



Local and National News

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"And Ye Shall Know The Truth..."

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*Daphne O'Neal in REFUGE*



**Ottawa Hills Native Plays  
Immigration Judge**



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## The New Integration

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



*Worth is a gift of God – Edward Wimberly*

With 2.2 million people in prisons or jails and an additional 1.8 million on probation or parole, the United States is the world's leader, incarcerating 25 percent of the world's prisoners. Scholar Michele Alexander, Ph.D. terms the current U.S. practice of mass warehousing in prisons as "The New Jim Crow."

One seldom-discussed implication is that all prisoners, with the exception of those who die in prison, will eventually return to the community. Nearly 600,000 prisoners are released from state, federal and local prisons and show up on the doorsteps of the community annually.

Alexander's assertion that this large-scale incarceration is a policy born of a "failed War on Drugs" and has led to "the societal repression of black and brown males whose labor is no longer needed in a globalized economy" is a conversation for another day.

However, Alexander rightly concludes that once these young men are labeled as "felons," they become "trapped in a second-class status that they find difficult to escape."

The greatest challenge for these returning citizens then, having been cast as outsiders even before going to prison, is how to become integrated into healthy networks of family, congregation, work force and neighborhood (Trulear, 2010).

Yet the barriers to re-integration are formidable.

"Young men of color," states Morris Jenkins, Ph.D., "when they come back home face a whole domain different from when they went to prison and one that is likely to be unfamiliar. They have to deal with employment, housing, transportation, physical and mental health and other issues. They may also have relationship issues. Statistics indicate that 1.1 million incarcerated persons are parents to nearly 2.3 million children and there are over 7 million children with a parent under some form of correctional supervision.

So these citizens may have left a child that was a baby and who is grown when they return. They may have had a wife and several girl friends at the same time and have to negotiate that drama along with child support. All of these things have to be dealt with or else can leave the reentering person as an outsider at home in his or her own community," Jenkins adds.

The theme of "outsiderness" is one that also drives the work of University of Toledo professor Cynthia Ingham, Ph.D. Ingham recently coordinated Prison Awareness Week at UT.

Having grown up isolated and raised with a sister by a single mom, Ingham states, "I would never presume to say that I understand the prison experience because that is such a different context for me, however there is a point that I understand prisoners' alienation. We lived so far away from school that I never experienced community. So the sense of separation from community resonates with me."

Disproportionately African American and returning to low-income neighborhoods already under the strain of limited resources, how can those formerly incarcerated become effectively integrated into the community?

This complex issue is being addressed locally through many fragmented efforts. Some groups are more attuned to policy, legal reform or systemic causalities while others approach reintegration through volunteering, professional services or activism.

The first challenge, however, according to Ingham is "to put a human face upon the issue. I have had people say 'Why get involved in prisons? What does this have to do with me?' Well, it is a lot closer than you think and affecting us more and more just because of the large number of those being held in our prisons. I find that the areas where we put up the largest walls are the areas that need to come down the most, so getting this out there is important."

Ingham points to the Church as "the worst offenders in erecting walls around the prison issue."

"In my faith and belief," she laments, "it seems like it is the churches who are notorious for keeping this issue outside their view. While these returning citizens are ashamed to admit their past, I think that the churches should also be ashamed for refusing to deal with the issue when the church is the one that has had prison at the forefront biblically speaking."

Ingham makes a strong case. Nearly each member sitting in a church pew has been affected by the incarceration of a family relative, including African-American pastors who have experience with the criminal justice system either from their own incarceration prior to

entering the ministry or who also have current family members in prison.

Whether returning citizens are to be successfully reintegrated into society, will depend primarily on whether their multiple needs such as housing, drug treatment, mental and physical health services, employment opportunities and training, and family and parent counseling – are addressed, experts say. Voluntary associations, nonprofits and neighborhoods are all appropriate mediating structures in accomplishing this work.

However, as both Jenkins and Ingham suggest, much more is needed. The feelings of devaluation and stigmatization must also be dealt with. The black church, equipped with its "communal dimensions of care," treasury of traditional values and its sacred task of "orienting individuals in the cosmos," must find a way to overcome the shame and stigma it shares with those returning home.

Worth, after all, is a gift of God.

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

## Community Calendar

### May 2-3

Christ Community Church "The Fellowship:" 7 pm; Guest speaker Pastor Spencer Ellis of Praise in Detroit

### May 3

Real Relationship Talk Event: First Church of God – lower level; 6:30 pm; Assorted relationship topics; Panel of experts

### May 3-4

Phillips Temple CME Pre-Women's Day Event: Fish/Chicken Dinner Sale; 10 am to 5 pm: 419-242-7906

### May 3-5

United MBC 10<sup>th</sup> Pastoral Anniversary: Pastor Robert Bass and Min. Anita Bass; Fri – 7 pm Johnnie Love & Company in concert; Sat – 5 pm banquet at the church; Sun – Speaker Charles Booth of Mt. Olivet of Columbus

### 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

UAW Local 14 Chaplaincy 2013 Prayer Gathering: UAW 14 Union Hall; 11 am; Guest speaker Chaplain Don Rice; Light brunch served

Moving forward Ministry Pre-Mothers' Day Musical: 6 pm; Featuring Bubba Johnson & The Omega Singers, Nikki D & The Browns, the Newson Family Singers, Mildred Stegall & the True Voices, and more

Breakfast for M'Lady: 10 am; Pinnacle; Delta Sigma Theta annual breakfast and fashion show honoring the mother of the year and three scholarship recipients: 419-537-0760

### May 7-8

St. Paul Episcopal Church Maumee Rummage Sale: Tues – 9-7; Wed – 9-1; 419-583-6154

### May 9-11

Warren AME Rummage Sale: Thur – 9 am to 6 pm; Fri – 9 am to 6 pm/Dinner sales 11 am to 6 pm; Sat – 9 am to 2 pm plus car wash: 419-536-4600

### May 11

Lucas County Foster Parent Association 13<sup>th</sup> Annual Walk-A-Thon: Liz Pierson Shelter House at Ottawa Park; 10:15 am registration; Walk at 11 am: 419-213-3347

### May 14

Libbey High School Alumni Meeting: 6:30 pm; Aurora Gonzalez Community Center

### May 18

Path to Life Annual LifeWalk: 9 am registration/check in; GM-UAW Park; To raise awareness and funding to support women facing a crisis pregnancy: 419-693-5433

### May 19

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

Third Baptist Church Women's Day: "In the Potter's Hand;" 11 am; Speaker Pastor Marcie Dinkins of St. Paul

### June 1

Change for Kids Ministries FREE Summer Music Lessons for Children: Beginning June 1: For more information, please call 419-704-6195

### June 15

3<sup>rd</sup> Annual Fatherhood Walk: Central Catholic High School: Guest Speaker Bill Harris: 419-377-1488

## The Sojourner's Truth

Toledo's Truthful African-American  
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The Sojourner's Truth, 1811 Adams Street, Toledo, Ohio 43604

Phone 419-243-0007 • Fax 419-255-7700

[thetruth@thetruthtoledo.com](mailto:thetruth@thetruthtoledo.com)

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

Ending Taxpayer Bailouts and Supporting Community Banks

By U.S. Senator Sherrod Brown



megabanks receive an implied federal guarantee provided by taxpayers at no charge, "too small to save" community banks in towns across Ohio have been allowed to fail. This taxpayer-supplied subsidy is wrong, and it puts community banks in Ohio, and across the nation, at a competitive disadvantage. Millions of families and small businesses depend on their community banks for their savings accounts, home mortgages, and business loans. Community banks help create countless jobs and provide safe and reliable financing options to Ohio's families. They deserve a chance to compete on a level playing field. But because Wall Street

megabanks know that the government will bail them out if they ever again reach the point of collapse, they have access to cheaper funding and more favorable borrowing terms than dependable Main Street institutions like Huntington Bank or The Peoples Bank in Coldwater, Ohio. Megabanks are viewed as having the ultimate insurance policy - one with no coverage limits or premiums. This funding advantage has now been confirmed by three independent studies in the last year, one of them quantifying the subsidy at \$83 billion per year. We have a financial system that rewards banks for their size, not the quality of their opera-

tions. Simply put, it's a "heads megabanks win, tails taxpayers lose" scenario that squashes innovation and competition and is distinctly un-American.

That's why my Republican colleague, Senator David Vitter from Louisiana, and I introduced the Terminating Bailouts for Taxpayer Fairness Act

(TBTF) Act last week. Our bill sets forth a plan that would prevent any one financial institution from becoming so risky and overleveraged that it could put our economy on the brink of collapse or trigger the need for a federal bailout.

First, our bill will ensure that all banks have enough investor equity to

back up their sometimes risky practices - so taxpayers don't have to. Adequate equity levels lessen the likelihood that an institution will fail and lower the costs to the rest of the financial system and the economy if it does. Our bill will end corporate welfare enjoyed by Wall Street banks by setting re-

(Continued on Page 12)

Many Ohioans would be shocked to find out that the same Wall Street megabanks which received bailouts from taxpayers five years ago, at the height of the financial crisis, continue to receive taxpayer-funded advantages today simply because of their "too big to fail" status.

And while these

YOU MAY HAVE HEARD OF STEM, BUT HAVE YOU HEARD OF STEAM?

Robinson Elementary School picks up STEAM!

On Thursday, May 9 from 5 - 7pm the focus is on Science, Technology, Engineering, Art, and Mathematics, all of which will be student led with the guidance of Science Support Teacher Cynthia Madanski.

Student scientists will showcase the new Science Lab. Projects will be displayed, butterflies will be released, and the Imagination Station will provide family fun. A catered dinner will be served. There is no cost to attend. Students, family, and community members are welcome to join us! Robinson Elementary School is located at 1075 Horace Street Toledo, Ohio.

Robinson Elementary School is a School Improvement Grant and Title One funded school.

If additional information is needed, contact Robinson Elementary School at 419-671-4200.

Hello: I wanted to take a moment to commend the Toledo Blade, John Block and all of the reporters involved for having the strength and courage to run the series on gangs in Toledo. It has been no secret that gangs do in fact exist in Toledo, and they are perhaps stronger and more ruthless now than ever. I understand the stance of the current administration of Toledo wanting to protect the cities best interest, to attract investors... But the city administration also has the charge of being transparent, and protecting the citizens. I do encourage the gang members participating in this series, to seek help to come out the gangs. For gangs give a false sense of love and family, and often times lead to destruction and death. There are organizations in Toledo that can assist you, and get you on the right path to redemption, such as the Boot Camp program, 'Young Men and Women for Change' led by Shawn Mahone Sr. Once again, thank you for your courage to address this issue. Sincerely, Bishop Stephen Ward pastorsmward@yahoo.com

Advertisement for 'Worship Experience' featuring Dr. John W. Williams, Pastor. Includes text: 'Join Us! Every Sundays at 5:30 p.m.', 'Eastern Star Missionary Baptist Church', and contact information.

Advertisement for 'Last chance for the Holy Land Experience in Orlando and the Royal Caribbean Cruise - \$950.00'. Includes details about the trip to Orlando and a cruise to the Bahamas, sponsored by Legendaire Travel Trends.



## Connie Lindsey Encourages United Way Audience to Invest in Young Women

By Fletcher Word  
Sojourner's Truth Editor

"Gather, grow, give—the investment we need to make," said Connie L. Lindsey of the thrust of her address here in Toledo last week before an audience pulled together by the United Way of Greater Toledo and the Girl Scouts of America.

The event, organized by the Women's Initiative of United Way, was an occa-

sion to "continue to support women and children's programming," said Adrienne Green, chairman of the local Women's Initiative. "It's a time to gather women together to give back to the community and to inspire women to be more influential in their community."

Lindsey, executive vice president and global head

of corporate social responsibility for Northern Trust, Chicago (the first African-American woman to achieve the title of executive vice president in the history of the firm) and also national board president of the Girl Scouts of the USA, was ideally suited to speak at the event, said Green.

"I was thrilled we were able to bring such a person," said Green. Lindsey also paid a visit to the Ella P. Stewart Academy for Girls during her visit to Toledo. "You can see how she relates to each and every girl," Green added, "inspiring each girl to see that she is special."

Lindsey has been pro-



Connie Lindsey



Adrienne Green

*"You can see how she relates to each and every girl,"*

filed on national television on PBS' 30 Good Minutes and ABC's Heart and Soul. She has been recognized for her leadership by the National Diversity Council's Most Powerful and Influential Women Award, Women's Bar Association of Illinois-Advocacy Award, N'Digo Corporate Leadership Award, Ebony Magazine's 2009 Power 150, Chicago

(Continued on Page 5)

In the secret war on Starling,  
he is the city's only weapon.

# ARROW

WED 8PM

## TOLEDO 5

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# Invest in Young Women

(Continued from Page 4)

United's Business Leaders of Color award, among many others.

"Each leadership role has provided unique learning experiences and prepared me for the next opportunity," said Lindsey shortly before her visit to the Glass City. "Leadership roles with people and P & L responsibility had the

greatest impact. These roles require wisdom, intellectual rigor, self-awareness and technical competence."

Lindsey was eager to draw the connection between United Way's Women's Initiative and the Girl Scouts of America. It's the goal of the Girl Scouts, she said, "to build

girls of confidence" and of United Way "to mobilize women.

"That's a wonderful symmetry," she noted.

Lindsey noted that she is on the same page with Sheryl Sandberg, COO of Facebook, who has recently published a book titled *Lean In* about the dearth of women in corporate lead-

ership roles. Only three percent of CEO's of large corporations are women, said Lindsey, and only 18 percent of significant leadership roles in the corporate world are filled by women.

"We've admired the problem long enough," she said.

Noting that girls and

women are on the ascendency in terms of educational attainment, particularly within the African-American community, Lindsey's concerns about women in leadership positions are not lessened. Yes, she admitted, girls and women are entering and completing college and advanced degrees in greater

numbers than their male counterparts and, possibly, the leadership gap could disappear in time.

"The question is how do we all have our shoulders against the wheel," said Lindsey. "I'm not willing to wait another 10 years to see what might happen."



## Kindergarten & Preschool Registration

From May 6-10, 9am-noon, register for kindergarten at the Elementary School your child will attend.

At Toledo Public Schools, kindergarten students gain a love of learning while preparing for the future. Program highlights include:

- A full-day program that offers a well rounded curriculum
- Teachers who are highly-qualified and have early childhood/kindergarten certification
- A nurturing environment where the needs of all students are met
- Breakfast and lunch program available



### What Do I Need to Register My Child for Kindergarten?

All children entering kindergarten must be five years old **on or before September 30.**

You will need to bring:

- A legal birth certificate for your child.
- Vaccination records
- A picture ID for parents /or guardians
- Two proofs of address for the family

For specific vaccine requirements, please contact your physician or the Lucas County Health Department at 419-213-4100. If you cannot register your child the week of May 6, please contact your elementary school for assistance.

**TPS Preschool Program** is registering 3-5 year old children for the 2013-14 school year at Crossgates Preschool and DeVilbiss Preschool. Classes meet Monday through Thursday, mornings or afternoons.

Cost is \$250.00 per semester and fee waivers are available. Please call the Early Childhood Center at 419-671-8755 for more information about enrollment.



Visit us online: [tps.org](http://tps.org)

## Former Toledoan Featured in Tribeca Festival Film

**PBS Futurestates' REFUGE launches online May 1**



For a sneak peek of O'Neal's work, view the REFUGE trailer at <http://futurestates.tv/episodes/refuge>. As of May 1, the entire film will appear at the same link.

"It's always a privilege to work with talented people," says O'Neal, "but working with Mr. Gorjestani was a particular gift. When I got the news that the film would premiere at Tribeca — a sort of filmmaker's mecca — I was just thrilled!"

PBS Futurestates is a series of independent mini-features — short narrative films created by experienced filmmakers and emerging talents transforming today's complex social issues into visions about what life in America will be like in decades to come. PBS established futurestates.tv as the online channel for the series, which is now in its fourth season.

San Francisco, CA, May 1, 2013 — Former Ottawa Hills resident Daphne O'Neal is featured as a tough immigration judge in the climactic final scene of the PBS Futurestates film REFUGE. REFUGE premiered to a sold-out theatre at Tribeca

Film Festival in New York City April 21, 2013. On May 1, it debuts online at PBS.org and futurestates.tv. The politically-themed short was helmed by emerging writer-director Mohammad Gorjestani.

Futurestates projects, co-produced by ITVS, include an ITVS Community Classroom component. Thus, when REFUGE launches May 1, its webpage should feature not only behind-the-scenes video and still photos, but

also a downloadable, standards-aligned lesson plan for high school and community college instructors.

Daphne O'Neal is a graduate of Ottawa Hills High School and Harvard University. A freelance writer in San Francisco, she is featured in one feature-length and five more short films slated for release in 2013. Recent TV appearances include ABC's *Final Witness* and the Discovery Channel series *Wives with Knives*. Daphne also regularly performs in TV & radio commercials.

Mohammad Gorjestani is an Iranian-American filmmaker based in San Jose, California. His first short film *Sayah (The Shade)* premiered at Tribeca Film Festival in

2007 and went on to screen at 50 festivals worldwide. He was a recipient of the 2012 KRF Filmmaking Grant from the San Francisco Film Society and a finalist for the Sundance Screenwriters Lab.

Community Classroom is an innovative education resource providing short documentary video content and accompanying curricular materials, lesson plans, and homework assignments to high school and community college instructors and youth-serving community-based organizations. All Community Classroom lesson plans are designed with key education standards in mind, and are available free of charge online, along with the film modules.

ITVS (Independent Television Service) funds and presents award-winning documentaries and dramas on public television, innovative new media projects on the Web and the Emmy Award-winning weekly series Independent Lens on Tuesday nights at 10 PM on PBS. ITVS was established by a historic mandate of Congress to champion independently produced programs that take creative risks, spark public dialogue and serve underserved audiences.

Contact:  
Daphne O'Neal  
[daphneo@comcast.net](mailto:daphneo@comcast.net)  
(510) 725-8224  
<http://www.imdb.me/daphneo>

### Show Mom a Wildly Fun Time with Mother's Day at the Zoo

*Special to The Truth*

Despite how very hard moms work, they like to have fun, too. This year, on **Sunday, May 12**, celebrate your marvelous mom with a day at your Toledo Zoo.

All moms receive *free Zoo* admission when accompanied by one or more children *only on Sunday, May 12*. Free flowers (while supplies last) and activities are available in Nature's Neighborhood from 12 to 3 p.m. Plus, there's all the fun the Zoo has to offer — including some marvelous animal moms, from Crystal the polar bear and Renee the African elephant to Fanta and Fresca the ring-tailed lemurs.

The Mother's Day Celebration is sponsored by Meijer. In addition, the Zoo hosts a full-service Mother's Day brunch in the spacious Nairobi Pavilion, near the *Africa!* exhibit; times, prices and delicious menu details are at [toledozoo.org](http://toledozoo.org). This outing fills fast, so reserve your family's place today at 419.385.5721, ext. 6001 (prepaid reservations only).

Already have plans for Mother's Day? Come to *Around the World* the day before — **Saturday, May 11**. Regular Zoo admission applies for this day of family-friendly activities, focusing on the cultures of Africa, the Arctic and more.

This year's celebration adds the cultures of Australia! Mark your calendar for a return visit *May 24-26*, when Wild Walkabout, presented by Mercy, brings the fascinating natural world of Australia to Toledo Zoo visitors. Don't miss Baru, the huge saltwater crocodile brought to Toledo by Block Communications, or the walk-through wallaby exhibit where you'll come closer to these gentle marsupials than you've ever been before. Updates about Wild Walkabout will be available at [toledozoo.org/walkabout](http://toledozoo.org/walkabout) as Opening Weekend, sponsored by BP, draws closer.

The Toledo Zoo is open daily from 10 a.m. to 4 p.m. (starting May 4, weekend hours are 10 a.m. to 5 p.m.), and it is located on the Anthony Wayne Trail (US 25), four miles south of downtown Toledo. For more information, please visit [toledozoo.org](http://toledozoo.org) or call 419.385.4040. Lucas County residents are admitted free of charge each Monday from 10 a.m. to noon. ID showing proof of residency is required.

TURNERMAN PRODUCTIONS presents

**"CAPTIVATED"**  
Sat. August 24th  
7:30pm  
Maumee Indoor Theater  
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Tickets: \$20 | Warning: PG-13  
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[turnermanplays@yahoo.com](mailto:turnermanplays@yahoo.com)

**African Art Has Arrived!!**

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

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

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

The Truth Gallery  
1011 Adams Street  
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## When All Else Fails, Read the Label

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

When all else fails, read the instructions! The Nutrition Facts Label on foods isn't necessarily instructions but it is a valuable tool to share information about the food. People could easily eat food and never read the Nutrition Facts Label but reading and understanding it can be helpful in making healthier food choices.

The Nutrition Facts Label starts with the serving size and the amount of servings

per container. This is important because sometimes it is hard to estimate how much food is a serving. It can be surprising to look at a "snack-size" food package, assume it's the amount of food one person should eat and then realize there are many servings in that one package. The information on the Nutrition Facts Label are all for one serving. Be aware of how many servings you eat.

Percent (%) Daily Value

(DV) is based on the recommended amounts of each nutrient for a 2,000-calorie diet. How many calories should you have each day? That answer depends on a few things like gender, age and amount of physical activity. Two thousand calories a day is an average amount but some people need more and some people need less. A general recommendation for using the Percent Daily Value is to remember that 5% DV or less is low and 20% DV or more is

high.

The nutrients listed at the top of the label are ones that most Americans need to limit: total fat, including saturated fat and trans fat, cholesterol and sodium. These would be good ones to look for a low %DV like 5% DV or less.

One major goal of the Dietary Guidelines for Americans 2010 is: consume fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars and refined grains. In addition, it is recommended to use the Nutrition Facts Label to "compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers." Much of the fat and sodium that Americans eat are often found in processed foods. The Nutrition Facts Label can be a tool to compare different foods and choose the healthier option.

Other nutrients listed on the Nutrition Facts Label are ones to increase health like Vitamin A, Vitamin C, Calcium and Iron. Sometimes other nutrients are also listed but it is not required. This is a great section to look for foods with 20% DV or higher!

A few tips to keep in mind for the different food groups:

Milk

Look for fat-free or low-

fat milk products. Calcium is an important nutrient found in milk products and Vitamin D is often added. Calcium can also be found in other foods like dark green leafy vegetables, canned salmon with bones and calcium-fortified products like cereal or juices. The Nutrition Facts Label will include %DV for calcium.

Grains

Check the list of ingredients listed below the Nutrition Facts Label and look for the words "whole-grain" or "whole-wheat" (if it is a wheat product). A loaf of bread could be a brown color and the word "wheat" or "multigrain" can appear on the label but that does not mean it is made with 100 percent whole-grain unless it is listed as the main ingredient. Foods made with 100 percent whole grains will often be a good source of dietary fiber.

Fruit

A whole piece of fruit with the skin (if the skin is typically eaten) will be the best source of fiber compared to 100 percent fruit juice or fruit without the skin. For canned fruit, look for the label to indicate whether it is canned in 100 percent fruit juice or fruit syrup. The syrup adds extra sugar and calories to the fruit. Also, when choosing a fruit drink, look for 100

percent fruit juice. A fruit-flavored drink could be just that—flavored. Just because a drink or food tastes like fruit, does not mean it includes real fruit.

Vegetables

Fresh vegetables are great to add to the day! Canned vegetables could contain extra sodium so either look for low-sodium cans or rinse the canned vegetables with water to remove some of the extra sodium before eating. Frozen vegetables do not often contain added sodium unless they have added butter or sauce. If the vegetable comes with a sauce, check for added sodium and fat.

Protein

There are many good sources of protein from plants and animals. Look for added sodium in deli meats. Look for added fat in meats like chicken or turkey breast that contain skin. Most Americans get enough protein but if it is not lean or low-fat, there could be extra fat added to the day.

Use the Nutrition Facts Label to make your healthy food choices! Use the %DV to quickly summarize if the food is high (20% DV or more) or low (5% DV or less) in certain nutrients. Use the labels at the store to compare similar foods and choose the healthiest.

## Five Ways Older Adults Can Be More Active

By The National Diabetes Education Program

As you get older, your risk for health problems, such as type 2 diabetes, increases. You also have a greater chance of getting type 2 diabetes if you have a family history of the disease. But it's never too late to lower your risk for type 2 diabetes. Research shows that modest weight loss through healthy eating and being active can help to prevent or delay type 2 diabetes in people over age 60.

If you are overweight, losing 5 to 7 percent of your current body weight can help you prevent or delay type 2 diabetes. If you weigh 200 pounds, this means a weight loss of about 10 to 14 pounds. Talk to your doctor about setting safe weight loss goals and ways to be more active.

### Getting Started: How to Get Moving

Once you set your goals, decide what small steps you will take to get started. For example, you might say, "I will walk for 10 minutes after lunch to be more active each day" until you reach at least 30 minutes a day, five days a week.

Be active, move more and sit less to help yourself lose weight or stay at a healthy weight and be more flexible and strong. Ask your health care provider how you can safely start to be more active. Before being active, be sure to warm up to get your body ready. Shrug your shoulders, swing your arms, or march in place for three to five minutes before you begin any activity.

### Five Ways to Be More Active

There are many ways you can get active at little or no cost, such as walking or doing chair exercises. Find an activity you can enjoy so you can stay at it. This will make it easier to stick to your plan and reach your goals. Try these ideas:

• **Around the House.** Things that you do every day can help you be more active. Stand up from a chair and sit down again without using your hands. Rise up and down on your toes while standing and holding on to a stable chair or countertop. When you watch TV, stretch and move around during commercial breaks. You can also walk around the house when you talk on the phone. Follow along with a video for older adults that shows you how to get active.

• **Around Town.** Being more active can also be a great way to meet friends. Join a local walking group. Always walk in safe places such as the mall, museum or a community center. Wear shoes that fit your feet and provide comfort and support.

• **While Running Errands.** Make getting active a part of your regular day. If it is safe, park the car farther away from stores or restaurants. If you take the bus or train—and the area is safe—get off a stop earlier and walk the rest of the way.

• **With Your Family.** Get your family involved to make being active more fun. Teach the younger people in your life the dances you enjoy. Plan a trip to the local pool and go for a swim together. Moving around in the water is gentle on your joints.

• **Get Outside.** When you can, get active outside. Take care of a garden or wash your car. Enjoy a brisk walk with friends or family around a park, museum or zoo.

## Take Charge of Your Education at Phoenix Academy.

Phoenix Academy offers students in grades 7-12 at every proficiency level the opportunity to learn at their own pace.

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## Are You a Sugar Addict?

By Angela Steward, Fitness Motivator  
The Truth Contributor



One of the biggest reasons most people are overweight is their love of sugar! I work with overweight clients who regularly tell me "I don't really like sweets," BUT after we actually sit down and go over their diet, I see that their diets consist of bread, yogurt, cereals and other foods that are filled with "hidden" sugars.

I don't like oatmeal but I began eating it because I read how healthy it was for you -

but I realized that I was slowly gaining weight! That's because I should have been eating plain oatmeal with a dash of cinnamon and/or fresh blueberries and Stevia for sweetening.

Instead, I was eating a bowl of Quaker sweetened instant Maple and Brown Sugar oatmeal which contains 13 grams of sugar, so I was gaining weight off of something I don't particularly like!

Our love of sugar started when we were young - Pop Tarts, donuts, cupcakes and popular breakfast cereals such as Fruit Loops, Captain Crunch and even the supposedly "good-for-you" Raisin Bran! Yes, a cup of Raisin Bran contains 20 grams of sugar - that's the same as gobbling down nine Hershey kisses for breakfast! The most popular kids breakfast cereals today are considered "candy"!

Sugar is making us "fat" and "sick!" Sugar is found not only in things that are sweet, which we know have sugar, but also in other processed foods that don't taste particularly sweet, such as ketchup, canned beans, barbecue sauce and spaghetti sauce. I could go on and on, but I think you get the picture. Sugar is hidden every-

where.

I don't want to get into all the technical terms of the various forms of sugar that we eat daily other than regular table sugar, such as dextrose (corn sugar), fructose (fruit sugar), maltose (malt sugar) and lactose (milk sugar).

Sugar addiction is serious, but I don't want you to get overwhelmed by looking at the ingredients on all your food labels. Eat only the foods that have five (5) grams or less of sugar per serving and you'll be fine.

To see if you're truly a "Sugar Addict" - answer these questions "yes" or "no" and be as honest as possible!

1. Do you snack on sweet foods frequently or drink sodas or juice between meals?
2. Do you often feel shaky, weak or irritable after eating sugary foods?
3. Do you eat sugary desserts most days of the week?
4. Do you crave something sweet after each meal?
5. Are you tired most days of the week?
6. Do you usually put sugar in your coffee or tea?
7. Do you use condiments such as jelly, jams, and

syrups daily?

8. At parties, do you find yourself looking for the sweets?

9. When you were a kid, did your parents/caregiver give you sweets for being good?

10. After eating sweets, do you feel euphoric - a Godiva moment?

11. Do you crave sweets?

12. Do you suffer from frequent headaches?

13. Do you usually grab a bagel or donut for breakfast?

14. Do you drink soda almost daily?

15. When you go to the snack counters at the movies, do you usually buy candy?

16. If you order an alcoholic beverage, is it usually something sweet like a pina coloda or frozen margarita?

If you answered yes to three or more questions, chances are - You are a Sugar Addict!

Trust me, we have to kick the sugar habit. Sugar sets you up for getting fat. Guess what? Cancer cells love sugar! Not to scare you but cancer cells require energy to grow. To get enough energy - cancer cells supercharge themselves with glucose (sugar). Yes, sugar

makes tumors grow. You can stop cells from growing into cancer through diet and exercise. So sugar not only makes you fat, it also increases your cancer risks, but guess what else? It ages your skin and causes wrinkles. The most important diet change you can make is to decrease sugar in your diet.

I'm not writing this article to beat you up. This article is to get you to see how fast you can lose weight, and how wonderful you can feel and look after you "Kick Your Sugar Habit." So here's how to get to sugar-free the healthy way:

\*Get rid of sugar-free juices, sodas and treats. Sugar-free causes sugar cravings. A diet soda actually triggers your brain to grab for chips or other junk foods.

\*Don't put sugar in your water, tea or coffee.

\*Go through your fridge, cupboards and pantry and get rid of simple sugar items like candy, cookies, cakes and sodas. It's almost impossible to keep unhealthy foods in your house without eating them! My husband keeps his treats in a special drawer! I don't go in that drawer because I know he has a stash of cookies, and/or candy. To me if it's out of sight - it's out of mind. But until you reach that level, get rid of the junk foods. If you try to keep them, you will fail. Don't keep sugary stuff in the house.

\*Restrict your treat meals to restaurants or parties, and don't take any leftovers home with you - throw all leftover treat meals away. Be strong. You won't crave sugar as much once you break the sugar cycle. Use your treat meals to indulge.

\*Buy fresh apples, pears, berries, and citrus foods instead. They're lower in simple sugars and calories. Citrus fruits and apples help your body burn fat. The more whole fruit you eat the less processed sugar you will crave.

\*Exercise regularly. Exercise kills cravings for junk, as well as making you a fat-burning machine. Often, when I crave a snack, I'll drink a tall glass of water, or I put my shoes on and go for a walk - anything to get my mind off of a snack.

\*Drink a lot of water.

(Continued on Page 10)



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

## Details of Autism Benefits Finalized for State of Ohio Employees

### Services to Begin Next Fiscal Year

Special to The Truth



State of Ohio employees and their families with autism will be able to receive treatment as part of their employee health insurance benefits beginning July 1, 2013. The announcement this week is a result of Governor John R. Kasich's pledge late last year, said

the governor's office, to make autism benefits available to State of Ohio employees, and negotiations recently concluded with state employees' unions to revise the contractually-negotiated employee health plan.

Ohio Department of Ad-

ministrative Services Director Bob Blair, in cooperation with Joint Health Care Committee (JHCC) Co-chairmen Kelly L. Phillips and Michael J. D'Arcy, solidified the language used in the contract earlier this week.

"For families that have

autism in their lives, it can be a tough path. If they can get help, it's expensive, and that cost puts additional strains on relationships and family life. We can do better and I'm proud that we are doing better with this agreement to provide access to this important care," said Blair.

"The JHCC is taking proactive steps to meet the needs of Ohio children affected by autism," said OCSEA President Christopher Mabe. "This is another example of how State of Ohio labor and management representatives are working together and taking positive steps to impact the health

outcomes for State of Ohio employees and their families."

Research shows that early intervention helps make a significant and life-long difference in the lives of children with autism by improving social, cognitive and communication skills, and by helping families alleviate financial burdens while developing the unique skills they need to raise their children. For this reason, Governor Kasich, Director Blair and union representatives have reached an agreement that efficiently provides for Ohio's families managing the effects of Autism Spectrum Disorder

(ASD).

Beginning at the start of the next fiscal year, state employees and their dependents will receive access to quality healthcare for ASD including physical, speech and occupational therapy, clinical therapeutic intervention, and mental and behavioral health outpatient services.

Autism services are being defined as part of the "essential health benefit" package offered through the state employees' health plan, some private health insurance and health insurance sold through the upcoming federally managed health insurance exchange.

**Are you between 16 and 24 and looking for a SUMMER job?**

**The 2013 TANF SUMMER Youth Employment Program**

Youth between the ages of 16 and 24 who receive benefits through the TANF program are encouraged to register for possible SUMMER employment.\*

Local employers will provide meaningful SUMMER work experiences and participants are able to earn \$8 per hour for up to 40 hours per week. SUMMER work assignments will begin in June and continue into August.

The deadline for SUMMER registration is MAY 17.

Register online at [WWW.THESOURCENWO.COM](http://WWW.THESOURCENWO.COM) or visit The Source, 1301 Monroe Street to apply using one of our reserved computers.

\*Not all who register will qualify for a SUMMER job assignment.

Brought to you by the Board of Lucas County Commissioners, the Lucas County Department of Job and Family Services and the Workforce Development Agency.

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For registration, pick up form at location listed below or contact: **Toya Kessinger (419-578-4880)** Director

Natural Science Technology Center  
5581 Elmer Drive, Toledo OH 43615

**Registration forms due by May 24, 2013**

# Returning to Normalcy After a Cancer Diagnosis

Special to The Truth

**Cancer.**

It's a word no one wants to hear, yet all too many people are diagnosed each year. With a diagnosis comes many questions, most importantly how to get the best medical care possible. For many, the next logical question is how to maintain a normal life with cancer—including balancing work, life and health demands.

Nearly 80 percent of cancer patients and survivors say continuing work after diagnosis aids recovery, according to recently released survey results from nonprofit organization Cancer and Careers and Harris Interactive. Still, many struggle to find support navigating the work/life balance of employment with cancer.

For some, working through treatment is not a choice, but a necessity. For others, the decision to work is made based on personal preferences.

Survey results showed that several factors motivate cancer survivors to continue working—including feeling well, wanting to maintain a routine and wanting to be productive. At the same time, 67 percent of surveyed cancer patients and survivors said work/life balance was critical to having a career.

Regardless of the situation, experts say that those working through or returning to work following treatment have many factors to consider.

"There are many components to manage when people return to work after a cancer diagnosis or treatment, including understanding legal rights, telling co-workers, managing treatment schedules and addressing potential resume gaps," said Kate Sweeney, executive director of Cancer and Careers, a national nonprofit organization dedicated to serving people working during and after cancer treatment.

Sweeney offers the following tips for people transitioning back into the workplace after a cancer diagnosis or treatment:

- Before sharing your diagnosis, study your options. Learn about the laws that may protect you, know your company's policies and speak to your healthcare team.
- Be mindful of what you say online. Whatever you post becomes part of your online brand, so consider the short- and long-term effects of what you say and do.
- When returning to work, ease back into the routine. Make sure you take care of yourself physically and mentally.
- Be clear with your co-workers about how they can support you.
- Be prepared to "swivel" the conversation back to work-related things so the focus isn't always on cancer.

• Rely on free resources to help make the transition. For example, Cancer and Careers provides expert advice, interactive tools and educational events for everyone dealing with cancer in the workplace, including patients, healthcare professionals, human resource managers and co-workers.

More information on how to balance the demands of work and cancer can be found at [www.CancerAndCareers.org](http://www.CancerAndCareers.org).



Whether you need to work or simply want to stay active during your treatment, having a plan can empower you to thrive in the workplace and leave you with more energy to cope with the rest of life's details.

## Are You a Sugar Addict?

*(Continued from Page 8)*

Carry a bottle of water with you. Drinking two to three liters of water a day burns 50 to 75 additional calories and speeds up your metabolism.

\*Cut back on caffeine. Switch to herbal tea, if possible, or have no more than two cups of coffee a day.

\*Try my "Sugar-Kick" plan - It will help you kick your sugar addiction. Monday thru Friday - do not eat refined (table) sugar or products that contain over five grams of sugar per serving. On the weekend, indulge in two treat meals. This schedule of eating will help you crave less sugar! Within two weeks, you'll notice that most of the sweets you often indulged in, are now too sweet for you!

By following just a few of the suggestions above, you can lose weight without even walking into a gym. So imagine how much weight you could lose if you followed my "Sugar-Kick" plan and exercised daily!

Kick the Sugar Habit! Make healthier food choices! Drink more water! Exercise daily! Start losing weight for the rest of your life!

Your Sista in Fitness!!!

Angela R. Steward  
 Creator of Fabulously Fit™  
 Fitness Coach & Motivator  
 Certified Weight Loss Consultant  
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 Owner: Fabulously Fit Studio (aka Studio Fitness)  
 1413 Bernath Parkway (off Airport Hwy, behind Taylor Photo)  
 Classes: Mon 9a, Wed 5:45p & 6:30p, Fri 5:45p & 6:30p,  
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# Protect Your Eyes From the Sun! Ultra Violet Rays May Cause Damage to the Eyes Today and Tomorrow

## Prevent Blindness Ohio Educates Public as Part of May's UV Awareness Month

*Special to The Truth*

As the weather continues to warm, more Americans will be heading outdoors to enjoy the sunshine. The public should know, however, that Ultra Violet (UV)-blocking sunglasses and hats are the ultimate sight-saving accessories to pair with their shorts, sandals, and short-sleeved shirts. Prevent Blindness Ohio has declared May UV Awareness Month to help educate the public on the dangers of UV and how to protect the eyes.



For more information go to: <http://ohio.preventblindness.org/ultra-violet-rays-may-cause-damage-eyes-today-and-tomorrow-0>

**About Prevent Blindness Ohio**  
Prevent Blindness Ohio, founded in 1957, is Ohio's leading volunteer nonprofit public health organization dedicated to prevent blindness and preserve sight. We serve all 88 Ohio counties, providing direct services to more than 800,000 Ohioans annually and educating millions of consumers about what they can do to protect and preserve their precious gift of sight. Prevent Blindness Ohio is an affiliate of Prevent Blindness America, the country's second-oldest national voluntary health organization. For more information or to make a donation call 800-301-2020 or visit us on the web at [pbohio.org](http://pbohio.org).

# A New Campaign Weighs In On Your Weight And Health

An estimated 72 million Americans are affected by obesity, with nearly one out of three affected by excess weight. Yet, according to some experts, a weight loss of even 5 percent may improve health and reduce risks of some diseases.

That is the word from a new campaign called Your Weight Matters. It's designed to draw attention to the fact that there are many health implications that accompany excess weight and obesity. For example, diabetes, hypertension and sleep apnea are some of the many health conditions related to the issue of weight and obesity.

The campaign-developed by the Obesity Action Coalition (OAC)-encourages people to measure their weight and discuss it with their healthcare provider. To prepare themselves for that discussion, individuals can take the Campaign Challenge and receive the Your Weight Matters Toolkit for free, which is designed to help them talk to their healthcare provider.

### Measuring Your Weight

You may not be aware of how your weight is impacting your health. The Your Weight Matters Campaign will help you measure your weight and prepare you for your talk with your healthcare provider. One simple way to measure your weight is to calculate your body mass index, or BMI, which is a number calculated by dividing a person's weight by his/her height squared. The result will fall into one of four main weight categories that healthcare professionals use when assessing weight. They are "normal," "overweight," "obesity" and "severe obesity." The campaign's website has a calculator that makes it easy to get your BMI and a more detailed description of how to understand the results.

### Taking the Challenge

The OAC encourages you to take the Campaign Challenge by making an online pledge to talk to your healthcare provider about your weight.

By taking the Challenge, you will receive the free Campaign Toolkit, which covers a wide variety of valuable information on weight, health, nutrition, exercise, emotional issues, weight-loss options, benefits of weight-loss and more.

Most importantly, the Campaign Toolkit will prepare you for your first appointment with your healthcare provider by providing you with sample questions for your provider, a food journal, wellness tips and more.

To measure your weight, learn more and take the Challenge, visit [www.YourWeightMatters.org](http://www.YourWeightMatters.org).

**TOLEDO ZOO**

**Attention Contractors & Suppliers!!!**

The Toledo Zoo is soliciting sealed proposals for the Penguin Project. The bid package includes all supervision, materials, labor, and equipment for the Penguin Project. Work shall consist of site & building work which includes bid items for: 1. Site Work, Demolition & Paving (Penguin); 2. Site Work, Demolition & Paving (Aquarium); 3. Landscape, Irrigation, Site Barriers & Concrete Fences; 4. Site and Building Concrete; 5. Specialty Placed Concrete; 6. Masonry; 7. Steel Fabrication & Steel Erection; 8. General Trades; 9. Roofing & Sheet Metal; 10. Metal Studs, Drywall, Plaster, Acoustical & Insulation; 11. Painting; 12. Plumbing; 13. Life Support Systems; 14. Mechanical; 15. Electrical.

Copies of bidding documents may be obtained from:

**Apex Micrographics**  
8973 Telegraph Rd. Toledo, Ohio 43612  
419-476-6535

OR

**Toledo Blue Print**  
6949 Waver Rd., Sycamore, OH 43081  
419-661-9041

Sealed bids will be received at the Zoo's Department of Facilities and Planning office located at 1717 Spencer St. until 2:00 P.M. on **Tuesday, May 14, 2013**

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## The Color Complex: The Politics of Skin Color in a New Millennium by Kathy Russell-Cole, Midge Wilson, and Ronald E. Hall

c.1992, 2013, Anchor

\$16.00 / \$19.00 Canada

288 pages

By Terri Schlichenmeyer  
The Truth Contributor



glasses! -you're getting some of those colored contacts.

But there's one thing you can't alter. And in the newly updated book *The Color Complex* by Kathy Russell-Cole, Midge Wilson, and Ronald E. Hall, you'll see how much it still matters.

The more things change, the more they remain the same...

In the last two decades, America has seen a revolution when it comes to issues of race. The generation that was born and has grown up in that time is "much more racially diverse than any other before it..." Economic powerhouses in India, China and Brazil have emerged, mixed-race relationships barely make us blink, even the government has added multiracial categories on census forms.

There's been a lot of change, but "colorism" – a word referring to prejudices surrounding skin-color differences, particularly within the African-American community – remains. What's worse, it's infiltrated popular culture with a subtler, seemingly-nastier effect on

its victims.

Though "... skin color has maintained an intimate relationship with class" since "the earliest times," the issue of colorism has its American roots in the early 1500s when "mulatto" offspring of white men and black women gained power through education and social bridging between black and white populations. Later, preference was shown for lighter-skinned individuals as "house slaves," who largely disparaged darker-skinned field workers.

Today, several decades after discrimination based on color was made illegal, colorism still exists. Some blame it on music videos and black songwriters. Others accuse fashion and movies. The authors also point at politics

and world policy, yet they say that there are things you can do to "lessen colorism's pernicious effects."

Contact television networks if you notice a lack of black journalists or actors. Let editors know that you won't purchase their magazines until they stop photoshopping pictures of models of color. Use the power of social media to further your cause, state your opinions, and gather support.

These days, it seems that we like to pretend we live in an enlightened world that's on its way to being "color-blind." We have a black president, after all, and today's youth are more accepting of racial differences. Some think we've gotten past skin color, but reading *The*

*Color Complex* shows otherwise.

With great dismay and a surprising amount of quietly cynical humor, authors Kathy Russell-Cole, Midge Wilson and Ronald E. Hall re-examine the divisiveness of colorism today, in contrast to what it was two decades ago. New, eye-opening research and fresh information show readers that though there are gains in some areas, colorism is far from a dead issue; in fact, with the rise of globalism, it's actually spread.

This is a fascinating, albeit quite uncomfortable book that I recommend for audiences both black and white. Newly updated, *The Color Complex* deserves a whole new look.

This month, you've decided you need a whole new look.

Your hair and wardrobe are out of date, so you're

getting a cut-and-style and a fresh wardrobe, shoes and all. You've got an appointment

for a mani-pedi, a dermatologist, dentist, and – no more

## Ending Taxpayer Bailouts

(Continued from Page 3)

sonable standards depending on the size and complexity of the institution.

Next, our bill will limit the government safety net – the assistance provided by Federal Reserve lend-

ing and Federal Deposit Insurance Corporation (FDIC) insurance – to traditional banking operations. Specifically, financial institutions would be prohibited from transfer-

ring nonbank liabilities – like derivatives, repurchase agreements, and securities lending – into federally-supported banks. This will ensure that the government safety net begins and ends at the commercial bank. If megabanks want to be large and complex, that's their choice – but we don't have to subsidize their risk-taking. If they fail, their executives and investors – not taxpayers – should pay the price.

Finally, our bill will provide sensible regulatory relief for community banks. Because community institutions do not have large compliance departments like Wall Street institutions, our legislation proposes commonsense measures to lessen the load on our local banks. Leveling the playing field won't help if our community banks are driven out of business by compliance costs.

We shouldn't wait for another economic crisis before we take action. We owe it to Ohio families – and families across the country – to guarantee that Wall Street megabanks will never again gamble away the American dream.

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May 3-7, 2013  
7:00 p.m. nightly  
Warren A.M.E. Church  
915 Collingwood Dr.

Dr. Edward Branch  
Of Detroit, Michigan  
Pastor of  
Third New Hope Baptist Church

**Conference Schedule**  
Community Choir Rehearsal  
April 26th & April 27th at Warren A.M.E.  
8:30 a.m.  
May 2nd  
7:00 a.m. Worship Service  
May 2nd  
8:00 a.m. Workshop on "Empowerment"  
taught by Dr. E. Branch  
7:00 pm Working Service  
May 3rd  
8:00 pm Community Health Fair & Dinner  
7:00 pm Working Service

**"ALL ARE WELCOME"**  
  
Name:  
"Re-Claiming our Community through  
Proclamation"  
Matthew 28:19-20 & John 12:32

## The Truth About Giving Local Artists an Outlet

By Michael Hayes  
Minister of Culture



"How can I use this column to give local artists an outlet?"

That was on my mind in the early days of The Sojourner's Truth.

Don't get it twisted. I'm not a "journalist" trying to be a music critic.

I'm not some guy unattached to the entertainment scene coming down from on high to catch a scoop and throw some ink around it.

Part of why I was picked to do this in the first place is because I make music.

Longer than I've been doing this column, and even longer than I was known for anything (poetry, PR, writing, etc.)... I have been producing music.

When I talk about the local music scene I'm doing it from the front lines, from the stand point of

someone involved in it and with similar goals as others involved in it.

All talent that becomes global was once local, so I have no shame in saying I've been a fan of rappers and singers around Toledo for years.

Even before I had my own roster of artists, I spent years trying to use this paper to give some shine to the dopest raw talent I could find in the 419.

But as a supporter and collaborator, not as a critic ("efa rap critic, he talk about while I live it" - Method Man).

### LOCAL ALBUM REVIEWS

I started doing local album reviews in this article in the early years of The Truth because I was already reviewing major releases and I couldn't ignore my city's music.

Because my partner Adonis Lavale and I produce, I had existing relationships in the local scene and I just put feelers out there asking people to send me their CD's.

After doing one or two, I didn't have to ask for any more submissions from then on.

From 2003 to about 2010 my mailbox at The Truth

offices would get bombarded with CD's.

It started off just with Toledo and surrounding areas but then I started getting packages from all across the country! Los Angeles, Iowa (right), Philly, and of course other Great Lakes locales like Chicago, Detroit and Cleveland... it was overwhelming.

Then when I started putting my email at the end of my articles, I was once again inundated with material. Once again, since this is not a job for me... I don't earn a living doing this... I didn't always have the time to comb through all the music I was being sent.

Which lead to some angry emails, letters, phone calls from artists who felt snubbed.

Then when I DID actually get a chance to review a local artist's music, that 'Toledo-mentality' kicked in and people 'took it to a whole 'notha level' on me.

If I gave someone's album a C+, and then I saw them at a show... it was a problem.

If I said someone's vocals were off, someone's drums weren't quantized, someone's CD cover graphics had errors... it was a problem.

And not just an "aww man, that wasn't cool" problem.

It started to affect much more than just me doing a weekly column.

The level of maturity I encountered actually made me think twice before my partner and I decided to start our own label and recruit our own roster.

I eventually chose to stop doing reviews of local music.

Maybe being shoulder-to-shoulder with people then critiquing their music was doomed to fail from the gitty up. Besides, I'm right here in the same city... trying to make it, too.

If anyone felt "who the hell does this guy think he is?" while reading me break down some local artist's music, in a way I can feel understand that sentiment.

Still, Toledo needed an outlet I just needed to find a less problematic way to do provide one.

### LOCAL ARTIST INTERVIEWS

Once again, I just took what I was doing with established artists/celebrities and just applied it to those

artists I knew who still deserved exposure in this paper.

But instead of me reviewing their work, I started interviewing them and letting them do the talking. That way it not only empowered them to promote whatever they wanted to promote, it also gave readers a more personal side of the artist.

Even better, I made sure to ask interview questions that people would be comfortable with. I've never been on some Wendy Williams mess. I'm not out to embarrass anyone, expose anyone's dirty laundry, tell secrets or none of that.

I even talk about the line of questions with the artists before I email them, just to make sure everything is cool.

There's no charge to be in my column, either.

But if anyone wants to promote their CD/event to our 70,000 weekly readers, you may not really need an interview... you need to contact me about getting you an advertising plan together. That way you control the message entirely, and you hit people for weeks

at a time instead of just once.

But when it comes to shining a light on local talent, even if my methods have changed I want people to know I've tried to do my part.

I've run two open mic nights in this city, each having three-year runs.

I've hosted rap battles, judged talent shows and mentored young artists/producers.

There are many successful producers and artists here and the local scene is getting better and better every year in terms of talent, polish and industry access.

People here are really starting to earn a living making music now.

I can't even call them "local" because they are actually in the major music industry but just live here. It hasn't happened for me yet, but I'm still here to rep for those in whatever I can. Any door that opens is one we can all walk through. Peace.

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

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SUMMER PROGRAM RESOURCE FAIR

Thursday, May 2, 2013

5pm-7pm

@ United Way Building

424 Jackson St - Downtown Toledo

Parents... not sure what to do with your children this summer?

Attend this FREE one-day fair to get early registration and information on summer programs, activities, camps, and much more!

For more information contact: 419.245.1417



### Manager of Support Services

The Mental Health & Recovery Services Board of Lucas County is accepting applications to fill the position of Manager of Support Services. Applications will be accepted through May 3, 2013. Additional information is available on the Lucas County web site ([www.co.lucas.oh.us](http://www.co.lucas.oh.us)). Click on "Apply for a Job" and then select "Manager of Support Services" 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

### DATABASE ADMINISTRATOR

Full-time position available for experienced individual to maintain data in an electronic health record. This includes creating customizations to the electronic record, creating underlying data base objects to support those customizations and creating custom reports to maintain this data. Position will also provide end user support.

Desired candidate must be proficient in computer operations, have a thorough knowledge of SQL database administration, Crystal Report Writing, Microsoft Office applications and experience with hardware/software support. Previous experience in programming and database design required. Previous experience with billing software and electronic health record is preferred.

Send resume with salary requirements or apply to:

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

EOE



### PART TIME TELLER NEEDED

Looking for a dependable person who also has a *flexible schedule* and *cash handling experience* to work 20-25 hours per week as a Part Time Teller. Must be available to work up to 2 Saturdays per month.

All interested applicants please email your contact information and resume to: [syourturn@aol.com](mailto:syourturn@aol.com) or mail to: Toledo Urban Federal Credit Union  
1339 Dorr Street, Toledo, OH 43607

### Sell Jewelry That Sells Itself

Not a salesperson? No problem! Make extra income as a Silpada Representative selling Sterling Silver Jewelry so beautiful it sells itself. You'll earn free jewelry bonuses and trips, not to mention 30% commission on your sales. Become a Silpada Representative today! Call 419-290-1832.

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Traditional financing & lease w/option available for some.  
Call Montalena @ 419.320.5224 and follow me...  
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Great investment property! Excellent condition! Move in ready for owner or tenants. Both units contain newer furnace, hot water tanks, new windows, updated electrical system. Both consist of large living areas and lots of storage space. WOW! Motivated seller. Easy access for showings.  
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**"A Life with natural health and beauty"**  
Body magic system - designed to re-shape, restore & revive  
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**Pianist Wanted**  
Church looking for a dedicated, responsible and dependable Gospel Pianist to play for Sunday morning services.  
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Commercial/Residential Free Estimates  
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**Woodley Court - \$259,000**  
6 bedroom, 2 1/2 baths, 3488 sq. ft.-Custom-built home. Must see to believe. Located in the quiet Trail Acres subdivision. Built for entertaining or large family. Easy to show and ready for buyer.  
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**CHAPTER 7 BANKRUPTCY**  
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Earn up to \$12 per box of 100 test strips. Must expire after August 2012. Leave labels on boxes. We remove and shred. Call 419-740-7162 and leave message.

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# CLASSIFIEDS

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May 01, 2013

## Great News !!

Due to overwhelming response a Second Bus has been added trip

Relax and enjoy a trip to Sweetie Pie's Soul Food Restaurant and Casino Tour.

Departing June 8th returning June 9th. The Cost is \$150.00 per person this includes

Transportation, Hotel, your meal at Sweetie Pies, also pays for Breakfast Sunday

Morning. All pricing is based on double hotel occupancy. Contact Chris for more information. 419-322-1194

## Health Home Nurse

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

### Send resume or apply to:

Human Resources - HHP  
Unison Behavioral Health Group, Inc.  
1425 Starr Ave.  
Toledo, OH 43605  
Fax: 419-936-7574

## Request for Proposal

A Request for Proposal will be received by the Board of County Commissioners, Lucas County, Ohio, at its office at One Government Center, 8<sup>th</sup> Floor, Suite 800, Toledo, Ohio 43604-2259, until 2:00 pm (local time) on May 7, 2013, for a Consultant to assist the Sheriff's Office and Board of County Commissioners with a study to determine the feasibility of replacing its current correctional facility. Request for Proposal information can be found at <http://www.co.lucas.oh.us/Bids.aspx>.

Each proposal upon submission, must be stamped for time and date in the Commissioners' office. Envelopes containing the proposal must state service for proposal, date and time due. Each proposal shall contain the full name of the company.

The right is reserved to reject any and all bids.

By order of the Board of County Commissioners, Lucas County, Ohio

Carol Contrada, President

Tina Skeldon Wozniak

Pete Gerken

ADS POSTED ONLINE AT:  
[www.TheTruthToledo.com](http://www.TheTruthToledo.com)

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Call Us Last,  
We Pay the Best!

419-297-3937  
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## CLINICAL COORDINATOR, PREFERRED CHOICE PROGRAM

Full-time position available for experienced individual to manage Preferred Choice Program. Responsibilities will include processing referrals, program marketing, diagnostic assessments, insuring appropriate documentation and reporting, group and individual counseling, consultation with and supervision of staff, maintaining ODADAS certification, development of relationships with external sources and other related projects as assigned.

Qualified candidates must possess a current LISW or LPCC and Chemical dependency licensure. Must be competent in substance abuse assessment and counseling, have experience working with individuals and families with mental health and substance abuse problems and have previous management experience.

Send resume with salary requirements or apply to:

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

EOE

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Toledo, OH 43605  
Fax: 419-936-7574  
Email: [hr@unisonbhg.org](mailto:hr@unisonbhg.org)

## Northgate Apartments 610 Stickney Avenue

Now accepting Applications for 1 and 2 bedroom Apartments. Mature Adult Community for Persons 55 and older. Rent based on income. Heat, appliances, drapes, car-pet included. Call (419) 729-7118 for details.



## Attention Seniors:

House(s) For Rent.  
Two Bedroom  
One level just renovated.  
Call (419) 708-2340

## For Rent

3 Bedroom House  
1010 Woodland Ave.  
550 + Deposit.  
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419-205-4434

## Health Care

Unison Behavioral Health Group, Inc. is now accepting applications for the following positions:

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

Care Manager - Accountable for overall care management and care coordination. Must have a bachelors degree and be licensed in Ohio as an LISW, LSW, PCC, PC, RN.

Qualified Health Home Specialist - Assists with care coordination, referral/linkage and follow-up, support and health promotion services. Must have a four or two year degree in a mental health field.

PACT Team - Care Manager and Qualified Health Home Specialist positions only with clients who are in need of a high level of service or are involved in the forensic system. Must be able to work weekends and holidays as needed.

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

RN - Completes health assessments, provides medication education and direct services to clients in the clinic and community. Must be licensed in Ohio as an RN and have a minimum of three years experience.

Childs Partial Hospitalization Therapist - Provides services to children with severe mental and emotional disorders. Must have Masters degree, current Ohio licensure as LSW or PC and prior experience working with children.

Send resume or apply to:

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

## Legislative Aide

Toledo City Council is seeking a qualified individual to serve as a Legislative Aide to members of Toledo City Council. The duties include constituent services, legislative activity, staffing public hearings, and general office duties. Applicants must possess skills with Microsoft Office software, outstanding oral and written communication and organizational skills, ability to multi-task and work independently, and must maintain confidentiality. Experience with City or other public entity operations, public policy, research or customer relations is a plus. The successful candidate must pass a pre-medical exam, a Police background check, and be in compliance with any child support order and City taxes. Starting rate \$34,644; after 3 years \$46,195. Send resume by Friday, May 3 to: Gerald E. Dendinger, Clerk of Council, One Government Center, Suite 2140, Toledo, OH 43604 or e-mail to [gerald.dendinger@toledo.oh.gov](mailto:gerald.dendinger@toledo.oh.gov) or fax to (419) 245-1610. The City of Toledo is an Equal Opportunity Employer. Minorities, females and individuals with disabilities are encouraged to apply.

**AKA's Hold Annual Scholarship Tea**

*Special to The Truth*



*AKA members and scholarship recipients*

Alpha Kappa Alpha Sorority, Inc Zeta Alpha Omega Chapter held its annual scholarship tea on April 22, 2013. The event recognizes outstanding seniors from across the community who have applied for college scholarships

from the sorority. This year nine bright young women were interviewed and will be considered for assistance ranging from \$1000 to \$250. The fact that they all made it to the interview phase was an achievement in itself said

Chapter President Deborah Washington, Ph.D.

Each applicant completed an application and submitted an essay. Each maintains a minimum 3.0 grade point average or higher, has passed all OGT's and has submitted

proof of acceptance into an accredited college or university. The scholarship chairman, Lisa McDuffie, served as the event emcee.

Former award recipient Lindsey Rankin-Anderson was the keynote speaker. Applicants this year were

Mackenzie Apel, Brittany Bedford, Michelle Blue, Cheyenne Dye, Syndi Harmon, Deonna Murdock, Lauren Poellnitz, Dana Thomas and Christian White.

Alpha Kappa Alpha was founded in 1908 at Howard

University in Washington, D.C. and is the first African-American sorority with over 250,000 members in the United States and the Virgin Islands.



**FOR YOUTH DEVELOPMENT<sup>SM</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**ALWAYS HERE FOR OUR COMMUNITY**

**Job Fair  
Saturday, May 4, 2013  
Noon - 2:00 pm  
WAYMAN D. PALMER COMMUNITY YMCA  
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Must have clean background record for all positions.



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