



Volume 23, No. 21 "And Ye Shall Know The Truth..." April 03, 2013

Grove Patterson Academy's Get Fit/Get Moving Program



"[The day was] a good opportunity to teach health and nutrition because some of the students may not ever get the chance to realize the importance of a healthy lifestyle until they have already established bad habits."

<p>In This Issue Perryman Page 2</p> <p>Flagg Page 3</p> <p>Dr. Anthony Atkins Page 4</p>	<p>The Health Section Minority Health Month Activities Page 6</p> <p>Eating Behaviors Page 7</p> <p>Cover Story</p>	<p>Get Fit/Get Moving Page 8-9</p> <p>Critical Deadlines Page 10</p> <p>AIDS Resource Center Page 11</p>	<p>Book Review Page 12</p> <p>Minister on Gay Rights Page 13</p>	<p>BlackMarketPlace Page 14</p> <p>Classifieds Pages 14-15</p> <p>Easter Bunny Page 16</p>
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The Violence of Silence II

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



... Physical violence is not the only way in which we hurt one another. It is just the most conspicuous. —Renita Weems

I spoke with Rev. Marie Fortune, PhD following the barbarous Steubenville, Ohio rape of a 16 year-old girl by two teenage members of the high school football team and the rising tide of savage violence perpetrated upon women and children locally.

This is the second and final part of our conversation.

Perryman: You attributed the commonplace occurrence of sexual and domestic violence against women and children to a degenerate social mindset. You also suggested that a major contributing factor to society's thinking disorder could be found in the church's silence on sexual and domestic violence.

Yet, the Bible is replete with stories of violence against women. Would you agree that scripture seems to encourage women to endure pain? So it is easy to misinterpret and thus misuse the ancient scriptures if they are interpreted through the bias of contemporary western culture that emphasizes passive redemptive suffering over a victorious and risen Savior. This can possibly cause more harm than good.

Fortune: Yes, our sacred text has been and can be mis-

used to justify horrible things done to people - whether it's slavery, the treatment of women or children, or the treatment of gay and lesbian people or what have you. But for me as a Christian, as a believer and as a student of the scriptures I don't believe that's a truthful reading of the text.

So, I'm always pushing people to go back and re-read the text and really engage the overall message which is what Jesus said in John's gospel - "I came that you might have life and have it abundantly." And that actually applies to everybody.

But yes, part of the biblical story is the truth-telling about the horrible things that some people have done to other people. But in terms of how we help our people understand and interpret what this mean for today, we're called to give and affirm life for people in abundance. And the mistreatment of women or children or whoever it is, is not consistent with that expectation. So my goal with my work is to help - particularly those in the church, to stop being part of the problem and start being part of the solution.

Perryman: You talked earlier about a sacred space within our preaching duties that helps our hearers become healed. How do we reach those who are not in church or who might have lost trust in the institution?

Fortune: What we have to remember is that they still hear us. They hear us in what we say in whatever public opportunities that we have to represent our faith. In my work they hear an alternative message, possibly when they reach out for support from a coun-

selor or in a shelter situation. Hopefully there's somebody in that setting who can remind them that there is an alternative way to look at this and that there are others in faith communities who may have a little different idea about this.

But I know for some of them, that they're better off just not being in church and allowing God speak to them outside of church than to be there getting a toxic message. Sometimes it's necessary to bring a message beyond Sunday morning that folks like that can at least know that somebody somewhere cares about them and understands what they've been through. There's another way for them to understand their faith and what it means to go where God is in it for them.

Perryman: Sticking with the clinical perspective which you began the interview, you seem to suggest that the church and its message can sometimes be co-dependent in this societal addiction to violence. That is profound. Your assertion that some people - particularly victims of spiritual abuse - are better off not being in church, is likewise, a deep penetrating insight.

Fortune: The truth is that many victims have had to walk away from the church. I give them a blessing. I also pray for them that they will know God wherever they are but that they won't be limited by what the church has told them about who God is. I've seen them grow and become healthier.

A lot of, at least the survivors I've known over the years who have been through that part of their journey, at some point also come back to church looking for something more or for the people that they

want to be with.

I trust that they're going to find their way. I'm not worried about it as long as we're doing our job trying to get our churches straightened out so that when they do come back, they will find a place

that's good and healthy for them.

Then we've done our job.

Rev. Marie Fortune, PhD is a pastor, educator, theologian, ethicist and author of numerous books including

Sexual Violence: the Sin Revisited and Keeping the Faith: Questions and Answers for Christian Abused.

Contact Rev. Donald Perryman, D.Min. at dldperryman@centrofbaptist.org

Community Calendar**April 4**

Kwanzaa Park Neighborhood Meeting: 6 to 7:30 pm; Padua Center; Discussion of community issues, set Clean Up date, plan Urban Chicken Fest

April 7

Indiana Avenue MBC 48th Pastoral Celebration: For Pastor John E. Roberts; 4 pm; Guests are Rev. John Williams and Eastern Star MBC: 419-246-3850

April 9

Support for Family Caregivers: 7 to 9 pm; Relationship building, staying safely at home, housing options and more; care4you2 facilities: 419-517-7300

Beginning Genealogy Workshop Pt 1: Main Branch Library; 6 to 8 pm; An overview of genealogy and U.S. Census records: 419-259-5233

April 10-12

Toledo District Full Gospel Baptist Church Fellowship International Interscory Prayer Conference: City of Zion, Mt. Zion Church; 6:30 pm; Speakers - Bishop Duane Tisdale, Overseer Lanier Twyman, Bishop William Murphy: 419-246-1850

April 13

Community Health Fair: Cordelia Martin Health Center

April 13-14

St. Paul MBC Health Weekend: Sat 10 am to 2 pm; Sun - 9:25 am - quarterly Sunday School presentation on spiritual health: 419-246-2886

April 14

Beulah Baptist Church 7th Pastoral Anniversary: 10:45 service with speaker Rev. Kay Crenshaw; 4 pm service with speaker Rev. F. A. Shears

St. Stephens COGIC: I Owe God Musical Concert; 4 pm

April 16

Support for Family Caregivers: 7 to 9 pm; Relationship building, staying safely at home, housing options and more; care4you2 facilities: 419-517-7300

Beginning Genealogy Workshop Pt. 2: Main Branch Library; 6 to 8 pm; An overview of using magazines, newspapers and the Internet for research: 419-259-5233

April 16-18

Calvary MBC Spring Revival: 7 pm nightly; Tues - Pastor Derek Arnold of Bethlehem Baptist; Wed - Pastor T. J. Thomas of Mt. Zion; Thur - Pastor Pat McKinstry of Worship Center

April 20

Toledo's Jazz Celebration Month Free Performance: Kent Branch Library; Noon to 5 pm; Jelise & Co, Chris Brown & Candice Coleman, The Gene Parker Quintet, Jim Gottron Quartet: 567-249-6229

Building Trades Career Fair: 9 am to 1 pm; Bethlehem Community Center; Sponsored by NOW Building Trade Council and Councilman Tyrone Riley: 419-693-7717

April 21

Phillips Temple CME Pre-Women's Day Event: Gospel Concert featuring Derrick Roberts and the Toledo Interfaith Mass Choir: 419-242-7906

April 23

Support for Family Caregivers: 7 to 9 pm; Relationship building, staying safely at home, housing options and more; care4you2 facilities: 419-517-7300

April 26-28

Calvary Baptist Church Women's Ministry 16th Spring Retreat: 419-531-9443 or 419-865-0019

May 4

National Train Day: Amtrak Station; 9:30 am to 4 pm; Tran cars, engines, food, music, art & history, rides: 419-241-9155 ex 134

May 19

Phillips Temple CME Women's Day Service: Featuring Tera Snorton, first woman bishop of CME: 419-242-7906

The Sojourner's Truth

Toledo's Truthful African-American
Owned and Operated Newspaper

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Becky McQueen - Business Manager

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Candice Harrison - Reporter

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Successful Change Takes Courage

By Steve Flagg
Guest Column

The Toledo Public School's transformation plan will become a success, in spite of the lack of support from some members of the education community.

This major change would never have seen the light of day if voters had not forced the changes by denying TPS new tax dollars for more than a decade. It also took a group of young administrators willing to blow up the old middle school model that was failing miserably.

Evidence is mounting that test scores will improve in the second year and that rates of disciplinary actions are declining – in some cases

dramatically. All the positive outcomes result from creating a K-8 model that emulates a smaller school environment by having fewer students in the same grade in a setting where the students are part of a community that knows them and their needs while offering the continuity and consistency that goes with spending nine years at a school with the same teaching staff.

That it has taken two years to begin seeing the fruits of the effort was expected by the critics and cabinet alike. It will take longer for the true impact of the improvements to become evident and to

maintain sustainability. It will require even greater effort and a major organizational attitude change to take the next steps toward academic excellence.

The only group that seems oblivious to the need to stay the course with this effort is the Toledo Board of Education although members of the Board have been quick to take credit for the work of a dedicated staff.

Just at a time when success is at their doorstep the Board have sent their superintendent packing threatening the sustainability of the plan and the cohesion of those responsible for driving, what

for public education, is radical change especially in the highly moribund, rigid and onerous atmosphere created by TPS labor contracts.

While the transformation plan appears poised to produce positive results it does have a glaring defect that seems entrenched in the TPS bureaucratic mindset as exemplified by how this Board operates. It fails to define measurable benchmarks and establish feedback mechanisms to ensure accountability. It also lacks the means to access the results so methods and programs can be adjusted to maintain or build upon improvements or terminated if warranted.

The Board has four primary roles: 1) Establish long-term direction including policies and directives that meet the mission and community obligations. 2) Assure compliance with applicable statutes and good ethical practices. 3) Establish and assure accountability for meeting the district's mission through benchmarks, feedback, analysis and individual performance. 4) Act as a com-

munity liaison between the district and its constituents. After all, these are the elected representatives that are the voters' voice in matters of educating Toledo's children.

Grading the Board on these four criteria would at the present time result in a failing grade.

On April 3, 2013 Evergreen Solutions will present a draft report to the Board and public detailing their findings and recommendations resulting from a performance audit sanctioned last year.

The final report is likely to include some recommendations that will challenge the status quo – especially existing labor contracts - and place the Board in a difficult position if they fail to take appropriate action.

Past Boards have found it impossible – mostly for political reasons - to implement recommendations from previous studies, audits and plans. The history is long and littered with reports gathering dust on the shelf.

If ever there was a need to develop a plan that includes

establishing accountability and a timeline for implementing recommendations, methods for feedback to improve implementation, processes to handle obstacles such as conflicting labor contract provisions and a systematic approach to keep the community informed throughout implementation, it is now.

This Board needs to be upfront about the challenges and enlist community support. A community group consisting of a wide range of interests including the critics to oversee the implementation effort would be an excellent tactical decision. But with a Board bent upon control and obfuscation, we can't expect them to see the value of such an approach.

Failure to use the performance audit to improve operations – specifically student outcomes – in a situation where this Board has been handed political cover will result in more levy defeats. It would likely be a fatal blow to TPS as it becomes a less relevant educational choice and viewed as an option only for the poor.

Dear Supporter of the YWCA,

I am writing from the YWCA of Northwest Ohio, on behalf of the many women we serve who are victims of violence. Daily, women in our community are victims of rape and assault, harassment, stalking and other forms of violence. On April 24th, we ask that you speak up for those who cannot. Let our survivors and survivors everywhere know that they have your support. Take a stand and wear denim on "Denim Day."

The history of "Denim Day" dates back to Italy in 1992 when a young girl was raped by her driving instructor. He was tried and found guilty. Years later, the Italian Supreme Court acquitted the rapist because the girl wore tight jeans, ruling that she must have helped him remove the jeans. Therefore, this was an act of consensual sex, not rape. To protest this outrageous decision, women in the Italian Parliament responded by wearing jeans. Support spread to America, and in 1999 a group in California adopted "Denim Day". It has continued to spread across the country and we have joined the cause for the fourth year.

We ask that you join our agency, along with many other schools and organizations in allowing your Staff & Students to make a \$5.00 donation to the YWCA in exchange for the privilege of wearing denim jeans one day between April 22 and 26. The proceeds will help fund our many programs:

- Battered Women's Shelter
- H.O.P.E (Rape Crisis)
- ENCORE Plus
- HEART Plus
- YWCA Child Care Resource and Referral
- Youth Development
- Permanent Supportive Housing

If you choose to be a "Denim Day" participant, please contact us via e-mail at gbgibson@ywcatoledo.org or call us at (419) 241-3235 x122 by Monday, April 15th. We will provide Denim Day stickers for your staff to wear. Please find the enclosed flyer to help promote Denim Day. **Stand up for what is right, wear denim during April 22-26, and support your entire organization to do the same!**

Thank you so much for taking the time to read this important letter.

Sincerely,
Lisa McDuffie President and CEO YWCA of Northwest Ohio

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Dr. John W. Williams, Pastor

Wear **BLUE** April 10, 2013

TAKE A STAND AGAINST CHILD ABUSE.
WEAR BLUE TO WORK, SCHOOL OR PLAY.

April is National Child Abuse Prevention Month.

Lucas County Children Services received nearly 5,000 reports of suspected child abuse and neglect last year. Join us on April 10 as we unite to protect kids in our community.

Child Abuse is Preventable.

Take a picture of yourself, your group, classroom or company wearing blue, and post it on our Facebook page!

For more information, email information@co.lucas.oh.us or find "Lucas County Children Services" on Facebook.

Lucas County Children Services
Heart
WTOL 10
FREE PRESS
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101.5 THE RIVER

Dr. Anthony Atkins - A New Addition to the Cordelia Martin Minority Health Fair

By Fletcher Word Sojourner's Truth Editor

The 15th Annual Minority Health Fair, sponsored by the Vince Davis State Farm Insurance Agency, the Omega Psi Phi Fraternity, Inc. and the Toledo Council of Black Nurses will be held this year on April 13 at the Cordelia Martin Health Center.

The annual event, as always, will offer free health education, health screenings for men and women for cholesterol, diabetes, blood pressure, body mass index, lupus, colon cancer, prostate cancer, among others.

For the first time, the health care professionals in attendance will be joined by Dr. Anthony Atkins, MD, who serves at the Maumee Urgent Care Center on Conant Street and also has a family practice office on Reynolds Street.

Dr. Atkins, now in his second year working in the Toledo area, is a Detroit native who managed to escape Motown's mean streets by joining the U.S. Air Force,

after which he did post graduate work in the Health Careers Opportunity Program. He then entered and graduated from The Ohio State University's Medical School.

For eight years Dr. Atkins, a long-time Toledo resident, commuted daily to Lima, OH where he founded and directed a neighborhood health center serving that city's low-income residents. He doesn't miss the commute; he does miss what he built there from scratch.

"I want to build a clinic like the one I built in Lima," he says now. "In Lima, the people who came to see me ... they saw me. They didn't



out to potential patients, especially inner-city youth, in an effort to deliver positive, informational messages that will help curtail the unhealthy practices that lead to preventable diseases.

"I'm just straight up," he says of how he approaches his sessions with young people. "I try to say to them 'girls, keep your minds on your tasks,' and 'fellas, keep zipped up.'"

As an aid to getting his points across, Dr. Atkins has employed rap and R & B both in the studio and in performance. His Lifestoryz CD, for example, is loaded with such messages for youth.

or trying to promote healthy actions."

Vince Davis, owner of a State Farm insurance agency and a member of Omega Psi Phi, conceived of the health fair years ago primarily as a time to bring in men for prostate exams. The fair expanded when it moved over to the Cordelia Martin Health Clinic and more health care professionals became involved. Patricia Hogue, Ph.D, of the Medical University of Ohio, lent a hand and brought in more physicians to help expand the screenings.

Davis was inspired to start the fairs because of his own family experiences.

"I do it because it's important to the African-American community and because my brother died of prostate cancer," says Davis. "Unfortunately he did not get tested until it was well established in his body."

"We need to open up communication. A lot of times, people aren't talking to kids or trying to promote healthy actions."

see a different doctor each time. There was a beautiful continuity."

Dr. Atkins, has for many years now, been more than a physician merely waiting in his clinic for patients to drop by. Instead of waiting for those already ill to arrive at his doorstep, Dr. Atkins spends a considerable amount of his time reaching

At the Minority Health Fair, Dr. Atkins expects to continue to deliver his message to attendees.

"I will talk to people about their health," he says. "We need to open up communication. A lot of times, people aren't talking to kids

The 15th annual Minority Health Fair will be held from 10 a.m. to 2 p.m. at the Cordelia Martin Health Clinic at 430 Nebraska Avenue.

Advertisement for the play 'CAPTIVATED' by Turnerman Productions. The ad features a large eye graphic and multiple 'CAUTION' tape strips. Text includes: 'TURNERMAN PRODUCTIONS PRESENTS CAPTIVATED Sat. August 24th 7:30pm Maumee Indoor Theater 601 Conant St. Maumee, Ohio People Get Ready! Tickets: \$20 | Warning: PG-13 Written & Directed by Juan Gomez | 419-490-4214 | turnermanplays@yahoo.com'

Advertisement for the Toledo Sister Cities International Festival. The ad features a globe graphic and text including: 'TOLEDO SISTER CITIES International Festival APRIL 13, 2013 NOON-5PM The University of Toledo, Quatern Union Auditorium Admission: \$5.00 for general adm., \$10.00 for students, \$15.00 for seniors, \$20.00 for children under 10 free. Please plan for earlier bus arrival from Indianapolis through light rail! Every international food, crafts and accessories from around the world! Share pride in your heritage and learn about other cultures and opportunities to connect with Sister Cities. • Eight full hours of international performances featuring music, dance, and martial arts! • Ethnic restaurants featuring ethnic foods for purchase. • Beer and wine available. Coffee and soft drinks also available for purchase. • Celebrate the cultures of Toledo's Sister Cities from countries including Spain, China, Hungary, Poland, Japan, Taiwan, Germany, Lebanon, Pakistan, India, and Israel! In this, our fourth Annual International Festival, we have cultural pavilion and craft vendors and a language corner where you can learn basic phrases from multiple languages. Bring the family! Enjoy the music! Free Parking! Seating is available for guests in Pavilion. TOLEDO THE BLADE'

Lucas County Children Services Plans Child Abuse Prevention Month Activities

Community is encouraged to get involved in preventing child abuse

Special to The Truth

Child abuse and neglect are on the rise in Lucas County, and Lucas County Children Services (LCCS) invites the community to participate in its upcoming Child Abuse Prevention Month activities.

On April 10, LCCS is urging Lucas County residents to join Ohioans statewide in the "Wear Blue" campaign as a reminder that child abuse is preventable. Now in its second year, the campaign urges people from all walks of life to demonstrate their commitment to protecting children from maltreatment by wearing blue on this day. LCCS is encouraging people to post photos of themselves wearing blue on April 10 on the agency's Facebook page, <http://www.facebook.com/LucasCountyChildrenServices>, by tweeting their photo to @LucasCoOHKids or emailing them to information@co.lucas.oh.us.

Ten Lucas County children died in 2012 as a result of some kind of maltreatment. LCCS will remember these children at its annual child memorial on April 19 at 11:30 a.m. at the agency's offices at 705 Adams St., Toledo. This solemn ceremony includes raising the child memorial flag and musical performances by the Toledo School for the Arts choir. The public is encouraged to attend.

Child Abuse and Neglect Statistics

In 2012, LCCS received 4,959 referrals for suspected child abuse or neglect, a 20 percent increase over 2011. These reports involved 7,347 alleged child victims, a 22 percent increase, and led to us confirming that 822 children were maltreated. Forty-four percent of the children abused were five years old or younger. The most referrals came from the 43605 zip code, but the highest rate of referrals came from the 43604 zip code, where more than 123 of every 1,000 children was the subject of a report of suspected abuse or neglect.



Parents – You Have the Power, Use It! Talk to Your Teen About the Dangers of Alcohol and Drugs

Special to The Truth

Teenagers are at a crossroads % especially in the spring where they find themselves enjoying prom and graduation parties % facing widespread use and availability of drugs and alcohol. Every day, 2500 teenagers use a prescription drug to get high for the first time. And alcohol use remains extremely

widespread among today's teenagers. Nearly 72 percent of students have consumed alcohol (more than just a few sips) by the end of high school, and more than 37 percent have done so by eighth grade.

One bad decision can impact their entire future and parents should intervene now

before an irreversible choice has been made.

Unison Behavioral Health Group has launched their spring prom and graduation campaign and urges parents and caring adults to participate. The "Just Don't" campaign is designed to increase awareness of alcohol and drug use, misuse, and abuse

during the graduation months of April through June where one third of alcohol-related fatalities involving teens occur.

Larry E. Hamme, Ph.D., Unison's chief clinical officer, encourages parents to intervene - - even when it

seems like your teen does not care. Hamme states that, "based on the stage of their brain development, adolescents are more likely to: act on impulse, misread or misinterpret social cues and emotions, get into accidents of all kinds, get involved in fights,

engage in dangerous or risky behavior. We also know that adolescents are less likely to: think before they act, pause to consider the potential consequences of their actions, modify their dangerous or inappropriate behaviors."

(Continued on Page 13)

Come on Toledo, Columbus and Surrounding Areas!

LET'S Go! Join us on a Trip of a lifetime to Orlando, Florida and a 4-day Cruise to Freeport and Nassau Bahamas.

We will visit The Holy Land Experience (extra fee)

Only \$999.00 (\$100.00 down) non-refundable

Leaving Thursday, May 16, 2013 on a chartered bus and arriving in Orlando, FL, on Friday, May 17, Staying on Disney World Property for 3-days and 2 nights. Leaving on the 19th for Freeport and Nassau, Bahamas and returning on May 23, 2013 Sight-seeing

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"The deadline is March 31, 2013. Please contact Cassandra Moore at 419-450-7227 for more information. No passport needed. The cruise is based on double occupancy."

It is Tax Time!

Tax season is finally here!
April 15, 2013
is the last day to file. So act NOW!

Call Toledo Urban Federal Credit Union, your Community Development Credit Union, today, to schedule your appointment for your

Free tax preparation.

Appointments are limited, and filling up fast, so call 419-255-8876 NOW!

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1339 Dorr Street
Toledo, OH 43607
419-255-8876



Health Section • Health Section

One Million Healthy Steps

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

The question "How can I live healthy?" needs to be addressed from many angles. On an individual or personal level we make daily choices about what to eat, what physical activity to engage in and other factors for our personal health and wellness.

In addition to our daily personal choices, the question can also be rephrased, "what can we do as a family to live healthy?" or "what can we do?" as a local community and as a nation to help support and promote healthy people?

A healthy lifestyle includes eating well and it also addresses so much more! To care for your personal health as well as to participate with our community, the Toledo-Lucas County Minority Health Commission is promoting a variety of events, programs, health screenings and educational opportunities to increase health and wellness.

All month is dedicated to offering information on many different topics such as fitness training, yoga, diabetes education, cancer prevention, women's health and stress management. A variety of community health fairs will have screenings for osteoporosis, dental care, blood pressure, blood sugar, and HIV as well as other health conditions.

The first scheduled community event for the month of April is called "It's Your Life: Diabetes Awareness and Prevention" on Friday April 5 from 6:00 p.m. –

9:00 p.m. at Sophia Quintero Arts & Cultural Center at 1225 Broadway, Toledo (419-291-5573).

Saturday April 6 is the Minority Health Month Kick-off and there are many events to visit. The kickoff event is scheduled from 9:00 a.m. – 12:00 p.m. at Bethlehem Baptist Church, 1430 West Bancroft, Toledo with a focus on family-friendly fun! (419-213-4095).

Another option is to start your Saturday with a free "Health by Choice" breakfast at MLK Kitchen for the Poor, 650 Vance Street, Toledo (419-241-2596). Grace Temple is hosting their annual "Mother and Daughter Luncheon" called "Total You" at 11:00 a.m. at 2730 Fulton St, Toledo. Please call for information about tickets, 419-343-4658. The Asian Senior Center at Highland Park, 1865 Finch Street, Toledo is hosting a health day with screenings for a variety of health topics from 7:30am – 12:30pm (419-936-2866).

Do you associate movies with junk food? It doesn't have to be that way. Attend the viewing of "Soul Food Junkies" and enjoy healthy food! The United Pastors for Social Empowerment are hosting a community viewing of "Soul Food Junkies," a film produced and directed by Bryon Hurt. The free event on Sunday April 14, 2013 from 4:00 p.m. – 6:00 p.m. at Bethlehem Baptist Church, 1430 West Bancroft also includes dinner and dis-

ussion following the film. The event is free but please register by calling 419-251-6372 by Friday April 5, 2013.

In addition to many free events throughout the month, another featured event is the Minority Health Summit on Saturday April 27 from 9:00 a.m. – 12:00 p.m. at the Toledo Hospital Education Center Auditorium (419-213-4095). Enjoy featured speakers, Hiram Fitzgerald of Michigan State University and Morris Jenkins of The University of Toledo with Kristian Brown as the special guest moderator.

For information about all the local health events during April and how to become involved throughout the year, contact Dennis Hicks, minority health coordinator, Toledo-Lucas County Health Department at hicksd@co.lucas.oh.us or 419-213-4095. The Toledo-Lucas County Minority Month Calendar can be found on-line at www.minorityhealthtoledo.org

The theme for the Toledo-Lucas County Minority Health Month is "One Million Healthy Steps" based on a walking program that will be introduced on the April 6 kick-off. Not only is it a walking program, the theme of "One Million Healthy Steps" is also a challenge to the community to take control of our health. This month, make some personal, family and community steps towards a healthier you! Here are a few ideas:

Check out the April

calendar and attend some community events

• Make one healthy change in your diet

• Join the "One Million Healthy Steps Club" and add some more physical activity to your day

• Take one favorite family recipe and make a

healthy change to it or learn a new tasty recipe at a community health event

• Make a commitment to get a check-up this month to take care of your health

• Ohio State University Extension is offering an on-line wellness challenge.

This six-week challenge runs from April 8 to May 20 and offers two messages a week through e-communications via blogs, Facebook and email to inspire you to improve your health. If you are interested please email Patrice at powers-barker.1@osu.edu

American Red Cross Offers Lifesaving Courses in April

The American Red Cross is offering a variety of First Aid, CPR, and AED courses during the month of April throughout Northwest Ohio.

Red Cross First Aid, CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) training meets the needs of workplace responders, professional rescuers, school staff, professional responders and healthcare providers, as well as the general public.

Depending on their enrollment, participants will learn how to: administer CPR, use an AED, respond to a choking incident, and provide care during emergencies until advanced medical help arrives. Some courses also teach best practices for controlling bleeding and responding to seizures and other sudden illnesses.

Advance registration is required. To register for a class in your area, or for more information, visit redcross.org/takeaclass or call 800-RED CROSS.

Get Your Nutrition Advice From The Experts

Here's food for thought: All registered dietitians (RDs) are nutritionists—but not all nutritionists are registered dietitians. It's an important distinction that can matter a great deal to your health.

That's one reason that, to strengthen the link between the science of dietetics and the overall wellness aspects of nutrition, the Academy of Nutrition and Dietetics and the Commission on Dietetic Registration gave all registered dietitians a chance to use a new credential, "registered dietitian nutritionist" (RDN). This new credential helps directly convey the nutrition aspects of the training and expertise of RDs to consumers.

Registered dietitians and registered dietitian nutritionists must meet stringent academic and professional requirements, including earning at least a bachelor's degree, completing a supervised practice program and passing a registration examination. RDs and RDNs must also complete continuing professional education requirements to maintain registration. More than half of all RDs and RDNs have also earned master's degrees or higher.

They translate nutrition science into practical and applicable ways for people to bring nutritious foods into their daily lives and give people the tools to make realistic eating behavior changes.

RDs' and RDNs' expertise in nutrition and health is more extensive than that of any other health profession and has been recognized as such by Congress as well as federal health agencies like the Centers for Medicare & Medicaid Services.

Registered Dietitians Help Your Health

Numerous scientific studies found that medical nutrition therapy provided by a registered dietitian can lower health costs, decrease hospital stays and improve health. Medical nutrition therapy provided by an RD includes:

- A review of what you eat and your eating habits
- A thorough review of your nutritional health
- A personalized nutrition treatment plan.

You can ask your doctor if a referral for medical nutrition therapy provided by an RD or RDN is right for you.

Learn More

For more information about what RDs and RDNs can do for you, and to find a registered dietitian or registered dietitian nutritionist nearby, visit www.eatright.org.

TELENOVELA PREMIERE

It's Your Life: Diabetes and Awareness Prevention

Join us for a viewing party of this new diabetes awareness video featuring local talent from our own community. Learn about the long-term effects of diabetes and what you can do today to help prevent diabetes.

Friday, April 5
6 - 9 p.m.

Sofia Quintero Arts & Cultural Center
1225 Broadway Street, Toledo

For more information, contact Linda Parra at 419-283-0581 or St. Peter and Paul Church at 419-241-5822.

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Health Section • Health Section

Eating Behaviors? Which One Are You?

By Angela Steward, Fitness Motivator
The Truth Contributor



There are five different eating behaviors that contribute to weight gain. You may find that you indulge in one, two, or maybe even all five of these behaviors:

EMOTIONAL EATERS. Emotional eaters use food for more than “fuel.” Food also serves as their friend and food provides a form of comfort. Whether feeling sad or alone or angry or frustrated, Emotional Eaters turn to food to escape their feelings. They also use food as a form of celebration and entertainment – they eat “mindlessly” at all types of celebrations and parties – whether hungry or not – they eat the food simply because its there!

JUNK FOOD JUNKIES. Junk Food Junkies fill up on empty-calorie foods. Fast food, sugary snacks such as candy, cakes, cookies and pies and also salty munchies are all normal parts of their daily diet. They rarely sit down to eat a full meal and usually live a “too busy to cook” lifestyle! They rarely shop for groceries and normally eat on the go! Vegetables, fruits, and whole grains are rarely used in their daily meals.

LIQUID CALORIE LOVERS. Liquid Calorie Lovers load their diet with extra calories from drinks such as sodas, milkshakes, flavored coffees, cocktails, smoothies and sports drinks. Liquid Calorie Lovers add approximately 1,000 or more calories to their daily caloric intake by sipping these high caloric beverages. Liquid Calorie Lovers drink very little water. They drink liquids to feel full but are usually dehydrated.

MEAL SKIPPERS. Meal Skippers have unbalanced eating patterns. They rarely, if ever, eat breakfast, lunch and dinner and they wait way too long between meals. They rarely have a meal plan and usually make last minute choices whenever and wherever hunger takes over. They often end up making poor diet choices and cave into cravings because they are so hungry.

They tend to make unhealthy food choices because they don't plan their meals ahead of time. They often ask themselves: “What do I want for lunch?” Or even worse: “Do I want to eat lunch?” If they prepared their lunch ahead of time, they'd know they were having lunch and they'd know exactly what they were having for lunch! Meal Skippers are often Mindless

Munchers!

MINDLESS MUNCHERS. Mindless Munchers are “all day” grazers who put food in their mouths out of habit or out of boredom, regardless of hunger. They normally eat in front of the TV or automatically snack at a party paying little to no attention to whether they are hungry or not. When Mindless Munchers start to track what they consume, they're usually surprised at how much they actually eat during the day.

I am a Mindless Muncher! I love all things crunchy. I would be willing to say I crave “crunch!” Even though I now make healthier crunchy choices such as cucumbers, carrots and nuts, occasionally nothing satisfies my craving for a “crunch” like a good old potato chip! I also learned that by eating three meals regularly my crunch cravings decreased. Believe me, I occasionally have chips and fries, but I know if I eat them regularly, the same 70 pounds I lost years ago – can be regained - so I control the Mindless Munching demon – he doesn't control me!!

Do you see yourself in one or more of these eating behaviors? If so, take the time to think about what you could do to tweak or control just one or two of your daily diet habits. Whether it's cookies or cakes, fries or chips, ice cream or whipped cream, instead of denying yourself and later eating it anyway, make great substitutions, or give into your craving - less often.

Cravings are normal and can be dealt with. Sometimes you can give in, or sometimes you just need to drink a glass of water or brush your teeth and wait for the desire to pass. Making small changes in your eating behaviors will help you to lose unwanted weight and lose it permanently.

I'm not suggesting that any one of these behaviors is “bad!” I'm saying these behaviors contribute to weight gain, and they can be controlled. The truth is we can all finish our diets successfully and lose a lot of weight – but eventually we're going to go back to being who “we” are! We all go back to our comfortable eating habits! But once you recognize what eating behavior you fall under – and “tweak” the behavior you can lose the weight permanently and keep it off!

Are you an Emotional Eater, Junk Food Junky, Liquid Calorie Lover, Meal Skipper or a Mindless Muncher? Text or email me!

Your Sista in Fitness!!!

Angela R. Steward
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Cell: (419) 699-9399

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Healthy Snacks For Healthy Kids

If you're like many Americans, you enjoy a snack two or three times a day. Snacks are a great way to improve your diet, if they're balanced.

Balanced snacks can be just as important as balanced meals. A balanced snack includes foods that contain protein in addition to carbohydrates and a little fat. The protein slows down the absorption of the carbohydrates, keeping you fuller longer and helping your blood sugar to stay constant. Include yogurt, cheese, peanut butter and other protein foods when you snack.

Fortunately, there are many easy ways to bake up good-tasting, more healthful snacks to have on hand. Try these tips from Clabber Girl:

- Add whole grains-such as oats, flax and white whole wheat flour-to favorite treats to get more fiber in your diet.
- Add dried fruit to quick breads, pancakes and muffins; stir mashed sweet potato, grated zucchini or banana into corn bread, waffles and cakes for added vitamins and minerals.
- To reduce sodium in your baked goods, you can use Rumford Reduced Sodium Baking Powder.
- Try this recipe for a terrific healthful snack.

Spring Berry Oatcakes

Makes about 2 dozen

- 3 cups old-fashioned rolled oats
- 2 cups whole wheat pastry flour
- 1 cup bran
- ½ cup almonds
- 1 tablespoon Baking Powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- 1/3 cup butter or palm shortening
- 1/3 cup vegetable oil
- 1 cup applesauce
- ¼ cup agave syrup or honey
- 2 eggs
- 1 cup milk, soy milk or buttermilk
- 1 tablespoon lemon zest
- 1 tablespoon orange zest
- 1 cup blueberries
- 1 cup dried cranberries, raisins or dates
- Extra oats and blueberries for garnish

Preheat oven to 375°F. Line baking sheets with parchment or use nonstick spray for easier cleanup. Stir together oats, flour, bran, almonds, Clabber Girl Baking Powder, baking soda and salt. Using your hands or two forks, cut in butter, oil and applesauce, till the mixture resembles coarse crumbs. In a separate bowl, whisk agave or honey, eggs, milk and the 2 zests. Combine dry ingredients with wet ingredients and the berries. Stir with a wooden spoon until the dough pulls together. The dough will thicken as it sits for a few minutes and the liquids are absorbed. Scoop dough by the 1/3 cupful onto prepared baking sheets. Press a sprinkling of oats and blueberries over the top for a rustic scone look. Bake about 22 minutes or until just firm in the center. Cool on a rack. Store frozen and reheat just before eating.

In honor of Minority Health Month,
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Funded by the Ohio commission on Minority Health

Grove Patterson Academy Partners with Medical Mutual To Combat Childhood Obesity with Its Get Fit/Get Moving Program

By Michelle McCaster
Special to The Truth

In an effort to combat childhood obesity, Grove Patterson Academy (GPA) has partnered with Medical Mutual for its Get Fit/Get Moving Program. GPA PTO President Kim Hibbett initiated the program in an effort to promote healthy active lifestyles through a high-quality youth fitness program and nutrition tips.

Hibbett said that she wanted to provide the students with a more innovative program than the school's past walk-a-thons. After much thought and contemplation she was inspired to mirror Michelle Obama's Get Moving program. She hopes to make this an annual program and continue to inspire students to make healthier choices and make educated choice to "get moving" instead of playing video games or surf the internet.

The program was structured to include grades K-8. Medical Mutual fitness instructor Mike Conrad taught the fifth through eighth grade students how to maintain

proper form when doing simple exercises such as planks, lunges and push-ups.

He later rocked out with grades K-4 to a choreographed exercise version of PSY's Gangnam style. The students also competed in relay races, hula hooping, jump roping and games of HORSE. Dietitian Kinsy McNamee, provided healthy snacks and spoke about the importance of healthy eating.

When questioned about the program, sixth grade student Jordyn Harris said that she felt the program helps kids get in shape and hopes that other schools also implement similar programs. Jady Holifield, a sixth grader, noted that she learned how to differentiate between healthy and unhealthy foods.

For example, she pointed out she thought that yogurt was a healthy food when in actuality it contains sugar and artificial sweeteners that are unhealthy.

GPA Principal Herneika Johnson was beaming with



pride and even assisted a special needs student in the relay race. She said that the day was "a good opportunity to teach health and nutrition because some of the students

may not ever get the chance to realize the importance of a healthy lifestyle until they have already established bad habits."

All in all it was an exciting day of fun, healthy treats and exercise.

Grove Patterson Academy should definitely be com-

mended on its efforts to combat childhood obesity. With single parent households and busy lifestyles, it has become commonplace to provide fast foods and quick meals that lack the all of the necessary food groups.

Childhood obesity is increasing at staggering rates,

therefore, it is vital for parents, educators and families to play an active role in protecting children's health. Eating healthy foods is a key factor in maintaining their overall well-being. But this has to be balanced with regular physical activity.

(Continued on Page 9)

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Grove Patterson

(Continued from Page 8)

Children who are physically active on a regular basis will reap enormous benefits. Studies show that they:

- Are less likely to become overweight
- Have a decreased risk of developing type 2 diabetes
- Have reduced blood cholesterol levels and lower blood pressure
- Have higher self-esteem and reduced incidences of depression and anxiety
- Are more likely to build strong bones and muscles
- Are more attentive in school

This program was truly instrumental in teaching children about health and fitness. Principal Johnson, the GPA PTO Board and GPA students and parents would like to thank the following sponsors for making this program a success: Medical Mutual, The Anderson's, Costco, Kroger, and Promedica. Their support has helped bring increased awareness in the fight against childhood obesity and inspire children to adopt a healthier way of life.

Now that we know why children need to be active, here are a few tips for you to utilize in order to get kids up and moving.

•**Focus on fun.** Don't refer to it as "exercise," just consider it an activity. Find out which ones your child likes and encourage those.

•**Limit TV and computer time.** The American Academy of Pediatrics recommends no more than **two hours of daily media exposure for children** ages two and older. When they are watching, make sure they take breaks and move around.

•**Schedule play dates.** The key word here is "play." Have your child get together with a friend and play a game of tag, race down the block or some other fun activity.

•**Get fit as a family.** Create some funny dance moves. Put up a net and shoot hoops. You could also visit a zoo, play miniature golf, go swimming or enjoy other activities where a lot of ground is covered on foot.

•**Choose fitness-oriented gifts.** For your child's next birthday, consider giving him



or her a jump-rope, mini-trampoline, hula-hoop or something that will encourage movement.

•**Clean up.** Chores don't have to be a bore. Try doing something as simple as seeing how long both of you can hold a funny face while folding and putting away clothes. Older kids can help wash the car and on a hot day, this can turn into water play.

•**Skip the mall.** Go to the playground. Sure, most malls

have kids play areas. But, when the weather is nice, enjoy a local park or playground instead.

•**Be a model of fitness.** It's much easier to motivate kids to be active, if you lead an active lifestyle. Whether you follow a structured fitness program or are lucky to get in some morning stretches, let them see you moving. It will likely inspire them to do the same.

•**Encourage walking or biking.** You may also want to jog along with smaller children while they ride their bike. Take mini hikes at your local park and discover nature together.

•**Be a fitness advocate at your child's school.** Do you know how much physical activity your child gets at school? Now's the time to find out. If you don't like the answer, gather support from other parents to enforce positive changes.

It is hoped that other schools in Toledo and the surrounding area will be inspired to follow GPA's lead and institute their own health and fitness programs to help combat childhood obesity. Health is an important aspect of everyone's life and starting at an early age can be the catalyst for children to make healthier choices and lead healthier lifestyles.

This can in turn affect parents to do the same because the children will share what they have learned from programs such as this one making it a win-win situation for everyone.



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Critical Deadline Looms for Black Mothers and Girls

By Monifa Bandele, campaign director for MomsRising.org, a national organization with over a million members across the country advocating for the health and economic security of our families.

Special to The Truth

There is a deadline looming of great concern to black parents of school-aged children. Last month the United States Department of Agriculture (USDA) released a proposed rule that would update the nutritional guidelines for snacks sold in schools for the first time in 30 years. The public has until April 9, to make comments about how strong or weak the final rule should be. This is huge. School-aged children consume about 50 percent of their calories at school and 40 percent of all students supplement or substitute their lunch meal with snacks sold in vending machines and a la carte lines. For African American children, girls in particular, the strength of this rule is a matter of life quality and expectancy. You've heard the stats. Black women and girls are suffering from nutrition related illnesses at a higher rate than any other demographic in America. Heart disease is the number one killer of all women, and

black women are more likely to develop heart disease than other groups of women. A shocking 78 percent of black women are overweight or obese, and 37 percent of us have high blood pressure. Sadly for our girls, African-American women develop hypertension much earlier in life than our counterparts. Why does it start earlier? Here's one factor: according to the Centers for Disease Control and Prevention, nearly 25 percent of black girls ages six to 11 are overweight or obese, making them more susceptible to Type 2 diabetes, heart disease, and hypertension during their lifetimes, specifically during their childhoods. This is a national emergency! Thanks to several public information campaigns - including First Lady Michelle Obama's Let's Move campaign - people are finally beginning to take notice of the sky-rocketing rate of nutrition-related illnesses occurring among all children and focusing more

on physical activity. Schools and communities across the country are also realizing that children, just like adults, need consistent exercise to achieve a healthy life. However, according to a report released last year by the Archives of Pediatric and Adolescent Medicine, physical activity alone won't be enough to change the tide for Black girls. They need different approaches to prevent obesity including a reduction in calories. Our children and families are consuming too much junk—food that is high in calories and void of nutrition. Children by nature are easily influenced. That is why we don't allow children and teens to purchase alcohol and tobacco. They are not equipped with the same decision-making tools as adults. At the end of the day, children are at the mercy of what is available to them at home and at school. We've got to be vigilant about making sure that there are healthy options in both places! Access to



healthy foods in our schools can make a world of difference in the lives of our children. A study by the research and policy group Bridging the Gap found that overweight or obese fifth graders who lived in states with strong laws restricting the sale of unhealthy snacks and beverages in schools were less likely to remain overweight or obese by the eighth grade than were their peers in states without these laws. Right

now, we all have the chance to make sure that there are healthier snack options for children in schools everywhere. The USDA is currently seeking public input on proposed nutritional standards which will allow schools to offer healthier snack foods for our children and limit junk food served to students. This is where you as parent and community member come in. Let's make high nutritional standard the norm

everywhere. The proposed USDA rule will be as good as we demand it to be. Our voices are needed because we have the most to lose. There is less than a month left to send comments to the USDA. Go to <http://Moms.ly/USDANow> or text "NOJUNK" to Rising (747464) today to make your voice heard on this important issue.



Fashion of the Opera

The Toledo Opera Guild is proud to present New York designer, Michelle Cole. She will exclusively unveil her fall and winter 2013-2014 line at two events held only in Toledo.

In addition, local stores: C Sharing Jewellers, Lady C Pink Door Boutique, Nive McLamores, President Toledo, Sophie's Socks, Ticklers Hair's Clothing, When Kafe and Toledo Purr along with California designer Kristi Jagalski will be participating here and makeup by Salon Houston. Stage enhancements by Brooks Florist.

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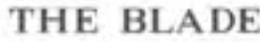
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Contact Kenny Cunningham 419 865-0089, Truman Claytor 419 309-2112 or Terry Crosby 419 266-6235 for ticket information

Partial proceeds will benefit Mom's House Toledo



Terry Crosby



Ken Cunningham



Truman Claytor



AIDS Resource Center Ohio Launches Mobile App to Assess HIV Risk

Special to The Truth

Increasing rates of new HIV infections among youth in Ohio have prompted statewide AIDS service organization AIDS Resource Center Ohio to launch a mobile application to assess sexual health risk. After users answer three questions they receive a real-time assessment of behaviors known to transmit HIV and other Sexually Transmitted Infections (STI) and recommendations for testing. Designed for both iPhone and Android smartphones, the app provides information on how to prevent HIV and STI infections as well locations in Ohio where free HIV testing and

condoms are available. Information about HIV treatment, care and resources such as case management is also available.

The highest rates of new infections in Ohio continue to be found in youth ages 13 to 24. The app has been designed to ensure that HIV/STI risk information is readily available in a format that is accessible to an increasing number of mobile phone users. **Consumers use mobile apps six times more than websites and two-thirds of young adults between the ages of 18 and 29 have smartphones.** The need for HIV/AIDS preven-

tion and education to move to this format is driven by an attempt to remain relevant in an increasingly technology-driven landscape.

According to the Ohio Department of Health, in 2011 over 39,000 young adults between the ages of 15 and 24 were diagnosed with chlamydia, nearly 11,000 were diagnosed with gonorrhea and 353 with syphilis. Additionally in 2011, 289 young adults between the ages of 15 and 24 were diagnosed with HIV, accounting for 27 percent of all new HIV diagnoses in the state. The Ohio Department of Health stresses the

importance of finding new and innovative ways to target HIV and STI prevention messaging to this disproportionately-affected age group and linking them to HIV and STI testing, treatment and care. "Continuing to educate and reach as many individuals in Ohio about the risks of contracting HIV and other STIs is a critical mechanism to reduce new infections," states Bill Hardy, ARC Ohio's President & CEO. "This new app will provide users with information about risky behaviors and resources in a matter of seconds, which we know will become an effective new tool

in our prevention arsenal."

This project was made possible through a grant from the Ohio Department of Health and a partnership with CHEPRI Interactive, a software developer. This mobile app is a project of the Ohio HIV/STD Prevention Hotline (1-800-332-2437) which offers an opportunity for callers to explore personal HIV, STI and Hepatitis risk behavior, ask questions and/or seek out resources, privately and anonymously.

About AIDS Resource Center Ohio (ARC Ohio)

ARC Ohio is Ohio's statewide non-profit AIDS service

organization that uses a holistic approach to address the physical, emotional and social needs of those living with HIV and AIDS in a way that will result in hope, healing and empowerment. With 12 offices statewide, it provides medical care, pharmacy and other direct services to more than 3,500 HIV-positive individuals, and testing, prevention, outreach and advocacy to tens of thousands statewide.

For more information, visit www.arc-ohio.org or find them on Facebook or Twitter.

Can't Work Due to Disability? Maybe Social Security Can Help

By Phil Walton
Social Security Manager in Toledo, OH



Disability is something most people don't like to think about. But if you're not able to work because you have a disabling condition that is expected to last at least one year or result in death, then it's a subject you may not be able to avoid. You should apply for disability benefits as soon as you become disabled. It may take you months to obtain all your medical records and for us to process an application for disability benefits.

The types of information we need include:

- medical records or documentation you have; we can make copies of your records and return your originals;
- the names, addresses, and phone numbers for any doctors, hospitals, medical facilities, treatment centers, or providers that may have information related to your disabling condition;
- the names, addresses, and phone numbers for recent employers and the dates worked for each employer; and

- your federal tax return for the past year.

If you don't have all of the information handy, that's no reason to delay. You should still apply for benefits right away. Social Security can assist you in getting the necessary documents, including obtaining your medical records. Just keep in mind that if you do have the information we need, it will probably speed up the time it takes to make a decision. The fastest and most convenient way to apply for disability is online at www.socialsecurity.gov/applyfordisability. You can save your application as you go, so you can take a break at any time.

If you prefer, you may call our toll-free number, 1-800-772-1213, to make an appointment to apply at your local Social Security office or to set up an appointment for someone to take your application over the phone. If you are approved for disability benefits, that doesn't mean you'll never be able to work again. In fact, Social Security has special rules called "work incentives" that allow you to test your ability to work. Learn more about disability benefits and take advantage of the helpful *Disability Starter Kit* at www.socialsecurity.gov/disability/disability_starter_kits.htm.

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Living and Dying in Brick City by Sampson Davis (with Lisa Frazier Page)

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\$25.00 / \$29.95 Canada

245 pages

By Terri Schlichenmeyer
The Truth Contributor

Throughout your life, you've dodged a lot of bullets.

By accident or design, you were in the wrong place at the wrong time but somehow remained unscathed: the almost-hazard while driving, the near-miss at work, the moment you caught yourself just in time from falling.

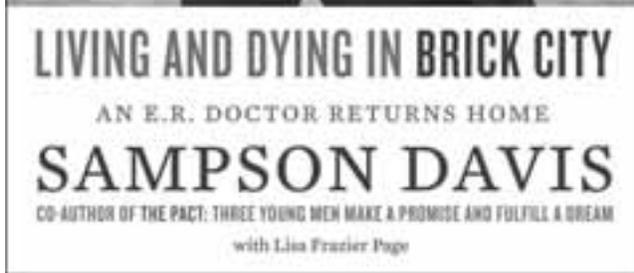
Things could've been worse - much worse - but you dodged a bullet. So did it make your heart pound, or did it change your life? For author **Sampson Davis**, it was the latter because, as you'll see in his new memoir *Living and Dying in Brick City* (with **Lisa Frazier Page**), the bullets were sometimes real.

Sampson Davis hid his intelligence from his friends.

He was an A-student and had, in fact, landed a college scholarship and was on his way to becoming a doctor. But since it wasn't cool to be intelligent, he hid his smarts until he did something dumb: at age 17-and-a-half, he gave in to the streets, participated in a robbery and was caught.

Because he was a juvenile with no prior record, he got off easy with scholarship intact but it was a sobering wake-up call. Grateful for a second chance, Davis buckled down and eventually went to med school.

When given the chance to intern in the emergency department at Newark's Beth Israel Hospital, Davis seized it. He wanted to do something good for his community and working at the hospital where he drew his first breath seemed extraordinarily right. He felt that he could empathize with the patients



who were brought to "Beth," and he was correct.

Too correct, as it turns out.

Time and again, Davis discovered to his dismay that he knew the people who lay

on the tables in front of him; gunshot victims, domestic violence survivors, addicts, smokers, the sexually active and the mentally ill.

He knew them - or he knew he might've been one of them, if not for a youthful near-miss and a bullet dodged.

No doubt about it, *Living and Dying in Brick City* is one of those books you want to read slowly, not because it's difficult to understand but because it's difficult to accept that it will end.

But long before that happens, readers are treated to a heart-racing memoir filled with guns, blood, violence, and life's unfairness. Rising above all that, though, is author Sampson Davis' amazingly powerful sense of gratitude: he fully realized that he could very well have been a man on a gurney, rather than the man caring for the man on the gurney.

But that's not all. At the end of many chapters, Davis offers brief, helpful information and stats on

STDs, heart attacks, AIDS, domestic violence and other issues of particular interest to African Americans and inner-city residents. This information and the accompanying stories pretty much glued me to my chair.

As memoirs go, this one's a stunner and if you're a medical professional, fan of medical dramas, or if you just want a fast-paced book to read, don't miss it. *Grab Living and Dying in Brick City...* and fire away.

Mike Polk & Friends Charity Concert

By Mike Polk
Special to The Truth

Hi, my name is Mike Polk, a local Michael Jackson Tribute Artist, and together with the help of friends and performers around the city of Toledo we are getting together to help change one child's life. Together will we hold one concert for an eight-year-old little girl with leukemia.

My mission and goal was to get the BEST performers in the city of Toledo to come together for a great cause.

Little Kimarri Toney has leukemia. She is an eight year old in the second grade at Reynolds Elementary where I teach. Her father is a single father of five. The family is in desperate need of help financially with Kimarri's hospital bills and medicine. Kimarri is in and out of the children's hospital a lot. She has shared with me that she is in good spirits that she is happy, but she is sad at times when the other kids at the hospital get to do their school work and she doesn't because she doesn't have a tablet of any kind for her to make up her work like the other kids.

Every dollar made at this event will go directly to Kamarri and family. On April 12, 3 p.m. at Scott High School, the performers and I will hold one last dress rehearsal before the big show. Kamarri and her father will be in attendance also. The Concert will be held the following day on April 13, 1 p.m., at Bowsler High School

Performing at this event with me will be R&B singer Tracy, Touch A Dream dance team, Raechel Walker, Terrell "The Truth" Adams, Mecca Temple 43, The Scottettes, and a special surprise from Kimarri's peers at Reynolds Elementary!

I want to show that we don't only come together when a "half naked model" is on the cover of the flyer or when food is being advertised. Its time to rid of that foolishness! If you have any questions feel free to call or text me. The event will be held at Bowsler High, the cost of the event is \$3, snacks and beverages will be sold.

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Support Gay Rights, But Don't Forget...

By Michael Hayes
Minister of Culture



The tide is starting to turn. More and more people you know think gay men and women should be allowed to marry.

Well, not marry each other but marry each other... um, well you get the point.

Is it a moral issue? Is it a matter of traditional family values?

Many states still have laws forbidding gay marriage.

A small number of states have legislation, court rul-

ings or constitutional amendments allowing it.

I've already written a couple of articles detailing my position on this topic.

Is it right to play favorites with which rights are more inalienable than others?

For anyone who's ever had to choose between \$3 in the gas tank to get to work or \$3 for a quick meal so you can have energy to do the work, you already know:

YES, at times we must assign value to our most vital concerns.

If you think about normal every-day Americans, which right is more vital?

The right to freely marry, or the right to be a free person, period?

Laws in this land affect us on various levels.

A person denied from marrying whom he or she loves may feel as if he or she is in some sort of prison. A federal mandate allowing gay

marriage could resolve that. But what about the person accosted by police, unfairly charged and sentenced and possibly sitting in an actual prison they don't deserve to be in?

The United States of America has more of its own citizens locked up in prison than any other country on planet Earth. Our jails are for-profit corporations.

Millions of inmates are used as a cheap source of labor for multi-national companies who pay them pennies to build products and goods.

Our police pepper spray, beat and even kill us without provocation.

The jaws of the profit-driven bogus jail sentence are gobbling up many first time and non-violent offenders.

Yeah, we do need everyone to have the same access to the same freedom to marry.

But, even more than that, we need everyone to have the

same access to justice.

I mean, if you're going to remodel anyway why not tackle two projects at once?

Let's go ahead and re-define the legal aspect of marriage.

Let's go ahead and re-define what we have come to think of as family.

But while we're at it, lets address the bullsh*t we refer to as a criminal justice system. We move in cycles, and that's a good thing.

It takes a Trayvon Martin for us to all post FB pics with hoodies.

It takes a DOMA for us to all put equal signs everywhere.

To me, it's okay that being an "activist-for-a-day" helps causes go just as viral as wacky youtube clips.

But for someone who's championed my fair share of causes, I can tell you that the marriage-equality movement has a staying power and pur-

pose that should be translated to the need for justice equality.

A gay couple in love may look longingly at the married heterosexual couple wishing they could have their union validated in the same fashion but imagine the desperation an ex convict feels watching someone do less time for the same offense due to their race.

We've evolved in terms of what we think a gay person should or should not be.

It's time we evolve beyond thinking that all the decisions of our law enforcement and judges are somehow beyond reproach.

Trust me, violent offenders deserve what they get.

I may be a liberal, I may believe we should reform and rehabilitate...but I have no problem sending thieves, murderers, rapists and others so far up the creek they can't swim back. But the majority of people caught up in the

system aren't those people.

This isn't an indictment of the rallying cry response to DOMA.

Again, I've spelled out exactly why I feel marriage equality is a no brainer in previous articles.

But if it's all about access to what's fair, if it's all about tearing down walls between what some Americans enjoy and what other Americans can only dream of enjoying... it's time we do that for the criminal justice system as well.

I love seeing black people lend our voices to causes that affect us yet aren't simply "black issues," but let us please remember that we have our own pressing issues to deal with as well. Because when it's our backs against that wall, we can't always count on widespread support from all sides to come rushing in. When it's us, it's usually just us.

Parents – You Have the Power

(Continued from Page 5)

The teenage brain is different and being aware of these differences can help parents and concerned adults manage the behavior of adolescents. **Hamme reminds parents that "74 percent of kids ages eight-17 said their parents are the leading influence on their decisions about drinking and using drugs."**

What can you do? *I%Pledge to do everything in your power to understand and communicate with your children about the many difficult and potentially destructive decisions they face.*

I%Agree to provide safe, sober transportation home if they are ever in a situation that threatens their safety and

to defer discussions about that situation until a time when you can both have a discussion in a calm and caring manner.

I%Pledge to your child that you will not drive under the influence of alcohol or drugs, always seek safe, sober transportation home, and always wear a seatbelt.

Professionals and family members who are concerned about a child's behavior and suspect a mental health condition and/or substance abuse,

can obtain confidential support by calling Unison Behavioral Health Group at 419-693-0631.

Information on Unison's

prom and graduation campaign can be found by visiting the agency's website at www.unisonbhg.org.



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★ ————— ★

The Polly Fox and Phoenix Academies are hiring a treasurer for the 2013-2014 school year.

• **Reports To:** Each Academy's Governing Authority and Superintendent with the Treasurer's formal evaluation being done by the Governing Authority of each Academy.

- **Employment Status:** At-will Employee
- **Salary:** \$50,000

• **Fringe Benefits:** Except as mandated by Ohio statute, the Treasurer shall not be eligible for sick leave, additional paid time off for holidays, health benefits or other fringe benefits.

- **Work Year:** 262 days that includes twenty vacation days
- **General Description:** The Academies' Treasurer must perform the duties of Fiscal Officer of the Academies pursuant to Section 314.011 of the Ohio Revised Code and shall fully comply with the requirements of O.R.C. 3314.011. The Academies' Treasurer must hold current school treasurer's certifications or licenses issued in the manner prescribed by the State of Ohio. In general, the Academies' Treasurer will assume responsibility for receipt, safekeeping and disbursement of all funds from both Academies, direct and manage all financial accounting programming and systems for each Academy.

A copy of the Treasurer's full job description can be found on the Phoenix Academy website (www.phoenixtoledo.org) or the Polly Fox Academy website (www.pollyfox.org).

Those individuals who are interested in applying for the position of Treasurer and have the required current licenses should forward the following to Craig Cotner; Principal Polly Fox and Phoenix Academies; 1505 Jefferson Ave; Toledo, Ohio 43604 (craig.cotner@phoenixtoledo.org):

- Signed cover letter stating the reason for your interest in the position;
- A current resume; and
- Three references.

The deadline for receiving applications for this position is Wednesday, April 17, 2013.

Weekend Personality for URban Radio Broadcasting's WIMX-FM

URban Radio Broadcasting Toledo Ohio has an immediate opening for a Weekend talent for WIMX-FM (Mix 95.7) The Best Variety of Hits and Oldies. This position requires an experience person who can entertain our adult audience. You must be very organized, extremely motivated, driven and have a burning desire to win. Working knowledge of digital production equipment is a must. This position is now available and we will start an immediate interview process. Please get us all the details about you and your abilities for a on air shift immediately including an air check. Send to:

Brandi Brown
Program Director
URban Radio Broadcasting
720 Water St 4th Floor
Toledo OH 43614

or email your presentation along with your air check to Brandibrown@urbanradio.fm



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CLASSIFIEDS

Page 15

April 03, 2013

BUS TRIP

Bus trip to Sweetie Pie's Soul Food Restaurant and Hollywood Casino St Louis. The Cost is \$150.00 per person this includes transportation, your meal at Sweetie Pies, also pays for Breakfast Sunday Morning, and Drinks and Snacks during the trip. All pricing is based on double hotel occupancy. Deadline April 20. Contact Chris for more information. 419-322-1194

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Notice to Bidders: Inquiry #FY13-64, (Project # 0001-13-853) for University Hall Renovations (Building Envelope) for the University of Toledo. 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, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, April 16, 2013. 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 Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$60.00 will be charged per set. Any further information may be obtained from Jerry Voll of Duket Architects Planners at 419-255-4500. One Pre-Bid Conference will be held on Tuesday, April 9, 2013 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$1,585,000.00; Breakdown: Roofing: \$1,200,000.00; Masonry Restoration: \$360,000.00; Plumbing: \$25,000.00.

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Special Notice

RE: Examinations for Journeyman Wireman Applications for the Journeyman Inside Wireman test will be accepted April 8-12, 2013 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

1. Must be 18 years of age or over.
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry

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

EOE

CORRECTION

City of Toledo's 1st Public Hearing date for the Action Plan (draft) is April 11th (Thursday), 6pm - 8pm
@ 740 N. Superior Street, Toledo, OH.

PUBLIC NOTICE

Lucas County Children Services (LCCS) is issuing a Request for Proposal (RFP) for **Independent Living Group Services**.

The Goal is for youth to successfully emancipate from the agency's custody with sufficient skills, knowledge and support to live independently.

LCCS is seeking proposals from non-profit and for-profit agencies or entities that have unique information, knowledge, and experience working with adolescents to prepare them for successful emancipation. **Credentials required are LISW or licensed PhD Psychologist.**

RFP materials will be available **Monday, April 1, 2013, 9:00 a.m.**, at 705 Adams St., Toledo, Ohio 43604. The RFP is also available via the LCCS website, www.lucaskids.net To make arrangements to pick up an RFP packet, call 419-213-3658.

An applicant information meeting regarding the RFP will be held on **Tuesday, April 9, 2013, at 9:00 a.m.**, Room 913, 705 Adams St.

The deadline for submitting completed proposals (NO FAX) is **Friday, April 26, 4:00 p.m.** **No proposal will be accepted after that deadline.**

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Budget/Management Analyst

The Lucas County Workforce Development Agency is accepting applications to fill the position of Budget/Management Analyst. Applications will be accepted through April 12, 2013. Additional information is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "Budget/Management Analyst" from the list to read more. Apply on-line or send a resume and cover letter to: Lucas County Human Resources, One Government Center, Suite 450, Toledo, OH 43604, attn: Birdena Martin

Request for Qualifications Architectural & Engineering Services RFQ #13-Q008

Lucas Metropolitan Housing Authority (LMHA) will receive qualifications for Architectural & Engineering Svcs. **Received in accordance with law until Mon., Apr. 22, 2013, 3PM ET. Conference Call: Apr. 9, 2013, 2PM ET, (800)977-8002; Code 4624767#.** For Documents: 435 Nebraska Ave., Toledo, OH 43604, 419-259-9446 (TTY 419-259-9529) or www.lucasmha.org. Proposers required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246.



Housing Developer

Friendship New Vision (FNV), a faith-based community development corporation wishes to retain the services of an experienced affordable housing developer to co-develop Valley Bridge Community in Toledo Ohio. FNV plans to co-develop the site for 50+ units of affordable housing targeting seniors. To receive a Request for Qualifications, contact Patricia Sloan, Executive Director, Friendship New Vision, 5301 Nebraska Avenue, Toledo, Ohio 43635; (419) 534-5437. All requests for material shall be no later than April 18, 2013 at 4:00 PM. The due date for all proposals is May 2, 2013 at 4:00 pm.

Calvin Cotton Tail Comes Through Again

Special to The Truth



Extra! Extra. Extra. Read all about it. Calvin Cotton Tail has done it again. He bounced over to the Maumee Indoor Theater where the Oliver family had a Easter Wonderland Party.

Hundreds of guests attended this annual festive party that was filled with joy and laughter. Carolyn Johnson, the coordinator of the event, gave out cash prizes, Easter baskets, gift cards, and gas cards. A wonderful dinner was also provided.

Furthermore, they had a live entertainer named Eli the Magician who performed for the guests as well. Calvin Oliver has been dressing up as the Easter Bunny for over 20 years as his way of giving back to society.

"It really touches me to put a smile on those kids' faces," said Mr. Cotton Tail.

The Oliver family has always shown love and kindness throughout the community and will continue for years to come.



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