



Volume 26, No. 1                      *“And Ye Shall Know The Truth...”*                      January 8, 2014



*Former Toledo Police Chief Derrick Diggs*

**Crime  
Is  
Down  
But  
Diggs  
Is  
Out**

**“When we compare 2013 to 2011 every category except one, which is shooting incidents, we’re down for a total of almost 30 percent decrease. So since my time being chief, we’re almost at a 30 percent decrease in crime.”**

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# Smart On Crime

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

*... The thing that makes you exceptional, if you are at all, is inevitably that which must also make you lonely.*

- Lorraine Hansberry



Nothing is more important to the citizens of Toledo than the issue of keeping our families and ourselves safe. Sadly, however, public safety concerns held by the vulnerable populations of poor and people of color, those disproportionately victimized by crime, are likely to be subordinated to petty politics and the personal animosities of policy makers.

Moreover, when progress and superior achievement in the war on crime are met with retributive sentiment, the result is a "war on excellence" that is not only sad and insensitive, but also senseless.

I had a very candid conversation with former police chief Derrick Diggs in the final days of his service to the citizens of Toledo to discuss the past and future of public safety in Toledo.

**Perryman:** The latest crime statistics for January through December 14, 2013 compared to the previous year show tremendous accomplishment on behalf of your leadership and the police department.

**Diggs:** Yes. Homicides, compared to last year, are down 21 percent, our shooting incidents are down 11 percent, robberies 16 percent, total violent crime for our Crimestat report shows a 14 percent decrease. Burglaries are down 21 percent and auto theft 24 percent. The only place we've got an increase is 16 percent in our theft from autos, but total property crime is down 13 percent and total violent crime is down 14 percent. So all these together shows that total crimes are down 14 percent for the year.

But this is the big one, when we go compare 2013 to 2011 every category

except one, which is shooting incidents, we're down for a total of almost 30 percent decrease. So since my time being chief, we're almost at a 30 percent decrease in crime.

**Perryman:** So why the decision to retire? Let's talk about the process of how all this went down.

**Diggs:** While I am appointed by the mayor, I am not a political appointee and could only be removed by just cause and I know that. Once the election was determined, from what I'm told [Mayor D. Michael Collins'] plan was to remove me as chief. But, I had strong support from folks in the community, in political leadership, the union and in all areas to remain as chief. I met once with him and we sat down and it was clear to me based on our conversation that Collins wasn't keen on the idea with me remaining.

And so, basically, I left that meeting telling him, well I've got a decision to make. The patrolmen's union felt that there could be some positive resolution and recommended that I sit down with him again. And, based on their recommendation and because of the fact that I don't want to appear that I'm being belligerent or anything, I let it be known that if he wanted to meet again we'll talk with the understanding that we're not going to go back and talk about this other stuff. This is going to be about going forward.

Collins called, I went over and had a meeting with him and from the very beginning of that second meeting it went right back to the same old stuff. And several times I said let's move forward. And again it was very clear that he didn't want me as chief. So at

that point I was done and I told him I would let him know my decision at some other time. I thought about some things, went back and forth. I really didn't want to leave. But it was clear to me that he did not want me as chief.

I then had a meeting with the transition team members. They had nothing but great things to say about the police department, how the police department was being run and in their opinion they felt that the police department was the model agency for the city. And that the police department should be used as an example for other city agencies and how it's run so on and so forth, very positive. That being what it may, also during that period of time I'm told from numerous sources, politicians, judges, criminal justice, good old folks in the community, everybody's been telling him that I should remain as chief of police.

So I met with him again and told him I made my decision. He asked what is it? I said I'm going to remain chief of police. And the meeting got bad and basically ended with the fact that he was going to name his chief on Monday and it wasn't going to be me. I said, well okay, I plan on staying and I left.

And then after several days of thinking about it and getting no sleep, I felt that this is probably not the best decision for the community and for

the city and for me. And so that was like, I said enough of this; it's time to move forward.

My biggest concern was that we've accomplished so much within the last two years, I cannot let that be jeopardized by moving forward or moving backwards. So I announced to the troops that I was going to step down for the best interest of the department, the community and for myself. I told them it was a tough decision but the decision that had to be made. It appears that the only person that doesn't want me to be chief of police in northwest Ohio is the guy I'm going to have report to. And you've got to have that relationship. So my feeling is if I step down and let him appoint somebody who he feels comfortable with maybe the community could move on, the police department could move on and public safety could move on in this community. And that's basically it.

**Perryman:** Collins has appointed another African American to replace you; albeit I think the word is he'll only be there a year, what's your take on Bill Moton?

**Diggs:** Well, what I would tell you and I'm not going to criticize him, Collins has the right to choose who he wants. The individual he's choosing is my commander of my homicide unit. He's a good man, as I told people, he's my guy. I wish him well.

... continued on page 5

## The Sojourner's Truth

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Phone 419-243-0007 \* Fax 419-255-7700  
thetruth@thetruthtoledo.com  
www.thetruthtoledo.com

## Community Calendar

### January 9

Community Forum: Combating Racism: 7 to 9 pm; UT's Nitschke Auditorium; Racism and Education: 419-720-3044

### January 13-15

City of Zion, Mt Zion Church: Prophet Walter Holmes of New York; 6 pm nightly: 419-246-1850 or cozmzionchurch.com

### January 14

Glass City Toastmasters: 5:30 to 6:45 pm; United Way Greater Toledo: <http://glasscitytoastmastersclubs.org>

### January 25

30th Annual Conference for Aspiring Minority Youth; 8:30 am to 1 pm; For 7th to 12th grade students, parents and community; UT Student Union Auditorium; Keynote speaker Diane Nash: 419-530-3832 or 419-530-3820 or [www.utoledo.edu/success/excel/index.html](http://www.utoledo.edu/success/excel/index.html)

### January 28

Glass City Toastmasters: 5:30 to 6:45 pm; United Way Greater Toledo: <http://glasscitytoastmastersclubs.org>



# Nina Turner, Candidate for Secretary of State, Announces Campaign Manager

## Angelique Roche', a former Obama campaign operative, to lead Democratic statewide campaign

*Special to The Truth*

State Senator Nina Turner (D-Cleveland) last week announced the addition of Angélique Roché as manager of her Secretary of State campaign. The move comes

as the Democratic campaign continues to gain momentum in the Buckeye State, said the candidate.

"I'm pleased to have a proven

leader like Angélique join our team. She comes to Ohio with the right campaign and legislative background to build on our efforts to ensure Ohio's elections are fair and open," said Turner.

Before joining the Turner campaign, Roché served as campaign director for MomsRising.org, an online and ontheground multicultural organization of more than a million members and over 100 strategically aligned partner organizations. Roché also served as the Southeast Regional Field Director for Organizing for America in North Carolina during the 2012 Presidential campaign.

After the successful reelection of President Obama, Roché joined the 2013 Presidential Inaugural Committee as the associate director of Volunteer Operations overseeing the recruitment, management, training and coordination of over 3,600 volunteers.

In addition to several local and statewide campaigns, Roché's background includes a fouryear stint in the office of Senator Mary Landrieu (D-LA) in the U.S. Senate as well as work for the Federal Communications Commission, The Gallup Organization and the U.S. Army.

"We will win this campaign voter by voter and community by community. This campaign's vision for fair and open elections in Ohio is one shared by millions of voters around the state," said Roché.

"Ohio should be the 'gold standard' for ballot access," she added. "Additionally, the Secretary of State's office is the gateway of incorporation



Angelique Roche



Nina Turner

for thousands of Ohio entrepreneurs. By working together, we stand ready to protect Ohio voters from recent efforts to deny access to the polls and strengthen Ohio's business community."

Angélique Roché is a member of the board of directors and faculty of the Women's Campaign

School at Yale University. She obtained her B.A. from Southern University A & M College in Print Journalism, a Juris Doctorate from the Southern University Law Center and her Legal Letters Masters (LL.M) from The George Washington University Law School.

## New Meeting Place for Toledo NAACP Unit

The Toledo Unit of the NAACP will be holding its monthly meeting at a new location. The new address is 1326 Collingwood the corner of Collingwood and Dorr), the former Ascension

Church which is also home to the African American Legacy Project. The general membership meeting will take place Tuesday, January, 14 at 7 pm. All are welcome to attend.



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Perryman.. continued from page 2

**Perryman:** What do you mean by, "he's your guy?"

**Diggs:** He's one of my guys. He's the guy that I put in charge of several high-profile important cases and developed a task force and they came to conclusions. So he's one of my guys. However, he's going to have a big learning curve because he was a lieutenant in charge of a section but as a police chief you've got the whole ball game. So he's got a lot -- a lot's being put on his shoulder.

**Perryman:** He's moving from being over one section to how many sections or departments?

**Diggs:** He's going to be in charge of the 650 plus police officers and another 108 civilians.

**Perryman:** As a section leader, how many people does he supervise?

**Diggs:** Anywhere between 20 and 25. So he's going to have a big responsibility, big learning curve and he's going to have a lot on his plate.

**Perryman:** Has he gone through some of the things you've gone through education-wise, such as FBI training?

**Diggs:** I don't know all the training he's been through but I highly doubt anybody on the police department has gone through all the training I went through. I do know he has a master's degree from Bowling Green State University. But there's nobody on the po-

lice department who has gone through all the training I've been through.

**Perryman:** What all have you been through? You've got an MPA or Master of Public Administration?

**Diggs:** Yes I got that. I've been through the Ohio Chief of Police Leadership College, I've been through the FBI National Academy, I've been through the FBI National Executive Institute which is geared to the top 40 police chiefs in the world. I can go on and on and on. I'm probably the most educated police chief that this department has ever had.

**Perryman:** Some are making much of Collins spending a few days at Harvard with other mayors and a day or so with President Obama. Your comments on the mayor's recent education?

**Diggs:** I'm not going to comment. I'm willing to leave on high ground. Do I want to leave? No, I don't want to leave. This is my city; I was born and raised here. I went to Lincoln School. I went to Nathan Hale; I graduated from DeVilbiss High School as an all-city, championship quarterback and hall of fame inductee. That sent me to college. I'm the kid that was born and raised and reared here and had an opportunity come back here.

But things happen and so I'm going to leave on high ground because in the end it's not about me, it's about what's best for the community. And the thing

that I always keep reminding myself is that Collins was elected by the community, which means that they believe in whatever his platform is and everything else. And so if that means that I have to step aside for the best interest of the community that's what I have to do. It's just one of those things and I've always been raised to believe in that you always take a negative and turn it into a positive. You take whatever impediments you have and you find a way to go over them, around them and move on.

So is it tough? Yeah it's tough, this is my police department. I've transformed this police department in two years where it'd have taken anybody else 25 years of all the positive things we're doing.

And now we are a police department that's recognized across the country. We're recognized for cutting-edge technology, we have neighborhood surveillance cameras that we can tie in from private entities like Moody Manor into our real-time surveillance center. Our data-driven, intelligence-led policing is the big focal point that provides information for our officers to support their operational and administrative functions. And that's assisting us in driving down crime. I've hired 165 police officers in the two years that I've been chief, more than any other and hasn't been done in over 30 years.

And so I drove down crime, enhanced



Derrick Diggs

public safety and increased manpower staffing. I took over with 545, went down to 535 but yet we still reduced crime in 2012 even with 535 officers. What more do you want? We totally transformed the police department. And the number one thing with that entire process, I still was able to improve police morale to the point where morale in the department is at an all-time high.

What more you can do? I'm probably the only big-city police chief that can do all that and still not be welcome to be the police chief.

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



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# Celebrating 100 Healthy Years!

Patrice Powers-Barker, Ohio State University Extension

The Truth Contributor

Here's a little history for the beginning of this New Year. In 1862 the Morrill Act was passed and signed by Abraham Lincoln which allowed land in each state to be used to raise funds to create "land grant" colleges. They are also known as the "people's colleges." The Ohio State University (OSU) is the land grant university in Ohio.

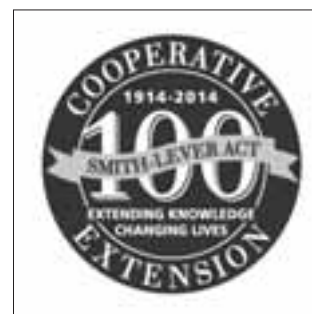
One hundred years ago, in 1914, President Woodrow Wilson signed

the Smith-Lever Act which authorized cooperative extension work between the United States Department of Agriculture (USDA) and the Land-Grant Colleges. The National Extension Service had Extension Agents to provide education and practical demonstrations in agriculture, rural energy, and home economics to those who were not attending college at the land-grant university campuses. Home Economics is now known as Family and Consumer Sciences.

What does this mean to you today? In Lucas County, OSU Extension offers programs in the following areas: 4-H Youth Development, Agriculture and Natural Resources, Community Development and Family and Consumer Sciences. Family and Consumer Sciences promotes healthy lifestyles like making healthy food choices and including physical activity on a daily basis.

A lot has changed in the food in-

... continued on page 7



## African Art Has Arrived!!

Hundreds of wood carvings from Ghana have recently arrived at  
 The Truth Gallery – masks, statues, village scenes!  
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The Truth Gallery  
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100 Years.. continued from page 6

dustry in the last 100 years. In the early 1900s the first vitamins were discovered by medical science and in 1916 the USDA printed its first food guide called "Food for Young Children." In 1925 the first home mechanical refrigerator was sold. Today we often take a refrigerator for granted and the USDA recommendations are promoted online through the MyPlate icon. As Extension celebrates 100 years, I challenge you to think about your personal celebrations in 2014. How can you celebrate holidays and events in a healthy way with your friends and family?

The USDA 10 Tips Nutrition Education Series has recommendations to "make celebrations fun, healthy & active. 10 tips to creating healthy, active events."

1. Make healthy habits part of your celebration. Foods are often a key part of celebrations whether it's cake and ice cream at a birthday party, turkey and dressing at Thanksgiving or ice cream sundaes in the summer. It's OK to enjoy these foods associated with each celebration and keep in mind serving sizes. The foods do not have to be the only part of the celebration.

2. Make foods look festive. Use different colors of food, like fruits and vegetables, to decorate the dishes. Chop fresh herbs on top of the meal or add some nuts and seeds to salads.

3. Offer healthy drinks. Offer water and spruce it up with slices of fruit (or vegetables like cucumbers) for infused water. The USDA handout suggests freezing 100 percent juice in ice cubes to add to the drinks or freeze small fruits like berries in the ice cube trays with water. Try a healthier version of a "float" using a scoop of low-fat sorbet with seltzer water.

4. Enjoy your food. Slow down and enjoy the taste, texture and

temperature of the food. It's good to enjoy the company of those around you and the food that is part of the celebration.

5. Use MyPlate to plan the menu. Keep in mind the five food groups when planning snacks or meals. Try whole grains, low-fat milk (like yogurt for dips), fruits and vegetables and lean meat.

6. Add physical activity to the event. What kind of movement can you add to your celebration? All of us feel good when we get a chance to move, stretch and enjoy ourselves. What's your favorite music for dancing? Share it with your guests!

7. Try some healthier recipes. Look for recipes that cut back on salt, sugar and fat. If you have a recipe you use a lot, consider making some changes to lighten it up. OSU Extension has a fact-sheet on "Modifying a Recipe to be Healthier." You can find a copy online at <http://ohioline.osu.edu/hyg-fact/5000/pdf/5543.pdf> or call (419-213-2022) with your name and address for a copy to be mailed to you.

8. Let others help. If you are hosting the celebration, have others bring a dish to share or help with other activities like clean up or entertaining children. Have someone be in charge of the physical activity like games.

9. Use produce in-season. Not only do fresh fruits and vegetables taste good, when you eat them in season, they cost less and will help you save money. This time of year is often a good time to purchase citrus fruit from warm areas. Although there might be snow on the ground, dedicated local farmers are growing under hoop houses to provide winter vegetables like fresh greens. Don't forget the Toledo Farmers' Market is open every Saturday morning all year

long. This time of year, they close the doors to make it an indoor market so the growers and customers do not have to shop outside.

10. Be a cheerleader. It does not matter if you are one year old or over 100 years old; it is never too early or too late to practice healthy habits. Think about how you can make some small healthy

changes and be a "cheerleader" to those around you as they make changes, also.

Join the National Extension Service in celebrating 100 years. Visit [www.lucas.osu.edu](http://www.lucas.osu.edu) for local events in 2014 or follow "OSU Extension Lucas County" on Facebook. Happy, Healthy New Year!

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*Dr. John W. Williams, Pastor*

# Start 2014 Right – Start with Heart!!

By Angela Steward, Fitness Motivator

The Truth Contributor

Ok, I blame myself for being spoiled in this **instant gratification** world we live in today! I blame technology and I blame myself. I've allowed myself to get caught up in Facebook, email, texting and all the instant super speedy ways of reaching out to others! But along with that instant gratification, I've also become fond of doing what I want to do, when I want to do it, in whatever format I choose and I fully expect all my hopes and dreams to come true - instantly!

But seriously, we all know dreams don't and won't happen by taking action when we want to. If you think about it, if we only did things when we wanted to do them, we wouldn't get much done. In that decision I wrestle with the battle of my heart and my ego. There is a difference in what our ego wants us to do and what our heart is yearning to do. Somewhere between the two is where most of life's struggles kick in.

The intense battles of life: health, fitness, relationships, addictions, etc., are very real and our decisions and levels of focus and commitment

to these battles are driven either by our heart or our ego.

Think about the following scenarios: Smoking – heart says: Its not healthy, I need to stop! Ego says: I know it's not healthy, but I like it - so why stop! Fitness - heart says: Get healthy - get moving, get motivated and workout! Ego says: I don't feel like it, I'm healthy enough – who cares! Relationships - heart says: Love without expectation! Ego says: I'm always giving but never receiving – I'm done giving! Can you see the difference?

The ego loves to create separation and supports entitlement. Ego enforces self-doubt and increases selfishness! Phrases like "Not my problem" Who do they think they are?" "Its not my fault" "Others know me better than I know myself!"

These are not thoughts from the heart and just like we perform reps in my studio, choosing heart thoughts over ego thoughts have to be performed one rep at a time, one moment at a time, and one day at a time until it becomes a habit! Once we choose heart over ego – great things happen!

Once heart-filled thoughts show up you see: hard work, dedication, self-approval, self-trust, you take action even when you don't feel like it, you get up quickly after falling down, you take responsibility for mistakes, and you don't place your dreams in someone else's hands!

I'm learning more and more every day to listen to my heart and let it take the lead. Ego will always be present, but before I make hard decisions, I slow down to listen to my heart. When I make a heart decision or promise to do something – I commit and I follow thru because my decision came from a deep and meaningful place – my heart! My ego would have led me to a decision of unwanted responsibility, regret, indecisiveness and discomfort!

Look around you; you can usually spot the difference in people who live by decisions made from their hearts or their egos. Heart-led people are joyous. They live their lives with purpose. They don't worry about what others are doing – they're living their purpose. Ego-led people are bitter, they're envious, they're messy (keep stuff going), they're selfish, suspicious and they're dream killers – ego feeds off of envy!

In 2014 – Listen to your heart! Put your ego to rest. Live your dreams! Stop set-



Angela Steward

ting for good – go for amazing. Declare your own super powers! Be a leader not a follower! Show up even when you don't feel like it! Put yourself at the top of your "to-do" list!

You'll see that the dreams you dreamed for yourself and for the people around you will become clearer – simply because you allowed yourself to be led not by your ego, but by your heart.

Wishing you a healthier lifestyle filled with heartfelt decisions!

Angela R. Steward  
Creator of Fabulously Fittm  
Certified Group Fitness Trainer & Healthy Living Motivator

Certified Weight Loss & Nutrition Consultant

Fabulously Fit Studio (aka Studio Fitness)  
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# Ask Ryan: Developing a New Healthier Lifestyle

By Ryan Rollison  
The Truth Contributor

Emails are coming in about getting started on a workout program, nutrition and specials at Dream Bodies. Everyone wants advice on what exercises they should do and what they should be eating.

I want to stress the importance of getting your mind right first and then letting everything follow. You have to know that you are going to succeed at any cost. You need to set realistic goals and meet them one challenge at a time.

Most people go wrong by setting too many unobtainable goals and setting themselves up for failure before they even get started. Don't make the mistake or thinking that as soon as you get into the gym you're going to be running a half an hour on the treadmill and lifting enough weight to set world records.

You need to have the mindset that you're going to go in and just get moving and start a new healthier lifestyle. Everyone seems to jump in with both feet and when a person gets slow or no results she gets discouraged and throws in the towel. This takes time!

Like a child walking for the first time you will fall but you must have the resolve to get back up. Baby steps are the key to your success.

Start by going to work out two to three times a week, stop eating carbs in your last meal (except veggies) and add more water. This is your first week's goal.

Now after the first week you are already burning more calories than you are used to and you have improved your eating habits. Realize that dropping one to two pounds per week is an excellent accomplishment.

Do not underestimate the power of you! You can do whatever you truly desire to do. If you want to be successful at getting in shape then you must visualize yourself in shape. When you look in the mirror see your improvements not your flaws.

Put a picture of how you want to look on your fridge, in your wallet or purse and look at it often. Guys,

if you look like Professor Klump, don't put up pictures of Denzel. Be realistic and the same goes for the women.

Don't bite off more than you can chew because it will discourage you and you will quit before January ends. Now, after you have set a realistic goal then you must plan your attack. Figure out the foods you like and that you will eat. Go through your cabinets and get rid of the stuff that doesn't fit your new eating plan.

Donate it or give it to your skinny friends, but just get rid of it! So many people try to go on a new eating plan and try to eat things that they don't like just because it's on the new diet you found.

If you don't like broccoli then do not try to eat it! Find something else that you do like. Forcing yourself to eat foods that do not appeal to you will result in absolute failure.

Next week you can cut down or out one of your bad foods you like: pop, chips, candy or whatever you temptations are.

Now you have to begin your workout routine. Start easy with two to three days a week with a total body workout. See you are already on your way to achieving that reasonable goal you have set for yourself.

Now you can add a day of cardio or start to do it after your workouts for 10-15 minutes. More calorie burning along with the calorie depletion you are now doing equals more fat loss. After a few weeks add another day or start to do more exercises per day. Take one more baby step each week and you will walk your way right into a new body, a healthier lifestyle with more energy, confidence, muscle tone and a new outlook on your life. Reach your goals and stop at nothing until you are where you want to be.

Good luck and great health to you all this New Year.

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# Avoid Fad Diets: Healthy Weight Loss Tips that Work

Special to The Truth

Losing weight to look good may be a great motivator. An even better motivator is to get healthier, as excess fat tissue breeds inflammation, which can contribute to many debilitating and deadly diseases. And according to many doctors, even just a modest amount of extra weight can be damaging to your health.

When it comes to diets, if you've "tried them all" and failed, some experts say that could be part of the problem.

"Most diet books and programs promise a quick fix for weight loss -- for example, avoiding all carbs, eating only raw foods or amping up protein. These fad diets show little respect for the fact that a well-balanced, nutritious diet is

critical for our bodies to function properly," warns Jennifer Sacheck, Ph.D., an associate professor of Nutrition at Tufts University and co-author of the book, *Thinner this Year: A Diet and Exercise Program for Living Strong, Fit, and Sexy*.

In *Thinner this Year*, Sacheck, along with motivational speaker and co-author Chris Crowley, offer a laymen's explanation of the science of diet and exercise, believing that if people truly understand what's going on inside their bodies, then they're more likely to make long-term lifestyle changes.

"You don't need a fancy gadget and there is no single magic exercise," says Crowley. "Health and wellness means a serious lifetime commitment

to good nutrition and plenty of exercise."

With that in mind, the writing duo is offering some tips for losing weight the healthy way and keeping it off for life:

- Make up your mind. Set your goal and go for it. This will mean embracing changes in your habits and routines.

- Exercise for the rest of your life. Stay motivated by keeping things interesting and changing your workout routine periodically. Try new exercise classes or sign up for a big race.

"Exercise works like crazy and it changes lives. Big time," says Crowley.

- Eat less and be mindful. Don't "super-size yourself." At the same time, don't skip meals. Doing so can lower your metabolism and make you more susceptible to binge eating later.

- Don't eat "dead food," -- food that is loaded with calories and offers little nutritional value. Skip or limit refined flour, refined sugar, high fat meat and solid fat. Eat healthy fats in moderation and avoid saturated and trans fat. Likewise, don't drink your calories. Instead, load up on fruits, vegetables, whole grains, low-fat dairy and lean meats.

- Learn more. Truly understand the changes that are taking place inside your body as a result of your hard work, so you can be motivated to keep going.

For more tips on healthy ways to lose weight and keep it off, [www.ThinnerThisYear.com](http://www.ThinnerThisYear.com).

Sustainable weight loss is no easy feat, but with motivation, dedication and hard work, you can feel better and live longer.

Courtesy State Point

**Karen Sanders Joins Larry Hamme and Associates**

Larry Hamme and Associates welcomes Karen Sanders to their practice. Karen counsels individual who are experiencing life transitions, mood disorders, grief and loss or psychological and spiritual issues. Her clients include those who wish to improve their parenting, communication and/or life skills. As a family therapist, she is able to integrate her knowledge of education and mental health issues to help families problem-solve, overcome personal issues and work toward positive home and school experiences.

Additionally, Karen has had over 30 years of experience working with the Deaf community as a teacher, interpreter and counselor. She is fluent in American Sign Language and has profound understanding of Deaf culture, CODA issues as well as life adjustment for individuals who are losing their hearing later in life.

Karen provides workshops, presentations and training on topics such as life stress management, child/adolescent behavioral concerns, and women's issues.

Karen Sanders received a Bachelor's Degree in Elementary Education and Deaf Education from Bowling Green State University in 1983. She went on to earn a Master's Degree in School Counseling from Gallaudet University in Washington, DC graduating with honors in 1989. She has had over 20 years of experience in the field of education and counseling.

Contact Karen L. Sanders  
3434 Oak Alley Court, Suite 405 - Toledo, OH 43606  
419-472-7330  
[larryhamme.com](http://larryhamme.com)

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# Medical Innovations Could Make Diabetes Management Easier

Special to The Truth

Most people don't think about their sugar intake, insulin and blood glucose levels, but for those with diabetes, these are aspects of everyday life. There are more than 24 million people in the United States living with the disease, according to the American Diabetes Association, and this number is on the rise. For these individuals, managing the disease can be a stressful, time-consuming and even painful process.

As diabetes can result in serious health complications including eye,

kidney and nerve disease, and can lead to premature death, optimal treatment is crucial. But for this to take place, frequent measuring of blood glucose levels is required.

While conventional blood glucose monitoring involves drawing a blood sample from one's finger, hand, thigh or forearm with a needle, medical innovations on the horizon are promising to make diabetes management easier on patients.

"Blood glucose monitoring, the crucial tool for controlling diabetes, is

soon going to be more cost-effective and less painful," says Avner Gal, CEO of Integrity Applications, a medical device company working on solutions for diabetes patients.

While at this time there are virtually no viable devices for the non-invasive measurement of glucose levels on the market, this soon will change.

For example, GlucoTrack, by Integrity Applications, is a patented product in development that uses ultrasonic, electromagnetic and thermal technologies to non-invasively measure glucose levels in the blood. The device is battery-operated and includes a main unit, which contains display and control features, as well as transmitter, receiver and processor, and a personal ear clip, which contains sensors and calibration electronics, and is clipped to the earlobe.

If you have Type 1 or Type 2 diabetes, here are some things to consider about the new technology that soon may help to make life less painful and more cost

efficient:

- **Convenience:** About the size and weight of a smartphone, these new monitoring devices are small, light and easy to carry. Results are given both visually and verbally.

- **Cost:** Compared to a finger prick device, over the long-term, GlucoTrack will have a reduced life cycle cost, saving patients money.

- **Data:** Blood glucose readings over time give healthcare providers useful data that helps determine proper treatment for patients. The new devices store up to 1000 past readings, and have a USB port for downloading data for off-line analysis, simplifying the logging process for patients.

More information can be found at [www.Integrity-App.com](http://www.Integrity-App.com).

Take steps to make your diabetes more manageable. Talk to your doctor about innovations in blood glucose monitoring.

Courtesy State Point

## Local Advocate Honored with National Youth Development Award

Special to The Truth

Eryn Sanders, *Rural Outreach Coordinator* for The Ability Center of Greater Toledo—Ottawa Office, was awarded the **APRIL Linda Gonzales Award** at the National APRIL Conference October 25-28.

The *Association of Programs for Rural Independent Living (APRIL)* is a national grass roots, consumer controlled, non-profit membership organization consisting of Centers for Independent Living, their satellites and branch offices, state-wide Independent Living Councils, other organizations and individuals concerned with the independent living issues of people with disabilities living in rural America. APRIL hosts an annual conference in rural parts of the country each year. Participants and presenters from all over the United States attend to talk about the impact of rural issues for people with disabilities living in rural America. Each year, at the national APRIL conference, the APRIL Board awards the **Linda Gonzales Award** to a person who has made a significant impact in rural youth issues. This year, our very own Eryn Sanders was honored, receiving the award for her impact on community partnerships in the six rural Counties The Ability Center serves.

In 2012, Sanders took on the role of developing community partnerships with organizations that provide services to youth in the communities, specifically Wood County 4-H, Ottawa County 4-H, Boy Scouts and Girl Scouts. Sanders made it her mission to ensure these organizations include all youth, with and without disabilities, in their programming.

Throughout the past year, through the relationships she has developed, she has opened many eyes to the possibilities and positive outcomes of having inclusive programs.

Working closely with the 4-H in Wood County, Sanders began by creating and facilitating workshops to teach inclusion to directors, leaders and staff. She then worked with Camp Palmer's 4-H summer camp counselors and staff, in Fayette, Ohio, to make the camp accessible for anyone who utilizes the Camp Palmer facilities. As a result of her work, over 60 youth with disabilities, including 27 new young people, were able to attend Camp Palmer and be included in all its programs.

Sanders' efforts and impact, at Camp Palmer and at the various organizations with whom she worked, has spread to state level programs and many more local organizations. Today, she is actively seeking organizations and programs in the Northwest Ohio area wanting to learn more about inclusion and about the impact of including all people. If you are interested in learning more about inclusion or would like to talk to Sadners about what she can bring to your organization, program, club, etc., please contact her at The Ability Center of Greater Toledo-Ottawa Office (located at the Sutton Center) 419.734.0330.

Additionally, Sanders was named The Ability Center's Employee of the Year. She will be honored at the January meeting of the Board of Trustees.

### TAKE THE NEXT STEP



If you've thought about becoming a foster parent, it's time to take the next step.

Becoming a foster parent starts with asking questions and getting accurate information.

Talk to your family about fostering...and then register for the free training program.



In exchange for providing a caring home to a child, you might find yourself with the next video football champion (or scientist, or ballerina).

We'll provide the free training and resources you need to become a foster parent, along with ongoing financial and other supports to help your family welcome a new member.

To learn more, call 419-213-3336, visit us online at [www.lucaskids.net](http://www.lucaskids.net) or find us on Facebook at [www.facebook.com/LucasCountyChildrenServices](http://www.facebook.com/LucasCountyChildrenServices).

Sign up now for our next training classes:

- Tuesdays/Thursdays, January 7 – February 13, 2014, 6–9 p.m.
- Saturdays, February 8 – March 15, 2014, 9 a.m. – 4 p.m.



Classes are held at the LCCS training center, 705 Adams St. in downtown Toledo.



# Toledo Museum of Art Recruiting New Class of Volunteer Docents

Special to The Truth

As a volunteer docent at the Toledo Museum of Art, Pamela Davis has devoted 34 years to bringing the arts to life for visitors on her gallery tours.

But according to Davis, those three decades weren't given for free—they came with a different kind of "salary."

"The payment I get is enrichment, socially and intellectually," Davis said. "At the same time, I'm able to give back to my community."

The Toledo Museum of Art is recruiting a new class of volunteer educators, known as docents, to join the ranks of more than 100 others. Docents enroll part-time in 18 months of training in art history, visual literacy and public speaking, with summers off. Upon graduation, they become an integral part of the Museum, leading nearly 50,000 people annually on tours of its collection and teaching visitors how to see better using the principles of visual literacy.

Those interested are invited to attend free informational sessions on becoming a docent on Thursday, Jan. 16 at 1:30 p.m. or Friday, Jan. 17 at 6 p.m. in the Museum's Little Theater.

While docents often serve community visitors to the Museum,

they also participate in some of its most-recognized public programming, like baby tours. Their role in art education initiatives makes them an essential part of fulfilling the Museum's mission, according to Kathy Danko-McGhee, Ph.D., the Emma Leah Bippus director of education.

"Docents are really the face of the Museum and through them, the collection comes alive," Danko-McGhee said. "Their commitment is truly remarkable. They create those 'aha!' moments for visitors that allow them to engage with the art."

The docent program is nearly as old as the 113-year-old Museum. Its origins are in a less formal assistant volunteer group, identified by their blue badges, which began in 1914. Starting in 1947, then-assistant director Otto Wittmann began the official program, with nine community members conducting tours for more than 13,000 visitors during its initial two years.

Annual social events and day trips to museums in the region began in the 1970s, providing an added layer of enrichment for participants. And in 1989, the Museum welcomed docents from across the United States and Canada when it hosted the National Docent Symposium.

For docents like Davis, that historical significance combined with the social and educational elements make it a rewarding volunteer experience.

"This is a nationally known institution," she said. "It's fun to be part of one of the shining stars in our city."

For more information, contact Docent Coordinator Paula Brown-Gray by phone at 419-255-8000 ext. 7514 or via email at pgray@toledomuseum.org.



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# Nothing to Lose by Angela Winters

By Terri Schlichenmeyer  
The Truth Contributor

"No" is definitely not your favorite word.

You can't stand to hear it in any form. You can't stand to read it and you very rarely say it. You hate the word because it only means you can't have something you want. That's a word you've removed from your vocabulary.

So how far would you go to get your heart's greatest desire? In the new book *Nothing to Lose* by Angela Winters, three friends want what they want – and they'll destroy lives to get it.

Sherise Robinson was "demanding and spoiled, and that was the way she liked it." She'd grown up on in Southeast D.C. and had clawed her way to where she was, working with the man who would surely be the next

c. 2013  
Kensington  
\$15.00 / \$16.95 Canada  
320 pages

president of the United States.

Yes, she was at the top of her game, but it hadn't been easy. Sherise had slept with a lot of men, both for revenge and for social position. It had almost cost her marriage but she and Justin had been in therapy and were now more in love than ever before. Sherise only hoped that would

be enough if, for some reason, the lid was ever blown off the biggest potential scandal of all-time.

It had been a long year for Billie Carter, but things were finally looking up.

She'd made a career-altering mistake at her D.C. law firm, and while the partners were reluctant to fire her, she knew they were relieved when she resigned. After six months of joblessness, though, her old law-school chum offered her a plum job – with strings attached. Billie had to win over a headhunter and, once she did that, she would have to work with her ex-husband on a big case. The first part would be a piece of cake. The second part would almost ruin everything.

Erica Kent had discovered the truth about her paternity by mistake. It was a bigger mistake to confront powerful Jonah Nolan about it because now he wanted to control her life, for her own good, he claimed. But Erica was fully capable of making decisions and finding her own love. Wasn't she?

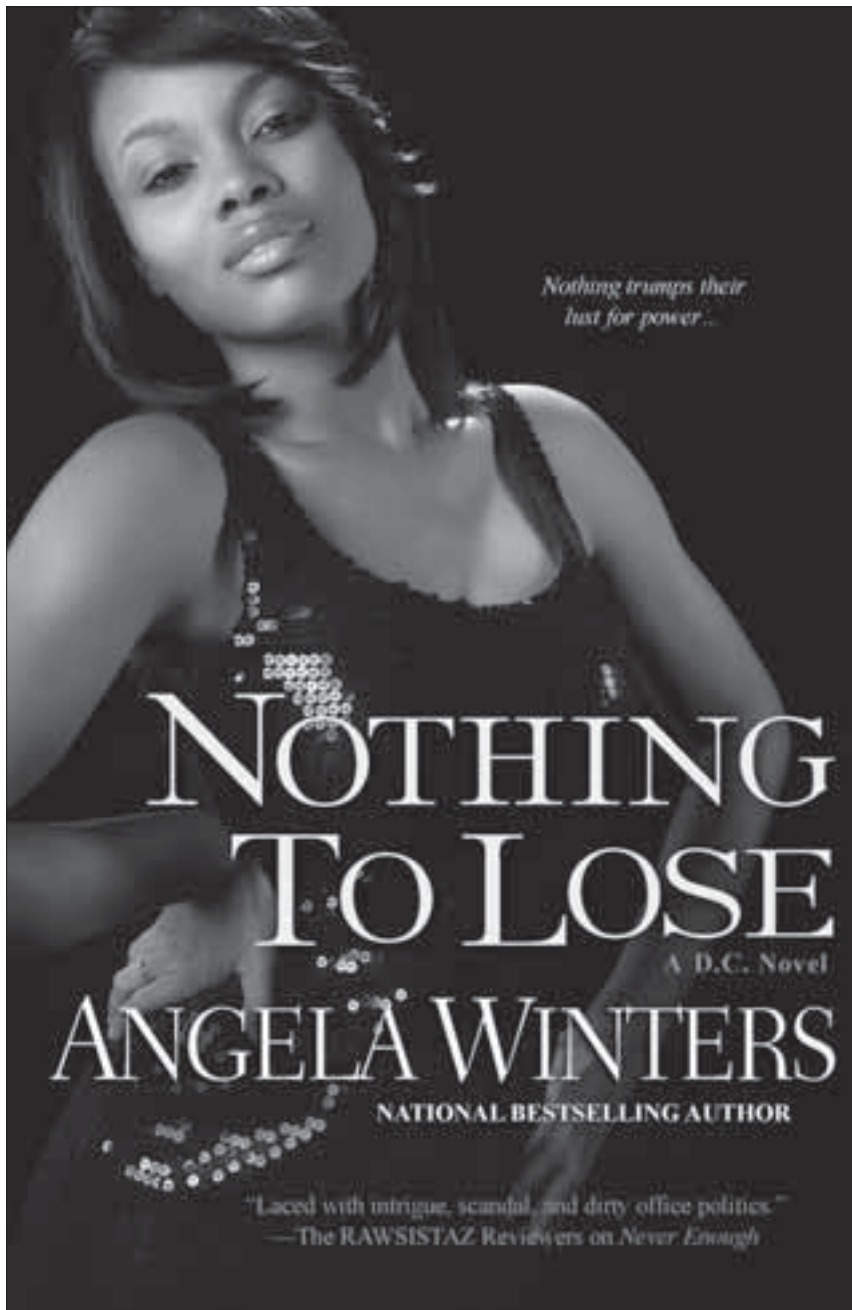
Oh, my. Where do I begin?

Let's start with this: *I fully believe there are way too many characters* in this book; eight of them before you're even at the end of page three. Add in an extremely convoluted tangle of infidelity that ultimately matters little to the storyline and you're off to a not-so-good start.

If it got better, I would tell you. But I can't.

From this weak opening, more characters are added: manipulators, alcoholics, liars, sniping "girls," not much to like. The scandals are ho-hum, toss in a silly faux-intrigue story-with-a-story, and it's all quite hard to follow. No matter: I pretty much stopped caring long before the contrived ending is revealed.


There are better books out there – some, by author Angela Winters! – but I just can't recommend this one. You may want to try *Nothing to Lose* but I don't see anything to gain by it.



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# CLASSIFIEDS

January 8, 2014

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## Lucas County Land Bank

The Lucas County Land Bank is seeking community members to review project proposals submitted under its 2014 Housing Fund grant round. Members will be responsible for reviewing grant proposals and making funding recommendations to the Land Bank's Board of Directors. Proposed projects will focus on financing for housing rehabilitation and development in Lucas County. The Land Bank seeks members from diverse community perspectives, including those with experience in housing development and financing, community economic development, housing advocacy, and other relevant areas. Representatives of organizations that intend to apply for grant funding cannot be considered.

Prospective committee members should submit a cover letter and resume to the Lucas County Land Bank no later than **January 31, 2014** at 5:00 PM. Materials can be submitted by mail or e-mail to the following addresses:

**Mail:** Lucas County Land Bank, One Government Center, Ste. 580, Toledo, Ohio 43604  
**E-mail:** lucascountylandbank@co.lucas.oh.us (include "2014 Review Committee" in subject)

Please contact the Land Bank at 419-213-4293 for further information. Inquiries should be directed to Joshua Murnen, General Counsel.

## PUBLIC NOTICE

The City of Toledo announces the availability of Federal funding for  
**Community Development Block Grant (CDBG – 40th Program Year)**  
**Emergency Solutions Grant (ESG – 28th Program Year)**  
(Grant Period: July 1, 2014 – June 30, 2015)

Interested nonprofit agencies are welcome to apply for eligible activities through this competitive process.

**A MANDATORY review session will be held for all applicants, after which applications will be distributed.**

**APPLICANTS MUST ATTEND THE REVIEW SESSION TO APPLY.**

**\* ESG/CDBG REVIEW Schedule for Homeless Service Providers**

Friday – January 24, 2014  
9:00 a.m. – 11:00 a.m.

Toledo Business Technology Center  
(Conference Room, 4th floor)  
1946 N. 13th Street  
Toledo, OH 43604

**\*\* CDBG REVIEW Schedule for Non-Homeless Service Providers**

Friday – January 24, 2014  
1:00 p.m. – 3:00 p.m.

United Way of Greater Toledo  
(Rooms A & B)  
424 Jackson Street  
Toledo, OH 43604

**\* For information on eligible ESG/CDBG activities for Homeless Service Providers, please visit the Toledo Lucas County Homelessness Board (TLCHB) website at:**  
<http://endinghomelessnessstoledo.org>

**\*\* For information on eligible CDBG activities for Non-Homeless Service Providers, please visit the City of Toledo website at:**  
<http://toledo.oh.gov/services/neighborhoods>

Reasonable accommodations will be provided upon request.

For additional information, contact:  
Department of Neighborhoods at 419-245-1400  
and ask for Administrative Analyst IV Milva Valenzuela Wagner.

## Dispatcher - Lucas County

Lucas County Emergency Medical Services is accepting applications to fill the positions of Dispatcher through January 7, 2014. Additional information regarding the duties 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 "Dispatcher" from the list to read more or apply.

An Equal Opportunity Employer

**Notice to Bidders:** Inquiry # FY14-46, (Project # 0068-13-904) for Larimer Athletic Complex Renovations for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 3:00 p.m., Tuesday, January 14, 2014. Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$185.00 will be charged per set. Any further information may be obtained from Lance Mushing of SSOE Group at 419-255-3830. One Pre-Bid Conference will be held on Tuesday, January 7, 2014 at 11:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$4,400,000.00; Breakdown: General Const: \$2,760,000.00; Plumbing: \$200,000.00; Fire Protection: \$100,000.00; HVAC: \$660,000.00 & Electrical: \$680,000.00.

**Notice to Bidders:** Inquiry # FY14-47, (Project # 5007-14-1778) for Kobacker Center Renovation - Geriatric Psychiatric Unit - Phase II for the University of Toledo Health Science Campus. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, January 21, 2014 Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$85.00 will be charged per set. Any further information may be obtained from Jim Price of Buehrer Group at 419-893-9021. One Pre-Bid Conference will be held on Tuesday, January 14, 2014 at 10:00 a.m. in the Health Education Building, Room 227, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$1,292,000.00; Breakdown: General Const: \$600,000.00; Plumbing: \$190,000.00; Fire Protection: \$27,000.00; HVAC: \$225,000.00 & Electrical: \$250,000.00.



**Vice President of Operations & Development**

The Toledo-Lucas County Port Authority seeks a seasoned professional to manage its properties; to provide strategic direction for its portfolio of facilities; to develop its underutilized property; and to take a lead role in the redevelopment of other idle or underutilized property; and to coordinate all real estate transactions.

Beginning salary range is \$105,000 – \$130,000, plus a full benefits package and participation in the Ohio Public Employee Retirement System.

Qualifications include:

Bachelor's degree in real estate management; business; transportation; law; marine, civil or industrial engineering; business administration, or related field, or comparable experience. Registered Professional Engineer or advanced degree such as in law or an MBA a plus;

Proven track record of successfully managing a team in the areas of real estate development/capital projects; procurement of funding sources from federal, state and local agencies for capital projects;

Demonstrated ability to manage large (+\$5 million) and/or simultaneous capital projects with an emphasis on real estate development and/or municipal utilities improvements;

Experience with working with or on projects funded by federal and/or state governmental agencies (particularly EPA);

Experience in management of brownfield clean-up and redevelopment;

Strong understanding of the concepts involved with the evaluation of land use alternatives, infrastructure planning as well as design and construction management.

A complete job description is available at: [www.toledoportauthority.org/careers](http://www.toledoportauthority.org/careers)

Qualified candidates may submit their resumes electronically to [csobczak@toledoportauthority.org](mailto:csobczak@toledoportauthority.org) or by regular mail to the Human Resources Dept., Toledo-Lucas County Port Authority, One Maritime Plaza, Toledo OH 43604-1865. Resumes will be accepted until January 17, 2014.

The Toledo-Lucas County Port Authority is an equal opportunity employer.

**NOTICE TO BIDDERS**

SEALED PROPOSALS for bidding on **Maintenance Building Addition, Pearson Metropark, Oregon, Ohio** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 Friday, **January 10, 2014 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of a 1,664 sq. ft. maintenance building addition, improvements to the existing structure and site-work. General construction includes demolition, rough and finish carpentry, concrete, asphalt, metal roofing, electrical, plumbing, dry-wall, HVAC and paint. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at [www.newfaxcorp.com](http://www.newfaxcorp.com). Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$30 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, [jon.zvanovec@metroparkstoledo.com](mailto:jon.zvanovec@metroparkstoledo.com).

EACH BIDDER MUST FURNISH either (1) a bond for the full amount of the bid or (2) a certified check, cashier's check or irrevocable letter of credit in an amount equal to ten percent (10%) of the bid with its bid. The successful bidder must furnish a 100 percent (100%) Performance Bond and a 100 percent (100%) Labor and Materials Bond.

No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

By order of the Board of Park Commissioners  
METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA

Stephen W. Madewell, Director

**Church's Chicken**  
BIG TASTE  
LOW PRICES

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

**10PC** legs & thighs meal **\$14.99** 2 lg. sides & 4 biscuits

ADD HALF GALLON TEA **\$1.50**

Offer good for Church's Chicken at  
2124 Franklin Avenue  
Toledo, Ohio

A Community Forum

Changing Minds & Changing Lives:

**Combating Racism**

Please join us for a community conversation about how racism affects education — specifically why minority graduation rates are lower than white graduation rates

Sponsored by  
the Toledo Community Coalition and **The Blade**

7 to 9 p.m. Thursday, Jan. 9, 2014  
University of Toledo Nitschke Auditorium  
1610 N. Westwood Ave., Toledo

Speaker: David Johns — Executive Director of the White House Initiative on Educational Excellence for African-Americans

Secured parking provided  
For more information, write to: [toledoforum@gmail.com](mailto:toledoforum@gmail.com)  
or call 419-720-3044