



Volume 23, No. 02

*"And Ye Shall Know The Truth..."*

November 07, 2012

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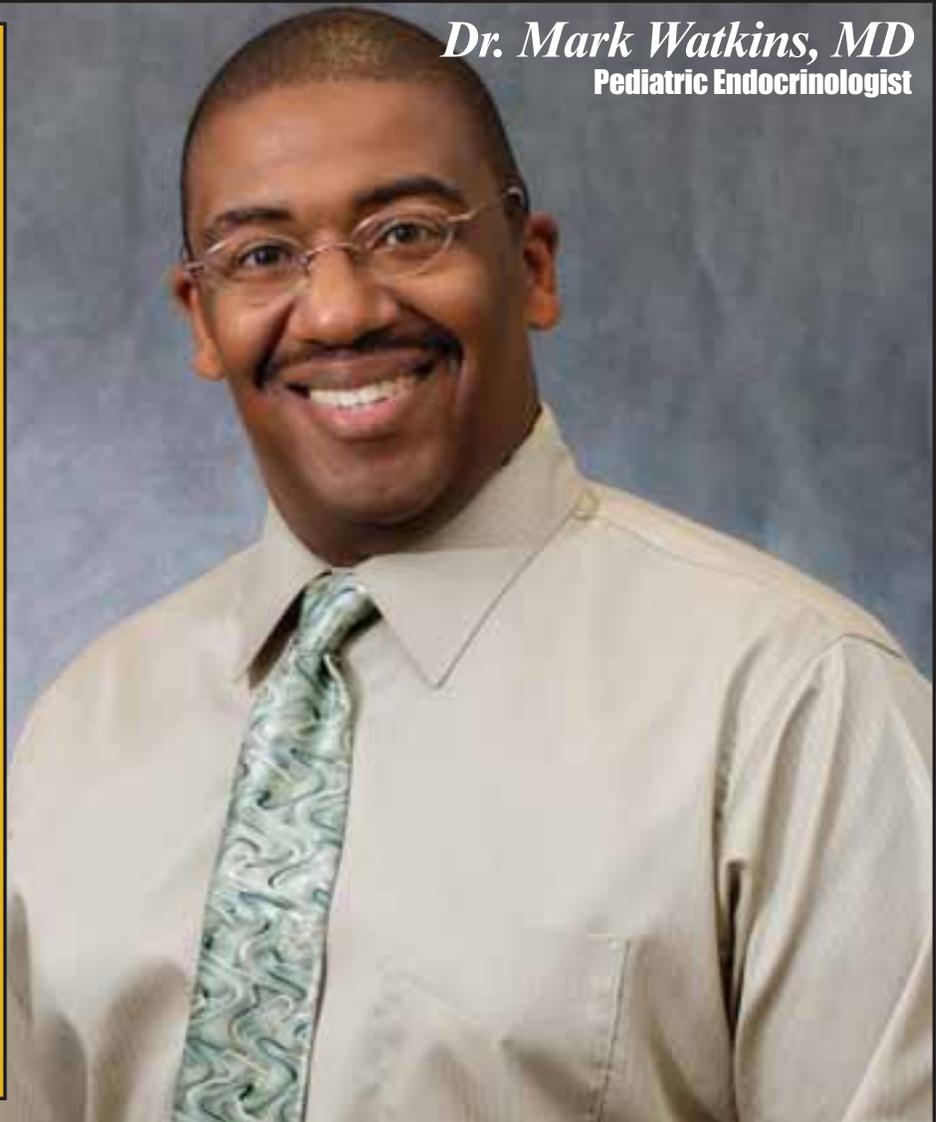
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*Dr. Mark Watkins, MD*  
**Pediatric Endocrinologist**



*"There is a tendency to downplay obesity by giving the condition colorful names. We might say 'he's big-boned, thick, husky.' But these are euphemisms for obesity and that's a failure to recognize."*

## Subterranean Struggles

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



*Some (privileged) people are so accustomed to operating at a competitive advantage that when the playing field is level, they feel handicapped.*

- Nathan McCall

Curiosity beckoned. In reality, perhaps, it was a nervous apprehension about the outcome of what arguably is the most important U.S. presidential race in the past 50 years.

Although I had voted weeks before, I yielded and decided to venture to the Lucas County Early Vote center following worship service. After all, it was Souls To the Polls Sunday, a voter mobilization event sponsored by the faith community and

other advocacy groups.

However, the blood of prior generations in the longstanding conflict over the right to vote was still fresh in my mind and I had witnessed too many past election day "mishaps."

Early voting would, supposedly, be more inclusive, convenient and encourage more participation in the electoral process.

Yet, Ohio Secretary of State Jon A. Husted, dubbed the "Secretary of Suppression" by State Senator Nina Turner of Cleveland, had ordered nine fewer days of in-person early voting, restricted the available hours of early voting, and had (before being denied by the U.S. Supreme Court) attempted to eliminate early voting the weekend before Election day.

Democratic, African American, Hispanic, younger, and first-time voters are likely to vote early, especially on weekends and the final Sunday of early voting and with Lucas County the epicenter for determining the outcome of the 2012 election, I was especially anxious. Persuading nearly 100 percent of the congrega-

tion to vote early while being able to vote in my eleventh consecutive presidential election was an accomplishment.

Yet, more than anything else, this election stands out in less than explicit but memorable struggles that speak to the character and future of both America and the African-American community.

The 2012 election was:  
1) An Election of Irrational Conclusions.

The old adage that "minorities must be twice as good as their competitors in order to be successful" may be outdated. This election taught us that a "superman" who is "thousands times" better than his opponent, still may not be acknowledged as such by multitudes.

President Obama signed into law The Affordable Healthcare Act providing universal healthcare for millions of uninsured Americans, the Lilly Ledbetter Fair Pay Act which provided for gender equal wages, resurrected a dead automotive industry, showed extraordinary leadership in the relief efforts in the aftermath of super storm Sandy, ended the

war in Iraq and eliminated 9/11 mastermind and terrorist Osama bin Laden.

Barak Obama has also provided salvation for a collapsed financial and economic system he inherited that was shedding over 750,000 jobs per month.

Yet the presidential race remained tightly contested and an intense struggle over every single vote despite an opponent whose lack of transparency, shifting "weathervane" promises and extreme conservative policies alienated 95 percent of African Americans, two-thirds of Hispanics and voters under age 30 as well as a majority of women.

2) A Test of Endurance.  
With lines stretching out of the voting center, down Bush Street and wrapping around Summit Street, many voters braved almost freezing temperatures for over two hours. While the inconvenience may have been intended to discourage participation, the subtle and "subterranean" suppression tactics proved rather to be more inspirational than intimidat-

ing. None of the voters who cast the 1,000 regular and 100 provisional ballots on Sunday were seen leaving the lines other than briefly for onsite coffee and cookies or BBQ and mac and cheese provided by advocacy groups.

In addition, among the voters there was a spirit of camaraderie and congeniality reminiscent of the civil rights movement as able-bodied young black men with caps cocked to one side and oversized sagging pants deferred to young women and their children, middle-aged adults or seniors in wheel chairs. Absent was any generational or class conflict.

3) A Struggle over Who Gets To Cast a Vote.

Hundreds of Obama foot soldiers from across the country camped out in private homes and churches to do the ground work necessary to counter voter disillusionment and to help get out the vote.

Hundreds of lawyers have been dispatched throughout

battleground states to both begin pre-election legal battles and to challenge efforts to suppress voting rights during the election process.

The 2012 election then, is not only a battle between polar opposite candidates Obama and Romney, it is at its core, a battle for the legitimacy of the electoral process itself.

There is nothing more dangerous, said King, "than to build a society with a large segment of people in that society who feel they have no stake in it; People who have stake in their society, protect that society, but when they don't have it, they unconsciously want to destroy it."

The system, therefore, becomes corrupted not only when laws are repeatedly broken, but also "when voters perceive that they are being victimized by a voting system that is vulnerable to coercive and discriminatory effects."

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

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[www.thetruthtoledo.com](http://www.thetruthtoledo.com)

## Community Calendar

November 10

Bereavement Meeting Bethlehem Baptist Church: 2 to 3:30 pm: 567-249-7470

November 10-11

St. Philip Lutheran Church 75<sup>th</sup> Anniversary: "Celebrating the Victory;" Sat - Banquet at Ramada Secor - 5 pm; Sun - Festival Worship Service - 10:30 am: 419-382-7780

November 11

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

November 16

Beulah Baptist Choir Musical: 7 pm; Guest Preacher Tim Pettaway

November 16-18

Indiana Avenue MBC Men's Day Weekend: Fri - 4:30 to 7:30 pm - men and children's clothing give-away, fish fry dinner; Sat - 9-11 am - Fellowship Breakfast, 11:15 am to noon - certified elder law attorney Phillip Wykan; Sun - Service at 10:45 am to 1 pm, speaker Nate Gurley, 5 pm - Men's Day musical: 419-244-8918

November 18

Beulah Baptist Choir Anniversary: 4 pm; Guest Preacher Pastor Marvin Crittenden

November 17

Calvary Baptist Church Women's Ministry Annual Cancer Awareness Luncheon: 10 am to 2 pm; Various agency representatives; Program at 11 am: 419-535-0933

November 18

Historic Third Baptist Fall Musical Showcase: 5 pm; Featuring Rebecca Eaddy, Clarence Smith Community Chorus, Alan Pennamon, United Voices of Detroit Youth Body of United Church of God Second Pastor's Anniversary: Pastor Dewayne and First Lady Scarlett Braxton; 4 pm

First MBC 73<sup>rd</sup> Anniversary: 4 pm; Guest speaker Pastor Jarius Everett of Zion Hill

November 21

Ebenezer Church Need to Feed Thanksgiving Dinner; Noon to 2 pm

November 22

Happy Thanksgiving!!!

Pilgrim Church Annual Thanksgiving Dinner: 11 am to 2 pm: 419-478-6012

November 25

First BMC Women in Red Service: 4 pm; Guest Shirley Lyons of Greater St. Mary MBC

***In Memoriam***

**Walter Crockrel, Jr.**

**August 3, 1944 – October 29, 2012**



**W**alter Crockrel was born on August 3, 1944 in Hattiesburg, Mississippi to Walter Crockrel, Sr and Bernice Cook Crockrel. After graduation from Eastern High School in Detroit, MI, Walt moved to Chicago where he attended Malcolm X Junior College from which he received an associate's degree. He also completed a

Sears Management training program. Walter was an honorably discharged veteran, serving in the National Guard. On July 29, 1968, Walter and Phyllis Jackson were united in holy matrimony in Chicago, IL To that union, two sons were born, Walter, III and Kevan Holt Crockrel. Although Walter lived in several locations, he was al-

ways involved in his community. He served on numerous boards including the Better Business Bureau and was chairman in 2012-13. He was active with United Way in Adiran, MI, and a member of Rotary Clubs in Michigan and Ohio. Walt was well known in Toledo as a founding member of 50 Men and Women, an organization committed to

raising and distributing scholarship money for Toledo youth to attend college. For many years he was their treasurer and its scholarship chairman. Most recently, he helped establish the Toledo African American Chamber of Commerce and was the group's vice president. No matter what Walt was involved with, he brought to it his brand of care and consideration for others. He was diligent and persistent in his goal to better the condition of his fellow man. Walter worked for Sears for 37 years most of that time in upper management. He worked for Sears in subur-

ban Chicago, at the Westgate store in Toledo, OH and the Westland Mall in suburban Detroit. He was store manager in Adrian, MI and at the Westland Mall outside Toledo. He was a buyer working from Sears' executive offices in Troy, MI Upon retirement from Sears in 2007, he started InkJet Express, 1 Hour Refill on Monroe Street. Walter was an avid fisherman and golfer. Walter and Phyllis spent 45 wonderful years together. He was a devoted husband and father and led his family by teaching as well as by example. He later shared his years of experience and wis-

dom with his treasured grandchildren. Walter passed away October 30, 2012 at Regency Hospital after a brief illness. He was preceded in death by parents, sisters Constance Washington and Sherry Cargill and brother James Bradley. Walter leaves to cherish his memory wife Phyllis Ann, sons Walter III and Kevan Holt of Chicago, grandchildren Devin Crockrel and Taylor Crockrel, sisters Myrtis Hawthorne of Chicago and Jacquelyn Reddick of Osceola, FL and other relatives and many friends.

**City of Toledo to Begin Accepting Applications for Police Officers Mayor and Chief to Give Comments, Greet Applicants Saturday**

The City of Toledo will begin accepting applications for police officers at **8:30 a.m. on Saturday, November 3** online and at the Michael P. Bell Fire Administration Building, 545 N. Huron St. A full schedule of application dates follows.

Applications will be accepted in person during the following dates and times:  
 8 a.m. – 1 p.m. Saturday, November 10, 2012  
 8:30 a.m. – 7 p.m. Tuesday, November 13, 2012  
 8:30 a.m. – 4:30 p.m. Wednesday-Friday, November 14-16

Applicants may also find application and supplemental documents online beginning at 8:30 a.m. on Saturday, November 3, 2012 by navigating to [www.toledo.hyperlink](http://www.toledo.hyperlink) "http://www.toledo.oh.gov"/[o.oh.gov](http://www.toledo.oh.gov) and clicking on "Police Officer Application". Application and test preparation materials will not be available online before that time. Online and in-person applications will be accepted until 4:30 p.m. on November 16, 2012 after which time application and test materials will no longer be available.

Applicants to the Toledo Police Department must be 20 years of age on or before December 1, 2012 and must not have reached the age of 35 as of December 1, 2012. All applicants must have received a high school diploma or GED certificate prior to application. The examination for police officer is scheduled for Saturday, December 1, 2012 at the SeaGate Centre, 401 Jefferson Ave. All applicants must be available to take the examination on the scheduled day and time. A copy of the Toledo Civil Service announcement containing complete information is attached to this alert.

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# Toledo Urban's Annual Meeting and Appreciation Banquet

*Sojourner's Truth Staff*

"Greatness is within each of you," was the message delivered by Eric Brian King, keynote speaker at the Toledo Urban Federal Credit Union's Annual Meeting and Appreciation Banquet on Saturday, November 3, 2012 at Cambridge Place.



King, Toledo native, attorney at law, entrepreneur and founder and owner of King Law Office, with offices in all six major Ohio cities, returned home to inspire an audience of TUFUCU members, supporters and friends.

The annual affair usually honors those in the community who have rendered support to the 16-year-old institution. This year's honorees were: Bishop Brehon Hall of New Psalmist Church; Erma Blakely, co-owner of Dollar Fifty Plus; Bishop S. R. Sanchez of Wesley Synod; Bishop MC McGhee of The Serenity Church and The Serenity Soul Food Restaurant; Selma Rankins, former teacher and coach; Valerie Robinson of the Lucas County Sanitary Engineer's office; Theresa Taite, former teacher, social worker, community organizer; Ronald Todd, BP Oil retiree; Amanda West, TUFUCU member; Robert Smith, founder of the African American Legacy Project and Fletcher Word, publisher of The Sojourner's Truth and Toledo Reads.

Olivia Holden, executive director of ASSETS Toledo, served as the event's mistress of ceremonies.

Suzette Cowell, founder and CEO of TUFUCU, and Bishop Duane Tisdale, pastor of Friendship Baptist Church – who conceived the idea of a community credit union – presided over the presentations.



*Suzette Cowell and Eric King*

## 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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# UT to Honor Veterans for Service at Annual Celebration

Special to The Truth



Honor, courage and commitment are a few traits that come to mind when thinking of our veterans — the men and women who proudly wore the cloth of our nation and answered the call to service.

The eighth annual Veterans Appreciation Breakfast and Resource Fair scheduled from 8-11:30 a.m., Monday, Nov. 12, at The University of Toledo's Savage Arena and Veterans' Plaza is an opportunity for camaraderie, education and remembrance.

"This is my first semester here, and having UT host this event is great," said Tim Hagood, a Navy veteran of Afghanistan's Operation Enduring Freedom and a student in the master's program

for industrial hygiene. "I hope it brings a greater awareness that there is a huge veteran presence on campus. Having been to Afghanistan for a year, it's a time to fellowship and remember; and that is why I enjoy sharing the stories."

In partnership with the American Red Cross of Greater Toledo, Block Communications, Inc., Lucas County Commissioners and the Lucas County Veterans Service Commission, The University of Toledo is hosting the event, which is free and open to all veterans and their families.

"The University of Toledo has created a site where remembering can take place and where the deeds of our

service men and women can be celebrated and remembered," said Army veteran Vern Snyder, the University's vice president for institutional advancement. "Most importantly, this location can serve as a reminder to generations of students of the price some have paid for the freedoms they enjoy."

Following breakfast, Lucas County Commissioner

Tina Skeldon Wozniak, Toledo Mayor Michael P. Bell and state Rep. Teresa Fedor are scheduled to deliver brief remarks. Air Force Col. Steven S. Nordhaus, commander of the 180th Fighter Wing, Ohio Air National Guard, located at Toledo Express Airport, is scheduled to deliver the keynote address.

Transportation will be

provided from Savage Arena to the Veterans' Plaza located on the Main Campus starting at 10:30 a.m., with welcoming and keynote remarks from UT student and Army veteran Robert Roether and UT Army ROTC Battalion Commander Joshua Fletcher.

Marine Corps Master Sgt. Steven Kosinski is scheduled to lead the remembrance ceremony to include bagpipers,

a joint services honor guard, Marine League rifle volley and taps.

Free parking is suggested in Areas 3, 5, & 6 near Savage Arena.

For more information contact Haraz N. Ghanbari, UT Military and Media Liaison, at 419.530.4137 or haraz.ghanbari@utoledo.edu

## Helping Veterans Stay In Their Homes

Even in today's housing market, the American dream remains a reality for most veterans.

The Department of Veterans Affairs (VA) has guaranteed 20 million home loans since its program was established in 1944 as part of the original GI Bill of Rights for returning World War II veterans. The program has grown significantly in the past five years. Currently, there are 1.7 million VA-guaranteed home loans in existence with a total value of \$284 billion.

The program makes home ownership more affordable for eligible veterans, service members and surviving spouses by permitting no-down-payment loans with no requirement for mortgage insurance—features that will alone save borrowers whose loans originated in the past year \$13 billion over the life of their loans. VA loans are also attractive within the mortgage industry because they protect lenders from loss if the borrower fails to repay the loan.

Mortgages guaranteed by VA have had the lowest foreclosure rate for the last 17 quarters and the lowest delinquency rate for the last 14 quarters compared to all other types of home loans in the nation, including prime loans, according to a report by the Mortgage Bankers Association.

Much of the strength of VA's home loan program stems from the efforts of VA and its industry partners nationwide to ensure that veterans receive every possible opportunity to remain in their homes and avoid foreclosure. Since 2009, VA's efforts have resulted in more than \$8 billion in savings to taxpayers in foreclosure avoidance.

"At the center of the home loan guaranty program is the idea that veterans and their families are a safe bet," said Allison A. Hickey, VA's Under Secretary for Benefits. "As a result of their service and sacrifice, as a group, they prove to be disciplined, reliable and honorable—traits that are ideal for this kind of national investment."

Veterans can get a certificate of eligibility for a VA-guaranteed home loan through the joint Department of Defense-VA web portal eBenefits at [www.ebenefits.va.gov](http://www.ebenefits.va.gov). For more information, visit [www.benefits.va.gov/homeloans](http://www.benefits.va.gov/homeloans).

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**2011 ANNUAL REPORT TO THE COMMUNITY**

**FROM THE GENERAL MANAGER**

On behalf of the Toledo Area Regional Transit Authority's employees and Board of Trustees, I am pleased to present our 2011 Annual Report. 2011 marked the 40th year TARTA's name has been carrying passengers throughout our member communities. The TARTA Board of Trustees and I recognize that without the support of our employees, passengers and constituents, the Authority would not have succeeded.

While an Annual Report's content normally is dedicated to looking back at the previous year, I prefer to use this opportunity to look forward to the exciting changes and improvements on the horizon. Several changes will transform how TARTA interacts with its existing and potential passengers. These include:

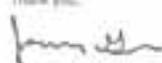
- A new information system has been developed to track on-time performance, on-road maintenance and bus location. This information will be shared with passengers so they can track bus routes from their home, work computer or bus stop.
- Our suburban Call-A-Ride service is being changed, drastically, to be more responsive, effective and easier to use.
- Downtown Toledo also will see significant future changes as TARTA works toward eliminating our Downtown Loop and consolidating our operations in a single location to save money and improve service.

Ongoing updates to these projects can be found at a webpage dedicated to highlighting TARTA's progress at [TARTA.com/changes](http://TARTA.com/changes).

My thanks to our passengers and constituents for their continued support of TARTA. Despite local pressures and our local economy's slow recovery, our ridership continues to increase, especially in the important adult and senior ridership category where 2011 recorded an 11.5 percent increase.

It is because of this support, we will continue to improve and offer quality public transit service to the region.

Thank you,



James E. Gos  
General Manager

**FINANCIAL REPORT**

In order to provide its services, TARTA obtains revenues from a variety of sources, including passenger fares, local property taxes, Federal and State governments and other income. TARTA distributes these funds among a range of categories relating to services, including labor and fringes, fuel, paratransit services, materials and supplies, insurance and utilities. Here is a breakdown of TARTA's income and expenses for 2011.

**REVENUE**

PASSENGER INCOME	14%
FEDERAL ASSISTANCE	19%
PROPERTY TAX	39%
STATE ASSISTANCE	4%
OTHER REVENUE	8%
100%	

**EXPENSES**

LABOR & FRINGES	59%
MATERIAL & SUPPLIES	11%
FUEL	10%
SERVICES	2%
UTILITIES, TRAVEL, INSURANCE, CLAIMS	4%
DEPRECIATION	14%
100%	



## What is the Key to Girls' Future Success?

Special to The Truth



Notre Dame Academy (NDA), for girls grades seven to 12, believes the key to educating today's young women for the future is to create: life-long learners, critical thinkers, global-minded awareness, struc-

tured inquirers, team players, strong communicators and self-starters. Families can find out more at the Open House, November 11 from 11 a.m. – 2 p.m.

Their unique approach to education provides young

women with a variety of educational options that fits their learning style from a college-prep curriculum offering honors and Advanced Placement options to the prestigious International Baccalaureate (IB) Diploma Program for young women who want to push their limits.

What makes NDA's IB Program so distinctive is its focus on women's education and offering both full diploma and a certificate program so that more young women can benefit. So if a young woman has an interest in a particular subject, for example English, she can earn an IB certificate in English, if she passes required course work and testing. NDA has the largest program in northwest Ohio with almost 200 young women interested.

With over 25 teachers, counselors and administrators trained in the IB pedagogy and curriculum, its philosophy will become a part of every course. Being identified as an IB school further enhances NDA's already

outstanding reputation with colleges and universities.

Only School With Five Ways to Earn College Credit in High School — Helps Reduce College Costs!

Recognizing that families are searching for ways to reduce college costs, NDA has expanded opportunities to earn college credit in high school as well as gain a competitive edge through a variety of options.

The only school with five ways to earn college credit in high school, students can earn college credit through the largest all-girls Advanced Placement Program, the IB Program, online courses with the University of Toledo, Postsecondary Education Program, and Lourdes University and Owens Community College Courses right on NDA Campus.

NDA has the largest all-girls Advanced Placement (AP) Program in the area. Students can earn college credit in art, science, math, English, foreign languages, music, and social studies upon successful completion of a national exam. IB courses are another way students earn college credit in high school.

Online courses are available through the University of Toledo and Brigham Young University right on the school's campus with a trained facilitator. Course collaborations with Lourdes University and Owens Community College offer classes

on campus.

Notre Dame Academy and Junior Academy, Open House, November 11

Families can visit Notre Dame Academy and Junior Academy for grades 7-12 on Sunday, November 11 from 11 a.m. – 2 p.m. at 3535 W. Sylvania Avenue. Find out the latest educational trends and learn how your daughter can achieve more and excel both inside and outside the classroom.

Families with fifth and sixth grade girls can tour the Junior Academy and learn how to get a strong jump start for a college-prep high school education in seventh and eighth grade.

Find out if single-sex education and all it offers is the right fit for your daughter. Tour the campus, meet the teachers, and learn more about the spirit and nurturing environment from student guides. Meet athletic coaches and teams and find out why the Eagles won the City League All Sports Award for nine years in a row.

Known for its Fine Arts Program, students nurture their creative side in over 35 classes in speech, drama, visual arts, dance, voice, and instrumental. Students continually receive awards in the fine arts across the board. Most recently, Notre Dame Academy performed in the 2012 Edinburgh Fringe Festival, the world's largest and most prestigious arts festival.

Experience the fine arts in action with performances by the Honors Chorus, Speech and Drama classes, Speech Team, and snippets from the fall musical SUESSICAL THE MUSICAL. Plus, learn more about clubs and activities that provide fun, new friends, and leadership opportunities.

One of the most aspects of an NDA education is the atmosphere that teaches religious truths and morals, and where young women develop a rich and meaningful spiritual life through retreats, volunteerism, and theology classes. The school's mission is to awaken a young woman's beautiful spirit and help her become a woman of compassion and vision.

"An all-female environment allows young women to build relationships, to experience leadership roles, to enhance their communication skills, and to build on their natural strengths," explained Kim Grilliot, principal for grades seven to 12.

For more information contact the school at 419-475-9359 or visit online at [www.nda.org](http://www.nda.org).

Picture Caption: Families can check out the large number of Fine Arts classes at the Notre Dame Academy & Junior Academy for grades seven to 12 Open House, Nov. 11 from 11 a.m. – 2 p.m. at 3535 W. Sylvania Avenue.

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Author: Jim Jones, J.D.

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Send your team present, communicate and perform in a collaborative and efficient manner! If you are stuck in pain and are struggling to get your team motivated, energized, and supported to achieve better results and better service for your customers and clients, this book is for you. Using your program will give you, sample forms, and guidelines on how to build and support your team. **There really is Power in Teams!**



Health Section • Health Section

## Dr. Mark Watkins: A Pediatric Endocrinologist Fighting the Diabetes Epidemic

By Fletcher Word  
Sojourner's Truth Editor

According to the U.S. Department of Health and Human Services: "African Americans are twice as likely to be diagnosed with diabetes as non-Hispanic whites. In addition, they are more likely to suffer complications from diabetes such as end-stage renal disease and lower extremity amputations."

Here in Toledo, on the front lines in the battle against the scourge of diabetes is Dr. Mark Watkins, MD, a pediatric endocrinologist who is a member of the ProMedica Physicians.

As a pediatric endocrinologist, Dr. Watkins' patients range in age from the very young to those into their teens and his practice overflows with those afflicted with diabetes – both types of diabetes – I and II.

"I see a lot of Type I diabetes – in which patients are auto-immune deficient and completely insulin dependent," says Dr. Watkins. But he is also seeing a growing number of patients with Type II diabetes, a growing epidemic which parallels the obesity epidemic in this nation. Some such patients are as young as seven years old, he says.

Type II diabetes, of course, is the disease that results primarily from lifestyle – in this case a lifestyle that probably consists of poor diet and lack of proper exercise, and while it is fairly uncommon before the age of

10, it is becoming more prevalent among the very young.

Diabetes, already the seventh leading cause of death in the United States, affects 25.8 million Americans or 8.3 percent of the population. It is the leading cause of kidney failure, non-traumatic lower limb amputations and new cases of blindness among adults. Diabetes is also a major cause of heart disease and strokes.

The prognosis for the nation is not encouraging, says Dr. Watkins. Within a generation's time it is entirely likely, say estimates, that if the obesity epidemic is not checked we may be looking at one out of three Americans diagnosed with Type II diabetes.

Dr. Watkins' diabetes work is focused on three primary areas given the age range of his patients.

First, there is the pre-natal issue and the attempt of those in his profession to raise awareness, particularly in the black community, of the risks of obesity. "We encourage breast feeding and such practices," says Dr. Watkins, "and appropriate eating habits." In addition, during this initial phase of a child's life, it's important, he says, to help parents recognize the signs of childhood obesity, in order to take preventive steps.

Second, as kids grow in school age, recognition becomes even more important.

"There is a tendency to downplay obesity by giving the condition colorful names," says Dr. Watkins. "We might say 'he's big-boned, thick, husky.' But these are euphemisms for obesity and that's a failure to recognize."

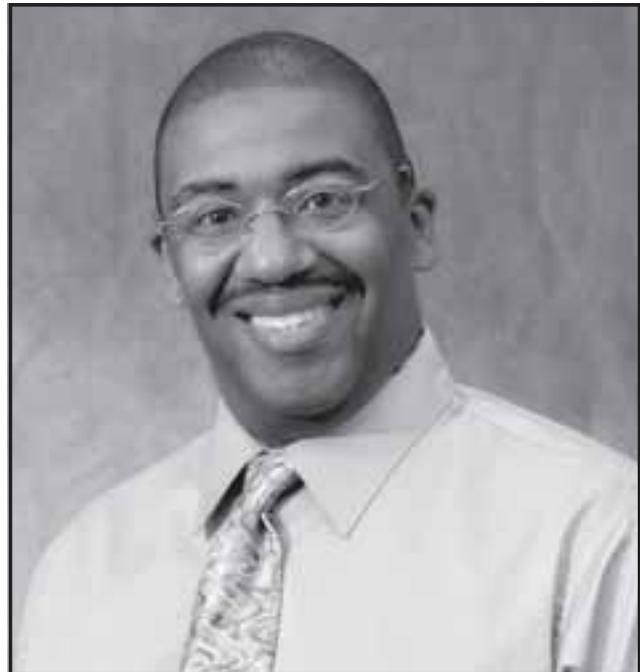
As Dr. Watkins notes, during this early childhood phase, kids still have the opportunity to overcome obesity by correcting diet and exercise and "growing into" their proper weight class.

The third phase that garners Dr. Watkins' growing attention is adolescence in which obese children are past the age and stage of development in which they can "grow into" their proper body weights. Already such children may be experiencing hypertension, sleep apnea, arthritis and moving into that Type II diabetes stage.

Clearly the key factors in preventing such outcomes, says Dr. Watkins, are proper diet and exercise. In the case of his youthful patients, such a prescription is too often not within their reach. "The biggest block for success is that no one else wants to make changes," says Dr. Watkins referencing family members who may be part of the problem rather than part of the solution.

"I bought the cookies, but I told her not to eat them," he quotes one such hypothetical parent as saying.

"And it's really multi-



factoral," he adds. "For example, if I recommend exercise, there may not really be a safe place to exercise." There may not be access in neighborhoods to healthy foods and often a lack of transportation to get to places that have such items, he also

notes. Dr. Watkins, a native of St. Louis, MO, earned his medical degree from the Kansas City University of Medicine and Biosciences in Kansas City, MO. He performed his residency in internal medicine at The University

of Toledo Medical Center (Medical College of Ohio at the time of his attendance). He completed his fellowship in pediatric endocrinology at the University of Michigan C.S. Mott's Children's Hospital in Ann Arbor, MI.

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## No More Excuses – Just Do It!

By Angela Steward, Fitness Motivator  
The Truth Contributor



You may already have a good sense of how much you like or dislike exercise and if you are ready to make some changes. Even if you are ready and willing to change, it's also important to ask yourself if you're able to change.

Many people don't believe they can change. They prefer to make excuses: *I have no time. I'm not able to keep up with the class. I'm too tired. Exercise makes me hungry-not skinny! I don't like to sweat! I don't want my hair to get wet!*

There are millions of excuses – and yet even people with crazy, busy schedules and people who live with

chronic pain – manage to exercise.

Excuses allow you to continue living the way you are now without making any tough choices or doing any hard work. Excuses are a convenience – a way of allowing yourself to feel better about not doing things you know you should do – and somewhere deep inside, actually want to do.

In order to move forward, create a zero tolerance policy on excuses. The old cliché: where there's a will there's a way - holds true today.

What follows are excuses I routinely hear from people who live a sedentary life – and why I have zero tolerance for these excuses:

**1. I don't like to exercise!**

While I appreciate your honesty about exercise, I still see it as an excuse. How many people actually like brushing their teeth? But we do it because we don't like the feeling of unclean teeth and don't want to end up with a horrible smile or even worse, with a dentist's drill in your mouth.

The same approach has to be used for exercise – you do it because you need to. I'm not saying you have to grin and bear it-find something you like to do. Take some time to think about this: is there any form of movement that you enjoy or tolerate? There are so many different ways to move your body, from simple walking to more complex dance classes. There are so many different ways to move your body – keep looking until you find the one that fits you.

**2. I don't have time!** Who does? We're all juggling a lot. Work, family housekeeping, grocery shopping, etc. If that's your life, activities that you feel are unnecessary – or worse, unnecessary and boring are the last things you want to do.

But don't you always make time for them? If you're not exercising, it's because you haven't made it a priority. People who make time to exercise tend to be more efficient with their time. They are able to do more because they've taken the time to schedule exercise into their

everyday lives. Keep in mind, too, as you become more active your energy levels will rise – so you get more done at a quicker pace. In a sense, by taking the time to exercise, you'll create more time elsewhere.

**3. I'm not sure what to do!**

Kickboxing, step aerobics, yoga, pilates, swimming, dance, hip hop, pole dancing, walking – there are literally hundreds of ways to exercise. Making a choice can be overwhelming – the only way you are going to know what you like is to experiment.

But keep in mind, different workouts work your body in different ways. Any exercise you do is admirable, but if you want to really see changes in your body, you need to do a combination of exercises. To achieve true fitness, you need three forms of exercise:

- a. Cardio (aerobic) exercise measured either in minutes per day or by steps per day;
- b. Strength training measured in reps; and

c. Functional fitness exercises.

Slowly work your way up to six hours of cardio aerobic exercise a week. At first, this may seem like a lot of exercise, but keep in mind that you can break up those six hours however you like and chose whatever kind of physical activity you enjoy.

Although you may not be ready to do six hours of cardio exercise weekly right away, I encourage you to aim as high as you can when you first begin. If you're very overweight or have medical conditions, always check with your doctor before increasing activity.

There are eight simple strength training exercise that help the body beat back the effects of aging. Squats work the upper legs (quadriceps and hamstrings); lunge works upper and lower legs (quadriceps, hamstrings gastrocnemius); butterflys work back muscles; dumbbell flies work the chest muscles; bicep curls work the upper arms; tricep extensions work the backs of the arms; chest press works chest and

back of arms and shoulder press works the shoulder muscles (deltoids).

I will be featuring all these exercises and more on my website: Fabfitu.com. Do at least two sets of eight or 10 reps per set of each exercise at least two days per week, three is even better. I'd like to see you working hard to do them all, if you can.

Functional fitness exercises are exercises that give you the strength and agility to get through daily life with ease using exercises like stretches, crunches and other resistant exercises and can be done with or without weights. All of these exercises increase your core strength, flexibility, balance and coordination. You can do functional fitness exercises everyday. If that's impossible, do what you can. Again, check out my website Fabfitu.com for upcoming video exercise segments.

The point is, you have options. Make the effort to try new things. Zero in on your own personal motivat-

*(Continued on Page 9)*

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## Charter One's Carving Out Hunger initiative to provide More than 5,600 meals in Toledo this holiday season

Join us in Carving Out Hunger, Charter One's annual initiative to raise awareness of hunger issues and provide holiday meals to men, women and children in need. This year, Charter One's Carving Out Hunger initiative will provide \$5,000 to the Toledo Northwestern Ohio Food Bank, which will provide 5,661 meals. Grants to five food banks in Ohio will provide more than 138,000 meals statewide this holiday season.

**Tuesday, November 13, 2012  
10 a.m.**

**Toledo Northwestern Ohio Food Bank**

**24 E. Woodruff Avenue, Toledo Ohio  
43604**

Charter One volunteers will sort and repack food at the food bank for distribution to local hunger relief organizations. James M. Caldwell, president & CEO of the Toledo Northwestern Ohio Food Bank, will be available for interviews.

Charter One's 2012 Carving Out Hunger Toledo Northwestern Ohio Food Bank Breakdown:

- 603 turkeys
- 7,246 pounds
- 5,661 meals



Charter One's donation will support the Food Bank's Operation Turkey program, its annual appeal to the community for help providing turkeys to neighbors in need during the holiday season.

This year, Charter One will provide more than 150 volunteer hours and \$105,000 in grants to food banks statewide through the Carving Out Hunger initiative. Over the past eight years, Charter One's Carving Out Hunger initiative has donated more than \$800,000 to food banks across Ohio.

## More Job-Training Available for Lucas County Youth

Lucas County youth 18-24 years old can find assistance with construction job skills through a new program called YouthBuild.



YouthBuild is a federally-funded program operated by WSOS Community Action Commission in partnership with 14 area organizations.

The program aims to provide this group of youths with skills that would allow them to find jobs in any of the construction trades – masonry, carpentry, plumbing, electrical, painting, facilities maintenance, and weatherization.

"By helping train workers, we will impact many area businesses because they will have access to local skilled people who meet industry standards as soon as they complete the training," said Roger Fisher, WSOS employment and training coordinator.

Participants will also receive GED/ABLE and CPR/First Aid training and certification through Penta Adult Career Center as well as a 10-hour certification by the Ohio Health and Safety Administration (OSHA) through the Northwest Ohio Construction Education Center. In addition, Big Brothers/Big Sisters will provide the Six Pillars of Character leadership training to them.

They will be required to compile portfolios outlining their specific skills, work experience, trainings and certifications that will be helpful to them in their job searches.

To hone their skills, they will complete the total rehabilitation of an apartment and/or historical housing unit. The unit will be located within a blighted area of North Toledo. This project will not only help them with their skills, but also they will be able to experience the impact their work will have on the neighborhood.

*For more information on eligibility, call Roger Fisher at 419-334-8911*

## No More Excuses

(Continued from Page 8)

ing factor or factors, and own up to some of the excuses for not exercising that you've made in the past. Making excuses can be habit forming. When one excuse no longer applies, you come up with another one, then another one. It feeds on itself.

On the other hand, overcoming excuse making is freeing. Stop hemming and hawing and wasting energy trying to come up with reasons why you can't exercise. Instead, start to think of yourself as an exerciser. Exercise is a part of your life, you just do it! It's like dinner, it's part of your day.

When you reach this point, you don't have to worry about staying motivated. You've become a different person, an active person with zero tolerance for excuses!

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Health Section • Health Section

# UT Establishes School of Healthcare Business Innovation and Excellence

Special to The Truth

With a goal of enhancing the business of health care in northwest Ohio and beyond, The University of Toledo has established the School of Healthcare Business Innovation and Excellence.

"Tremendous advances in health care have been achieved through a variety of activities, such as new medications, breakthrough surgical procedures, medical devices, high-tech diagnostic equipment, innovative treatments, and progressive approaches to delivering care," said Dr. David Dobrzykowski, director of the school. "There are additional opportunities to significantly improve the efficiency, effectiveness and quality of health care by understanding and improving the business aspects of health care. We can further enhance the quality of health care while eliminating waste, in-

creasing productivity and reducing costs."

The UT College of Business and Innovation (COBI) and the College of Medicine and Life Sciences have taken a leadership role in establishing the new school.

"Utilizing interdisciplinary expertise from a variety of business fields, including finance, management, information technology, operations management, process improvement, marketing and more, the faculty of the UT College of Business are ready to help you and your medical team enhance your operations and achieve your business goals," explained Thomas Sharkey, Ph.D., interim dean of the College of Business and Innovation.

"Through research, community engagement and educational endeavors, this school serves as a premier resource for directly impact-

ing quality health-care delivery," he added.

Dr. Jeffrey P. Gold, dean of the College of Medicine and Life Sciences, said the college's participation in establishing and supporting the School of Healthcare Business Innovation and Excellence is a natural extension of its longstanding mission.

"The UT College of Medicine and Life Sciences is a world-class educational institution for those interested in becoming physicians. We do an excellent job providing students with the knowledge, skills and attitudes to practice medicine in a wide diversity of communities. It is becoming increasingly important that that education must include components of the business of health care," Dr. Gold said. "Working with the UT College of Business and Innovation, we believe we can help prepare

tomorrow's physicians to best serve their patients, not only by providing the best medical care, but by practicing optimal business practices."

"The School of Healthcare Business Innovation and Excellence is also for administrators, nurses, therapists, professionals working in hospitals, and nonprofit organizations, and others working in the health-care field," Gold added. "We know that we can play a pivotal role in enhancing care, not just in northwest Ohio, but throughout the United States and beyond."

Gold also expressed his gratitude to Tom Gutteridge, Ph.D., senior vice provost and dean of academic administration, for his work on the school's creation while Gutteridge was dean of COBI.

As the school expands, other UT colleges and pro-

grams may become involved; these may include the College of Business and Innovation's Executive Center for Global Competitiveness, UT Medical Center, Judith Herb College of Education and Health Sciences and Human Service, and the colleges of Engineering, Law, Nursing, and Pharmacy and Pharmaceutical Sciences.

"Establishing the School of Healthcare Business Innovation and Excellence is a timely and relevant step for The University of Toledo," noted UT President Dr. Lloyd Jacobs. "The health-care arena is experiencing tremendous change on many fronts, and it is appropriate that UT brings its information and expertise into the community to benefit all involved. Collaborative efforts with health-care providers, business leaders, government policy mak-

ers and others will produce breakthrough enhancements that increase efficiencies, reduce costs, and, ultimately, provide better, more patient-centered care.

"Furthermore, the school will partner with businesses and organizations beyond the University, such as health-care providers, labor unions, governments, business and economic development agencies, and insurance providers, which will provide direction for educational, research and outreach programs," Jacobs added.

A variety of undergraduate, graduate and certificate programs focused on skill development at the intersection of health care and business are available through the school. Contact Dobrzykowski at 419.530.2342.

## Food Allergies And Genetically Modified Organisms

While the number of children with food allergies is on the rise—according to the American Academy of Allergy, Asthma and Immunology, 8 percent of children under the age of 18 in the United States have a food allergy—food allergies can be managed appropriately.

"A food allergy reaction can be serious," explains Steven Yannicelli, Ph.D., R.D. "In severe cases, children may experience life-

threatening side effects, such as anaphylactic shock. Other symptoms, such as diarrhea and vomiting, can have negative effects on a child's health and well-being."

One concern that has been raised is that when the DNA of a certain plant is genetically modified, it may increase its risk of interacting with immunoglobulin E (IgE), which plays a key role in certain food allergies. Although not

fully established by the medical community, there is a concern, based on two reports in The New England Journal of Medicine and Trends Biotechnology, that certain genetically modified organisms (GMOs) may increase risk of allergenicity in some individuals.

Foods containing genetically modified ingredients from GMOs are very common. Based on a report by the American Medical Association, about 70 percent of processed foods sold in the U.S. contain ingredients derived from these transgenic crops.

For babies and children



with food allergies on an amino acid-based diet, there is a non-GMO product available. You may care to talk to your pediatrician about switching to a Neocate product. Neocate Infant is a non-GMO infant

formula that contains DHA and ARA, nutrients found in breast milk. DHA and ARA help promote brain and eye development in your baby.

"Nutricia provides a choice for families who prefer a non-GMO hypoallergenic product," says Yannicelli. None of the company's products contains genetically modified ingredients.

Nutricia North America,

the maker of Neocate, is a global health company that leads the development and use of advanced medical nutrition for specialized care. Its products and services transform the daily lives of millions of infants, children, adults and seniors.

For more information on nutrition for children with food allergies, visit [www.neocate.com](http://www.neocate.com).

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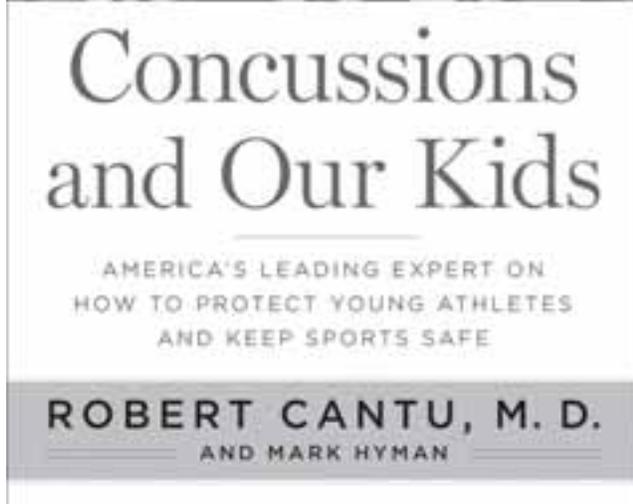
# Concussions and Our Kids by Robert Cantu, M.D., and Mark Hyman

c.2012, Houghton Mifflin Harcourt

\$24.00 / \$27.95 Canada

181 pages

By Teri Schlichenmeyer  
The Truth Contributor



you'll see how competition is important, but it's also potentially deadly.

Playing a team sport was something you enjoyed as a child and you want the same thing for your kids, too, but you worry. Even though your young athlete denies it, you've seen enough accidents on the field to know there's danger out there. Maybe you remember knocking noggins in a game yourself.

You wonder: are your kids safe enough in today's game?

Maybe not. Sports, says Cantu, are the "second leading cause of traumatic brain injury" for youth ages 15-24. Every sport, no matter how little contact there is between players, has some risk and helmets aren't always protection enough.

That's because a concussion can occur from something as minor as a hard bump or fall that snaps a player's head. Even if they're expect-

ing it, a tackle or body check can jostle a child's brain enough to cause damage. If the player is under age 14, his muscles probably aren't mature enough to withstand a blow. And if there are multiple injuries, the danger multiplies, too.

To best protect your child, know the symptoms of concussion and be sure your child's coach knows them, too. Don't rely on helmets and don't waste your money on fad fixes. Insist on a baseline brain test *before* the sports season begins. Lobby for less violence in children's sports. "Calm down" and remember that the players are just kids. And don't accept "it's not cool" as an excuse not to wear protective gear.

That extra-padded helmet might not be "cool," but neither is being in a coma.

You wince. You gasp. You want to cover your eyes when your child takes a hit

on the field, but you should never look away from the play. Read *Concussions and Our Kids* and learn why.

Knowledge is key when it comes to head trauma, and authors Robert Cantu and Mark Hyman do a thorough job in preparing parents to be eagle-eyed on the subject. There's a lot of information packed in this book, along with myth-busters, blunt words, worksheets, cautionary tales and one modern proverb that you can repeat to kids and coaches alike: "No head trauma is good head trauma."

There's always another ball season around the bend but before you sign that permission slip, read this book. With *Concussions and Our Kids* and the knowledge you'll gain, you'll see that sports sometimes ain't no game.

The game, as they say, is the thing.

It's the thing at your house, that's for sure. Ever since your child's friends started playing sports at school, it's been the number-one topic

around. He craves competition. She wants to sign up yesterday. He sees trophies and medals and honestly, you see them, too. After all, having a pro athlete in the family is a good thing, right?

For your child, it's all about the game. Still, you've got lots of reservations and, according to **Robert Cantu, M.D.**, that's great. In his new book *Concussions and Our Kids* (with Mark Hyman),

## Blue365 Program Offers Health And Wellness Deals

There is good news for those who want to get more out of their health plan.

The Blue Cross and Blue Shield Association has teamed up with exceptional companies to provide access to health and wellness deals through its Blue365 program.

Members of participating Blue Cross and Blue Shield companies have access to discounts on gym memberships, healthy eating, personal care, courses on stress management, armbands for monitoring weight reduction and much more to help ensure health and well-being.

For example, members can get access to over 8,000 gyms nationwide for only \$25 per month from Healthways, 25 percent off a Jenny Craig® Premium Program or 20 percent off an entire order at Reebok.com, plus free shipping.

Enrollment is free and exclusive to members of Blue Cross and Blue Shield (BCBS) companies that have agreed to offer this voluntary program as a complimentary member benefit.

To sign up, visit [www.blue365deals.com](http://www.blue365deals.com) or go to your BCBS company website to access Blue365. The Blue Cross and Blue Shield Association is an association of independent Blue Cross and Blue Shield companies.



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## Mizz Mary's Annual Halloween Party

Sojourner's Truth Staff



Mizz Mary's House held its fourth annual Halloween Extravaganza on Saturday, October 27 at the Frederick Douglas Community Association from noon to 3 p.m.

As always, children from all over the community and their parents were treated to games, carnival, parade and special appearance by Dora and Sponge Bob.

This year's event, which brought in over 300 children for the Halloween festivities, was sponsored by Key Bank (Old West End Branch), Hair Trendz, McDonalds (Dorr and Collingwood), Wonder Bread, Klipper Kings



Barber Shop, Vivian Lewis and Jason Ridley. Donors were Learning Ladder child Care, JoJo's Famous Chili Dogs, Sam's Club, Kroger's and The Andersons.

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## Paul Mooney Makes His Way To The Funny Bone!

Comedian & actor, Paul Mooney, will be at the Funny Bone in Perrysburg this weekend. Mooney is most famously known for his sketches, "Ask a Black Dude" and "Mooney at the Movies," as well as the role of Negrodamus on Comedy Central's Chappelle's Show. Mooney would ad-lib the "answers to life's most unsolvable mysteries" such as "Why do white people love Wayne Brady?" (Answer: "Because Wayne Brady makes Bryant Gumbel look like Malcolm X.")



Call the Funny Bone box office at 419.931.3473 or go to <http://funnybonecentral.com> to purchase tickets.

Show Date: Friday 11/9/2012 @ 8:00 PM ; Friday 11/9/2012 @ 10:30 PM ; Saturday 11/10/2012 @ 7:00 PM ; Saturday 11/10/2012 @ 10:00 PM ; Sunday 11/11/2012 @ 7:00 PM

# Hip-Hop: The Place For Politics?

By Michael Hayes  
Minister of Culture



Hip-hop used to address politics. Our music used to contain information.

It was part of a long line of our people using rhythm to communicate stories and vital lessons to each other. The drum itself is just as much of a tool as it is an instrument.

Ancient African congas, slave songs in the cotton fields, The Last Poets in the 60s and Marvin Gaye's "What's Goin' On?" in the 70s...

Black music used to in-

volve sending and receiving messages that had life consequences. All those examples being before my time, I'm thankful I had parents who could teach me about the true roots of what music means to our people. So by the time I'm growing up and Public Enemy and N.W.A. are shaking up the world, even though I was a child I understood the bigger point being made.

President Barack H. Obama is the most iconic black political figure we will likely ever witness. But besides Jeezy's "My President Is Black" and a handful of well-placed mentions in a couple Jay Z songs, rap music has failed to address the politics of a black man being elected president of The United States. Sure, the larger culture that exists around rap music has included everything from Boondocks episodes to Obama tees but I'm talking about the music.

My cousin Waymon Farmer used an acronym for

hip-hop on his facebook posts:

His (or her) Infinite Power to Help Oppressed People. It's brilliant, succinct and true.

If you watch some interviews of rap pioneers like Afrika Bambaataa, Grand Master Flash and others...they openly say that rappers are like news reporters giving the real story that the actual news won't deliver. Don't think about Rick Ross, Drake and Wayne.

Think about what it meant to turn on the radio or a video show in the 80s and you have damn near every rapper you hear telling you NOT to sell drugs and NOT to kill other black people.

Rap artists used to name drop Nelson Mandela and identify with his struggle. Now rap artists name drop rich white guys who make their clothes and jewelry.

This isn't one of those "rap music sucks right now" articles. That is a dead horse I

won't lay another finger on. But I have to point out the fact that we just had one of the most important presidential elections in modern history and trying to get our people to be well versed in their political reality was an uphill battle.

I know everyone is busy with working and raising families but if our parents and grandparents could do all that plus march and rally for cause after cause, it shouldn't be too hard for us to know the issues we face.

Black Hollywood was all over this election. Hell, not just black Hollywood but Hollywood period. Actors have much more to lose by aligning themselves with political candidates than rappers/singers do, but they did so in droves. They were aware of the issues.

They posted Youtube videos explaining the issues to their fans. When interviewed about current movie premieres or upcoming projects, there were numerous high profile actors and actresses offering what our music used to offer... valuable information.

Why aren't our rappers taking those same chances?

I mean, what's our most significant hip-hop political moment in recent memory?

Kanye's "George Bush doesn't like black people" on live TV?

As a Kanye fan, I can tell

you that *Watch The Throne* and *My Beautiful Dark Twisted Fantasy* both contain the type of rap music we need but it's not enough.

This past election season we watched our president get attacked for things that aren't even remotely tied to facts and our people were just too un-initiated to have an informed opinion. Yeah, you know who want to vote for but do you know enough details to set the record straight when someone else is lying to you in your face?

There should have been more information being passed from our best emcees to their listeners. Information that says more than "yea, we have a black guy in the White House" but actually highlight his victories and address his attackers.

I like where rap music is headed, I have hope. On one hand we got things returning to the 2 Live Crew era with raunchy videos and songs like "Pop That" and "Birthday Song," but we also have Kendrick Lamar doing over 200k units his first week. It seems like every 12 years or so, hip-hop reaches a period where everything co-exists at the same time.

It doesn't last that long but it's a marvelous thing.

Late 80s/early 90s you had everything from Queen Latifah and X Clan to Kid N' Play and Poison Klan. I mean

everything was a go. Non-political fun rap and ultra-political conscious rap. Gritty hood tales and freaky tales, no matter your taste in rap music it was there. Same thing in the late 90s/early 2000's... you had jiggy rap, you had the return of conscious rap. Rawkus Records on end, Ruff Ryders on the other end.

There was a full spectrum on display.

And look at today.

We have more ways than ever before to get music to listeners.

We have black CEOs in higher offices than we've ever seen.

We have to create and actually support hip-hop music that includes politics in the list of topics being addressed. Don't just make a song talking about "free boo boo."

Make a song about the larger prison-industrial complex.

Don't just critique the economy as a way to excuse your activity in the drug game,

talk about how many jobs we would have if Congress had passed Obama's new jobs bill.

If rap music is how we speak to each other, we have got to make the conversation more meaningful.

Peace.  
Email: [mercuryspeak@gmail.com](mailto:mercuryspeak@gmail.com)

## NAACP to Turn Out Historic 1.2 Million Voters by Election Day; Registered a Record 432,000 Voters Across the Country GOTV Totals Eclipse NAACP's 2008 Tallies by 350 Percent

Special to The Truth

This week, the NAACP announced its plan to turn out over 1.2 million voters by the times polls closed on Election Day. This was the largest GOTV universe in the NAACP's 103 year history. This GOTV universe includes 432,935 new voters which the NAACP registered as part of its This is My Vote! civic engagement program.



"With so much at stake in the upcoming election, the NAACP has dedicated its time and resources to ensure more African Americans have their votes counted at the ballot box than ever before," stated NAACP President and CEO Benjamin Todd Jealous. "Our predecessors sacrificed their time, bodies, and lives to secure the right vote for our community. It is now our responsibility to see this critical right exercised by African Americans across the country."

With this year's civic engagement campaign, the NAACP eclipsed the organization's previous high-water mark set back in 2008. The 2012 registration total is 3.5 times greater than in 2008 (2012: 432,935 vs. 2008: 124,000) and the GOTV universe is more than twice as large (2012: 1.2 million vs. 2008: 500,000).

The NAACP's registration totals were the culmination of a nationwide effort by NAACP field organizers and volunteers canvassing neighborhoods across the country. The registration tallies were bolstered by an online registration website, the 1-866-My Vote-1 voter registration hotline, and a robust mail program. The NAACP also partnered with the dozens of civil and labor rights organizations, church groups, fraternities and sororities, and community associations to expand the reach of its registration drive.

"What we have accomplished is historic," stated Marvin Randolph, NAACP senior vice president for Campaigns, on Election Day. "But our job will not be finished until the last call is made, the last door is knocked, the last ride to the polls is provided, and every polling place is closed."



## Medicare Open Enrollment: Seize Your Opportunity

When it comes to Medicare, open enrollment is the time for people to compare their health and prescription drug coverage. People with Medicare have from October 15th until December 7th to make changes to their health and prescription drug plans.

Your health and medication needs can change from year to year and health plans may also change their benefits and costs. That's why it's important to evaluate your Medicare choices during open enrollment. A good first step is to learn more about the available plans and how they can best meet your current and future prescription drug and health needs.

Use the Medicare Plan Finder at [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan) to help yourself research prescription drug and health plans. After reviewing available plans, AARP encourages everyone with Medicare to consider three essential items when considering options during open enrollment:

1. Costs: which include the monthly premium, the annual deductible and cost sharing;
2. Coverage: for the doctors and pharmacies included in the plan and the prescription drugs and other services you need; and
3. Quality Ratings: which are provided for most Medi-

care Advantage and Part D plans. Through the Medicare Five-Star Quality Rating System, these ratings are based on quality measures that include member satisfaction, customer service and pharmacy services. Plans are rated on a scale from 1 to 5 stars, with 5 stars indicating the highest quality.

Visit [www.aarp.org/openenrollment](http://www.aarp.org/openenrollment) to find easy-to-understand guidance on the choices available to you during open enrollment and questions to consider when choosing a Medicare plan. Spanish language open enrollment resources are available at [www.aarp.org/espanol/salud/medicare-y-el-seguro](http://www.aarp.org/espanol/salud/medicare-y-el-seguro).

AARP has several additional resources to help people with Medicare:

- If you are enrolled in a Medicare drug plan, the Doughnut Hole Calculator may help you lower your drug costs. You can learn how to reduce your drug costs in the



prescription drug coverage gap, or avoid it entirely, by finding lower-cost medication options. Go to [www.aarp.org/doughnuthole](http://www.aarp.org/doughnuthole) or [www.aarp.org/calculadoramedicare](http://www.aarp.org/calculadoramedicare).

- A comprehensive guide to Medicare prescription drug coverage can be found at [www.aarp.org/health/medicare-insurance/medicare\\_partD\\_guide](http://www.aarp.org/health/medicare-insurance/medicare_partD_guide).

# THE BLACK MARKETPLACE

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

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# CLASSIFIEDS

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November 07, 2012

## Stationary Steam Engineer/Journeyman/Building Operator – Job 11206

This position performs skilled HVAC/R, heating, ventilation, air conditioning and refrigeration, plumbing, electrical, painting, grounds keeping and maintenance repair of assigned buildings. Also operates boilers and automation system, and performs preventive maintenance on all building systems and components. Requirements include a Stationary Steam Engineers license with twelve (12) months training and/or experience in HVAC/R, electrical, plumbing under supervision of journeyman trade worker or equivalent, OR four year journeyman certification from a USDOL/Ohio Apprenticeship Council registered apprenticeship program. Electrical, plumbing, HVAC/R, or related trade journeyman preferred. Maintains valid driver's license and must be insurable under UT's driving policies.

For a complete listing of our openings and qualifications, or to apply, please proceed to our website at <https://jobs.utoledo.edu>.

## REGISTERED NURSE

Full-time opportunity available for experienced nurse to perform duties such as health assessments, medication education and direct service to clients in clinic and in the community. Work schedule for this position varies, may include evening hours and may require travel to various sites.

Qualified candidates must possess RN license. Psychiatric nursing experience required, minimum of three years nursing experience preferred.

Send resume with salary requirements or apply to:

Human Resources - RN  
Unison Behavioral Health Group, Inc.  
1425 Starr Ave.  
Toledo, OH 43605  
Fax: 419-936-7574  
Email: [hr@unisonbhg.org](mailto:hr@unisonbhg.org)

EOE

**Notice to Bidders:** Inquiry #FY13-38, (Project # 5008-13-1751) for HSC Steam Plant Boiler No. 6 for the University of Toledo Health Science Campus. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, November 13, 2012 Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$80.00 will be charged per set. Any further information may be obtained from Bob Taeuber of Fosdick & Hilmer, Inc. at 513-241-5640. One Pre-Bid Conference will be held on Tuesday, November 6, 2012 at 10:00 a.m. in Health Education Building Room 227, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$250,000.00; Breakdown: HVAC: \$195,000.00; & Electrical: \$55,000.00.

Preferred Properties, Inc. has closed the wait list for John H. McKissick Senior Apartments as of 12:00 pm on 10/16/2012.



## Director of Housing Choice Voucher Programs

The Lucas Metropolitan Housing Authority is seeking a **Director of Housing Choice Voucher (HCV) Programs**. LMHA currently provides affordable housing opportunities to approximately 14,000 individuals. The agency owns and manages approximately 2,700 public housing and 200 affordable housing units, including properties for low-income elderly, disabled and family households. The agency administers 4,563 federal Housing Choice (Section 8) rental assistance vouchers. LMHA has approximately 150 full-time employees, and an annual operating budget of \$53 Million, and a current value of more than \$70 Million in assets. LMHA's Section 8 Housing Choice Voucher Program jurisdiction is defined as Fulton, Wood (with the exclusion of Bowling Green) & Lucas Counties in Ohio and Monroe County, Michigan. The Director of HCV Programs will oversee the subsidized housing programs in the Housing Choice Voucher (HCV) program including: Veterans Affairs Supportive Housing (VAISH), Moderate Rehabilitation, Near-Elderly Disabled (NED), Money Follows the Person, Family Unification Program (FUP), Mainstream, and other special programs to include Shelter Plus Care (SPC) Program. The Director of the Section 8 HCV Program will report to the Deputy Executive Director, supervise approximately 25 staff and provide oversight for a budget of approximately \$24 Million. The Director of HCV Programs maintains knowledge of and promotes compliance and enforcement of all applicable regulations for the HCV and related programs; ensures a continued high performance rating for the HUD Section 8 Management Assessment Program (SEMAP); manages ongoing leasing activities to include application intake, re-certifications and inspections; ensures all processes are completed timely pursuant to HUD rules and regulations and the LMHA Administrative Plan; interprets, develops, and implements operational policies and procedures to achieve and maintain optimum program effectiveness and utilization and to ensure compliance with all applicable rules and regulations; ensures fiscal accountability and responsibility; and assists the Executive Administration in establishing departmental goals and objectives. Bachelor's degree required in the fields of Public Administration, Business Administration/Management, Finance, Social Sciences, or other discipline, plus five (5) years of progressively responsible experience in public housing HCV management/administration. If interested in this exceptional opportunity, please submit a detailed resume immediately to: Gans, Gans & Associates, 7445 Quail Meadow Road, Plant City, FL 33565, Fax: (813) 986-4775, E-mail: [Ray@gansgans.com](mailto:Ray@gansgans.com).

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.



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[www.TheTruthToledo.com](http://www.TheTruthToledo.com)

CALL TO PLACE YOUR AD  
**419.243.0007**

## Automotive Repair Technician

The City of Toledo is seeking qualified candidates for the position of Automotive Repair Technician for the Hoffman Road Landfill. The minimum requirements for this position are: High school graduation or equivalent and 4 years of responsible experience in the mechanical repair of vehicular equipment. Experience with diesel repair and ASE Certification are desirable. An Associate's Degree in Automotive or Diesel Technology may substitute for 2 years of experience. Must be able to obtain a valid State of Ohio Class B CDL within the probationary period. All applications for this position must be received no later than Friday, November 16, 2012. To obtain an application, you may go online at [www.toledo.oh.gov/Departments/HumanResources/EmploymentOpportunities](http://www.toledo.oh.gov/Departments/HumanResources/EmploymentOpportunities) or pick up an application in person at the Department of Human Resources, One Government Center, Suite 1920, Toledo, OH. The City of Toledo is an Equal Opportunity Employer. Minorities, females and individuals with disabilities are encouraged to apply.

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Successful non-profit with comprehensive and innovative neighborhood revitalization strategies seeking individual responsible for ensuring residential properties remain current in all aspects of occupancy and compliance. Ideal candidate will possess experience and knowledge of federal regulations. Excellent communication and computer skills required.

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

## Maintenance Technician

Successful non-profit with comprehensive and innovative neighborhood revitalization strategies seeking individual with skills to perform routine and scheduled maintenance of residential and commercial properties, including preparing units for occupancy. Candidates must be detail oriented, hard-working, and possess a positive, professional attitude. Send resume to 3106 Lagrange Street, Toledo, OH 43608. EOE

# Local Charms Host Western Theme Dance

By Artisha Lawson  
Sojourner's Truth reporter



Cowboy hats, boots, spurs, jeans and glamour defined the 2012 Toledo Chapter of Charms, Inc. Western Dance held on Saturday, October 27 at the newly remodeled Primer Banquet Center.

"It's an honor to serve as this year's chairperson, since it's to raise money for our endowment at The University of Toledo. We're excited that everyone chose to spend their Saturday with us, there are so many civic organizations raising money. So we're grateful to have over 185 guests here tonight," said Clara Petty, event chairman.

Attendees, dressed in western and cowboy-themed attire and accessories, enjoyed fine food and toe-tap-

ping music to benefit a UT endowment organized by Toledo Chapter of Charms, Inc.

Individuals and couples in attendance were surrounded with blue and white decorations, tables and comfortable fire place seating finished the scenery. Thirteen raffles ranging from date night to a spa kit provided guests with additional opportunities to contribute to the endowment.

"We just want to thank everyone that was able to come out and support this civic event that allows a worthy student to attend the University of Toledo," said Theresa Wilkins, president.

Throughout the year Charms members participate in various civic projects. "We

recently donated funds to Haiti to purchase rice and beans. Next month we're launching our book drive in partnership with Reach Out to Read Program, and Christmas ethnic doll donations for Lucas County Children Services," explained Wilkins.

Officers and members of Toledo Chapter of Charms, Inc.: Theresa Wilkins, president; Sandra Goodwin, vice president; Shirley Windless, recording secretary; Clara Petty, corresponding secretary; Shirley Clay and Ceru Carroll, financial secretary; Juanita Stephens and Mai Mends-Cole, treasurer; Deborah Washington, parliamentarian; and members Shirley Duckins, historian; Dorothea Stubblefield; chap-

lain; Lenora Barry, Jeanette Bradley, Yvonne Gayle, Zenobia Faulkner, Kathy Nail, and Hortense Ward. Charms: Earl Barry, Henry Bradley, Reginald Carroll, Amos Clay, Delbert Duckins, Christopher Gayle, Earnest Faulkner and Henry Wilkins.

Charms, Incorporated's purpose is to establish and maintain high cultural stan-

dards, to encourage civic improvement, and to provide social activities. Their history dates back to 1952 when Lavera Hord organized a group known as, Squaws.

Over time the organization's civic projects included partnerships with the NAACP Legal Defense Fund, Sickle Cell Anemia, Hypertension, and United

Negro College Fund.

In 1997, Squaws, Inc. became Charms, Inc. Members are called Charms, husbands called Charmers, and children called Gems. Individuals and organizations interested in donating books and ethnic dolls can contact any Charms member.

*City of Toledo*  
**Department of Neighborhoods**  
15th Annual Homeless Holiday Luncheon  
Thursday, November 15, 2012  
11:00 am - 1:00 pm

*Holy Trinity Greek Orthodox Church Banquet Hall  
corner of Cherry and Summit St. - across from Channel 33 News*

*Meal items and beverages related services available at 11:30 a.m.*

*Special Transportation Provided!*

*For the children just painting by  
Christos - Blue Ball and Double Green*

*"If we...bring happiness to others,  
we cannot stop it from coming to us also  
So get joy, we must give it, and to keep joy  
we must scatter it."  
-John Templeton-*

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

**10PC \$14.99** 2 lg. sides & 4 biscuits  
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Offer good for Church's Chicken at  
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