



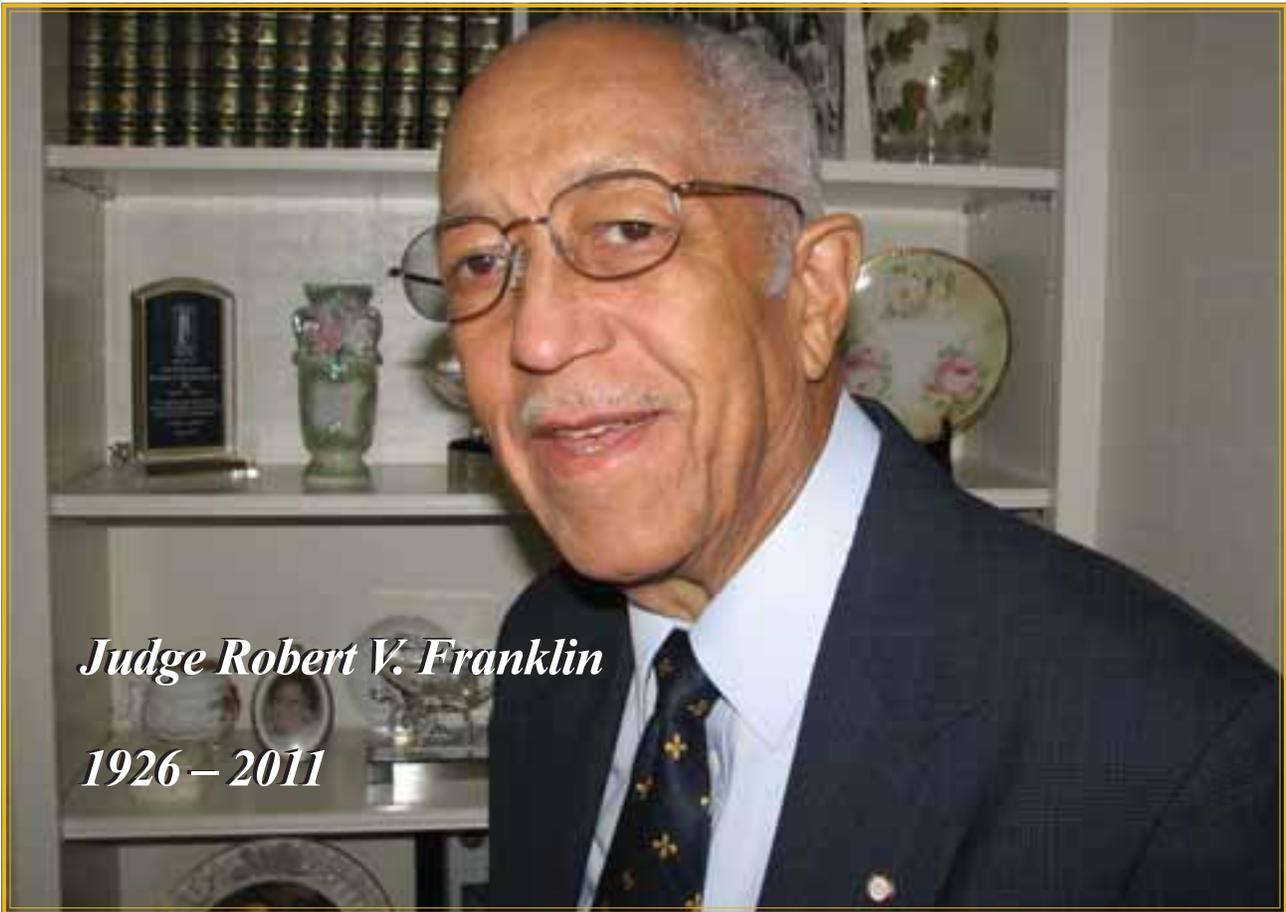
Local and National News

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Volume 21, No.07

"And Ye Shall Know The Truth..."

December 07, 2011



Judge Robert V. Franklin

1926 – 2011

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Newt Hating on Po' Folks...

By Lafe Tolliver, Esq.
Guest Column



You know, some times when you think that it just can't get any worse as to the political skubalon that is being dished out by the current presidential front-runner(?) of the Republican clowns...it gets down-right ugly.

It is as if those clowns are vying to outdo each other in uttering the most demeaning, idiotic and banal comments imaginable.

And all of this infantile gibberish is to please the money-loaded and powerful invisible right wing fringe of the Republican Party.

Right wing as in John Birchers. Right wing as in NRA gun nuts. Right wing as in "state rights" advocates (used to be an euphemism for politically controlling their docile southern darkies).

Right wing as in abolishing the federal agency (among other agencies) that regulates clean air and water. Right wing as in putting more Clarence Thomases on the Supreme Court.

You get the drift?

These are the people and monied entities who apparently loathe the status of present-day America and want to see a "return to the good ol' days" for example when television programming reached its glorious all-white heights with "Leave It To Beaver" and "My Three Sons" and unequal segregated schools were the law of the land.

Now, these political Neanderthals are coming out of their culture caves with a vengeance and they want to take back "their" country from the recent immigrants and throttle the so called left-wing leaning liberal media.

The Republican right wing political machine is well greased and they are seething mad.

They are the ones that angrily beat the tom-tom saying that President Obama was, "not one of us" and that he was a Muslim, Communist, Socialist and he was not born in the USA.

These right wingers fund secretive PAC's that issue historically incorrect messages that intentionally mislead and distort facts.

They disdain the likes of plastic man Mitt Romney and they are willing to spend fortunes on the one-dimensional cartoon characters of Herman Cain, Michele Bachmann, Rick Perry and Ron Paul if it would help to realize their grand goal of getting someone in their pocket who will demonize President Obama and minorities.

Well, they hit the proverbial jackpot with the likes of the pompous and verbally abusive Newt Gingrich who is apparently willing to spout off any irresponsible gaffes if it serves the purpose of gladdening the hearts of these right wing funders.

The latest punch in the gut coming from Newt was his recent diatribe against poor kids who come from poor families.

Newt, always talking without a brain filter, made outrageous public statements that poor kids in poor neighborhoods have NEVER had role models or working people from whom they can learn acceptable work ethics.

Furthermore, that they do not know the value of earning money in exchange for their labor or services.

With one broad stroke, Newt, The Ninny, castigated and consigned to the economic dustbin, millions of kids and their so-called, "slacker" families simply due to his racial stereotyping that minorities are of minimal economic value.

Newt, The New Visigoth, slew his vulnerable targets with a verbal beat down and it will take them a long time doing image recovery in order to undo the psychological damage and to slacken their justifiable outrage.

Single fathers and mothers, who for centuries have literally slaved and worked at minimal jobs just for the simple necessary fact of keeping a roof over their families' heads and a crust of bread and a bowl of soup on the table, have been demonized again as lazy and shiftless.

Newt has not as so much visited black and Hispanic families in the Bronx or south central Los Angeles (or Toledo for that matter) to back up his diabolical thesis.

He apparently feels he does not need to. He is Newt and Newt positions himself as an imposing intellectual and visionary and, as such, the need for objective truth is of no import.

If one examines the life of Newt and his exorbitant lifestyle and his suspect career as a highly-paid lobbyist and a serial adulterer, his current and false excoriations of the working values of blacks and other minorities falls right into place.

That place is a past era of appalling American history that Newt seems hell-bent on returning to and if it takes smearing and demeaning black folks in the process to get there, so be it.

And the Republicans always seem baffled as to why they can't attract minorities to their grand old tent party.

With Newt and his corrupted historical summations and his vituperative tongue blocking the front door, no one is coming in.

Contact Lafe Tolliver at tolliver@juno.com

Community Calendar

December 7-8

Third Annual Oakdale Elementary Santa Shop & Craft Show: 3 to 6 pm

December 9

1st Annual "Koinonia" Spelling Bee: Ages 13-16; 6 pm; Bethesda Christian Cathedral: 419-944-0984

The Armory Church Singles Conference: Featuring author Dr. R.A. Vernon from The Word Church in Cleveland and his book, 10 Rules of Dating: 419-537-9736

December 9-11

Friendship Baptist Church 25th Pastoral Anniversary: Bishop Duane Tisdale; Sunday morning worship at 9:45 am: 419-531-3242 or 419-787-1994

December 10

West Toledo Bereavement Meeting: 2 pm; Bethlehem Baptist Church Central City Citizens, Frederick Douglass CA and ESOP Free Community Breakfast: 10 am; JB Simmons Bldg/FDCA: 419-464-9885

December 11

Clarence Smith Community Chorus "A Community Celebration of Christmas:" 6 pm; Mt. Pilgrim Church

Josh Project "Soul Food for Swimming:" Stephenson-Roberts Fellowship Hall; 1 to 4 pm

Calvary Baptist Church Christmas Concert: 6 pm

New Prospect Baptist Nurses Annual Candlelight Service: 4 pm

Ascension Evangelical Lutheran Church 58th Anniversary Celebration: 10:30 am; Special Guest speaker Rev. Bill Harris: 419-244-6085

December 16-17

Family Baptist Church Gospel Play: "Now Behold the Lamb;" 7 pm on Friday night; 6 pm on Saturday night: 419-241-6668

December 18

WordUp Drama Ministry: "NoBody Greater;" Christmas play; 8:30 am; Friendship Baptist Church

December 19

Friendly Center Community Christmas Party: Craft table, presents for children, refreshments and activities

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Northwest Ohio Just As Bad As Penn State

By Ce Ce Norwood, Founder, Nirvana Now!
Guest Column

Yeah, I said it. northwest Ohio is just as bad as Penn State. The only difference is that we haven't had a high-profile child sexual abuse case of this magnitude unveiled in recent years. That's the only difference!

Let me explain why. What happened at Penn State is both a tragedy and a blessing. A tragedy in the sense that young boys, some of whom are now adults, are left distressed so severely by Jerry Sandusky's actions that most, may endure a lifetime of some level of suffering as a result.

It's a tragedy because so far nine boys or men have stated they were sexually abused by former assistant football coach, Jerry Sandusky. It is expected more boys will come forth.

It's a tragedy because other well-known men associated with Penn State were, according to the grand jury report, aware the abuses had happened and yet they, in essence, said nothing. In fact, when the now fired head coach, Joe Paterno, was initially questioned about the situation he took the opportunity to talk about the upcoming game with Wisconsin. Is he crazy?

It's a tragedy because there was seemingly no recognition or concern about the devastation and havoc that would hover over these chil-

dren and their families' lives now and into the future.

It's a tragedy because, reportedly, the university did not follow the law by contacting authorities so a formal investigation could be lodged expeditiously.

It's a tragedy because, according to the grand jury report, the famous Jerry Sandusky used his celebrity to open up Second Mile; a nonprofit organization supposedly dedicated to mentoring underprivileged children, but is now believed to be his source of children to abuse.

It's a tragedy because parents allowed their children to engage in activities with Sandusky without finding out anything more about his credentials, other than that he was a famous coach, founder of a nonprofit mentoring organization and therefore presumed to be safe. Having said that, however, it's not the parents' fault their children were victimized. Sandusky clearly took advantage of their vulnerabilities.

So what could possibly be the blessings from such a sick, tragic, life altering situation?

National and local communities are paying attention to the epidemic sexual abuse of children which statistically is one in four children.

We are reminded that everyone's child is at risk for sexual abuse.

Parents and caregivers now know they must have intentional conversations with their children about the proper name of their body parts and who is allowed to touch their bodies.

Professionals are reminded of their legal obligation and the general public their moral obligation to report suspected child abuse to the authorities immediately.

Parents and caregivers now know to assure exhaustive background checks of the people they are leaving their children with is done. Even if they think they know the people.

Our community is reminded that people who sexually abuse children are family members and people known to the child, not strangers.

People will now understand the importance of the following facts: last year 13 percent of Lucas County Children Services cases were because of child sexual abuse, there are 748 and 116 sex offenders in Lucas and Wood County Sheriffs' custody, respectively, right now (more leaving in our neighborhoods on probation or parole), the median age of reported child sexual abuse is nine years of age, 40 percent of African-American women report sexual contact of a coercive nature by

18, and a serial child sexual abuse offender will abuse, on average, 400+ kids in his/her career. Maybe now people will want to do something to stop sexual abuse of children.

So who are these perverted criminals? Are they just athletic coaches? Definitely not. Are they just priests? Definitely not. Are they just rich people? Definitely not.

They are anyone and everyone: fathers, uncles, mothers, businessmen, women, siblings, neighbors, teachers, plumbers, grandparents. You name it and that person could possibly be a sexual predator of your child. It's important to understand that 90 percent of perpetrators are known to the child and family. And yet, it's amazing the tendency to give carte blanche access to our children to people in and out of our family and then drill our children about "stranger danger."

So what can you do? When people ask "can sexual abuse really be stopped?" the answer is a resounding "yes."

Yes, because you know the abusers.

Instead of dropping your kids off for an activity, maybe you should hang around and participate. You can request to see the background check of people involved in extra-curricular activities. You can follow your instincts and empower your children to follow theirs. If the person doesn't "feel right", chances are, they "ain't right."

If you suspect abuse, call the police immediately; not second guess yourself because the person seems nice or he or she popular or a relative or someone of status.

You can give your money or time or energy or voice to local movements to eradicate of all forms of sexual violence in our community. Locally, there is the Sexual Abuse Prevention Awareness Treatment Healing (SA PATH) Coalition of NWO that is always welcoming of new members. You can become political by demanding local law enforcement officials, legislators, and our

judicial system apprehend, prosecute and update laws expeditiously.

You can put a child sexual abuse prevention sticker on your cars or sponsor a fund raiser for SA PATH or a local sexual abuse/assault program. You can invite someone to speak or provide training to organizations you belong to or your business. And, you can believe it's possible to have a world without sexual abuse of children. Children have the inalienable right to depend on the due diligence of adults when it comes to their wellbeing. What are you going to do?

Bottom line, until our entire community decides to engage and collectively work to end child sexual abuse right here in NWO we are, in fact, Just As Bad As Penn State.

To get involved contact: cece@mynirvananow.org; or www.mynirvananow.org

Norwood is the author of [There IS Happiness After Incest and Child Sexual Abuse](#)

The Recovery Center
COMMUNITY SERVICES

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**In Memoriam –
Judge Robert V. Franklin, Jr. — 1926 - 2011**

How do you tell the story of a man? Do you list dates, times, scholarships, awards and degrees littered with legends of honor, exploits of valor and prestige that people write posthumously in headlines or tombstones? The real truth lies in the hearts of those who knew that man and how he touched all he encountered. The Honorable Judge Robert Vernon Franklin, Jr., was simply a man who touched countless lives and will continue to live in the hearts of many people.

A native of the central city of Toledo, Robert V. Franklin, Jr. was born the youngest son of Robert V., Sr., and Josephine Beard Franklin, grandson of his beloved grandmother, Sophia Beard Walls. A lifelong member of Third Baptist Church, Bob attended Gunkel School and graduated from Jesup W. Scott High School in 1943.

He selected Morehouse College in Atlanta, GA after receiving a scholarship, where he was immersed in the philosophy of its president, the visionary scholar and lifelong personal advisor and friend, Benjamin E. Mays, PhD. There he was encouraged to imagine beyond the ordinary, gaining the tools to accomplish his dreams, learning from Mays, "It is not your environment, it is you – the quality of your minds, the integrity of your souls, and the determination of your wills – that will decide your future and shape your lives."

Upon graduation from Morehouse, he returned to Toledo where he attended The University of Toledo College of Law, earning the juris doctor degree in 1950. He was called to serve in Korea from 1950 to 1952, and returned home this time to marry the lovely Kathryn Jane Harris in 1952, his sweetheart since junior high school.

He worked as a young lawyer in the offices of Attorney J. Slater Gibson and William Thomas, one of two African-American law practices in Toledo at the time, and was appointed prosecuting attorney of the City of Toledo and



then assistant law director. During this time, he served as president of the Toledo branch of the National Association for the Advancement of Colored People (NAACP) and , later, president of the Ohio Conference of NAACP Branches.

In May, 1960, Ohio Governor Michael DiSalle appointed him to the Toledo Municipal Court bench. He was only the fourth African American in the State of Ohio to hold a judgeship, and the first in northwest Ohio. That same year, he

served as a delegate-at-large to the Democratic National Convention that nominated John F. Kennedy as the Democratic candidate for president.

He was named one of Toledo's 10 Outstanding Young Men in 1954, 1955, 1958 and 1960, and in 1961 he received the Toledo Junior Chamber of Commerce's top honor as Outstanding Young Man of the Year. He was also president of the Businessman's Club of the stalwart Indiana Avenue Branch of the YMCA and a member of its Board of Managers. Active in the Toledo Bar Association, he served on the Domestic Relations Court and Municipal Court Committees.

In 1968, the same year that saw the death of his schoolmate Dr. Martin Luther King, Jr., Judge Franklin won election to the Common Pleas Court of Lucas County, on which he served until his retirement in 1985. Among his accomplishments leading up to this achievement were eight years on the Toledo Municipal Court (two years as presiding judge), service for President Lyndon Johnson as a special consultant to the State Department in Germany, France and Austria, and member of the Ohio Municipal Judges Association. He continued to serve three terms on the Court of Common Pleas, retiring in December 1985 as the senior elected judge in Lucas County.

Even after retirement, he continued to serve statewide in the Ohio District Court of Appeals, the Common Pleas Courts throughout the state, and the Administrative Judge system of Lucas County, presiding over trials and hearings throughout over 25 Ohio counties through the first decade of the 21st Century.

In addition, Judge Franklin has served as Board of Trustee member of The University of Toledo, Defiance College, Ohio Judicial Conference, Ohio Black Family Coalition, Toledo Community Foundation, Toledo Museum of Art, *(Continued on Page 12)*

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A Journey Through Healing's Holiday Program

By Artisha S. Lawson
Sojourner's Truth Reporter

The holidays can be a time filled with tears and hug, when the memories of deceased family members cross your mind. Ojay's song lyrics, "Christmas just ain't Christmas without the one you love," embodies the emotional reason for A Journey Through Healing's annual Holiday program held at Mt. Pilgrim Church on Saturday, December 2, 2011.

"The more you cry, the more you show love for that person. Never allow anyone to say you shouldn't cry," Beatrice Daniels shared with the participants.

As in previous years, musician C.J. Manning serenaded observers with smooth melodies while names of deceased family members flashed throughout the program. Over 100 candles of assorted sizes and colors, to symbolize different levels of grief, laid at the altar and individually lit.

"Healing is not about death or loss, healing is about something that causes your heart to break or bleed. So

call on 'The Journey Through Healing' and I will be there for you," said Daniels.

A Journey Through Healing is a local non-profit organization founded by Daniels following the death of her mother. As a certified grief/bereavement specialist and social worker, she assists individuals, groups and couples deal with those difficult moments. With Christmas and New Years close at hand, Daniels gives each person a teddy bear to seek comfort or express anger during difficult times.



"The teddy bear is your friend, you can talk to it, get mad, say 'why did you leave me' or cuddle with. That teddy bear can be that friend," said Daniels as she handed out more than 50 teddy bears.

Joyce Stubblefield has participated for several years and even shared a similar memorial following the death of her mother. "We had a memorial for the immediate family, and we plan to host another the following year. It

was a very powerful experience," said Stubblefield

Daniels started this organization when her mother died, but continues to deal with that grief since the death of her brother, Frank Crawford, who passed away last month.

"I have to continue with The Journey each year, because I am a professional, but it's really, really hard for me to deal with the grief. So I have to continue on behalf

of my brother and love for my mother. I ask that you spread the word about the journey, it's here and not going anywhere," said

Daniels.

For further information about The Journey Through Healing, call 419-531-1336.



Bea Daniels

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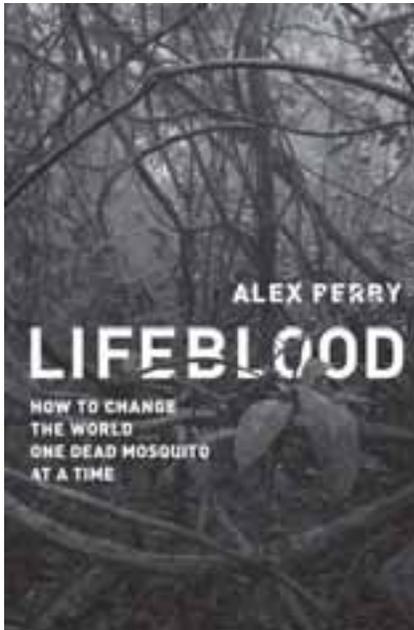
Lifeblood by Alex Perry

c.2011, PublicAffairs

\$25.99 / \$30.00 Canada

243 pages, includes index

By Terri Schlichenmeyer
The Truth Contributor



work? When a London PR firm contacted him, asking him to write about the launching of a new charity, Malaria No More UK, he knew he was about to answer his own question.

Malaria, says Perry, has plagued mankind for millennia and nowhere on earth is more malarial than Africa; specifically, Nigeria, Uganda, Kenya and the Congo. There, a deadly subspecies of mosquito has evolved to feed "almost exclusively on humans." The average person, he says, is bitten "tens of thousands of times a year," which often results in malaria and millions of deaths, mostly of babies and children.

Almost 60 years ago, malaria was eradicated in the U.S., (thanks mostly to the use of DDT) but several efforts toward eradication in other countries failed over the years. And then Ray Chambers came along.

Chambers, an entrepreneur and self-made millionaire several times over, realized later in life that philanthropy made him happy. When he saw a picture of dying children, he was shaken enough to seek out academics and researchers to find a way to stop malaria. The method they ultimately chose was simple – and complicated.

If they could run their aid organization like a business, then millions of mosquito-killing nets could efficiently be

distributed in Africa's worst-hit areas. And if people were taught to use the nets properly – *then used them* - malaria deaths would surely plummet.

That was the simple part. But the almost-insurmountable problems of war, politics, misuse of funds, shadiness, and a do-or-die deadline made the project a definite challenge...

I found *Lifeblood* hard to read for two reasons: first, there's a lot going on in this book and a lot to keep track of. Author and journalist Alex Perry moves from country to village to meeting so quickly that the names and locations became blurry in my mind and I'll admit to being lost a few times. Perseverance helps, as will muddling through until you get your bearings again.

Secondly, this book is hard to read because of that which Perry uncovered: astounding instances of corruption and monetary waste, lackadaisical officials, and statistics on malaria itself that are stunning. Those, and the ultimate (but seemingly temporary) triumph he recounts, are what save this hard-hitting journalistic work.

I think this book is worth reading, but it's not a fritter-away-the-afternoon kind of thing. If you've ever dug deep to donate, though, and wondered how your dollars help, *Lifeblood* fairly buzzes with information.

New Law Is Improving Access To Health Care

The new health care law includes provisions to make it easier for people with cancer and those at risk for cancer to get quality, affordable care. The law also takes important steps to help improve the health care system for African Americans and others disproportionately affected by cancer.

About 50 percent of cancer deaths are preventable, yet many uninsured and underinsured people delay or skip screening tests because

they can't afford them. American Cancer Society research has shown that the uninsured are more likely than those with insurance to be diagnosed with late-stage cancer and to die from the disease. Improving access to quality, affordable health care will help ensure that everyone can get the care they need.

Provisions of the Affordable Care Act give people with cancer and their families better access to the care

they need, when they need it. For example:

- New insurance plans in every state give coverage to those who have been uninsured for six months or more and have a pre-existing condition such as cancer.
- Health plans can no longer set lifetime dollar limits on coverage that can suddenly force a patient to pay out of pocket for lifesaving care.
- Annual dollar limits on coverage are limited for most

plans and will no longer be allowed as of 2014.

- Coverage is guaranteed and out-of-pocket costs have been eliminated in new insurance plans for proven prevention and early detection services such as mammograms, colonoscopies and Pap tests.
- Health plans can't deny coverage to children up to age 19 with pre-existing conditions such as cancer and, after 2014, plans won't be allowed to deny coverage to anyone with pre-existing conditions.

- Children can now stay on their parents' insurance policy up to age 26.
- Health plans are not allowed to drop people from coverage because they get sick.

• Lifesaving preventive services are free to patients in Medicare, who can also get a free annual wellness visit and a personalized prevention plan.

"Before these provisions became law, many cancer patients, survivors and their families were forced to choose between saving their life or their life savings," said Christopher W. Hansen, president of the American Cancer Society Cancer Action Network (ACS CAN). "Now, critical provisions of the law are helping many Americans with cancer or at risk for cancer gain access to

(Continued on Page 14)

You've done everything you possibly could. You took your vitamins faithfully, drank lots of OJ, and ate all the things the experts said to eat. You've avoided touching germ things and you've washed your hands raw. And still, you got a cold. Ah, but you'll survive. The sniffles never killed anyone but, of course, not all sicknesses are so benign. In the new book *Lifeblood* by Alex Perry, you'll read about one of the nastier ones, and global efforts to eradicate it. As a journalist living and working in Africa, Alex Perry often wondered if aid organizations were effective. Does aid

SIXTH IN A SERIES: REBA

Letters from the Heart

They taught me to be a better caregiver.

The doctor said my grandfather, "Daddy Joe," had only months to live. So I moved in with my grandparents to help care for him. Hospice of Northwest Ohio taught me ways to gently turn him, bathe him and change equipment. They also provided a hospital bed and medications to help him be more comfortable. From the nurse who cared for Daddy Joe to the chaplain who prayed with us, Hospice of Northwest Ohio was a real blessing.

Reba, 1989

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Healthy Holidays

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

Question: We're entertaining quite a bit over the holidays. We've been trying to eat more healthfully, and so have a lot of our friends and family. Any ideas to help encourage healthy eating at parties, without being a complete Grinch?

Answer: You don't have to throw the cheese ball under the bus in order to help you and your guests have a healthier holiday season. Here are the top tips we've seen — many from the Centers for Disease Control and Prevention, the Mayo Clinic, the American Diabetes Association, and the U.S. Department of Agriculture:

Use healthy goals such as "Make half your plate fruits and vegetables," be creative and go for good taste. By making healthy foods something special will encourage more of your guests to fill up on them.

•Serve the healthy stuff first. As guests arrive, encourage them to enjoy some fruit and vegetables. By filling up on nutrition powerhouses, they'll be less tempted when the higher-calorie, higher-sugar, higher-fat dishes are served.

•Make a nutrient-dense veggie dip, such as one with great northern beans blended with water until smooth, low- or nonfat plain yogurt, and plenty of herbs for flavor. Serve other dips made from legumes, such as hummus or black bean dip, which are good sources of fiber and other phytonutrients.

•Dress up the fruits and vegetables that you serve:

Serve fruit kabobs with pineapple, grapes, strawberries, kiwi, melon and bananas. Add some dried cranberries and fresh blueberries to the salad, and serve with a low-calorie raspberry dressing. Give or treat yourself to a box of clementines as a gift.

•Make cucumber boats by cutting them lengthwise, scooping out the seeds, and filling the hollow with hummus; tomato bruschetta; or a mixture of low-fat cream cheese, low-fat mayonnaise, feta cheese, and herbs and spices such as garlic, dill, pepper and cayenne. Roast or steam vegetables with herbs and spices. Add lots of color with vegetables such as sweet potatoes, carrots, broccoli or greens.

•Serve shrimp along with raw vegetables. Don't forget the cocktail sauce and salsa. Tomatoes are an excellent source of lycopene, vitamin C and potassium.

•Serve plenty of calorie-free beverages — and again, make them special if you can. Besides diet soft drinks, have pitchers of ice water or iced tea available with sliced lemons floating on top. Use cranberry juice in the holiday party punch.

Remember, buffets don't have to be all you can eat. To assist in avoiding over-sized portions, when you place higher-calorie foods on the buffet, make smaller plates available. Guests can always make return trips, but they will be less likely to over-indulge than if they use larger plates.

As you fill up your plate during the holidays, focus



on what food you'll enjoy, not how much you can squeeze on your plate. Decorate your plate. Fill half to three-quarters of your plate with colorful raw veggies, fruits or items that have these as their main ingredient. You know creamy sauces and cheesy toppings are going to add calories, so take smaller portions. Fill the rest of your plate with lean meat, shrimp or other seafood choices.

Encourage yourself and guests to shift attention away from the food and onto each other by organizing games and other activities. Focus on reconnecting with friends and family instead of the food. Once you have eaten, station yourself away from food. Find your balance between food and physical activity. If you overindulge, get back on track the next morning. Include extra exercise and get back on track with healthy eating habits. Take it a day at a time. Strive to balance out your calories over the day or at least over a couple of days.

To add a little sweetness throughout the day, try some of these ideas:

•Make a snack mix out of dried cranberries, almonds and dark chocolate bits. All nuts are high in antioxidants, protein, fiber, healthy fats, vitamins and minerals.

•Use dark chocolate and walnuts in baked goods. Dark chocolate has more

antioxidants (known as flavonols or phenols) than milk chocolate.

•Cut the sweetness. When making pumpkin pie or eggnog, reduce the amount of sugar by half and enhance "sweetness" by adding a bit more vanilla, nutmeg or cinnamon. If recipes call for sugary toppings like frosting, jams and syrup, use fresh fruit

instead.

If you're serving dinner, follow the same guidelines: Serve the healthier, lower-calorie foods first, and again make them special. For higher-calorie items, make it easy for guests to take sensible portions — when possible, put three to four-ounce portions of meat, poultry or fish on the serving platter, and for dishes such as lasagna, pre-cut into smaller portion sizes.

This article was adapted from Chow Line, a service of Ohio State University Extension and the Ohio Agricultural Research and Development Center at <http://extension.osu.edu>. The Ohio State University Extension, Lucas County partnered with the Mercy M.A.R.C. Program to offer "Gifts from the Kitchen" on Monday December 5 from 6:30 – 7:30 p.m. at Mott Branch Library.

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Eat a Little, Drink a Little, Shrink a Lot!

By Angela Steward, Fitness Motivator
Guest Column



There's an ugly rumor going around that during the holiday season most people gain approximately eight to 10 pounds. Actually, its only three to five extra pounds over a 10-year period, results in 30 to 50 extra pounds. Holiday weight gain seems guaranteed, but really, by putting together a few of these pointers you can celebrate the holiday season without gaining a pound!

1. First, grab a "before" picture. One of the best ways to build confidence

and keep you on track is to look at old pictures of yourself when you were bigger. Now take a current picture! Just the thought of taking pictures is upsetting to a lot of us, but if you want to stay motivated, do it! A picture speaks a thousand words. In fact, try to take pictures as you lose weight (every 10 pounds) to remind yourself of how well you're doing. Oddly enough it's easy to forget where we started and to not give ourselves credit for how hard we've worked and how far we have come. Put it where you can see it during the holidays - it will help keep you focused on your goal!!

2. Eat lots of turkey! When the platter comes around pile on the turkey. Light meat or dark meat? It really doesn't matter. A four-ounce serving of white has 153 calories, and the same serving of dark has 180 - so that 27 calorie difference equates to two fewer bites of mashed potatoes. Eating protein in-

creases lean muscle mass, which keeps your metabolism running on high - even when you're resting. Protein also keeps you full. What you really want to avoid is the excess gravy and turkey skin.

3. Know your trigger foods! Trigger foods are foods that set off a chain reaction. They make your taste buds go haywire and you can't help eating it. Identify them, and then walk in the opposite direction!

4. Cheat Days NOT Cheat Months! Keep your weight in check by having cheat days, not cheat months!! Three or even six days of overeating during six holiday weeks (including Thanksgiving) won't result in weight gain. So treat the holidays like days instead of a season. One day of overindulgence here and there on the actual holidays, like Christmas Eve, Christmas day, New Years Eve and New Years Day will not wreck your diet.

5. To help with maintaining your weight during the holiday, offset the holiday gorge by packing your lunch, plan and prepare your weekly meals in advance. Get rid of the junk food in your refrigerator and cabinets and fill them with healthy options. Keep fresh fruit on your kitchen counter, store healthy snacks like nuts in your desk at work. Keep pre-washed, pre-cut veggies and fruit in your fridge - whatever you have to do to make the healthiest choice the easiest choice, do it!

6. Sleep! The less sleep you get, the more likely you are to be overweight. When you don't get enough sleep, your appetite hormones go haywire and you're more likely to crave sugar and carbs to stay alert. Be sure to get seven to eight hours of rest. During the holidays a little extra shut-eye won't hurt.

7. Weigh yourself! Step on a scale, sure it can sometimes be disheartening, but it's better to face your fears. Weighing yourself regularly can actually help you stay on track. Monitoring your weight keeps your mind on your health and prevents denial.

8. Move your body - but

don't use exercise as your license to eat. Continue your regular fitness routine, and add even more activity to balance the additional holiday food. Walk after your holiday meal. Tour your neighborhood and enjoy your neighbors' holiday decorations, plan a family walk through the Toledo Zoo. Walking not only helps you lose weight, it also lowers your blood sugar and prevents your body from storing fat. So take a walk after dinner every night, but especially during the holidays.

9. Celebrate your success even during the holidays! Each time you lose 10 pounds or so - treat yourself to something fancy. No, not a doughnut or carryout Chinese food! I mean a mani/pedi, a massage, or my favorite a Pandora bead!! Be kind to yourself - it will help you accomplish your goals.

10. Learn to say "no thank you"! There's no need to offer an explanation or feel guilty about making healthier choices during the holiday. It's not uncommon for family and friends to place pressure on you to eat, drink and be merry. Instead of losing control, simply say no thank you. And if you find

yourself pushed into a corner, tell them you might indulge later. Just make sure 'later' never comes.

By making healthier choices daily, the unhealthy choices you make during the holidays won't drastically affect your weight. Don't deny yourself the delicious foods associated with the holidays. Eat smaller portions. Add a daily activity (like walking) to your normal fitness schedule. Enjoy your family and friends. Celebrate the birth of our King. That's what the Christmas season is really about.

As always, you can contact me with any questions or for information regarding Fabulously Fit classes anytime.

Merry Christmas to You!!

Angela R. Steward
Fabulously Fit
Co-Owner Studio Fitness
1413 Bernath Parkway
Toledo, Ohio 43615
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Smart Holiday Eating: Avoiding the Temptation To Gorge on Fats and Sweets

By Ryan Rollison
Guest Column

The holidays are upon us and what better way to celebrate than stuffing ourselves full of sweets and fine foods. We all seem to over indulge and get a little carried away with our eating.

During this festive season bad habits become worse and decent habits become bad. Who wants to turn down all the cookies, pies, pastries and good foods that are lying around the office or at home?

Here's something to keep in mind this holiday season. Between Thanksgiving and New Years the average person puts on about 10 pounds of unwanted body fat in this short period of time. That's 35,000 extra calories that you will need to burn off just to get your body to the point it was at before you began your eating frenzy.

Now lets talk about the other 10 to 15 pounds that you've been wanting to lose all year long before the holidays even started. That's another 35,000(10 lbs) to 52,500(15 lbs) more calories added to the new 10 pounds you just put on.

OK, now lets do the math. The grand total now is between 70,000 and 87,500 calories that are sitting on your thighs, butt and gut. So now what? Lots of exercise and strict dieting to get rid of this unwanted body fat. Losing this extra weight and hanging onto lean muscle tissue will take you between eight to 13 weeks of hard exhausting work. Here are a few tips to help you burn some calories and keep your eating under control this holiday season.

1.) Eat protein rich breakfast. Egg and veggie omelet, cottage cheese, lean meat, etc. Stay away from the breads and potatoes. This will keep your blood sugar levels from sky rocketing and being elevated all day long. It will also keep you fuller longer.

2.) I know you want to eat all of those goodies. Eat them with a meal in place of the other carbohydrates that you would normally eat at this mealtime. Eliminating your carbs this time will keep you from storing all those extra calories as fat. You will still be getting calories but not as much as you would if you still ate those extra carbs.

3.) Drink a gallon of water per day or at least .55 oz per pound of body weight.

4.) The late night snacking must stop! When you eat late at night and become sedentary you don't burn calories, you store them as fat.

Twenty to thirty minutes of brisk walking would help a lot.

For those who fail miserably or just want to get started on a program for the New Year **Dream Bodies Boot Camps** will be at the new Rocket Plaza starting the first of the year!

Good luck and happy holidays to all of you.

Please E-mail you questions to MYDREAMBODIES@AOL.COM or call 419-476-3494

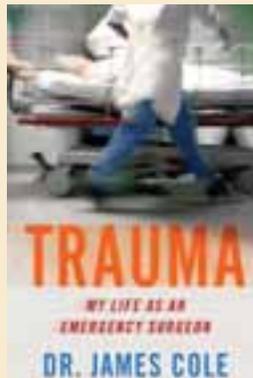
Ryan Rollison
Dream Bodies
1240 W. Sylvania ave
Toledo Ohio 43612
419-476-3494
mydreambodies.com



Trauma: My Life as an Emergency Surgeon by Dr. James Cole

c.2011, St. Martin's Press \$25.99 / \$29.99 Canada 336 pages

By Terri Schlichenmeyer
The Truth Contributor



Don't run in the house.

It's one of the first rules you learned when you were young, right along with "No playing ball in the living room."

You could run on the playground. You could run in the school gym. You could get your little legs going on the sidewalk, the street, ball field, or track.

But in the house?

Nope. No running, and the rule was in effect for school hallways, too. But, as you'll see in the new book *Trauma: My Life as an Emergency Surgeon* by Dr. James Cole, running is allowed in hospitals, as a matter of life or death.

Even before he was through high school, James Cole knew he wanted to be a surgeon. It was a long-time dream, and he was doing it differently: following his internship, Cole took a two-year "hiatus" to work as a military General Medical Officer

assigned to an elite Marine Corps unit.

It was a great opportunity, but it involved sacrifice: Cole was away from his family for long stretches at a time; on rotation thousands of miles away, training with his military team, or deployed at an overseas camp hospital.

During and between his military duties, Cole worked in stateside hospitals and trauma centers. In Texas, he worked with burn patients and gang members. In the Midwest, he

(Continued on Page 10)

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Don't Lose Sight of Diabetic Eye Disease

Thousands of American adults are at risk of losing their vision as a result of complications from diabetes

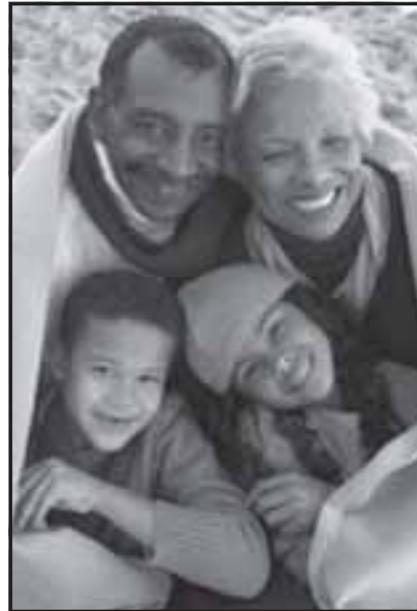
Special to The Truth

Diabetes affects nearly 26 million people in the United States. In addition, another 79 million people are estimated to have pre-diabetes, a condition that puts people at increased risk for diabetes. All people with diabetes, both type 1 and type 2, are at risk for diabetic eye disease, a leading cause of vision loss and blindness.

"The longer a person has diabetes the greater is his or her risk of developing diabetic eye disease," said Dr. Suber Huang, chairman of the Diabetic Eye Disease Subcommittee for the National Eye Institute's (NEI) National Eye Health Education Program. "If you have diabetes, be sure to have a comprehensive dilated eye exam at least once a year. Diabetic eye disease often has no early warning signs, but can be detected early and treated before noticeable vision loss occurs."

Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of the disease and in-

cludes diabetic retinopathy, cataract, and glaucoma. Diabetic retinopathy, the most common diabetic eye disease, is the leading cause of blindness in adults 20-74 years of age. According to NEI, 4.1 million people have diabetic eye disease and its prevalence is projected to increase



to 7.2 million by 2020.

While all people with diabetes can develop diabetic eye disease, African Americans, American Indians/Alaska Natives, Hispanics/Latinos, and older adults with diabetes are at higher risk of losing vision or going blind from it. All people with diabetes should have a dilated eye exam at least once a year to detect vision problems early. In fact, with early detection, timely laser surgery, and appropriate follow-up care, people with advanced diabetic retinopathy can reduce their risk of blindness by 90 percent.

Clinical research, supported in part by NEI, has shown that maintaining good control of blood sugar, blood pressure, and cholesterol can slow the development and progression of diabetic eye disease. In addition to regular dilated eye exams, people

with diabetes should do the following to keep their health on **TRACK**:

- Take your medications.
- Reach and maintain a healthy weight.

- Add physical activity to your daily routine.

- Control your blood sugar, blood pressure, and cholesterol.

- Kick the smoking habit.

"Don't lose sight of diabetic eye disease," added Dr. Huang. "Don't wait until you notice an eye problem to have an exam because vision that is lost often cannot be restored."

For more information on diabetic eye disease and tips on finding an eye care professional or financial assistance for eye care, visit www.nei.nih.gov/diabetes or call NEI at 301-496-5248.

The National Eye Institute (NEI), part of the National Institutes of Health,

leads the federal government's research on the visual system and eye diseases. NEI supports basic and clinical science programs that result in the development of sight-saving treatments. For more information, visit www.nei.nih.gov.

About the National Institutes of Health (NIH): NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

Book Review

(Continued from Page 9)

tended to accident victims whose lives he could save but whose limbs he could not. He cared for mentally ill patients, on behalf of whom he takes colleagues to task. And he writes about differences.

In America, a man can lose a leg to a motorcycle accident. At war, a soldier can lose an arm to a bomb.

Drugs, anger, knives, abductions, and street violence can rob a mother of her child in America. In Afghanistan, a land mine can do the same thing.

Here at home, an abusive husband, a drunk driver, or a seven-story fall can send pieces of metal

deep into body cavities, and do damage. In Iraq, it takes one suicidal person and an explosive...

There's a lot to like about *Trauma: My Life as an Emergency Surgeon*, starting with the humility of its author.

Dr. James Cole repeatedly chastises himself for his arrogance, which is often followed by fervent expressions of thankfulness to have been sent down paths that allowed him to achieve his goals. He gives credit to those who taught him – colleagues and patients alike – and that lack of self-important braggadocio is oh-so-refreshing.

Add to this some exciting stories of life (and death) in the ER, a hint of danger and secret military ops, and a not-so-subtle warning for anyone who wants to be a doctor and thinks it would be just like on TV, and you've got a memoir that's first-rate.

Be aware that, because of the real-life OR pictures (which are, thankfully, in black-and-white) this book isn't for the weak of stomach. If you want a unique peek behind the bedside curtain, though, *Trauma: My Life as an Emergency Surgeon* is a book to run for.


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Senator Portman, Confirm Richard Cordray And Put a Cop on the Wall Street Beat to Protect Consumers

By Lisa Rice
Guest Column



More than 2.7 millions Americans who received mortgage loans between 2004 and 2008 have lost their homes to foreclosure. In Ohio, more than 99,000 residents who got mortgages during that period have lost their homes, according to the Center for Responsible Lending. More than 127,000 Ohio families are more than 60 days late on their payments and are at serious risk of foreclosure.

The 16-year foreclosure crisis in Ohio, like the crisis that spread across America, was caused by unscrupulous mortgage lending practices. Hundreds of thousands of Ohioans were sold loan products that were unsus-

tainable. Research shows that the high foreclosure rates in Ohio are more a function of the risky features of the loans, rather than any characteristics of the borrower.

Our nation and this state face problems in the current housing market because of a failure of the banking regulators to prevent risky loans and lending practices that were doomed from the start. That's why the National Fair Housing Alliance and hundreds of organizations across the country supported the establishment of the Consumer Financial Protection Bureau (CFPB) first championed by Elizabeth Warren.

Congress created the CFPB last year to bring order, transparency and fairness to the financial services industry. Now it's time for the CFPB to get to work. The CFPB officially opened its doors on July 21, and its staff is hard at work on the many tasks assigned to it by Congress. But, without a director, the agency has not been able to exercise its full

authority. For example, it is more difficult for the CFPB to exercise its full authority against payday lenders, check cashiers and other institutions that peddle some of the riskiest and most costly financial products and services in the market.

President Obama wisely selected former Ohio Attorney General Richard Cordray to be the new director of the CFPB. General Cordray has a long and distinguished career of being both fair-minded in an effort to promote a healthy business environment while simultaneously being tough on those who violate the law and harm consumers. Because of his hard work ethic, high ethical standards and willingness to work across the aisle to form solutions, he enjoys wide-ranging support - from consumer and civil rights advocacy groups to lending groups and major corporations.

Consumers can't afford to wait any longer for the CFPB to undertake the full scope of its work to protect

consumers. Sadly, the majority of Senate Republicans have sided with Big Banks and payday lenders instead of consumers. Earlier this year, 44 Republican senators signed a letter stating they would not confirm any nominee to head the new Consumer Financial Protection Bureau, unless changes are made to the agency to weaken its authority and restrict its ability to adequately protect consumers. Amazingly, Republican senators have stated over and over again that they are impressed with General Cordray's accomplishments but that they will not support his nomination because they want to accomplish in the nominations process what they were not able to accomplish in the legislative process - making the CFPB an ineffective agency.

But in recent weeks, Senator Scott Brown (R-Massachusetts), not a signer of the letter, announced his support for the nomination of former Ohio Attorney General Richard Cordray to become permanent director

of the Bureau. We urge Ohio's Republican Senator Rob Portman to join Senator Scott Brown and support Mr. Cordray's nomination as well.

Ohioans from both parties want a tough and fair cop on the beat to write new rules of the road for the mortgage market. With Mr. Cordray at the helm, the CFPB will have the authority and expertise it needs to police the practices of the banks and non-bank financial institutions that caused the mortgage crisis that plunged the nation into recession.

Senator Portman has another chance to show he is for everyday Ohioans. As early as next week, there may be a floor vote in the Senate on the Cordray nomination.

The stakes are high. While Americans from every background have already lost their homes, millions more are still paying their mortgages but have seen their home values plummet, taking down their wealth and financial security as well.

The Federal Reserve estimates that, since 2005, declining home values have cost homeowners \$7 trillion in lost wealth that they could have used to weather the economic turmoil, send their kids to college, start or expand a small business, fund retirement, or pass along to the next generation.

Now, more than ever, we need our elected officials to lay down the banner of partisanship and pick up the staff of justice. It is high time that the Senate confirm Richard Cordray's nomination.

Lisa Rice is vice president of the National Fair Housing Alliance and formerly the president and CEO of the Toledo Fair Housing Center. Rice is a former member of the Ohio Housing Trust Fund Advisory Board and the Ohio Foreclosure Task Force.

Lisa Rice can be reached at 202-898-1661 or lrice@nationalfairhousing.org



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2:30 & 4:30 p.m. Dr. Henry J. Langknecht, Trinity Lutheran Seminary, Columbus, "Son of a Craftsman, Son of God." This lecture will explore what Jesus' daily life might have been like as a craftsman in the little town of Nazareth.

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BEST RAP ALBUMS OF 2011

By Michael Hayes
Minister of Culture



Pat yourself on the back.

If you are reading these words, you obviously care about entertainment and culture more than most people. I'm sure you are someone who may read a few blogs here and there, maybe pick up a rap mag or at least engage in plenty discussion about the world of entertainment. I consider this something akin to a casual conversation.

I don't make a living from doing this, I'm actually trying to navigate this tricky economy anyway I can plus get my company off the ground.

Writing these pieces every week is a labor of love and knowing that there are at least a few of you out there who are in this conversation with me regularly makes me thankful.

But besides me just running my mouth (or... fingers.. lol), it's really possible due to you.

The reader who gives a damn about entertainment, society, local issues and life.

I'm sure we won't always agree. But I'm committed to bringing you a fresh perspective.

To that end, I would like to go out on a limb and do something sure to spark debate...

I am officially declaring 2011 as the year that good rap music finally fought back!

Sales are doing better than

they've been in at least three years.

But WHAT kind of rap music is selling, charting and going viral is just as important.

It was so bleak these last few years.

Ever since "Party Like A Rockstar" came out, seems like the entire rap game turned into one hit club bangers that faded one after another leaving behind a trail of burned out ringtones. We let the only music genre built to inform and empower the disenfranchised ghetto masses become one hot ghetto mess.

I mean, really... it was bad ya'll.

But I think the worst is behind us.

Just like a relationship, this artform we love so dear needed to go downhill in order to show just how far off course we had gone and inspire transformation.

You could even see it here and there since 2009, the leaders of our genre suddenly turned up the quality of their output. In the last two years you've had groundbreaking shifts in sound and concept evidenced by Dirty Money's Last Train To Paris, Kanye's My Beautiful Dark Twisted Fantasy and Jay Z's Blueprint 3.

That's what game changers do. Change the game.

If you look at what the playing field looks like now, it's almost like the new thing has become to make the best song even if it sacrifices catchiness and typical commercial gimmick. Rap fans will never be fully satisfied, ever.

But the seeds planted a couple years ago really started to take hold in 2011.

So much so, I'm bringing back a special edition of the YEAR END MUSIC REVIEW.

But we're gonna stick to rap albums for now.

Take a look.

BEST RAP ALBUM OF 2011:

LUPE FIASCO: L.A.S.E.R.S

Summary:
If your fans form picket lines outside a major label to protest your album being shelved, that's loyalty. Atlantic records should thank their lucky stars they came to their senses.

Lupe had his biggest 1st week sales of his career, a platinum single and his own tour this year and even though he went a little more stadium than boom bap, the mentality and rhyme skill was on point. Backpackers united behind him, and he took them on a journey of sound perfectly fusing rock sensibilities with digital boom bap.

Even the Trey Songz collabo was dope. When Lupe wins, Hip Hop wins.

WIZ KHALIFA: ROLLING PAPERS

Summary:
I'm not a Wiz fan. Sorry. Voice and rhyme ability just seem basic to me.

However, this dude made the cover of Rolling Stone Magazine. 'Nuff Said.

"Black & Yellow" was the eerily genius crossover, "On My Level" locked up the streets.

Add in Amber Rose and you've got a bonafide star with a nearly platinum album.

Wiz Khalifa's tatted up hip hop stoner image is becoming the new blueprint, look around.

With his impact on the game growing, one thing is for certain...his fans love him.

If the West Coast early 90s taught us anything, Hip Hop always loves a weedhead.

J. COLE COLE WORLD: THE

Judge Franklin

(Continued from Page 4)

Toledo Area United Appeal and Toledo YMCA, AAA Northwest Ohio, and the Ohio State Common Pleas Judges Association.

But it was his 30 years of service on the Board of Trustee of Morehouse College, culminating in 2010 with the honor of trustee emeritus, and his service to Sigma Pi Phi Fraternity, Inc. - as a Grand Sire Archon (National President)(1982-84) and chairman (for close to 30 years) of the Boule Foundation (National) and Scholarship Fund, Inc., which especially fueled his soul. His commitment to the education of the next generations of our youth was his passion.

Honors seem endless, and include the Scott High School and National Bar Association Halls of Fame, awards from the National Association for Equal Opportunity in Education, various bar Associations, colleges and universities and community organizations.

But hard work and aspirations of civic duty were not the only driving spirits in Robert's life. He was a protective father to Jeffery Mayo and Gary Robert. He was a committed uncle, advisor, supporter and counselor to innumerable relatives, colleagues and friends. From Democratic Party campaigns to huge family reunions; the bridge club to the golf course to the bowling alley, "Bob" always brought life to the party! Jokester, prankster, storyteller, competitor, confidante and advocate described the many facets to his persona.

He was always encouraging to nieces, nephews, cousins, friends and their children, as well as his sons, to aspire to do their best, go follow their dreams, while offering himself as mentor, helping with scholarships, internships, financial awards, and fellowships in various forms for students across the country. He had the innate

SIDELINE STORY

Summary:
I remember this dude before he got signed.

His spit game was like a goldmine filled with...well..bars.

Once picked up by Jay Z's Roc Nation, he featured on Blueprint 3's "A Star Is Born" and the rhymes were still doper than most of the cats who graced XXL's Freshman class cover the year before. The only question on everyone's minds, was how much will actually being in the industry change him. We all had high expectations for the homie Young Simba to keep givin us that 'Who Dat' type music.

Then "Work Out" dropped, and the reaction from many was... "smh".

But, the album he put together is actually a cohesive body of work.

Densely steeped in his own brand of production which helps and hurts him, but he straddles his dual roles

of appealing to hip hop fans and 106 & Park chicks like a pro.

He's been a mainstay on B.E.T., and his album hits the age group usually addicted to Gucci and Boosie but with far far better music and he's still growing.

A rookie going gold without sacrificing wordplay... sounds like he's following the blueprint after all.

LIL WAYNE CARTER IV

Summary:
Lyrically it's not Weezy's...wait, sorry.. Lil Wayne's best work.

There was a song rumored to be included on this album called "Dear Anne" where Wayne is rumored to take Eminem's "Stan" concept even further.

But it didn't make the album. Which hurt because I mainly loved Carter III because he reached into concepts and just rhyming for
(Continued on Page 13)

ability to perceive intellect and resolve in those he mentored which mirrored his own hunger for achievement. One of his favorite organizations, The Boule Foundation of Sigma Pi Phi Fraternity, Inc., proved instrumental for student scholarships for hundreds of under-served students across the nation.

He never forgot his roots and the friends that shared his childhood memories. From his upbringing in Third Baptist Church, hanging out at the Indiana "Y" as a youth, working in City Park during high school, to his weekly bridge game, summer and winter golf retreats, traveling to the Cleveland Browns' season openers with the "guys" as a young family man, and the ardent support of the University of Toledo football and basketball programs throughout the years, the "Judge" could always be found cheering on his favorite teams, laughing, kidding and spinning a yarn with many friends and associates.

As demanding as his ca-

reer was, he always had a kind word, a smile, a funny tale, a hilarious joke or just the right words of encouragement for the many clerks, young attorneys, bailiffs and support staff.

Yet, the true measure of this man was his legacy of kindness, and his gift of love for family, friends, the City of Toledo and the future of our nation. He planted seeds of faith, courage, respect for God, and the tenacity of seeing dreams fulfilled. He will be missed but never, ever forgotten.

Robert was preceded in death by his parents, Robert V., Sr., and Josephine, his cherished grandmother, Sophia Walls, his son Jeffery Mayo, his sisters Lucille Odoms, and Flora Mae Mudd, and his brothers James and John. He is survived by his beloved wife, Kathryn, son Gary Robert, sister Marie Evans (Saginaw, MI) and a host of nieces, nephews, Godchildren and cousins, as well as countless friends from across the globe.

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BEST RAP ALBUMS OF 2011

(Continued from Page 12)



the thrill of wordplay, but on Carter IV it seemed more about the typical topics. Either way, two monster hit singles in "6ft, 7ft" and the surprisingly remarkable "How To Love" propelled this release to platinum in a week numbers. At that point, what else can you do but give the Young Money boss his props? The hottest team in the game the last few years running, with the Lil Wayne leading the assault.

DRAKE TAKE CARE

Summary:
I've never seen such hatred, it's comical.
But every time I look at the source of where it comes from...it's usually someone who hasn't listened to this album but is happy following the anti-drake bandwagon.
Yes, just like you think there's a PRO-Drizzy bandwagon.

There's an even bigger ANTI-Drizzy bandwagon. The only difference is Did you listen to the album? I loved *So Far Gone* way more than I did *Thank Me Later*, so since Drake and OVO are back on what made them successful in the first place... I play this album often.

The rhymes are kinda lacking, but the subject matter makes up for it.

And on sheer anticipation alone, this release had the industry on lock... and that was before he moved over 600,000 in his first week.

JAY Z / KANYE WEST WATCH THE THRONE

Summary:
Possibly the most satisfying rap/Hip Hop album to come out in years, this is one for the ages. Luxury rap from two of the only cats in the game who have the perspec-

tive they do.

"Otis" was pure art. Every last drop if it... a Hip Hop anthem with no snare, the best example of Golden Era partner rhyming styles and so true to the art they didn't even need a hook. This album explains grandiose exploits enjoyed by rap artists who've become so successful that they can actually rap about being "Niggaz In Paris" and mean it.

But the album is also deeply personal, and almost spiritual.

There is catharsis in the family issues expressed, there is purpose in the societal and racial issues addressed and both artists stick to their script perfectly balancing each other without competing. This album is nothing short of brilliant and it gets better with every listen.

Talk amongst yourselves if you like, but face it... this

year had more great music than you gave it credit for. We haven't seen output like this in quite some time.

And I haven't even fac-

tored in Wale's *AMBITION* or Tyler The Creator.

You've got Common and Nas with singles bubbling right now, trust me... the hot

garbage era is over!

Next week, we will take this year end wrap up to the next level.
Peace.

Auditor Lopez and Commissioner Contrada Kick Off 2012 Dog License Season

Special to The Truth

Auditor Anita Lopez and Commissioner Carol Contrada, with Lucas County Dog Warden Julie Lyle, announced the 2012 Dog License kickoff on Friday, December 2, 2011 at the Dog Warden's office. The two officials also announced the new Lucas County Loves Dogs ownership card program, New Vendor locator on the Lucas County website, the Annual Pick of the Litter Contest and an introduction to the first phase of the Lost and Found program.

Ohio Law requires individuals to purchase an annual license for any dog three months or older. Dog licenses are \$25 and can be purchased now through January 31, 2011. They can be obtained at the Auditor's office at One Government Center, Suite 770; the Lucas County Dog Warden's office at 410 S. Erie Street; or at any one of the authorized agents.

For more information, visit the Auditor's website at www.co.lucas.oh.us/auditor or call the Education and Outreach Department at (419) 213-4406.



State Rep Ashford Hosts Annual Christmas Party

It's a tradition that State Rep. Michael Ashford assumed when former Mayor Jack Ford left office in 2005 – the annual Christmas party for family, friends and political supporters.

This year's event was held at L' Ambiance on Renwyck Drive- food, entertainment and Christmas season socializing.



Ashford supporters surround former Mayor Jack Ford (bottom left)

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CLASSIFIEDS

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December 07, 2011

Owens Community College Unveils New Dental Assisting Certificate Program

Special to The Truth

Owens Community College is expanding its educa-

tional opportunities within the Department of Dental Hy-

giene by announcing the creation of a new Dental Assisting Certificate Program. The new academic certificate program is being offered to area residents for the first time during the current Fall Semester on the Toledo-area Campus.

The College's new certificate program recently received formal approval by the Ohio Board of Regents.

"Owens Community College's Dental Hygiene Department is proud to offer an academic pathway that will meet the needs of the health care community throughout Northwest Ohio and beyond," said Beth Tronolone, Owens chairman of Dental Hygiene. "The demand for dental assistant professionals is growing as a result of dental practices expanding their need for dental

auxiliary utilization. Trained dental assistants play an invaluable role in providing dental service and this new program is designed to assist students in pursuing their career aspirations in dental care."

Owens' certificate in dental assisting requires 39 credit hours of coursework, which includes dental sciences, infection control, dental materials, dental radiography, chair side assisting and medical ethics, among other academic curriculum. The new educational program is designed to prepare students for employment in the health care dental industry. Additionally, students will receive experiential learning in the College's state-of-the-art Dental Hygiene Clinic on the Toledo-area Campus as well as at the Dental Center of

Northwest Ohio and area dental offices.

Upon program completion, individuals will be able to apply their knowledge and skills to work in entry-level or higher employment positions as dental assistants in private dental offices, hospitals, correctional institutions, dental clinics, in the armed forces, and federal, state and municipal health departments. Responsibilities as a dental assistant can include assisting the dentist with examinations and fillings, preparing and sterilizing instruments, exposing and organizing radiographs, maintaining infection control, performing laboratory procedures and performing reception and office management procedures.

Program admission is selective and requires submis-

sion of a complete application file that includes a college application, high school transcripts or GED record and college transcripts (if applicable). Upon program completion, students will have the opportunity to sit for the Dental Assisting Certification Examination administered by the Commission of Ohio Dental Assistant Certification.

In addition to the new Dental Assisting Certificate Program, the Department of Dental Hygiene offers academic programs in Dental Hygiene and Expanded Functions Dental Auxiliary.

For additional information about Owens' new academic program, call (567) 661-7374 or 1-800-GO-OWENS, Ext. 7374.

Healthcare

(Continued from Page 6)

lifesaving care."

The law will also help people and populations who face challenges getting health care by:

- Funding community health centers in places where getting health care can be difficult, so more people can get the care they need.

- Improving the way information on race, ethnicity, sex, primary language and disability status is found and used. This is needed to learn more about the health gaps and challenges some groups face and find the best ways to reduce them.

- Expanding Medicaid

coverage to adults whose income is less than one-third over the official federal poverty level beginning in 2014, so more people can get preventive care and treatment.

ACSCAN, the advocacy affiliate of the American Cancer Society, is working to make sure that these improvements are carried out in ways that benefit people with cancer and their families. Making the health care system work for people with cancer will save lives and is vital to winning the fight against the disease.

For more information, visit www.acscan.org/healthcare.

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CLASSIFIEDS

December 07, 2011

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State of Ohio Ohio School Facilities Commission NOTICE TO BIDDERS

Bids will be received by the Toledo Public School District (the "District or TPS"), at the School Board Office, Treasurers Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608 for the former Beverly, East Side Central, East Toledo and Washington Schools Pre-Demolition Asbestos/HazMat Abatement Project in accordance with the Drawings and Specifications prepared by:

TTL Associates, Inc.
1915 N. 12th Street
Toledo, Ohio 43604
Phone No. 419-324-2222
Fax No. 419-321-6252

The Construction Manager for the Project is:
Lathrop/Gant/Barton Malow, LLC
701 Jefferson, Suite 302
Toledo, Ohio 43604
Phone No. 419-776-5600
Fax No. 877-281-0784

Any Proposed Equal for a Standard shall be submitted to the Consultant, no later than ten (10) days prior to the bid opening. If no Addendum is issued accepting the Proposed Equal, the Proposed Equal shall be considered rejected.

Sealed bids will be received for:

Bid Item No. 1: Asbestos/HazMat Abatement of Fulton Elementary School	Estimates
Abatement Dates: January 9 through February 3, 2012	\$ 300,904.00

Bid Item No. 2: Asbestos/HazMat Abatement of Heffner Kindergarten Academy	\$ 8,850.00
Abatement Dates: January 9 through January 20, 2012	

Bid Item No. 3: Asbestos/HazMat Abatement of M.L. King Elementary School	\$ 232,632.00
Abatement Dates: April 30 through June 8, 2012	

Bid Item No. 4: Asbestos/HazMat Abatement of Purchasing Warehouse	\$ 28,257.00
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Abatement Dates: January 16 through February 3, 2012 until **Friday, December 16, 2011 at 1:00 p.m. (as determined by Stratum clocking (cell phone time))** and will be opened publicly and read immediately thereafter.

The pre-bid meeting will be held on **Friday, December 9, 2011 at 1:00 p.m.** at Heffner Kindergarten Academy located at 255 Heffner Street in Toledo, Ohio continuing thereafter to the remaining sites. **ATTENDANCE AT THE PRE-BID MEETING IS MANDATORY FOR ALL CONTRACTORS INTENDING ON SUBMITTING A BID.**

The walkthrough schedule will be as follows:

1. Heffner Kindergarten Academy, 255 Heffner Street
2. Purchasing Warehouse, 443 East Manhattan Boulevard
3. Fulton Elementary School, 333 Melrose
4. M.L. King Elementary School, 1415 Lawrence—Access not allowed until after 330pm

Bidders will be required to comply with the Toledo Public School District's Community Inclusion Plan.

Contract Documents can be obtained from **Toledo Blue Print, 6964 McEnerney Street, Northwood, Ohio 43619, phone: (419) 661-9841** for the cost of the printing, to be paid to the printing company at the time the drawings are picked up. CD-Rom copies of the bid drawings are also available from **Toledo Blue Print** for no cost with the purchase of the specification books.

The Contract Documents may be reviewed for bidding purposes without charge during business hours at the following locations:

Maumee F.W. Dodge Plan Room
3521 Briarfield Blvd., Suite D
Maumee, OH 43537
PH: 419-861-1300
FX: 419-861-1325

The Plan Room
3135 South State St., Suite 210
Ann Arbor, MI 48108
PH: 734-662-2570
FX: 734-662-1695

University of Toledo - Capacity Bldg
Toledo, Ohio 43606
PH: 419-530-3120
FX: 419-530-3242

Builders Exchange
5555 Airport Hwy, Suite 140
Toledo, OH 43615
PH: 216-661-8300

Northwest Ohio Hispanic Chamber of Commerce
303 Morris St.
Toledo, Ohio 43602
PH: 419-351-1521

E.O.P.A. - Hamilton Building
505 Hamilton St.
Toledo, Ohio 43602
PH: 419-242-7304

Columbus F.W. Dodge Plan Room
1175 Dublin Rd.
Dublin, OH 43215-1073
PH: 614-486-6575
FX: 614-486-0544

Construction Association of Michigan
43636 Woodward Ave.
Bloomfield Hills, MI 48302
PH: 248-972-1014
FX: 248-972-1136

Ohio Construction News
7261 Engle Rd., Suite 304
Cleveland, Ohio 44130
PH: 800-969-4700

Toledo Regional Chamber of Commerce
MCBAP
300 Madison Ave. Ste. 200
Toledo, Ohio 43604-1575
PH: 419-243-8191
FX: 419-241-8302

Hollywood Casino To Host Vendor Fair — Dec. 8

Businesses throughout the Toledo metropolitan area are invited to attend a vendor fair hosted by Hollywood Casino Toledo on Dec. 8 from noon to 4 p.m. at the Park Inn Hotel.

"We are looking to connect with local businesses that are interested in supplying the products and services we'll need when we open in the spring," said Richard St. Jean, General Manager of Hollywood Casino Toledo. "We strive for the highest level of integrity in our procurement process and that begins with our interactions with businesses at this event."

Mr. St. Jean says Hollywood will need a wide array of materials and services, including food and beverage products and equipment, paper products, janitorial products and equipment, indoor and outdoor maintenance supplies and equipment, and gaming supplies.

The Park Inn Hotel is located at 101 North Summit in downtown Toledo

Businesses that have not yet registered with Hollywood Casino Toledo and its parent company Penn National Gaming, Inc., can do so at www.pngamingvendors.com.

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Contact: Dale 419-283-7585

Academic Advisor Upward Bound

The University of Toledo Job 8675

The primary responsibilities of this position are recruitment of program participants, providing academic and career advising and/or services to program participants; planning, developing and implementing strategies to enhance the academic skills of program participants (i.e., conducting standardized testing; coordinating academic year and summer component, field and socio-cultural events/activities; monitoring weekly tutoring; classroom instruction and program workshops; liaison between university departments, the Toledo community, students, parents and target schools); aids in designing, researching and implementing evaluation materials; acquires, compiles and analyzes statistical and research data for reports as assigned; manages and tracks student data; visits target schools, hosts conferences with school officials and works directly with university departments, the Toledo community and Toledo Public school systems on behalf of program and participants to provide program services). Travel, evening and weekend work is required.

Requirements: Bachelor's degree in Education or related field, Master's in Education, Guidance Counseling or Sociology preferred. Two years experience with programs or projects serving the needs of low-income, minority and/or disadvantaged students. Ability to interpret test results; clean driving record; excellent interpersonal, oral and written communication skills; computer literacy; well developed presentation, organizational and administrative skills; ability to understand and work well with students, parents, teachers and target school personnel. The starting salary range for this position is approximately \$32,000 - \$40,000.

For more information and to apply please visit <https://jobs.utoledo.edu>. The deadline for this position is Thursday, December 22, 2011. UT is an EEO, AA Employer and Educator

“Christmas Is For Archousai:” Men of Alpha Phi Boule Host Annual Christmas Dinner

Sojourner's Truth Staff

The men of Sigma Pi Phi's local chapter, Alpha Phi Boule, held their annual Christmas dinner on Saturday, December 4 at

the Pinnacle in Maumee. This year's dinner celebrated the 40th anniversary of the local chapter and recognized founding

members. Members (the “Archons”), their spouses (the “Archousai”) and various guests of the Boule were greeted by the Sire Archon Alfred Baker. Archon C. Allen McConnell gave the invocation and the diners feasted on their choice of beef tenderloin medallions with bordelaise sauce, boneless breast of chickens with marscarpone cheese or lemon caper salmon with dill sauce.

After dinner, special

recognitions were presented to the 18 founding members of the chapter, six of whom are still alive.

The 18 founders are: Benjamin W. Butler, MD; John Chadwell, Jack Dale, Franklin Duffy, DDS;

Judge Robert Franklin; Roland Gandy, MD; John Holland, DDS; Emory Leverette; Breau Martin, MD; Henry Murphy, MD; Judge Robert Penn; Charles Rowan, MD; John R. Smith, MD; Jo-

seph Sommerville, PHD; Samuel Strong, MD; James Thomas, RPh; Lancelot Thompson, PHD; Robert Walden, MD

Archons Alfred Baker, Calvin Lawshe, Richard Jackson, Pariss Coleman, Thomas Winston and Jason Ofori comprised the Christmas is for Archousai committee.

This year's dinner also offered an opportunity for the Archons to recognize the recently departed Judge Franklin, a founding member and former Sire Archon of the chapter.



Fifth Third's Bob LeClair, Paul Hubbard, Paul Hubbard, Jr, James McDay



Founding members' Archousai



Archon officers



Archousai



Archons Richard Jackson, Alfred Baker, Calvin Lawshe



Archons



Nicole and Judge Myron Duhart, Doni Miller



Kelli and Thomas Winston, Paul and Ginny Toth



Former Mayor Jack Ford and daughter Jacqueline