



Volume 24, No. XX

“And Ye Shall Know The Truth...”

September 4, 2013

The Candidates - Election 2013



Michael Collins



Jack Ford



Adam Martinez



Joe McNamara



Theresa M. Gabriel



Anita Lopez



Larry Sykes



Steven Steel



Michael Bell

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Honoring the Memory of the March on Washington

By Sherrod Brown, U.S. Senator
Guest Column

On August 28, 1963, an Ohio River Valley native stood on the marble steps of the Lincoln Memorial with Jewish, Catholic, and Protestant leaders of many ethnicities, races, and ages.

They gathered to share their stories – and to call on our country to live up to its ideals.

Fifty-years ago, a young, red-haired auto-worker and labor organizer stood alongside Rev. Martin Luther King, Jr., my good friend Rep. John Lewis, and others to address the crowd gathered at the March on Washington for Jobs and Freedom.

Walter P. Reuther's story is familiar to many Midwestern families. He was raised to believe that people who work hard and play by the rules should have an opportunity to prosper.

He told the audience of day-laborers and skilled-trades workers, teachers and students, clergy and concerned citizens that "there is no half-way house to human freedom. What is needed in the present crisis is not half-way or half-hearted measures but action bold and adequate to square American democracy's performance with its promise of full citizenship rights and equal opportunity for all Americans."

The quest to secure good jobs, fair wages, and equality of opportunity united so many Americans in 1963.

Fifty-years later, Americans still fight for equality. Beyond commemorative events, including the Bloody Sunday March in Alabama I joined in 1998, we can remember our shared history while also working to address contemporary economic and social justice issues, including efforts to raise the minimum wage and stop threats against voting rights.

The labor and civil rights movements have been pivotal in ensuring

all workers receive fair pay – and the resources needed to do their jobs well. With too many Americans working harder than ever and barely getting by, it's past time to raise the minimum wage.

Recently, I visited four businesses throughout Ohio that support increasing the federal minimum wage. These businesses and their owners know that treating employees fairly isn't just good for them; it's also good for business.

That's why I'm fighting to pass the Fair Minimum Wage Act, which would raise the minimum wage to \$10.10 an hour and then provide for automatic annual increases linked to changes in the cost of living. The bill would also gradually raise the minimum wage for tipped workers for the first time in 20 years. The tipped minimum wage currently stands at just \$2.13 an hour. This bill would increase it to 70 percent of the regular minimum wage.

Americans eager to join or re-join the workforce should also have access to good-paying jobs that are the foundation of our middle class.

And, of course, every American should have a voice in our democracy.

My mother, a native of Mansfield, Georgia who moved to my father's hometown of Mansfield, Ohio was insistent that every human being be treated with dignity – and that no one is too busy or too important to serve.

In her 80s, she led voter registration drives on a card table outside the local grocery store and helped elect the first African American mayor of Mansfield. I often think of her when we hear of new plots to limit access to the polls.

We should continue to encourage seniors, students, and all Americans

to vote. However, restrictive voting requirements would have the opposite effect. That's why I will continue to oppose efforts to curtail access to voting booths – especially in the wake of the Supreme Court's decision to eliminate Section 4 of the Voting Rights Act.

As we celebrate one of the most famous acts of democracy in our nation's history, let's also keep an eye on the future.

History remembers the 1963 March on Washington for Jobs and Freedom as the backdrop for Dr. Martin Luther King's "I Have a Dream" Address. The march – and the movement it nurtured – are so much more than a scene our many-chaptered American story; it's a starting point for what we can achieve when we work together.



Community Calendar

September 6-7

City of Zion, The Mt. Zion Church Men's Month: "Fire on Friday" – Grown Men, Real Talk – Worship service; 7 pm; Guest speaker Tim Williams of New Beginnings Cathedral; Saturday workshop 10 am to 2 pm; Presenters Pastor Talmadge Thomas and Tim Williams: 419-246-1850
All Saints Episcopal Church Rummage Sale and BBQ: 9 am to 3 pm both days: 419-866-1528

September 7

NAOMI Transitional House Benefit: Massage, vendors, yard sales; 8:30 am to 3 pm; Friendship Baptist church: 419-304-2733

September 8

St. Stephen COGIC "Family and Friends Day:" 4 pm

September 14

VIP Pancake Breakfast: Metroparks Hall at Wildwood; 8 to 11 am

September 15

St. Paul MBC Annual Women's Day Celebration: 10:45 am; "As Christian Women, Our Steps Are Ordered by God;" Speaker Sis. Lenora Barry of New Covenant: 4190246-2886
Calvary Baptist Church Roses of Calvary Flower Ministry 4th Anniversary: 4 pm

September 21-22

Spring Street MBC 80th Church Anniversary: Sat – Musical at 5 pm; Sun – Friends and Family Day at 11 am: 419-726-3263

September 22

United Church of God 60th Church Anniversary: 4 pm; Guest speaker Rev. Robert Culp of First Church of God
Rossford First Baptist Church Hosts "Old Ship of Zion:" 5 pm musical; "The voice of the Lord is powerful; the voice of the Lord is full of majesty:" 419-367-0470
New Prospect Baptist Church Musical Program: 4 pm; Various musical groups from around the area

September 29

Spring Street MBC 80th Church Anniversary: Worship Service at 4 pm; speaker Rev. Clayborn Arnett of Greater Harvest Baptist: 419-726-3263

The Sojourner's Truth

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Empowering Women Through Kate's Closet

Special to The Truth

The Catharine S. Eberly Center (The Center for Women) on the northwest side of the University of Toledo campus officially welcomed its community donors inside Kate's Closet.

Kate's Closet, a program intended to make available business and professional attire for women who are participants of The Center for Women, in pursuit of employment. The open house was held to unveil the results of 3 1/2 months of work that included collecting more than 1,200 pieces of clothing and accessories valued at or more than approximately \$75,000.

"This is the culmination of a number of years of discussions about how we can help women from the very beginning of their journey in a professional career," said Shanda Gore, UT associate vice president for Equity, Diversity and Community Engagement, who also serves as head administrator for the Eberly Center.

Kate's Closet is stocked with plenty of high-end designer items, including name brands such as Vera Wang and Jones of New York.

Clothing already hanging up in Kate's Closet range in size from zero to 28 and they have a collection of shoes that also vary in size.

It's all part of the plan to assist women by "empowering through fashion."

"We have \$1000 suits that have been donated," Gore said. "We have suits with tags still on them. Women that may have made a decision that something didn't quite fit them, they've donated. They still have tags and that's amazing because you know it's clothing that hadn't been worn."

The items, which have been donated primarily by local citizens, are offered free of charge to any women participating in Eberly Center programming and are actively seeking employment opportunities. "There's something to be said about having a new suit or having a suit in your closet you don't have currently that would make a difference in an interview," said Gore, who was on hand during the two-hour open house in which hors d'oeuvres and wine were served to visitors.

Women have already begun to take advantage of Kate's Closet, according to Gore. Besides being able to select up to two suits, women have an opportunity to receive other items such as shoes, handbags, purses, hats, sweaters, slippers and jewelry. They're also matched with fashion and makeup consultants to help with dressing for success for job interviews.

Women participating in the Eberly Center's



programs and classes have already begun to make use of Kate's Closet to pursue career opportunities, according to Gore.

"I saw the reaction of a woman today and she was very emotional," said Gore, referring to a woman who received an outfit prior to the start of the open house. "It was something where she had to make a choice on whether she'd (use) her money on food or clothing. Usually food wins out. But first impressions are powerful. So, we're helping those women make those first impressions."

Kate's Closet is currently stocked with enough clothes and accessories the center is not seeking donations at the present time. Gore said there's no established total or head count of how many women they would like to assist annually with items from Kate's Closet.

"We don't have a goal with the number of women we want to suit up," she said. "Our goal would be for us to run into a shortage of clothes and to have the community to step up and help us with donations. That would be the ultimate dream and we would have everyone who had come to us would get what they need, and would get the job they

need or have the opportunity they need to have."

Kate's Closet is located inside the Eberly Center at Tucker Hall 0168. The Eberly Center is open Monday-Thurs-

day from 8:30 a.m. to 6 p.m. and on Friday from 11 a.m. to 5 p.m.

For more information about Kate's Closet and the Eberly Center call 419-530-8570 or 419-530-7232

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- Saturdays, October 12 – November 16, 9 a.m. – 4 p.m.



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Beating the Cold with Physical Activity and MyPlate

By Lara Fickes, Bowling Green State University Dietetic
Intern with Ohio State University Extension, Lucas County
The Truth Contributor

As fall begins to approach us in the next couple months, and the colder weather sets in, physical activity and exercise may begin to decrease. Colder weather is not a reason to put exercise aside and hibernate. There are many different and simple ways to stay physically active even if it is not spent in the warm, sunny outdoors.

Physical activity simply means movement of the body that uses energy. Different types of physical activity can be beneficial to the body and health. Four different categories of physical activity are aerobic activity, muscle strengthening activities, bone strengthening activities, and balance and stretching activities.

- Aerobic activities make you breathe harder and make your heart beat faster. Aerobic activities can be at moderate or vigorous intensity. For moderate activities, you can talk while you are participating, but are unable to sing. For vigorous activity, people should only be able to say few words at a time. A conversation should not be able to be carried while participating in vigorous activity. Aerobic activities that can be done indoors include: dancing to music, exercising to a workout video, walking briskly at a mall or department store, or cleaning the house.

- Muscle strengthening activities make your muscles stronger. Muscle strengthening activities that can be done indoors include: push-ups, wall sits, lifting weights, sit-ups, and leg lifts.

- Bone strengthening exercises strengthen the bones and promote bone growth. Bone strengthening exercises that can done indoors include: jumping rope, skipping in place, and running on a treadmill.

- Balance and stretching activities enhance physical stability and flexibility. Activities that can be done indoors include: stretching, dancing, yoga, and Pilates.

Physical activity can be for anyone, at any age. Adults should do at least two hours and 30 minutes (150 minutes) each week of aerobic physical activity at a moderate level or one hour and 15 minutes each week of aerobic physical activity at a vigorous level. Spreading out the activity over a few days is the most beneficial for people. Adults should also do strengthening activities as least two days a week as well.

Regular physical activity can bring many health benefits. Heart disease and stroke are the two leading causes of death in the United States, but following the guidelines of 150 minutes of exercise of moderate-vigorous activity a week can lower the risk of these diseases. Regular physical activity also reduces the risk of developing Type 2 Diabetes. If you already have diabetes, regular physical activity can help control blood sugar levels. Regular physical activity can also aid in maintaining weight or weight loss, and improving mental health and mood.

In addition to staying physically active while the colder months slowly begin to move in, diet also plays a huge role in staying healthy. Personally, when I think of the fall, I think about all the holidays that go along with the cold weather, such as Halloween, Thanksgiving, Christmas, and New Year's. With these holidays around the corner, it is important to make sure that diet and exercise play a role in daily living.

The basis for a healthy meal can be illustrated using MyPlate. MyPlate focuses on making half of the plate fruits and vegetables, making half your grains whole grain, and consuming fat-free or low-fat dairy products.

Fruits and vegetables provide the body with important nutrients, such as vitamin C, vitamin A, fiber,

potassium, and folate. Vitamin C helps heal cuts and wounds and also aids in keeping a healthy immune system. Vitamin A helps keep skin and eyes healthy. Fiber helps reduce cholesterol and lowers the risk of heart disease. Potassium helps maintain a healthy blood pressure, while folate helps the body form new red blood cells and reduces the risk of birth defects.

Grains are important sources of many nutrients, such as fiber, many B vitamins, iron, magnesium, and selenium. The B vitamins- Thiamin, Riboflavin, and Niacin- play a key role in helping the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system. Iron is used to carry oxygen into the blood, while magnesium and selenium help build bones, release energy from muscles, and build a healthy immune system.

Consuming dairy products provides calcium, potassium, vitamin D, and protein to the diet. Calcium is used for building bones and teeth and maintaining bone mass. Vitamin D helps the body maintain proper levels of calcium and phosphorus, which aids in building and maintaining bones.

As you can see, eating healthy and staying active during the colder months is absolutely important in maintaining proper health. While it may seem difficult, exercise can be accomplished inside and is just as beneficial as outdoor physical activity. Simply throwing on your favorite tunes and dancing for 30 minutes moves you one step closer to meeting the guidelines for physical activity, and eating an apple with some baby carrots with your lunch meets the recommendation for MyPlate. For more information on increasing physical activity and MyPlate, please visit www.choosemyplate.gov.

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New Health Findings Can Help Combat Common Ailments

Special to The Truth

From high blood pressure to cancer, serious ailments often strike, despite our best efforts to maintain good health.

With the rapid pace of medical advancements and treatment options emerging, conventional medical wisdom can sometimes lag behind innovations in disease management. Furthermore, there's often little attention paid to nutrition's role in health conditions.

"Our healthcare system is a dis-

ease model, not a prevention model, and reimbursement is based upon sickness, not wellness. We need to better integrate all facets of care," says Dr. Steven V. Joyal, chief medical officer with Life Extension, Inc., an organization dedicated to increasing the functional human lifespan.

It's this thinking that spurred the creation of Life Extension's 2014 edition of the Disease Prevention

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Turning the Tide on Childhood Obesity

By Janey Thornton, Ph.D., USDA Deputy Under Secretary for Food, Nutrition and Consumer Services
Special to The Truth

As the Department of Agriculture's Deputy Under Secretary for Food, Nutrition and Consumer Services, I am on a mission to make sure all of our nation's children have the best possible chance at a healthy life and a bright future. So, I'm very encouraged by some recent news from the Centers for Disease Control and Prevention (CDC): the rate of obesity among low-income pre-school children appears to be declining for the first time in decades.

The declining rates show that our collective efforts – at the federal, state and community level – are helping to gain ground on childhood obesity, particularly among some of the more vulnerable populations in our country. Low-income children are often at a big disadvantage when it comes to getting the food they need to grow up healthy and strong, which is why the nutrition programs and resources available through USDA are so vital.

Programs like WIC – with its new, healthier food package offerings for pregnant women, breastfeeding mothers and young children, including more fruits and vegetables and more whole grains – and the Child and Adult Care Food Program – with its increasing emphasis on nutrition and physical activity for young children? – are making a difference

in the lives of millions of children.

Our efforts don't stop there. School-aged children are now getting healthier and more nutritious school meals and snacks, thanks to the support of First Lady Michelle Obama's Let's Move! initiative and historic changes implemented under the historic Healthy, Hunger-Free Kids Act. We're supporting healthy, local foods in schools through our Farm to School grant program, and we're improving access to fresh produce and healthy foods for children and families that receive Supplemental Nutrition Assistance Program benefits.

So what can you do to make a change in your home and community? Parents and caregivers can use educational materials like Healthy Eating for Preschoolers and Nutrition and Wellness Tips for Young Children to help teach young children healthy habits from the start. Teachers, principals and school food service professionals can use nutrition education materials like the *Great Garden Detective* curriculum provided through Team Nutrition to motivate older children to eat healthy and try new foods. Kids can explore MyPlate Kids Place and take the MyPlate Pledge to commit to making healthy food choices at school and at home.

And parents, teachers, and kids alike can get active and learn about healthy foods with *Let's Move!* in school, at home and in their communities.

Don't get me wrong, we still have a long way to go before America's childhood obesity epidemic is a thing of the past. Far too many – one out of every eight – preschoolers are still obese. Unfortunately, obesity in these early childhood years sets the perfect stage for serious health problems throughout the entire lifespan.

We at USDA are proud of our ongoing efforts to ensure the health of America's next generation, and we know that, combined with your efforts at home, we are beginning to see real results in the fight against early childhood obesity.

Janey Thornton, Ph.D., serves as USDA's Food, Nutrition and Consumer Services Deputy Under Secretary. Before coming to USDA, Dr. Thornton served as School Nutrition Director for Hardin County Schools in Elizabethtown, Kentucky and served as president of the 55,000-member School Nutrition Association during the 2006-2007 school year. Learn more about USDA's efforts to improve child nutrition and visit ChooseMyPlate.gov for quick, easy nutrition and diet tips for families.

Second Annual "Crawl, Stroll, & Walk" Planned for Sept. 14 at Lourdes

Special to The Truth

Only two weeks until Heartbeat of Toledo's second annual "Crawl, Stroll, and Walk for Heartbeat" planned for Saturday, September 14, 2013, on the campus of Lourdes University. Event sponsors for the walk are LaValley, LaValley, Todak and Schaefer Co., LPA, and Jim & Mary Pope

The two-mile walk is free and open to both individuals and teams wishing to participate. "You can register by calling Heartbeat at 419-241-9131 and we can send you a walk packet, or you can register online through our website, www.heartbeatoftoledo.org and select the Give to Heartbeat page," notes Pat Todak, executive direc-

tor. "On that page you'll see a button to select that will take you to our walk page." The giving page can be linked to a person's Facebook and Twitter accounts to let friends and families know you are walking, \ Todak adds.

Heartbeat hopes to raise \$30,000 at this year's walk. "Our goal is to open an office in East Toledo to better serve the needs of women and their families who live in that area," Todak says.

The walk will be accompanied by a fun-filled morning of activities including music, food, clowns, and face painting. New this year will be awards recognizing teams for their creative efforts in dress

and team name as well as awards for team and individuals who raise the most money for Heartbeat.

Serving on the walk planning committee are Toledo residents Diane Neptune, Kathi Taub, and Meg Bonham; Sylvania residents John Yates, Lois Welch, and Robin LaValley; Holland resident Mary Pope; and Perrysburg resident Pat Todak.

Heartbeat is a pregnancy help center whose mission is to be the best source of information and support for women facing pregnancies and to help moms, dads, and babies in need. For more information on the walk, as well as any other resources Heartbeat of-

fers, call 419-241-9131 or go to their website,

www.heartbeatoftoledo.org.

Appointments can be made by calling 419-241-9131.

AILMENTS... continued from page 4

and Treatment Book, which seeks to fill those gaps. From cancer to multiple sclerosis, the book offers 1400 pages of information on integrating pharmaceutical treatment options, nutritional support and lifestyle

changes for optimal health. For example:

High Blood Pressure

A major risk factor for heart disease, stroke, congestive heart failure and kidney disease, high blood pres-

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FREE City of Toledo - DISTRICT 4 FREE

REFUSE DROP-OFF & RECYCLING EVENT
SATURDAY, SEPTEMBER 7, 2013
 ZEPF CENTER — PARKING LOT
 (905 Nebraska Ave. / at Hawley St.)
 10:00am - 2:00pm

ACCEPTABLE ITEMS	NOT ALLOWED
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For more information contact the Office of Councilwoman Paula Hicks-Hudson, Toledo City Council, 419-245-1000 or e-mail: paula.hicks-hudson@toledo.oh.gov

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I'm Blessed, Yes, I Am!

*By Angela Steward,
Fitness Motivator
The Truth Contributor*

Most of you know me through this article, thru my fitness classes or by seeing my participation in fitness events in our community, and/or out having fun with my fitness sistas! But few of you know me as Angie, the person behind - FabFit..the business.

Let me introduce myself: my name is Angela Steward, and I'm the creator of Fabulously Fit aka FabFit, a fun fitness program I designed for women of all ages and fitness levels. I've been married to my wonderful supportive husband for 22 years!

Together, we raised a Brady Brunch style family – two girls and one boy for him, 2 boys and one girl for me! Today, they're all grown and I'm happy to say productive, employed men and women who are paying towards our upcoming retirement..

lol!! My husband and I often sit back and ask "how did we survive the craze of raising six active kids?" We can only conclude, our strength came from a higher power!

My husband and I were brought together for a reason, and that reason keeps our marriage strong to this day. We not only love each other, we still actually like each other, we go on dates, we vacation together, we laugh a lot, and we often sit in our quiet moments: he in one room on his ipad; and me in another room on my ipad; and smile.

He knows me! He knows my strengths and most of my weaknesses. He understands my feelings, my mood swings, and my tireless energy! He also knows FabFit... and understands the difference between Angie

the person and Angie the business owner, and that means everything to me.

Now, let me introduce you to my business: Fabulously Fit - FabFit began as a result of my weight gain.

Because of our kids' active sports schedules, our family ate on the go. If it wasn't fast food or prepackaged meals – we didn't have time for it – eating on the run was our lifestyle! Those quick, easy, take out meals caused me to gain almost 100 pounds! Yes, by gaining and retaining two to three pounds per year, I weighed at my largest over 240 pounds.

God's first blessing came to me while vacationing in Florida! While walking through Disney World Epcot, I had to sit at almost every bench, I was out of breath, my feet were swollen, and sweat was



pouring from my body - all because of the 100 pounds I had gained from our hectic, fast food eating lifestyle.

My patient and caring husband would sit with me while I rested, and then we'd grab another on-the-go snack until we reached my next bench! By the end of our vacation, I realized I had to do something about my weight!

I didn't know what I was going to

do, but I had to do something! This bench-sitting lesson was one of the many lessons or stepping stones God placed at my feet! I could choose to continue on MY self-destructive path, or I could choose to follow his path – I chose his!

Thereafter, my lessons/stones came rapidly, and were powerful. I could feel myself stepping outside of myself or comfort zone as some call it,

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because I knew the direction I was heading wasn't anything I chose for myself!

Many lessons were sent my way, and many were hurtful - my brutally honest doctor telling me that I was fat, my bff telling me that I needed to do something about my weight; seeing pictures of myself and hating what I saw (to this day I still don't like to take pictures...lol)!

My emotions were out of control, my mood swings were plentiful, and I was angry at everyone that felt or expressed an opinion as how to how I looked versus how I once looked - DeVilbiss Cheerleader, second place homecoming queen, etc.

But my true "aha moment" was trying on a dress that was too tight to button, looking in a dressing room mirror and crumbling to the floor - crying at my reflection. Beauty is skin deep, but self-hate hurts to the bone! I hated who and what I had become: unhealthy, unhappy and unfulfilled!

That night in the privacy of my bedroom, I cried and prayed! I prayed harder than I had ever prayed before...I prayed myself to sleep. I didn't pray for a change in my finances or life situation, I prayed for clarity!

How was I going to change my life? What was my purpose? How could I be so happy, but yet so unhappy? I asked him to give me the strength and faith to do not what I wanted (because clearly I didn't know what I wanted), but to do what He wanted me to do! What was his purpose for me?

Shortly, out of character for me - because I'm a bit introverted, he directed me to step outside of myself - I joined a fitness gym. He placed the right

people in my life - people that would keep me fighting for my life: fitness instructors, my doctor, my husband, my co-workers, my friends...some supporters and some haters of what I was doing...they all served a purpose...to get me to a healthier and happier me!

As I relinquished control and followed God's footstones for me - my life changed and I began to lose weight - I felt happier! At that time I thought I was happier because of my weight loss, but slowly God revealed to me - My Purpose in Life was to Serve Others!

And that is how FabFit began, my self disgust turned into self-love, which in turn, turned into love for life, which turned into a passion filled business that reflects my love of life!

To make a very long story short, God has gifted me with all the tools I need to share the self-love he blessed me with! Sharing love, requires self-love! I still struggle with self-love occasionally because to me it almost seems selfish to feel so blessed! But when I get in those "selfish" thinking moments, he always sends me an Angel to replace doubt with compassion and worry with appreciation and love of life!

I wrote this article to say to you:

I didn't set out to become a fitness instructor/motivator! I never dreamed of owning my own fitness business! I didn't go to any prestigious college or institute to study how to do what I do! Although I hold many fitness certifications, I teach and lead from the heart - passion and truth can't be taught in a classroom, it's a life class!

The name Fabulously Fit aka FabFit didn't come to me because I was looking for a name for my business - I never ever dreamed of owning my own business! Everything - every blessing, every failure, every triumph, every person in my life is a result of - Me Releasing Control and Letting God Take Over!

So whether you know me as FabFit or Angie, just know that Angie is a happily married woman, mother of 6, who after gaining 100 pounds - asked God for clarity! FabFit is God's gift to me, and I share my blessing with countless others! I'm blessed, oh yes I am! See, you're reading my article...the blessings continue! Be inspired - we all have a purpose! God put you in my heart today for a reason!

Be blessed my Sistas!!

Angela R. Steward

Creator of Fabulously Fit™

Fitness Coach & Motivator

Certified Weight Loss Consultant

Website: Fabfitu.com for a "free" pass.

Email: FabFitu@yahoo.com

Cell: (419) 699-9399

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Five Reasons You Are Not Losing Fat

Special to The Truth

Having trouble sticking to your diet? When your body doesn't respond to your efforts the way you expect, it's easy to lose the motivation to continue.

"Most dieters are using outdated or inefficient methods to reach their goals," says Dian Griesel, Ph.D., co-author of "TurboCharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast and Leave Diet and Exercise Rules in the Dust."

Dian Griesel, and co-author Tom Griesel are attempting to debunk the myths many people believe about weight loss.

"Many dieters see slow results due to bad practices rooted in misguided belief," says Tom Griesel. "But if you get the basics right, rapid fat loss is not difficult to achieve and you will see your body transform much more quickly."

If you are not satisfied with your results, the writing duo is offering five suggestions for why you may not be losing fat fast enough:

- Wrong goal: If your goal is an arbitrary number based on your scale, you are already setting

yourself up to fail.

Scale weight doesn't tell you anything about your actual body composition -- how much fat you have and how much you're losing. Your scale weight could fluctuate for several reasons, such as hydration level, water weight or muscle loss.

Setting the right goal and monitoring changes in your body composition is the first key to success.

- Water retention: Proper hydration is critical to fat loss and overall health. However, too little or too much water can cause problems. Water intake requirements are influenced by several factors, like weight and activity levels. A good starting point is to consume 1/2 ounce of water per pound of current body weight. Drink at least 16 ounces first thing in the morning -- pure water is best -- and more if you are thirsty.

- Too much exercise: Excessive exercise creates stress and can be counterproductive when you're restricting calories, causing loss of muscle mass.

Low-intensity activities like walking -- along with minimal strength training to retain muscle

mass -- is all that's needed.

- Too much of the wrong thing: Diet is the most efficient way to create a caloric restriction, maintain blood sugar levels, which are conducive to fat loss, and provide all the nutrients you need for optimal health. If you're not seeing positive changes in body composition, the problem is almost always your diet.

- Stress and lack of sleep: Chronic stress can have an adverse effect on hormonal balance, which can hinder fat loss and cause loss of essential lean body mass. Stress and lack of sleep disrupt many delicate physiological functions. Regularly practicing some method of relaxation and getting seven to nine hours of sleep every night will make a big difference in your fat loss efforts.

More information about smart dieting habits and optimal health can be found at www.TurboCharged.us.com.

Don't ditch your diet before seeing the results you want. By working smarter, not harder, you can achieve your goals before losing motivation.

AILMENTS... continued from page 5

sure threatens the life of every third American adult.

Intensive lifestyle changes can ease blood pressure management. When this isn't enough, pharmaceutical options can help. For example, blood pressure is best controlled with lower doses of multiple antihypertensive medications rather than

a single large dose of medication. Furthermore, side effects can be greatly reduced.

"Many patients are lulled into a false sense of security by normal blood pressure readings at their periodic doctor's visits. But quite frequently, patients experience gaps in control, putting them at risk for stroke and heart attack," says Joyal.

Joyal recommends considering the following:

- With an inexpensive at-home blood pressure monitor, take readings at multiple times throughout the day, tracking values over time. Your doctor can determine whether to modify your treatment regimen based upon the results.

- Stay fit and exercise. A healthy body weight and high degree of cardiorespiratory fitness re-

... continued on page 16

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Toledo City Council Candidates

Theresa M. Gabriel

A former assistant chief of staff to the mayor of Toledo, Theresa Gabriel, who is running as an independent, has over 45 years of public sector experience with the City including stints as commission of Streets, Bridges and Harbors; director of the Department of Parks, Recreation and Forestry and Director of the Department of Human Resources.



In addition to her public service, Gabriel, a Scott High School graduate, has a background both in business and labor. She owned the Peacock Café for several decades and has served as president of AFSCME Local 2058. Gabriel also served for a number of years as president of the board of the Economic Opportunity Planning Association and has been a volunteer with the national NAACP for 47 years.

Jack Ford

Jack Ford, a Democrat, a graduate of The Ohio State University with a law degree from The University of Toledo, has a professional background as a social worker and a long period of service as an elected official.



Ford first won election as a member of Toledo City Council, eventually becoming president of Council. He then served in the Ohio House of Representatives where he was elected by his colleagues as minority leader. He was elected mayor of Toledo in 2001 and served one term, losing to Carty Finkbeiner in 2005.

Ford was elected to the Toledo Board of Education in 2007. Ford has also served for many years as a full and part-time instructor at Bowling Green State University and UT.

Larry Sykes

Larry Sykes, a Toledo native and a Democrat, has served on the Toledo Board of Education for 14 years. A retired banker, Sykes has also served as president of the Board.



During his years with Fifth Third, Sykes was a vice president who oversaw community relations for the bank in northwest Ohio. He currently is a management consultant specializing in helping small businesses get underway

Sykes has years of board experience in this area. He served on the board of the Lucas Metropolitan Housing Authority in the 1990's (four years as president) when that agency was recognized for its turnaround by President Bill Clinton. He served on the Metroparks board for 13 years - acquiring Wildwood and Lathrop House during that stint. He was vice president of the board of Lucas County Children Services and on the board of Mercy Health Partners for four years.

Sandy Spang

Sandy Spang, a Republican, and a graduate of Bowling Green State University, has held several management positions, and with her husband, Mark, has developed and managed a portfolio of residential and commercial real estate.

In 2009, Sandy spearheaded the creation of the Beverly Place Facade Grant to revitalize a retail center in the heart of the Beverly neighborhood, and opened Plate 21, a successful independent coffee house with ten employees.

Sandy has been active in the community, serving on the Educator's Board of the Toledo Museum of Art, teaching at Toledo Urban Impact Afterschool Club, serving on the rebuilding committee of First Alliance Church in the Uptown district and the Future of Toledo Eliminating Blight and Repurposing Land Committee.

Shaun Enright

Shaun Enright, a Democrat, was selected by council on January 8 to fill the vacancy left by Councilman Phil Copeland's departure. He is a union organizer with IBEW Local 8 and serves as the delegate for IBEW to the constructions trade council. He resides in east Toledo with his family.

Rob Ludeman

Rob Ludeman, A Republican, was born and raised in Toledo. He is a 1975 graduate of Wittenberg University in Springfield, Ohio with a BA in Political Science. Ludeman attended The University of Toledo School of Law for one year before becoming licensed to sell real estate in Ohio. He is currently licensed with The Danberry Co., and is a Life Member of the Toledo Board of Realtors Million Dollar Club, and is one of The Danberry Company's top producers year after year.

Ludeman was on Toledo City Council from 1994 through 2007 as the representative for District 2. He served as president of Toledo City Council in 2006 and 2007. Because of term limits he could not run for the district seat in 2007. He was again elected in November 2009 for a 4-year term At-Large seat, continuing his public service.

Steven Steel

Steven C. Steel, Ph.D., a Democrat, was appointed to an At-Large seat on Toledo City Council in July, 2009. He was elected to a term in his own right in November 2009.

His first elected office was on the Toledo Board of Education in 2005 where he served from 2006 until his appointment to City Council. He was elected by fellow Board members to serve as Board president from 2007 through 2009.

Steel graduated with honors from BGSU in 1984 and worked as a science teacher in Toledo Public Schools. He earned a Master's Degree in 1988 and PhD in 1996. He is currently on the faculty of UT.

Adam Martinez

Martinez, a Democrat, is a graduate of St. John's Jesuit High school, class of 1997 and a Lourdes Alumnus. While at Lourdes College, Adam studied International Business and went on to pursue a Master of Organizational Leadership from the same institution. Currently, Adam is working on his second Masters degree in Urban Planning, Design, and Development from Cleveland State University.

Martinez was elected to Toledo City Council in 2009 and has served one full term.

As an active volunteer, Adam served with the Toledo Youth Commission, Toledo Board of Community Relations and is a member of the 20/20 Implementation Committee. Currently, the committee is updating the land use plan for the Toledo 20/20 Comprehensive Plan. Adam has also volunteered his time with the YMCA - Youth Opportunity Program and Adelante's



In-School Program, which focuses on job preparation for young men in Toledo Public Schools System.

Sean Nestor

Since graduating magna cum laude from the University of Toledo in 2010 with his B.S. in Computer Science and Engineering Technology, Nestor has dedicated his personal time to serving on boards, working with community organizations, and building up the platform of the local Green Party.

For the past four years, Nestor has been employed with MassMutual as their systems administrator. He has also been an adjunct instructor at Owens Community College since graduating summa cum laude with an associate's degree in 2005.

His current public involvement is varied, but focuses on organizations that are in need of leadership to assist with conflict resolution and collaboration to achieve their long-term goals. He currently serves on the board of Toledo Choose Local. He is also the current Board President of Phoenix Earth Food Cooperative.

Alfonso Narvaez

Alfonso Narvaez, a Republican, has helped with a local community group working on various projects. Narvaez has also collected hundreds of signatures going door to door for local and state candidates.

Narvaez was elected in his precinct to the Lucas County Republican Party Central Committee, he was elected ward chairman and also elected treasurer of the Lucas County Republican Party Central Committee. Narvaez is a student at Lourdes College, majoring in sociology.

Ron Johns

Ron Johns has lived in Toledo all his life and graduated from Maumee High School in 2012 to move on to The University of Toledo where he plans to graduate in 2014 majoring in marketing and entrepreneurship. Johns has been busy on UT's campus going to classes, leading a local Young Americans for Liberty chapter as president and writing for the local college newspaper, The Independent Collegian.

Politically, Johns was deeply involved in Ron Paul's 2012 Presidential Campaign with his Youth for Ron Paul movement. He has also volunteered for a few other Republican and Libertarian politicians

Johns is currently an account manager for an online food ordering company.

James S. Nowak

James S. Nowak, a Republican and attorney at law, is the neighborhood lawyer for the Point Place community. His law offices have been in Point Place for more than 25 years and he has lived in the Toledo area his entire life.

While in Point Place, he has served as the president of the Point Place Business Association and as parish counsel president of St. John the Baptist Catholic Church.

Joe Celusta

Joe Celusta, a Republican, attended Northwood University in midland, MI and for the past seven years worked as a senior manager at truonorth. A fifth generation Toledoan, Celusta has been a business owner and is a former energy manager.

James Martin

James Martin, a Republican is a computer consultant and a community college student.

Mayor Mike Bell: Wants Second Term to Complete Work in Progress

By Sherese Davis
The Truth Contributor



Michael Bell knows that all of his decisions have not been popular ones but with a budget deficit of \$48 million dollars it was hard to make an omelette without breaking some eggs.

"I don't think people understand how close we were to becoming Detroit," Bell said recently. "The things people complain about today are small compared to the issues we were addressing when I took office in 2010."

Toledo's breakfast is still a work in progress and Bell would like another term to be able to bring home the bacon and add more economic development projects to his plate.

Although he and his administration have balanced the budget Bell sees his first priority as ensuring that the budget is stabilized. That means, of course, balancing the budget once again. "If we don't have our own house in order, we can't help anyone else and provide the services they need, so that has to be one of the foremost priorities in order to accomplish the rest," Bell said.

Bell is willing to investigate a plan for a regional water authority and he, along with other regional entities, are currently in discussion. Unlike his predecessor, he said he wants to invite participation rather than dictate terms.

He supports economic development through regional collaborative efforts and he cites some examples of what can be accomplished: "Since I took office 6,000 more people are working and that's thanks to big projects like the Casino and Jeep, but also new smaller businesses that have opened or expanded in Toledo like OmniSource."

Although an emphasis seems to be placed on creating jobs, often

overlooked are the efforts to retain jobs. He provides Libbey Glass as one his accomplishments in retention that do not get as much publicity.

Bell has identified several neighborhoods that are ripe for economic development or have already begun those efforts.

"Downtown has made a lot of progress; Uptown is moving and seeing a lot of development; the Warehouse district is very active and seeing revitalization," said Bell.

He continued: "North Toledo is continuing to develop especially thanks to the Cherry Street Legacy Project near Mercy St. Vincent's hospital. And the Old West End near Overland Industrial Park is going to take off."

It is apparent that the Bell has his sights set in multiple directions when looking for opportunities for growth. He supports the idea that when the neighborhood improves business will thrive and spur the growth of more businesses. He claimed the leadership mantle by stating, "Other candidates have proposed this as a new idea in Toledo, but it's something that's been going on and continues to go on quite successfully."

As for his oft-publicized differences with the City Council, Bell clarified, "I think the media portrays the relationship as contentious and that's historically been the case regardless of who the mayor is and who sits on Council."

"The mayor and council are not

going to agree on every issue and they shouldn't because our system of government is set up so the executive and legislative branches check and balance each other. We wouldn't be doing our job if we didn't disagree sometimes. Occasionally we disagree more strenuously than others."

Since he regards these differences as just part of the process one can only conclude that any new term will see more of the same. As the saying goes 'If ain't broke, don't fix it.'

When discussing the issue of crime in Toledo, Bell brought out the numbers. "Crime in Toledo now is actually down 24 percent since 2012," the mayor reported.

He proudly discussed the technique of "data-driven policing" as an example of working smarter when reducing gang and drug crimes. He also credited the collaboration between the city and the community in establishing the Coalition for Home and Toledo Community Initiative to Reduce Violence as having made an impact on the city's crime rate.

"It's not just about locking people up but about changing their behavior and providing assistance so we stop the violence," Bell said.

The mayor went on to say that the

City of Toledo's policing procedures have now been recognized as having national implications and recently have been studied by the Northern Ohio Violent Crime Consortium, the U.S. Attorney General's Office, and the U.S. Department of Justice.

Their conclusion: "Toledo is the model that others should follow in developing a data-driven policing program."

Bell's efforts in addressing domestic violence are not as grand but will be getting a lot more attention. "In 2012, for the first time in anyone's memory domestic violence was the leading cause of homicide in Toledo, not gang violence and not drugs," Bell noted.

The city has hired two prosecutors who will have as their mission the focus and reduction of domestic violence crimes in the city.

No matter what projects are developed, Bell knows that nothing happens without revenues in a city whose population has shrunk below 300,000.

"We have to live within our means and we have to continue to provide a quality of life for those who chose to stay. The people that stay are committed and my perspective is that we all have some responsibility to help make Toledo a community that we're all proud of."

* U.S. Air Force Veteran
* Small Business Owner

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Jack Ford
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Community Organizations

- Treatment, Intervention and Residential care for addicted Citizens;
- Led team to build J. Frank Troy Center
- Organized Adelante in 1990 Full service treatment center for Toledo's Hispanic citizens
- Organized Commission of Youth 1989
- Organized CareNet in 2003

Gives full health coverage to Lucas County citizens since 2003

Education

Undergraduate in Social Work
Masters in Public Administration
Law Degree - University of Toledo

Political Achievements

- Toledo City Council 1987 - 1994
- Ohio State Rep - 1994 - 2001
- First Black Democratic Leader in House of Representatives - 1998 - 2001
- First Black Mayor of Toledo - 2002 - 2006
- Toledo Board of Education - 2007 - 2011

Jack Ford with President Obama

Teaching Experience

34 years of teaching full or part-time at Bowling Green State University of the University of Toledo

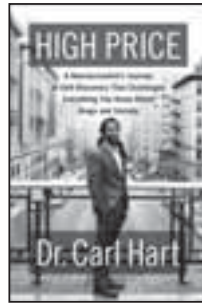
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High Price: A Neuroscientist's Journey of Self-Discovery That Challenges Everything You Know About Drugs and Society by Dr. Carl Hart

By Terri Schilichenmeyer
The Truth Contributor

c.2013,
HarperCollins
\$26.99 / \$28.99
Canada
340 pages

Everything you believe is wrong. There are, for instance, no alligators living in the sewers of New York. Elvis is not alive and living near a



burger joint in Michigan. Head colds are not caused by walking in the snow, and the Tooth Fairy? Sorry.

So what do you know about drugs, and the causes of addiction? In the new book *High Price* by Dr. Carl Hart, you'll be surprised at recent revelations.

Sorry.

Growing up on "one of the roughest neighborhoods of Miami," Carl Hart had all kinds of temptations at his fingertips. Still, he managed to resist many of them.

That doesn't mean, however, that Hart was a complete angel.

Guns were easy to get where he lived, and there was once a time when he wanted one for revenge-making. He and his friends shoplifted, dine-and-dashed, and once held a gun on a white man for fun. And he experimented with drugs – marijuana,

cocaine, tobacco, and alcohol - even though he knew that those substances would poorly affect the basketball career he badly wanted. When he didn't get a basketball scholarship, Hart knew that his best option was to join the military, so he entered the Air Force and discovered that basic training was easy for an athlete from Miami who was used to hot-weather activity. He used that ease to challenge his fellow airmen, and he found his leadership abilities.

And because he was trying to stay out of trouble – which meant avoiding the brothers who wanted to smoke marijuana – he took his first college class.

Today, Hart's career lies in the study of the effects of drugs on behavior, and because of his research, he has learned some surprising things about addiction; for instance, the vast majority of cocaine use is outside the black community, and 80-90 percent

of cocaine users "do not develop problems with the drug." Furthermore, Hart believes that the solution to the drug problem – and, by extension, many of the other societal ills that befall inner cities – isn't through a racially-motivated "war on drugs." What's needed, he says, is for people – especially young adults - to have a "stake in our society."

Though it tends to take awhile to get to the point, *High Price* isn't bad.

Author and neuropsychopharmacologist Dr. Carl Hart uses his own life experiences and plenty of up-front truth to show how general perceptions of drug use and abuse is wrong, particularly when it comes to drugs and the black community. This mixing of personal story and hard research is interesting and appealing, in part because Hart isn't preachy and partly due to his unique history as someone who actually lived that which he's trying to help others avoid.

It took some effort for me to stay with this book at first, but I was ultimately glad I stuck around. And if you're a reader who questions assumptions, is tired of "experts" who don't walk the walk, and you love a good biography, then *High Price* is a book I believe you'll like, too.

How Women Help Each Other Succeed

Special to The Truth

Forget the old stereotypes that women need to be cutthroat and competitive to succeed. A new networking trend shows that cooperation is a great way to combat the challenges women face in business.

"Formidable ladies across industries are collaborating with each other to achieve clout and success. They are forming salons, dinner groups and networking circles at unprecedented rates," says Pamela Ryckman, author of the new book, "The Stiletto Network: Inside the Women's Power Circles That Are Changing the Face of Business" (AMACOM), which examines the emerging culture of women's networking groups.

"Groups have the power to make us big, bold and brave," she stresses.

By mining a group's collective intelligence, big dreams can be realized, says Ryckman, who is offering advice for women looking to collaborate or form their own collectives for inspiration and action:

- Start now: When women unite early in their careers, they're more likely to steer each other toward promotions and opportunities, counsel each other through difficulties, and ultimately become powerful together.
- Think diversity: Expand your horizons. Don't network exclusively with best buddies. The most effective groups draw women with diverse skills from a variety of industries, introducing women who might not otherwise meet.
- Filter for shared experience: To gel as a group and quickly build bonds of trust and loyalty, look for shared common touch points, be they age, level of expertise or values and ethics.

- Believe in the magic: You don't need a specific goal or agenda at the onset. "If you get dynamic ladies talking or walking or drinking, exciting things will happen," Ryckman assures.
- Strike a balance between personal and professional: Address the career-building needs of the members of your group, but remember to retain the fun. To achieve the right mix, consider appointing a different woman to lead each meeting or bring in guest speakers.
- Have courage, give courage: Push members to pursue their passions. Help each other script difficult conversations, encourage each other to take risks, and don't be afraid to disagree.
- Be a mentor: Have you already achieved great things? Consider mentoring a promising younger woman. You may find that you can learn a thing or two from the partnership.
- Be a cheerleader: It's okay to be critical. Everyone needs to hear the hard truths sometimes. But remember to always be lifting your friends and pushing them forward. Ensure each woman gets what she needs -- be it information, an introduction or a partnership.

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Reel Review: *Lee Daniels'* *The Butler*

By Michael Hayes
Minister of Culture
mercuryspeak@gmail.com



Art is subjective.

Meaning that, you and I could look at the same painting and offer two entirely different explanations on what the painter was trying to say.

Same thing with poems, songs, stories, etc.

But sometimes you may be at an open mic night and hear that one poem that you and everyone else around you has an exact understanding of its meaning.

A film like this is the same as that poem.

There are layers to it, but in its purpose it's strikingly obvious that it exists within layers. This is a somewhat loose biography of Eugene Allen, the man who started as a "pantryman" in 1952 and spent 34 years as a trusted member of the White House staff. The man who was in the room when eight different United States presidents had discussions on merely what to eat or wear the next day or what might reshape our country. A writer by the name of Will Haygood unearthed the first-hand account straight from Eugene Allen shortly after President Barack Obama took office.

Although not an exact biography, it was those conversations that ended up becoming the foundation for this movie. But remember what I said, this is art with obvious layers.

Lee Daniels' The Butler is not just telling Eugene Allen's story, it's also telling this country's story.

For example, the film begins with a black family picking cotton on a plantation in the late 1920s. Wait, what's that? YES, THE 1920'S.

Even though 300 years of legal slavery ended in 1865, many of the conditions endured well into the 1900s. With no one willing to hire or give land to former slaves, black people still spent another 60 years sharecropping on plantations with little pay and no rights.

This is not just black history, this is American history.

So in the opening minutes you have a white plantation owner raping a black woman and then killing her husband dead in the cotton field when he barely utters an objection, that may not have happened to Eugene Allen but it did happen all across the South for decades and it's how the story of Cecil Gaines begins.

This film uses the character of Cecil Gaines to portray Eugene Allen's career, but it also serves as a catalog of the black experience all the way from Jim Crow to Obama.

Think about those years spent in slavery and what it meant to be the house nigger.

Now think of what it means to be a butler, a manservant.

Lastly, think of what it means to be the epitome of a house nigger in the ultimate big house.

As far as the acting/casting goes, there are some cameos that will leave you scratching your head at first but others flow seamlessly and you barely notice.

There's a good mix of bona fide theatrical talent and star power.

I actually first heard about this film because I follow Oprah Winfrey on Instagram and months ago she started posting pics of her and Forrest Whitaker on her account saying things like "filming was great today."

Since I've been reviewing films I've noticed that when any director casts Forrest Whitaker they are trying to prove a point merely by his presence alone. It's intended to disrupt and gently shock you out of that glazed numbness of watching movies to be entertained by them. His casting as a lead character anchors any film and makes audiences receptive to inconvenient truths and harsh realities.

Obviously, Oprah has always enjoyed roles that are powerful yet deeply flawed.

Oh yea and she loves to break away from being OPRAH WINFREY QUEEN OF MEDIA. Both leads satisfy in their roles and, as I pointed earlier, the characters of

Cecil and Gloria Gaines serve a dual purpose just like the film.

Look at how they run their household and interact with their children and neighbors.

This is a window into what the black family unit used to be about, not just a portrayal of Eugene Allen's family.

The Gaines family is how this film reaches beyond one man's job on the White House staff. The same way that some black people are hyper-political while others aren't interested in the slightest political issue, those dynamics exist in this family.

The same way that civil rights were a priority for some black people while others weren't even the least bit concerned with their

own equal status, those dynamics exist in this family.

You need to go and watch this film and you need to give it your undivided attention.

Don't expect it to be literal, and don't expect it to be centered on one subject.

The constant theme is how blacks in America have had to have two faces just to survive in this place ever since we were on the plantation.

And just how a black man who is a butler has to have two faces, so does this film.

Go and see it.

The true grade for *Lee Daniels' The Butler* is A and I hope it gets Best Picture at The Oscars next year.



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SENIOR TRANSPORTATION PLANNER

The Toledo Metropolitan Area Council of Governments (TMACOG) is seeking a highly motivated individual to fill a senior level position within the Transportation Department. This is a professional position responsible for facilitating and working with local, state, and federal government agencies; community organizations; regional business interests; and the general public to develop regional transportation plans.

Candidates shall have a Bachelor's degree in Urban and Regional Planning or Transportation Planning, plus five years of planning experience. Master's Degree is preferred. AICP Certificate is desirable. Successful candidate must be able to demonstrate outstanding interpersonal skills and the ability to involve all transportation stakeholders in the plan development process. Preference may be given to applicants with prior transportation plan development and writing experience with a metropolitan planning organization. Detailed job information can be found at http://www.tmacog.org/info_employment.htm. Applicants must be legally able to work in the U.S., possess a valid current driver's license, have a good driving record, and proper insurance. Successful completion of a comprehensive background check and drug screening are required to complete the hiring process. Salary range \$55,000 - \$65,000 DOQ. Interested candidates should forward a letter of interest, resume, and professional references by September 20, 2013 to TMACOG, P.O. Box 9508, Toledo, OH 43697-9508 or resume@tmacog.org. No phone calls. EOE.

Announcement

The Clarence Smith Community Chorus is asking: Is there a performer in you? Do you like to sing? Do you want to learn how to sing? The adult choir, one of the area's most venerable singing groups for over 35 years, is directed by Clarence R. Smith, Jr., and typically performs both traditional and updated spirituals plus traditional jazz, classical music, and Broadway numbers. For more information and/or to schedule an audition, call 419-534-2299.

Musician Wanted

Skilled musician needed to play the organ and/or piano, traditional and contemporary gospel music

By NOTE and by EAR,

Must be able to teach choir parts

At Faith Community United Holy Church
1201 S. Byrne Road
Toledo, OH 43614

If interested, leave a message at 419-698-2600

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Qualified Health Home Specialist

Assists with care coordination, referral/linkage and follow-up, consumer, family, guardian and/or significant others support and health promotion services.

Must have four year degree in social work, psychology or mental health field. Previous experience in mental health preferred.

Send resume and salary requirements to:

Human Resources Director - QHHS
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605

EOE

Public Notice

Lucas County Children Services (LCCS) is issuing a Request for Proposal (RFP) for Interpretation/ Translation and Sign Language Services.

The goal is to provide families and children who have an open referral or case with services that will:

- reduce/eliminate communication barriers;
 - be LEP compliant;
 - be ADA compliant and
- provide equal access and opportunity to benefit from our agency's services

LCCS is seeking proposals from governmental units, private for-profit entities/agencies and non-profit entities/agencies. Agencies should have unique information, education, knowledge, and experience related to the RFP.

RFP materials will be available September 9, 2013, 9:00 a.m., at 705 Adams St, Toledo, Ohio, 43604. To make arrangements to pick up a RFP packet, call 419-213-3658. The RFP is also available via the LCCS website, www.lucaskids.net. An applicant information session regarding the RFP will be held at LCCS on September 17, 2013 at 9:00 a.m., in Room #913.

The deadline for completed proposals (NO FAX) is 4:00 p.m., on Friday, October 4, 2013. No proposals will be accepted after the deadline.

Dean Sparks,
Executive Director of Lucas County Children Services

LICENSED PRACTICAL NURSE

Full-time opportunity available for experienced Licensed Practical Nurse to perform administrative duties in the Medical Clinics such as referral coordination, client case closures, program discharges, initiation of prior authorizations and other duties as assigned. Work schedule for this position varies, may include evening hours and will require travel to various sites.

Qualified candidates must possess certification as a Licensed Practical Nurse. At least one year experience in a medical office required. Prior experience in a behavioral health setting preferred.

Send resume and salary requirements to:

Human Resources Director - LPN
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605

EOE

Call to place your ad
419-243-0007
[www.TheTruth Toledo.com](http://www.TheTruthToledo.com)

NOTICE IS HEREBY GIVEN by the Board of Directors that Sealed Bids will be received by the Toledo-Lucas County Port Authority for:

PHASE 3.3B WAREHOUSE BUILDING LAKE ERIE PORT MANUFACTURING & INDUSTRIAL CENTER – IRONVILLE TERMINAL
2863 FRONT STREET, TOLEDO, OH 43605

This contract is for all labor, equipment and materials necessary for the above-referenced project at Ironville Terminal, 2863 Front Street, Toledo, OH 43605, in accordance with the plans and specifications, for the Toledo-Lucas County Port Authority at One Maritime Plaza, Toledo, OH 43604.

Bids will be received at the Port Authority's administrative offices at One Maritime Plaza, Toledo, OH 43604 until Friday, September 13, 2013, at 2:00PM, at which time and place all bids will be publicly opened and read aloud. Questions will be entertained until September 6th at 5:00 PM and shall be submitted in writing to sway@dgl-ld.com – answers will be distributed in writing to all plan holders on Becker Plan Room's website.

The project is located at 2863 Front Street, Toledo, OH 43605. This project consists of the construction of a 15,540sf warehouse building and minimal site work around the building perimeter. The warehouse building consists of a 75' clear span with basic support mechanical/electrical/plumbing utilities. An office area and restroom/mechanical room each of 390sf will also be constructed. Possible alternates are also included in the project expanding the total building to 19,290sf and installing a mechanical exhaust system. The site work (performed by others and not included with this contract) to accompany the building construction consists of concrete pavement, track construction, and utilities brought to the building. The Engineer's Estimate for the base bid items is \$1,375,000 and the total Engineer's Estimate for the base bid plus alternates is \$1,700,000. The project will be awarded on the base bid plus the alternates which are accepted at the time of bidding. Any alternates not accepted at the time of bidding may or may not be awarded later in the project as funding permits.

Plans, Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file, and may be obtained by either (1) obtaining hard copies from Becker Impressions, 4646 Angola Road, Toledo, OH 43615, phone 419.385.5303, during normal business hours; or (2) ordering and paying through Becker Impressions' plan room at www.beckerplanroom.com at a non-refundable price of \$40.00.

This advertisement may be read in its entirety at <http://www.toledoportauthority.org/en-us/publicnotices.aspx>.

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, Carpeting Included. Call (419) 729-7118 for details.

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AILMENTS... continued from page 7

duce hypertension risk, and if you already have high blood pressure, can help you achieve better control.

- Hold the salt. High sodium intake can make high blood pressure worse. Read labels. Even if you aren't reaching for salt, many pre-packaged

convenience foods, meats and cheeses contain significant amounts of sodium.

- Get plenty of beneficial nutrients, especially potassium and magnesium, which are important for vascular health.

Rheumatoid Arthritis

Rheumatoid arthritis could pose more than just

a risk to comfort. Systemic inflammation hastens the onset of other age-related diseases, including cardiovascular disease.

"For optimal longevity, we need to integrate lifestyle changes with pharmaceutical treatments, rather than blindly assume that all a patient needs is more medication," says Joyal.

Dear Ryan,

I heard your interview on the MIX with Larry Whatley on Sunday morning and every time I hear you, I want to come see you, but I chicken out. You mentioned something about classes specifically for overweight people. I would love to know more about that because I feel with my lack of fitness I could never go somewhere and just fit into a group that's been exercising. Plus I'm embarrassed! Also, I have bad knees, my back aches, joint pain, high blood pressure and I'm always tired. Is there really a chance I can make changes this late in the game and do you think someone with all my problems can handle the exercises?

K.K.

Dear K.K.

I'm glad you listened to Urban Beat it's always great to be on with Larry. Yes, you did hear correctly, I am having a class at Dream Bodies specifically for people such as yourself.

I know that this is a problem with a lot of over-

weight women as well as men. They want to lose weight and get in shape but are embarrassed about their appearance and lack of ability so the cycle continues.

You can check your embarrassment at the door when you walk into Dream Bodies!

You will be in the same boat with the other people in the room. In my class

I cater to the limitations that most overweight people struggle with and help you to overcome them.

I will prepare you for success by helping you increase your level of fitness, give you guidance to improve your eating habits and the motivation to push through barriers that haven't been crossed due to your physical limitations.

The people around you will be motivating to you as well. It's a support system where you are all on the same path to the same place. Modifications are made so that you can do the work and complete the task at hand.

I incorporate a lot of the things that most trainers neglect or deem irrelevant because of all the "new" exercises and techniques out here now. Basics, stick to them along with a few of my own exercises and you will not go wrong. As I said, a few modifica-

tions and you're ready to get going and you can put in the work in a safe manageable way so you get injury free long lasting results. I also encourage group shopping trips to the grocery to help with better food choices and accountability.

At Dream Bodies, you will not be screamed at, demeaned or made fun of. You will be encouraged, pushed and praised for your efforts and success. As you progress you will notice less joint pain, better stamina, weight loss, more energy, better sleep and the list goes on.

I guess the biggest result you will have is a sense of accomplishment that you were able to start the program, stick with it and get results for yourself. I hope to see you in the Dream Bodies Plus class. IT'S NEVER TOO LATE TO START!

For specials, nutrition tips, weight training tips and recipes email me and put deals in the subject line. This will also make you eligible for a free month of fit camp that I will give away every month.

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



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"When I had a heart attack, the people at Mercy knew time wasn't on my side."
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A family, nurse-owned and operated agency with over 25 years of home health care experience. Professionals are available to assist your healthcare needs so that you can remain safely at home. Our services may be requested directly by the doctor, patient, family, friend, the hospital or extended care facility.

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- Diabetes Education
- CHF Management
- Proctit & Anoscopy Therapy
- Wound V.A.C.
- PT INR via Dilutio Machine



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