



Local and National News

www.thetruthofcolor.com

Volume 26, No. 5 "And Ye Shall Know The Truth..." February 5, 2014



Carter G. Woodson, Ph.D

The Founder of Black History Month

"Race prejudice is merely the logical result of tradition, the inevitable outcome of thorough instruction to the effect that the Negro has never contributed anything to the progress of mankind" - Carter Woodson

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An Old Enemy

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

... I don't want everybody to vote. Elections are not won by a majority of the people. They never have... and they are not now. As a matter of fact, our leverage in the elections quite candidly goes up as the voting populace goes down.

- Conservative activist Paul Weyrich



Old enemies seldom give up. Instead, they vary the method of attack or don a variety of masks or forms to disguise their approach and intent. Nowhere is this truth illustrated more clearly than in efforts to suppress the black vote, a tactic utilized by enemies of the black community dating back to the late 19th Century post-Reconstruction period and Southern Jim Crow era of the mid-20th Century.

Today, with blacks providing the Democratic Party with almost unanimous support, conservatives have had to rely on suppressing the black vote to achieve victory in competitive States for presidential and statewide elections.

Gone are the poll taxes and literacy tests. In their place are modern forms of voter intimidation such as billboards in urban areas promising prison time for intentional or unintentional voting irregularities or incidences where the True the Vote group has popped up to challenge voter registrations of college students. There have also been other roadblocks to black voter participation such as long lines, faulty voting machines and misinformation about polling locations.

In addition, a myriad of legislative attempts to make the voting process less accessible for millions of Ohioans such as SB 238, a bill to trim six days off of early voting and eliminate golden week - the brief window of time where voters can register and cast an early ballot on the same day.

Another bill, SB 205 has been introduced to throw out absentee ballots

for minor errors such as transposing a number in a zip code or address. Added to these is SB 216, floated in the Ohio legislature to shave the time period for voters to provide required information to the board of election from 10 days to three days after the election and to also prevent trained poll workers from aiding voters in completing any portion of confusing provisional ballot forms.

Thank God, however, that unlike the aftermath of the 2000, 2004, 2008 and 2012 presidential elections, there is a movement afoot to counter the assault on the black voter, who is more likely to be disadvantaged, low income, elderly, a student or new resident.

Having been thwarted by an overwhelming Republican majority in the Ohio legislature, delayed by the Constitutional Modernization Commission and further stonewalled by the Presidential Election Commission, Ohio Legislative Black Caucus (OLBC) President and National Action Network Board Member and Ohio Representative Alicia Reece along with national civil rights leader and pastor, Otis Moss Jr. and others have called for a Voter Bill of Rights to be placed in the Ohio constitution.

The Ohio Voter Bill of Rights, "a historic initiative and the only viable solution to the attack on voter rights," according to MSNBC's Reverend Al Sharpton, will guarantee all Ohio citizens 18 years of age and older, who are registered to vote 30 days prior to the election, with the fundamental right to cast a ballot and have their vote counted.

In addition to effectively putting an

end to the myriad conservative legislative schemes with the sole purpose to reduce the black vote, this initiative will allow the General Assembly to pass laws that expand or facilitate voting rights, but not deny or limit them.

Among provisions included in the Ohio Voter Bill of Rights are those that make registration easy and accessible for all, allow for greater access to vote-by-mail, maintain 35 days for

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Community Calendar

February 2-March 9

City of Zion, the Mt Zion Church: Sundays at 9 am; Life Institute Courses: Living Better, Fight Like a Man

February 5

Forum Engaging Men: Breakfast and sign in - 8:30 am; Forum - 9 to 11:30 am; Educational Service Center; Guest speaker Rus Funk, founder and executive director of MensWork: Eliminating Violence Against Women, Inc - a Louisville, KY organization: 419-244-3053 ext 221 or Ohio Domestic Violence Network

February 11

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

February 12

Abundant Life Ministries: "Straight Talk;" From a woman's perspective; 7 pm; candid conversation on various topics - communication, finances, healing and the triumph of relationships: 419-382-1300

February 16

Third Baptist Church Holland 26th Annual Black History Month Musical: 4 pm

February 19

Doing Business with the City: 6 to 8 pm; Capacity building event and forum for small businesses; The Armory Church; sponsored by Toledo City Councilman Tyrone Riley to encourage and support small businesses and educate on bidding procedures, certification and requirements for contracts with the City: 419-245-1064

"Raising Pure Families;" Notre Dame Academy; 7:30 pm; Parent presentation on chastity featuring speaker Jason Evert

February 19

Abundant Life Ministries: "Straight Talk;" From a man's perspective; 7 pm; candid conversation on various topics - communication, finances, healing and the triumph of relationships: 419-382-1300

February 25

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

March 7

Toledo District of FGBCF International "Fire on Friday;" City of Zion Campus; 7 pm; Guest speaker Bishop Joseph Walker III of Nashville: 419-246-1850
Regional Energy Forum 2.0: UT Scott Park Campus; 7:30 am to 4:30 pm; Fresh perspectives on energy landscape; Trends, economic development, entrepreneurship, sustainability strategies

April 9-11

City of Zion, The Mt. Zion Church Conference 2014: "Let's Go Higher;" Toledo Full Gospel Baptist Church Fellowship International Intercessory Prayer Conference; 6:30 nightly; Guest - Bishop Duane Tisdale, Pastor Kim Davis, Bishop William Murphy: 419-246-1850

The Sojourner's Truth

Toledo's Truthful African American
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Carla Leonard - Social Editor
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Ohio Legislative Black Caucus Endorses Sen. Nina Turner for Secretary of State

'Mallory, Williams for Senate and Incumbents'

The Ohio Legislative Black Caucus announced last week its endorsement of OLBC member and senator, Nina Turner for Secretary of State.

The group also endorsed members Rep. Sandra Williams for State Senate in the Senate 21 District in Cuyahoga County, Rep. Dale Mallory in the Senate 9 District in Hamilton County as well as incumbent members; Rep. Alicia Reece, Cincinnati, Rep. Michael Ashford, Toledo, Rep. Roland Winburn, Dayton, Rep. Kevin Boyce, Columbus, Rep. Fred Strahorn, Dayton, Senator Charleta Tavares, Columbus, and Senator Edna Brown, Toledo.



Edna Brown

The Ohio Legislative Black Caucus will interview other statewide candidates on Feb. 4.



Nina Turner

U.S. Sen. Brown, U.S. Rep. Fudge Announce Central State University Designation as 1890 Institution, Increases Agriculture-Related Programming at University

Central State University Will Join 18 Other Historically Black Colleges and Universities Focused On Agriculture Programming

Special to The Truth

U.S. Sen. Sherrod Brown (D-OH) and U.S. Representative Marcia Fudge (OH-11), senior members of the Senate and House Agriculture Committees and members of the

Farm Bill Conference Committee, announced last week that Central State University has been added to a distinguished list of Histori-

... continued on page 11

African Art Has Arrived!!

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

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

See more art online at www.thetruthtoledo.com

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University to Honor Black History Month

University to Honor Black History Month

The University of Toledo will celebrate Black History Month with a number of events planned around the theme of "Unity" throughout February.

The month will kick off Saturday, Feb. 8, with a talk by award-winning journalist and author Yanick Rice Lamb at noon in the Student Union Auditorium followed by a soul food luncheon.

"I plan to talk to them about going after their dreams, making the most of their lives," Rice Lamb said. "Dreams are challenged by economic conditions and other circumstances, but there are many, many stories of everyday people who overcame the odds — stories from their own families and the families of others. A lot of generations tend to think that everything starts with them, but there are a lot of inspiring backstories out there."

Lamb is associate professor of journalism at Howard University who began her communications career here in Toledo as a copy editor and reporter at The Blade. She went on to work at The Atlanta Jour-

nal-Constitution, The New York Times, Child Magazine, Essence Magazine and Black Entertainment Television.

Her presentation titled "Socially Accepted: Where Are We Now?" is free to UT students, faculty and staff, and \$20 for the public. Contact the Office of Multicultural Student Success at 419.530.2261 or oemss@utoledo.edu.

Additional events for Black History Month include:

Thursday, Feb. 6

- Africana Studies Brown-Bag Lecture, 12:30 p.m., Student Union Room 3016. Topic: "The Role of the Community and Minority Media in the 21st Century." Speaker: Fletcher Word, co-owner and publisher of The Sojourner's Truth, a weekly newspaper in northwest Ohio.

Friday, Feb. 7

- Harlem Renaissance Night, "A Tribute to Black Poets," 7 to 9 p.m., Rocky's Pub and Grill.

Thursday, Feb. 13

- Dance Workshop, "I Like the Way

You Move," 7 to 9 p.m., Health Education Center Dance Studio, Health Science Campus.

Wednesday, Feb. 19

- Unveiling of the Dr. Lancelot Thompson Meeting Room, 6:30 p.m., Student Union Room 2592. The renovated space will be named to honor the professor emeritus of chemistry, who also served as vice president for student services for 22 years.

Thursday, Feb. 20

- Student African-American Brotherhood Movie Night, "The Butler," 8 p.m., Student Union Room 2591.

Friday, Feb. 21

- Black Student Union Fashion Show, "Color Me Bad," 6 to 9 p.m., Student Union Auditorium. Tickets: \$10, \$15 VIP available at Ask Rocky on second floor of Student Union.

For information on all the events planned, visit utoledo.edu/studentaffairs/oemss.

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African-Americans Are Twice As Likely to Have Alzheimer's Disease or Another Dementia Than Whites

Alzheimer's Association 10 Warning Signs Help Ensure Early Detection and Diagnosis

Special to The Truth

As the world's leading voluntary health organization in Alzheimer's care, support and research, the Alzheimer's Association is committed to raising awareness of this fatal brain disease and its warning signs in diverse populations during Black History Month and year round. According to the Alzheimer's Association 2013 Facts and Figures report, African Americans are about twice as likely to have Alzheimer's disease or another dementia than whites but less likely to have a diagnosis.

Many people dismiss the warning signs of Alzheimer's, believing that they are merely a part of typical aging. While there are currently no treatments to stop or even slow the progression of Alzheimer's, early detection and diagnosis can allow for earlier use of available treatments that may provide some relief of symptoms and help maintain independence longer.

Delays in diagnosis mean that African Americans are not getting treatments when they are most likely to be effective at improving quality of life, as well as taking critical steps to educate

themselves on Alzheimer's and establish support networks. The Alzheimer's Association provides culturally and linguistically appropriate resources and materials for many diverse audiences, such as an African-American web portal that highlights information and issues that might be of concern to African Americans.

"The Alzheimer's Association, Northwest Ohio Chapter is committed to educating and serving our local community through our programs and services," said Nick Vargas, Development and Communications Director. "We encourage anyone that is dealing with Alzheimer's disease or dementia to give us a call at 1-800-272-3900 or visit our website www.alz.org/nw ohio to learn how we can help."

Alzheimer's Association 10 Warning Signs of Alzheimer's

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.

4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

Alzheimer's Association

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. For more information, visit alz.org.

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Dr. John W. Williams, Pastor

Heart Healthy Eating

By *Patrice Powers-Barker, Ohio State University Extension, Lucas County*
The Truth Contributor

It's February, American Heart Month. The Ohio State University Wexner Medical Center offers tips for heart-healthy eating. Think about the amazing work your heart does for you as it beats around 100,000 times a day! The heart is often used as a sign for love. What can you do to love your heart?

First, don't take your heart for granted! In addition to eating right, other areas to consider for heart health include: live tobacco-free, add physical activity to your day, work with your health care provider to monitor blood pressure and cholesterol and take time to manage stress. Talk to your doctor about your heart health and make choices on a daily basis to love your heart back!

When it comes to eating right, follow these heart healthy tips:

- Eat plant based meals. Fill half of your plate with fruits and vegetables and add a side of whole grains. This will increase nutrients and can decrease the amount of saturated fat and cholesterol found in animal products. Skip the creamy sauces for vegetables which are often high in fat and salt. When you do prepare meat, choose lean meats, re-

move the skin from poultry and prepare meats in ways other than frying.

- Decrease total fat intake, especially saturated and trans fats. Limit the amount of solid fats like butter, margarine, and shortening when you prepare food. Check the food labels for fat on foods like cookies, crackers and chips. There are also good types of fats found in foods like nuts and seeds but remember to eat all foods in moderation.

- Choose foods with soluble fiber. Fiber is found in plant foods like whole grains, fruits and vegetables. Look for "whole grain" or 100% whole-wheat as the first ingredient on breads. Other whole grains include brown rice, barley, and oatmeal. Other plant foods that are high in fiber are pears, citrus fruits and dried beans.

- Eat more fish. Certain types of fish are high in omega-3 fatty acids, which may lower the risk of heart disease. Cold-water fish like salmon, mackerel and herring as well as tuna and trout are high in omega 3 fatty acids. Make sure the fish is not fried. Prepare or order it broiled, grilled or baked.

- Avoid foods where large amounts of salt/sodium have

been added. Try to eat less than 1,500 milligrams of sodium per day. Reducing the amount of salt added when cooking or at the table is an important step. Use herbs and spices to flavor foods without adding extra sodium. A lot of the salt that Americans eat comes from canned and processed foods. If you like the convenience of canned soups, look for one with reduced sodium.

- Keep serving sizes moderate. Skip these actions: overloading your plate, taking seconds and thirds and eating until you are stuffed. Keep track of the portions you eat throughout the day so you are not over-eating certain food groups and missing out of the others. For example, most Americans tend to eat enough protein or meat throughout the day but do not eat the recommended amount of vegetables. Remember that portions served at restaurants are often much larger than recommended serving sizes. So, unless you're doubling up on some vegetables, think about sharing that large entrée or taking half of it home for lunch tomorrow.

There are special diets like the DASH diet to help protect your health. DASH stands for Dietary Approaches to

Stop Hypertension. The diet promotes eating foods that are low in fat, cholesterol and salt. It promotes fruits, vegetables, whole-grains and low-fat dairy products. One thing to remember about eating healthy - it's not just about cutting back. Make sure you include and increase foods like vegetables and fruits if you don't eat enough now. Even if you do not specifically follow the DASH diet, you might find ideas and recipes to help with a healthy lifestyle. Don't forget to use resources such as the American Heart Association to learn more about keeping your heart healthy.

Would you like to join others in Lucas County to learn more and make a personal goal for your heart health? OSU Extension, Family and Consumer Sciences is partnering with the Toledo-Lucas County Public Library to talk about "Heart Healthy Cooking" on Monday February 10th at Oregon Branch Library (3340 Dustin Rd. Oregon, OH, phone 419-259-5250) from 6:30-8:00pm. Here's the program description: February is more than just a month to celebrate love that comes from our hearts -- it's also the month to recognize the health of our hearts. So, in recognition of American Heart Month, we're offering a cooking demonstration of delicious, heart healthy foods. Please join us as we prepare and taste easy, flavorful recipes that not only taste good, but are good for us. If you have any questions, please email Patrice at powers-barker.1@osu.edu or 419-213-2022.

HOW CAN I CARE FOR HIM? WHO CAN I CALL FOR HELP? WHAT WILL IT COST? WHAT IF HE'S IN PAIN? HOW CAN I CARE OF HIM?

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ng to... How

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NAACP Statement on President Obama's State of the Union Address

Shavon Arline-Bradley, Sr. Director for Health Program, NAACP

"The president's speech last night spoke to a myriad of issues, including the economy, jobs, climate change and the environment, immigration, voting rights and veterans. The State of the Union address captured what is near and dear to my soul's advocacy work: the rights of women

and healthcare. To sum up this fight to provide equal and affordable access to healthcare, "the numbers don't lie."

The NAACP has had the privilege to contribute to the efforts to full implementation of the Affordable Care Act, where

three million young people are now on their parent's insurance and 9 million Americans enrolled in Marketplaces and expanded Medicaid programs. We should no longer live in an America where families live in fear, hoping they won't go bankrupt because of

a catastrophic, medical emergency.

We should no longer live in an America where families live in fear, hoping they won't go bankrupt because of a catastrophic, medical emergency. The NAACP urges you to tell your

family and friends to get covered by March 31. No more plans to repeal members of congress, we are looking for plans to regain control over the excessive costs and rebuild a stronger, healthcare infrastructure. Remember numbers don't lie."

Natural Ways to Stay Healthy this Season

Special to The Truth

While you're probably already accustomed with conventional ways of looking and feeling your best, this winter, consider more natural approaches to health and wellness.

Here are several good-for-you and good-for-the-planet steps you can take to help stay strong and healthy this winter:

Herbal Remedies

Feeling under the weather? Before turning to your medicine cabinet, take a look at your kitchen cabinet. Herbs are not just a low-calorie flavor booster of meals, they're said to also contain healing properties. Many herbs have been used for centuries as remedies for common ailments.

For example, according to the National Institutes of Health, sage may help ease your headache, hoarseness or cough, and is an effective remedy for a sore throat. Try infusing tea with sage, or using it to add flavor to your sauté or roast at dinner. Running a fever? Rosemary has been used to treat fever and headache. So the next time you hit the grocery store, fill your cart with organic herbs that heal.

Check the Label

Where natural ingredients are concerned, the focus is often on our plates. It's easy to forget the range of items we put into our body daily. Give

how often we use them, it's worth a closer look at their ingredients.

Toothpaste, for instance, is something that goes in your mouth twice a day. Have you ever wondered what was on the label, where the ingredients are sourced or their purpose? Ingredients contained in some conventional toothpaste are unnecessary or offer no health benefit. When choosing your next tube of toothpaste, consider a natural oral care option free of artificial colors, flavors, sweeteners and preservatives.

For example, Tom's of Maine, a natural products company focused on oral and personal care, offers information about the purpose and source of every ingredient they use. This winter, try their seasonally-inspired Cinnamon Clove Whole Care natural toothpaste, made from real cinnamon leaves and bark.

Depending on your needs, Tom's of Maine offers personal care products that are vegan and gluten free as well as kosher and halal-certified. To learn more about their sustainable practices and cruelty-free line of products, visit www.TomsOfMaine.com.

Boost Immunity

Help stay cold and flu-free this winter with some natural lifestyle tweaks. Proper hydration and nutrition are important for good health and your skin. In addition to drinking plenty of alcohol-free liquids, look for soaps and skin care prod-

ucts that have natural olive oil as a primary ingredient. Natural oils help lock in moisture. Also, take steps to reduce stress from your life -- which studies have shown can take a mighty toll on your body's ability to fight infection, according to the American Psychological Association. When you're feeling tense, try products infused with lavender or chamomile, both of which

can help relieve stress, or use the opportunity to finally try that yoga class.

If you're interested in achieving the best health possible this season, making positive lifestyle tweaks and exploring natural health alternatives are two great places to start.

Courtesy StatePoint

CELEBRATING

BLACK HISTORY MONTH

Morning Worship Service
Sunday, February 9, 2014
 11 a.m.

Historic Third Baptist Church
 402 Pinewood

"Counting Our Blessings"

Yanick Rice Lamb, Professor
Howard University
Interim Assistant Chair
Department of Media, Journalism & Film
Co-founder, FierceforBlackWomen.com

Get Up! Get Busy! Get Moving!

By Angela Steward, Fitness Motivator

The Truth Contributor

When you begin to exercise, it doesn't take long to see the positive effects it has on your body. Your waistline decreases, your energy level increases, etc. But it probably took quite a while to see the effects that the lack of exercise took on your body.

Weight gain, mood swings, poor circulation, lack of sleep are just a few of the results of living a lazy lifestyle. There's no getting around it, there are some serious side effects that can harm you tomorrow if you don't begin exercising today.

When it comes to exercising for your health, occasional workouts aren't enough. Your once-a-week basketball game or that once-a-week walk just isn't enough. If you want to lose weight you must burn at least 1,000 calories a week in exercise and that equates to walking approximately 12-13 miles per week. Plus you should cut your calories by 1,000 a week. This is a reduction of approximately 125-130 calories a day.

This is the way to lose about one pound per week; this is a

slow and healthy way to lose weight. Without exercise, it would take three and a half weeks to lose a pound using the same calorie reduction. Crash dieting or severely cutting calories will result in only water loss, not fat loss and becomes more difficult to keep off.

Aerobic exercise burns calories faster than weight training, but weight training builds muscle, which is critical to weight loss. A pound of muscle needs 30-50 calories a day just for maintenance, while fat only needs two calories a day to get along. So substituting muscle for fat not only makes you trimmer (muscle tissue is more compact than fat) it increases the burning of calories so you burn calories while reading or watching television

So Ring The Bell...It's time to make exercise a part of your life. A lot of gyms can be intimidating with all of the spandex-wearing uber-thin women and super-muscular men, so shop around. Look for a compassionate instructor, one who encour-

ages you to work at your own level. The idea is not to learn a complicated dance routine but to keep moving at a pace that will allow you to finish a one hour class.

Remember, how often you exercise is more important than how long you exercise. Exercise is as good for your mind as it is for your body – it can improve depression, anxiety, insomnia, and is a great stress reliever. Including exercise into your regular life routine is one of the best things you can do for your physical and mental health.

It's much easier to maintain a given level of fitness once you accept that it as a part of your healthy new lifestyle. So get up, get busy, welcome it! Find a form of exercise that you look forward to – walking, running, dancing. Find a fitness pal who will hold you accountable – stays in contact with you, supports you. Find a fitness instructor that will motivate and encourage you to do more than you ever thought you could! Find a class that you enjoy! Go for regular body movements, nothing too strenuous, and nothing too complicated to figure out! If you don't enjoy it, you won't continue to do it! So find something you love and go with it!!

It's never too late. No matter, your age, your



Angela Steward

size, your trials or your situation! It's free to all those that pursue it! If you want to live a healthier life – you will! You'll find a way. So Get Up, Get Busy and Get Movin!

I have some exciting news to share with you next month, so be sure to pick up your Sojourner's Truth newspaper next month!

Yours in Fitness!

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

By Ryan Rollison
The Truth Contributor

I have several questions but I won't be greedy. I really want to know how to firm and tighten my butt. Actually, my whole body needs it. I have been losing weight for a few months but I am not getting tone. I think I have been eating well by getting in a lot of fruits, vegetables, nuts and drinking plenty of water. My workouts are consistent with four to five days of cardio and on my days off I train my abs. What else could I do?

Mo

Dear Mo,

Glad to see you being consistent with your food and training. By your establishing solid habits nutritionally and with your workouts, making changes should be pretty simple. I see the first problem with your nutrition would be a lack of protein.

I know a lot of people are on this vegetarian and vegan kick right now but your body needs amino acids. Amino acids sustain and repair muscle tissues. They also help with fat metabolism and every function your body performs. Unfortunately our body doesn't produce all aminos, so we need to ingest them. Plant based foods are called incomplete for that reason. They lack some of the essential amino acids your body needs. Lean meats will give your body the nine essential amino acids your body needs. Any re-

search you do will tell you that your body needs all amino acids and that they are the building blocks of this wonderful thing we call life.

Eggs are a great lean and inexpensive source of protein and can be easily added to your meals. It's important that you support muscle tissue and reduce its break down by getting amino acids. When you do not have the aminos available in your blood stream, your body breaks down muscle to supply itself with what it needs. This process decreases muscle tissue and slows your metabolism down causing you to hold body fat and lose muscle tone.

The fact that you are exercising four to five days a week is great! Now I have a question for you. What are you doing to improve your muscle tissue and raise your metabolism so that your body is a fat-burning machine and not a muscle-wasting catastrophe?

Women, YOU HAVE TO LIFT WEIGHTS OR DO SOME KIND OF RESISTANCE TRAINING! Stop being afraid to weight train and stop listening to less informed people about it too. That goes for nutrition as well.

Some of my clients lift fairly heavy at time and are losing fat, inches and looking wonderful. There is no way you are going to get a physique like a man. Yes, the leaner you get the more muscular you will appear. You can

be muscular and feminine at the same time.

Tighten your but you asked? Squats, lunges, straight leg dead lifts and leg curls will all get you there. Squatting below parallel will activate more glute involvement and firm you up. You have to start lifting on your work out days, even if it's only one body part per day. Stimulate muscle growth, add some quality protein and see the difference in just a few short weeks. Good luck and if you make these changes please send me an email in a few weeks to let me know of your progress.

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Ryan Rollison

Perryman... continued from page 2

early voting, more flexible ID requirements, opportunities for working families and the faith community to be able to participate by being open the weekend before the election and finally, the stipulation that a voter's ballot cannot be rejected due to poll worker or election official's error.

However, 385,000 petition signatures must be gathered by July 2, 2014 if the initiative is to make it onto the statewide ballot in November. This is no small challenge given the silence and indifference of the black clergy and community institutions such as the NAACP to allegations of disenfranchisement in previous elections in Ohio from 2000 - 2012.

"The excitement around the state is incredible," states Shaun Tucker, OLBC's executive director. "There has been a good deal of apathy out there in the past, but the faith community is beginning to embrace this movement and church leaders and civil rights leaders have joined together in ways we've not seen be-

fore. We have something tangible - a plan to constitutionalize the effort, where we've never had a plan to attack voter suppression in the past," Tucker adds.

Voter suppression has a long and ignominious history, particularly in Ohio. It is an evil that needs to be defeated once and for all. To do so is a monumental task.

Yet to be seen is whether the black churches and community institutions such as the A. Phillip Randolph Institute, headed locally by the inexhaustible Andre Washington, and the NAACP, led by Ray Wood and his "kitchen cabinet" of UAW officials, have the will power and commitment to engage in a large scale effort on behalf of Ohio's four million black voters.

Above all, the community must be willing to work together.

For "when there is no enemy within, the enemies outside cannot defeat you."

Contact Rev. Donald Perryman, D.Min, at drdlperryman@centerof-hopebaptist.org



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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 Dr. Jennifer Satchek, 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," Satchek, 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.

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

Need Help with Obamacare?

WIN (Women in NAACP), Neighborhood Health Association and the NAACP will be having a free navigation program for individuals to sign up for the Affordable Care Act.

In our area we have over 30,000 uninsured residents. This program

is to assist members of the community with getting health coverage. It is free and open to the public.

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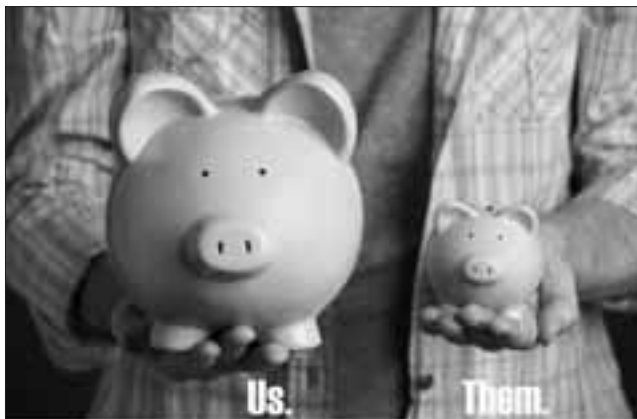
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Take Steps to Better Manage Your Heartburn

Special to The Truth

Heartburn is one of the most common reasons people visit their doctors. If you suffer from a burning feeling in your chest or throat, experts recommend preparing for your next doctor's appointment by learning more about heartburn and what you can do to manage the condition.

"Physicians often use upper endoscopy to diagnose and manage gastroesophageal reflux disease, or GERD," says Dr. Molly Cooke, president of the American College of Physicians (ACP). "But this is not an appropriate first step for patients with typical heartburn."

The ACP advises against upper endoscopy for heartburn, unless other serious symptoms are present. According to the ACP's recommendations, it can be an expensive test that doesn't necessarily improve the health of patients, exposes patients to preventable harms, and can lead to

unnecessary interventions down the line.

"For those whose heartburn is accompanied by difficult or painful swallowing, bleeding, anemia, weight loss, solid food sticking in the esophagus, or recurrent vomiting, an upper endoscopy is appropriate," advises Dr. Cooke.

Sensible diagnosis is just part of the equation. Prevention and management of the condition is important too. The ACP recommends the following steps to help relieve occasional heartburn as well as GERD:

- **Make lifestyle changes.** Lose excess weight, stop smoking, eat smaller meals, don't lie down for several hours after eating, wear loose-fitting clothes, and limit how much alcohol you consume. Resist foods and beverages that can trigger your heartburn, such as chocolate, peppermint, coffee

(with or without caffeine), garlic, onions, and fried, spicy, fatty or tomato-rich food.

- **Raise head of your bed.** Place wood blocks under your bedposts to raise the head of your bed six to eight inches.

- **Control acid.** Over-the-counter antacids such as Maalox, Mylanta, Roloids, or Tums may ease heartburn. For a stronger acid-reducer, try an H2 blocker such as famotidine (Pepcid and generic) or ranitidine (Zantac and generic).

- **Consider proton pump inhibitors (PPIs).** Medicine to reduce gastric acid production is warranted in most patients with typical GERD symptoms such as heartburn or regurgitation.

PPIs are a group of drugs that relieve symptoms and heal the lining of the esophagus in almost all sufferers. For best results, take

them 30 to 60 minutes before a meal. Omeprazole and lansoprazole are sold over-the-counter as low-cost generics. If symptoms don't improve after two to four weeks, ask your doctor about taking two doses daily.

Free online resources can help you discover the best treatment for you. For example, you can visit www.CRBestBuyDrugs.org and click on "heartburn" for a free drug report on PPIs.

Left untreated, GERD can inflame the lining of the esophagus, causing a condition known as esophagitis. A few GERD patients develop Barrett's esophagus, a disorder that can, in rare cases, lead to cancer of the esophagus.

Visit <http://hvc.acponline.org> for more tips on managing your health care, including resources developed in collaboration with Consumer Reports.

Sen. Brown... continued from page 3

cally Black Colleges and Universities (HBCUs) focused on expanding opportunities for agricultural research and education, commonly referred to as "1890 Universities." This status allows Central State University to increase educational programming and partnership opportunities within Ohio's agriculture industry.

"This designation is nearly 125 years in the making and long overdue. As one of the nation's oldest Historically Black Universities, Central State University can play an important role in promoting agriculture research and education through the country. Central State University designation as an 1890 land-grant university means increased opportunities for partnerships with Ohio's agriculture industry and increased potential for its graduates to obtain jobs in Ohio's leading industry," Brown said.

"I am pleased Central State University has finally been granted federal land-grant status. This institution will be pivotal in Ohio's agricultural research and will receive appropriate funding to support and expand its education initiatives. Central State produces highly-skilled STEM graduates and I look forward to the benefits it will afford our nation in food and agricultural sciences." Fudge said.


"Senator Sherrod Brown continues to reach beyond expectations

to enrich lives and institutions of Ohio. He, along with other legislators, were determined to bring about effectual changes that could only enhance Central State University. Central State University, the Board of Trustees, faculty, staff and students are immensely grateful for his leadership, the perseverance and his dedication in support of CSU receiving land-grant status. This recognition will significantly enhance the quality of academic offerings and expand varied opportunities for students. Thank you, Senator Brown for your support!" Cynthia Jackson-Hammond, Ph.D., said.


The Morrill Act of 1862 created a network of land-grant universities throughout the United States focused on providing increased access to higher education in the fields of agriculture and mechanical arts. The Act was expanded upon in 1890 creating a network of historically black land-grant universities. Currently, historically black land-grant universities enroll annually more than 40 percent of all students in all HBCUs. This designation will allow Central State University the possibility to expand into agriculture research areas such as water resources management, minority, women and small farmer's education, and other agriculture-related programming.


Brown is the first Ohioan to serve on the Senate Agriculture Committee in more than 40 years, and served as a member of the 2014 Farm Bill Conference Committee.


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Ohio Parents Urged to Start School Search for 2014-2015 School Year Right Now, As 'School Choice Week' in Ohio Wraps Up

'School Choice Week' in the Buckeye State featured a record-breaking 180 events

If Ohio parents want to choose new schools for their children for the upcoming (2014-2015) school year, they need to start researching the schooling options available to their children right away. That's the message from organizers of National School Choice Week, which this week featured 180 events across the Buckeye State and a history-making 5,500 events nationwide.

School Choice Week focused attention on the importance of empowering parents with the freedom to choose the K-12 schools that best meet their children's individual learning needs. The effort's president, Andrew Campanella, said that the longer parents wait to exercise the options available to them, the less choices they'll have.

"The process of beginning to research new schools

for your children for 2014-2015 should begin right now," Campanella said. "Seats in great schools are already filling up for the next school year, so parents can't afford to wait until the spring or the summer if they want to select a different school for their children. The winter is the time to start."

Campanella said that parents should start the school selection process by making a list of desired attributes that they hope to see in the ideal school for their child -- such as student achievement in key subject areas, parental involvement at the school level, class sizes, the theme of a school, or the qualifications of school personnel -- and then visit schools that match the criteria developed by the parent.

"It's important that parents visit the schools that their children might possibly attend, and ask as many ques-

tions as necessary of teachers, principals, and other parents," Campanella said. "Selecting a school for your child is a very personal decision. Every child is unique and different, and there is no 'one-size-fits-all' approach to educating children."

National School Choice Week raises awareness of the need for effective education options for parents, including traditional public schools, public charter schools, magnet schools, online academies, private schools, and homeschooling. The goal of the effort is to inform and educate parents about the school choice options available to them, while providing a platform for families to demand even greater opportunities.

For a list of the specific types of school choice programs and policies in Ohio, visit www.schoolchoice-week.com/states

Growing a Feast: The Chronicle of a Farm-to-Table Meal by Kurt Timmermeister

By Terri Schlichenmeyer
The Truth Contributor

Tonight, you're bringing home the bacon.

You got it at the grocery store on the way home from work: neat little strips adhered to a rectangle of cardboard, wrapped in plastic. Some bread, a hot-house tomato, a head of lettuce, and you're set.

So where does your food come from? Go ahead. Point to the grocery store, then read *Growing a Feast* by Kurt Timmermeister, and follow along with one scrumptious meal...

On a Sunday evening not long ago, Kurt Timmermeister decided to have a dinner party for friends. Years before, he'd run a restaurant on his island farm near Seattle, but since he'd closed his French doors to diners, he realized that he missed cooking for a crowd. It would take a lot of preparation -- and yet, dinner that night, with its

formidable menu, started some two years prior with the birth of a calf.

When a heifer is born on a farm, it's cause for celebration. Heifers grow up to be cows that give milk to make cheese, the main income for Kurtwood Farms. So when Alice (the name given to the calf) was born to a Jersey cow named Dinah, Timmermeister was pleased.

Alice was born in later fall, which is usually a quieter time on the farm. Still, there are things to do: as winter replaces fall and spring creeps in, Timmermeister and his hired men tend livestock, and they begin to prepare for the garden by mixing compost with soil and planting seeds in a ramshackle greenhouse. Fruits, vegetables, and meat needed for his dishes are mostly grown on the farm, although Timmermeister sheepishly admits to bartering for some of his seedlings.

As summer eases into fall, and then another year passes, Alice matures enough to birth calves of her own. Other livestock have come and gone, Timmermeister made and stored dozens of cheeses in the interim, canned and processed vegetables, and he harvested honey. He also butchered a steer for meat.

And on a Sunday afternoon not long ago, final preparations for a lavish meal began...

If it's possible to fall deeply in love with words, I believe I have done so with author Kurt Timmermeister's.

Despite descriptions of hard physical work and chores he'd rather not be doing, there's a sure lushness to *Growing a Feast*. Timmermeister shares his gentle life: getting to know his cows, nurturing his formidable garden; and dreaming of the meals that will come from his current efforts.

But the bucolic pages of Timmermeister's book belie the loss, worry, hard decisions, death and necessary destruction that come on a farm. We get mere peeks at the difficult things about agriculture-based life that may shock city readers, but of which farmers are all too familiar.

And yet -- you have to love a book that makes you want to wiggle your bare toes in the grass, eat sumptuously, or try a new, challenging recipe. I sure did -- and if you're a gardener, farmer, or cook, *Growing a Feast* is a book you'll want to bring home, too.


c. 2014
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311 pages

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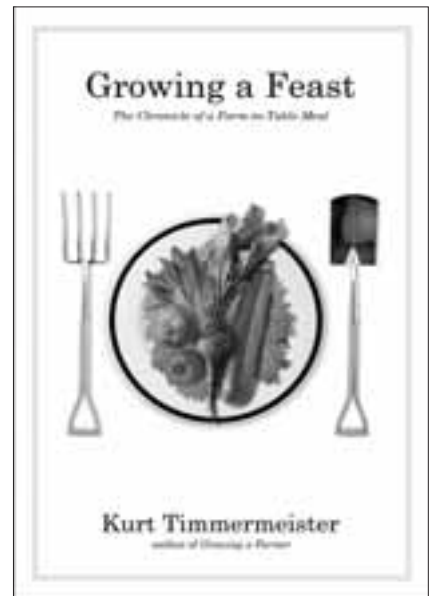
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Josephine: The Dazzling Life of Josephine Baker by Patricia Hruby Powell, illustrated by Christian Robinson

By Terri Schlichenmeyer
The Truth Contributor

You love to sing because it's your thing and you dance when you get the chance.

On the sidewalk and in the park. For school, for church, or just for yourself, you gotta open your mouth and move your feet.

No doubt about it, you're the kind of kid who needs a stage.

So what would you do if you were told that you couldn't perform because your skin was the wrong color? In *Josephine* by Patricia Hruby Powell, illustrated by Christian Robinson, one woman decides to do it anyhow...

Josephine's mother loved to dance. It made her happy but she didn't do it much because there was rent to pay and children to feed. So instead of dancing, Josephine's mother scrubbed floors.

c. 2014
Chronicle Books
\$17.99 / \$21.50 Canada
104 pages

While her Mama worked, Josephine listened to sidewalk horns and honky-tonks and "sponged up that funky music."

She loved to dance,

too. She loved it so much that she worked hard to earn pennies so she could watch "the Negro theater" where Ma Rainey sang and others shimmed. Josephine loved performing so much that she left home at age 13 to work with the Dixie Steppers. She was just a kid, but she could help dress the dancers – and as soon as they let her, she joined the chorus line.

Yippee! Josephine was finally able to dance and sing to crowds, but she still wasn't allowed inside certain hotels or restaurants. They were for "WHITES ONLY."

When the Dixie Steppers broke up, Josephine found herself a long way from home in East St. Louis. She fell in love, married a man named Baker in Philadelphia, and then left him to go to Broadway where she found fame.

But the color of her skin kept her from the kind of fame she really wanted. It was frustrating, and Josephine felt like a volcano sometimes – until she was invited to perform in "*La Revue Nègre*" in France.

Ooh la la, the French seemed color blind! And they were wild for Josephine Baker!

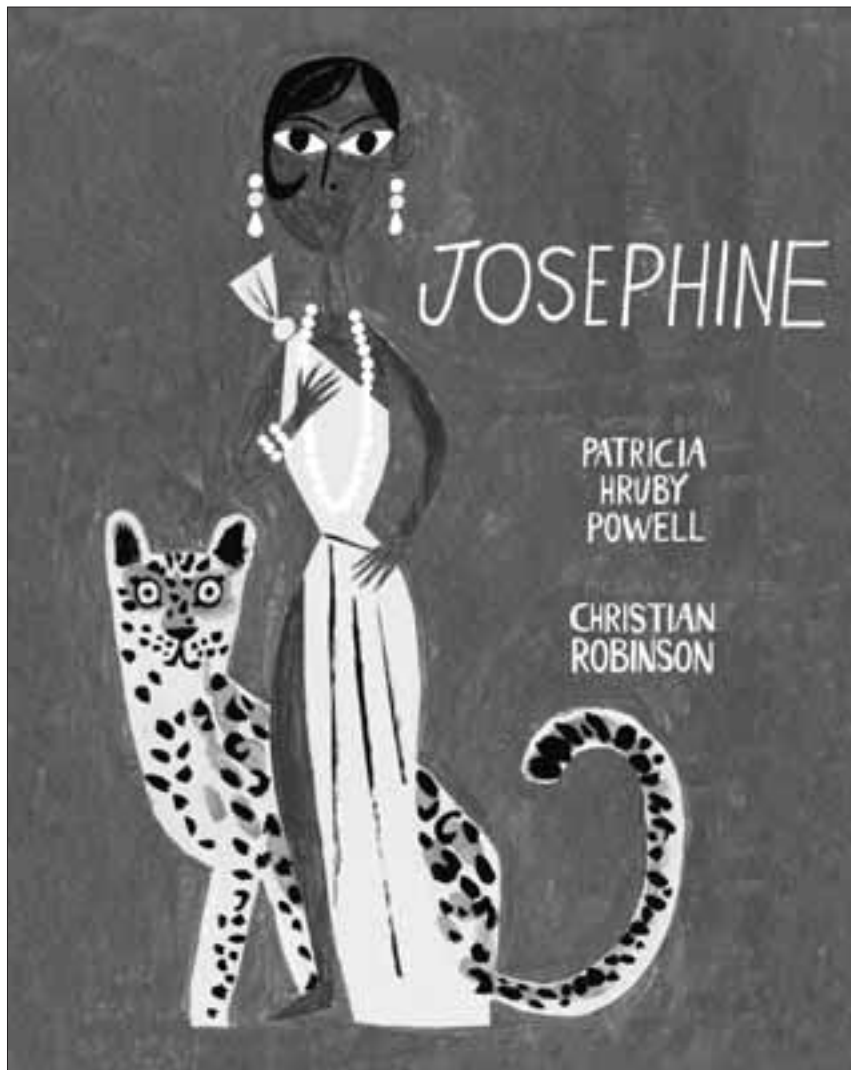
And yet, there was one thing Josephine hadn't done, and it bothered her. She hadn't become a star back home in America. She needed to do it – but was America ready for her?

As I was reading *Josephine* through for the first time, something tickled the back of my mind. I liked the colorful illustrations by Christian Robinson well enough, but that wasn't it. The story is familiar, so that wasn't it, either.

And then it hit me: the words.

Author Patricia Hruby Powell's story is written almost like scat: quick lines, be-bopping here and shooby-loobing there, rising and falling as though Josephine Baker herself was singing the story. It's infectious, even in the sad parts. Your little one might not notice that hoppity-bop but once you do, you won't be able to not see it.

I think smaller kids might enjoy this book for the artwork but readers ages eight-to-12 will probably get more out of *Josephine*. If your child's gotta sing and gotta dance, then she's gotta read this book, too.



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February 5, 2014

Page 15

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2 bedroom house for rent
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HOUSE FOR RENT

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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. ASK ABOUT OUR NEW YEARS MOVE-IN SPECIAL.



EQUAL HOUSING OPPORTUNITY/EQUAL OPPORTUNITY EMPLOYER



Pricing Analyst

Parker Hannifin (PH), a Fortune 500 Company, has an immediate need for a Pricing Analyst at its Hydraulic Filter Division located in Metamora, Ohio. The Pricing Analyst is responsible for proactively analyzing data and making recommendations considering customer value-based marketing, competitive markets, and company costs affecting the business plans and profitability across the division. The Pricing Analyst monitors and keeps the division focused on corporate strategic pricing initiatives.

The successful candidate will possess a BS in Business, Engineering, or Marketing, with 6 years or more relevant experience. MBA preferred. Candidate must have strong analytical and quantitative skills as well as excellent written, verbal, and interpersonal communication skills. US citizenship required.

If qualified, please visit www.parker.com/careers to apply. EOE (M/F/D/V)

Notice to Bidders: Inquiry # FY14-54, (Project # 5003-14-1799) for Health and Safety: Health Education Building - Fire Sprinkler Upgrade 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, February 18, 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 \$65.00 will be charged per set. Any further information may be obtained from Dennis Costlow of JDRM Engineering at 419-824-2400. One Pre-Bid Conference will be held on Tuesday, February 11, 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: \$135,000.00; Breakdown: Fire Protection: \$135,000.00.

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Providence Metropark Heritage Center Renovation, Grand Rapids, 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 **Thursday, February 20, at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of interior and exterior improvements to an existing 1,075 sq. ft. building, formerly the "General Store" in Providence Metropark. General constructions includes select demolition, rough and finish carpentry, windows, doors, exterior wood decking, siding, trims, railings & handrails, interior paneling & trims, patch epoxy flooring, metal roof coating system, modest HVAC & electrical, finishes & 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. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$15 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparktoledo.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

Invitation for Bids

Collingwood Green Phase II - Townhomes

IFB #14-B001

The Lucas Metropolitan Housing Authority (LMHA) will receive bids for Collingwood Green Phase II for (68) Townhomes. **Bids received in accordance with law until Wed., Feb. 26, 2014, 11AM ET. Pre-Bid Meeting: Feb. 5, 11AM ET, 425 Nebraska, Toledo. For Documents:** www.lucasmha.org, 419-259-9465 (TRS: Dial 711) or 435 Nebraska Ave., Toledo, OH 43604. Bidders required to meet the Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Sec. 3 Compliance Applied.



Facilities Manager

Parker Hannifin (PH), a Fortune 500 Company, has an immediate need for a Facilities Manager at its Hydraulic Filter Division located in Metamora, Ohio. The Facilities Manager is responsible for the efficient maintenance and coordination of all facility services, processes, systems, operations and contracts. Facilities Manager will manage building and grounds, office operations, and associated staff and lead health and safety programs to ensure all appropriate OSHA and ADA requirements are maintained and implemented.

Qualifications include an Engineering degree and an electrical background. Past experience must include: at least 5 years managing maintenance team in a manufacturing setting, leading and maintaining ISO 14001 certification, implementing and maintaining TPM systems, managing a budget, and EHS leadership. Candidate must have experience leading others in a Lean manufacturing environment and have Six Sigma Black Belt Certification. US Citizenship required.

If qualified, please visit www.parker.com/careers to apply. EOE (M/F/D/V)

Carter G. Woodson – The Founder of Black History Month

Sojourner's Truth Staff

Carter Godwin Woodson, born the son of slaves in 1875, initiated the celebration of "Negro History Week" in 1926 and placed it in February to mark the birthdays of Abraham Lincoln and Frederick Douglass. That week would evolve over time into Black History Month garnering a good deal more attention than Woodson could have envisioned in 1926.

Woodson whose lifelong passion was education and trying to ensure that education was made available to all. Woodson himself struggled early in life

to attain his education. Coming from a large, poor family, he was unable to regularly attend school as a youth. He basically taught himself the rudiments of most school subjects.

He moved to Fayette County, WV in his teens to earn a living as a miner in the coal fields and devote a few months of the year to attaining a high school diploma. He did so by the age of 22 and by the age of 25, he was appointed principal of that same high school. He earned a bachelor's degree from Berea College in Kentucky by taking

part-time classes.

He would go on to earn advanced degrees from the University of Chicago and his doctorate from Harvard University – only the second African American to do so (after W.E.B. DuBois).

Woodson later joined the faculty of Howard University and served that institution as dean of the College of Arts and Sciences

His final professional position was as dean of West Virginia State University.

Woodson's long-held belief was that the history of African Americans had been largely ignored. He spent much of his life trying to set the record straight, often against the wishes of other prominent African American who did not feel that the history of



Carter G. Woodson, Ph.D

one race should be defined in ethnic or racial terms.

Woodson published a number of books devoted to examining the history of African Americans – A Century of Negro Migration, The Education of the Negro Prior to 1861, The History of the Negro Church, The Mis-Education of the Negro, for example.

"Race prejudice," said Woodson, "is merely the logical result of tradition, the inevitable outcome of thorough instruction to the effect that the Negro has never contributed anything to the progress of mankind."

Negro History Week was one of his efforts to set the record straight about those many contributions African Americans have made to the progress of mankind.

