



Local and National News

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Volume 21, No. 21

"And Ye Shall Know The Truth..."

March 07, 2012

Head Start Up For Grabs

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"If there is an opportunity for us to help improve, it would be remiss of us not to try to compete for the kids' sake. Teaching and learning is our business – why would we run away from that?" - Cecelia Adams, PhD, Member, Toledo Board of Education

We Stand With EOPA

An Open Letter to Toledo

Recent statements by the local media, Lucas County Commissioner Pete Gerken, a handful of other elected officials and city leaders paint an inaccurate picture of our community's largest grassroots agency and family service-provider, the Economic Opportunity Planning Association of Greater Toledo (**EOPA**).

For nearly five decades, **EOPA** has been a vital resource to tens of thousands of youth and households throughout Lucas County, particularly those in the central city.

With regard to its federally funded Head Start program alone, **EOPA** has successfully prepared almost 70,000 preschool children for kindergarten.

EOPA's programs have lessened the impact of poverty and created opportunities for sustained self-sufficiency among more than 100,000 families. Those served annually through **EOPA** initiatives include:

* Almost 30,000 Northwest Ohio families in the Low Income Home Energy Assistance Program

* **Over 2,000 children, ages 3-5, enrolled in Toledo Head Start**

* Over 2,000 seniors citizens in the resource-brokering/assistance program

* Over 400 ex-offenders seeking re-entry to the workforce and education systems

Additionally, **EOPA** employs approximately 350 full-time staff members at a time in our history when organizations serving the poor are losing the funding battle to larger, more politically supported entities. Toledo is the newest funding battlefield based upon TPS, Toledo Community Foundation, University of Toledo and the United Way of Greater Toledo's newly-found interest in the Head Start Program and the approximate \$14 million federal dollars it brings.

What if, instead of having private meetings, Toledo Public Schools, Toledo Community Foundation, United Way of Greater Toledo and the University of Toledo which combined have access to approximately \$2 billion dollars annually, joined with **EOPA** in fervent discussions and implementation strategies for programs to fight for the plight of the underserved and educating the poorest of the poor rather than eliminating **EOPA** Head Start and its history of service from the equation? Doesn't 48 years of service count for something?

If **EOPA** is cast aside and discarded as one of the pillars of the central city social service organizations, will there be any other organizations in the central city to fill in the gap or take on the charge that **EOPA** has carried on valiantly for years? The Frederick Douglas Center is barely breathing, the Urban League of Greater Toledo is on life-support, and countless other central city programs that once provided for poor underserved minority communities now read "R.I.P."

Now the sole survivor, **EOPA**, is under attack from the same organizations and politicians who routinely come through our community when they need our support but consistently stand idle while countless central city social service agencies are collapsing. If it is truly about the children and not dollars, and we teach our children that there is power in unity, then why can't we work towards strengthening **EOPA** Head Start?

A partnership, not a competition, between EOPA and another organization that is genuinely committed to championing for poor and underserved communities is the best option for our children.

EOPA Head Start Success Stories from the Parents:

"Head Start did a wonderful job developing our child's language skills"

"Head Start helped us get the medical screening for our children"

"Her rhyming word and color recognition have improved"

"He loves to read and wants me to read to him"

"The staff really worked with me, a single mom"

Toledo NAACP asks you to join us in supporting **EOPA's** continued leadership of Head Start and other social service initiatives. Tell the Department of Health and Human Services that you stand with **EOPA** by calling (202) 205-5445, or sign your name at the end of this letter and mail it to: Health and Human Services, 200 Independence Avenue, S.W., Washington, D.C. 20201.

Rev. Kevin J. Bedford,
President, Toledo Branch of the NAACP

Community Calendar

March 4-12

23rd Annual Black Church Week of Prayer for the Healing of HIV/AIDS: Indiana Avenue MBC; Services start sat 10:45 am: 4190-213-4131

March 10

Sigma Gamma Rho Sorority inc Annual Sigma Youth Symposium: 10 am to 2 pm; Frederick Douglass Community Association; Internet safety, healthy living and STEM: 419-345-4486

March 11

Calvary MBC's 23rd Pastoral Anniversary Services: 4 pm; Guests Rev. Melvin Barnes and True Vine

March 13

Councilman Tyrone Riley Community Forum: Eleanor Kahle Senior Center; 6 to 8 pm; Joined by Dept of Neighborhoods, TPD, Lucas County Landbank Program, Dept of Public Services, Board of Community Relations: 419-245-1361

March 15

IU South Bend Choir: Historic Third Baptist Church; 7 pm: 419-248-4623

March 18

The Movement Church Clothing Closet: 12:13 pm to 1:15 pm; Clothing of all sizes for men, women and children: 419-322-1889

New Prospect Church Annual Pew Rally: 4 pm; Guests are Canaan Baptist Church

Calvary MBC 23rd Pastoral Anniversary Services: 4 pm; Guests Bishop Tisdale and Friendship

New Hope MBC Installation Service: Rev. Michael Prince; 4 pm; Guest speaker Rev. William Brown of Meridian, MS

Jerusalem MBC Pastoral Anniversary: 7th Anniversary celebration of Rev. W.L. Perryman; Guest church St. Mark MBC; 4 pm

March 19

Self Expression Teen Theater Performance: Robinson Elementary; School Parent Power Hour and Community Friends After-School Event; 3:30 to 4:30 pm: 419-671-4200

March 23 & 25

Christian Festival Choir and Orchestra Annual Concert: "Exhaltation 2012;" 7 pm on Friday, 3 pm on Sunday; Northwood High School: 419-865-5795 or 419-260-8284

March 24

City Wide Trustee Association Meeting: United MBC; 10 am: 419-514-1052

March 25

Calvary MBC's 23rd Pastoral Anniversary Services: 4 pm; Guests are Bishop Jones and Agape Love Ministries of Sandusky

Jerusalem MBC Pastoral Anniversary: 7th Anniversary celebration of Rev. W.L. Perryman; Guest church Indiana Avenue MBC; 4 pm

April 22

Cookoff Kickoff: 2 to 5 pm; Gesu Sullivan Center: 419-320-4157 or ayeshas03@yahoo.com

The Sojourner's Truth

Toledo's *Truthful* African-American
Owned and Operated Newspaper

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And In This Corner!

By Lafe Tolliver, Esq
Guest Column



Well, it's on. I mean...it is on! The combatants are climbing into the ring and it will not be a pretty fight.

In one corner we have the champion EOPA (Economic Opportunity Planning Association) and in the other corner we have the challenger, TPS (Toledo Public Schools).

What is at stake is more than just 300 jobs mostly staffed by black women and men.

There is more. Much more. We have the image and reputation of the EOPA managers and teachers at stake. We have the reputation and prestige of the Toledo School Board clamoring to get the apple pie of the EOPA contract...which are the juicy moneybags.

We also have the corner men, the local politicians and school board members, who are waving lead-lined boxing gloves at each other.

This, my friends, will be one of those, "rock 'em, sock 'em" fights that leaves everyone with blood on the deck and wounds that will possibly take years to heal.

What is the ruckus about you ask? The usual. It is about money and who gets it and who controls it.

It is about the black community striving to continue to control one of the last programs of the Great Society.

It is about the Toledo School Board attempting to gorge itself at this public trough of federal monies that fund the local EOPA programs.

Let no one mislead you. This fight for power and money and influence has all of the makings of a bruiser and it appears that there is no one personality that can calm the waters and work out this alley fight.

The fighters have lined up their ammo and have crafted their own PR spins and the brass knuckles are on.

What's the beef? Some would state that the graduates of the EOPA educational programs are not getting a "head start" with their similarly situated white counterparts.

Others would say with equal passion (or venom) that

the fight is about Toledo Public Schools (TPS) trying to snatch up the federal funds that EOPA gets and redirect those funds and the hundreds of jobs into their coffers.

The combatants are wide-eyed with fear and trepidation against the other because there is a lot at stake.

If the EOPA programs cannot remain in the hands of the current caretakers, many, many people will be out of a job since TPS has no vested interest in having those same workers work for TPS doing the same tasks.

If EOPA wins the day and can continue to be the sole provider for early childhood education, their image may be tarnished if it is shown that their work product...the kids who graduate...are just

doing, "so-so" with the advantaged kids; and thus these EOPA programs may be considered overvalued, under evaluated and consequently, over funded by taxpayer money.

If objective and quantifiable research can empirically state that the majority of EOPA kids do receive good and lasting educational benefits, then EOPA needs to continue without TPS (or anyone else) trying to elbow in on the jobs and the money.

However, if such research shows that Shauntae and Demarcus are not benefiting from these educational enrichment programs, changes are in order.

But the change should not be via TPS because it is a glaring public fact that the

record of TPS in educating kids is notoriously poor as evidenced by years and years of the public school system being in academic watch or even academic emergency.

TPS is not the proper vehicle by which they can tout their educational prowess to take over the tasks of EOPA. That is a laugh-a-minute joke!

TPS should not be seen as anyone's educational savior with their dismal record of test scores and now they want to perpetuate their abysmal record on even younger kids?

Talking about selling a pony bill of goods!

If TPS is hard up for money (which they are) they need to take the idea that I have been pushing for years and that is to recoup the \$5800.00 per student that is

lost each school year due to their teachers, administrators, principals and employees opting out of the public school system when they place their kids in private and parochial schools.

What brazen hypocrites. They want to tout how good a TPS degree is but yet hundreds of white kids go elsewhere because their parents, who are employed by TPS, do not trust a TPS degree; and do not trust their own colleagues to educate their kids. Wow ... wow ... wow!

And these are the same characters that want to ramp up on hundreds of more poor and low-income kids with their faulty educational disciplines.

EOPA needs to rally the black community around this

vital issue and press the battle on and for them to realize that TPS is not their buddy nor are the school board members who champion this funding grab.

This is a naked money grab by TPS nothing more...nothing less. TPS needs to get their financial crumbling educational house in order before they begin to greedily grab the crust of bread off the plate of someone else.

Power never accedes without a struggle!

EOPA...fight the fight!

Contact Lafe Tolliver at tolliver@juno.com

Toledo Head Start Proposal Must be a Community Based Effort



It is in the best interest of the citizens of Lucas County that the application to the Department of Health and Human Services for the Head Start Program be as broadly community based as possible.

Over the last few weeks I have continued to work together with the Mayor, the University of Toledo, TPS, EOPA and others to bring all parties together to partner on a strong and effective proposal from the community, taking advantage of the strengths of key agencies and educational institutions.

This must be a community effort and not a battle over control.

Commissioner Gerken urges the community to work collaboratively through this very important decision.

Pete Gerken, President Lucas County Board of Commissioners

FOURTH IN A SERIES: JIM

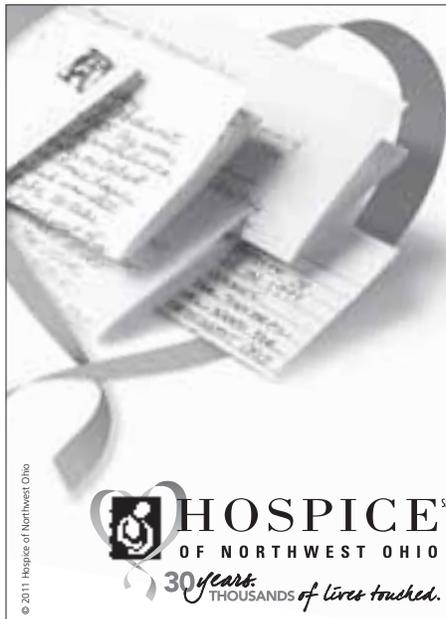
Letters from the Heart

Their grief counselors helped me cope.

When my wife, Joan, died, my reaction was overwhelming. Pain I couldn't imagine. Emotions I hadn't experienced before. After searching for help, only one place had everything I needed - Hospice of Northwest Ohio and their bereavement programs. I was in groups with people who felt like I did, led by trained professionals who knew where we had been and where we were going. I was amazed at how effective these programs are.

Jim, 2007

For 30 years, families have been writing to Hospice of Northwest Ohio to express their thanks for support before, during and after the loss of a loved one. Our bereavement programs help each person work through grief in a way that's right for them.



Share your story. Visit hospicenwo.org
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EOPA's Head Start Program Up for Bids – And the Line Is Getting Long

By Fletcher Word
Sojourner's Truth Editor

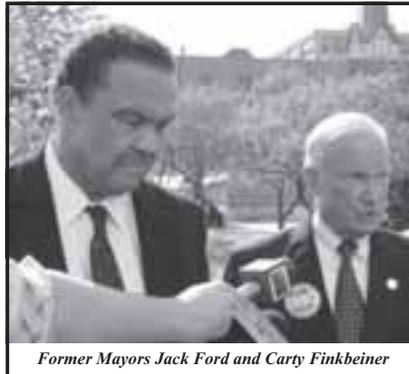
The Economic Opportunity Planning Association is in danger of losing its long-held grip on the Lucas County Head Start program and, with that loss, more than 60 percent percent of the agency's funding. The U.S. Department of Health and Human Services (HHS), which funds the 1,600 Head Start programs around the nation, has decreed that some of those funded agencies must now re-apply for funding due to perceived deficiencies in services delivered.

In December 2007, the Improving Head Start for School Readiness Act amended the Head Start Act to order HHS to take a more critical look at Head Start programs and grants. Head Start grantees henceforth will be awarded grants for a five-year period and according to the language of the Act, "only grantees delivering high-quality services will be given additional five-year grants non-competitively."

In December 2011, HHS announced that 132 agen-

cies of the 1,600 total would have to compete for future funding. EOPA's Head Start is one of that 132. HHS issued a Notice of Proposed Rulemaking (NPRM) which calls for periodic review and proposed seven conditions that would indicate that an agency was not delivering high-quality service and thereby trigger the grant for competing bids. Those conditions are: financial management issues; failure to establish school readiness goals; failure to meet minimum thresholds on CLASS (long-term entitlement care program); revocation of a license to operate a center or program; suspension from the program; debarment from receiving state or federal funds or a material weakness or failure to function as a going concern.

EOPA has run Head Start in Lucas County for decades. EOPA began in the 1960's as part of the Johnson administration's Model Cities Program and currently has an operating budget of approximately \$19.5 mil-



Former Mayors Jack Ford and Carty Finkbeiner

lion. Head Start funds from HHS account for almost \$13 million of that total.

With those funds, EOPA enrolls 2,043 three-to five year olds per year in an effort to achieve the Head Start mission as recently defined by the the Act of 2007 of "promo[ting] the school readiness of low-income children by enhancing their cognitive, social and emotional development in a learning environment that supports children's growth

in language, literacy, mathematics, science, social and emotional functioning, creative arts, physical skills and approaches to learning ..."

However, in addition to the assault on the program by HHS and the requirement to re-bid the grant comes recent news of an evaluation of the progress of the young graduates of the local program.

Early this school year, Toledo Public Schools Assistant Superintendent

Romules Durant, Ed.D, and a former Head Start board member, compiled research from the Kindergarten Readiness Assessment-Literacy (KRAL) tests which showed that Head Start graduates' readiness for kindergarten was not significantly different from their counterparts who had not attended Head Start.

The statistics Durant compiled compared Head Start students to all other kindergartners in TPS, to those at Title I schools (free and reduced lunch eligible) and to those at Race to The Top schools – the five lowest performing central city schools.

That information was compiled before HHS announced its decision to have EOPA re-bid in order to keep the program.

In the aftermath of that HHS decision, a number of groups have taken a serious look at bidding for the program.

TPS announced last week that it would put in a bid. At least one for-profit group has

made a similar announcement. In addition, the Toledo Community Foundation, a local non-profit funding agency that does not operate programs, has assembled a task force to examine best practices around the nation with an eye to encouraging a community-based collaborative effort to bid on the program.

Task force members include representatives from The University of Toledo, TPS, Washington Local Schools, central city pastors, Springfield Local Schools, Lourdes University, the City of Toledo, among others.

The reaction from the community most affected by Head Start programs has been swift.

Critics have denounced those groups that have expressed an interest in bidding on the program calling such a move a power grab that is only about the money involved with securing the Head Start grant.

"This is not in the best interest of the African-

(Continued on Page 5)

Back to her old self again.

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THURSDAYS 8PM

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TV TALK ABOUT

Up for Bids

(Continued from Page 4)



Larry Sykes, Assistant Superintendents Jim Gault and Romules Durant with TPS student Chloe Johnson

American community in Toledo," said Carty Finkbeiner, former mayor of Toledo who has been one of those leading the charge to preserve the Head Start program for EOPA and keep potential bidders at bay.

Finkbeiner and former Mayor Jack Ford have teamed to decry the TPS effort.

"This is a power grab by less than concerned public officials," said Finkbeiner. The former mayor noted that EOPA is one of the last black-operated agencies in the central city and would not be able to survive if institutions such as TPS or UT manage to take control of Head Start.

Finkbeiner also blasted those public officials who used citizens of the central city for their own purposes at election time, only to later turn their backs on such voters.

"You know where everyone goes when they need to pass a levy?" asked the former mayor. "The black community!"

Toledo Public Schools Intent to Bid on Head Start

Nonetheless, TPS is committed to bidding on the Head Start program, board members (who voted 5-0 to seek the grant) and administration officials stressing that their interest is in kids not funding.

"Basically, my commitment for the last 12 years as a board member has been the children and the quality of education they are receiving," said Larry Sykes. "There is an opportunity that has presented itself through no fault of TPS. We would be crazy not to apply. Why

shouldn't we help to educate kids?"

"EOPA is not the issue," said Cecilia Adams, Ph.D., a recently elected board member and former TPS administrator, echoing Sykes sentiments. "If there is an opportunity for us to help improve, it would be remiss of us not to try to compete for the kids' sake. Teaching and learning is our business - why would we run away from that?"

The TPS administration is equally committed to the process of trying to obtain the Head Start program although they are quick to debunk the theory that \$13 million represents a windfall for a school district that already has an annual budget in excess of \$300 million.

"That's not enough money to do the things the way we want," said Superintendent Jerome Pecko, Ph.D., of the \$13 million noting that if TPS becomes the grantee, the administration would want to spend much more money than that to upgrade the credentials of the classroom teachers and enhance transportation availability.

"Our goal is to require all Head Start classrooms to have bachelor-degreed

teachers at the helm," he said. To that end, TPS is in concert with the goals of HHS which has decreed that all programs must have, by the 2013-2014 academic year, teaching staffs comprised, at least by 50 percent, of those with bachelor's degrees or advanced degrees in early childhood education.

Nevertheless, Pecko emphasized that TPS would not want to, and is no position to, lay off teachers and other staff should they be granted the contract.

"The fact that we are going to lay off a lot of people is just not true," he says. "We would be crazy not to work with experienced people."

To the argument that such a contract would give TPS an opportunity to recall its own laid off teachers, Pecko offers a disclaimer. First, he says, there are simply not that many laid-off teachers waiting in the wings - the ranks of TPS teachers have been depleted over the past two years by retirements.

Second, of the few waiting to be recalled, most have teaching specialties that would not necessarily be compatible with an early childhood education pro-

gram.

Obtaining the Head Start program is an opportunity TPS embraces, said Pecko, because of its expertise and resources and the ability to improve the overall quality of education for its students.

"This is an opportunity for a large, urban school district to be able to impact, have a positive impact on children's development. There is an instructional aspect, for example, Head Start teachers working with kindergarten teachers to [ready them for the next step]. It's an ideal situation for those children."

Number of Head Start Students

For Pecko, however, the opportunity to run Head Start is not just about quality, it's also about quantity.

Based upon Lucas County's demographics - population, income levels, poverty levels - critics maintain that the Head Start program is woefully under-attended. There should be 6,000 to 7,000 children in the program rather than the slightly more than 2,000 currently enrolled in EOPA's

Head Start..

"We know that there are over 7,000 who are eligible based on data they use to determine eligibility and we want to ratchet that number up considerably," said Pecko, referring to the estimate used by Head Start officials of eligible students in Lucas County.

However, reaching out to such a larger number of students is not simply a matter of asking HHS to increase its funding to accommodate the expansion. The funding for additional students will have to be found from other sources - community, local funding agencies such as United Way, Toledo Community Foundation, national funding agencies such as the Bill and Melinda Gates Foundation (which funded the small schools experiment at Scott and Libbey high schools).

"We are talking to people in the community about collaboration," said Pecko. "We feel we are building collaborative effort that will be part of our bid."

"We feel we are an excellent choice for serving the Head Start community in this

area," he added. "We will put together a plan to bring quality service and increase the quantity of children served."

Such assurances are not likely to assuage the doubts of the numerous critics who feel that it might be best for all other groups in the community to step aside and allow EOPA to continue to manage the Head Start program. Many of these critics are quick to take TPS to task for its own historical poor performance in delivering quality education services to its students.

TPS responds, of course, that deliverance of such service is hampered by a currently less than effective preschool education program.

Bids for the Head Start grant are not due for months and it is unlikely that the Obama administration would make any decision before next November's general election. Such a timetable virtually ensures that the debate in the Toledo area over who should be managing Head Start will rage for quite a long time.

Have you been discriminated against

in your pursuit of housing based on your membership in one of the following classes?

Race	National Origin
Color	Family Status
Sex	Military Status
Religion	Disability

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Hollywood Casino Toledo Presents \$25,000 Contribution to NAACP Toledo

—Funds to Support NAACP Education, Membership and Voter Registration Programs—

Special to The Truth

Hollywood Casino Toledo last week announced a \$25,000 contribution to NAACP Toledo to support three initiatives that are providing important services to minority community members in Toledo. Hollywood Casino General Manager Richard St. Jean presented a check to NAACP Toledo President Rev. Kevin J. Bedford at the casino.

“From the beginning, Hollywood Casino Toledo has pledged to be a leader and contributor in the local community,” said St. Jean. “This contribution reflects Hollywood’s commitment to share our financial resources and the talents of our team members to boost the economic and cultural vitality of the region.”



Much of Hollywood’s donation will be used to

fund program scholarships for NAACP Toledo’s ACT-SO

SO is a national NAACP program first introduced in 1977 to promote young academic achievers the same way sports heroes are honored.

In addition, Hollywood funds will support the chapter’s **Financial Freedom Program** that helps central city residents improve financial awareness and fiscal management skills. **NAACP’s Membership Recruitment and Voter Empower Campaign** will also benefit from the contribution. The campaign’s goal is to register 2,000 new voters and expand chapter membership.

“On behalf of the members and supporters of Toledo NAACP, I thank Hollywood Casino for its generous contribution that will support these signature programs that are helping to make a difference in our community,” said Bedford. “We are particularly pleased to add additional ACT-So scholarships for

students in five Toledo-area high schools. This program has had a profound impact on the lives of more than 1,120 young people in our region as well as the many coaches, business leaders and civic volunteers who have helped to mentor the students and promote their academic and artistic achievements.”

According to Bedford, the donation from the Hollywood Casino is the result of a partnership between the agency and the casino that began during the casino owner’s campaign in 2010 to bring casino gambling to Ohio by way of a state ballot for a constitutional amendment.

“We have a great partnership,” said Bedford. “[The NAACP] supported the jobs they would bring to the community – that’s the partnership.”

African Art Has Arrived!!

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

The Gallery is open Monday through Friday from 9 AM to 4 PM

See more art online at www.thetruthtoledo.com

The Truth Gallery
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April is Minority Health Month
Celebrating 25 Years

THE OHIO COMMISSION ON MINORITY HEALTH
cordially invites you to attend

“Health Expo 2012”
Official Kickoff to Minority Health Month
FREE and open to the public

Thursday, March 29, 2012
9:00am - 1:00pm
Vero Riffe Center
77 South High Street
3rd Floor Lobby-Columbus

Hosted By Tracy Townsend
WBNS 10TV

Health Screenings
Food Sampling
Health Information
Cultural Entertainment

Health Equity Can't Wait.
Act Now in Your Community!

John E. Ketch
Governor

Olivia W. Thomas, M.D.
Chairperson

Angela Dawson
Deputy

Good Health Begins With You!

FREE calendar of events will be available after 3/8/12 at www.nih.ohio.gov



March Is National Nutrition Month – Get Your Plate in Shape!

By Patrice Powers-Barker, OSU Extension, Lucas County
The Truth Contributor

Calories are a measurement tool, like inches or ounces. They are used to measure the energy a food or beverage provides. Foods and beverages vary in how many *calories* and *nutrients* they contain. When choosing what to eat and drink, it's important to get the right mix - enough *nutrients* (like vitamins and minerals) but not too many *calories*. Empty calories refer to foods that have extra calories that are "empty" of nutritional value. Empty calories come from solid fats and added sugars.

It's probably not a surprise that many of the foods and drinks Americans eat and drink contain a lot of "empty" calories like:

- Cakes, cookies, pastries and donuts (contains both solid fat and added sugars)
- Sodas, energy drinks, sports drinks and fruit-flavored drinks (added sugars)
- Cheese (contains solid fat)
- Pizza (contains solid fat)
- Ice cream (contains both solid fat and added sugars)
- Sausages, hot dogs, bacon and ribs (contain solid fat)

These foods and beverages are the major sources of empty calories in the American diet, but we have the option to switch to make healthy choices. How can you consume fewer empty calories?

Choose foods and drinks with little or no added sugars or solid fats.

• Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda, while water has no added sugars.

• Select lean cuts of meats or poultry and fat-free or low-fat milk and cheese.

Fatty meats, poultry skin, and whole milk or regular cheese have more solid fats.

Select products that contain added sugars and solid fats less often.

• Eat sugary desserts only once in a while. On most days of the week, select fruit for dessert instead of a sugary option.

• Make major sources of solid fats – such as cakes, cookies, ice cream, pizza, regular cheese, sausages, and hot dogs – occasional choices, not everyday foods.

When you have foods and drinks with added sugars and solid fats, choose a small portion.

• Instead of eating three scoops of ice cream, order one scoop. Instead of three slices of pizza, choose one or two slices from a small pizza.

• Share a slice of dessert or appetizer, instead of eating it all yourself.

Question: I don't ever gain weight. Is there anything wrong with me eating a lot of high fat foods and drinking soda pop as long as I don't gain weight?

Answer: Not only do we want to eat low calorie foods with high nutritional value to look good on the outside, it's also important to eat healthy for our internal organs like our heart! Empty calories don't add anything to our health or wellness.

Question: Empty calories are not listed on food labels. How do I know if I food has a lot of empty calories or not?

Answer: Empty calories are not listed on the food label, but they do list the overall calorie count and if there are solid fats and added sugars in the food. Check the Nutrition Facts label to choose foods with little or no saturated fat and no *trans* fat to choose foods with less solid fat.

Question: Can't I eat any tasty foods?

Answer: Although fat adds flavors to food, there are so many different varieties of food from all five food groups that you can enjoy tasty food. It doesn't have to be fried to be tasty! Enjoy tasting new flavors and recipes.

Question: I'm trying to eat healthy. How do I know how many empty calories I can have each day?

Answer: Just like ChooseMyPlate.gov gives recommendations of total daily calorie needs, it also gives recommendations for a daily limit of empty calories. These calorie recommendations are based on gender, age and how physically active you are each day. The following charts show the recommendations or you can find more information online at ChooseMyPlate.gov.

Age and gender Estimated calories for those who are not physically active

	Total daily calorie needs*	Daily limit for empty calories
Children 2-3 yrs	1000 cals	135**
Children 4-8 yrs	1200-1400 cals	120
Girls 9-13 yrs	1600 cals	120
Boys 9-13 yrs	1800 cals	160
Girls 14-18 yrs	1800 cals	160
Boys 14-18 yrs	2200 cals	265
Females 19-30 yrs	2000 cals	260
Males 19-30 yrs	2400 cals	330



Females 31-50 yrs	1800 cals	160
Males 31-50 yrs	2200 cals	265
Females 51+ yrs	1600 cals	120
Males 51+ yrs	2000 cals	260

* These amounts are appropriate for individuals who get less than 30 minutes of moderate physical activity most days. Those who are more active need more total calories, and have a higher limit for empty calories. To find your personal total calorie needs and empty calories limit, visit choosemyplate.gov and enter your information into "My Daily Food Plan." As you can see from the chart we really don't need many extra or empty calories each day. Extras can fit into a healthy diet but you need to be choosy about what empty calories you will add each day. A small amount of empty calories is okay but most people eat *far more* than is healthy. Make some healthy choices starting this National Nutrition Month and continue them throughout the year!



Fabulously Fit Challenge – Spring 2012

By Angela Steward, Fitness Motivator
The Truth Contributor



would make myself available to them every single day for six weeks, sometimes two to three classes in one day!

I anticipated three to four women would commit, but to my surprise, 16 women accepted my challenge! Together we planned their fitness/weight loss strategy. I would provide the fitness component of the challenge and would bring in a weight loss company (Weight Watchers) and/or a registered dietician to come in and counsel them on healthier food choices.

I am always thinking of ways to encourage, motivate and challenge everyone to live a healthier lifestyle. Not necessarily by losing weight, I just encourage everyone to do some form of exercise daily and to make healthier food choices.

While my family and friends were celebrating the holiday season, I was thinking of ways to challenge people to shed holiday weight. It's hard enough getting people to exercise once or twice a week, how was I going to get them to exercise every day?

I decided to offer a fitness challenge to the women in my classes. If they accepted the challenge, they would be expected to do some form of exercise daily, it didn't have to be with me, but if they chose to work with me, I

So every day for six weeks straight, they exercised together, shared healthy meal recipes, supported each other, and accepted the fact that six weeks was going to be a long time to follow a strict fitness/nutrition challenge, but they embraced the FabFit™ Challenge fully. I stressed the importance of "No Excuses" and they gave me none. These women were committed! Unfortunately a few had to withdraw from the challenge: death, sickness and hospitalization aren't excuses, they were valid reasons to withdraw.

They quickly responded – we're going to use My Fitness Pal – it's free. So instead of following a diet or a special meal plan; they all downloaded the fitness app "My Fitness Pal" on their computers and phones. This fitness app allows you to record every bite of food you eat, every fitness class you take, every glass of water you drink, etc. My Fitness Pal was invaluable!

As a professional fitness instructor, I've heard every excuse there is, and have spent years of listening to reasons why people don't exercise, lose weight and get healthy. I look at excuses as reasons to hang onto the "Old You." When you're tired of the Old You, you'll run out of excuses – and ready to change. The Challengers were ready to change.

Each Challenger vowed to eat healthier and to exercise more. And boy, did they. When I tell you they worked hard, believe me, they did, and so did I. Everyone chose a weight loss goal of eight to 10 pounds, which I felt was a realistic and attainable goal, and one that could be maintained.

Before I get into the re-

Change Your Ways!

In order to lose weight and get fit, old habits have to be changed! Change your relationship with food, start to think of it as fuel and think of exercise as recreation! The healthier you eat and the more you move, the more weight you lose and the better you look and feel.

Exercise your Options!

Get motivated. When it came to exercise, my Challengers arrived at the gym before I did. They arrived excited to exercise and even shared with me how much more energy they had since they began exercising daily! Even though the challenge is over, they still want me to teach every day, my answer is "NOT"! I'm pooped! LOL!

Make Exercise a Priority!

My Challengers exercised up to 90 minutes a day, because they truly valued their health! When you really break it down, why wouldn't you want to make time to care for yourself? If you can find the time to get your hair done or your nails and toes done, why can't you find the

time to exercise? You might not like to exercise, but because it's good for you, you should! There are so many ways to move your body; just keep looking until you find what fits.

Set Limits!

For six weeks, my Challengers limited their calorie intake to 1,200 a day, they avoided processed foods and ate fresh fruits, vegetables, whole grains, fish and some meat. I encouraged them to allow themselves a few days a week to eat the foods they truly love (within reason) to suppress the urge to overeat. Reward yourself – but in moderation.

Just Me, Myself and I

You should want to live a longer, healthier life. Tell yourself "God has blessed me in so many ways, I have to be healthy. I am all I have."

Commit to a Change!

Healthier lifestyle changes are permanent. If you feel like you're ready to commit to exercising, do it – eventually it will become a habit. Once it becomes a habit, it will feel like all the pieces of a puzzle have fallen into place.

Pay It Forward!

Once you've lost weight and shaped up, Pay It Forward! Encourage others to

do the same. That is one of the reasons I became a fitness instructor. I once weighed 240 pounds, and after losing 70 pounds, my outlook on life changed. My health improved and I felt so much better. There really is no excuse good enough for poor health. Allow me to pay it forward by helping you.

On April 4, 2012 (Wednesday) from 6 – 7:30 - Join me at Studio Fitness (1413 Bernath Parkway – off Airport Highway - across from TGIF) for a free Heart Health Expo! There will be free health screenings, exercise demonstrations, door prizes, and best of all 30 women will be selected to exercise with me for FREE for the entire month of April!

I almost forgot to share with you - my "FabFit™ Survivors" lost over 120 pounds! Some lost more than others, but weight loss wasn't the sole purpose of the FabFit™ Challenge! The FabFit™ Challenge was designed to give them the power to change, and to accept full responsibility for their health, weight, and fitness level!

I challenge you to come see me on April 4, 2012 (Wednesday) to be selected as a participant in the Heart to Heart Fitness Challenge to work out with me for FREE for 30 days! Come see how FabFit™ can change your life!

Yours In Fitness!

Angela R. Steward
Creator of Fabulously Fit™

(Studio Fitness)
1413 Bernath Parkway
Toledo, Ohio 43615
P: 419-699-9399
E m a i l :
Fabfitu@yahoo.com
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Health Section • Health Section

Dear Ryan,



My husband and I are really trying to drop some weight before summer and I have been hearing a lot about you, your training and your boot camps. We both need to just get in better shape and feel healthy, but summer is our motivation. How should we go about training? Should we work with weights, do the boot camps or concentrate on cardio? Any help you can give will be appreciated.

A & J

Dear A & J,

That's kind of a complex question to answer without seeing you two and knowing how you eat right now. I will approach this as if you are not doing anything nor watching what you eat at this current time.

All aspects of your question are important and they can all play a vital role in the success of failure of you reaching your fitness goals. We need to add your nutrition to that list of questions that you asked. You need to weight train so that your body builds muscle, speeds your metabolism up and burns body fat that you have stored.

I suggest three days a week of a full body workout for the first few weeks. If you are seeing results then keep on with that routine for a few more weeks, but be sure to mix up the order of exercises that you do and work to increase you poundage every week.

On the days you are not weight training do your cardio. Start with 15-20 minutes then increase two to five minutes each time until you reach 45 minutes. You can also do this on the same days after you weight train.

Do the cardio exercises that you like. If you enjoy the elliptical then do it and don't force yourself to do other machines because "everyone" is doing it. I'm not saying don't try other things because variety is a great thing but do what you like and enjoy your workout.

As for doing a boot camp, mine are different from what I hear the other people around here are doing. Being head of fitness for the military and training people for 25 years I try to make my boot camps more diverse and complete, incorporating cardio along with resistant training, plyometrics, functional and circuit training. I do more than just a fast paced cardio workout and call it a boot camp.

Nutrition - the key to all of your success or failure. You can train all day, everyday but if

your nutrition isn't good you will fail and become discouraged and give up on your goals.

Start by trying to eliminate your sugars throughout your day also, cut out your starchy carbs in your last meal by eating just lean meat and veggies. Water, drink a lot of it!

Remember, Rome wasn't built in a day and you didn't become out of shape in one either. Shoot for the loss of one pound per week right now. Good luck and I hope you reach your goals If you need that extra push come in and see me.

Ryan Rollison Dream Bodies	1240 W. Sylvania ave Toledo Ohio 43612	419-476-3494 mydreambodies.com
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Rep. Ashford Announces State Grant for University Student Learning Center

University of Toledo will receive money for expansion on Health Science Campus

Special to The Truth

State Representative Michael Ashford (D-Toledo) announced last week that the State Controlling Board has approved a grant of more than \$450,000 to design and construct a new student learning center at the University of Toledo. "This grant will allow

students to participate in a brand new learning environment," said Rep. Ashford. "It will help them understand the health and sciences environment and will help them reach their goal of graduating." The new student center will be located in the Collier Building on the Health Sci-

ence Campus. This construction is the second phase of the Resource and Community Learning Center project. The first phase was the construction of a new student study space and lounge in Mulford Library, also on the Health Science Campus.

Community-focused Business Beating the Odds

It's no surprise that companies of all sizes have felt the squeeze of economic downturn over the past years. However, companies focused on local presence — such as Allstate — are growing. The corporation announced it is seeking to appoint 35 new agency owners in Ohio in 2012.

Ohio native and Allstate Agency Owner Deborah Walker opened her doors in 1998 and has since opened a second office, tripled her agency staff, and grew her operation to over a \$4 million book of business, by hard work and focus on community networking.



Why Allstate?
"By taking advantage of a compensation structure that appealed to the entrepreneur in me, I have created a legacy that I can now pass down to my son," says Walker.

Allstate Exclusive Agents own the economic interest in the book of business they sell, meaning they can sell that interest back to the company or on the open market when they decide to retire, which is unique to the industry.*

Allstate encourages agency owners to seek out different ways to build their business. In addition to leveraging Allstate's nationally branded name, Walker paired up with her local high school to become a major presence in her community.

"No other company provides the industry and consulting support needed to succeed. If you're a hardworking, entrepreneurial person with a passion for helping people, this might be the career path for you," says Walker.

The Opportunity.

Walker is not alone. Allstate appointed 25 new agency owners in Ohio in 2011 — entrepreneurs looking to cash in on the opportunities available. In fact, opportunities are so lucrative, the company is offering a \$5,000 referral payout** to anybody appointed by the close of 2012. For more information, contact Jamie Newton at 248-994-9263 or visit www.AllstateAgent.com.

Visit us Next Thursday!
Going to be in the Columbus area on March 15? Join us for light refreshments and a commitment-free discussion about opportunities near you!
When: March 15, 5:30 to 7:30 p.m.
Where: Allstate Regional Office
6500 Emerald Pkwy., Ste. 300
Dublin, Ohio 43016
Email Jamie.Newton@allstate.com to pre-register.

*Subject to the terms and conditions of the 2002 Agency Agreement
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Health Section • Health Section

Advanced Treatments Help Hard-to-Heal Diabetic Foot Ulcers—and Improve Lives Breakthrough Treatments Making the Difference

Special to The Truth

Advanced therapies for foot wounds are saving limbs, restoring mobility, and improving the lives of many people with diabetes who suffer from non-healing foot ulcers.

"For the 25 million Americans who have diabetes, impaired healing of foot wounds is common, making these advanced treatments extremely important," says Peter Blume, DPM, FACFAS, assistant clinical professor of surgery at Yale School of Medicine. Dr. Blume is discussing this topic at the Annual Scientific Conference of the American College of Foot and Ankle Surgeons.

In today's improved treatment of non-healing foot wounds, surgeons are using plastic surgery grafting techniques that were once reserved for other parts of the body, such as in facial reconstruction. Grafting involves taking healthy skin from another area of the body and placing it over the ulcer.

Added to these grafting

techniques are innovative technologies that stimulate healing. These breakthroughs are critical in diabetic foot care because poor circulation, nerve damage, and impaired immune responses—all common in diabetes—make it difficult for a patient's foot ulcer to heal.

One groundbreaking approach that promotes healing is the use of bio-engineered skin substitutes. Surgeons place these advanced biologics, which are made either from living or non-living tissue, over the wound to accelerate growth of healthy skin.

Another advanced wound-healing technology is negative pressure wound therapy (NPWT). This consists of a wound dressing, an air-tight film placed over the wound, and a drainage tube connected to a suction device that draws excess fluid. The suction enables healthy new tissue to grow.

NPWT makes it far more likely that a graft will sur-

vive. "Today, we never do a skin graft without using NPWT before and after the grafting procedure," says Dr. Blume, a Fellow of the American College of Foot and Ankle Surgeons.

The success rate of all the advanced therapies for diabetic foot wounds is high, providing tremendous improvement over treatments of the previous decade.

"Fifteen years ago, we would clean out the wound, apply an antiseptic and an antimicrobial agent, put a bandage on the wound, and hope for the best," says Dr. Blume.

That picture is dramatically different today, as noted for a patient with diabetes whom Dr. Blume recently treated:

"The patient, a railroad conductor in his 50s, had fallen and sustained a wound on his foot that became infected. We cleaned out the infection and then used NPWT, at his home, for about 3 weeks," says Dr. Blume.

"The wound healed nicely. Next, we applied a skin graft to the wound site and used NPWT after the grafting for a few hours to promote more healing. The patient is now back in a shoe and back to work—and he didn't lose any toes." The total time from start of treatment to the patient's return to work was 8 weeks.

This sharply contrasts with what would have occurred before the advent of advanced approaches. "The same patient probably would have been hospitalized for about 4 weeks and undergone major surgery lasting 8 hours," says Dr. Blume. "It would have been a complex process, and he probably

would have been away from work for 5 or 6 months."

Time away from work, lengthy hospitalizations, and major surgery add significantly to the economic burden of diabetes. For that reason, the advantages of advanced therapies extend beyond improved medical results to include better outcomes related to work, cost, and lifestyle outcomes.

The estimated total annual cost of diabetes treatment in the U.S. is about \$174 million, with one in five diabetes dollars spent on lower extremity care. Non-healing ulcers and infection in the lower extremities are the top reasons for hospitalization among people with diabetes.

Foot ulcers develop in about 15 percent of patients with diabetes. These ulcers can lead to serious complications such as infection and amputation, and can also decrease the patient's quality of life.

"In light of these complications and the fact that the prevalence of diabetes is rapidly rising, advanced therapies for diabetic foot ulcers will play an even more important role in the future," says Dr. Blume.

For more information on diabetic foot care, visit the ACFAS consumer website, FootHealthFacts.org.

Women & HIV/AIDS in Our Community

Special to The Truth

The Toledo-Lucas County Public Library and the Neighborhood Health Association (NHA) present a three-part series titled **Women & HIV/AIDS in Our Community** scheduled at 6 p.m. on the following Tuesdays – **March 13, 20 & 27** – at the Kent Branch Library @ CCESS Center, 3101 Collingwood Blvd.

Please join these organizations in a discussion led by Doni Miller, NHA CEO and Michelle Smith-Wojnowski, NHA Perinatal Outreach Services supervisor. This vital discussion is designed for ages 13 and older.

This three-part series is **FREE** and open to the public.

NOTE: For additional information visit toledolibrary.org, or call Kent Branch Library @ CCESS Center at 419.259.5340

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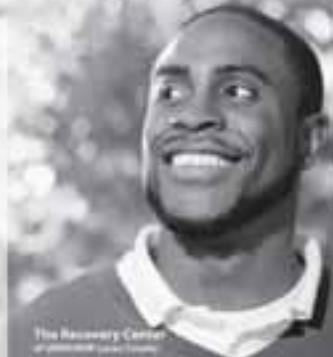
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"It is easier to find your recovery than it is to continue finding your addiction!"

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- After Management
- Supportive Outcomes
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The Recovery Center
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3101 Collingwood Blvd., Toledo, OH 43609
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www.recoverycenterohio.com

Book Review

The End of Illness by David B. Agus, MD

c.2012, Free Press

\$26.00 / \$29.99 Canada

336 pages, includes index

By Terri Schlichenmeyer
The Truth Contributor

The picture truly surprised me.

You must've been 15 when it was taken, maybe a little older. You were smiling at something (you can't remember what), the sun was shining on your face and you looked like you were having fun.

But what struck you was how healthy you looked. You weren't exhausted, not aching somewhere, not fretting about a doctor's visit. Arthritis was not an issue. You were miles from cancer and heart disease.

Is it possible to feel like that again? To avoid major sickness? According to David B. Agus, MD, it is. In his new book *The End of Illness*, he explains.

Imagine a war that lasts 40 years.

That's what we've had since President Nixon declared the War on Cancer

in 1971, and the battle still rages. In the years 1950-2007, says Agus, the cancer death rate didn't change much. It's been around for thousands of years, there are "millions of kinds of cancers," and we may never be able to cure it.

The key, though, is to remember that cancer is preventable – as are many diseases.

The first, most important thing to do to achieve the end of illness is to "get to know yourself," says Agus, and to "be your own doctor first." Health-wise, what's different for you this year? What are your specific concerns?

Next, consider getting a DNA test to determine your genetic risk factors, so you can actively avoid problems. Keep up on the latest research but understand that the internet isn't always the smartest place

to find it.

If you're over 40, ask your doctor why you're not taking statins. Unless you're filling a specific deficiency, save your money and forget about vitamins. Stick to a schedule. Buy comfortable shoes and don't play football. Check into getting a proteomic analysis and get your medications tailored.

And if all else fails, do nothing but watch. Your body may be healing itself.

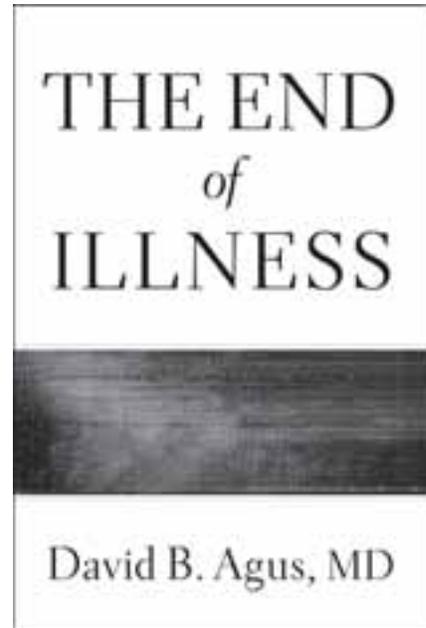
It struck me, as I was reading *The End of Illness*, that this book might have been shelved in the science fiction section a few years ago. What author David B. Agus presents here is as cutting-edge as it gets, even though he admits that there are still many unknowns and some things we may never have answers to.

But that's what makes

this book so intriguing: what we *do* know has come to the point of near-science fiction. Agus makes the argument for individual medicine from individual mapping, done through technology that looks at the "list of ingredients" that forms each of us. One-size-fits-all care is no longer effective and personalized medicine starts at home with things you can do *today*.

Unfortunately, what Agus leaves out is possible cost. Will healthy living will come at a healthy price? I couldn't help but wonder...

Still, this is a book that will make you think. You'll want to annotate it, flag parts of it, and take it to your doctor's office on the next visit. Then, with *The End of Illness*, you could be the picture of health.



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Call Outreach Services at 419-259-5350 for a complete list of times and locations.

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Annual Black Church Week of Prayer for Healing of HIV/AIDS

The Indiana Avenue Missionary Baptist Church celebrates the 23rd annual "Black Church Week of Prayer for the Healing of HIV/AIDS" from March 4 through March 12. A worship service on the 11th will highlight the role of Black churches in the fight against HIV/AIDS through prayer, support for people living with the disease, and prevention education within the church.

Services start at 10:45 and the March 11 service will feature the church's Allegro Choir. Since 1998, the Indiana Avenue Missionary Baptist Church has worked to raise awareness about HIV and about the need for Black churches to take action.

COLLEGE RESOURCE NIGHTS @ Your Library!

Special to The Truth

The Toledo-Lucas County Public Library is scheduled to present COLLEGE RESOURCE NIGHTS designed for students, parents, and educators to learn about the resources you can use to get information on colleges, scholarships, financial aid and more!

· Tuesday, March 13 (6:30-8 p.m.) – Reynolds Corners Branch Library, 4833 Dorr St. Please call 419.259.5320 for more details.

· Tuesday, March 27 (6:30-9 p.m.) – Main Library, McMaster Center, 325 Michigan St. Please call 419.259.5297 for more details.

Registration is suggested. These events are FREE and open to the public.

NOTE: For additional information visit toledolibrary.org, or call 419.259.5200

City of Toledo Youth Baseball Leagues

The City of Toledo, Department of Public Service-Recreation is now offering Youth Baseball and Girls Softball registration.

Youth Baseball

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Rec. Division (School, Neighborhood and Less Experienced Teams).

Age: 10 & under, 12 & under and 14 & under.

Youth Girls Softball

Slow Pitch Softball

Age: 10 & under, 12 & under and 14 & under

Fast Pitch Softball

Age: 10 & under, 12 & under and 14 & under



Coach-Pitch / Coed Baseball

Age: 8 & under

The Department of Public Service-Recreation is looking for interested athletic directors, school coordinators, coaches or parents who would like to organize a team(s); please contact the City of Toledo's Athletic Office for additional information at 419-936-2877.

Collingwood Arts Center Opens Sola Art Exhibition by Khalia Ivauhna Riley

Special to The Truth

Over the years the Collingwood Arts Center has established itself a breeding ground for young up and coming artist talent. Their latest exhibition continues in that tradition of looking toward our city's artist future. The show is set to open on Friday, March 16. Opening reception hours are 7-10pm.

From the artist's statement about her own work-

"My name is Khalia Ivauhna Riley. I am a native of Toledo. I specialize in unique abstract art. I enjoy working with vibrant colors and vivid images that allow everyone to relate to my work in their own individual way. At age 12 I became serious

about pursuing my skills professionally. Later I began participating in art contests and related activities to hone my talent. Art gives me the needed freedom to express a wide range of emotions that I am excited to share with everyone."

The exhibit is free and open to the public. All pieces will remain on display through April 8. For more information visit, www.cactoledo.org or call

419-244-ARTS (2787).

The Collingwood Arts Center is a 501c3 non-profit arts facility located in the historic Old West End of Toledo at 2413 Collingwood Blvd. The CAC is celebrating 25 years of creatively serving artists and organizations in our community through performing, exhibition, studio and residential space.

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Russel Simmons and Dennis Kucinich Stump Toledo

By Michael Hayes
Minister of Culture



check. Personally, I always get leery when someone promises me anything.

Kunich's promise was rooted in his fight for E.O.P.A. not strictly because of the merits of the program, but more so as part of his larger battle to keep various local programs in multiple districts from falling into the hands of the irresponsible federal government.

Congressman Kucinich brands himself as a man of the people.

No matter the outcome of his race against Marcy Kaptur, they share a similar platform.

A platform that Toledoans love to rally around.

When a politician says he will do whatever it takes to preserve services that a community depends on, you have to remember that he is still a

For Toledoans, E.O.P.A. is such a vital resource to our community that even though no politician may be able to single-handedly keep the program from being overtaken by Toledo Public Schools, if hope is all we have to cling to then we'll cling to it.

I am a product of the Head Start program. I have benefited from the H.E.A.P. program and so on and so forth. I personally want to see E.O.P.A. continue to be the



politician. Which doesn't mean they are all liars, but we should keep in mind that some trade-off will be made somewhere. Politicians make political moves.

All of them. Even bringing Russell Simmons along for his Ohio road trip was still orchestrated for a certain response even if Uncle Rush is an authentic Kucinich supporter. So our level of expectation has to be kept in

valuable safety-net it has always been for Toledo. I don't want to see it fall under larger public funding streams or held to regulations under some elaborate bureaucracy. It's fine the way it is.

And although I respect Kucinich's track record and applaud him for championing this issue... I'm still keeping my expectations in check. That's really all we can do.

The star power of Russell

Simmons adds weight to a cause, but it also distracts.

I've seen Russell Simmons speak three times and just as much as anyone else, I value him as one of our black icons. But when he shows up in a city, it attracts people who are more concerned with their own photo opp than they are concerned with the issue at hand. That part of Kucinich's visit, I cared nothing for.

But I did see a lot of concerned citizens there for the right reason and I think both Simmons and Kucinich's appeal to the plight of regular working class Americans was right on target for that part of the audience.

Only time will tell what shape our communities are left in as progressives start to

splinter and right wing nut jobs ramp up their attacks on every aspect of life regular folks hold dear.

They want us with fewer options for women's health choices, fewer or lower paying jobs, higher insurance bills, higher energy costs, and less of a voice in how we are governed by those who gov-

ern us. Any fight against that sort of evil is the good fight. I hope regardless of this past Super Tuesday's outcome, that Kucinich and Kaptur can join together with others and truly fight for us.

Because we need all the help we can get.

THE 2ND ANNUAL OIL ANTI-TRUST DAY PARTY
"The celebration of the 100th anniversary of the creation of the OIL ANTI-TRUST ACT"

Special Event at
11:00 AM and 1:00 PM - 10:00 AM - 10:00 PM
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Columbus, OH 43215

Headline: Russell Simmons
Sponsor: [unreadable]

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Councilman Tyrone Riley's Next Community Forum.

The next open neighborhood forum is scheduled for TUESDAY, March 13th, 2012, from 6-8 PM at the Eleanor Kahle Senior Center (1315 Hillecrest Ave. (near Willys Parkway)).

Riley, the District 1 Toledo City Councilman, will be joined by the: Department of Neighborhoods, Police Department & Gang Task Force, Department of Inspection and Code Enforcement, Lucas County Landbank program, Board of Community Relations, Department of Public Services

to engage the surrounding community in an open & candid dialogue about "Preserving Our Neighborhood".

INTERESTED BIDDERS:

TOLEDO PUBLIC SCHOOLS – LONGFELLOW ELEMENTARY SCHOOL – ASPHALT PACKAGE

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until **1:00 pm March 14th, 2012**, at the Toledo Public Schools Treasurers' Room, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the Longfellow Elementary School, as more fully described in the drawings and specifications for the project prepared by Munger Munger + Associates Architects 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 **February 14, 2012** which can be purchased from Toledo Blueprint, 6949 Wales Road, Northwood, Ohio 43619, phone: (419) 661-9841. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.

A Pre-Bid Meeting will be held on **March 8, 2012 at 8:30 am** at Toledo Public Schools Board Room, 420 E. 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@lgb-llc.com**, by phone at (419) 776-5600, or fax (877) 281-0784.

Sealed bids will be received for:
Estimates
Bid Item No. 1 – Asphalt
\$183,720.00

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Ottawa Hills condo. 1440 sq. ft., 2 full baths. Location, location, location. Bright home, new carpet, newly painted. Spacious one floor. Lots of storage, private garage. One great unit.
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Wanted to Buy:Diabetes Supplies
Earn up to \$12 per box of 100 test stripsMust expire after August 2012. Leave labels on boxes. We remove and shred.Call 419-740-7162 and leave message.

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CLASSIFIEDS

March 07, 2012

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Literacy Program Assistant

Join the Read for Literacy team and help oversee the successful implementation of the Creating Young Readers program in elementary public and parochial schools. The primary responsibilities of the position are to 1) organize, schedule and manage volunteers and 2) establish and maintain positive relationships with faculty and staff at the schools. A Bachelor's degree in Elementary Education is required with a reading endorsement preferred. Applicants must have a valid driver's license and reliable transportation. This is a full-time, year round position. No health care insurance is available. Salary range \$21,000 to \$25,000.

Send applications to: Read for Literacy, Inc. 325 N. Michigan, Toledo, OH 43604.

African American Outreach Coordinator – Part time

NAMI of Greater Toledo is looking for a person familiar and involved within the African-American Community, to represent NAMI in outreach efforts in local events, churches, and schools. To assist in promoting and facilitating NAMI's educational classes, and support groups. This position is about 8-10 hours per week.

The A.A. Outreach Coordinator will be paid on a monthly basis, and includes mileage for direct NAMI business. Interested and qualified candidates can send their resumes to:

lcanales@namitoledo.org or mail a resume to : NAMI of Greater Toledo

2753 W. Central Ave.
Toledo, Ohio 43606

Attn: Education Director, Lisa Canales'
A.A. Outreach Liaison position

Alpha Towers Apartments 525 E. Woodruff

Now accepting applications for 1 and 2 bedroom apartments.

Mature adult community for persons 62 and older. Rent based on income. All utilities. Appliances. Blinds. Service coordinator on site. Call 419-246-1258 for details



Part Time Maintenance Person

For medical equipment maintenance of power wheelchairs and power scooters
Part-time
Call Ken at 419-865-0089

Finish Drywall and Painting

Residential and commercial
Patch and match existing textures
References upon request
419-280-2967



Test Engineer

Parker Hannifin, a Fortune 250 Company, has an immediate need for an Engineering Lab Test Engineer, at its Hydraulic Filter Division located in Metamora, Ohio.

The successful candidate will evaluate products by designing and conducting a variety of performance, environmental, and operational tests in an engineering lab setting to ensure that customer design specifications are met. Coordinates and directs qualification and development test programs of moderate scope and complexity. The candidate will report moderately complex test results by collecting, analyzing, interpreting, summarizing, and displaying data, and recommending test changes when required. He/she will also conduct statistical analysis of test results and process anomalies; writes documentation for procedures and technical reports.

Qualifications include a Bachelors degree (BS) in engineering or a related technical discipline and demonstrated ability to perform the essential functions of the job typically acquired through two or more years of related experience. Filtration testing experience preferred. Candidates must be U.S. citizens.

If qualified please visit www.parker.com/careers to apply.

EOE/M/F/D/V

Elementary School Position Star Academy of Toledo

Star Academy of Toledo is looking for one Elementary School Teacher (4th Grade). Applicants need to have a current Ohio licensure, must be highly motivated, passionate, team oriented and have a genuine desire to work with young people from an urban community. We are an equal opportunity employer and individuals from underrepresented minority groups are encouraged to apply. Applicants should send letter of interest, resume, copy of license, transcripts, references. All information should be sent to the attention of Dr. Ward Barnett, Curriculum Instruction Specialist Star Academy of Toledo 1850 Airport Hwy Toledo, Ohio 43609.

Finish Drywall and Painting

Residential and commercial
Patch and match existing textures
References upon request
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DESIGN ENGINEER

Parker Hannifin Corporation, a Fortune 250 company, has an immediate opening for a Design Engineer. This position will be located in Erie, Pennsylvania.

The Design Engineer will analyze research and design a broad spectrum of filtration (i.e. hydraulic, lube, fuel, air) components or a system of components to develop or improve existing products. The products or systems will be of diverse scope and complexity for assigned programs using a variety of engineering principles from a mechanical perspective.

Requirements include B.S. in Mechanical Engineering. Demonstrated ability to perform the essential functions of the job typically acquired through six or more years of related experience. Filtration product design and development with general knowledge of manufacturing processes and capabilities required. Must be proficient in 3-D modeling software. Excellent verbal and written communication skills required with demonstrated ability to successfully complete projects on time and work in a team environment.

If qualified please visit www.parker.com/careers to apply.

EOE/M/F/D/V

Wanted to Buy: Diabetes Supplies

Earn up to \$12 per box of 100 test strips Must expire after September 2012. Leave labels on boxes. We remove and shred. Call 419-740-7162 and leave message.

Literacy Program Assistant

Join the Read for Literacy team and help oversee the successful implementation of the Creating Young Readers program in elementary public and parochial schools. The primary responsibilities of the position are to 1) organize, schedule and manage volunteers and 2) establish and maintain positive relationships with faculty and staff at the schools. A Bachelor's degree in Elementary Education is required with a reading endorsement preferred. Applicants must have a valid driver's license and reliable transportation. This is a full-time, year round position. No health care insurance is available. Salary range \$21,000 to \$25,000.



Buyer

Parker Hannifin, a Fortune 250 Company, has an immediate need for a Buyer at its Hydraulic Filter Division located in Metamora, Ohio.

The Buyer is responsible for assignments requiring application of basic purchasing principles, theories and concepts. The Buyer ensures timely acquisitions of product or service from known sources of supply. Additionally, the Buyer may resolve issues in the areas of requisition accuracy and completeness, on-time delivery or supplier payment functioning.

The successful candidate will possess a 4 year college degree Supply Chain management or relevant discipline. Must also have experience and/or exposure to supply chain concepts and methodologies, and manufacturing gained through internships, training programs or on the job. Candidate must possess analytical and technical skills required to understand business practices and recommend proper automation opportunities. Excellent written, verbal, and interpersonal communication skills for effective interface with all internal and external contacts. Must also have intermediate computer skills and be able to understand of electronic processing. U.S. Citizenship required.

If qualified please visit <https://parker.com/careers> to apply.

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Trulight @ 950 Prouty is in need of a donation of a passenger van or bus for our growing church. Bishop Greg Early and Pastor Sheila Early
Contact: Dale 419-283-7585

Zeta Alpha Omega, Alpha Kappa Alpha Sorority, Inc Celebrates Founders' Day Week

Sojourner's Truth Staff

The Zeta Alpha Omega Chapter of Alpha Kappa Alpha Sorority Inc celebrate Founders Day last week with a series of activities involving service, worship and health.

The sorority began the week with a Family Fitness Health Fair at The University of Toledo on Saturday February 18 and ended the weekend with a worship fellowship at Warren AME Church on Sunday, February 19.

On Thursday, February 23, the members met with Emerging Young Leaders at Star Academy. Friday found the group at Our Brother's Place for a Meet and Greet; Saturday was a community service day at Family House and Sunday afternoon brought about the culmination of the week -long celebration with the annual banquet at Central Park West, during which the sorors honored three local service groups for their contributions to the community: the African American Legacy Project, Village50 and Earl

Enterprises, LLC. Alpha Kappa Alpha is a sisterhood composed of women who have consciously chosen this affiliation as a means of self-fulfillment through volunteer service. Alpha Kappa Alpha cultivates and encourages high scholastic and ethical standards; promotes unity and friendship among college women; alleviates problems concerning girls and women; maintains a progressive interest in college life; and



serves all mankind through a nucleus of more than 200,000 women in the United States, the Caribbean, Europe, and Africa.



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