



Local and National News

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Volume 22, No. 04 "And Ye Shall Know The Truth..." May 02, 2012



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*Secrets & Betrayal*

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## The Ultimatum

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



*Young...black men can either represent a positive progressive force or one that just continues to react to crisis after crisis.* - Haki R. Madhubuti

The party's over, according to Mayor Michael Bell. The mayor, addressing dozens of gang members in a courtroom at the Lucas County Courthouse, assertively announced an end to the culture of chaos and gun violence rampant on Toledo's streets. "We will take our city back, we will return the quality of life that's necessary for us to be a great city," he said, as reported by The Blade.

Although the dark revelry of gang activity, violence and homicides may not quickly or totally come to an end, the police, in presenting surveillance photos and revealing detailed intelligence information,

put the group of known gang members on notice that now, they at least are being closely chaperoned by law enforcement.

The mayor then presented the group (all in attendance because of parole or probation) with an ultimatum. The choice to continue the culture of violence and face the consequences of harsh responses from local, state and federal law enforcement or to accept the help to redeem their lives and put them on a positive track. "There are ways out, ... It's your choice," the mayor reportedly said.

How will these mostly poor and young men of color likely choose to live their lives?

I'm not sure, but I would suspect that very few of The Truth's readers are optimistic that the choices will be positive.

One reason for our pessimism is that, despite our own denials, somewhere in our inner core we understand what Kent Greenfield (2011) provocatively described as the Myth of Choice. Greenfield, a legal scholar and former clerk for Supreme Court Justice David Souter, argued that how and why we decide what we do is often limited or constrained by biological, economical and cultural influences.

When youngsters, living on the street and sometimes in abandoned houses, or essentially being raised by the streets because they have little if any adult supervision due to disarray in their home lives resulting from joblessness and drugs, they become easily disengaged from school and eventually mainstream society. Without the education or the skills necessary for legitimate employment at a living wage, their choices are pretty much already made for them.

Each of us have choices in how we are to live. But before we can begin to make that choice, writes Jeanne Porter, PhD, "we have to understand the factors that shape who we are. None of us are isolated selves. Family systems, culture, spiritual traditions, the economic system, our government and the media collude and collude in constructing our image of ourselves. They collude in writing a script, and then persuade, tease and sometimes coerce us to follow," Porter asserts.

So, if violence - a problem fueled by hopelessness, the social consequence of persistent unemployment and alienation - is to be effectively reduced, it is certain that the police cannot do it alone.

It must be a whole community effort and one that is able to generate a collective sense of urgency for the need to solve the problem. "We can't afford to lose this talent that black men and boys bring and so we need to focus less on the problems they bring and more on their potential," states Linda Harris, youth policy expert.

We also have to build and sustain a viable mainstream economy in high poverty areas that will effectively replace the underground economy and will pay a living wage to youth, a population which has a true unemployment rate in excess of 50 percent.

In order to establish good jobs for low-income youth it will also require the community, government, education and private industry to start thinking differently to come up with innovative ways to bring young men and boys of color off the streets in order to prepare them for other than low-wage jobs.

Our Workforce Investment Boards are receiving funds but high-risk youth are often left out when these funds are dispensed. Harris states that "the community should be advocating that 60 percent of these funds coming into state and local workforce systems be allocated to high risk youth rather than the 20 percent currently being received.

But even with all of the proposed structural interventions and advocacy, only those youth who realize that they have been conforming to the script handed to them by society and are willing to tear it up and rewrite their own, will be able to overcome their previous bad choices.

My advice to youth of poverty?

Don't allow the pain of your alienation or the assumptions of others concerning your worth prevent you from making a positive impact on society. Find a way to learn how to use your underprivilege or marginalization to your advantage. Many others have done it and are even now doing it.

The choice is yours and unavoidable.

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

## Community Calendar

### May 1-2

St. Paul's Episcopal Church Rummage Sale: Tuesday - p am to 7 pm; Wednesday - 9 am to 1 pm

### May 2

Council District 1 "Here Come the Judges:" Community forum; Municipal Court Judges; Corpus Christi Church University Parish; 6 to 8 pm: 419-245-1361

### May 2-4

Interdenominational Ministerial Alliance Revival: "Reclaiming our Community through Proclamation;" Warren AME; Workshops at 5 pm nightly; Worship services at 7 pm; May 2 - Music ministry by Derrick Roberts, Preacher - Pastor Sandra Riley of Chicago; May 3 - Homiletics by Fredrick Wright of Payne Theological, Preacher - Fredrick Wright; May 4 - Community Resources and Information, Preacher - Pastor Tellis Chapman of Detroit

### May 4

Phillips Temple CME Pre-women's Day Event: Fish and chicken wing dinners; 10 am to 5:30 pm: 419-242-7906

### May 4-5

Pilgrim Flea Market: Pilgrim Church; Fri - 9 am to 5 pm; Sat - 9 am to 3 pm: 419-478-6012

### May 4-6

St. James "The Armory" 60<sup>th</sup> Anniversary: Fri- Parkway Place banquet at 7 pm; Sat - The Armory Reunion Celebration Musical/Service at 6 pm; Sun - Services at 11 am and Time Capsule Celebration at 4 pm: 419-537-9736 or 419-841-9183

### May 5

Friendly Center Community Day: 10:30 am to 1:30 pm; Fun, free food, prizes; Photo booth, prizes: 419-243-1289

Southern MBC: Rainbow Tea Bazaar and Craft Show; 8 am to 3 pm

Village50<sup>2nd</sup> Annual Kentucky Derby Gala: 4 to 11 pm; Our Brothers Place: 419-902-7731

Manna Ministries The Gathering of the Prophets: Classes Noon to 2 pm; Fellowship 2 to 4 pm; Worship service at 4 pm; LFC-Harvest Christian Training Center Cinco de Mayo Diversity Dance: 5 pm; Local 14 UAW Hall

AKA Sorority Business and Health Expo: 10 am to 3 pm; Indiana Avenue MBC Stephenson-Roberts Fellowship Hall; Community service providers, vendors, etc: 419-475-3007

### May 6

New Prospect MBC Installation Services: Rev. Casey Diggins, Sr.; 6 pm

### May 8-10

Beulah Baptist Church Spring Revival: 7 pm nightly

### May 10-12

Christian Community Church Regional Conference for Dominion Assembly: "The Fellowship;" 7 pm; Speaker Elder David Hollis; 7 pm - Thur and Fri; Sat - 9 am to noon: 419-536-8357

### May 12

Delta Sigma Theta E.M.B.O.D.I. (Empowering Males to Build Opportunities for Developing Independence): "Summit to Success;" Series of workshops for males ages 10-14 on making positive choices; 10 am to 1 pm; MLK School; Lunch provided: 419-787-5483

Pilgrim Church Flower Sale: 9 am to 2 pm: 419-478-6012

## The Sojourner's Truth

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

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Reporter

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## Dear Community Members,

Exciting things are happening at the Frederick Douglass Community Association (FDCA) that we wanted to share with you, the community. The FDCA has embarked upon a journey to drive transformational change and renew its relevancy in 2012.

Our new board is comprised of progressive leaders who are actively working on developing the FDCA into *An Epicenter of Hope and Empowerment*. We are creating innovative programs and services that will have a great and positive impact the community by 2015. Additionally, FDCA is currently recruiting a dynamic talented new Executive Director to lead this transformational growth.

Below is a partial list of the programs that will be introduced in 2012:

- Parent University - utilizes a holistic approach to improve parenting skills that will positively impact families in the communities that we serve;
- STEMM Academy - focuses on improving the academic performance of students (K-12) around science, technology, engineering, mathematics & medicine in partnership with local school systems, colleges and universities;
- Recreation Initiatives - basketball, volleyball, soccer, softball, bowling, tennis, and baseball leagues, golf, flag football;
- Technical Skills Institute – offers workshops on green/sustainable energy, nanotechnology, automation and skilled trades;
- Entrepreneurship Academy - works in collaboration with local community organizations and universities to encourage and assist aspiring and emerging entrepreneurs;
- Cultural Arts Center – provides a comprehensive experience that includes: music, poetry, arts & crafts, dance, history, ethnic cooking, sewing, quilting and movies.

The new leadership team welcomes an opportunity to meet with each of you to share the new FDCA vision, to hear input from community leaders such as yourself, and to discuss collaboration opportunities.

Sincerely,  
Karl A. Parker, Sr., MBA, P.E.  
President  
Frederick Douglass Community Association  
419-944-4063



**TOLEDO NAACP GENERAL MEMBERSHIP MEETING**

Is your criminal background report hindering your ability to secure employment, or even stopping you from obtaining credit? Or being admitted to school? Then you will want to attend the Toledo Unit of the NAACP May General Membership meeting to find out if you can get your criminal record expunged.

The public will have the opportunity to discuss legal issues with legal professionals who can direct them to the proper legal resources to ensure that their criminal record is not holding them back from their life goals.

The meeting will take place Tuesday, May 8, 2012 at 7 p.m. at the Historic Third Baptist Church, 402 Pinewood Ave., Toledo, Ohio 43604. For more info please call the Toledo Unit at 419-407-6488.

**We're making a difference.**

We're foster parents through Lucas County Children Services.

Lucas County Children Services salutes the hundreds of foster families in our community. They have opened their hearts and homes to children who have suffered abuse or neglect.

We need you to **join them** and become foster parents yourselves. LCCS currently need foster parents for children of all ages, especially groups of brothers and sisters. Foster parents can be married or single; own or rent your home or apartment, and just need to earn enough to support yourself.

Our next session of free information and training classes is **June 18 - 23, 9 a.m. - 4 p.m.** at LCCS, 705 Adams St. in downtown Toledo. To learn more, call 419-213-3336, or visit us at [www.lucaskids.net](http://www.lucaskids.net).

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## Murder Victim's Family Insists He Is Just That: A Victim

On May 29, 2010 DeShaun Lee was gunned down in north Toledo by assailant or assailants who have yet to be identified, much less captured, by law enforcement officials.

Last week, a local television station spent some time following members of the Toledo Police Department who are part of the newly re-organized Gang Force Unit. Taking the television crew to a memorial established for DeShaun, the police sergeant in charge of the unit made a claim that the memorial was meant to honor a slain gang member based upon some of the paraphernalia at the site—a tree on a street sidewalk. It's a claim that his family strongly disputes.

The short film clip did include a statement from DeShaun's father mentioning that in no way was the memorial a tribute for a gang member, but the police officer was unmoved by the disclaimer. Leaving the scene with the television crew, he suggested that DeShaun's family did not want to believe the obvious.

Part of the reason for the

police officer's lack of faith was the fact that a photograph of DeShaun nailed to the tree had a red frame—a reference to the Bloods street gang, he said.

That's not the DeShaun his mother, Robin Copeland, remembers. Even though the segment did not mention DeShaun's name, the family was distressed about the portrayal of the young man.

"[It pricked] us in the wrong way about how they depicted him on TV," said Copeland during a discussion about the 16-year-old son she knew.

That was a young man in school, a student at Woodward High School after several years at Central Catholic, a former member of the Young Scholars Program, eager to attend The Ohio State University and looking forward to the future.

"He wanted to be an architect or go into something in the science field," said Copeland.

Copeland has no doubt that DeShaun was not part of any gang.

"I know as a parent and how we have stayed on top of



him," she said. "He was in activities that we kept him involved in. We were also aware of the people he associated himself with."

One clue that Copeland has as to the lack of her son's involvement in gang activity is that no one has yet to be arrested and charged. That would suggest that the killing was random, rather than targeted, she said.

"There are no clues," said

Copeland. Usually the word gets out, she suggested, about gang violence.

The memorial remains on the Stickney area tree, a memorial the family maintains steadfastly. And the red frame on DeShaun's photograph?

"We picked that out," said Copeland. "We didn't thinking about colors, we just wanted to weatherize the photo so we put a frame around it and sealed it."

## Mayor Proposes Domestic Partner Benefits for City Employees

*Special to The Truth*

Toledo Mayor Michael P. Bell last week sent legislation to City Council proposing to include the qualified and registered domestic partners of city employees in the eligibility for certain benefits. The legislation would extend the same health, dental and vision benefits to partners as is offered to spouses and dependent children of city employees.

Eligibility would be extended to same sex or heterosexual couples who meet the definition of "domestic partner" as set forth in Chapter 114 of the Toledo Municipal Code. The legal definition was established in 2007 when Toledo enacted the Domestic Partnership Registry. Couples must participate in the registry to formalize their relationship and be eligible for the benefits.

The benefits do not come without a cost to employees. Similar to employees that participate in the city plan to access coverage for a spouse or children, the premium cost must be paid for a single plus one or family coverage. Additionally, under the federal Internal Revenue Code, the value of the benefits is considered imputed income for employees and will be reflected in their W-2.

"This legislation helps us update our human resources policies, attempts to provide equal standing for all of our employees, and allows us to be a more competitive employer through our recruitment and hiring policies," said Mayor Bell.

Toledo is not charting a new course with the proposed policy. Other Ohio cities and counties including Cleveland, Columbus, Lucas County and Franklin County offer domestic partner benefits, as does the University of Toledo and the Toledo Regional Chamber of Commerce. Currently, 21 states and over 200 local governments nationwide and 14 colleges and universities around Ohio offer health insurance and other benefits to their employees' domestic partners.

The administration asked for first reading of the legislation at the May 1 agenda review meeting of council.

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# Toledo's Own Tyler Perry, Avery Sutton, Overcomes Adversity with Creativity

*Sojourner's Truth Staff*

Playwright Avery Sutton's latest comedy, *Secrets & Betrayal*, will make its Toledo debut on May 11 at the SeaGate Convention Centre in a production that will benefit the Alpha Kappa Alpha Sorority, Inc's scholarship program.

Sutton's story is an inspiration to all those artists who are struggling to make it in the volatile world of show business. The writer, director and star of previous hit stage comedies, *Don't Start No Stuff @ 30,000 Feet!* and *Let the Truth Be Told* did not always have it easy.

Working as a flight attendant for American Airlines, Sutton was laid off after the tragic events of 9/11/2001. "They came and took my car and I lost my apartment," he says. Homeless and away from home in Dallas, Texas, an American Airlines hub, Sutton found lodging with a friend who let him live with her and do some painting and other odd jobs until he was on his feet.

"Don't take for granted what you have today," he advises, "for you may not always have it tomorrow."

Sutton's salvation came from his faith and writing about his experiences on airplanes and the variety of people and situations he encountered.

"I would get up every morning and write and write," he says. "That made me laugh." Sutton wrote about his experiences with passengers of different races and nationalities. "They were all similar, regardless of race and nationality," he observes.

Compiling these funny incidents into a comic play with a host of hilarious characters, Sutton has created plays that keeps their audiences in stitches. Asked to describe *Don't Start No Stuff @ 30,000 Feet!* Sutton tries to give a general idea of the play without giving away the plot.

"Three sisters travel on a plane. They're all in their 70's, but they all think they're superstars," he says, chuckling. "One thinks she's Beyonce, one thinks she's Whitney and one thinks her name is Shirley Caesar Salad."

*Secrets & Betrayal* also features three elderly sister who get together before a wedding, again living in that fantasy world under the perception that they are superstars, let living with deep secrets which have been covering up tragic acts of family betrayal.

The cast for the SeaGate

production includes the following:

**SPECIAL GUEST:**  
Clifton Oliver



Clifton Oliver is well known to many fans in the theatre world, having spent four years in starring roles from Broadway to LA, as Simba in *The Lion King* and featured roles in *Rent*, *Grease* and a leading man in the block buster *Wicked*.

Fall 2006 brought Oliver's debut to the recording industry. Inspired by the greats, Oliver's style is "modern retro" - a mixture of pure pop and R&B, backed by heartfelt vocals reminiscent of the emotional delivery of Luther Vandross coupled with the pop energy of Michael Jackson.

**Virinda Stanton**  
Stanton is from Tyler, TX. She has an extensive singing and acting career and performed in Oprah Winfrey's national tour of *The Color Purple* where she played The Church Lady Darlene.

**Terralyn Ramsey**



Her talent and voice are astonishing and landed her on NBC's "The Voice." Stellar Award nominee and VH1's "Born to Diva" winner, Terralyn Ramsey's incredible voice has drawn comparisons to Whitney Houston. Throughout her career she's toured and performed with various artists including Mary J. Blige for the "No More Drama" tour, Ray Charles and Avant, and shared the stage with Beyonce, Ashanti, Lisa Marie Presley, Pat Benetar, Stevie Wonder and countless other phenomenal artists.

**Akron Watson**  
Watson is from Pleasant Grove, Texas, attended the Fine Arts Collin County Community College and lives in Dallas, TX. Akron's has had an extensive singing and acting career performing on "American Idol", and most recently NBC's, "Friday Night Lights".

**Amandalyn Clark**  
Clark is a singer/song writer and actress from the Midwest. Born in Oregon, at the age of seven she first began to write her own songs. She has performed in show choir, musicals, concerts and competitions and won many awards for her singing. In college she portrayed one of her all-time favorite artists, Lena

Horne, where she sang "Stormy Weather," in *The Cotton Club Review*. She toured California, as a soloist and member of the college Gospel Choir; performed in Chicago at the House of Blues for John Legend.

**Justin Gilliam**



A native of Washington, DC, Gilliam was introduced to acting through a close family friend and fellow actor. After a few commercials and several call backs from the TV series such as "The Wire" and "Veronica Mars", Gilliam decided to focus on his collegiate pursuits at Howard University. After college, Gilliam traveled much of the country and is now back in DC where he devotes most of his time to his two year old daughter, Azalea.

**Selina Perryman**  
Perryman began singing



in the children's choir at New Home Missionary Baptist Church in Toledo, Ohio at the age of two years old. She received a vocal and academic scholarship

to The University of Akron where she began her training in classical music and received instruction in performance, composition, theory, and vocal dynamics. Perryman has performed opera scenes from the *Marriage of Figaro*, *La Traviata*, *Tosca*, *Hansel & Gretel*, *Don Giovanni* and *Porgy & Bess*.

**Erica Sanders**

Sanders is an actress and dancer who has performed at the Corner Stone Theater in Dallas, Texas; Toledo, Ohio; Cedar Valley College Theater in Dallas, Texas; and the



James R. Thompson Theater in Chicago. She is currently working and attending college at the University of Phoenix.

**Marcia Jones**



From early childhood through teenage years, Jones studied and sang music at St. Paul AME Zion Church. She attended Central State University and studied Vocal Performance. Jones has performed at various venues and with New Mixx Entertainment on tour in Europe. Jones has opened for gospel recording artist the late Ronald Winans; sang background for gospel recording artist Albernita "Twinkie" Clark and opened for gospel recording artist Vicki Winans.

Joyce "Soliloquy" Lewis

In 1998 Lewis stepped on to the stage and ventured into the realm of poetry and her name was no longer the same. A new birth of *Soliloquy* was inspired and evolved into many performances. She has appeared on several television episodes and in community plays such as *Tomorrow May Very Well be Too Late*, *Like Mike in the Mirror* and *Shades*.



**Cynthia Valentine-Drane**  
Cynthia Valentine-Drane was born and raised in Toledo, Ohio where she developed a love for music. At the early age of five years old, she began singing in the church junior choir at St. Paul AME Zion Church. In 1997, Valentine-Drane was cast in the off-Broadway play *Ain't Mis'behavin* which opened many doors in Valentine-Drane's acting career.

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## Parents – You Have the Power, Use It!

Talk to your teen about the dangers of alcohol and drugs and help them live to celebrate another day

Guest Column

Teenagers find themselves at a crossroads % especially in the spring where they find themselves enjoying prom and graduation parties % facing widespread use and availability of drugs and alcohol. Every day, 2500 teenagers use a prescription drug to get high for the first time. And alcohol use remains extremely widespread among today's teenagers. Nearly three quarters of students (72 percent) have consumed alcohol (more than just a few sips) by the end of high school, and more than a third (37 percent) have done so by eighth grade.

One bad decision can im-

pact their entire future and parents should intervene now before an irreversible choice has been made.

Unison Behavioral Health Group has launched their spring prom and graduation campaign and urges parents and caring adults to participate. The "Live to Celebrate Another Day" campaign is designed to increase awareness of alcohol and drug use, misuse, and abuse during the graduation months of April through June where one third of alcohol-related fatalities involving teens occur.

Dr. Bonnie Kauffmann, director of Unison Behav-



ioral Health Group's Alcohol and Drug Treatment Program for Youth, encourages parents to intervene -- even when it seems like your teen does not care. Kauffmann states that, "based on the stage of their brain development, adolescents are more likely to: act on impulse, misread or misinterpret social cues and emotions, get into accidents

of all kinds, get involved in fights, engage in dangerous or risky behavior. We also know that adolescents are less likely to: think before they act, pause to consider the potential consequences of their actions, modify their dangerous or inappropriate behaviors." The teenage brain is different and being aware of these differences can help parents and concerned adults manage the behavior of adolescents. **Dr. Kauffmann reminds parents that "74 percent of kids (8-17) said their parents are the leading influence on their decisions about drinking and using drugs."**

Dr. Bonnie Kauffmann and the staff at Unison Behavioral Health Group know all too well that addiction is a developmental disease, typically beginning in adolescence. Dr. Kauffmann's team currently treats 100 adolescents who suffer from substance abuse and dependence disorders. The teens involved in Unison's program often have family and school problems, poor academic

performance, health problems (including mental health), and involvement in the juvenile justice system. These teens often begin to abuse alcohol and/or drugs during times of transition, such as changing schools, moving, or divorce.

Dr. Kauffmann advises parents, caregivers, and concerned adults to recognize that youth diagnosed with the following mental health disorders are at an increased risk for substance abuse: attention deficit disorder, oppositional defiant disorder, post-traumatic stress disorder, depression, and bipolar disorder. Warning signs to look for include: sudden changes in personality, drop in school performance and attendance, sudden and frequent outbursts (temper tantrums), increasing conflict with family members, withdrawal from responsibility, changes in peer group, borrowing/stealing money, difficulty concentrating, loss of interest in hobbies, secretive behavior regarding actions and possessions, change in appearance, poor

grooming habits, and redness around the eyes or face.

Unison Behavioral Health Group treats youth ages 11-17 with substance abuse and dependence disorders, including behavioral health disorders. Through an integrated team approach, the program offers clients and their families the option of receiving services in their home or in our offices at 1212 Cherry Street

Youth involved with Unison's substance abuse treatment program also have full access to the agency's psychiatric services.

Professionals and family members who are concerned about a child's behavior and suspect a mental health condition and/or substance abuse, can obtain confidential support by calling Unison Behavioral Health Group at 419-693-0631.

Information on Unison's "Live to Celebrate Another Day" prom and graduation campaign can be found by visiting the agency's website at [www.unisonbhg.org](http://www.unisonbhg.org)

**African Art Has Arrived!!**

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

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

See more art online at [www.thetruthtoledo.com](http://www.thetruthtoledo.com)

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## What Claims Are on Your Food?

Patrice Powers-Barker, OSU Extension, Lucas County  
Guest Column

Most people know that a healthy diet can play an important role in preventing high blood pressure, heart disease, stroke, certain cancers and osteoporosis. A healthy diet is one that is high in fruits, vegetables and fiber and low in fat, saturated fat and cholesterol.

The Food and Drug Administration regulates nutrient claims found on food labels. Food manufacturers decide whether to place these terms on their products or not so it possible that some foods might meet the definitions but not have the term listed on their label. The good news is that the words mean the same things for all food products so as consumers we can know what those terms mean.

**Free** – this means a food does not contain or contains only a very minute amount of the nutrient. For example, fat-free salad dressings contain less than .5 grams of fat per serving.

**Low** – products labels low cannot contain more than a set amount of the nutrient in question. These levels have been set

low enough to allow frequent intake without concern about going over dietary recommendations. Specifically:

- Low sodium: no more than 140 milligrams per serving
- Very low sodium: no more than 35 milligrams per serving
- Low calorie: no more than 40 calories per serving
- Low fat: no more than 3 grams per serving
- Low saturated fat: no more than 1 gram per serving
- Low cholesterol: no more than 20 milligrams per serving
- Reduced or Less – this means the product contains at least 25 percent or less of a nutrient or calories than the regular product. An example might be a box of reduced fat crackers.
- Light (or lite) – this means the product has 1/3 fewer calories per serving than a comparable product or 50 percent less fat or sodium per serving than a comparable. One example is yogurt.
- Good Source – the product provides between 10 to 19 percent of the daily value of the nutrient
- High, Rich In or Excellent Source – the product provides 20 percent or more of the daily value for a nutrient.

·Lean – this term is used for meat, poultry, seafood that contain less than 10 grams of fat, less than four grams of saturated fat, and less than 95 milligrams of cholesterol per serving

Health claims can be made on foods but they must meet the requirements of the FDA. Some examples you might find on foods include:

“Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.

“Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke.”

“Diets low in saturated fat and cholesterol, and as low as possible in *trans* fat, may reduce the risk of heart disease.”

Other labels that may be on foods but are not specific to FDA nutrition claims might have to do with how the food was produced. For example, for a food to use the term “organic” they must meet requirements regulated by the US Department of Agriculture. This label means that crops are grown without synthetic fertilizers. Organic animals are given only organic feed, have access to the outdoors and are not given growth hormones or antibiotics. For a producer to use the term organic they pay for certification and are evaluated to make sure they follow all of the national guidelines.

Another term you might see is “local food” or “grown locally”. Unlike the other terms in this article, “locally grown” food does not have a specific or legal definition. One national chain grocery store defines local as anything grown in the same state as it is sold. Another definition commonly accepted by consumers is that local food is grown within 100 miles of where it is purchased. Since there is no definition for “local” you can ask where a good was grown or processed if they use this term on the label or sales display.

Remember, the goal of product marketing is to get you to buy that food. The packaging of food does not have to be confusing to shoppers if you know what the claims mean. There might be over 30,000 food items available at your grocery store. Know what to look as you continue to make your healthy choices!

Information taken from FDA <http://www.fda.gov> and USDA <http://www.ams.usda.gov> as well as <http://www.eatrightmontana.org>

## Walking With a Mission: Thousands to Walk to Improve Their Health at 2012 Toledo Heart Walk And 10K Run

Special to *The Truth*

More than 3,000 people will take steps to improve their health and dedicate themselves to living heart healthy lifestyles when they participate in the American Heart Association Toledo Heart Walk and 10K run. The non-competitive, one and three-mile walk and 10K run will take place on Saturday, May 19, 2012 at The University of Toledo's Glass Bowl Stadium, 2801 W. Bancroft Street, Toledo, Ohio.

The annual event raises funds to support heart disease and stroke research and educational programs in both Lucas and Wood Counties and throughout Ohio. It also promotes walking as part of a healthy lifestyle.

“Three out of four people within our community is at risk of cardiovascular disease, which is the leading cause of death and disability in the United States,” said James O’Neill, vice president of Retail and Wholesale Operations at Hickory Farms and chairman of the 2012 Toledo Start! Heart Walk and 10K Run.

“The Heart Walk is an opportunity for Toledoans to stand up and get moving against cardiovascular disease, while supporting the American Heart Association’s efforts to fight this disease on the local level,” said O’Neill.

The event, which begins with registration at 8 a.m., features a kids run at 9 a.m.,

opening ceremonies at 9:30 a.m. and a 10K run that begins at 9:45. The walk portion of the event kicks off at 10:15 am. The festival concludes at 12:00 noon.

Heart disease and stroke are the number one and number three killers in the Toledo area, together responsible for 33 percent of all deaths. Nationwide, these cardiovascular diseases kill more than 930,000 Americans each year.

The walkers represent

companies in Toledo as well as neighborhoods and community groups. Teams also include family and friends of all ages. Participants who are heart disease or stroke survivors will wear red caps at the event. The fund-raising goal for this year’s event is \$330,000.

Proceeds from the walk support the American Heart Association’s research, educational, and advocacy programs throughout the greater Toledo area, including

groundbreaking cardiovascular research at The University of Toledo, Jump Rope for Heart and Hoops for Heart programs in local schools; and advocacy efforts state wide to help pass laws that keep our air clean and our children physically fit.

The 2012 Toledo Heart Walk and 10K Run is sponsored locally by Paramount Health Care. Media sponsors are WTOL, The Toledo Blade, and Clear Channel  
*(Continued on Page 8)*

FIFTH IN A SERIES: KIM

### Letters from the Heart

*The care and support were tailored for each of our needs.*

We learned that my husband, Kim, was dying when our four kids were very young. I didn't know what to do, so we turned to Hospice of Northwest Ohio. They made sure the needs of each family member were taken care of. For Kim, they managed his pain and other symptoms. For the children, counseling to deal with what was happening. For me, answers to my questions day or night, and respite care so I could rest and take better care of our kids.

Kim, 1996

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.

Share your story. Visit [hospicenwo.org](http://hospicenwo.org)  
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## Living a Passion-Filled Life!

By Angela Steward, Fitness Motivator  
The Truth Contributor



burn calories while having a great time. They are now passionate about exercise and I look forward to working out with them every week!

For the second year, my fitness program, Fabulously Fit, was chosen by ProMedica to sponsor the Heart to Heart Fitness Challenge where 30 women, (I'll call them "HH") based on weight, body mass index and health, were selected to exercise with me for 30 days.

What a passion-filled month! As you know, fitness is one of my passions. I was blessed and very fortunate in being selected to speak about exercise and fitness and to provide fitness demonstrations at several women's conferences and lunches this month.

I always enjoy sharing my fitness journey with women who are looking for a little push to start their own. I now see those women in my classes.

I was also asked to teach at one of the largest law firms in Toledo. Every Monday for one hour we

For reasons unknown, out of 30 women selected last year - only five women finished the 30-day program. This year's participants were over-the-top excited and 26 out of 30 women completed the program! The best part is that they all lost weight and plan to continue to exercise.

They all thanked me for giving them their "aha" moment - they are now passionate about exercise. I thank them for allowing me to take them in the direction they wanted to go. It

takes a lot of courage to walk into an "already-filled" class, where everyone is familiar with one another and where everyone has claimed a special spot on the floor. But those HH ladies would get to class early, take all the weights, grab all the steps, laid down their mats and would claim their space.

It was hilarious! But sometimes you need "new" energy in a class and that's exactly what the HH ladies provided. The challenge is over and guess what?? My HH ladies are showing up and showing out. Welcome to the FabFit Sistahood!!

To say April has been a busy month is an understatement. But I'm very fortunate because I'm living my passion and sharing it with others. What about you? What's your passion? Do you know how to identify your passion? Here's a little hint: if you do something for hours on end and never once look at the clock, that's passion. Find your passion, live it, then share it

- passion is contagious!!  
Yours In Passion & Fitness  
Angela R. Steward

Fitness Coach  
Creator of  
Fabulously Fit  
Studio Fitness,  
Co-Owner

Ph: 419-699-9399  
Email:  
FabFitU@yahoo.com  
Website: Fabfitu.com

## Walking With a Mission:

(Continued from Page 7)



Radio. Heart Walk is sponsored nationally by Subway and Jenny Craig.

For information on participating in the Heart Walk, call the American Heart Association

*About the American Heart Association* The American Heart Association is the nation's oldest and largest voluntary health organization dedicated to fighting heart disease and stroke. Our mission is to build healthier lives by preventing, treating and defeating these diseases - America's No. 1 and No. 3 killers. We fund cutting-edge research, conduct lifesaving public and professional educational programs, and advocate to protect public health. To learn more or join us in helping all Americans, call 1-800-AHA-USA1 or visit [americanheart.org](http://americanheart.org).

**You may think you're invincible.**

**But all it takes is one bad decision. Don't drink and don't get in a car with someone who has been drinking.**

**LIVE to celebrate another day**





NOTICES FROM TOLEDO URBAN FEDERAL CREDIT UNION REGARDING THE UPCOMING 8TH ANNUAL AFRICAN AMERICAN FESTIVAL

**Parade:**  
African American Festival Committee is now accepting participants for the 8th annual parade.  
The parade will take place on Saturday, July 14th at 10:00a.  
For more information, please contact Toledo Urban FCU at 419-235-8876. For an application or email us [agustine@aafad.com](mailto:agustine@aafad.com).  
Deadline for entry is Friday, June 1, 2012.

**Vendors:**  
Vendors are now being accepted for the 8th Annual African American Festival. The festival will be held at the University of Toledo, Scott Park Campus July 11- 13th.  
For More information, please contact Toledo Urban FCU at 419- 235-8876. Or email [agustine@aafad.com](mailto:agustine@aafad.com).





## Negro Business and Professional Women's Club Hosts Mother-Daughter Luncheon

Special to The Truth



Katrina Barry and Tyler Smith

On Saturday, April 28, 2012, the Toledo club, National Association of Negro Business & Professional women's Clubs, Inc. hosted its 48<sup>th</sup> annual Mother-Daughter Luncheon at the Inverness

Country Club. Forty-eight debutantes and mothers enjoyed a luncheon sponsored by ProMedica Health System. The purpose of the luncheon was to allow each debutante to show her appreciation to her mother and present her with a red rose. Fifteen club members were also in attendance.

One of the repeated themes the debutantes expressed was that they may not have always been grateful and, at times, hard to supervise. Plenty of tissue was on hand for  
*(Continued on Page 10)*

## Clarence Smith Community Chorus Spring Concert 2012 "Music, Message and Movement"

Special to The Truth



The Clarence Smith Community Chorus will present its annual Spring Concert entitled "Music, Message and Movement" on Saturday, May 19, 2012 at 6:00 p.m., Christian Community Church located at 2500 Nebraska Ave..

The evening promises to be one of the city's most exciting, entertaining, culturally diverse and educational event of the season. The chorus will highlight the evening with various classical and spiritual selections; Rhonda Sewell, Trayvone Mathis and Crystal Barnett will take the spotlight and share their written expressions with us. The chorus is proud to present The Tapestry Performing Arts Company out of Columbus, Ohio under the artistic direction of Lorie (Stewart) Wallace, one of Toledo's own!

Mark your calendar! The evening's program will keep you caught up in its "Music, Message and Movement" from start to finish. This is a concert you will not want to miss! Join us at Christian Community Church on Saturday evening, May 19, 2012. Program begins at 6:00 p.m. don't miss a minute of this awe-inspiring musical treat.

*(Continued on Page 10)*

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## Mother-Daughter Luncheon

(Continued from Page 9)



Brenda Kirkland and Julyn Jones



Skylar and Angela Thompson



Cynthia and Jacqueline Ford



Madeline Standard and Opal Dunlap



Sydney and Clara Petty

the debutantes as they spoke.

The Cotillion will be held on May 26, 2012 at the Great Hall of the Stranahan Theater. There will be a talent event on May 21. The Talent Night will earn the debutantes their final points before the Ball.

The luncheon mistress of ceremonies was Denise Cardwell, etiquette chairman. Greetings were offered by Denise Black Poon, club president, by Barbara Tucker, North Central District governor and by Wanda Terrell, first vice president- programs.

Clara Brank, club chaplain, gave the invocation. After the luncheon, a mother's poem was read by Cardwell, then came the introduction of the debutantes by Phyllis Dunbar, Escorts/Fathers chairman, and Leola Haynes, Debs-in-Waiting chairman. Debutantes

gave tribute to mothers and the luncheon ended with a question and answer period by Deborah Carlisle and Beverly Tucker, talent co-chairmen

Sharon Green Gaines served as luncheon chairman and Wilma Brown is the Cotillion chairman.

## Spring Concert

(Continued from Page 9)

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 - \$10.00 Adults / \$8.00 Students & Seniors. Tickets may be purchased at the door.

The Clarence Smith Com-

munity Chorus

In its 36<sup>th</sup> season, the CSCC maintains a liberal helping of standard classical music in its repertoire. However, it specializes in the performance of Negro spirituals and is dedicated to its preservation as well as the performance of works by African-American composers. Its members come from all walks of life, unified by their mutual love of great music. This award-winning ensemble has performed numerous times on radio and television and has appeared with the Toledo Symphony Orchestra, the Toledo Jazz Orchestra, and on programs presented by the Toledo Museum of Art, the Lourdes College Music Series, as well as on the University of Michigan's "Music of Black Americans Symposium."

The Chorus has embraced its civic role with participation in countless building and bridge dedications, community festivals, church programs and city events, including the Toledo's Annual M. L. King Celebration at the University of Toledo. The CSCC is a past recipient of the "Community Impact Award" and the prestigious "Community Achievement in the Arts Award" from the Arts Commission of Greater Toledo. In 2007, the CLARENCE SMITH COMMUNITY CHORUS was presented with the "Longevity Award" at the Glass City Gospel Music Awards ceremony.

For booking and inter-

views, please contact Clarence Smith, (419)534-2299.

[Engagements@cscchorus.com](mailto:Engagements@cscchorus.com)  
Or check out the website @ [www.cscchorus.com](http://www.cscchorus.com)

Tapestry Performing Arts Company  
Resident Arts Group of The King Arts Complex (Columbus, Ohio)

Tapestry Performing Arts Company is The Resident Arts Group of The King Arts Complex, Columbus, Ohio. Tapestry is in their 2<sup>nd</sup> season of bringing original and creative productions to the city and beyond. Tapestry's dancers are from all across the country, with very diverse backgrounds. From Doctoral candidates and Exercise Physiologist, to Sales and Interior Decorators, they are truly a diverse group. Tapestry offers classes and workshops, as well as creative consultations for community productions. Tapestry's productions consist of several genres of dance, original music, drama, live singers and instrumentation.

Artistic Director and Founder, Lorii A Wallace (Stewart) was born in Toledo, Ohio to a musical family, and attended Scott High School and The University of Toledo, before leaving and singing and dancing with The Seattle/Tacoma Performing Arts Company. She also created Ministry In Motion, The Ohio Worship Arts Association and has created community worship arts productions working with over 90

churches, ministries and groups to benefit Diabetes, Lifeline of Ohio, Autism and more. Lorii currently serves on several community boards including Ft. Hayes Performing Arts School and Ballet Met Columbus Education Board. She has written and over 10 original productions during the last 12 years. She feels honored and blessed to be serving in these capacities. Lorii is married to professor, artist, composer, and clinician Shawn "Thunder" Wallace.

Poetess - Crystal Barnett  
Crystal Barnett discovered her love for poetry over 20 years ago when she was asked to create a memorial poem for her great-great Aunt Blanche Hubble. She has been writing ever since for various occasions. She provides poems for everything from funerals to birthdays, for family friends and strangers.

Barnett graduated from Miami University with a bachelors degree in philosophy, and a masters degree of education from The University of Toledo. She worked as a music teacher for Toledo Public Schools. This is her eighth season as a member of the CSCC.

Barnett just released two books, *Single Motherhood: A Blessing in Disguise* and *Faith: A Collection of Original Plays*. She also has a book of original poems now available entitled, *Jewels From The Heart: A Collection of Original Poetry Celebrating The Many Phases of Life*.

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# Redefining Diva by Sheryl Lee Ralph

c. 2011, 2012, Gallery Books

\$14.00 / \$16.00 Canada

200 pages

By Terri Schlichenmeyer  
The Truth Contributor

Is it so horrible to know what you want?

You don't think so. That's why you're decisive, you state your needs clearly and firmly, and you expect people to act accordingly. What's wrong with that?

Nothing. So why do people call you the "B" word that rhymes with itch? You're not nasty or horrible, so why would they call you a diva?

Author **Sheryl Lee Ralph** doesn't know the answer. But, as she says in her new book *Redefining Diva*, if they call you that last name, you really should thank them.

Okay, so you're a diva. What is that, anyhow?

The word, says Ralph, has gotten a bum rap lately, but it was originally an Italian noun derived from the Latin word for deity; in other words, a diva is a goddess. Ralph also says that the word

is an acronym for *Divinely Inspired Victoriously Anointed*.

A diva, says Ralph, "copies no one. She is her own woman."

Ralph became a diva through a lifetime of observing strong women. Her mother, a Jamaican immigrant, worked in a hospital to pay for her ticket to America. Ralph's grandmother, a North Carolina belle, was headstrong and fearless enough to tussle with the burglars who killed her husband.

Divas, you see, know that risks are to be seized.

At 16, Ralph took on a big risk when she went to Rutgers University.

She had initially considered going to medical school, but she hated dissecting. She switched to law school, but it was "boring." Then Ralph stumbled into drama auditions, tried out

for a play, and found her niche.

When a Diva discovers what she's meant to do, Ralph says, she knows it.

After working with the Defense Department, she landed in Hollywood and the movies, but Broadway was her first love. Good Diva that she is, she tackled every opportunity, which eventually gained her a part as one of the original Dreamgirls in the stage show. She ultimately quit the show, went back to Hollywood, and enjoyed more fame on television.

Today, Ralph still acts because Divas know "yes" can be satisfying. She also works with the Diva Foundation, an organization that focuses on HIV/AIDS awareness and testing. She does it to memorialize her friends and because, she says, a "real Diva counts... her blessings."

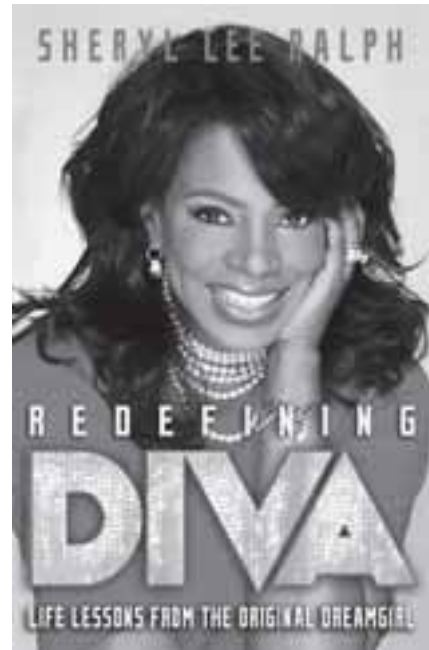
I wasn't sure what to expect when *Redefining Diva* crossed my desk. Is it a memoir? Or is it meant to inspire?

The answer to that is, delightfully, both.

Author Sheryl Lee Ralph weaves a lot of advice into this biography, giving readers plenty of takeaways while she shares tales of family, fame and folly.

And that's what makes this book so enjoyable: Ralph imparts life lessons in between star-studded gossip and her own experiences, on-stage and off. Advisements are wrapped inside anecdotes, which somehow make them more memorable and definitely more fun to read.

I liked this book, and I think you will, too. Read *Redefining Diva* for the advice. Read it for the biography. Either way, this'll be a book you'll want.



## New Beginnings Non-Denominational Church Celebrates Opening of Banquet Hall

Sojourner's Truth Staff



(L. to r.): Bishop Marjorie Holt, Prophet Clinton Chambers, Pastors Eugenia and Tracy McDonald, Bishop Raymond Newton, Overseer Sherrill Newton

The New Beginnings Non-Denominational Church of Bible Truths, which began 11 years ago and moved into their home at 2443 Collingwood three years ago, reached another

milestone on Sunday, April 29, as members of the congregation celebrated the opening of the Donald Lee Weatherly Sr. Banquet Hall.

Joining the congregation in the dedication were Bishop Marjorie Holt and

the members of the Bethesda Christian Center Cathedral. Holt had the honor of introducing the afternoon's guest speaker Prophet Clinton Chambers of Connecting Covenant Citizens of Temple Hills, MD.

During the three years that New Beginnings, under the leadership of Pastors Tracy and Eugenia McDonald, has occupied the building on Collingwood, the church has completely renovated the edifice, add-

ing a library and now the banquet hall.

Also in attendance were Bishop Raymond Newton, Overseer Sherrill Newton and members of the Turning Over a New Leaf Church.

The new banquet hall which can seat about 125 diners is named for a former

deacon of the church who passed away on June 2, 2008.

Deacon Weatherly was the first member of the church when it was started in the pastors' home. He was the husband of Mother W.

Laverne Weatherly and the father of Co-Pastor Eugenia McDonald.



Mother Weatherly

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WE ARE A FULL SERVICE BUSINESS

Act Like A Lady, Think Like A Man

Movie Review

By Michael Hayes
Minister of Culture



deconstructing the platform he's working from, let's just look at the film created from Steve Harvey's best-selling book.

The plot is fairly simple. A group of men who appear to all be in their early to mid 30s happen to all be in various stages in their love lives. It's a cliché that basketball courts and bars are the only two places these guys can congregate in order to bond, however I do agree with the assertion that when guys are together we discuss women.

But this is no random circle of friends. According to Steve Harvey this group of men include the following types of males females can expect to encounter when dating:

'The Mama's Boy ('Michael' played by Terrence from 106 & Park)

'The Player ('Zeke' played by Romany Malcoy)

'The Happy Newly-Divorced Guy ('Cedric' played by Kevin Hart)

'The Dreamer ('Dominic' played by Michael Ealy)

'The Non-Committal Guy ('Jeremy' played by Jerry Ferrara)

And last but not least, The Happily Married Guy ('Bennet' played by Gary Owen).

The guys all happen to know each other, but the women they end up involved with are randomly woven into the storyline except for two.

It's not just the guys, holding true to the book... the women are type-cast as well.

As the couples start to form, the plot hits its stride as all types of male and female have to overcome barriers of behavior pursuant to their own type which prevent them from the fulfilling relationship they deserve.

I'm a fan of the romantic-comedy genre, so it's a reliable formula to create a story line where some epiphany must occur in order to secure true love's embrace. But some parts of this film are so formulaic its almost cheesy and, as I said earlier, Steve Harvey's take on relationships just seems dated and unconnected to the here and now. But since this is an adaptation, we can't blame the film... we've got to blame the book.

As for the acting, it's a gamble putting seasoned vets next to amateurs who still come off as amateurs. But when the on-screen talents of Taraji P. Henson, Gabrielle Union and Michael Ealy are involved, the remaining cast can rest assured that the heavy lifting will be done for them.

Ensemble casts can be tricky attempts at star power over substance. But we love our black stars don't we? We'll take that Chris Brown cameo and that so-so supporting role by La La if it means we get Meagan Good and Kevin Hart.

Speaking of those two, one cool element is how many of these actors have starred in other films together and bring a fresh energy to a familiar match up.

When it comes to the comedy aspect, Kevin Hart kills it. Between his character and Romany Malco's character, you will definitely have more than a few full out gut laughs while watching this one.

There's a few not-so-subtle

jabs at Tyler Perry in Think Like A Man.

Which to me, is hypocritical to the extreme. This film is just as, if not more clichéd and formula driven than the average Tyler Perry film. Also, the way Steve Harvey's book is highlighted so many times you would think he's trying to use the film as a vehicle to put it back on the best-sellers list all over again. One critic said the book ap-

pears in this film so often it should be listed in the credits as an actor.

For the most part, it's definitely worth watching.

Especially if you love seeing the exquisite beauty of black women,

because... I mean, look.

Any time you put Meagan Good, Taraji Henson, Regina Hall and Gabrielle Union in a movie together... I don't care what it's about, I'm there!

Think Like A Man isn't exactly a ground-breaking look at dating, and it sure as hell isn't a peek into the psyche of today's men.

But it is an entertaining romantic-comedy that means well, and will at least start a few discussions.

The true grade for Think Like A Man is C+

Contact:
ugemusica@gmail.com
Or facebook search:
glasscitytruth@yahoo.com



What Do Women Want?

By Michael Hayes
Minister of Culture

In the era of the independent woman who doesn't need anything from anyone, 2012 has already included telling women to think like men in addition to telling them what health options they can and can't have available to them.

To top that all off, ya boy B. McKnight recently took the cake (Hi, Rihanna) to a whole new level if you're aware of his Youtube clip that's surely viral by this point.

If we go by these examples, I guess men telling women about being women is what's hot in the streets. But then on the other hand, there's the old notion that women hold the secrets to love and it's us guys who need to do the listening.

So what do women want? Are women fine with

Steve Harvey, Brian McKnight and Republican presidential candidates assuming they know more about what women want than women themselves?

Do women want to be led or do they want to lead?

Do women want chivalry or completely and utterly fair treatment with no special distinctions?

We change the flat tires, take out the garbage, squash the spiders so they don't have to?

Or do women want the absolute equal treatment I learned about in women's studies courses in undergrad? You know, that absolute equality which means that both sexes can be expected to kill the bugs, discuss the feelings, and shop for groceries.

Is there a clear-cut answer

to what women want?

Or is attempting to group people together by similar patterns inherently flawed because exceptions will always exist to whatever pattern that emerges?

If women are too varied to fall into groups or types, doesn't the same hold true for men?

What is the real reason men who do choose to play women are never without women to play?

Do women want fairness? Or do women simply want to have their way?

Whatever it is y'all want, the sooner y'all let us know...the better.

Steve Harvey, Brian McKnight and countless Republican legislative acts have got the ball rolling. All you gotta do is speak up, ladies.

Advertisement for 'Jam Packed Magazine' on 93.1 FM. It includes details about the show's broadcast schedule (Tuesday-Saturday 6pm-10pm), online availability at www.speaker.com, and contact information for the station.

Advertisement for 'GAMESAVVYONLINE.COM'. It features a group of people and promotes watching games 'LATE NIGHT' every Saturday night. It includes a phone number and website for more information.

'Notice to Bidders' for the University of Toledo. It details the process for bidding on restrooms, including the project number (FY12-123), location (McComas Village Restrooms), and contact information for Jerry Voll at Duket Architects.

# CLASSIFIEDS

May 02, 2012

Page 13



## The Toledo Refining Company, LLC is currently hiring First Class Maintenance Instrument Mechanics.

### Overview

The Toledo Refining Company is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. Our company is committed to a foundation of safe and environmentally compliant operations so all employees must follow all procedures and safe work practices. Starting pay is \$32.89 per hour. After completion of a six month probationary period, the rate of pay is \$34.92.

### Scope of Work

Completion of assignments relative to the maintenance or installation of equipment within the Refinery utilizing First Class prime skills. Work to be performed is inside shop as well as outside in all weather conditions. Perform tasks in other incidental craft areas as assigned. Candidate will be held accountable for the quality and quantity of work; participate in training programs as assigned; and understand and comply with Toledo Refining work rules, the Code of Conduct and Company Policies and Procedures.

### Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; hold a High school diploma or equivalent; and hold a current driver's license.

Completion of a state approved Instrument Mechanic apprenticeship program or a 2 year Technical Degree in Process Control with no less than 4 years work experience. Equivalent work is no less than 8 years as an Instrument Mechanic. Successful candidates must possess First Class Instrument Mechanic work experience and First Class Instrument Mechanic skills. Ability to demonstrate First Class performance is required. Ability to read blueprints as it pertains to instrumentation. Ability to work from written and oral directions to perform assigned tasks. Ability to coordinate work, function as a member of a team to get work done; perform tasks in any craft as incidental work; and participate in training programs to maintain and/or upgrade skills. Must have working knowledge of equipment and tools required to expedite the efficient installation and repair of refinery equipment. Candidate must have the physical ability to lift a minimum of 50 lbs.

### Unusual Working Conditions

Must be able to perform physically-active assignments including work on high structures and within confined spaces. Mandatory overtime is required as well as occasional shift work required.

### Conditions of Employment

Written tests and assessments; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; and pass a post offer pre-employment physical, background check and drug screening.

In order to be considered for this position, applicants must submit their resume per the following process on or before 11:59 PM on Sunday, May 6, 2012. All contact information must be accurate and up to date. Selected candidates will be notified and assigned a testing date and time by phone and letter.

All interested candidates may apply by going to [www.pbfenergy.com](http://www.pbfenergy.com) and selecting the Career tab. Once on the career page, candidates can view our current job opportunities and apply to desired position.

EOE/MF/DV



## The Toledo Refining Company, LLC is currently hiring First Class Maintenance Welders.

### Overview

The Toledo Refining Company is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. Our company is committed to a foundation of safe and environmentally compliant operations so all employees must follow all procedures and safe work practices. Starting pay is \$32.89 per hour. After completion of a six month probationary period, the rate of pay is \$34.92.

### Scope of Work

Completion of assignments relative to the maintenance or installation of equipment within the Refinery utilizing First Class prime skills. Work to be performed is inside shop as well as outside in all weather conditions. Perform tasks in other incidental craft areas as assigned. Candidate will be held accountable for the quality and quantity of work; participate in training programs as assigned; and understand and comply with Toledo Refining work rules, the Code of Conduct and Company Policies and Procedures.

### Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; hold a High school diploma or equivalent; and hold a current driver's license.

Completion of a state approved Welder apprenticeship program with no less than 4 years work experience. Equivalent work is no less than 8 years as a Welder. Successful candidates must possess First Class Pipe Welder work experience and First Class Pipe Welder skills. Ability to demonstrate First Class performance is required. Ability to read blueprints as it pertains to welding. Ability to work from written and oral directions to perform assigned tasks. Ability to coordinate work, function as a member of a team to get work done; perform tasks in any craft as incidental work; and participate in training programs to maintain and/or upgrade skills. Must have working knowledge of equipment and tools required to expedite the efficient installation and repair of refinery equipment. Candidate must be certified in SMAW and GTAW. Candidate must have the physical ability to lift a minimum of 50 lbs. In addition, pipefitting experience is preferred.

### Unusual Working Conditions

Must be able to perform physically-active assignments including work on high structures and within confined spaces. Mandatory overtime is required as well as occasional shift work required.

### Conditions of Employment

Written tests and assessments; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; and pass a post offer pre-employment physical, background check and drug screening.

In order to be considered for this position, applicants must submit their resume per the following process on or before 11:59 PM on Sunday, May 6, 2012. All contact information must be accurate and up to date. Selected candidates will be notified and assigned a testing date and time by phone and letter.

All interested candidates may apply by going to [www.pbfenergy.com](http://www.pbfenergy.com) and selecting the Career tab. Once on the career page, candidates can view our current job opportunities and apply to desired position.

EOE/MF/DV

## AOD THERAPIST

Unison Behavioral Health Group, Inc. is seeking an experienced AOD Therapist to provide individual, family and group counseling and case management services.

Candidate must possess a Bachelor's degree, Master's Degree preferred and have a minimum of two years experience working with adults with mental health and chemical dependency issues. Dual mental health (LSW, LISW, PC, PCC) and chemical dependency licensure (CDCA, LCDC II, LCDC III or LICDC) required.

Send resume with salary requirements or apply to:  
Human Resources - AOD  
Unison Behavioral Health Group, Inc.  
1425 Starr Ave.  
Toledo, OH 43605  
Fax: 419-936-7574  
Email: [hr@unisonbhg.org](mailto:hr@unisonbhg.org)  
**EOE**

## POLICE OFFICER

The Village of Ottawa Hills is accepting applications for the position of part-time Police Officer.

### Required training and experience:

Must have a minimum of a two year college degree or equivalent, from an accredited college or university. Must be commissioned as a Peace Officer according to the rules of the Ohio Peace Officer Training Council. Must be available for weekends and holidays. Written, physical, and psychological tests are required, as well as an extensive background check.

### Starting wage: \$18.25 /hr part-time.

Applications are available at the Village Offices, 2125 Richards Rd., or online from the Village web site: [www.ottawahills.org/police](http://www.ottawahills.org/police)

To apply, submit an application **and** signed Background Removal Standards form to:

Police Officer Position  
Ottawa Hills Police Department  
2125 Richards Road  
Ottawa Hills, OH 43606

All applications are due by 05/18/2012.

The Village of Ottawa Hills is an equal opportunity employer.

# CLASSIFIEDS

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May 02, 2012



## The Toledo Refining Company, LLC is currently hiring First Class Maintenance Boilermakers.

### Overview

The Toledo Refining Company is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. Our company is committed to a foundation of safe and environmentally compliant operations so all employees must follow all procedures and safe work practices. Starting pay is \$32.89 per hour. After completion of a six month probationary period, the rate of pay is \$34.92.

### Scope of Work

Completion of assignments relative to the maintenance or installation of equipment within the Refinery utilizing First Class prime skills. Work to be performed is inside shop as well as outside in all weather conditions. Perform tasks in other incidental craft areas as assigned. Candidate will be held accountable for the quality and quantity of work; participate in training programs as assigned; and understand and comply with Toledo Refining work rules, the Code of Conduct and Company Policies and Procedures.

### Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; hold a High school diploma or equivalent; and hold a current driver's license.

Completion of a state approved Boilermaker apprenticeship program with no less than 4 years work experience. Equivalent work is no less than 8 years as a Boilermaker. Successful candidates must possess First Class Boilermaker work experience and First Class Boilermaker skills. Ability to demonstrate First Class performance is required. Ability to read blueprints as it pertains to boiler making. Ability to work from written and oral directions to perform assigned tasks. Ability to coordinate work, function as a member of a team to get work done; perform tasks in any craft as incidental work; and participate in training programs to maintain and/or upgrade skills. Must have working knowledge of equipment and tools required to expedite the efficient installation and repair of refinery equipment including but not limited to the utilization of cutting equipment. Candidate must have the physical ability to lift a minimum of 50 lbs.

### Unusual Working Conditions

Must be able to perform physically-active assignments including work on high structures and within confined spaces. Mandatory overtime is required as well as occasional shift work required.

### Conditions of Employment

Written tests and assessments; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; and pass a post offer pre-employment physical, background check and drug screening.

In order to be considered for this position, applicants must submit their resume per the following process on or before 11:59 PM on Sunday, May 6, 2012. All contact information must be accurate and up to date. Selected candidates will be notified and assigned a testing date and time by phone and letter.

All interested candidates may apply by going to [www.pbfenergy.com](http://www.pbfenergy.com) and selecting the Career tab. Once on the career page, candidates can view our current job opportunities and apply to desired position.

EOE/M/F/D/V



## The Toledo Refining Company, LLC is currently hiring First Class Maintenance Electricians.

### Overview

The Toledo Refining Company is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. Our company is committed to a foundation of safe and environmentally compliant operations so all employees must follow all procedures and safe work practices. Starting pay is \$32.89 per hour. After completion of a six month probationary period, the rate of pay is \$34.92.

### Scope of Work

Completion of assignments relative to the maintenance or installation of equipment within the Refinery utilizing First Class prime skills. Work to be performed is inside shop as well as outside in all weather conditions. Perform tasks in other incidental craft areas as assigned. Candidate will be held accountable for the quality and quantity of work; participate in training programs as assigned; and understand and comply with Toledo Refining work rules, the Code of Conduct and Company Policies and Procedures.

### Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; hold a High school diploma or equivalent; and hold a current driver's license.

Completion of a state approved Electrician apprenticeship program with no less than 4 years work experience. Equivalent work is no less than 8 years as an Electrician. Successful candidates must possess First Class Electrician work experience and First Class Electrician skills. Ability to demonstrate First Class performance is required. Ability to read blueprints as it pertains to electrical work. Ability to work from written and oral directions to perform assigned tasks. Ability to coordinate work, function as a member of a team to get work done; perform tasks in any craft as incidental work; and participate in training programs to maintain and/or upgrade skills. Must have working knowledge of equipment and tools required to expedite the efficient installation and repair of refinery equipment including but not limited to high voltage electrical switchgear. Candidate must have the physical ability to lift a minimum of 50 lbs.

### Unusual Working Conditions

Must be able to perform physically-active assignments including work on high structures and within confined spaces. Mandatory overtime is required as well as occasional shift work required.

### Conditions of Employment

Written tests and assessments; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; and pass a post offer pre-employment physical, background check and drug screening.

In order to be considered for this position, applicants must submit their resume per the following process on or before 11:59 PM on Sunday, May 6, 2012. All contact information must be accurate and up to date. Selected candidates will be notified and assigned a testing date and time by phone and letter.

### 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.

### Finish Drywall and Painting

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

### INTERNSHIP OPPORTUNITY

The Toledo-Lucas County Port Authority invites college students to apply for an eight – ten (8-10) week internship in the field(s) of Finance and/or Information Technology beginning approximately June 1, 2012. Those interested may submit their resume to Human Resources,

One Maritime Plaza, Toledo, Ohio 43604 or [csobczak@toledoportauthority.org](mailto:csobczak@toledoportauthority.org) no later than May 11, 2012.

### POLICE DISPATCHER

The Village of Ottawa Hills is accepting applications for the position of part-time Police Dispatcher. Required training and experience:  
High school graduate or G.E.D. equivalency. Must be available for weekends and holidays. Must be able to perform multiple tasks at once. Prior computer experience with ability to type 35 wpm and the ability to remain calm under pressure are a must. Written, physical, and psychological tests are required, as well as an extensive background check.

Starting wage: \$13.00 /hr part-time.

Applications are available at the Village Offices, 2125 Richards Rd., or online from the Village web site: [www.ottawahills.org/police](http://www.ottawahills.org/police)

To apply, submit an application **and** signed Background Removal Standards form to:

Dispatcher Position  
Ottawa Hills Police Department  
2125 Richards Road  
Ottawa Hills, OH 43606

All applications are due by 05/18/2012.

The Village of Ottawa Hills is an equal opportunity employer.

# CLASSIFIEDS

May 02, 2012

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## COMMISSIONER-ECONOMIC DEVELOPMENT

The City of Toledo is currently accepting resumes for the position of Commissioner of Administrative Services in the Economic Development Department. The Commissioner will report to the Department Director / Deputy Mayor – External Relations and will be responsible for planning, organizing, coordinating, directing, administering and evaluating the personnel, operations, and programmatic and fiscal activities of the Department of Economic Development. The Commissioner will also be responsible for keeping abreast of current regional, national and international economic development opportunities, threats to the city's tax base and the community's overall needs and make recommendations to the Director, Mayor and City Council regarding same. Minimum qualifications are a Bachelor's Degree from an accredited college or university in Economics, Economic Development or Business Administration with major emphasis in Finance, Accounting, Management, Marketing or International Business or a closely related area, and five (5) years of responsible experience in economic development activities. Two (2) years of supervisory experience in economic development activities desirable. Considerable skill in presenting ideas clearly and persuasively, orally and in writing; considerable ability to exercise sound judgment in evaluating situations and making decisions; and considerable ability in establishing and maintaining effective working relationships with others; considerable knowledge of and ability to effectively utilize national, state and local economic development incentive programs. Current annual salary range is \$52,000 to \$77,500. Excellent fringe benefits. Interested individuals should submit a detailed cover letter and your resume to Thomas Crothers, Deputy Mayor – External Relations, Mayor's Office, City of Toledo, One Government Center, Suite 2200, Toledo, OH 43604.

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

## NORTHGATE APARTMENTS 610 STICKNEY AVENUE

Now Accepting Applications for 1 and 2 Bedroom Apartments

Mature Adult Community for Persons 55 and Older. Rent Based on Income. Heat, Appliances, Drapes, Carpeting Included. Call (419) 729-7118 for details.

EQUAL HOUSING OPPORTUNITY/EQUAL OPPORTUNITY EMPLOYER



**David A. Baker**  
Attorney at Law

### General Practice

including  
Criminal (Misdemeanor and Felony)  
Traffic, DUI, Juvenile and Civil  
Litigation

338 North Erie St. Office: 419.241.4100  
Suite 100 Cell: 419.508.4004  
Toledo, Ohio 43604 Fax: 419.244.6335  
Email: davidbaker@dablawyer.com



## The Toledo Refining Company, LLC is currently hiring First Class Maintenance Machinist.

### Overview

The Toledo Refining Company is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. Our company is committed to a foundation of safe and environmentally compliant operations so all employees must follow all procedures and safe work practices. Starting pay is \$32.89 per hour. After completion of a six month probationary period, the rate of pay is \$34.92.

### Scope of Work

Completion of assignments relative to the maintenance or installation of equipment within the Refinery utilizing First Class prime skills. Work to be performed is inside shop as well as outside in all weather conditions. Perform tasks in other incidental craft areas as assigned. Candidate will be held accountable for the quality and quantity of work; participate in training programs as assigned; and understand and comply with Toledo Refining work rules, the Code of Conduct and Company Policies and Procedures.

### Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; hold a High school diploma or equivalent; and hold a current driver's license.

Completion of a state approved Machinist apprenticeship program with no less than 4 years work experience. Equivalent work is no less than 8 years as a Machinist. Successful candidates must possess First Class Machinist work experience and First Class Machinist skills. Ability to demonstrate First Class performance is required. Ability to read blueprints as it pertains to machining. Ability to work from written and oral directions to perform assigned tasks. Ability to coordinate work, function as a member of a team to get work done; perform tasks in any craft as incidental work; and participate in training programs to maintain and/or upgrade skills. Must have working knowledge of equipment and tools required to expedite the efficient installation and repair of refinery equipment. Candidate must have the physical ability to lift a minimum of 50 lbs.

### Unusual Working Conditions

Must be able to perform physically-active assignments including work on high structures and within confined spaces. Mandatory overtime is required as well as occasional shift work required.

### Conditions of Employment

Written tests and assessments; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; and pass a post offer pre-employment physical, background check and drug screening.

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All interested candidates may apply by going to [www.pbfenergy.com](http://www.pbfenergy.com) and selecting the Career tab. Once on the career page, candidates can view our current job opportunities and apply to desired position.

EOE/M/F/D/V

## Legal Notice

Electronic proposals will be received by Lucas County Job & Family Services (LCDJFS) on behalf of **Lucas County Workforce Development Agency (LCWDA)** until **4:00 p.m., May 9, 2012** for the selection of a single vendor to provide **Staffing and Payroll-related Services for the 2012 Summer Youth Employment Program**. Submitted proposals must be completed according to the specifications and provisions outlined in the Request for Letterhead Bids. The contract period will be from **June 1, 2012 through August 31, 2012**.

No bids will be accepted after the **May 9, 2012 4:00 P.M.** (local time) deadline. All bids must be submitted electronically to Michelle Niedermier at [niedem@odjfs.state.oh.us](mailto:niedem@odjfs.state.oh.us). Bids submitted by any other method will be rejected. No confirmations of receipt of bids will be provided.

The Request for Letterhead Bids will be available on **Friday, April 27, 2012**.

It will be available for potential bidders to download by going to the site: <http://www.co.lucas.oh.us/bids.aspx>.

An Electronic Question & Answer (Q&A) process will be from April 27, 2012 at 8:00 a.m. to May 2, 2012 at 4:00 p.m. **PARTICIPATION IS OPTIONAL, BUT IS HIGHLY ENCOURAGED**. Questions for the Q&A must be submitted in writing and received via email, by Michelle Niedermier at [niedem@odjfs.state.oh.us](mailto:niedem@odjfs.state.oh.us) by May 2, 2012 at 4:00 p.m.; the posting of the Q&A will be on May 4, 2012. <https://apps.co.lucas.oh.us/bids> If any changes are made to the RFQ as a result of the Q&A, an addendum to the RFQ will be posted on the website address (noted above).

This notice is posted, as of **April 27, 2012**, at <http://www.co.lucas.oh.us/bids.aspx>

The right is reserved to reject any and all bids.

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

Bid #48-2012-RLB/WDA-01

## Alpha Kappa Alpha Sorority, Inc Zeta Alpha Omega Chapter Scholarship Tea

Special to The Truth



On Sunday, April 29, 2012, Alpha Kappa Alpha Sorority, Incorporated, Zeta Alpha Omega Chapter held its annual Scholarship Tea, to recognize the scholastic efforts of graduating high school seniors applying for the organization's scholarship.

The sorority was founded on the campus of Howard University in

Washington, DC on January 15, 1908. Alpha Kappa Alpha Sorority is the oldest Greek-letter organization established by African American college-trained women.

The local chapters of Alpha Kappa Alpha Sorority, Inc. have provided community service programs and offered scholarships within the Toledo area

since 1928 on the undergraduate level and since 1952 on the graduate level. It is due the commitment of its dedicated and hard-working members that numerous fund-raiser events such as the *Secrets & Betrayal* play – SeaGate Convention Center May 11, 2012 and Fall Into Fabulous Dance @ Brandywine Country Club, September 29, 2012 have allowed for

over \$200,000 in scholarships and financial contributions have been made to impact the community at large.

Deborah N. Washington, Ph.D., 30<sup>th</sup> president of the graduate chapter proudly states that "Zeta Alpha Omega is a chapter of professional women who work together to comply with our national initiatives, and meeting the needs of our community by

providing service and scholarships."

Felicia R. Dunston, an educator, stated that "I am committed to education and am honored to serve as Scholarship Chairman and aid students onto their next academic goal of attending college." Dunston noted that over 30 scholarship application submissions were received and approximately half were invited for academic recognition and scholarship interviews. A total of \$7,100 in scholarships will be awarded to deserving graduates and wishes them well as they pursue this next academic goal.

Lisa E. Dubose, scholarship co-chairman and 28<sup>th</sup> president of the chapter, stated: "Community support of our fund-raisers permits us to provide scholarships. A 2008 AKA scholarship recipient Ashley Strickland will graduate magna cum laude from BGSU May 5, 2012 and

came back to inspire this year's candidates. We are extremely proud of these students who intentionally focus on academic success."

Dubose serves as chairman of the 2<sup>nd</sup> Annual Fall Into Fabulous Dinner fundraiser event where the chapter will have two musical genres, one area with a live blues band and another area with a DJ for R&B and ballroom dancing.

Students recognized during the Scholarship Tea include: Zachary Fletcher; Jacqueline Ford; Kai Franklin; Kayella Henderson; Trayvon Mathis; Aleisha Miller; Sydney Petty; Deon Parker; Ashley Parks; Tyler Smith; Sierra Spruce and Kamoria Wilson.

For more information about Alpha Kappa Alpha Sorority, Inc., please go to [www.aka1908.com](http://www.aka1908.com) and/or for details on fundraiser events [www.zetaalphaomega.com](http://www.zetaalphaomega.com).

**Church's Chicken** BIG TASTE LOW PRICES

**2PC \$4.49** sm. mashed potatoes & biscuit  
mixed meal

**10PC \$14.99** 2 lg. sides & 4 biscuits  
legs & thighs meat

ADD HALF GALLON TEA \$1.50

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

**FOCUS** The stop may be at the doctor's office on Central, but the destination is a long, healthy life.

**TARDIS**

MAUMEE • OTTAWA HILLS • FERRYSBURG • SULLYSPRING • SPENCER TOWNSHIP  
WILSON • SULLYSPRING • TOLEDO • MAUMEE