that can catch fire – like a house. Keep children away. Resist the urge to spray more lighter fluid onto the charcoals.

Burns can happen quickly. There are three degrees or levels of severity to the burns. In a first-degree burn, the outer layer of skin is burned. The skin turns red, may swell, and may be painful. Running cool water over it or applying cool compresses helps. Don't use butter, as it traps heat and can cause more damage. The application of ice is not a good idea either, as this can cause frostbite. Aloe Vera gel or triple antibiotic cream may be applied.

In a second-degree burn, the second layer of skin is involved. The skin is red, swollen, blistered, and very painful. Do not pop the blister; it will do that on its own without your help. Cover

the area with a non-stick bandage. Taking Ibuprofen may help with the pain. A third-degree burn is the most severe. It damages the third layer of skin. The skin will be charred, or whitish-colored. The tissue is permanently damaged, and may need repair by skin grafting.

Sunburn

Sunburn is actually sun poisoning from over exposure to UV (ultraviolet) light or radiation. Take the sun seriously – again, it is radiation. The radiation is most intense from 10 am to 3 pm. As with the burns mentioned above, the rays cause the skin to be red, tender, hot; and many people experience, swelling, blistering, or peeling.

Severe symptoms include fever, nausea, chills, dizziness, and even loss of consciousness. Dark skinned people can, and do become sunburned with exposure. Protect yourself with sunscreen before going out into the sun. Even on cloudy days, long term exposure can burn skin. If skin is burned, apply cool or tepid compresses – not cold. Apply aloe Vera gel and take a pain reliever. Drink plenty of cool – not cold water. Make sure to wear good sunglasses, because the UV light can damage your eyes as well.

Heat Injuries

Heat injuries are caused by exposure to high heat. The three types range in severity from heat cramps, to heat exhaustion, to heat stroke. Heat cramps are muscle pains or spasms that happen to people who perspire a lot during strenuous activity. When you perspire, you lose salt and water from your body that the muscles need. The muscles protest by going into spasms. The spasms usually involve the abdomen, arms, and legs. Go to a cool place or in some shade. Drink clear juice or an electrolyte/sports drink. Rest, and wait several

hours before going back to the activity to prevent heat exhaustion.

Heat exhaustion can occur from several days of high temperatures and not taking in enough (non-alcoholic) fluids. The symptoms are a little more severe than cramps. Cramps can occur, but there may also be increased sweating, cool and moist skin, fatigue, weakness, dizziness, nausea, vomiting, or headache. The pulse may be rapid and weak. Take a cool shower or bath, get into an air conditioned area if possible, drink a cool beverage, and rest. Call 911 if the symptoms do not improve in an hour, because Heat Stroke could occur.

In heat stroke, the body temperature rises to about 106 degrees or higher. This is a true medical emergency! The body temperature rises because the body has lost the ability to dissipate, or spread the heat throughout the body. Dehydration also decreases the body's ability to dissipate the heat. Symptoms are lack of sweating; dry, hot, red, or flushed skin; increased body temperature; difficulty breathing; confusion; seizure; or coma. If you find someone in this condition, call 911. Get the person to shade, remove the clothing, apply water to the skin, and place ice packs under the arm and in the groin area.

It's time for summer fun, but take measures to be safe. Always drink plenty of water. If you're going to be perspiring, have some electrolyte drinks to replenish your sodium. Avoid alcohol in excess. Wear sunscreen and sunglasses. Pace your activity throughout high heat days. Watch out for your neighbors, especially elderly ones. Have a great summer!!

Dianne Pettis,
MS, FNP-BC
Family Nurse
Practitioner



Cancer Connection of Northwest Ohio Hosts Community Seminar on Breast Cancer Screening and Diagnosis

Special to The Truth

According to the American Cancer Society, breast cancer is the second most common cancer and the second leading cause of cancer death among women in the United States. Yet, throughout the nation, there are still obstacles in screening and timely diagnosis of this common disease.

On Monday, June 6, 2011, Cancer Connection of Northwest Ohio hosts Breast Cancer: Barriers to Screenings and Reasons for Delay in Diagnosis. The event features a presentation by Dr. Iman Mohamed, associate professor in the Department of Medicine and Chief of Hematology/Oncology at The University of Toledo Medical Center.

"We are excited to have such a dynamic and engaging speaker to help raise awareness of the needs that cancer patients and their families face here in Northwest Ohio," says Carisa Pellek, Cancer Connection of Northwest Ohio Board President.

Dr. Mohamed's presentation will be geared toward the public, although CE credits will be awarded for healthcare professionals.

The evening will also be a celebration of breast cancer survivors who are or have been clients of Cancer Connection of Northwest Ohio. "Education and awareness are of significant importance to our organization," explains Jean Schoen, founder. "This event is an opportunity for us to provide an educational service to the community while inviting them to celebrate the lives of our breast cancer survivors."

The event will be held from 5:30 – 7 p.m. at the Ward Pavilion at Wildwood Metropark (4830 Central Ave., Toledo). Admission is \$20 per person and includes the presentation and dinner. Register by calling 419-902-4742. Please make checks payable to Cancer Connection of Northwest Ohio, Inc. and send to 4427 Talmadge #207, Toledo, Ohio 43623.

For more information please call 419-902-4742 or visit www.cancerconnectionofnorthwestohio.com.

Clarence Smith Community Chorus PRESENTS Marvelous Motown and More Featuring KGB & Gerald Foster



The Clarence Smith Community Chorus presents **MARVELOUS MOTOWN and MORE!** A night of Motown Hits and More, featuring the greatest hits of the Motown Era. Special guest artist, **KGB**, an exciting Motown revival group, will add their special flavor to a wonderful evening.

Multi-instrumentalist and bandleader Gerald Foster plays keyboards to re-create Motown hits. Glenn McFarland is the baritone; Keith Dotson and Bruce Sims are tenors.

The CSCC and KGB will feature the incredible sounds of The Supremes, The Temptations and other top singers of the Motown sound.

The chorus, well known for its performance of Negro spirituals, is thrilled about this year's production. Along with chorus selections, you will be entertained by "Doo-Wop" ensembles and solo performances. The chorus is enthused about performing some of your favorite hits from yester-year, songs that kept your feet moving and your voice crooning. Come on out and enjoy an evening of finger snapping, foot patting pleasure.

It's goin' down Sunday, June 5th, 2011 at 7:00 p.m., at the Maumee Theatre located at 601 Conant St. in Maumee, Ohio. Be there from the start! You won't want to miss a beat!

Ticket information will be available from any chorus member or by calling 419-535-0933 or 419-535-0216. Tickets may also be purchased in advance - \$15.00 Adults / \$12.00 Students & Seniors, \$8.00 for children 3 to 12 years old. Tickets may be purchased at the door - \$20.00 Adults / \$17.00 Students & Seniors.

WHAT'S YOUR "FITNESS" STYLE

BY ANGELA STEWARD
FITNESS MOTIVATOR
GUEST COLUMN



The key to participating and embracing your fitness journey is to figure out what "Your Fitness Style" is! Let's face it - the thought of exercising isn't really exciting to most people. At best, it's just another chore added to your already overloaded plate. So if you can find a form of fitness that fits your personality and lifestyle, the more likely you will participate consistently, because you're actually doing something that you makes you feel good!

It has to be convenient, it has to be enjoyable and affordable, and it has to

have that special something that makes you want to participate and motivates and inspires you to work hard to reach your fitness goal.

Everyone has a fitness style. Even if you don't exercise, there is a style of fitness that makes you say: If I could....I would. If only I were younger, I would....! If I wasn't so tired, I would....! If I had someone to do that with me, I would....!

Unfortunately - watching the "Boob Tube" is not considered an activity, unhealthy weight gain and problems caused by inactivity is not intentional!! We've become complacent. We've given up on health and have settled for "LAZY." If IT can help us to become healthier and happier, but IT's not easy, we're not going to do IT. Even knowing the health risks attached to living an inactive and unhealthy lifestyle - if IT's not easy, convenient

or fun - we won't do IT! **If only there were a healthy and fit "EASY" button, everyone would hit it and hit it hard!** Unfortunately for you and I that button doesn't exist. But what we can do is figure out what our personal fitness style is, not based on what everyone else is doing, but what or who will motivate me and help me fulfill my fitness needs.

Fitness comes in many different formats, many different levels, taught by a plethora of different instructors (certified and uncertified) with different teaching styles with different personalities. Your goal is to figure out what fitness format, fitness level, fitness style and fitness instructor can provide that "A-HA" moment for you. What is that "IT" that will make you want to be a healthier and happier you.

Your life could be filled with stress, so your "IT" could be YOGA - where various poses and

stretches create balance in the body thru strength and flexibility, thereby clearing the mind and exploring your spirituality - in that case, you should seek out Connie Martin. Connie is a fabulous yoga instructor and teaches yoga at St. Martin de Porres and other locations in Toledo, so please feel free to contact her at St. Martin de Porres.

Maybe you've always loved Latin dance, salsa, cha-cha, etc. If that's the case, your "IT" may be Zumba! My partner at Studio Fitness, Karen Everage, has the best Zumba class in town. Karen's upbeat spirit and high-energy classes will have you dripping in sweat. **STUDIO FITNESS ZUMBA** is unique! Live conga drummers are in class to enhance your Zumba experience!! So Zumba with Karen at STUDIO FITNESS.

Perhaps a good heart-pounding, energetic, super high intensity calorie burn is what you crave. If so, your "IT" may be Turbo-Kick! My girl - Erika White at Super Fitness - will TurboKick your booty to a new level. Erika is

super-duper high-energy, and is passionate about fitness. Contact Erika through Super Fitness.

You might ask: Why is Angie promoting different instructors and her own studio and her FabFit™ program?? Please don't misunderstand, believe me, I love what I do! I love my classes, I love my style, I love my fitness participants, my studio and my FabFit™ program, and you can always contact me for class information, but my fitness style may or may not be the fitness style that works for you - in other words: I might not be your cup of tea.

I am a promoter of FITNESS! I am passionate about helping you and others like you and I become healthy and fit and to inspire you to begin your personal fitness journey. Most certified instructors I know are as passionate about fitness as I am, they feel the same as I do! We provide a service where competition is strong. But believe it or not, not all certified fitness instructors are in competition with one another - es-

pecially the ladies I've suggested. We're community-minded and are passionate about fitness. Our goal is to provide a service to those who need motivation and guidance in realizing their fitness potential and obtaining their fitness goal. That's how it should be. Certified instructors and trainers motivate, educate and help you to become as fabulous as you can be. It's about you - nothing else!

What's your fitness style? Everyone has one... what's yours?

Yours In Fabulous Fit Style!

**Angela R. Steward
Fabulously Fit™**

**Contact me at:
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Book Review

Birth Matters: A Midwife's Manifesta by Ina May Gaskin c.2011, Seven Stories Press \$16.95 U.S. and Canada 251 pages, includes index

It was the longest three minutes of your life.

The 180 seconds it took for the little stick to turn from nothing to a definite something seemed to last forever. Then there it was, unmistakable: you're pregnant.

But once the good news was announced and the excitement wore down a little, reality set in and you're kind of scared and really nervous. What will giving birth be like?

In the new book Birth Matters: A Midwife's Manifesta by Ina May Gaskin, you'll learn that having a baby can be empowering, exhilarating, and – believe it or not – it could be pain-free.

Women, of course, have been giving birth since time began. They've done it alone or with the support of a Girl's Club of sisters, friends and midwives. They've labored without epidurals, IV drips or fetal monitors. In some places, they still do.

Many modern mothers-to-be are considering giving birth like that: without intervention, as nature intended. But not only are they often strongly discouraged from doing so, but the dreaded P-word keeps rearing its ugly head.

Gaskin says that pregnant women needn't worry because pain-free labor is possible. The first thing to remember, she says, is that

fear of pain causes muscle tension, which causes pain. Lack of knowledge doesn't help, nor does lack of patience. The good news: both laughter and kissing move the birth process along, and it helps to know that whatever hurting you might experience during labor and delivery will be brief.

There are a few "laws" that your body will follow during labor, including one that says you need to be comfortable in your surroundings and with your birth attendants in order to have a smooth birth.

Another "law" says that you should rely on your "monkey self" to know what your body wants during labor because nature knows best.

"Whatever you might have heard to the contrary, we women are just as well made for giving birth as any

other mammal," says Gaskin. Waving around a copy of "Birth Matters" may get you mixed results. Depending on

who you ask, you might get rebukes or scoffs, or you might get knowledgeable nods. Eii- (Continued on Page 11)



St. Francis de Sales High School Congratulations to the Class of 2011

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Our graduating seniors were the recipients of 364 scholarships and grants totaling more than \$13.9 million.

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Hidden Symptoms of IBD

By Stephen Ward
Guest Column



IBD stands for Inflammatory Bowel Disease, such as ulcerative colitis or Crohn's disease. There are many symptoms that an individual may experience with IBD from frequent and excessive bloody diarrhea to abdominal pain and weight loss. Not to mention the secondary symptoms that the individual must face due to whatever medication they are on, medications such as Asacol or Remicade.

For example, those using Remicade may experience the side effects of pain in rectum, and if you take Asacol you may develop arthritis. But that's not all. There are many more symptoms that people diagnosed with IBD must deal with on a daily basis.

With gas prices currently at close to \$4 per gallon and continuing to climb, unemployment rate is still high and families having to downsize to survive...people with IBD have another added stress to deal with. The stress of being employed!

While being employed is a great thing, and it allows us to put food on the table and clothes on our back...this same blessing can become a curse to some.

Some individuals with Crohn's disease or ulcerative colitis are able to maintain their daily lives by taking their medication and making a few adjustments. However, for others that is not the case.

Some of the most mentally toughest people are those diagnosed with IBD. Just as the author who penned "The Spoon Theory" wrote, "Choose the rest of the day wisely, since when your 'spoons' are gone, they are

gone. Sometimes you can borrow against tomorrow's 'spoons,' but just think how hard tomorrow will be with less 'spoons.'

A person who is sick always lives with the looming thought that tomorrow may be the day that a cold comes or an infection or any number of things that could be very dangerous. So you do not want to run low on 'spoons,' because you never know when you truly will need them." (I recommend you Google "The Spoon Theory" and read it in its entirety.)

We have to be mentally tough because every day is a new challenge for us, and most times that problem begins, along with the added stress, when we report to work at our respective employers. Our employers can be the hidden symptom of IBD.

We are faced with having to go exceedingly above and beyond the call of duty at work. We are faced with always looking over our shoulder, questioning ourselves to make sure that we work better than the next employee, because at any given time our employer can find a loop hole in the policy of the American Disability Act, and get rid of us. No, they may not terminate us, as that comes with other issues that they may have to deal with. The new termination is called unpaid leave.

It is unfortunate that senior citizens have to choose between food, clothes and medication...and it is just as unfortunate that people with IBD must deal with insensitive employers. If only employers knew how much we go through on a daily basis...sadly many of them know, but just don't care. They are governed by the almighty dollar...for the love of money.

PRNewswire reports the Journal of Occupational and Environmental Medicine found that annual medical expenditures for Crohn's disease patients are more than three times higher than those

for a matched comparison group of patients. Similar results were found for people with ulcerative colitis.

The study examined both direct medical costs - inpatient and outpatient hospital care, office visits, emergency room visits, and prescription drugs - and indirect costs - absenteeism and short-term disability expenses - for patients with employer-sponsored health insurance. Annual medical expenses for Crohn's disease patients were \$18,963 versus \$5,300 for a matched comparison group. Ulcerative colitis patients' annual medical expenses were \$15,020 versus \$4,982 for the matched comparison group. These figures are higher for

individuals with extreme cases of Crohn's disease or ulcerative colitis.

Dealing with the hidden symptoms of IBD can be stressful. Individuals with Crohn's disease and ulcerative colitis constantly have to either prove ourselves or explain why we don't look sick.

We may not look sick, but we are. Just read some of the testimonies of people with Crohn's disease or ulcerative colitis. These testimonies are taken from Facebook, and the names of each individual have been withheld to protect their identities.

"Having one of those days where I feel really pi*#d off that my body will never feel

normal again. I didn't appreciate my 'goodish' health until I got sick. Having a moderate UC flare up and arthritis in my hands, hips and feet! Not sure which one is more annoying. One day at a time I guess."

"Can you please take a vacation or something? I'm tired of being sick and tired... tired of skipping meals to go out... tired of not being able to do stuff... just take a 10-year vacation... the trip is on me... JUST GO!!!"

"Trying to find ANYTHING that will relieve my 14-year old's many trips to the bathroom each day. I've read so much on coconut oil and its benefits for this. Including a story about a

man with Crohn's and how he discovered through eating macaroon cookies, that it stopped his diarrhea. Has anyone tried this? I bought pills yesterday as well as coconut milk. I'm desperate to help her. It's been 10 years of hell for my daughter; I just can't watch her grow up like this. She's miserable."

I guess now we have to explain why we are worthy of being employed too!

For more information or speaking engagements about IBD contact Stephen Ward by email at pastorsward@yahoo.com

Low Impact, High Results:

TOPS Encourages Walking for Fitness

Special to The Truth

National Senior Health and Fitness Day is May 25 and TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, and its members are offering their expertise and suggestions to help Americans reshape their bodies and lifestyles in the journey towards a lifetime of good health.

According to Amy Goldwater, M.S., educator, former body building champion and physical fitness expert for TOPS, scientific studies indicate that the more active people are, the greater their life expectancy. "Scientists believe that a healthy, active lifestyle allows people to live a vibrant life - a physically, intellectually, emotionally, socially active, and functionally independent existence. These are the rewards of a wellness way of life," she says.

For those who are looking for a way to begin on the path to good health, TOPS suggests starting with a walking program. Walking is a slow and easy way to ease the body into a higher level of fitness. It is accessible to most everyone, doesn't require any special equipment or practice, and offers a long list of health benefits, including:

- Lowering low-density lipoprotein (LDL) cholesterol ("bad" cholesterol) and raising high-density lipoprotein (HDL) cholesterol ("good" cholesterol)
- Lowering blood pressure
- Reducing the risk of, or managing, type 2 diabetes
- Preventing osteoporosis
- Managing weight
- Improving mood

According to TOPS, speed is not as important as one

might think. For example, recent research indicates that walking at a normal, brisk pace can reduce the risk of heart attack by nearly the same amount as jogging or another aerobic activity.

Even though walking is a low impact activity and sustaining a serious injury is unlikely, it is important to prepare for this exercise to prevent things like blisters or muscle pain. For this reason, one should wear comfortable footwear with arch support, a firm heel, and thick but flexible soles. Wear loose-fitting and comfortable clothes in layers and dress for the weather and the time of day you are walking. Good posture is important. It is also important to begin slowly, to warm up the muscles, and to stretch your muscles before and after your walk.

Here are a few other things to remember when taking the first steps toward fitness:

- It's okay to start slowly, especially if a fitness routine is new. Set defined goals of time and distance and stick to them. Then slowly increase the time and distance to 30 to 60 minutes several times a week.
- Measure the intensity of the workout by monitoring heart rate. This can be done manually by checking the pulse in the wrist or neck or with an electronic device. Knowing the intensity of the workout will help to maximize its effect on the body.
- Set realistic goals that are attainable. Again, starting slowly may be best for those just beginning a fitness routine.
- Keep track of the number of steps taken or the distance walked as a source of motivation. Consider a walking journal or automated pedometer to keep this record.
- Bring a friend along if you don't like to walk alone.
- Take different routes to avoid monotony.

Visitors are welcome to attend their first TOPS meeting free of charge. To find a local chapter, visit www.tops.org or call (800) 932-8677.

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Dear Ryan,

I am trying to improve my strength for sports next year. I am 17 years old and I need to be stronger for football. I train every day except Sundays and I don't seem to be getting any stronger. I work out hard at least two hours a day. What could I be doing wrong?

Max

Dear Max,

I can tell you right now that you are over training! I compete and don't spend two hours training at one time. If you are working out six days a week for two hours, there is no way possible that you are getting enough rest for your muscles.

You need to make sure that you give your muscles at least 36-48 hours to rest before you train that group again. You also cannot do the same exercises in the same order every workout. You have to keep switching it up.

I would suggest that you separate your workouts into two to three muscle groups per workout and take another day or two off to rest. Train on Monday/Tuesday, rest on Wednesday, then train again on Thursday/Friday and rest the weekend.

Then the following week follow the same workout pattern. For strength, your reps will be in the four-six range with good strict form. You should start with compound movements (multi joint exercises) to build strength and size.

Here is a sample of how your week should look;

Monday	Tuesday	Wednesday	Thursday	Friday	weekend
Bench	squats	OFF	pull up	squats	rest
Inclines	straight leg		rows	bench	
Dips	dead lifts		close grip	shoulder press	
Triceps/pushdowns	shoulder press		pull downs	triceps/push downs	
Skull crushers	shrugs		straight bar curls		



Now you will do your warm up sets and do four work sets of 4-6 reps with good form. You will pick up Monday with your back because you finished your week with legs chest as your major muscle groups. Then on the next Friday you will finish with the two major muscle groups you worked on Mon and Tues.

Hope this helps you. You have to make sure that you are eating enough to feed your body.

Good luck, train hard and smart!

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Book Review

Birth Matters

(Continued from Page 9)

ther way, there's something in this book for nearly every mother-to-be, whether it's her first baby or her last.

Author and midwife Ina May Gaskin isn't going to have a lot of fans in today's hospitals, but she doesn't seem concerned. Instead, Gaskin firmly advocates for birth with as little intervention as possible, and she cites many encouraging statistics to support her work, as well as a good amount of feminism, sensible tips, and blunt words.

This book contains lots of stories from mothers who followed Gaskin's methods, a basic (and not-so-happy) history of modern maternity, and some encouraging words for new dads, too.

If you're expecting a baby, but even if you're not entirely in agreement with what's in this book, I think you'll still glean lots of useful, comforting information inside its covers. For both new moms and mothers of experience, Birth Matters truly delivers.



What is Hot in Community?

OBBOB, LLC Imports at the Truth Gallery welcomes you to attend the Coalition of Black Professional Organizations reception. Enjoy tasty hors d'oeuvres and lively entertainment on **Monday, June 3, 2011 from 4PM to 8PM!**

OBBOB, LLC Imports wants to keep you in the loop. We know you want to be invited to the hottest and coolest Business, Community and Cultural Arts movement. The mission of this organization began in the San Francisco Bay Area and has a growing interest in Chicago, Detroit, Philadelphia, New York, Atlanta, Texas, and now in Toledo!

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Please contact Kathleen Grady, NVP Marketing & Development at kgrady@obbob.com. Join Us!

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Name the Neighborhood Competition

Special to The Truth

The Padua Center has announced a competition: "Name the Neighborhood." The announcement of the competition was made at the May 5, 2011 Brighten Up Community Meeting held at The Padua Center, 1416 Nebraska Ave.

The neighborhood on the west end of the ONYX neighborhood does not have a specific designation and the Brighten Up Board is inviting the community who lives in the neighborhood, as well as the general public to submit names for the area bordered by Klondike, Dorr, Brown and Hawley Streets.

Padua Center Director, Sister Virginia Welsh, commented, "When I say, the Old West End, you

know immediately the general area about which I am speaking. When I say Westmoreland, or the Old South End, our minds immediately map the area.

When I speak to others about the area around The Padua Center, I am often asked to define the area because there is no name designation for it. Historically it was called "Kuschwantz" by the Polish immigrants who populated these streets. With the change in demographics, this name is not meaningful. It is time for a new name and we want the total Toledo community to be involved in the naming."

After names have been submitted, The Brighten Up Board will select the

winner and submit the name to City Council for a Resolution.

Entry forms can be obtained at The Padua Center, or on line at www.paduacenter.org. Prizes (\$50, \$15 and \$10 gift certificates) will be awarded at the Naming of the Neighborhood event on July 7, 6:00 pm at the monthly community meeting. All entries must be submitted by June 10th.

For more information call:

Ambrose Odiari, (Community Organizer), Danielle Witcher (President of the Board), or Sister Virginia Welsh, (Director) at 419-241-6465.

UT to Host Second Women's Leadership Forum on Wednesday

Special to The Truth

Health challenges faced by women as they strive to succeed in their personal and professional lives will be the focus of The University of Toledo's second Women's Leadership Forum.

Dr. Holly Atkinson, chief medical officer and senior medical correspondent for HealthiNation, will be the keynote speaker at the event 11:30 a.m. to 1:30 p.m. Wednesday, June 1 at The Pinnacle



in Maumee.

The Women's Leadership Forum is sponsored by the UT Center for Family and Privately-Held Business and The UT Executive Center for Global Competitiveness, both within the College of Business and Innovation.

"We are excited to bring Dr. Atkinson to our business community to address specific health related issues that affect the leadership success of professional women," said Debbe Skutch, director of UT Center for Family and Privately-Held Business.

Atkinson will explore women's desires for food, love, work and pleasure and the reasons why it's so hard to satisfy them in our culture. Known for reporting health stories for national news media such as NBC's Today Show and CBS Morning News, Atkinson is an assistant professor of medicine at Mt. Sinai School of Medicine and the author of the book Women & Fatigue.

There are 250 professional women already signed up to attend the event. The first Women's Leadership Forum in 2010 drew a crowd of more than 300 people.

"We look forward to expanding this leadership series and providing further resources to assist women in reaching their professional success. This forum is a wonderful collaboration between The University of Toledo and our regional business partners," said Carrie Herr, director of the UT Executive Center for Global Competitiveness.

Other sponsors of the event are the UT Catharine S. Eberly Center for Women, ProMedica, SSOE, The Blade, The Andersons, The Employers' Association, Tenneco, Owens Corning, Huntington, First Solar, O-I, iet, WEN, and Ballas Buick GMC.

To register for the event, which cost \$20 per person and includes a light lunch, contact 419.530.2036.

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Murphy's Place: Thanks for the Memories

By Michael Hayes
Minister of Culture



The very first time I was in Murphy's Place/Murphy's Jazz Café, I was so young that I think my dad carried me in while also carrying pieces of his drum set.

It wasn't at the Water St. location yet, this was the 80's so it was still on Madison Ave.

The huge mural on the side of a brick building featuring an enormous upright bass with the word MURPHY'S became a staple in my mental road map of downtown as a pre-teen on the bus loop.

Once settled into the 151 Water St. location, Murphy's Place had even more of an allure. I remember being downtown as a teenager in high school in the 90's and venturing into the spot out of sheer curiosity one late afternoon as they were just opening for business that day. Being my father's son has its privileges because you didn't see many teenagers there, yet there I was.

If it's one thing Toledo lacks, it's atmosphere.

But every inch of Murphy's Place overflowed with atmosphere.

It was accessible enough for people uninitiated to jazz and live music to still feel 'hip' just by walking in. Yet it was authentic enough that the most seasoned and accomplished jazz musician or aficionado could feel perfectly at home.

But for me, a high school student trying to postpone returning to the madness of my inner city life by exploring the treasures of downtown Toledo, Murphy's Place was proof of potential. Of what this city could be, of what music could be.

Those occasional stop ins were just foreshadowing things to come, however.

My association with Murphy's Place was about to go into overdrive.

Earning a bachelor's degree is not exactly a special occasion.

Doing so in the city you grew up in may be even less cause for celebration.

But early in my time at The University of Toledo I was once again drawn to Murphy's Place for an event

called The Cipher and it changed my life.

A poetry night held there on Tuesday nights and operated at the time by an organization on campus.

Now I was in Murphy's Place on a weekly basis, and it was awesome.

Soon, this campus organization picked me to run The Cipher, even more awesome.

Then almost immediately after that decision was made this very same campus organization opted to hold The Cipher in Rocky's Attic and devote all their time and resources to promoting the poetry night back on campus instead of downtown Toledo.

Here was this amazing yet poorly-attended weekly event at an even more amazing venue, and the plug was being pulled just as I was getting in the door.

But even though this campus organization was full of UT students like me, one glaring difference was I was also a native of Toledo while most of them were from Cleveland, Detroit, etc.

It meant a lot to me to have an event in downtown Toledo, not just for college students making their home here temporarily but for the people of this city.

For people who needed to know a place like Murphy's Place existed right in our backyard.

So I agreed to them relocating The Cipher back on UT's campus.

And I took that now vacant Tuesday night, my already familiar ties with Murphy's Place owners, a whole new format and recruited my own team to create what I called: THE RENAISSANCE.

For four years running, Tuesday nights in Toledo meant open mic night presented by The Renaissance at Murphy's Place...but I didn't do it alone.

Brandy Moore was a friend of mine at Scott High School, and we ran into each other on UT's campus one day and I told her about what I was doing and she agreed to be my second in command. Everett Carter was a regular during those early days when not many people were there and all it took was one conversation and he was in.

Not even fully out of their senior year at Scott High School, I also recruited Shau'nea Young and Jermaine Young (not related).

And also a close friend of mine, Imani Lateef, came on board even though he was deeply entrenched in many entrepreneurial pursuits of his own. Along the way our team also included Stacy Reid

and my cousin and U.G.E. co-founder, Lavale "AdonisLavale" Stewart.

This was THE RENAISSANCE.

As far as I know, we are still Toledo's longest running weekly open mic night with four years, a CD, a book and quite a few accolades throughout the early 2000's.

Everything from reading at women's shelters, to being featured several times by

The Blade and other media...we enjoyed a nice little ride while it lasted.

Here I was not even 25 years old and in charge of an event, with my own crew, a jazz band

(shout out to the original Wright Neal Quartet) and growing buzz around the city and it all happening at an establishment whose own history added much credibility to what we were doing.

Although we brought a youthful vibe to the place, we were still respectful of Joan and Clifford's guidelines for how they wanted things conducted.

The more popular our night became, we attracted larger crowds.

Some of which weren't always aware of just what type of venue they were entering and how it needed to be appreciated.

I remember having one loud female removed one night.

Here we are doing our spoken word and jazz thing and she walks in tipsy yelling "aww, this ain't no mutha****n club!!". But those instances were few and far in between.

The members of The Renaissance volunteered at other events whenever Clifford (Murphy) and Joan (Russell) asked us. We tried to make sure our Tuesday night poetry crowd transferred into regulars beyond just our event who could support the establishment even on other days. And no matter where we went, what poetry slams we were in or other events we attended we always represented Murphy's Place just as much as we did our own crew.

During those college years, I had my fun on campus.

But I'm not the fraternity type, and I'm not an athlete. My extra curricular time and energy was devoted to the arts.

And Murphy's Place housed much of my focus and passion during those years.

I remember the night of my grandmother's funeral, I still had my tie on and since it was a Tuesday I came to

Murphy's to help my team begin our night.

It was mandatory in The Renaissance that every one read at least one poem per night just in case no one else signed up but I wasn't sure if I would read any of mine that night. Joan was in the kitchen helping to prepare food for our crowd that night.

She had me come in and sit with her and we talked and it helped more than I ever had the chance to tell her.

See, many other writers will touch on what the venue and the musicians meant to the world of music and it's

true!

For anyone unaware, trust and believe .. MURPHY'S PLACE AT 151 WATER ST. IN DOWNTOWN TOLEDO IS KNOWN THROUGHOUT THE WORLD!

There are very authentic jazz destinations left in this entire country so with jazz being America's number one cultural export for decades... the musicians who came through the door at Murphy's Place were truly world class.

Clifford Murphy himself is an internationally known jazz bassist.

Inter-nationally known.

Right here in Toledo.

But for this writer... I mean, I know nooks and crannies of that place.

How Joan's office looked most nights, how Clifford preferred the stage to be set up when he's going to sit in with the band...and that jambalaya made by John in the kitchen has been helping me get over colds for years (even as recently as February 2011).

I always try to patronize Murphy's Place at least once a year since our event there ended right around the time I was set to graduate from UT.

It pains me to see it go.

Jazz music has lost a much-needed refuge.

Toledo has lost yet another cultural icon.

But just as I said earlier in this piece, what hits home the hardest is the potential.

Will the people in this city ever give enough of a damn about this city to support what will improve this city?

Will we ever pour our time and money into Toledo the way we pour our time and money into Detroit and Columbus?

Whatever we become, is our own fault.

Murphy's Place, thanks for the memories.

FB search or email:
glasscitytruth@yahoo.com



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

Project 505 Martin Lane - Renovation
 Unit 505 Martin Lane, McClinton Nunn, Toledo OH 43620
 Project Number 09-210181
 Walk-Thru Date Tuesday, June 7, 2011 @ 11:00 A.M. at 505 Martin Lane, Toledo OH 43604
 Bid Due Date Thursday, June 30, 2011 @ 11:00 A.M. at 201 Belmont Modernization Department

Bids will be opened and reviewed in the Modernization Department, at 201 Belmont Avenue, Toledo Ohio 43604, on the date shown above. Please direct questions regarding this project to, Kara Lennard (419) 259-9469 or email klennard@lucasmha.org. These documents are available at the following web address: www.lucasmha.org and selecting procurement, open solicitations. Copies of the plans and specifications for this project are also available for purchase from: City Blueprint of Toledo, 3455 Briarfield Boulevard, Suite D, Maumee, OH 43537, (419) 243-7271 Fax (419) 243-6418 or Newfax Corporation, 333 West Woodruff, Toledo, OH 43697, (419) 241-5157, Fax (419) 241-2018.

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

This is a Section 3 covered contract and HUD Resident Owned Business Concerns are encouraged to apply.



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

Project 457 Elmdale Court - Renovation
 Unit 457 Elmdale Court, 535 Elmdale, Toledo OH 43609
 Project Number 09-210180
 Walk-Thru Date Tuesday, June 7, 2011 @ 10:00 a.m. at 457 Elmdale Court
 Bid Due Date Thursday, June 30, 2011 @ 11:00 a.m. at 201 Belmont Modernization Department

Bids will be opened and reviewed in the Modernization Department, at 201 Belmont Avenue, Toledo Ohio 43604, on the date shown above. Please direct questions regarding this project to Kara Lennard (419) 259-9469 or email klennard@lucasmha.org. These documents are available at the following web address: www.lucasmha.org and selecting procurement, open solicitations. Copies of the plans and specifications for this project are also available for purchase from: City Blueprint of Toledo, 3455 Briarfield Boulevard, Suite D, Maumee, OH 43537, (419) 243-7271 Fax (419) 243-6418 or Newfax Corporation, 333 West Woodruff, Toledo, OH 43697, (419) 241-5157, Fax (419) 241-2018.

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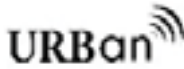
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CLASSIFIEDS

June 01, 2011

Page 15



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(Project # 0015-11-693) for Dowd-Nash-White Halls Basement Waterproofing 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 2:00 p.m., Tuesday, June 21, 2011. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Stough and Stough Architects, 6377 River Crossing - Suite 1, Sylvania, Ohio 43560. Call 419-885-3583 for an appointment to pick up bid package. A cost of \$40.00 will be charged per set. Any further information may be obtained from Craig A. Stough, AIA of Stough and Stough Architects at 419-885-3583. One Pre-Bid Conference will be held on Tuesday, June 14, 2011 at 10:00 a.m. in the 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: 10%. Project Estimate: \$206,000.00; Breakdown: General Const: \$206,000.00

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(Continued from Page 4)

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