



Volume 27, No. 9

"And Ye Shall Know The Truth..."

May 7, 2014

Deltas' Breakfast for M'Lady

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Scholarship recipients Miafui Dzotsi, Tinae Bluitt and Sierra Odoms

Another Color for Another Mother

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

... What I most remember was an abiding sense of comfort and security. I got plenty of mothering, not only from Pop and my brothers and sisters, but from the whole of our close-knit community.

- Paul Robeson



In the African-American tradition, Mother's Day is one of the church's red-letter days. It is a day set aside to give thanks to God for biological as well as non-blood "other-mothers" who have mothered us in the faith and life. Churchgoers traditionally wear white flowers to commemorate the legacy of mothers who are deceased or red blossoms to signify their love for mothers still living.

However, another color may be needed as a large portion of members in urban churches like Center of Hope, a congregation where the median age is approximately 35 years old, are increasingly unfamiliar with African-American or religious traditions. It is a generation of young people also in need of a surrogate to stand in for mothers and grandmothers who are or have been sorely absent from their lives.

The mass imprisonment of young black males, rising maternal incarceration and parental substance abuse are contributing factors to mother absence. Current welfare policies and a market economy that requires long hours of minimum wage labor, which contributes to latchkey or unsupervised children, augment the problem. An obvious consequence has been an explosion of teen-age pregnancies and a resultant rise in the number of young grandmothers less than 35 years of age.

For all of these reasons and more, the church and community

are faced with two generations of mothers who, having missed a critical developmental stage themselves, often lack the maturity, skill, wisdom and experience to carry out their traditional roles of instilling values and keeping the family together.

In the black community, the title of "mother" is not limited to biological ties and is usually given to older women who are wise, experienced, and willing to help with the needs of the community. Mothering, then, as Gibson (2005) stated, "must be viewed from a socio-political context within the experience of race and gender." In an era where children are raising their children's children, this socio-political "mothering" represents a critical function for the contemporary urban church.

It is a difficult assignment.

Although the war on crime may be considered technically over, its consequences impact the community in powerful ways. The spillover of oppositional culture and other negative coping behaviors communicated back and forth between the prison and the street and through the eventual return of the formerly incarcerated is regularly transmitted to impressionable youth. These young people may also have emotional or behavioral issues related to their parents' physical or emotional absence.

What is needed?

Memories, faith and unconditional love. As is the need to put

negative behavior in check firmly and consistently.

However, the greatest danger facing our youth is that of falling through the cracks and becoming part of the criminal justice system where the negative peer interaction propels them down a path of no return.

What can be done?

Providing direct services that feed children and after-school programming are very helpful.

Yet, if the community-destroying youth to prison pipeline is to be dismantled, churches and pastors will also have to step outside their ecumenical box to supplement legal work by doing investigation, forensics, and case analysis. These legal enrichment activities are needed primarily because it is work not generally performed by the court-appointed attorneys that many of our troubled youth typically depend on.

The church should also find ways to impact the courtroom by showing up to support youth who show evidence of trying to better their lives.

We must also be more effective in conversing with law enforcement, elected officials, and the criminal justice system as well as with families of individuals in prison and jail, on parole and probation, or ex-offenders.

Why?

Because mass incarceration affects not only mothers, but all of us in one way or another. Whether or not we personally have spent time in prison or jail, we are likely to have church members or close relatives that are involved in the criminal justice system.

And, because surrogate mothering ensures protection of our youth and survival of black families.

So I think I will wear a pink flower this year. The protection and development of a child has always been a communal responsibility and not an individual one.

Contact Rev. Donald Perryman, D.Min., at drdlperryman@centerofhopebaptist.org

The Sojourner's Truth

Toledo's Truthful African American
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Community Calendar

May 9

The Movement Church "Hope for Moms:" 7 to 8 pm; For mothers who have lost children to connect with each other; "Angela's Angels" support group for mothers will attend: 419-508-2636

May 10

St. Stephen's COGIC Annual Mother Daughter Luncheon and Style Show: Noon; Speaker Evang. Belinda Brown

May 13-15

Beulah Baptist Spring Revival Services: 7 pm nightly; Guest preacher Rev. Robert Curtis, pastor of Mt. Olive MBC Lima

May 14

Engaging Men Forum: 9 to 11:30 am; Discussion about the issue of domestic violence; Educational Service Center; Guest speaker Gus Funk: 419-244-3053 ext 221 or dmccarty@fcapc.org

May 17

United MBC Pre-Women's Day Luncheon: 11 am

May 18

Grace Temple COGIC "A Night of Hope" Healing Service: 6 pm: 419-242-9321
United MBC 31st Women's Day: "Crowns of Glory;" 10:45 am.

May 31

The Worship Center Cncert: 7 pm; Nikki "D" and The Browns

Stray Thoughts Looking for a Home

By Lafe Tolliver, Esq

Guest Column

(1) I read the story in the Toledo Blade regarding City Councilman Larry Sykes being profiled by Toledo Police.

There was no evidence of any wrongdoing by Larry and any "record check" proved fruitless.

So, what was at work here? Simple. Racial profiling at its best.

The cops were wrong... wrong...wrong. They were two bored white cops looking for a little excitement during their shift and thought, "hey why not pull over some black person and maybe, just maybe we might get lucky and who knows, even have a chance to pull a gun on him if he makes some "furtive movements"!"

Kudos to Larry for reporting this crass and racist behavior. We will see what investigation will be done by Chief Moton regarding these freelancing cowboys.

My suggestion? Put them in the motor pool or on cross guard duty for sixty days and give them racial sensitivity training and then see if they are fit to be in a patrol car again without harassing people.

You got to understand two things. Municipalities, like corporations, only change their negative policies or behavior when they get a bucket load of bad PR or they get socked in the gut with a costly financial settlement.

Until then they will do as they please.

So, my message is quite simple: To any minority person, male or female, who has been racially profiled without legal justification, file a timely complaint with the internal affairs bureau of the Toledo Police (downtown headquarters) and send a signed copy to the following persons: (1) Chief Moton (2) every city councilperson (3) the mayor (4) The Blade, The Truth and The Journal and Ray Wood at the local NAACP.

Whatever you do, don't sit around and stew about it. Be proactive and stand up. When stopped, act calmly and ask the reason for the stop and cooperate with the cops as to providing your ID and insurance card.

Note the time and place of the stop and if you can, without getting a billy club upside your uppity head, ask for their badge numbers or car number.

If the cops are in a mood to agitate you in the hopes that you will fly off the handle and say or do something stupid so they can arrest you, resist that urge and be calm. No, you do not have to consent to your vehicle being searched.

If you have passengers in your care, tell them to be quiet and to cooperate which also includes them showing their ID's if so asked.

I remember when I was racially profiled when I was in law school. I was driving an old blue Chevy Malibu hoopty car at night when I was stopped near St. Francis High School coming back from The University of Toledo Law School library. I was told by the two white cops that my car matched that of a car that was involved in a burglary.

When I was checked out and was cleared, I asked for their badge numbers and duly protested this harassment. Nothing came of it but I was not going to allow those two cops the satisfaction that they got away with something.

(2) Well, Jack Ford went ahead and filed his petitions with the Board of Elections so he can run against State Senator Edna Brown.

What is Jack's cover story? A lot of gibberish about how the current slate of representatives purportedly dropped the ball regarding the bill about the elimination of economic empowerment zones.

For Jack, any port in the storm will do. It could have been a bill about eliminating dog fleas at circus rodeos. It did not matter the cover story. Jack is bored and wants to get back into the limelight and adulation that he profoundly misses being in the state capitol.

At Jack's age and with his health issues, I have earlier commented that he needs to find a hobby like flower arranging or being a museum docent or volunteering to be a street crossing guard at a local elementary school.

But not Jack. He believes in his own PR releases that he is the political cat's meow for northwest Ohio and in particular for the African-American populace.

What is needed is for someone

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Growing Our Local Economy One Highly Skilled and Educated Student at a Time

By Kevin Dalton, President, Toledo Federation of Teachers

Guest Column

This is a very quick history lesson, I promise. The economies of Toledo and many other American cities boomed after World War II. This economic nirvana happened in large part because the U.S. federal government provided overall national economic stability while state and local governments mostly focused on local issues, such as creating and funding local education systems to produce skilled students for the local workforce. This partnership and division of responsibilities worked well to provide both a stable economic environment for businesses to operate in and a steady flow of prepared workers that created a vibrant middle class.

So, what went wrong?

During the 1970s and 1980s, state and local governments became fix-

ated on lowering taxes as a way to kick-start their local economies and attract new businesses. But, this shortsighted policy led to cities and states outbidding each other to reduce their taxes lower and lower, which forced them to cut costs by starving school systems and slashing vital programs, essentially closing off the true pipeline for a strong economic environment—a continuous supply of highly skilled workers.

It took us a while, but we learned our lesson and are starting to get it right. And just in time, too.

With the emergence of the new global knowledge economy, a strong local economy that attracts and retains new industries and businesses can be achieved through the

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TUSA Nehemiah Action Rally Addresses Domestic Violence, Lead Poisoning

By Artisha S. Lawson
Sojourner's Truth Reporter

Toledoans United for Social Action organized eight area congregations on April 28, 2014 at Friendship Baptist Church and demanded action to reduce lead exposure and decrease domestic violence in Toledo. "TUSA expects commitments from the mayor, chief of police, and president of City Council to make and facilitate the change of domestic violence culture," said TUSA Co-President Rev. Dennis G. Payne II.

Local congregations and TUSA members: Friendship Baptist Church, Third Baptist Church, Church of the New Covenant, St. Paul Missionary Baptist Church, Glass City Church of God, Wesley United Methodist Church, St. Martin de Porres Catholic Church and Our Lady of Lourdes rallied hundreds of individuals and presented information about the impact of domestic violence in Toledo.

As a result Toledo Mayor D. Michael Collins, Toledo Police Chief William Moton, and Toledo City Council President Paula Hicks-Hudson pledged to collaborate with TUSA to increase resources, clarify policies and arrange accountability meetings to decrease domestic violence

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City of the A.N.G.E.L.S. Sponsor Rock the Yacht Club Fund Raiser

By Artisha S. Lawson

Sojourner's Truth Reporter

The Toledo Yacht Club was filled with over 250 individuals on Friday, May 2, 2014 for first annual the City of A.N.G.E.L.S. fund raiser. Guests enjoyed a silent auction, refreshments and live entertainment. Proceeds from the event will benefit future charitable events sponsored by the organization.

"We have been doing this for over 18 years, but this is our first major fund raiser," said Lisa Canales, founder and co-director. "This is really about neighbors helping neighbors. It allows us to provide a larger opportunity for the community. It's exciting because this event is standing room only. I praise God, because it's all him. It was my promise, but he allowed people in my life to help tonight."

Eighteen years ago, a grateful mother's promise was the cornerstone for a charity called A.N.G.E.L.S. Outreach or Area Neighbors Getting Evolved Lovingly and Spiritually. Currently, the organization provides assistance to area families during Easter, Thanksgiving and Christmas. Canales, along with daughter and co-director, AngelMia Flores, work in collaboration with businesses and organizations which inspired the fund raiser's name, City of A.N.G.E.L.S.

"The family and the volunteers receive

a blessing. We respect the families, because we don't ask them to stand in line. When you have to ask for a donation, that's already a difficult situation. We hand deliver all baskets to the families. They receive everything necessary for an Easter day meal," shared Canales.

The founder's emotional story impacted the number of volunteers who support the organization, along with event sponsors, includes dozens of individual supports that donate their time and resources.

"In September or October we will host another fund-raiser at Forrester's on The Docks. We have been so



blessed, and that's why we changed our logo, because there are so many angels that help our neighbors. The city of Toledo are the city of Angels," explained Canales.

A.N.G.E.L.S. Outreach hosted the fund-raiser co-sponsored by The Blade, Cinco De Mayo, Forrester's,

Foundations Steel, H-Factor Jazz Sow, La Prensa, The Sojourner's Truth, Toledo City Paper, Toledo Yacht Club and Toledo Lucas County Library.

Learn more about the A.N.G.E.L.S. Outreach program and its community impact by visiting the Facebook page - www.facebook.com/Angelsoutreachtoledo.



State Rep. Alicia Reece Named Public Official of the Year by National Association of Social Workers

Honored for leadership in advancing policies beneficial to civil rights, vulnerable populations

Special to The Truth

Ohio State Rep. Alicia Reece (D-Cincinnati) will be honored as the 2014 Public Official of the Year by the National Association of Social Workers (NASW). Rep. Reece will be presented with the award at the NASW Ohio Chapter - Region 6 - Annual Awards Banquet tomorrow, May 1st at the Cincinnati Museum Center, 1301 Western Ave., Cincinnati, OH 45203.

"I am honored and humbled to receive such special recognition," said State Representative and Ohio Legislative Black Caucus President Alicia Reece. "The daily contributions of social workers makes our state a brighter place, and I am pleased to

further their important work whenever possible at the Statehouse."

According to the NASW, candidates for the award made significant contributions to public service while in office, demonstrated leadership in advancing public policy in the area of vulnerable populations, civil and human rights, or social welfare, and exemplified social work values and ethics.

"I nominated her as I think she exemplifies everything in our profession that we hold dear in terms of values and advocacy work for vulnerable people", said Jean Sepate, Chief Operating Officer of Lighthouse Youth Services.

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to take Jack out to lunch and gently inform him that his glory days are now memories. He had a myriad of chances to lead the charge of Light Brigade into battle and to stand on the capitol steps and raise his fist and right the many wrongs but he did not do so in this writer's opinion.

Now, Jack is seeking redemption. He wants to have a chance to make a last stand and show people that he still has the fire in his belly for a fight but where was that fire when he was on city council? Where was that zeal when he was on the school board regarding minority issues?

Did Jack cut down beanstalks when he was a past state rep? When he was mayor, did Jack slice and dice those who were gate-blockers to the progress of minorities? If he did, show me the records that say otherwise and thus throw a cream pie in my face!

I urge everyone who reads this column to not send Jack a dime for any campaign monies (don't worry, he and his best bud Carty will find means to raise funds...don't help them out) and when it comes time to vote, send Jack home with a vote that says, Keep Edna Brown in office!

Contact Lafe Tolliver at Tolliver@Juno.com

Economy...continued from page 3

promise of a high-quality 21st-century career and technical education, just like the one we are building in the Toledo Public Schools. The Toledo Federation of Teachers is working with labor groups and businesses to create an educational system that provides students the technical and cognitive skills they will need to compete in the 21-century workplace.

Let me be clear: We are not just calling old vocational education programs something new. This is a fundamental reconceptualization of how we educate students, ensuring that they are skilled both with their minds and with their hands. Students can not only be taught a discrete set of skills; they must be taught how to use their minds well so that they can adapt and acquire the new knowledge and skills their jobs will demand over the coming years. Highly skilled students are what will draw new businesses and industries to our city and stop the "brain drain" in Northwest Ohio.

It is schools like the Toledo Technology Academy that are leading the way. The Toledo Technology Academy is a four-year public high school that provides an academically and technologically rigorous curriculum to prepare students for careers in engineering, robotics, alternative energy, manufacturing and other technical fields. These students are acquiring the tech skills, higher-level thinking and reasoning skills, and teamwork experiences they will need to excel in college, go on to advanced training

programs or go directly to highly paid professions.

But don't take my word for it. Just this past week, leaders from national unions, school superintendents, members of engineering societies and local elected representatives toured the Toledo Technology Academy to learn how it was created and see how it has been successfully run and expanded by a governing board of educators and labor and business leaders. These community leaders want to use the Toledo Technology Academy as a model to help transform other school systems to better prepare students for college and career, as well as spur economic development and job creation in their communities. The Toledo Federation of Teachers was integral in the creation of the Toledo Technology Academy, and we want to continue to reclaim the promise of a high-quality public education for all children. We can do that by building on the Toledo Technology Academy's success and by embracing the new Macomber High School as a 21st-century building and trades vocational school.

For struggling cities and students alike, high-quality career and technical education is the path to a brighter future and can break the vicious cycle of lacking highly paid jobs because there are too few highly skilled workers to fill them. Let's ensure that all children have the opportunity to dream their dreams and achieve them. Let's help our public schools become centers of their communities, and let's fulfill public education's purpose as a propeller of our economy, an anchor of our democracy and a gateway to racial, social and economic justice.

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www.thetruthtoledo.com



The Truth Gallery
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What Can You Swap, Substitute, Shrink or Sneak-In Today?

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

I love the title of a recent article I read: "The Top Foods to Swap, Substitute, Shrink, or Sneak-In." The article highlighted recommendations to the general public to make changes to reduce added sugars and solid fats in the diet. Too much added sugar and fats can increase weight as well as chronic disease associated with excess weight. For many Americans, nearly a third of food eaten on a regular basis consists of added sugar and fat.

Added sugars are sweeteners that do not occur naturally in food. For example, fruits and 100 percent fruit juice are naturally sweet. Fruit-flavored drinks like punch or sports drinks (not 100 percent fruit juice) are flavored to taste like fruit and have added sugars. If you read an ingredient list for the food or drink, any of the following words indicate added sugars: sugar, brown sugar, raw or invert sugar, corn sweetener, syrup or malt syrup, corn syrup or high-fructose corn syrup, honey, molasses, fruit juice concentrates, sucrose, glucose, lactose, dextrose, fructose, and maltose. Remember, food ingredient lists are listed from highest to least amount. So, if sugar is listed towards the beginning, it is a main ingredient of that food or drink.

The following list of food and drinks are the top contributors of sugar to the American Diet:

- Sugar-sweetened beverages (49.7 percent)
- Desserts (25.5 percent)
- Ready-to-eat cereals (3.8 percent)

What can you swap, substitute, shrink or sneak-in to reduce added sugars in your diet?

- Instead of sugar-sweetened beverages, substitute your drink with water flavored with fruit, 100 percent fruit juice or low-fat milk. When choosing the other drinks that have added sugar choose smaller cans or glasses for the drink instead of the larger options.

- Instead of sugar-added desserts,

sneak-in desserts with fruit as a main ingredient. Try baked apples or pears with cinnamon, a fresh fruit salad or a fruit parfait. Look for frozen treats made with 100 percent fruit or make your own 100 percent fruit juice bars in the freezer. Shrink your serving size of dessert to shrink added sugars and fat.

- Instead of ready-to-eat cereals with added sugar as a main ingredient, reduce your sugar intake by looking for varieties of cereals that do not have added sugars. If you really like the cereals with added sugars, swap half the bowl of cereal with a non-sugar added variety. Mix two kinds of cereal in your bowl: half of cereal with added sugar and half without added sugar.

There are good fats and bad fats. The bad fat, or saturated fat and trans-fat are solid at room temperature. Solid fats are shortening, margarine, lard, animal fat and skin, butter and cheese. Healthier fats are liquid at room temperature such as vegetable oil or olive oil. Healthier fats contains higher amounts of mono and poly unsaturated fat. All fats are high in calories so although liquid fats are healthier, it's still important to watch serving sizes.

The following foods are the top contributors of solid fats to the American Diet:

- Desserts (15.5 percent)
- Eggs, bacon & sausage (10.8 percent)
- Pizza (9.1 percent)

What can you swap, substitute, shrink or sneak-in to reduce added fat in your diet?

- As mentioned before, desserts have added sugars as well as fat. Desserts are OK to eat once in a while but they don't need to end every meal.

- Enjoy a hearty breakfast but swap other food group items such as whole-grains like oat meal, fruits, vegetables and low-fat milk

instead of just eggs, bacon & sausage. Only the egg yolk contains cholesterol and saturated fat, so swap two egg whites for the whole egg, especially if you're making or ordering an omelet.

- Be choosy about your pizza. Try a thin crust, a smaller sized pizza and eat fewer slices. Sneak in some vegetables and reduce the amount of high-fat meat toppings.

In addition to those items listed, some other foods that contribute fat to the American diet include: hamburgers and fried potatoes (8.6 percent); butter, margarine, lard and shortening in pasta and Mexican food dishes (8.5 percent); whole and low-fat milk (7.3 percent) and chicken and beef (7 percent). Think small when it comes to meat portions. Make or order a smaller

burger and choose lean meat like ground beef that is at least 90 percent lean. Remove skin from poultry to remove extra fat.

The main message is to be aware of added sugars and fats in the American diet. Enjoy your food and think about what works best for your healthy diet. Make a goal to Swap, Substitute, Shrink or Sneak-In some tasty options for healthy eating.

Source: "The Top Foods to Swap, Substitute, Shrink, or Sneak-In to Reduce Added Sugars and Solid Fats in Your Diet" at <http://www.extension.org/pages/55458/the-top-foods-to-swap-substitute-shrink-or-sneak-in-to-reduce-added-sugars-and-solid-fats-in-your-diet#.Uqd6lJQo6M>

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Seminar Information:
Where: Thursday and Thursday, beginning May 30, 2014 and ending June 13, 2014
A light lunch is provided at 1:30 pm, followed by a presentation at 2:00 pm.
Where: 100 Madison Avenue - 4th Floor Conference Room 401 - Toledo, OH 43604
Course Registration Fee: \$200 - however, scholarships are available that may cover your entire registration fee. Call Kenneth Wilson, MBAC Coordinator at 419.243.9191 for details on registration.

A limited number of scholarships are available, call for details.

300 Madison Ave., Ste. 200 • Toledo, OH 43604-1576 • 419.243.9191 • www.toledoregionalchamber.com

The Struggle Is Real!!

By Angela Steward, Fitness Motivator
The Truth Contributor

Yes, weight struggles are real! Once a foodie, always a foodie - I'm a foodie. I love good food. My husband is an excellent cook, my mother is a good cook, everyone in my family is a good cook. I can cook-I just don't like to cook.

If my husband didn't cook for us, we would have to eat out every day. Fortunately, I don't have the time to eat out daily, but unfortunately I have time for fast food. For the past six months my life has been extremely stressful and busy - so quite honestly eating at fast food restaurants has been all I have made time for. Regrettably fast food, lack of sleep, lack of dinner planning and being on the run from 8 a.m. to 10 p.m. - I've gained 15 pounds - that my body can't afford to carry!

Thank goodness, my schedule is finally under control, and I'm ready to jump the hurdles that have been standing between me and the body I want - a healthy and fit body, not a skinny body.

Don't be confused, I'm healthy and happy, I know my ideal weight is 15 pounds away! After losing over 70 pounds years ago, you would think losing 15 to 20 pounds would be easy. Not so, as we age our hormones change and even though I exercise daily, I have to do more to get the results I want - so I'm rebooting my mind, my workout and my body. Do you need to "reboot" too? Are you ready to make a change? If so...Let's Go!

Join me in rethinking, refocusing and renewing my weight loss goals:

Goal #1: This Pudge Will Budge! While losing 70 pounds, I weighed myself at least weekly.

But once I reached my goal weight - I became comfortable. I thought to myself: "I'll never gain "all" that weight back - no worries."

I stopped weighing myself! And as I began to gain weight, the scale became my enemy, heck I had to blame something. It certainly couldn't have been my consumption of cupcakes, cookies or pieces of pie during holidays, birthdays, celebrations and parties! Me stepping on the scale reminded me of less than healthy eating - so instead of stepping on it, I stepped away from it. So today, I'm rethinking my relationship with my scale - We're now in a intimate relationship. I'm going to love my scale. This pudge will budge - I will weigh myself daily to track my progress!

Goal #2: Eat my dinner at home! I know what it takes to lose weight. It's not complicated. Less Food - More Movement! Less Junk Food - More Healthy Food! Less Sweets - More Fruits and Vegetables!

For breakfast I regularly eat two boiled eggs and fruit. I pack my lunch every day. My real hurdle begins after I leave my full-time job. I jump in my car and I'm immediately on the run, sometimes not getting home until after 10:00 pm.

My husband respects and supports my fitness business, so most times he will ask if he should fix me something to eat. My normal reply is "No", simply because I never know what time I'll get home to eat it. So my goal is to be home to eat before 9:00 pm and to eat what is waiting for me in the oven or in the fridge.

Goal #3: Make Time To Exercise! I have a full-time job and I'm also a business owner and fitness instructor and teach at least 12 classes weekly. Though you would think I'm working out while I'm teaching - as a fitness instructor my job is to make sure that my clients stay motivated to exercise, and that they maintain proper form and technique. While teaching I burn a few calories, but not nearly as much as my clients burn - it's not my time to workout, it's my time to teach. So my goal is to somewhere, somehow make time to exercise for ME!

Goal #4: Run a Mile! Me? No Way! I would truly love to run, but the truth is I've never been able to run. My knees have always given me trouble. Even as a kid, I always wanted to run, but my knees always hurt. To this day, even though I've had knee surgery, my



Angela Steward

knees still hurt. So while others run, I'm forced to walk!

Walking isn't nearly as fun as running, but my doctor constantly reminds me: "You are not a runner, you're a bike rider and a walker. If you run, knee replacement is guaranteed."

So, even though I would love to feel the breeze blowing through my hair while running, the fact is I'm a bike rider and a fast walker. So to burn more calories while walking, I bought walking poles (they look like ski poles) and they're also designed to take pressure off the knees. So my goal is to walk more and to ride my bike more often.

Goal #5: Do More of What I Love! I love strength training. I always tell my clients to do what they love. They love our cardio programs as much as I do. But my absolute favorite fitness format is strength training. I love lifting weights. It's nice to dumb(bell) it down, but personally I love how heavy lifting makes me feel! I love feeling the burn! My goal is to lift two to three times weekly!

It's so easy to gain unwanted weight and that's why I'm sharing with you that the struggle to lose and/or maintain a certain weight is real! So now that I've shared a few of my woes and goals with you - are you willing to share yours with me? It doesn't matter if you want to lose 10 pounds or 100 pounds, an eat-what-you-want attitude and lack of exercise is the real cause of weight gain. We can motivate each other!!

No more hiding - let's jump on that weight scale together, face our fears and let's get this winter weight off! Please text, email me or friend me on Facebook - Fabulously Fit! Your weight loss story could possibly be featured in my upcoming articles! Be a Loser!

Your Sista In Fitness!!

Angela R. Steward

Creator of Fabulously Fittm

Certified Group Fitness Trainer & Healthy Living Motivator

Certified Weight Loss & Nutrition Consultant
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Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,

I am just starting to work out and I see a lot of exercise videos advertised on TV. Between T25, Zumba, Beach Bodies, Insanity, Cross fit and other workouts which one would you consider to be the best to start? How much can I expect to lose and are these workouts safe?

J.T.

Dear J.T.

Well, of course my vote goes to Dream Bodies!!

I say just get moving and doing something. Anything you do is better than sitting around doing nothing. There are pros and cons to all of them as far as results, motivation and injuries are concerned.

I know of a lot of people getting injured doing cross fit stuff because of the balletic movements and poor form. If you are going to try that make sure you have someone well educated on the form and technique that won't have you lifting too much too fast.

The videos are OK if you can stay self motivated and stay on track. For several reasons a lot of people start these programs and fall off just as fast as they start them. Lack of motivation to continue on their own; doing it at home brings along many distractions; exercising alone bores them; improper form and injuries; they don't see results fast enough and just stop. The list goes on.

Is one really better than the other one? It just depends on your goals. Are they realistic and how soon you are trying to reach them? Many people try to keep up with the video and get discouraged because they can't.

It's important that you do all routines at your own pace and work up to longer times. It's a progression and as long as you are getting better than you were, it's working. If you read my articles or anything on fat loss you will see that one to two pounds per week is great results.

But if you are doing resistance training it is far more important to go by the mirror and how your clothes fit as opposed to the scale. Concern your self with inches not weight! The weather is starting to break now and it will be warmer out. Why would you want to be stuck in the house doing videos when you could be outside enjoying yourself?

Find something you enjoy doing and schedule it like you would an appointment. This will get you rolling in the right direction. Make your appointment with yourself and stick to it.

You know your nutrition will make a big difference in your results so clean that up as well. If you see improvements then you are doing a great job and keep doing what you are doing.

It doesn't happen over night and you will get there if you stay focused, consistent and UNLEASH YOUR HERO!

Good luck

My summer fit camps will be starting @ Ottawa Park in June.

Classes are going now at Dream Bodies

MONTHLY CLASSES:

Self defense for women

Basic nutrition classes

One free fit camp on Saturdays

Check website soon for details

LIKE Ryan Rollison's Dream Bodies on Face Book

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Ryan Rollison

Ryan Rollison
Dream Bodies
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Mental Health Tips for Parents of Teens and Young Adults

Special to The Truth

If you are the parent of an older child or teen, you may not think about his or her day-to-day medical needs as often as you did during early childhood. But older kids also are dependent on you, especially when it comes to emotional health and wellness.

"Life transitions, romantic situations, stress and exposure to drugs and alcohol are just a few of the challenges facing teens and young adults," says James Perrin, MD, FAAP, 2014 President of the American Academy of Pediatrics (AAP). "As a parent, you can help ease these transitions and encourage positive choices."

May, which is Mental Health Month, is a good time to take stock of your child's emotional well-being. The AAP offers these tips for parents to foster good mental health:

- At each new stage in your child's life, be extra vigilant for signals that he needs extra

support. Be ready to provide it.

- Check in often and keep the lines of communication open. If your child is away at college or has moved out, speak regularly by phone. Children should know that they can talk to you about anything. Be committed to broaching tough topics. Talk about your own experiences and fears when you were an adolescent.

- If your teen has a mental health diagnosis, he or she will need extra support. Pediatricians, school counselors and mental health professionals are important resources.

- Watch for mental health red flags, such as excessive sleeping, personality shifts, excessive moodiness, noticeable weight loss or gain, excessive secrecy or signs of self-harm.

- Don't skip the annual physical. Not only are teens still on a vaccination schedule, but check-

ups are a crucial opportunity to talk to your pediatrician about any concerns, as well as diagnose any potential physical and mental health issues. It's also a great time for teens to seek confidential advice.

- Safeguard your home against prescription drug abuse by keeping your own medications locked. According to the AAP, prescription drug misuse by adolescents is second only to marijuana and alcohol misuse. The most commonly abused prescription drugs include Vicodin and Xanax.

- Provide logistical support for young adults like completing health forms and physicals for college; setting up accommodations at school if they have a mental health diagnosis; finding physicians to care for their adult needs; and signing up for health insurance. Your pediatrician's office can help.

- Help limit teens' stress.

Don't encourage them to take on excessive time-consuming extra-curricular activities. Avoid comparing your children. Every child has his own strengths.

- Encourage habits that reduce stress and promote physical and mental health, such as a well-balanced diet, getting at least seven hours of sleep a night, and regular exercise.

- At this age, it's important for parents to arm their older children with coping skills that will serve them throughout life, rather than handling everything for them.

More health tips for parents of older children, teens and young adults can be found at www.HealthyChildren.org.

As your child gets older, don't let physical and mental health take a back seat to other considerations.

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Enrollment in the Health Insurance Marketplace Totals over 8 Million People

More than 4.8 million additional Medicaid/CHIP enrollments

Special to The Truth

Enrollment in the Health Insurance Marketplace surged to eight million at the end of the first enrollment period, HHS Secretary Kathleen Sebelius announced last month. The final enrollment reporting period spans from October 1, 2013, to March 31, 2014, and includes "in line" and other enrollment activity (such as people enrolling due to a change in life circumstance) reported through Saturday, April 19, 2014.

Importantly, 2.2 million (28 percent) of those who selected a Marketplace plan were young adults ages 18 to 34 - a number that grows to 2.7 million when counting ages 0 to 34, the report found. The report also shows, for the first time, the race and ethnicity of the 69 percent of enrollees in the Federally-facilitated Marketplaces who voluntarily reported this information.

HHS also announced today that more than 4.8 million additional individuals enrolled in Medicaid and CHIP through the end of March 2014, compared to enrollment before the Marketplace opened last October.

"More than eight million Americans signed up through the Marketplace, exceeding expectations and demonstrating brisk demand for quality, affordable coverage," said HHS Secretary Kathleen Sebelius. "In addition, over 4.8 million more people have been covered by states through Medicaid and CHIP programs, around 3 million more Americans under 26 are covered under their parents' plans, and recent estimates show that an additional 5 million people have purchased coverage outside of the Marketplace in Affordable Care Act-compliant plans. Together we are ensuring that health coverage is more accessible than ever before, which is important for families, for businesses and for the nation's health and wellbeing."

Last month's report also details state-by-state information where available. In more than a dozen states, enrollment has doubled since March 1. For example, Texas (149 percent growth), Georgia (127 percent growth), and Florida (123 percent growth) had some of the largest surges in enrollment in the country over the final weeks of the initial open enrollment period.

Key findings from the report include:

- 8,019,763 people selected Marketplace plans from October 1, 2013, through March 31, 2014, (including additional Special Enrollment Period activity through April 19). Nearly 2.6 million signed up in the State Based Marketplaces and over 5.4 million in the Federally-facilitated

Marketplace. About 3.8 million people, including nearly 1.2 million young adults (ages 18 - 34), enrolled in the Health Insurance Marketplace plans in the sixth and final reporting period, which began March 2 and concluded on April 19. Those 3.8 million individuals represent nearly 90 percent growth over February's cumulative enrollment.

- Of the more than 8 million:
 - 54 percent are female and 46 percent are male;
 - 34 percent are under age 35;
 - 28 percent are between the ages of 18 and 34;
 - 65 percent selected a Silver plan, while 20 percent selected a Bronze plan; and,
 - 85 percent selected a plan with financial assistance.

Today's report measures enrollment as those who selected a plan.

The federal Marketplace also reported, for the first time this month, the race/ethnicity of its enrollees. The application for coverage through the Federally-facilitated Marketplaces (FFM) contains questions on race and on ethnicity, both marked as optional. Thirty-one percent of enrollees did not report their race or ethnicity or chose "other." However, of those enrollees who reported race and ethnicity:

- 62.9 percent of those reporting are white;
- 16.7 percent are African American;
- 10.7 percent are Latino;
- 7.9 percent are Asian;
- 1.3 percent are multiracial;
- 0.3 percent are American Indian/Alaska Native; and,
- 0.1 percent are Native Hawaiian/Pacific Islander.

To read the Marketplace Enrollment report visit: http://aspe.hhs.gov/health/reports/2014/MarketPlaceEnrollment/Apr2014/ib_2014Apr_enrollment.pdf

To read the Medicaid Enrollment report visit: <http://www.medicare.gov/AffordableCareAct/Medicaid-Moving-Forward-2014/Downloads/March-2014-Enrollment-Report.pdf>

For state-level tables highlighting enrollment-related information for the Marketplace visit: http://aspe.hhs.gov/health/reports/2014/MarketPlaceEnrollment/Apr2014/Marketplace_StateSum.cfm or http://aspe.hhs.gov/health/reports/2014/MarketPlaceEnrollment/Apr2014/ib_2014Apr_enrollAddendum.pdf



A Community Townhall Series on

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Resources/Speakers:

- Lucas County Juvenile Prosecutors Office
- Harbor Behavioral Health
- Toledo Public Schools

May 8, 2014
6:30 pm to 8:00 pm

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Black and White: The Way I See It by Richard Williams with Bart Davis

By Terri Schlichenmeyer
The Truth Contributor

Everything can change in an instant.

That's how it goes: one minute, you're on a good path and the next minute, you're heading in another direction. The game-changer might be something small, something you never noticed before – or, as you'll see in ***Black and White: The Way I See It* by Richard Williams (with Bart Davis)**, it could be something huge.

Throughout his years, Richard Williams almost died several times. The first was when his laboring mother nearly lost her life and her son en route to a Shreveport, Louisiana, hospital that accepted "Negroes."

That was an inauspicious beginning to Williams' angry childhood, which grew worse due to an absent father and a mother's struggle to raise her children in poverty. Those – and ever-present racism – were things young Williams noticed. He decided that he wasn't going to live like his mother, who accepted her lot in life.

From the time he was a preschooler, he fought the people and the situations surrounding him – even when they were good: his mother found a white man who offered help, but Williams refused it. He started getting into trouble, insisting that he was the man of the house, and he gave up childhood pleasures even though he was barely old enough to be in grade school.

Before he was a teenager, he decided he wasn't

c. 2014
Atria
\$25.00 / \$28.99 Canada
304 pages

going to pick cotton, either, but he would do what he perceived would even the score of racism. He practiced running, fast, which allowed him to escape when approached by white men with clubs. He stole increasingly larger things, lied, scrapped and resisted. More than anything, he hated – white people, other black people, his situation, poverty, everything.

Knowing that he had to leave Shreveport, Williams made his way to Chicago, but that wasn't a better place. He headed back to Louisiana, then decided to find his fortune in California. He studied and worked, planned and resisted anew, built a business and worked some more.

And then three things turned his life around: a "beautiful" woman and two children named Venus and Serena.

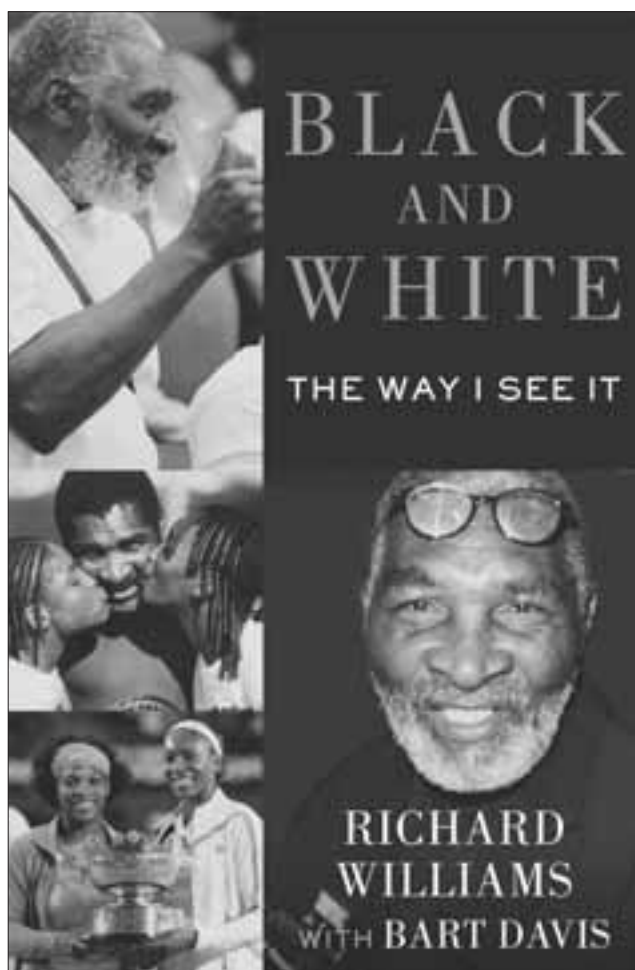
Black and White is one huge surprise of a book.

For the first half, author Richard Williams (with Bart Davis) rants and roams: the anger is so shockingly strong that it pulses from each page and, much like his daughters' tennis volleys, the story goes back and forth until you're dizzy. There are also 70-year-old quotes that are inherently fiction and parts you won't even want to read, including a gruesome bit about digging in his mother's grave.

But then this book abruptly switches, focusing like a laser.

Williams hones in on tennis, his decision to raise two stars in the sport, and his 75-page plan to make it happen. This second half of his story is amazing, in part because it contrasts so highly with the angry and scattered first half.

Overall, this isn't a bad book, but it should be approached with caution and openness. Know that, and *Black and White: The Way I See It* might serve you well.



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Domestic Violence.. continued from page 4

and the negative community impact.

"The issues were selected by TUSA leaders because Toledo is the active highway for domestic violence incidents. It's a necessity to discuss and seek to improve services and resources. Then the lead poisoning is our other issue. The studies that we reviewed, demonstrate heavy doses of poison and exposure in our communities. The impact is physical and mental," said TUSA member Rev. Robert Birt, D.Min., of Glass City Church of God.

The rally opened with a prayer presented by Elder Gwendolyn Hunt of Friendship Baptist Church, and overview of rally ground rules and protocol by Pastor Waverly Earley of Wesley United Methodist Church. Praise dancers physically and verbally explained the negative impact of domestic violence and lead exposure through interpretative movements, and a choir sang soulful selections.

"Welcome to this action rally, as we go forth in prayer. Our God shall be pleased with our deeds as we work in his presence. God continue to bless the congregations and speakers here today. Have our way Lord and do justice in your name," said Elder Hunt.

Rev. Dwight Gutridge of St. Paul Zion presented a summary reflection of TUSA's action agenda based on Luke 4:18. His theme was, "We must do something and be specific in what we do."

The audience heard updates from about three previous action agreements arranged by TUSA. Lucas County Commissioner Tina Skeldon-Wozniak shared the Green Jobs in Lucas County update: funding was received to train 2,000 citizens to become work ready and earn a certificate. Bob Cole of ABLE notified the audience that TUSA in collaboration with community and legal partners had drafted a city ordinance to arrange removal of lead in homes.

TPS Superintendent Romules Durant, EdD, explained the partnership between the school system and TUSA. "We worked to address high suspension and expulsion, especially in grades six through eight that had the highest rate. The power of the church has saved billions. We're now looking for churches to adopt and invest in our children. Now, 40 percent reduction in suspensions across the board," said Durant.

TUSA leaders plan to arrange follow-up meetings with Mayor Collins, Toledo Police Chief Moton, and Toledo City Council President Hicks-Hudson concerning the status of domestic violence resources in Toledo, Ohio.



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May 7, 2014

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EDUCATION COORDINATOR

Position opening for coordinator of afterschool and summer education programming for youth K-8th grade. Minimum requirements: Bachelor of Education Degree with Ohio licensure. Understanding of remedial/developmental learning environments, curriculum development, and diagnostic testing. Must love children and embrace social/emotional learning principles. Send resume and cover letter to: Search Committee, Grace Community Center, P.O. Box 4519, Toledo, Ohio 43610

Toledo Public Schools Business Division RFP/RFQ Opportunity Week May 5 – 9, 2014

Several RFP/RFQ opportunities will be posted for the 2014/2015 School Year for the following Business Division Departments: Food Service, Maintenance & Operations, Print Shop, Security, and Transportation. An informational meeting will be held on Wednesday, April 30, 2014 in the Board Room of the Thurgood Marshall Administration Bldg. beginning at 3:30 PM. RFP/RFQ information will be posted on the TPS website @ TPS.org, under District Programs, then Business Division during the week of May 5 – 9, 2014.

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Work-house Demolition, Remediation and Regrading Project, Metroparks Blue Creek Conservation Area, Whitehouse, 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, May 9, at 4:00 p.m.** Local Time.

THE SCOPE OF WORK consists of complete demolition of a three-story masonry building & basement with a footprint of 11,815 square feet, removal of asbestos containing materials, site security, surface water controls, clearing & grubbing, select material crushing, crushed material & soil backfill, removal & recycling, grading. 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 4:00 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@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.

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1425 Starr Ave.
Toledo, OH 43605
Email: hr@unisonbhg.org
Fax: 419-936-7574
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CLINICAL SPECIALIST - AOD

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Qualified candidates must have a minimum of one year of clinical experience working with SPMI and Dually Diagnosed population. Master's Degree and dual licensure required. Prefer licensure as LPCC or LISW and LICDC. Will consider person who possesses LPC/LSW and LCDC III who is actively pursuing and able to obtain independent licensure in both within six months of transfer into position.

Send resume or apply to:

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

EOE

PROGRAM MANAGER, CHILDREN AND FAMILY SERVICES

Unison Behavioral Health Group is seeking a Program Manager to develop and manage therapy programs and services focused on children and families. Services are provided primarily in community settings. Selected individual will participate as a member of the management team, oversee daily program operations, provide clinical supervision to staff, participate in program development and evaluation, serve as liaison to external partners and assist in marketing services provided.

Qualified candidates must have current clinical licensure from Ohio as a LPCC or LISW, previous experience working with children and families and at least five years experience as a clinician in a mental health setting. Previous supervisory experience is preferred.

Send resume or apply to:

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

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Refinery Operator (Toledo Refining Company) Overview

The Toledo Refining Company is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day.

Description

A Refinery Operator works 12 hour rotating shifts on various units within the refinery which process crude oil as a feed stock in order to produce gasoline, diesel, jet fuel, various chemicals and other products. Our Company is committed to a foundation of safe and environmentally compliant operations so Operators must follow all procedures and safe work practices. New hires will be required to complete a 36 month apprenticeship program. Starting pay is \$26.54 per hour.

Responsibilities

An Operator may be responsible for: maintaining equipment and operations; climbing ladders, tanks and towers up to 200 ft.; taking samples/readings of various process streams; initiating work orders and permitting for work related to the assigned unit; maintaining proper and safe process operations of the operating equipment; and communicating effectively during the shift and at shift relief regarding key process unit and equipment information.

Basic/Required Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; hold a High school diploma or equivalent; and hold a current driver's license.

Must be willing to perform/comply with the following: working overtime; working on holidays and weekends; working in enclosed/confined spaces, such as tanks and towers; working with large, hot, high-speed machines; lifting a minimum of 50 pounds; working around chemicals; wearing fire retardant clothing and personal protective equipment; maintaining your face daily so that a respirator/face mask can seal properly; performing fire fighting duties; working outside in harsh weather conditions; and working with petroleum products and support systems that are under high pressure and heat.

Conditions of Employment

Written tests and assessments; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; pass a background check and drug screening; be eligible to qualify or hold a Transportation Workers Identification Credential (TWIC card); and be eligible to qualify or hold a State of Ohio 3rd Class Steam Engineer License (SEL) within 24 months of employment.

In order to be considered for this position, applicants must submit their resume in Microsoft Word format per the following process on or before 11:59 P.M. of May 25, 2014. **All applicants must provide a valid e-mail address where they can be contacted as candidates will be notified and assigned a testing date and time by e-mail on or before June 2.** All contact information must be accurate and up to date. Phase 1 consists of 4 tests. Relocation is not available for this position.

All interested candidates may apply by going to www.pbenergy.com and selecting the Career tab. Once on the career page, candidates can click on view our current job opportunities; click on Toledo Refining Company; search jobs and apply to the job opportunity listed as "Refinery Operator".

EOE/MF/D/V

CLASSIFIEDS

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Safe-T-City Teachers

The Toledo Police Department is accepting resumes for the position of "Teacher" for the 2014 summer Safe-T-City Program. Interested applicants shall send their resume, home address, contact information, copies of any/all teaching certificates and experience coordinating or instructing child safety programs, and three (3) references (include name, address, and telephone number of each reference.) All information shall be submitted to Toledo Police Department, Personnel and Public Affairs Bureau, 525 N. Erie Street, 43604 by no later than May 09, 2014. EOE.

Scott Class Reunion

The Scott High School Class of 1969 is having our 45th class reunion on July 25 and 26 2014 here in Toledo. We are looking for classmates who we have not and cannot locate. These are the people and numbers to use for contact, Mary 419-536-9544 / Tommy 419-704-1835 and Evelyn 419-490-6851..

Summer Tutor

The Padua Center is seeking a part time (15 hours a week) summer tutor to work from June 9 through July 25. The tutor will have two hours a day for preparation and one hour a day for tutoring children (grades K-6) in reading and math. The ideal candidate will be a certified teacher with a passion for helping children learn in a creative environment. Submit a resume by May 9, 2014 to The Padua Center, 1416 Nebraska Ave., Toledo, Ohio 43607, or email to: thepaduacenter@gmail.com

Management Aide and Maintenance Mechanic III

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for a Management Aide and a Maintenance Mechanic III position. For complete details of this position and to apply, visit our website at www.lucasmha.org. Only online applications received at the above website by Friday, May 2, 2014, will be accepted. This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. NO PHONE CALLS. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, sex, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.

ACCEPTING APPLICATIONS

Accessible Country Trails I and II

One (1) and Two (2) bedroom accessible units (wait list)

Ottawa River Estates

One (1) bedroom units (wait list)

Brookview Gardens

Two (2) bedroom units (wait list)

Qualifying physical or developmental disability required.

Rent based on income.

John H. McKissick Senior Apts.

Bridge Point Senior Village

One (1) bedroom units (wait list)

Must be 62 years of age or older.

Rent based on income.

Willard Apartments (Tax Credit)

One (1) and Two (2) bedroom units (wait list)
Must meet income eligibility guidelines.

Applications taken on a FIRST COME,
FIRST SERVE BASIS

Wednesday, May 14, 2014 @ 9:00 AM - 3:00 PM

5555 Airport Hwy., Toledo, OH
1st Floor Conference Center

All wait lists will be closed
Wednesday, May 14, 2014 at 3:00 PM

For further information call (419) 389-0361
Monday through Friday, 8:30 AM - 4:30 PM



DRIVER Contingent Staff

We are seeking an experienced driver to provide transportation services on an as needed basis Monday through Friday during day and evening hours. Candidates must be able to work split shifts if needed.

Previous experience driving large passenger vans and working with individuals with mental illnesses is preferred. The individual must be at least 21 years of age, have a current Ohio Driver's License (CDL preferred) and have a driving record that would enable them to be insured under the agency policy.

Send resume or apply to:

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

EOE

BEHAVIOR SPECIALIST/DRIVER

Part-time

This is a part-time (20 hr/wk) position that provides transportation services and assistance in engaging client population when they are receiving services. Position is Monday - Thursday and works afternoon/early evening during the school year and days over the summer.

Candidates must have a two or four year degree in psychology, social work, education or related field. Previous experience working with individuals with mental illnesses and driving large passenger vans is preferred. The individual must be at least 25 years of age, have a current Ohio Driver's License (CDL preferred) and have a driving record that would enable them to be insured under the agency policy.

Send resume or apply to:

Unison Behavioral Health Group, Inc.
Human Resources - BS/D
1425 Starr Ave.
Toledo, OH 43605
Fax: 419-936-7574
Email: hr@unisonbgh.org

EOE

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.



EQUAL HOUSING
OPPORTUNITY/EQUAL
OPPORTUNITY
EMPLOYER



REGISTERED NURSE- HEALTH HOME

Full-time opportunity available for experienced nurse to coordinate/ consult on medical care with all providers, complete health assessments, provide medication education and provide direct service to clients. Community work and travel between sites is required. Work schedule for this position may vary to include evening and weekend hours.

Qualified candidates must possess current Ohio RN license. Primary care and psychiatric nursing experience required.

Send resume or apply to:

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

EOE

LEGAL NOTICE INVITATION FOR BID

Sealed bids will be received at the Fallen Timbers Field Office of The Toledo Area Metroparks, 6101 Fallen Timbers Ln., Maumee, Ohio 43537, no later than 3:00p.m. local time, on **Thursday, May 22, 2014**, and thereafter will be publicly opened, read aloud, and recorded for **Furnishing Tree Trimming and Removal Services for Metroparks of the Toledo Area.**

Scope of Work: includes trimming, felling and removal of trees of all sizes in Metroparks throughout Lucas County. The terms of this contract may be extended beyond the original 1 year period given the acceptance of optional performance period bids.

All bidding documents may be obtained by bidders, at the **Fallen Timbers Field Office of The Toledo Area Metroparks, 6101 Fallen Timbers Ln., Maumee, Ohio 43537** free of charge or by emailing joe.fausnaugh@metroparkstolledo.com. If you have any problems accessing the information, please contact the Park Services Department at 419-407-9744 or by e-mail.

Call to place your ad

419-243-0007

www.TheTruthToledo.com

Breakfast for M'Lady: Delta Sigma Theta's 36th Annual Scholarship Breakfast

Sojourner's Truth Staff

Breakfast for M'Lady is all about motherhood, scholarship and fashion. So it was on Saturday, May 3 at The Pinnacle during the Delta Sigma Theta Sorority, Inc.'s 36th Annual Breakfast for M'Lady.

The annual event, which brings together Delta members and guests – 500 in attendance this year – to honor the mother of the year and to provide scholarship assistance to three young women headed to college in the fall, also brings to town the Vogue-Esquire Models of Chicago for a fashion show.

This year's Mother of the Year, always a surprise to the recipient, was Frenchaye Harper Lathom.

Lathom, a Mississippi native, worked in a munitions factory during World War II to contribute to the war effort and attended Alcorn State College.

She and her husband, the late David Lathom, started to raise five children in Mississippi but, in order to flee harassment from the Ku Klux Klan, moved their family to Toledo in 1955.

She is the mother of five – four daughters and one son, and the grandmother of 11. All five of her children and all 11 of her grandchildren have earned college degrees.

As Delta member Theresa Wilkins noted during her presentation of the award, Lathom "had a vision for her family and for everyone whose life she touched and that was 'be the best,' she wanted everyone to reach their full potential and to make this world a better place because of their presence."

Lathom is a member of Braden United Methodist Church, is a founding member of the Chere Amies Social Club, a member of the

Toledo Symphony Guild and helped to organize the Albertus Brown Neighborhood Improvement Association to better the well being of the tenants.

In 2013, Lathom received the Outstanding Alumna Award from Alcorn State College for her volunteerism and work in the city of Toledo.

This year's mistress of ceremonies was Angela Siner; Robin Stone, Toledo Alumnae Chapter president welcomes the members and guests; Stephanie Turner offered the invocation and Martina Turner and members of the Scholarship Committee presented the scholarships.

This year's three scholarship recipients were Tinae Bluitt of Central Catholic High School and Miafui Dzotsi and Sierra Odoms of Notre Dame Academy.



Scholarship recipients Miafui Dzotsi, Tinae Bluitt and Sierra Odoms



Family and Committee members pictured with 2014 Mother of the Year, Frenchaye Harper Lathom



Attention Entrepreneurs
Own your own business?
Want to start your own Business?
Here's Where You Can Start!!
Don't Miss the Priceless Opportunity to attend:

**The Toledo African American
Chamber of Commerce
Annual Membership Drive**

Date: Friday May 16, 2014

Time: 5:00-8:00 PM

**Venue: Club Evolution
519 N Reynolds Rd**

**Cost: Free—Refreshments will be served
(Open to the Public)**

TAACC
419-407-6697

info@toledoacc.com
www.toledoacc.com



2014 Mother of the Year Frenchaye Harper Lathom