



Volume 28, No. 4

"And Ye Shall Know The Truth..."

June 4, 2014

Jack and Jill's Juneteenth Walk



Alexis Means, Kelli Winston, Ian English, Vallie Bowman-English, Amyka Harris

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Throwdown

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

... Money is not the answer to the problem unless you have a value for spending it.

— Maulana Karenga



The Blade and Taylor Cadillac, Kia and Hyundai continue to play hardball in their decision to sponsor controversial rock musician Ted Nugent as headliner for the 31st Annual Northwest Ohio Rib-Off August 7-10 at the Lucas County Rec Center.

Nugent has threatened to kill President Barack Obama and spewed racist, hate-filled rhetoric towards the president, calling him a punk and subhuman mongrel.

Presently, The Blade and Steve Taylor, Sr. of Taylor Automotive Group have no intention of removing their sponsorship of the Rib-Off under any conditions. "I've been in business for years and if people want to buy cars or not buy cars, that's their choice," Taylor reportedly said.

These are very strong and insensitive comments towards the black community given the mass termination of sponsor agreements with the Los Angeles Clippers following Donald Sterling's now infamous racist remarks.

It is also a throwing down of the gauntlet to Ray Wood, president of United Auto Workers Local 14 and who has led the Toledo branch of the NAACP a mere seven months.

African Americans spend nearly one trillion dollars in consumer purchases, which amounts to what would be the ninth largest nation globally in buying power. We spend over \$29 billion on cars and trucks and the growth of the 2010 black car buying market is 10 times greater than the general market. We also disproportionately drive more Cadillacs and Kias than other

groups and watch a lot more cable TV, an industry led locally by Block Communications, Inc. through its Buckeye Cablesystem.

Coming at a time when the NAACP's interests and commitments have been called into question both from within and outside the black community, the Blade/Taylor/Nugent controversy is a great opportunity for Wood to come through for African Americans, starved for leadership that can deliver collective benefits to the community rather than individual profits that go only to the leaders.

However, with the opportunity comes even greater challenges.

Wood's ascension to the top comes at a period of maturity in the Toledo chapter's organizational lifecycle. The NAACP, whose mission is to fight discrimination in all its forms, has also lost much of the local coalitional cohesion it once had and has failed to function effectively under the new 21st century conditions it faces. In order to move from rhetoric to results, the organization must evolve from its continued association with the people and methods of the "old regime" that make Wood's efforts vulnerable to paralysis and ineffectiveness. The emergent task is to transform the NAACP's work around new arrangements and approaches to issues such as The Blade and Taylor's support of Nugent.

Can the NAACP successfully go forward, taking the lead in fighting racism and discrimination in Toledo? The answers to several other questions hold the key.

First, can the African-American

community work from the inside - out rather than outside - in?

The fact is that many black nonprofits and others in the black community are desperate for funds and dependent on larger, more powerful organizations to underwrite their fundraising activities even though their social values may clash with those of their benefactors.

These same types of arrangements proved to be disastrous when the Los Angeles NAACP developed a cozy

but dependent financial relationship with Sterling, a donor with deep pockets but also a track record of racism. The Blade has financially supported the fundraising activities of organizations such as the African American Legacy Project and the Toledo Urban Federal Credit Union. Often, financial contributions come with strings attached, including

... continued on page 7

Community Calendar

June 5

Kwanzaa Park Neighbors Monthly Meeting: The Padua Center; 6 to 7 pm; Guest speaker Theo Foreman of LC Economic Development; Everyone welcome: 419-241-6465

June 7

New Birth Christian Fellowship "Change for Kids Ministries:" Registration for free summer music lessons; 12:30 pm: 419-704-6195
Safe Kids Greater Toledo: ProMedica Wildwood Orthopaedic and Spinal Hospital; 11 am to 2 pm; Fire safety, bike safety rodeo, safe water information, safety in sports and in cars: 419-291-5993

June 8

New Prospect Church 47th Church Anniversary: 4 pm; Guests Rev. Stanley Clark and United Vision Baptist

June 10

Basketball Tournament: For Military - retirees and vets; Frederick Douglas Community Association; 6 to 7:30 am; "Don't hang 'em up, Lay 'em up;" 419-244-6722 or monriceterry@yahoo.com

June 12

Community Townhall Series on Bullying: "Enough Already;" Recognizing and identifying bullying, stories and concerns, parents voices; 6:30 to 8 pm: 419-720-7002

June 16-18

CHAMPS Camp: ProMedica program to provide resources and support to area children to help them cope with a loved one's cancer; Ages 6 and up; 9 am to 3 pm; UT Recreation Center: 419-824-1004

June 21

St. Mark Baptist Church Family and Friends Reunion Picnic: Ottawa Park; 11 am to 6 pm; Food, fun and fellowship; Register by May 18: 419-460-0389

Jack & Jill's Juneteenth 5K Run/Walk 2014: 9:10 am; Swan Creek Preserve Metroparks; Registration between 7:30 and 8:30 am; Commemoration of the end of slavery in the U.S.: 419-705-5773

SmithFest 2014: 9 am to 3 pm; Smith Park; Summer programs, recreational and educational activities, resources, information and more: 419-245-1064

June 22

New Prospect Church 47th Church Anniversary Finale: 4 pm; Guest Rev. Arnold Taylor and Beulah Baptist
Calvary Baptist Church Men's and Women's Day: Men's Service at 10:45 am; Women's Service at 4 pm; "Christian Men and Women Equipping Themselves to Stand"

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Michael Hayes - Entertainment Critic
Rev. D.L. Perryman - Columnist

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The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604
Phone 419-243-0007 * Fax 419-255-7700
thetruth@thetruthtoledo.com
www.thetruthtoledo.com

Toledo Police Increase Community Service Officers

By Kevin Milliken
Sojourner's Truth Reporter

While Toledo's police department continues to beef up the number of crime cameras across the city and employ greater use of data-driven crime-fighting, the mayor and police chief also are working to revitalize the more old-fashioned concept of community policing, where officers work an assigned sector and get to know its citizens better.

To that end, the police department has expanded its number of community service officers (CSOs) from three to nine. Five of them are based at the Scott Park District station, while four others work out of the Ottawa Park police substation. As a recent police academy class of 68 rookies hits the streets, the number may increase further.

One of those community service officers is 20-year police veteran Dana Slay, who is well known within the department for mothering and mentoring Toledo's young people when she catches them skipping school or committing some other misdeed.

One particular prop and analogy she uses is a plastic tractor-trailer, encouraging kids to change their ways to ensure a better future, so they "don't get run over by the semi-truck of life."

Slay heavily encouraged the formation of more Blockwatch groups, as well as more citizen involvement in existing neighborhood groups. She currently works a sector that encompasses the Alexis-Lewis-Jackman Road area.

"We need your eyes and ears to tell us about the blight in the neighborhood," she said. "Blight in a neighborhood draws crime. We have to clean up these neighborhoods. Crime doesn't want to be seen. Crime is dirty."

Slay spoke enthusiastically of the mayor's Tidy Towns initiative, where police officers are being paired with city code enforcement and nuisance abatement inspectors to clean up neighborhoods.

She pointed out Upton Ave. between Bancroft and Dorr, where trees were recently cleared to make the homes and street more visible.

"They opened up the area and when you go through that neighborhood, it's like 'Wow!'" she said. "I think, personally, that's the way it should be in all of the inner-city neighborhoods. Open those neighborhoods up."

Slay explained that more citizen involvement could enhance the city's efforts to clean up Toledo block-by-block. She spoke at a recent community forum held at the downtown branch of the Toledo-Lucas County Public Library.

"Let us know as Blockwatch what you need. If you've got dumping in an alley or overgrown trees, let us know," she encouraged. "Help us to clean that out, so that when crime does occur in

your neighborhood, you can see it and therefore, report it. We don't know unless you tell us."

Slay emphasized there are ways people can report crimes without jeopardizing their personal safety or becoming a victim themselves. Not only can people call Crimestoppers or 911 and remain anonymous, they can now pass along information through the department's Facebook page and other social media.

"A lot of people don't go to Blockwatch until something happens—and then they're running in and they have so much to say. But where were you at a year ago, two years ago?" she questioned. "We need your input. Open your eyes. Open your ears. Blockwatch is everybody's business, even if it doesn't involve you."

The Toledo police department recently released an interactive crime mapping tool, which allows crime analysts to track violent and property crimes in any given neighborhood. But now citizens can use the mapping tool online to identify what's going on within a half-mile radius of any given address—even going back as far as three months to see, in general, what has been occurring. That raises the general awareness of home and business owners, as well as to keep a closer eye on the situation.

Crime "hot spots" also can be identified using the online mapping tool. During a demonstration of its capabilities, one such crime "hot spot" that was identified is the Green Belt Place Apartments, just north of downtown Toledo.

Residents can even provide information anonymously online. The interactive crime mapping tool can be accessed at the website www.crime-map.toledo.oh.gov.

Police Chief William Moton spoke of the continued development of "data-driven intelligence" where crime analysts can provide a "prediction of when the next crimes will take place." That information is passed along to field commanders who can place officers accordingly. The police department also is in the second and final phase of placing crime cameras across the city, which will eventually number approximately 150.

"We can respond much quicker," he said. "This is a step-by-step process. We want to do it as quickly as possible, but we want to make sure what we're doing is sound."

But Moton was quick to emphasize nothing will replace teamwork between police and people, citing two officers who now walk a beat down Sylvania Ave. "developing a relationship" with business owners and students alike.



Officer Dana Slay

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Maya Angelou, A Truly Phenomenal Woman: April 4, 1928 – May 28, 2014

Pretty women wonder where my secret lies.

I'm not cute or built to suit a fashion model's size

But when I start to tell them,
They think I'm telling lies.

I say,

It's in the reach of my arms

The span of my hips,

The stride of my step,

The curl of my lips.

I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

I walk into a room

Just as cool as you please,

And to a man,

The fellows stand or

Fall down on their knees.

Then they swarm around me,

A hive of honey bees.

I say,

It's the fire in my eyes,

And the flash of my teeth,

The swing in my waist,

And the joy in my feet.

I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

Men themselves have wondered

What they see in me.

They try so much

But they can't touch

My inner mystery.

When I try to show them

They say they still can't see.

I say,

It's in the arch of my back,

The sun of my smile,

The ride of my breasts,

The grace of my style.

I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

Now you understand

Just why my head's not bowed.

I don't shout or jump about

Or have to talk real loud.

When you see me passing

It ought to make you proud.

I say,

It's in the click of my heels,

The bend of my hair,

the palm of my hand,

The need of my care,

'Cause I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

Maya Angelou



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Congratulations to the class of 2014!



This year's Valedictorians: pictured from the left, front row: Tierney Rebecca McClure, Shikera Tyale Tall, Leah Elizabeth Thompson, Dr. Romules Durant, Superintendent, Hala Abou-Dahech, Rachel Leigh Ahrendt, Madeline Jeanne Bengela, (Not pictured: Samantha Kate McVey, Ivy Anne Watkins)

This year's Salutatorians: pictured from the left, back row: Allison Mae Mitchell, Angela L. Giovannucci, Alexis Maleaha Woodley, Taylor Morgan Hart, Arielle M. White, Lauren Michelle Holder, Elijah Pedro Juan Vasquez, Brittaney Walker

Toledo Public Schools congratulates the Top 10 students from each of our high schools and extends best wishes to the entire Class of 2014 – your accomplishments stand as another shining example of why we are TPS PROUD!

Bowsher High School: Tierney Rebecca McClure, Allison Mae Mitchell, Thomas Robert Heckman, Amanda Lynn Stookey, Michael Lawson Vanderhorst, Cormac Jacob Jewell, Rachel Lynn Marter, Cassidy Barbra Lutz, Kristen Nichole Murray, Victoria Jane Treadaway

Rogers High School: Samantha Kate McVey, Angela L. Giovannucci, Samuel Meyer, John Anthony Elizalde, Shania C. Caldwell, Rhea Dawson, Jasmyne L. Smith, Elijah Shaffer, Ke'yanna Tairra Lee, Tiffany Schuster

Scott High School: Shikera Tyale Tall, Alexis Maleaha Woodley, Alize' Harris, Arielle King, Richard Anthony Coffey, Terri Halle Jones, Travon Kinnebrew, Morgan R. Conner, Jazmine Halle Walker, Jasmine M. Fizer

Start High School: Leah Elizabeth Thompson, Taylor Morgan Hart, Nicole Marie Gecik, Alacia Lynn Jones, Madeline Louise Tucker, Baylie Elizabeth Nebehay, Daniel Patrick Hojnacki, Robert Allen Carter, Sahirah Belinda Bruce, Joel Luigi Twitchell

Toledo Early College High School: Hala Abou-Dahech, Arielle M. White, Baylee Juanitta Henderson, Steven Mark Kinsel, Benjamin Clark Corey, Jacquelyn R. Chaput, Thomas Russel Smith, Matthew Steven Wilson, Makala Celeste White, Tanner James Rittichier

Toledo Technology Academy: Rachel Leigh Ahrendt, Lauren Michelle Holder, Alexander J. Knemeyer, Alexis Marqueria Smith, Ryan John Czajka, Lucas William Peth, Anthony Joseph Sample, Chantel Lynn Harbour, Kyle James Ciha, Tiffany Hennessey

Waite High School: Madeline Jeanne Bengela, Elijah Pedro Juan Vasquez, Anthony Albert Neff, Zachary David Swan, Bertha Doris Lopez, Yadira Alejandra Gutierrez, William Christian Webb, Heather Marie Riddle, Liliana Elizabeth Parga, Sharee Nicole Hood

Woodward High School: Ivy Anne Watkins, Brittaney Walker, Rebecca S. Hall, Charlene Marie Wright, Samuel Fields, III, Bryton Michael Carsten, Anastasia Rubin, Mylisha Marta Fitchpatric, Cali Victoria Daniels, Brittany L. Schrecongost

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Get Your Fill of Fiber

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

Although fiber might be most well-known for helping move food through the digestive system, it has many health benefits. There are two kinds of fiber: soluble and insoluble. Both kinds of fiber offer different benefits but they are both important. It's easy to include both soluble and insoluble fiber in the daily diet and the best way is by eating different kinds of plant foods.

What are the health benefits of eating fiber? High-fiber diets can help reduce the risk of heart-disease, certain types of cancer and may help reduce the risk of type 2 diabetes. For those who are diagnosed with diabetes, foods with soluble fi-

ber can help lower blood sugar levels. Soluble fiber also helps lower blood cholesterol levels. It helps reduce blood pressure and inflammation. In addition to helping reduce the risk of certain chronic diseases, high-fiber diets are also associated with maintaining a healthy weight. This is likely to the fact that fiber provides a feeling of fullness which helps with not overeating at mealtime.

So, how much fiber do you need on a daily basis? The answer depends on your age and gender. The 2010 U.S. Dietary Guidelines for Americans makes these recommendations for adults: Ages 19 - 30: 28 grams per day for women; 34 grams for men. Ages 31 - 50: 25 grams for women; 31 grams

for men. Ages 51 and older: 22 grams for women, 28 grams for men. Children need fiber on a daily basis also. For girls ages 9-18, 26 grams and for boys ages 9-18, it's between 31 - 38 grams of fiber. The average intake of fiber in America is 15 grams a day. Most Americans can add more fiber to their daily diet to take advantage of all of the health benefits!

Those daily goals of fiber can be met by eating a variety of healthy food every day. The recommendation is to eat fiber that occurs naturally in foods for maximum benefits. Fiber comes from plant foods so expect to find it in grains, fruits, vegetables, nuts and legumes like dried beans and

peas. Since they are not plant foods, fiber is not found in meat and dairy. The American Dietetic Association recommends that fiber comes from a variety of plant foods and not by just eating one kind of food.

Some of the best sources of fiber are beans and peas such as navy beans, split peas, lentils, pinto beans and black beans. Add beans to your meal or make a snack such as salsa with black beans or hummus made from chickpeas. Looking for other snack ideas? Eat fruits and vegetables or have some popcorn, a whole grain food.

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Natural Tips to Keep Gardeners Healthy

Special to The Truth

More than 41,200 people across the nation were injured in 2012 while working in their gardens, reports the U.S. Consumer Product Safety Commission. Conversely, many common flowers and plants have healing properties that can help gardeners treat their injuries.

Made from plants, as well as animals and minerals, homeopathic medicines offer some of the safest options for self-treatable conditions -- and can be great for ailments and injuries that befall home gardeners. Because the risk of interaction with other drugs, supplements and herbs is minimal, experts say these natural medicines are a good first choice for early symptoms.

Easily found in health food stores and pharmacies, these non-prescription medicines work naturally with the body instead of masking a problem, which is important if a more serious condition should arise.

With that in mind, here are some homeopathic treatments for common gardener ailments:

- **Allergies:** Relieving allergy symptoms provides a good example of the principle behind homeopathic medicines. Chopping a red onion has a "toxic" effect, causing eyes to water and burn until exposed to fresh air. When similar symptoms appear from allergies or a cold, a micro-dose of the red onion helps relieve those same symptoms. The red onion in this homeopathic form takes the Latin name of its source, *Allium cepa*.

- **Try Ambrosia (Ragweed)** for watery nasal discharge with eyes that tear and itch and Sabadilla (*Cevadilla*) for hypersensitivity to the smell of flowers or itching in the back of the mouth. A good general allergy medicine is Histaminum, which is derived from histamine.

- **Sore, Stiff Muscles:** For gardeners suffering back and knee injuries, *Arnica montana* can be an

essential gardening tool.

Commonly known as the Mountain daisy, *Arnica*'s healing properties were first recognized in the 16th century. Legend has it mountain climbers chewed the plant to relieve sore, aching muscles and bruises from falls. Today, this homeopathic medicine is used by professional athletes and surgeons for muscle pain and stiffness, swelling from injuries and bruising. For more information visit www.Arnicare.com.

- **Sunburn, Blisters and Other Skin Conditions:** In its homeopathic form, *Calendula* (*Garden marigold*) is one of the most versatile aids for skin irritations. Try a *Calendula* cream or ointment for blisters and calluses, cuts and scrapes, rashes, and chapped skin caused by wind, dry or cold air, or sun.

Used for centuries as a natural healing and soothing substance,

Calendula's wound-healing properties are due to essential oils, saponins, flavonoids and alkaloids. These compounds have skin healing properties.

- **Bug Bites:** To help relieve bee and wasp stings, as well as gnat, black fly or mosquito bites, take five pellets of *Apis mellifica* (Honey bee) every 30 minutes for up to six doses. And apply *Calendula* topically.

- **Take Breaks and Relax:** While many plants help us nurture our health, remember to practice common sense. Prepare properly by stretching and wearing sun block. Don't overdo it. Take breaks. End your day with a soaking bath.

Relieve conditions at the first sign of symptoms before they grow out of control, so you can continue your gardening activities.

Courtesy StatePoint

Perryman.. continued from page 2

the requirement to be silent or to wink at injustice.

Will groups that receive The Blade's charity speak out publicly against its support of racists like Ted Nugent? Better yet, will the African-American community itself step up and step out to support the African American Festival and events such as the African American Legacy's Heroes project rather than depending on others to do it for them?

A second critical question is this: Is the African-American community willing to engage in marketplace activism to combat racism in Toledo?

What if the Toledo's African-American community decided to deliberately organize our own purchasing power in order to invest in social change, social justice and equality?

I don't quite understand why blacks would want to drive automobiles or buy entertainment programming from businesses with policies that support racists. Does the community hate racism enough to choose satellite TV over cable TV or Lincolns and Jeeps over Cadillacs and Kias?

"We do have plans," says Ray Wood. "Allan Block of Block Communications is going to meet with us. He has been out of the country. We are not going into the meeting begging or as a lap dog. We have something in place that we are going to activate. The Blade has been hypocritical on the issue of race but their walk has to match their talk. We will hear what they have to say, but we are not going to take no for an answer when it comes to Ted Nugent," he promises.

I believe Ray. I also pray that the community will coalesce behind him and the efforts of the NAACP.

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

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Attorney General DeWine Gives \$125,000 Grant to NAMI Ohio

Special to The Truth

Ohio Attorney General Mike DeWine this week announced that his office is awarding National Association on Mental Illness, Ohio (NAMI) with a \$125,000 grant.

The grant will be used to increase the number Crisis Intervention Training (CIT) trained law enforcement officers, produce a documentary on the intersection of mental illness and the criminal justice system, and develop a roadmap to decrease the revolving door for individuals with serious mental illness cycling in and out of the criminal justice system.

"I am pleased to provide these funds to expand this important training that helps

law enforcement interact with people with mental illness who are in crisis," said Ohio Attorney General Mike DeWine. "Helping NAMI Ohio expand the reach of this program to de-escalate crisis situations and better understand how the mental health and criminal justice systems interact will help us as we plan for the future."

"I cannot thank the Attorney General enough for recognizing the need of many Ohio citizens suffering with mental illness," said Terry Russell, executive director of NAMI Ohio.

The grant funds will be spent as follows:

\$75,000 of the funds will

be used to further CIT goals to increase the number of CIT-trained law enforcement officers. In addition, two statewide CIT coordinators meetings will be held, as well as a statewide CIT Advanced Training Conference with 125 - 150 participants from throughout Ohio.

\$20,000 will be used to produce a documentary to interview individuals with serious mental illness who have had contact with the criminal justice system. Family members will also be interviewed to learn from their unique perspective of the criminal justice system and its needs. Additional interviews will include law enforcement, judges and case managers.

\$30,000 will be used to study points of entry into the criminal justice system and the interventions that could be made to break the repeating cycle of entry. It has been more than 25 years since the Mental Health Act of Ohio made sweeping reforms to our

mental health system. Following the officer-involved shooting death of Paul E. Schenck last year in Yellow Springs, Attorney General DeWine called for an independent study of the state's mental health system. This part of the grant funding will serve as a first step in the review process.

Results from the grant projects will be presented to the Attorney General's Task Force on Criminal Justice and Mental Illness, at regional forums throughout Ohio, and to state-level decision makers as a tool for policy and funding decisions.

The funding for the grant comes as part of a 2011 bankruptcy discharge with Richland Hospital in Mansfield. Richland Hospital was a psychiatric hospital established in 1947 as a non-profit corporation for charitable hospital purposes. The hospital ceased operations in 2000. The discharge called for the money from the sale of the hospital to be used by the Attorney General's Office for charitable purposes.



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Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,

I am trying to get in shape for my wedding coming up in August. I would love to lose about 15 pounds by the time I walk down that aisle. I have a few women in my bridal party that would like to drop some weight also. First I want to know if it's possible to lose 15 pounds in that amount of time, what's the best way to do it and do you give any specials to a group of people?

Thanks in advance
Bride 2 B

Dear Bride 2 B,

Congratulations on your up-coming wedding. It is very obtainable for you to lose 15 pounds, plus more, by your wedding in August. Shoot for two pounds of fat loss per week. I want you to be aware that if you are weight training, which you should be, that the scale may discourage you. Remember that muscle weighs more than fat. The thing I would want you to do is go by how your clothes fit and how you appear in the mirror. NOT THE SCALE!!

Your eating is obviously going to be key in your progress and your meals should not contain sugars or fast-acting carbs (pasta, potatoes, white rice etc.). Remember to eat five small meals per day and consume a majority of your calories earlier in the day. Eat only lean meat and veggies in your last meal. Actually if you can tolerate it, white fish and two cups of veggies are the best thing to eat at night time for fat loss. Don't forget to drink lots of water. Remember you're going for fat loss not weight loss. There is a difference!

Your workouts can be total body workouts three days per week followed by 20-30 minutes of cardio and you can do extra cardio on the days you don't weight train.

Fiber... continued from page 6

Bran cereal is also high in fiber. Top the bowl of cereal with ½ a cup of raspberries, blackberries or other berries and there's about 13 grams of fiber to start the day. If you have the choice between drinking fruit or vegetable juice and eating the whole fruit or vegetable, always choose to eat the fruit or vegetable to increase fiber for the day. If the skin is edible, eat the peels of fruits and vegetables. For lunchtime and dinner, add extra vegetables and beans to casseroles, soups and salads.

Use the nutrition label for foods like breads and cereals. If the nutrition label lists at least 3 grams of fiber, it is a good source of fiber. To be labeled an excellent source of fiber, the serving will have 5 or more grams of fiber listed on the nutrition label.

If you are looking to include more foods that are high in fiber, increase your fiber intake slowly. Add one to two additional servings of fiber each day. Allow time for the digestive tract to adjust to the changes. If too much fiber is added too quickly to the daily diet, it can cause bloating and cramping. In addition to adding the fiber slowly, slow down and enjoy your food. Chew more slowly to break down the food, enjoy the taste and help with digestion. Enjoy plenty of liquids including water and milk. For your health add some fiber foods this week!

Information from <http://www.eatright.org> and http://msue.anr.msu.edu/news/fiber_for_health

If you would like to come in and go through a work out just give me a call and we will set one up. As far as deals go, I do bridal fit camps for both the bride and groom. If you have five women in your party who want to train, you get to come for free. Same for the groom.

I can do you all at the same time or I can separate the men from the women. During this time you will also receive nutritional assistance as well. I do not like to personal train more than two people at a time because it takes away from the attention that I can devote to your session.

Well I hope I answered your questions well enough, good luck, congratulations and I hope you have a happy, long, successful marriage.

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6:00 p.m. Dinner
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Unison Earns Behavioral Health Home Certification from The Joint Commission

Special to The Truth

Unison Behavioral Health Group today announced that it has earned Behavioral Health Home Certification from The Joint Commission. The agency is the first in the State of Ohio to achieve this certification.

"Unison Behavioral Health Group has demonstrated its ability to provide treatment that addresses the health needs of the whole person, potentially improving overall satisfaction with the care experience," said Tracy Griffin Collander, LCSW, executive director, Behavioral Health Care Accreditation Program, The Joint Commission.

Unison Behavioral Health Group underwent a rigorous on-site survey in March of 2014. During the review, a Joint Commission expert surveyor evaluated compliance with standards related to key concepts of person-centered health care to support recovery and resilience philosophies.

Behavioral Health Home Certification recognizes organizations that are a health home, or an organization that improves access to health care and quality of care. Health home also focuses on the overall health of

individuals served, particularly those who face chronic or serious physical or mental health issues.

"We are delighted to be the first organization in the State of Ohio to earn this certification from The Joint Commission," added Courtney Weiss, LISW-S, chief operating officer for Unison Behavioral Health Group. "Our staff works continuously to better meet the needs of the individuals we are privileged to care for. The goal of Unison's Health Home is for each client – adult and child – that we care for to

stay well and improve their overall health."

There is no additional cost for this care. Medicaid Health Home services are covered under current Medicaid plans. With nearly 40 years of experience, Unison Behavioral Health Group is the community's recognized and preferred leader in caring for the integrated mental health and substance abuse needs of adults, children and adolescents. For more information on the services provided by Unison Behavioral Health Group, please visit www.unisonbhg.org or call 419-693-0631.

June is Men's Health Month

Special to The Truth

This June marks the 20th anniversary of Men's Health Month, which is anchored by a congressional health education and screening program.

It is celebrated throughout the U.S. with special health screenings for men, health fairs and other education and outreach activities.

Women are also being urged to pay attention, as they currently make 75 percent of the health care decisions for their families. And, of course, they naturally have a significant interest in the health of their husbands, sons, fathers, brothers, uncles and other male relatives.

The goal of Men's Health Month is to heighten awareness of preventable health problems

and encourage early detection and treatment of diseases among men and boys. The initiative focuses on giving families, health care providers, public policy makers, the media and others an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Many of the activities are organized by the Men's Health Network, a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray, with health prevention messages and tools, screening programs, educational materials, advocacy opportunities and patient navigation. Information about this June's Men's Health events and initiatives is available online at www.menshealth-month.org.

Each year, the response is overwhelming, with governors nationwide officially proclaiming Men's Health Month in their states and with thousands of awareness activities across the country and around the globe.

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SBA National Ombudsman to Host

Small Business Forum in Toledo

Small business owners, representatives of local economic development organizations, trade groups and community leaders are invited to join the U.S. Small Business Administration's National Ombudsman Brian Castro to discuss federal regulatory issues impacting small businesses in Toledo on Thursday, June 12.

The Toledo forum will be held at the Toledo Edison Building, Rooms 807 and 809, 300 Madison Avenue, Toledo, Ohio 43604. The forum begins at 9:15 a.m.

This event will give the local business community a chance to voice concerns about unfair regulatory enforcement, excessive fines, retaliation, burdensome regulations and other regulatory issues involving federal agencies.

"Too often small business owners can face an uneven playing field because of regulations that were written with major corporations in mind," said SBA National Ombudsman Brian Castro. "We are firmly committed to providing a receptive forum and a responsive, impartial process for small businesses to voice concerns about enforcement of federal regulations, especially those that create barriers to small business longevity and growth."

Comments and concerns raised at the regulatory fairness forum will be directed to the appropriate federal agency for a fairness review in an effort to reduce undue regulatory burdens, while helping small businesses succeed.

The forum provides an opportunity for the

small business community to come away with a better understanding of the resources available to small business owners and entrepreneurs through the Office of the National Ombudsman.

The Toledo small business forum is open to the public. Those interested in attending may register by phone at 419-243-8191 ext. 228, via email to marsha.schroeder@toledochamber.com or register online here. To learn more about the Office of the National Ombudsman, visit www.sba.gov/ombudsman.

The Office of the National Ombudsman was created by the Small Business Regulatory Enforcement Fairness Act of 1996 (SBREFA). The act established 10 Regional Regulatory Fairness Boards, served by 50 small business owners from across the country.

Toledo NAACP Monthly Meeting

The Toledo Unit of the NAACP will be holding its monthly meeting at a new location. The new address 1326 Collingwood the former Ascension Church which is also home to the African American Legacy Project. The general membership meeting will take place Tuesday, June 10 at 7 pm. All are welcome to attend.

Jack & Jill.. continued from page 16

ily-fun event to emphasize the freedoms that all citizens enjoy in America," said Arnyka Harris, JUNETEENTH 5K Run/Walk chairman.

Alexis Means, WTVG 13abc reporter, will serve as the event mistress of ceremonies/host, and serving as event honorary co-chairmen are Ian English, candidate for Common Pleas Judge, and Vallie Bowman-English, clerk of court/Toledo Municipal Court. Lee Randle, a member of the Ohio 5th Infantry Regiment U.S. Colored Troop Company C, an area Civil War black regiment reenactment group, will be on hand to help start the 5K Run/Walk and educate attendees about blacks in the Civil War era.

Jack and Jill's 5K Run/Walk honors

the observance of Juneteenth, the oldest known celebration commemorating the ending of slavery in the United States. Although slavery officially ended in the U.S. in 1863 with President Lincoln's Emancipation Proclamation, it wasn't until 1865 that this important news hit Galveston, Texas. Juneteenth's roots lie in the U.S. Civil War era.

"Today, Juneteenth celebrations like Jack and Jill's JUNETEENTH Inaugural 5K Run/Walk are held in most, if not all 50 states, establishing Juneteenth as a special day of recognition," said Kelli Winston, Toledo Chapter Jack and Jill President.

Interested walkers and runners are encouraged to register in advance by clicking on the link above. On-site registration will also be available (7:30-8:30 a.m. on event day).

The Toledo Chapter of Jack and Jill

of America, Incorporated would like to extend its sincere gratitude to the following community sponsors and supporters: WTVG 13abc and Alexis Means, The Andersons, Shumaker, Loop & Kendrick, LLP, Toledo RoadRunners Club, Ohio 5th Infantry Regiment U.S. Colored Troop Company C, and event honorary Co-Chairmen English and Bowman-English.

Jack & Jill of America, Inc. was founded on January 24, 1938 in Philadelphia, Pennsylvania in a meeting of 20 mothers under the leadership of Marion Stubbs Thomas with the idea of bringing together children in a social and cultural environment.

Locally, the Toledo Chapter of Jack and Jill of America, Inc., was founded in December 1952 by a group of exceptionally loving women who were all dedicated mothers. Catherine Holland was the chapter's first president.



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American Adventures: Troubled Times (The Great Depression) by Judy Young, Dandi Daley Mackall, and Sonia Levitin, Illustrated by Chris Ellison and Guy Porfirio

By Terri Schlichenmeyer
The Truth Contributor

You've asked a hundred times.

Everybody but you has the latest gadget, though you've begged your parents to buy it for you. Grandma even knows you want it and you still don't have it, which really stinks... so imagine being homeless, in hand-me-downs, and hungry. Then read *American Adventures: Troubled Times*.

This may sound familiar to you: the economy goes bad, people lose their jobs, then they lose their homes. Yes, it happened a few years ago – and it also happened in the 1930s during this country's Great Depression.

Back then, people lost so much but there was much to be thankful for, too. In this book's first story, "The Lucky Star" by Judy Young, illus-

c. 2014
Sleeping Bear Press
\$6.99 U.S. and Canada
80 pages

trated by Chris Ellison, 10-year-old Ruth was sad. Her school had closed because there was no money to keep it open, and Ruth loved school. Every night, her mother claimed that the stars each represented something to feel good about, but Ruth wasn't feeling very lucky – until she realized that her mother's idea wasn't half-baked.

Rudy Phillips hated that his father couldn't find a job. He saw the despair in Pa's eyes and he knew how he could help. In "Rudy Rides the Rails" by Dandi Daley Mackall, illustrated by Chris Ellison, Rudy told his parents that he was going to California. It wouldn't be easy, but at least there'd be one less mouth to feed at home.

From Akron, Ohio, Rudy jumped on a train headed West. He found odd jobs in Illinois. He panhandled in Iowa. Pa always said to take care of self and family first – but wasn't there someone who'd take care of a skinny, hungry boy?

And finally, what would you do to make money if you needed it? In "Junk Man's Daughter" by Sonia Levitin, illustrated by Guy Porfirio, Hanna is teased because of her father's new job. When they left the Old Country, he said there'd be streets of gold in America. So what's the shame in making a living by seizing opportunity?

You know how it's easier to fully grasp a story when

you put yourself in it? That's what happens when children read *American Adventures: Troubled Times*, because the main characters in each of these short stories are kids just like them.

Poverty, make-do attitudes, isolation, and immigrant struggles are depicted well in this book and because of that, I don't doubt that modern kids will understand the history and hardships depicted here. It helps that each author adds historical information following their tales, and richly-evocative illustrations accompany them.


However, while the focus is on the Great Depression and its aftermath, there seemed to be more to this book. I couldn't help but notice that, though it's about what happened nearly 80 years ago, the situations compare to what many families face today.

This is an excellent book for young historians, biography-lovers, or kids who'll be in need of something good to read this summer. Tell your seven-to-10-year-old about it, and *American Adventures: Troubled Times* may be something they'll ask for.



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June 4, 2014

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EMS Communications Manager Lucas County

Lucas County Emergency Medical Services is accepting applications to fill the positions of EMS Communications Manager through June 11, 2014. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "Dispatcher" from the list to read more or apply.

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Unison is seeking experienced therapists to provide services to children with severe mental and emotional disorders in various schools and other community sites. Work may include providing services in an early intervention and partial hospitalization programs. Duties will include completing diagnostic assessments, developing/coordinating treatment plans, providing individual crisis management, group therapy, advocacy, and outreach.

Qualified candidates must possess a Bachelor's degree, Ohio license as a LSW and a minimum of two years' experience working with children with mental health issues. Master's Degree and Ohio License as LSW, LISW, LPC or LPCC preferred.

Send resume or apply to:

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

PUBLIC NOTICE CITY OF TOLEDO

2015-2020 CONSOLIDATED PLAN

To all interested agencies, groups, and persons:

The City of Toledo administers federal funds awarded from the U.S. Department of Housing and Urban Development (HUD), including Community Development Block Grant (CDBG), Emergency Solutions Grant (ESG), and HOME Investment Partnerships Program (HOME) funds. To receive these funds, the City is required to submit a Five-Year Consolidated Plan (CONPLAN), along with an annual Action Plan.

The City is preparing its 2015-2020 Consolidated Plan, which is a strategic plan that will provide the framework for identifying community needs, strategies to meet the needs, and funding priorities. Priorities will be in areas such as housing, neighborhoods, and economic development. These priorities will support programs that will benefit low- and moderate-income persons, or assist in the prevention or reduction of blight.

To obtain citizens' input on community needs, an online survey is available to the public by visiting <http://toledo.oh.gov/services/neighborhoods>. Additionally, several forums have been scheduled throughout the city. The public is invited to attend the forums and complete the survey. All forums will be held from

6:00 p.m. – 7:00 p.m. on the following dates and locations:

- | | |
|---|--|
| <p>1. Tuesday, June 10, 2014
Grace Church
3700 Dorr Street
Toledo, Ohio 43607</p> | <p>6. Wednesday, June 18, 2014
Leverette Elementary School (cafetorium)
445 E. Manhattan Blvd.
Toledo, Ohio 43608</p> |
| <p>2. Thursday, June 12, 2014
Heatherdowns Branch Library
3265 Glanzman Road
Toledo, Ohio 43614</p> | <p>7. Thursday, June 19, 2014
Regina Coeli Church (Kotz Hall)
530 Regina Pkwy.
Toledo, Ohio 43612</p> |
| <p>3. Thursday, June 12, 2014
East Toledo Family Center
1020 Varland Avenue
Toledo, Ohio 43605</p> | <p>8. Thursday, June 19, 2014
Warren AME Church
915 Collingwood Blvd.
Toledo, Ohio 43602</p> |
| <p>4. Tuesday, June 17, 2014
Christ Presbyterian Church
4225 W. Sylvania Avenue
Toledo, Ohio 43623</p> | <p>9. Tuesday, June 24, 2014
Kent Branch Library
3100 Collingwood Blvd.
Toledo, Ohio 43610</p> |
| <p>5. Tuesday, June 17, 2014
Believe Center
1 Aurora Gonzalez Drive
Toledo, Ohio 43609</p> | |

All citizens are welcome and encouraged to participate in completing the survey and attending the forums.

Reasonable accommodations will be provided upon request.

For additional information, contact the Department of Neighborhoods at 419-245-1400.

ADVERTISEMENT FOR PROPOSALS TOLEDO-LUCAS COUNTY PORT AUTHORITY TOLEDO, OHIO

NOTICE IS HEREBY GIVEN by the Board of Directors that Sealed Bids will be received by the Toledo-Lucas County Port Authority for:
**OVERLAND INDUSTRIAL PARK
Waterline Installation
1000 Jeep Parkway
Toledo, Ohio 43610**

This contract is for all labor, material, insurance, and equipment necessary for the OVERLAND INDUSTRIAL PARK - Waterline Installation project located at 1000 Jeep Parkway in Toledo, OH 43610, in accordance with the approved plans and specifications, to the Port Authority at One Maritime Plaza, Toledo, Ohio 43604.

Bids will be received at the Port Authority's administrative offices at One Maritime Plaza, Toledo, Ohio 43604 until Tuesday, June, 24th, 2014, at 2:00 PM, at which time and place all bids will be publicly opened and read aloud.

The project "OVERLAND INDUSTRIAL PARK - Waterline Installation" consists of the installation of 2,208 feet of 8 inch ductile iron waterline; 1,274 feet of 12 inch ductile waterline; 10 hydrants; and a 12 inch waterline relocation on existing Jeep Parkway. The engineers estimate for this project is \$550,000.00.

Plans, Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file And may be obtained by either (1) obtaining hard copies from Becker Impressions, 4646 Angola Road, Toledo, OH 43615, phone 419.385.5303, during normal business hours or (2) ordering and paying through Becker Impressions' plan room at www.beckerplanroom.com at a non-refundable price of \$30.

Please note that there will be a pre-bid meeting for all prospective bidders on Thursday, June 12, 2014 at 10 AM in the office of the Toledo-Lucas County Port Authority, One Maritime Plaza, Toledo, OH 43604. Attendance is helpful, but not mandatory.



Jack and Jill's JUNETEENTH Inaugural 5K Run/Walk



By Rhonda Sewell
The Truth Contributor

The Toledo Chapter of Jack and Jill of America, Incorporated has announced its JUNETEENTH Inaugural 5K Run/Walk

2014 scheduled to kick off at 9:10 a.m. on Saturday, June 21 at Swan Creek Preserve Metropark, 4659 Airport Highway. (Run/Walk REGISTRATION is from 7:30-8:30 a.m.)

You can register for this fun family

event today at: <http://www.imathlete.com/events/jackjilljuneteenth2014>

"The Toledo Jack and Jill members wanted the focus of this inaugural fam-

... continued on page 12

