



Volume 22, No. 23 *"And Ye Shall Know The Truth..."* October 03, 2012

President Obama Returns to Northwest Ohio



Photo Courtesy of Monique Ward

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"The country doesn't succeed when only the rich get richer. We succeed when the middle class gets bigger, when more people have a chance to get ahead, when more people have a chance to live up to their God-given potential."

Privilege's Dismissive Disengagement

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



I am an invisible man.... I am invisible, understand, simply because people refuse to see me....When they approach me they see only my surroundings, themselves, or figments of their imagination--indeed, everything and anything except me. - Ralph Ellison, The Invisible Man

Given today's advanced technology, one must be extremely careful and selective in choosing what and how to communicate, even in private company. That pointed truth punctured our political complacency recently as a secret video revealing the callous remarks of presidential candidate Mitt Romney during a private reception with wealthy donors surfaced in the me-

dia.

My mind could not help but wander back to the days where house slaves, seen and simultaneously unseen, overheard as well as eavesdropped on the conversations of their masters and mistresses who arrogantly plotted the slaves' own destiny. Yet, long before modern social media, these "disrespected" slaves were the major contributors of knowledge to the "community grapevine" which ultimately changed their depressing reality.

The video highlights the disconnect between privilege and ordinary people. That Romney could make these disparaging remarks oblivious to the presence of the working poor, middle class and who serve the needs of the privileged is very telling but not surprising.

My colleague, Reverend Gerald Britt, has also provided illuminating insights on the Romney incident and agreed to share them with The Truth readers:

"I was trying to sort out how horrible I think Mitt Romney's secretly taped fund raising speech is. The

problem I have is that it is terrible on so many levels.

"Polls show he has completely lost the black vote (94-0); losing the Hispanic vote and the women's vote, he is left to try and depend on a narrow base of white voters to propel him to the White House.

"I'm not sure it will work, but stranger things have happened - hardly any that I can think of now, but I'm sure there are...

"No, the video in which he disparages 47 percent of the country as dependent, self-defined victims who pay no taxes includes an almost imperceptible, and I think horribly shameful, moment.

"Watch that video and you will see someone crossing in front of the cellphone camera. I thought it was the person with the camera moving around. Then, when the figure crosses the camera again, it's clear that it was a member of the wait staff. The immediate reaction was this is what Romney said in front of rich donors, but that's not entirely true. The wait staff was serving while making these remarks.

"I think that is simply callous.

"They would fall in that 47 percent he was talking about. Hard working people, whose job - even if it not their only one - would be the Americans that the GOP candidate denigrated as those who aren't taking responsibility for their own lives' and/or 'not paying taxes'. If they were students, they might be on Pell grants - 'dependent' upon government assistance. Whatever the case, they are the ones that Romney was saying he wouldn't be trying to appeal

to.

"They're invisible. Romney didn't see him. The people in the room didn't see them. Heck, I didn't even see them until they backed off from the camera. Until then they were an obstruction. For those in the room they were an abstraction.

"When you don't see the people who serve us and make us comfortable, and help our evenings be more enjoyable, that says quite a bit about us. These were the employees of the country club who set up the room, who served the meals and

drinks, picked up the dirty dishes and cleaned up the room.

"Some working those jobs need government assistance of some sort: free and reduced lunch for their children; CHIP and/or Medicaid; they may have had to go to the emergency room instead of a private doctor because those jobs usually don't pay health benefits.

"Some may be on food stamps if they are only called to work jobs like this when there's a large enough event or if someone calls in

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Community Calendar

October 2-3

St. Paul's Episcopal Church Rummage Sale: 9 am to 7 pm on the 2nd; 9 am to 1 pm on the 3rd; Many departments, 3 floors, 2 tents

October 5-6

Helping Hand of St. Louis: Bring Your Own Bag - Winter Clothing Give Away; Gently used items; Fri - 10 am to 2 pm; Sat - 10 am to noon; St. Louis Church: 419-691-0613

October 7

St. Mark's Baptist 57th Annual Women's Day: "Christian Women Marching for Christ;" 11 am speaker Sis Barbara Campbell; 4 pm speaker Sis Barbara Chapman: 419-266-1291

Erase the Hate Youth Council: 3 to 5 pm; Toledo Area Ministries Bldg

October 14

Union Grove MBC: Men's Day Services; "Christian Men and Women Joining Together to Fight Against the Wiles of the Devil;" 11 am; Women's Day Service; "Christian Women Are You Making a Spiritual Investment;" 419-531-1994

Calvary MBC 83rd Anniversary: Pre-anniversary service; 4 pm; Min John Hicklin - guest speaker

October 16

Unison Behavioral Kickoff to Red Ribbon Week: "Booze, Bongs and Bullies: preventing, assessing and treating youth who face substance abuse, mental health and bullying issues;" Workshop at Holy Trinity Greek Orthodox; 8 am to 4 pm; 6.0 CEU's for Ohio counselors and social workers: 419-936-7576

ESOP Annual Gala: Ramada Secor; 6 pm

October 21

Calvary MBC 83rd Anniversary: Pre-anniversary service; 4 pm; Rev. Cordell Jenkins - guest speaker

October 28

Calvary MBC 83rd Anniversary: Service at 4 pm; Bishop Randall Parker

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The Ohio Legislative Black Caucus Endorses Senator Sherrod Brown's Reelection

COLUMBUS, Ohio – The Ohio Legislative Black Caucus (OLBC), which is made up of African American members of Ohio's General Assembly, announced its endorsement of Senator Sherrod Brown's reelection today.

"There is no greater friend to Ohio's African American community and the middle class than Senator Sherrod Brown," said Rep. Sandra Williams, President of the Ohio Legislative Black Caucus. "From leading the charge to rescue Ohio's auto industry, expanding access to affordable health care and battling against efforts to limit voting rights, Sherrod has always fought for issues that matter to our community. For being a tireless advocate for Ohio's African Americans, the Ohio Legislative Black Caucus is proud to support Senator Sherrod Brown for reelection."

Sen. Brown praised the OLBC for its mission and promised to continue fighting for their shared goals in the U.S. Senate.

"I could not be prouder to have the endorsement of the Ohio Legislative Black Caucus," said Sen. Brown. "I had the privilege of serving with OLBC founder C.J. McLin in the Ohio House of Representatives, and we both shared a vision of good-paying jobs, equal educational opportunities and quality health care for all Ohioans. My commitment to progress has only grown stronger since then, and I pledge to remain a strong voice for Ohio's African American community in Washington."

The OLBC also endorsed Sen. Brown's 2006 campaign.

Privilege's

(Continued from Page 2)

sick. Perhaps they take advantage of the EITC (Earned Income Tax Credit). They may live in a subsidized apartment. Some are teachers working second jobs. And, no, they don't pay income taxes.

"My point is, this 47 percent, stereotyped and comfortably objectified, are easy to talk about so disdainfully because they are invisible. We look through them to see the politician, the celebrity, our children or simply because we are preoccupied by our own lives.

"And when we talk about 'the poor', it's easy to imagine that the reason why they work as wait staff in hotels, or country clubs, or McDonalds, or the grocery store, is because they

can't or won't do any better for themselves. Or, at best, we often believe that they are working there until they become 'successful'.

"But these members of the 47 percent are our fellow citizens. They are not 'problems' or drains on our society. Yet because we are becoming (if we haven't already become) a country of individualists who are now willing to shred what's left of our social compact, these are the jobs that are not worthy of respect.

"And the people who take those jobs are not worthy of respect or notice. They are the 47 percent who don't work as hard as the rest of us. If we make the type of money that enables us to avoid paying all of the taxes we owe, we are 'successful'; if they don't make

enough money to pay all the taxes we think they ought to pay, they are 'moochers'.

"But the 47 percent are citizens. And if we don't allow barriers to be placed in their pathway to the ballot box, they'll vote for the candidates who actually see them..."

Rev. Gerald Britt, Jr. is vice president of Public Policy for CitySquare, a faith-based social service, social justice non-profit to working alleviate poverty and inequality and writes a monthly column for the Dallas Morning News.

Contact Rev. Donald Perryman, D.Min., at dcperryman@citysquare.org

Guest Editorial by June Bond

An Open letter to the Republican Super Pacs; Restore Our Future; American Crossroads; Crossroads Grassroots; Crossroads; U.S. Chamber of Commerce; New Majority Agenda; Americans for Prosperity; The Republican National Committee and any others.

WE THE PEOPLE, the 47% understand fully what you are doing with your misguided funds; The Republican Party today is using money to change the course and future of this country but it's only to favor the wealthy.

Years ago, when I was a teen, my Father told me "when the Republicans are in power, the rich get richer, and the poor get poorer;" Wow, over 60 years later, nothing has changed.

Everything President Obama attempted to legislate; helping the middle class; he has been consistently blocked by the obstructionists in Congress who did not want him to succeed. Now, those same people are yelling relative to what he has not done.

The same group has been attacking Senator Sherrod Brown one of the finest Senators in Washington; who has been there for the middle class even personally working with a family investigating "cancer clusters" in their community.

WE THE PEOPLE, the 47% who represent the middleclass; the hardworking men and women; the poor; the senior citizens, the veterans those with disabilities, and those in need, suggest your money could be better spent creating jobs; helping someone who needs a kidney, heart or liver transplant but does not have the funds; finance education (any level); build homes for the homeless; feed the hungry instead of continuing your quest for power through greed beyond comprehension.

WE THE PEOPLE, the 47% realize your scheme to disenfranchise voters with activity equal to the poll tax, will register and vote in mass numbers like you have never seen before; voting is a right and privilege, and we cannot let your money and power change that; also in the great State of Ohio, convicted felons can have their voting rights restored, maybe not in all states, but in the State of Ohio, once you have served your time and want to rehabilitate, you can in fact register and vote once again.

WE THE PEOPLE, the 47% now know what the Republican philosophy means to us.

Jane Bond
419-725-1134
419-578-8163

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.

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Our next sessions of free information and training classes are **Tuesdays & Thursdays, 6-9 p.m., Sept. 4-Oct. 11 and Saturdays, 9 a.m.-4 p.m., Oct. 13-Nov. 17** at LCCS offices, 705 Adams St. in downtown Toledo. To learn more, call 419-213-3336, or visit us at www.lucaskids.net.



For ways you can help, go to
www.endinghomelessness Toledo.org

Boys & Girls Clubs, United Way and YMCA Endorse TPS Levy

Special to The Truth

Last week, the Boys & Girls Clubs of Toledo, United Way of Greater Toledo and the YMCA/JCC of Greater Toledo made a joint announcement of the groups' endorsement of Issue 20 - Toledo Public Schools' (TPS) proposed levy.

During last week's news conference, officials from the three organizations cited many reasons for support, first and foremost being the future of the area kids.

"The education of our children is essential to not only their futures, but the future of our community," said Dave Wehrmeister, executive director of the Boys & Girls Clubs. "It is up to us to step in and invest in our children's success."

All three organizations also have a vested interest in the success of TPS and its Transformation Plan.

"The YMCA, Boys & Girls Clubs, and United Way all invest heavily in programs at TPS that are advancing our children," said Todd Tibbits, YMCA president & CEO. "We are very aware that the difference we're making in the lives of TPS kids and families through many of our partnerships and programs may be in jeopardy if TPS does not have the resources it needs to operate."

Several of those programs include the YMCA's summer and afterschool programs in TPS schools, the Boys & Girls Clubs' Power Hours providing hundreds of students with homework help and positive supports; or United Way's Schools as Community Hubs concept, bringing countless programs and services directly to neighborhood schools for kids, families, and residents.

"While we work hard to provide quality programs

and services to TPS students and families, this work cannot stand alone," added Jane Moore, United Way's interim president & CEO. "It takes a comprehensive approach to graduate our kids, and their education is obviously at the core. If that education is compromised, then so is our ability to collectively support the child and family."

The proposed 4.9 Mil, 10-year levy will cost the owner of a \$60,000 home \$90.04 annually or approximately \$150 annually on a \$100,000 home. TPS has not received new operating monies since 2001.

"This levy is a wise investment in the future of our children and our community," Moore concluded.

Anti-Voter Suppression Spokesperson!

Special to The Truth

Daphne O'Neal, daughter of Brunetta O'Neal, is the video spokesperson for www.Voter-ID.com, a website developed by California volunteers to help counter voter suppression in selected states across the country.

At Voter-ID.com, Ohio voters can find easy-to-understand videos on when and how to register and vote. Deadlines for early and absentee voting and state-by-state ID requirements are also included.

The site also features verification links where voters can check to see whether they are registered or not. Links to local and national organization websites that can help voters get valid ID documents, get registered, and even find transportation to polling places are also included. Each state's official voter information page link is similarly featured.

The registration and early voting laws of other states, such as Pennsylvania, Florida, North Carolina, Wisconsin, Colorado, New Hampshire, Michigan, and Virginia will also appear on the pro bono, work-in-progress site.

In some states, voter identification and early voting laws are still under review by the courts. Voter-ID.com offers links to up-to-the-minute legislative updates for these states.

Daphne O'Neal is a graduate of Ottawa Hills High School and Harvard University. A freelance writer in San Francisco, she recently appeared in the final episode of ABC-TV's *Final Witness*. This December, she plays the protective aunt of a murder suspect in the brand new Discovery TV series "Wives with Knives."

Next fall, look for Daphne as a tough immigration judge in the climactic final scene of the PBS dramatic short, *Refuge* (www.futurestates.tv). *Refuge* will also screen at major film festivals in 2013. Daphne regularly appears in TV & radio commercials.



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The President Returns to Northwest Ohio

Sojourner's Truth Staff



Making his return to this most important of all swing states and perhaps the most important corner of this state, President Barack Obama appeared at Bowling Green State University last week and enthralled a supportive audience of over 5,000 as he explained why he should be re-elected and what his administration would be doing in future years to continue the challenge of resurrecting the economy.

Here are some excerpts of his remarks:

"So there's an election going on here in Ohio, and in case you're wondering what kind of impact that's having, I was talking to my campaign manager; he was meeting with this couple who had this adorable four-year-old son named Sammy. And they were very proud that Sammy



knew what was going on, and there was a picture of me up on the wall, and the parents said, 'Who's that, Sammy?' And Sammy said, 'That's Barack Obama.' And then the parents asked, 'And what does Barack Obama do?' And Sammy thinks for a second and he says, 'He approves this message.' (Laughter and applause.) True story.

True story. "That's what I do. I approve this message. (Laughter.) And, Ohio, that's because, starting on October 2nd, which is just six days from now, you get to start voting. You get to have your say. You can register to vote all the way up until October 9, but if you're already registered you can start voting in six

days. And this is important, because you've got a big choice to make. And it's not just a choice between two parties or two candidates. It is a choice between two fundamentally different paths for America, two fundamentally different choices for our future.

"My opponent and his running mate are big believers in top-down economics. They basically think that if we just spend another \$5 trillion on tax cuts that favor the very wealthiest ... their theory is, these tax cuts for the folks at the top, then prosperity and jobs will rain down on everybody else. The deficit will magically go away, and we will live happily ever after.

"There's only one problem. We just tried this during the last decade, during the previous presidency. It didn't work. Top-down economics never works. The country doesn't succeed when only the rich get richer. We succeed when

the middle class gets bigger when more people have a chance to get ahead, more people have a chance to live up to their God-given potential.

"Look, I don't believe we can get very far with leaders who write off half the nation as a bunch of victims who never take responsibility for their own lives. And I've got to tell you, as I travel around Ohio and as I look out on this crowd, I don't see a lot of victims. I see hardworking Ohioans. That's what I see. We've got students who are trying to work their way through college. We've got single moms who are putting in overtime to raise their kids.

"That's what we believe about the economy — when you give folks a chance. I see in this audience senior citizens who have been saving for retirement their entire lives; veterans who served this country so bravely. (Applause.) Soldiers who are today defend-

ing our freedom. (Applause.)

"Look, so let's just get something straight in case anybody is confused. We don't believe that anybody is entitled to success in this country. We don't believe government should be helping people who refuse to help themselves. But we do believe in something called opportunity. We do believe that hard work should pay off. We do believe in an America where everybody gets a fair shot, and everybody is doing their fair share, and everybody is playing by the same set of rules. We do believe in an America where no matter who you are, or what you look like, or what you're your last name is, or who you love, you can make it if you try.

"That's the country I believe in. That's what I've been fighting for, for four years. And that's why I'm running for a second term as President of the United States."



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Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

Home Food Preservation and Food Safety Hotline

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

Welcome, fall! It's the time of year for produce such as apples, potatoes, greens, onions and winter squash. Many of these foods are available at the grocery store and local farmers markets for a good price. Eating produce in season is one way to stretch the grocery dollar.

For the second year in a row, the Toledo Farmers' Market is the recipient of a grant from Ball Canning Company. They have information on recent updates on canning products. www.freshpreserving.com. One thing the Ball Canning Company has promoted over the last few years is the canning "Discovery Kit" with a variety of tested recipes from salsas to chutneys that are designed to make and can three pint jars in

boiling water canner. The advantage of these recipes is to allow a sample of new canning recipes for a minimal amount of ingredients and time compared to canning large batches of pints and quarts.

When using an **updated, researched recipe and following the directions exactly**, canning foods is a safe, economical way to have local produce throughout the winter in a product that maintains many of the nutrients of fresh produce. Due to safety concerns, recipes must be followed exactly, so no substitution of ingredients or personal substitution should be used in the canning procedure.

The National Center for Home Food Preservation reminds, "Please be safe when canning foods for you and

your family! Knowledge and recommendations change over time with scientific developments. You should use up-to-date recommendations and methods and not just rely on practices of past generations."

The National Center for Home Food Preservation is a great resource to look up recipes and the specific steps for each type of food you are interested in preserving. If you are someone who prefers to make many changes and updates to recipes, you may want to consider another form of home food preservation such as freezing.

As far as safety concerns, it cannot be overstated to only use tested recipes from a reputable source. A pressure canner must be used for all low-acidic foods.

There is a risk of botulism (a rare but very serious food-borne illness) in improperly canned low-acid foods. Examples of low acid foods are vegetables, meats, fish and poultry.

The risk of botulism is why low acid foods, like vegetables need to be processed according to the recipe in a pressure canner. High acid foods like jellies, jams and pickles are at a low risk of botulism, although mold can occur if they are not canned properly. There are not any safely researched recipes that include oil in canning.

OSU Extension is here to help with updated, researched information. Here are some resources that we utilize. In the fall of 2010 OSU Extension Lucas County donated two home food preservation books to every branch of the Toledo Lucas County Public Library.

The titles of the books are, "So Easy To Preserve" and "The USDA Complete Guide to Home Canning".

If it is easier to access the information online, the "So Easy to Preserve" information is available at <http://nchfp.uga.edu/index.html> (National Center for Home Food Preservation).

Online, you can also visit The Ohio State University Extension OhioLine web site at www.ohioline.osu.edu. Click on the link Food and then click on Food Preservation. There are over 25 recipes and instructions for home preservation methods to choose from.

Even if you are not canning, freezing or drying food for later in the year, food safety in the kitchen is an important topic. You may have questions about how long food can be stored in the freezer or refrigerator for best quality.

Another very valuable resource is just a phone call or email away. The Ohio State University Food Safety Hotline provides reliable, accurate information on the safe handling of food. The Ohio State University's Food Safety Hotline is

available Monday through Friday from 9:00 a.m. until 5:00 p.m. by calling 1-800-752-2751 (toll-free in Ohio). After hours, consumers can leave a message and phone number to get a response. The Ohio State University's Food Safety Hotline is also available by e-mail: foodsafety@osu.edu.

In Lucas County, OSU Extension promotes "From Plant to Plate." From Plant to Plate covers the following topics: basic, edible gardening, food safety from the garden to the kitchen, promotion of eating more fruits and vegetables and updated, research-based information for home food preservation to enjoy the produce throughout the year!

We want people to enjoy the garden and market produce whether it's fresh and in-season or preserved safely for other times of the year. For more information visit www.lucas.osu.edu under Lucas County Local Foods Connection.

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104 Year Old Finds PASSPORT to Independence at Home with Help from Area Office on Aging

Stella Bailey has lived in the same home in Rossford for the last 90 years of her life and she wants to stay living in her home until she passes away. The Area Office on Aging's PASSPORT Program In-Home Care for Older Adults Program has helped this 104-year-old remain living as independently as possible in her own home. Stella's 96-year-old husband of 60 years helps cook meals for her, be her companion in conversation throughout the day and take care of any needs she may have through the night. While he helps his wife in these ways, he says "If it weren't for the Area Office on Aging's PASSPORT Program supplementing the care I provide, I wouldn't be able to provide her with all the help she needs and she would be in a nursing

home." To help make Stella's wish to remain in her own for the rest of her life come true, a home health aide through the PASSPORT Program comes to her home seven hours a day to help Stella with getting out of bed, bathing, getting dressed and other help around the house. While it costs Ohio taxpayers \$62,000/year through Medicaid for an older adult to be in a nursing home, the Area Office on Aging's PASSPORT Program provides similar services for one third of that cost for older adults in their own home, which is right where older adults like Stella want to be. The Area Office on Aging of Northwestern Ohio (AOoA) helps older adults and their family caregivers live long, quality, indepen-

dent lives in its 10 county service area. The Area Office on Aging provides programs and services that help younger and more active older adults remain healthy, active and vibrant for as long as possible, programs and services that help frail older adults remain as independent as possible as well as services and programs for everyone in between.

Photo:
Jay Bailey and 104 year-old Stella Bailey sit in their home with Stella's Home Health Aide, Lori Kott, through the Area Office on Aging's PASSPORT Program



Alzheimer's Association Walk to End Alzheimer's Engages and Inspires Toledo Participants Raise Critically Needed Funds for Alzheimer's Care, Support and Research

Special to The Truth

The Alzheimer's Association is inviting Toledo area residents to unite in a movement to reclaim the future for millions by participating in the Walk to End Alzheimer's. The Toledo Walk will be held on Sunday, October 7, 2012, at the Lucas County Recreation Center with registration starting at 12:30 p.m. and the Walk beginning at 2:30 p.m.

Walk to End Alzheimer's is more than a walk. It is an

(Continued on Page 12)

FACT: 1 in 4 deaths in the United States is due to heart disease.
This year, don't let that "1" be you.

Choose the region's only hospital with a cardiologist here 24/7.

To learn the warning signs of a heart attack, and to receive a free emergency aspirin keychain, complete our heart assessment survey at promedica.org/hearthealth.

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First Church's First Father Daughter Dance

By Monique Ward
Sojourner's Truth Reporter

On Saturday, September 22, 2012, the congregation of First Church of God held their inaugural Father Daughter Dance. The new event was held at the UAW Local 14 Hall in Toledo, Ohio. Fathers and daughters were

dressed in their going-to-meeting best as they danced and dined into the evening.

"My wife was sharing with me the vision that God gave her concerning fathers and daughters in this city and probably



across the nation. There is a decline in father/daughter relationships and we are just trying to get men to step back up in their families' lives, to be a part of their families' lives and to stay in their families' lives," said Don Hicks who was accompanied by his wife LaVonna Hicks.

"We're supporting family life ministries by having a great event sup-



porting fathers and daughters," mentions Pastor Charles Waldon of M.O.V.E. (Men of Vision Empower). "This is our first time that we at First Church of God

are doing this but we believe that God is going to bless it. Often times the father is missing in the home and we just want to make a statement that we are here for our daughters and our granddaughters."

It was definitely a wonderful night to remember for the enthusiastic daughters and proud fathers in attendance.

Parrish HomeCare

A family owned and operated agency with over 21 years of home health care experience.



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Click "Event Registration" Deadline to RSVP 10/11





When middle-class families and the African American community needed a fighter in their corner, Sherrod Brown stepped up.”

– State Senator Edna Brown

To increase opportunities for all Ohioans, Sherrod:

- ★ Support increasing Pell Grants and co-authored the Stop the Student Loan Interest Rate Hike Act of 2012, which would maintain the current interest rate on Stafford loans for college and trade school.
- ★ Works to repeal the Republicans' appalling bill that suppresses the vote of minorities, youth, disabled, elderly, homeless, and low-income people.
- ★ Fought to rebuild the auto industry and protect nearly 850,000 industry-related Ohio jobs including down the supply chain. The Chevy Cruze, which is assembled in Ohio, is now one of the best-selling cars in the country.
- ★ Works with President Obama to ensure diversity in federal appointments.
- ★ Fights to protect Medicare and Social Security benefits.

100%

Sherrod's efforts have earned him a 100% rating from the NAACP

**Sherrod is proud to be endorsed by:
Cincinnati Mayor Mark Mallory
Cleveland Mayor Frank Jackson
Columbus Mayor Michael B. Coleman
Ohio Legislative Black Caucus**

The Power of a Fitness Sisterhood

Health Section • Health Section • Health Section •

By Angela Steward, Fitness Motivator
The Truth Contributor



We women carry the weight of the world on our shoulders! When our responsibilities include career, taking care of the family and somehow making time for ourselves, we become bogged down with feelings of stress, anxiety and even depression.

We become so involved in taking care of others, we forget about our own needs. I feel comfortable in betting that when others suggest you take time for yourself (while the laundry is backed-up, and dirty dishes are in the sink), you answer defensively: "How, & When?" Immediately followed by: "Well if

you would help more, maybe I could find some time for myself."

I know this situation sounds familiar because I've been there. I once felt that way. I carried the heavy weight of responsibility on my shoulders—but the weight rested not only on my shoulders, it sat on my hips and thighs – 240 pounds of responsibility.

I would often say to myself (in private, of course): If and when I find time for myself, the first thing I'm going to do is call a friend and spend the afternoon getting a mani and pedi, do a little shopping, and have lunch or dinner, or both.

The thought of using my

"free" time to exercise was non-existent. At that time, exercise was one of my "least favorite things" to do. Of course sharing my free time with a friend would have been one of my "favorite things" to do – to experience something with a friend is what makes things "fun."

Well, guess what? Exercise ain't what it used to be! We could all take a cue from our children. Combining social play with exercise comes naturally to most kids – relay racing, roller skating, football, basketball, etc.

I remember as a kid getting up early in the morning, running to my friends house to play tag, to jump rope, to roll down hills or ice skate at

Ottawa Park, to go swimming at Willys Park, and sled down Jermain Park's snowy hills.

These memories are a strong part of my childhood and are "care-free" memories that I love. I'm sure most of you have stayed in touch with childhood friends because you share "care-free" memories. Those "care-free" memories play an important part in who we are today and how we live our everyday lives.

Starting today, open your memory gates and allow friendship, fun and laughter to enter in your adult life. No matter what age you are, there are ways of tapping into those childhood feelings again. You're never too old to be "happy and fulfilled"! So...tap into the Power of a Fitness Sisterhood.

When I created "Fabulously Fit", I wanted to share my passion for dance and fitness. Combining my two favorite passions brought back fun memories of friendship, laughter, of high-school cheerleading and parties where I would dance for hours non-stop.

I wanted to reclaim those "care-free" memories, and that's what "Fabulously Fit" offers - a fitness program that gives you permission to feel young and energized. My combination of cardio dance and weight-bearing exercises is designed for women of all sizes, ages and fitness levels.

For one hour, leave your troubles at home, release the stress, move your body, laugh, sweat, and shake what your Ma-Ma gave ya! Be filled with "care-free" fun-loving spirit for one hour. We work hard, we lift weights and we sweat. We also laugh and love reaping the benefits of a good work-out!

There is nothing "ordinary" or "normal" about "Fabulously Fit." I love keeping everyone excited about

like 10 year olds. Even though everyone couldn't double-dutch (including me), the laughter and fun shared by everyone was truly unforgettable.

The non-double-dutchers had just as much fun as the

FabFit back row.*

A strong fitness sisterhood will hold you accountable for your actions. Everyone experiences a time where she needs to take a break – but just know – when you open your heart to a Fabulously Fit sisterhood,



jumpers – laughter was everywhere! It was hilarious and inspiring to see women over 30 plus years run into the ropes, and jump and laugh together.

Let's not forget how hard the twirlers had to work to get the ropes over the jumper's heads. Something as simple as double-dutch took us all back to our "carefree" childhood days. It was absolutely Fab-You-Lous and one of my favorite Fabfit memories.

That is why I encourage you to find a group fitness class – like Fabulously Fit. A group fitness class allows you to meet new people; the classes usually have a consistent schedule, and the same group of women often attend those classes.

I often announce in my classes - if you don't know the name of the person to your left or right, chances are they don't know your name either – so how can you make a new friend if you don't speak to each other – reach out and attempt to connect with oth-

your sisters already know what you're going through, and have already put a plan of support in place to help you get to where you need to be.

Our sisterhood has visited each other's homes. We know each other's families, we know each other's likes and dislikes, strengths and weaknesses. We not only exercise together, we celebrate together, we pray together, we praise together and we mourn together.

We are connected through exercise, and we reach out to others to encourage them to live a healthier, happy, care-free lifestyle.

I encourage women of all ages, cultures, sizes, and fitness levels to: Leave the dishes in the sink; the laundry can wait. Get off the couch! Leave the comfort of your four walls! Make new friends! Reclaim your "care free" spirit! Reach out to a group of women who have fun working out and have similar lifestyle goals and needs. We all have one goal in common – to be strong healthy and fit women who strive to live a spiritually happy and healthy stress-free life – so **TAP INTO THE POWER OF A FITNESS SISTERHOOD!**

Yours In Fitness!
Angela R. Steward

Creator of
Fabulously Fit™
Fitness Coach & Motivator
Certified Weight
Loss Consultant
Co-Owner of
Studio Fitness



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coming to class, so I occasionally pull fitness surprises. One day I took several sets of double-dutch ropes to class. We (I should say "they") double-dutched after class.

Even though all were tired after their workout, the looks on their faces when I brought out those jump ropes was PRICELESS—we all giggled

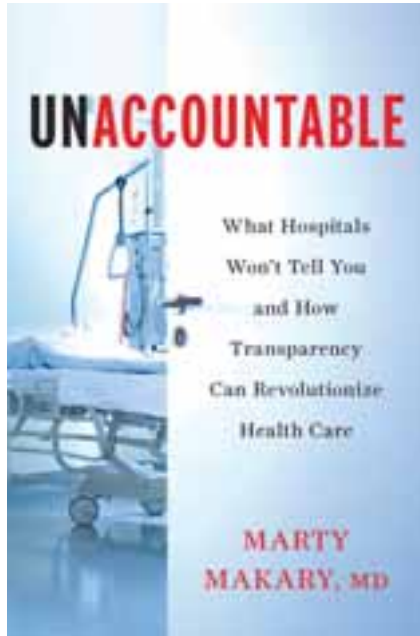
ers. A very good friend often tells me—the bigger the circle, the bigger the view –and I've found this to be so true. When you reach out to others in class, chances are that person to your left or right – looks forward to you showing up and will even reserve your spot in class until you arrive....*hint hint ,

Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

Unaccountable: What Hospitals Won't Tell You and How Transparency Can Revolutionize Health Care by Marty Makary, MD

c.2012, Bloomsbury Press \$26.00 / \$27.50 Canada 246 pages

By Terri Schlichenmeyer
The Truth Contributor



Transparency, he says, worked in New York's heart centers. It could work everywhere.

In the meantime, there are things you can do to help yourself when you need medical care.

Be aware of clever marketing and don't let a flashy website keep you from asking questions. Use your right to a second (or third) opinion, even if you have to pay for it yourself. Know what kind of doctor you need and pick one who's done a lot of the kind of care you require. And finally, before you settle on a surgeon, ask other healthcare workers who they'd choose for their healthcare.

That, says Dr. Makary, "... tells you everything."

Sobering, thought-provoking, and wonderfully entertaining, *Unaccountable* is also very controversial. And,

according to author Marty Makary, it's something many of his fellow physicians thanked him for writing.

Using his own experiences and observations as examples for his ideas, Dr. Makary sharply illustrates how bad medicine can have tragic outcomes and what can be done about it. Readers will surely be shocked - and frustrated because of the code of silence that Makary describes in dismaying detail and because he offers ample reasons behind why the cost of getting you healthy will make you absolutely sick.

If healthcare is on your mind in this politically-divisive year, then *Unaccountable* will give you more food for thought. For you, this book on medical transparency is clearly something you'll want to read.

Booze, Bongs, and Bullies - Youth on the Edge

Special to The Truth

As a kick-off to Red Ribbon Week 2012 - a time when people and communities to unite and take a visible stand against substance abuse - Unison Behavioral Health Group will present, "Booze, Bongs, and Bullies: preventing, assessing, and treating youth who face substance abuse, mental health, and bullying issues." The workshop - scheduled to be held on Tuesday, October 16 at Holy Trinity's Greek Orthodox Cathedral Banquet Hall on N. Superior Street - will run from 8:00 a.m. to 4:00 p.m. and will provide 6.0 CEU's for Ohio Counselors and Social Workers and 6.0 Registered Clock Hours for Ohio Chemical Dependency Counselors (pending).

Designed to prepare professional clinicians, parents and caregivers how to successfully prevent, identify, and treat prevalent problems facing the youth of our community today, "Youth on the Edge" will feature experts in the field of substance abuse, bullying and children's mental health issues.

Professionals involved in the care of children and adolescents in our community, including: school counselors, nurses, school safety officers, probation officers, counselors, social workers, chemical dependency professionals, and psychologists are encouraged to attend. Cost of the workshop is \$79 which includes free parking and lunch.

For more information on Unison's "Youth on the Edge" workshop, please contact Stefanie Fox at 419-936-7576 or visit www.unisonbhg.org and click on the professional development link.

Red Ribbon Week 2012 will be observed October 23-31 and is sponsored by the National Family Partnership.

You're trying hard not to be scared.

You really weren't surprised when the doctor said you needed an operation. It was kind of expected but let's face it - you're nervous, even though you know you're in good hands.

But are you? How does your hospital rate for safety and employee satisfaction?

Believe it or not, the hospital doesn't want you to have that information, but in the new book *Unaccountable* by Marty Makary, MD, you'll see how transparency could make a difference in your health.

When you chose your personal physician, you probably had many reasons for settling on that one person. Maybe he came with a good recommendation from friends. She might have been a referral from another doctor. But how do you know you got the right doctor for you?

The truth is, you may never know. Hospitals, says Dr. Makary, pay good money to ensure that internal surveys on teamwork, safety, adherence to policy, mortality, infections and more never become public. What's more, doctors are loath to sound the alarm on a colleague's incompetence because doing so is career suicide. Honesty and outspokenness can get a doctor "run out of town," and though it's assumed that the State Board will handle an issue, Dr.

Makary says it's not always what happens.

What he recommends is transparency.

If hospitals allow the public to know where internal problems lie and where money is invested, that knowledge gives prospective patients the power to change the system for the better by patronizing institutions that are doing things right. Hospitals with poor performance scores will be forced to rise to the challenge and improve.

WORLD HOMELESS DAY
10/10/12

For ways you can help, go to www.endinghomelessness Toledo.org

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HOW CAN I care for him?
What if HE'S IN PAIN?
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- Anita, wife of a Hospice of Northwest Ohio patient

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Local Sororities

(Continued from Page 16)

since 2001 and reported on the education of children in Toledo. Brown supports reading programs, parents reading to children, children attending libraries, and the library's summer reading programs. In addition to this nomination Brown was inducted into the Ohio Board School Association's Media Hall of Fame by Springfield Local Schools, and the Northwest Ohio's Black Media Association.

Rev. Robert Culp, D.Min, is the pastor at First Church of God, he has also led forums and small group discussions addressing problems and challenges that face young people. Culp has organized prayer vigils, awarded the Lifetime Achievement Award, served on the board of Family House, and also founded

Sparrow's Nest and the FACTS House.

Romules L. Durant, Ed.D, currently works for Toledo Public School District as assistant superintendent for grades K-12. Durant organized a data-driven process to measure performance which resulted in "continuous improvement" ratings. Durant was honored by the African American Legacy Project in 2010, and received national recognition for Student African American Brotherhood.

Keith Jordan is director of development for JLJ Outreach and volunteers for youth related service organizations. Jordan's partnership with Toledo Public Schools mentors elementary students with behavioral or at risk behavior referrals, established a

successful summer enrichment program, and established an employment service called JOBE for young people 16-24 years of age.

José Oscar Luna is the Hispanic Outreach Coordinator for Toledo Public Schools and proactive in planning career programming, mentoring and study skills sessions for kids. Luna is a published author of children's stories, poems, and scripts. He also runs 14 academic programs that directly help kids and their non-English speaking families. "I believe I found my niche, it's really an honor to receive recognition by this organization," explained Luna.

Deborah Young Rice is the current assistant director with Bowling Green State University TRIO Program and Educational Tal-

ent Search where she continues to counseling youth. Rice's position includes coordinating college-bound students with career counseling, college admission and financial aid.

Dianne Saevig has taught mathematics at Jessup W. Scott High school for 32 years. Saevig's lesson plans can be described as interesting and engaging, encourages students to believe in themselves, tutors three times per week and volunteers each summer with STRIVE.

Carnell Smith, PhD is the school leader of Toledo Preparatory Academy, founder and executive director of Mentoring, Education, and Leadership, Inc. The program offers health fairs, girls' basketball camp, boys' football

camp, and mentoring for teens and adults.

Calvin Sweeney, Ed.D has worked as a teacher with Toledo Public Schools for 15 years, and continues to encourage elementary and middle school students about the importance of education. Sweeney has worked with City of Toledo's summer reading and after school reading programs.

Harvey Savage and The Marking Luther King Center were selected for The 2012 Community Organization honoree. The center was founded in 1969 by Rev. Savage, Sr. In addition to serving meals, counseling programs aid clients connect with service agencies, operates a store offering free clothes and household items, recreation, community pro-

grams, and tutoring for students.

The 2012 winner of the National Sorority of Phi Delta Kappa Inc., Beta Gamma Chapter's Calla Lily Educator's Award is Calvin Sweeney.

The National Sorority of Phi Delta Kappa Inc. was founded by nine women: Julia Asbury Barnes, Ella Wells Butler, Marguerita Gross, Florence Steele Hunt, PhD, Edna McConnell, Gladys Merritt Ross, PhD, and Mildred Morris Williams. The sorority was incorporated on May 23, 1923. To find out more about the sorority visit www.pdkintl.org.

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CLASSIFIEDS

October 03, 2012

Page 14

Health Home Positions

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Team Leader - Provides administrative and clinical leadership and oversight to the health home team and monitor provision of health home services. Must be licensed in Ohio as either a PCC or LISW or be an MSN-RN.

Care Manager - Accountable for overall care management and care coordination and both provide and coordinate all of the health home services. Must have a bachelors degree and be licensed in Ohio as an LISW, LSW, PCC, PC, RN.

Qualified Health Home Specialist - Assists with care coordination, referral/linkage and follow-up, consumer, family, guardian and/or significant others support and health promotion services. Must have a four or two year degree in a mental health field or licensure as an LPN.

Health Home Nurse - Coordinates and consults medical care with all providers. Community work required. Must be licensed in Ohio as a RN with both medical and behavioral health experience.

Visit our website (www.unisonbhg.org) for more details. Send resume or apply to:

Human Resources -HHP
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Fax: 419-936-7574
Email: hr@unisonbhg.org EOE



Housing Development Specialist

Successful non-profit with comprehensive and innovative neighborhood revitalization strategies seeking staff for housing programs and development. Ideal candidate will possess experience in affordable housing, project coordination, real estate finance, and have excellent communication and problem-solving skills.

Send resume to:
3106 Lagrange Street
Toledo, OH 43608
EOE

Business District Specialist

Successful non-profit with comprehensive and innovative neighborhood revitalization strategies seeking staff for business district initiatives. Ideal candidate will possess experience in economic development, marketing, commercial real estate and knowledge of small business assistance program administration. Excellent communication and computer skills required.

Send resume to:
3106 Lagrange Street
Toledo, OH 43608
EOE

MINISTER OF MUSIC AND WORSHIP

Warren AME Church, Toledo, Ohio looking for a full-time Minister of Music, who can play by ear and read music, can work with children and adults. Must have: a passion for worship, can teach vocals, and relate to all genres of music. Send Resume to natejackson@Parker.com

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www.TheTruthToledo.com

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Clinical Therapist- Genesis Partial Hospitalization Program Full-time

Unison is seeking an experienced Therapist to provide services to adults with severe and persistent mental illness in the Genesis Outpatient Partial Hospitalization Program. Duties will include completing diagnostic assessments, developing and coordinating treatment plans, and providing individual crisis management, group therapy, advocacy, and outreach.

Position is based at Unison's Woodruff site. Candidate must possess a Master's Degree, current Ohio License as LSW or PC, and have a minimum of two years experience working with adults with mental health/substance abuse/ trauma/ criminal justice issues. LISW or LPCC preferred.

Send resume with salary requirements or apply to:

Human Resources - CTPH
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Fax: 419-936-7574
Email: hr@unisonbhg.org

EOE

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AOD THERAPIST

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

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

EOE



MINISTER OF MUSIC AND WORSHIP

Warren AME Church, Toledo, Ohio looking for a full-time Minister of Music, who can play by ear and read music, can work with children and adults. Must have: a passion for worship, can teach vocals, and relate to all genres of music. Send Resume to natejackson@Parker.com

DRIVER Contingent Staff

We are seeking an experienced driver to provide transportation services on an as needed basis Monday through Friday during day and evening hours. Candidates must be able to work split shifts if needed.

Previous experience driving large passenger vans and working with individuals with mental illnesses is preferred. The individual must be at least 21 years of age, have a current Ohio Driver's License (CDL preferred) and have a driving record that would enable them to be insured under the agency policy.

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

HVAC/R TECHNICIAN

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH, is seeking experienced applicants for a HVAC/R Technician position. For complete details of the position and to apply, visit our website at www.lucasmha.org. **Only online applications received at the above website by Friday, October 5, 2012 will be accepted.** Please note on your submittal if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. This is a Section 3 covered position and HUD recipients are encouraged to apply. **NO PHONE CALLS.**

Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, sex, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin



Musical Shines Light on Relationships Between People and God's Love

Artisha Lawson
Sojourner's Truth Reporter



EXPOSED, a gospel musical drama, centers around five diverse individuals who meet at a bus stop and interact on various subjects including faith and religion. The 2012 production opened Friday, September 21 at Maumee Indoor Theater and continued through Sunday, September 23. This production was sponsored in part by Church's Chicken on Franklin and Dale-Riggs Funeral Home and presented by ETM Production.

"*EXPOSED* is about opening our eyes to temptations everyday people experience and how God's love is so real," said playwright Bonita Sparks Adams about 20 minutes before opening night's performance.

The stage was set amidst a TARTA bus sign, trash can, Church's Chicken box and a bench. Soft music welcomed the audience which transitioned into an opening duet featuring a guitarist and singers Taja Unique Mcfly and Pedi Ranson Mcfly. Immediately following, a homeless man entered to entertain the audience. The five main characters at a bus stop discuss education, careers, homelessness, alcoholism, love and focus lastly on faith.

The main characters' conversations focus around the existence of heaven and hell, and how attitudes and behaviors send you to either after-life. The angel played by Stacye Cranford escorts the main characters to visit past biblical stories rooted in Christian scriptures. The six visit the temptation in the Garden of Eden of Adam and Eve, Jesus performing miracles, the emotional crucifixion of Jesus Christ, and other moments throughout the Bible.

The messages throughout the drama are expressed through words, songs and dance. Among the range of selections and solos was a soul duet by a former cripple and former blind actors who sang praises in appreciation for the miracle. One of the scenes that received emotional responses was the road Jesus walked towards his crucifixion. Audience members cried "Oh Lord," yelled "Amen," or remained silent.

Dialogue during portions of the play touched on negative influences contributed to sin, some of them mentioned included doubt, worry, pride, lies, negative, fear, unforgiveness, domination, witchcraft, violence and homosexuality. The demon of violence character intro-



duced two demon children to represent youth on youth violence. The demon of homosexuality examined the damage this demon has caused to traditional marriage through a term called 'alternative lifestyle.'

The play welcomed audience participation during song selections, closed with prayer and invitation to become a Christian or renew your faith. Audiences of various ages filled the theater,

laughed and cried as the words of Bonita Sparks Adams was enacted on stage by a cast of local talented dancers, actors and singers, directed by Sylvia Carter and executive producer James L. Adams.

"This play touched me in so many ways. Seeing the past, present and future definitely opens your eyes. I enjoyed this play so much, it shouldn't be just a local play but international," explained audience member Kimberly Harris Williams.

The drama cast included local individuals, some played multiple roles: James L. Adams as Satan, Andrea Cranford and Jacey Gray as Young Person, Stacye Cranford as Angel, Christian Dale as Tortured Man,

Safona Harris as Good Person, Edward Lindsey as Righteous Man, Eric Parker as Jesus, Kristen Seay as Mistress, and Bishop John Williams as Blind Man. Angel or demon extras: Alex Brock, André Cranford Jr, Apostle André Cranford, Sr., Avery Brock, Cynthia Valentine, Donzella Caldwell, Harold Liggins, Jariah Green, Joshiana Bey, Joshua Bey, Joyce Carson, Joyce Lewis, Jualan Byrd, KaylIn

Burries, Kenneth Taylor, Kenneth Warren, Raymesha Pickens, Samairah Pressley, Syncere Roberts, Theresa Richardson, Tiyana Kiner, Tonya Steward, Ty Brock Jr., and Tyree Bell. Opening duet by Taja Unique Mcfly and Pedi Ranson Mcfly.

Technical staff was Alissa Josey as stage manager, Ian Howard as light technician, Cecelia Ferguson as assistant light technical, Tony Quinn as sound technician, and Peggy Lipscomb as costume designer. Stage crew members were: Marquis Gaston, Tandra Harris, Alexius Josey, and Robert Truss, and Jordan Walker. The production team: Joe Curry, Karen Adams-Ferguson, PhD, Andrea Harris, Paul Hubbard, Jr., Timiko Kiner, Sheryl A. Riggs, and Rev. Shirley A. Sparks.

Bonita Sparks Adams of Exposing Truth Ministries has been writing gospel plays for over 16 years, her very first *EXPOSED* has been produced locally in partnership

with churches and businesses. Adams' previous plays including *23rd Street, My Mother Prayer For Me, More than Conquerors*, and *Put-*

ting Christ in Christmas. The 2012 *EXPOSED* production sent a special dedication to The Cherry Street Mission.



BIG TASTE LOW PRICES

2PC \$4.49

mixed meal sm. mashed potatoes & biscuits

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\$1.50

ADD HALF GALLON TEA

Offer good for Church's Chicken at
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Local Sorority Honors 10 Leaders Who Empower and Educate Youth

By Artisha S. Lawson
Sojourner's Truth reporter



The officers of Phi Delta Kappa Sorority, Inc. Beta Gamma Chapter and 2012 Calla Lily Educator's Award nominees.

The National Sorority of Phi Delta Kappa, Inc. is an organization of women educators who, through their philosophy, believe education is key. Locally Beta Gamma Chapter of Toledo continues within the organization's purpose and philosophy by honoring individuals who positively influence and impact the lives of youth through service.

The third annual Calla Lily Educator's Award Lun-

cheon was held on Saturday, September 22 at The Pinnacle in Maumee. This year's theme: "Leaders imagining the impossibilities, conceiving, believing, and achieving," explains the criteria in which nominees are selected.

The luncheon opened with the procession and welcome of the 10 honorees by Sherry Reed. Bessie Mack introduced the mistress of ceremony Alexis Means. The

program continued with warm greetings from local sorority president Pandora Taylor who within the program states "Once again, nine special people will be honored for their various contributions and endeavors towards helping to educate children. Each of the honorees educates, enlightens, empowers and nurtures our young people to succeed to the best of their potential."

Guests received an invocation by Chaplain Muriel Williams and dined on a catered meal. Robinson Middle School eighth grader Taeyana Willis serenaded guests during her musical rendition.

A volunteer committee collected nominations from community individuals and organizations, narrowed the list to 10 and acknowledged each for their service to youth during the luncheon. At the conclusion of the luncheon, one nominee was awarded the Calla Lily Educator's Award.

"Each of the honorees was selected for their commitment to serving and volunteering and going above the call of duty for children and youth in this community. Each of the nominees was nominated by a community organization or individual, who felt he or she met the criteria and qualifications established by the members of Beta Gamma Chapter. These individuals made significant contributions to the development of children in the community. The National Sorority of Phi Delta Kappa Incorporated, Beta Gamma Chapter is proud to congratulate each of our honorees," said Sherry Reed during the opening introduction.

Kristian K. Brown is an anchor and reporter at WTWG

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