



Volume 29, No. 1

"And Ye Shall Know The Truth..."

July 16, 2014

Karl Parker's Energy Column

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Karl A. Parker, Sr., President Parker Family of Businesses

Too Much, Too Little, Too Late?

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

Unfortunately the prisons of our Land often reproduce the pathology that they seek to eliminate.

— Michael Eric Dyson



The U. S. War on Drugs is apparently over. The miracle moment in the government's recent epiphany appears to be a result of fiscal rather than common sense. Deficit hawks in the Republican Party began to flip the incarceration script after recognizing marijuana sales as a new source of government revenue.

Spiraling budget costs associated with "lock-em-up and throw away the key" policies on nonviolent crimes such as street drug sales, also helped generate the political will to move forward to fight other emerging enemies including terror and the economy.

What's up, then, with the armies of out-of-control youth who keep our neighborhoods and community institutions under siege with their bullets, attitudes and behavior?

When millions of nonviolent offenders are extracted from inner cities, it is "costly, not only in dollars but also the people involved," according to Paul Larkin, a criminal justice expert at the conservative Heritage Foundation.

After 45 years and \$15 trillion U. S. investment in a punitive rather than rehabilitative system of justice, Larkin's insight is a day late and a dollar short. However, he is correct. It has been the drug war's social impact, more than its more obvious economic consequences, perhaps, that have kept poor and communities of color in ruins for decades.

How so?

It is well known that certain problems of growing up are exacerbated by the incarceration of parents, including risk for later delinquency, mental disorders, aggressive behavior, school failure, underemployment and illegal drug use.

A much lesser-known weapon of mass destruction is the prison subculture that returning prisoners carry back to the community and via spillover through communication back and forth between the prison and the street.

This subculture is characterized by violent prison interpersonal styles needed to survive in the harsh prison environment, hostility to established authority and desensitized feelings toward prosocial norms, values and beliefs. This prison culture, including prison dress, is also celebrated in music and media and often functions as "anticipatory socialization" of community children to the prison experience.

Also, when large numbers of inmates are removed to or return from prison, positive social relationships are destabilized which causes street networks to become broader and deeper. The peer influence from the streets competes with adult authority at home, school, church, or other voluntary organizations. Thus, the ability to equip children with the controls and attitudes that usually insulate

them against crime and antisocial behavior is severely handicapped.

In the aftermath of the War on Drugs, there are more than 600,000 mostly black and brown former prisoners of war returning annually to war-torn low-income communities.

These neighborhoods are not only disconnected from jobs and mainstream political life, but are places where negative attitudes towards social institutions keep

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Community Calendar

July 17

First Presbyterian Church of Maumee "Finding Answers for the Care-giver:" 7 pm; Fellowship Hall; Topics – living options, payment options, stress and caregiving, tips for caregiving, etc: 419-893-0223

July 19

Second Baptist Church Walk-a-Thon: 9 am; Secor Metro Park; Picnic to follow: 419-944-8106
New Birth Christian Fellowship Change for Kids Ministries Presents "Counseling (Before/In/After) Crisis;" Guest speaker psychologist Linda Whittington-Clark; Focus on coping with anxiety in home and at school: 419-704-6195

July 20-25

Greater St. Mary's MBC Annual Church Revival: 5 pm Sunday; 7 pm Monday thru Friday; Guest revivalist Robert Lyons of Dayton: 419-973-4157

July 22

Glass City Toastmasters: 5:30 to 6:45 pm; United Way of Greater Toledo: 419-266-7474

July 25

Warren AME "Annual Sons of Allen Fish Fry:" 11 am to 7 pm; Fish, sides, roll, dessert: 419-243-2237

July 26

St. Stephen's COGIC Annual Community Festival: "Building Bridges in the Community;" 11 am to 5 pm; Fun and food for the family; Gospel DJ, face painting, mime, TFD, Swanton Area Railroad Model Train Club

July 26-27

The Beacon Church Neighborhood Festival of the Art: Event to raise morale and address violence on the streets and in the home; Take back neighborhood by giving back; Vendors needed: 419-386-7635

August 9

TUSA First Justice Musical Concert: 6 to 8 pm; St. Paul MBC: 419-870-4365 or 419-246-2886

August 9

Flanders Road Church of Christ Free Clothing Giveaway: 10 am to 3 pm

August 12

NAACP General Membership Meeting; 7 pm

August 16

Flanders Road Church of Christ Free Clothing Giveaway: 10 am to 3 pm

August 29-31

The Latter Rain Conference 2014: The Armory Church; Guest speakers Carolyn Showell, Pat McKinstry, Donnie McClurkin: 419-537-9736

The Sojourner's Truth

Toledo's Truthful African American
Owned and Operated Newspaper

Fletcher Word – Publisher and Editor
Marticia Hurst – Office Manager

Tricia Hall – Reporter
Carla Leonard – Social Editor
Michael Hayes – Entertainment Critic
Rev. D.L. Perryman – Columnist

Jennifer Retholtz – Webmaster
Kathy Sweeny – Graphic Designer
Jessica Crans – Layout

A Certified MBE

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

Did You Read About This?

By Lafe Tolliver, Esq
Guest Column

Well, here we go again. Another contrived run at federal monies to heal or to be a balm for a social ill – an ill that for the most part is self-inflicted.

This time the Reverend (no such Bible term exists) Jesse Jackson wants the Obama Administration to fund \$4 billion so as to intercede with the growing crime rate in Chicago.

As you may have read, Chicago is nearing almost a mass meltdown as it regards the horrific shootings that are occurring at a regular and alarming rate and especially so during week-ends in the Windy City.

If you read the Chicago papers on line and watch national news, Chicago is getting the frightful image of being the murder capital of the US and such an image always tarnishes a city's image of not being safe to travel to or to do business in.

I mean with so many random shootings, including innocents, who would plan a vacation in certain parts of Chicago knowing that you could be a statistic on the evening news?

Back to Jesse. As you know, he has headed Operation Push and other community organizations whose mission statement, or part thereof, is to improve the African-American community. In turn, Jesse is able to "convince" business corporations of the need for them to provide seed money to Jesse's hard working organizations.

Other books and articles have been written about how Jesse is able to "convince" these business people to fork over serious bucks to Jesse's favorite non-profits and in which non-profits, Jesse has a hand in controlling or directing the incoming community funds.

But here is the kicker about this latest effort by Jesse to beg the feds to send \$4 billion to Chicago.

The money is purportedly to be used to stem violence in the Windy City. This violence, known by all who live in the Chicago, is committed overwhelmingly by black folks against black folks.

Now, apparently Jesse's organizations have failed to stem the bloody shootings in Chicago and the gangs and the other shooters are apparently not beholden to Jesse to put down their arms and thus place a dent in the thriving funeral parlor business.

No. These shooters know not of Jesse and his charisma is not enough for them to put down their automatic weapons and

foreswear lucrative drug trafficking.

What sticks in my throat is the fact that the core of the problem will not be solved by the feds pumping in billions of dollars to the local police departments in the hope that with more armored cars and surveillance cameras Chicago will not become the urban battlefield that will rival the current violence in Syria or in the Gaza Strip.

What Jesse has always failed to stress or even acknowledge is the fact that with so much black-on-black crime, the solution will not be in fat government checks but in a moral solution to a moral problem.

Black people are killing other black people in Chicago at a rate that is both alarming and breath taking because they have no respect for themselves and thus for their victims.

If a person does not have any respect for life and has inner rage and bitterness regarding how he views himself in this society, the respect for life is of no import and as such, I can blow you away since you reflect my own internal angst of self-hate.

I know...I know. No one wants to have their dirty laundry aired and to have people look at you with sympathy or disdain but the facts about what "we" do to "ourselves" will not be glossed over by Chicago getting more federal funds.

Those federal funds can go only so far in providing tangible goodies with more police on the street, more two way radios, more police sub stations, more jails, more police informants, more billboards urging people to turn in their weapons and more street cameras.

However, that is not where the "war" on this black-on-black crime needs to be waged in order to start making a dent in this huge mountain of rage and self-hate.

It will start with Jesse, who purport-

edly is a minister of the Gospel, acting and speaking as a minister of that gospel of peace and reconciliation and for him and the hundreds and hundreds of ministers in Chicago, black, white and Latino, to export from their church buildings the message that this chronic gunplay and killings are evil and demonic.

If Jesse is not willing to stop the knee-jerk reaction of asking for money to throw at a moral problem and then stand up to the moral problem with the "ammo" that the Gospel provides, Jesse is not living up to his profession of faith.

You would think that with the hundreds of churches in Chicago, including the numberless store front churches that only boast a dozen or so members that someone, like Jesse, could organize them as a potent force to show the affected people of Chicago that this gun violence and killings can be stopped but only by confronting the bigger issue which is when people lose their moral compass and they go astray.

The spin offs of this insidious black-on-black crime not only has as its victims people who are brutalized and murdered and injured but also citizens placed in fear of ever retaking their communities from the thugs and gang members who exploit fear.

Jesse's asking for four billion dollars is an affront to his claim of being a minister of the Gospel because the Gospel has had not a sufficient chance to be in play in Jesse's world. If released with power and authority, this would make a difference in the killing fields in Chicago.

Is Jesse willing to put down the microphone and begging bowl and dust off his credentials as a "reverend" and do the hard work of ministry and organize the clergy to fight the good fight of faith? If not, news at eleven: Eight More People Killed Overnight In Chicago!

Contact Lafe Tolliver at Tolliver@Juno.com.

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Interview with Dennis Hicks, Minority Health Coordinator Toledo Lucas County Health Department, Part 2

By Eleanor A. Hutton
The Truth Contributor

Ed. Note: Part 1 of The Truth's interview with Dennis Hicks, minority health coordinator for the Toledo Lucas County Health Department, ran last week in which he discussed health disparities particularly with respect to infant mortality rates.

Eleanor Hutton: Is your work interesting, frustrating, enlightening or all three?

Dennis Hicks: Yes, all three. I can't think of a more interesting job to have. That's one of the things that energizes me. I get to learn and deepen my understanding of everyday it is also depressing because this job is about illness, excess illness and premature death. That's what I try to address. That is pretty

much what my job is about, that frames my job.

So it is interesting and frustrating at the same time.

EH: Where in Lucas County/which areas do you study, what do you study, and why?

Hicks: Formally what we do is study African Americans, Hispanics, Native Americans,

Alaska Natives, Asians and Pacific Islanders. We are trying to make inroads into the Native American community. It is something that is important to me that we not neglect that population. The Hispanic population,

... continued on page 5



Dennis Hicks

African Art Has Arrived!!

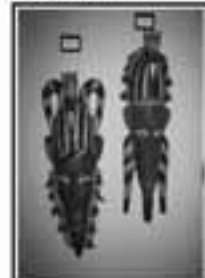
Hundreds of wood carvings from Ghana have recently arrived at
The Truth Gallery – masks, statues, village scenes!
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The Gallery is open Monday through Friday from 8 AM to 4 PM



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www.thetruthtoledo.com



The Truth Gallery
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Dennis Hicks... continued from page 4

there is something going on tomorrow called The Hispanic Health Summit. I take every opportunity to collar, orate and deepen the roots with the Hispanic community. African Americans are at the bottom of the wheel or the health hierarchy. They have the most illness and the most premature death. And so I spend a lot of time working with that population.

EH: How are the studies presented to you? How do you process the information given to you? Where do the studies go from there?

Hicks: One of the most important tools I have is called The Lucas County Assessment. That is created by a collaboration of hospitals, health systems and managed care organizations, led by the Hospital Council of Northwest Ohio. They're the ones who collect and compile the data and they will be presenting the 2015 Lucas County Health Assessment this fall. I am very excited to see what we find in the data. They have been doing this every four years – meeting since 2003.

I have been dealing with 2011 data, and so the 2015 data are very important for me. A lot of our data comes from the National Institutes of Health, Centers for Disease Control, The Census Bureau, The Ohio Department of Health ... there are lots of sources of data.

One of the challenges in my job is that the data is scattered around a lot. And on my wish list of projects is to come up with a document that I can use to share with others to show where the data are, what kind of data we are looking at and how to access it so that the next time we need data we are not scrambling around trying to make a good fit. I think those working in health disparities would be well served by having some kind of centralized directory.

EH: What kind of economic links are there to your studies? Grants, etc.

Hicks: I work on grants from the National Institutes of Health. I set a goal this upcoming year of having two new grants. Most of my money comes from a grant from The Ohio Commission on Minority Health and they are also busy writing grants that involve my office and other local offices on minority health in Ohio.

EH: What hope do you have for mothers at risk, and what major risks are there for women? And for men?

Hicks: For all adults the first two risks are heart disease and cancer.

Sedentary life style, smoking, too much salt, fat, sugar all of those things contribute.

It is recommended that we eat five servings of fruits and vegetables a day, and control the intake of fat and sugar.

Also strokes, diabetes and chronic lower respiratory disease, and accidents.

For Hispanic males accidents are at 10 percent of all deaths in Lucas County.

Mortality is much lower among Hispanics. It is called the Hispanic Paradox. The numbers would suggest that Hispanics would be sicker and it is not entirely understood it is called the First Generation Effect. First generation people who come to the United States tend to be healthier than later generations.

EH: When did your office develop the position of Minority Health coordinator?

Hicks: That goes back. I believe the Health Department established this office in 2003. Prior to that the office was part of city government across the street at the Government Center Building. For some reason, the office was moved from there to the Health Department.

EH: Why did you take the position and has it met your expectations?

Hicks: I took the position because I am generally a policy person. My academic training and most of my career history has been in health policy. This was an opportunity to delve into the policy issues concerning minority health and hopefully make a difference.

I look at this as a rare opportunity and I feel fortunate to be here. It allows me to do all the things that I imagined doing when I was in college and thinking to myself, OK, I'm going to go out and change the world. Of course I am not changing the world, but it is the kind of thing where I can go home thinking this is worth me spending my day.

EH: What have your realizations been as minority health coordinator.



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Don't Put Saving for Retirement on the Back Burner

Special to The Truth

Most Americans understand the importance of saving for retirement but unfortunately, not everyone's concerns translate to action.

While 93 percent of working Americans know they should be contributing to their retirement, only 72 percent are actually doing so, according to the results of Capital One ShareBuilder's Financial Freedom Survey (accessible at <http://tinyurl.com/n9zvksk>). The same study found that while nearly three-fifths of respondents plan to retire by age 65, almost the same amount of people fear they'll never save enough for retirement.

"Unfortunately, saving for the future is often put on the backburner for what may seem like more pressing financial priorities, such as paying for children's college education," says Dan Greenshields, president of Capital One ShareBuilder, Inc. "Today more than ever before, individuals are responsible for ensuring their own financial security during retirement."

The earlier you begin to plan and save for your post-working years, the better, Greenshields stresses. Here are some top things to consider:

- How much will you need to finance your retirement? Do you plan to move, travel or take up new hobbies? Also take in to account potential unexpected and rising costs, like health-care.

- You can estimate your retirement needs by identifying potential expenses, as well as by calculating the amount you might receive from each potential source of retirement income, such as Social Security, pensions, personal investments and employment earnings.

- Don't be surprised if what you need to retire is a large sum -- since this money may need to support you for 20 or 30 years (or more). Fortunately, there are ways to help maximize your retirement savings over time.

- Investing early for retirement and contributing as much as possible to tax-advantaged employer-sponsored retirement plans and IRAs are two ways to help build your retirement dollars.

- Automatically transfer a regular contribution from your paycheck to your retirement account.

- In some cases, it may be appropriate to consider rolling over or transferring funds to an account without minimums. However, there may be some cases where leaving the funds may be the right decision. If you opt to rollover funds, Capital One ShareBuilder, an online investing platform, offers flexibility by allowing customers to trade stocks, exchange-traded funds, mutual funds, and options. More information about whether or not you should rollover funds can be found at www.ShareBuilder.com.

- Understand your time horizon, risk tolerance and goals. Generally speaking, your risk tolerances will change over time.

- Make planning a family affair by scheduling times to discuss your financial future with your partner or family members over dinner, on a picnic or as part of a weekend getaway.

- Consider working with a qualified financial professional to help ensure your retirement plan is on target.

It is never too early or too late to get started -- and while it may seem daunting, there are quality tools and resources that might help you along the way. Sometimes it can be rewarding, perhaps even enjoyable.

Courtesy StatePoint

5th Annual "Dads and Kids Kamp Out"




Highlights

- All meals included
- Family movie night
- Prizes
- Marshmallow roast
- Worship
- Recreation, games & fun
- Lifetime memories

Key facts:

- Hey dads grab a tent & the kids and lets go camping!
- Friday night September 5th, 4:00 PM until Sunday September 7th, 12:00 PM.
- Check-in & registration begins at 4:00 PM
- Registration fee is \$50.00 per family (dad & 1 kid or dad & 5 kids). Includes all meals, snacks, and tons of fun.
- Limited amount of scholarships available!

Location: Camp Miakonda, Sylvania Avenue, Sylvania, Ohio

Contact person: Mark Robinson 419-377-1488

For Registration & Information log on to: www.restorefathers.org
e-mail: restorefathers@bex.net

Retirement Is a Big Decision

By Phil Walton, Social Security Manager in Toledo, OH
Guest Column

If you believe in going all the way or not going at all, there's a day to celebrate your extreme ways. July 26 is All or Nothing Day. Not a day for the undecided, All or Nothing Day is dedicated to the idea of making decisions and plunging in. Whether it's overcoming an agonizing fear, trying something you've always wanted to try, or making a big decision and seeing it through, All or Nothing Day is your chance to make it happen.

All or Nothing Day is a great day to think about your retirement—whether it's right in front of you or looming on the horizon. When is the right time for you to retire? Choosing when to retire is an important decision, but it's also a personal choice and one you should carefully consider. There is no one-size-fits-all answer. Social Security offers a list of factors to consider in the publication, *When to Start Receiving Retirement Benefits*, available at www.socialsecurity.gov/pubs.

If you're a young or middle-aged worker, you still have time to ponder that decision. But don't wait to begin saving for your retirement. Start saving now and go in all the way. The more you save, the more comfortable your retirement can be. And remember, Social Security retirement benefits were not intended to be your sole source of retirement income and planning early will make for a comfortable retirement.

Social Security provides two top-rated online tools to help you plan for your retirement. First is the *Retirement Estimator*, which gives you immediate and personalized retirement benefit estimates. The *Retirement Estimator* is convenient and secure, and lets you create "what if" scenarios. For instance, you can change your "stop work" dates or expected future earnings to create and compare different retirement options. If you have a few minutes, you have time to check it out at www.socialsecurity.gov/estimator.

Another great tool is your own *my Social Security account*. Here you can get instant estimates of your future benefits and verify that your earnings history is correct with your own, free *my Social Security account*. Visit www.socialsecurity.gov/my-account and join the millions of people who have already cre-

ated their accounts to help plan for retirement.

You can get Social Security retirement benefits as early as age 62, but if you retire before your full retirement age (currently age 66, but gradually increasing to age 67), your benefits will be reduced, based on your age. If you retire at age 62, your benefit would be about 25 percent lower than what it would be if you waited until you reach full retirement age. Find out your full retirement age by using our *Retirement Age Calculator* at www.socialsecurity.gov/pubs/ageincrease.htm. You may choose to keep working even beyond your full retirement age. If you do, you can increase your future Social Security benefits—up until age 70.

There is one more way that choosing to keep working can increase your benefits. If you receive benefits, and if your latest year of earnings turns out to be one of your highest years, we refigure your benefit and pay you any increase due. For example, in December 2014, you should get an increase for your 2013 earnings if those earnings raised your benefit. The increase would be retroactive to January 2014. Applying for Social Security retirement doesn't have to be an "all or nothing" decision. Whether you want to retire at age 62, your full retirement age, or even later, you can apply when you feel like it. When you're ready to take that plunge, you can apply online for retirement benefits at www.socialsecurity.gov.

The Best Black-Owned Businesses in Toledo??

Special to The Truth

Just what and where are the best black-owned businesses in Toledo – great service, great performance, great prices???

The Truth is asking our readers to let us know just who and where these businesses are. Drop us a line via email – business@thetruth-toledo.com – or facebook – SojournerTruth Newspaper - and leave a message --- comments, questions, opinions ...

Got a great business and want to make your case – email or facebook us!!!

We will be letting you know how the voting turned out in September and what other readers had to say about various businesses!



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Energy & You!

An Introduction to Reducing Energy Costs

By Karl A. Parker, MBA, P.E.
The Truth Contributor

Greetings! Welcome to our new column "Energy & You!" This monthly column will share a variety of information designed to provide our readers with new tools to REDUCE their energy costs. If you lived any where near northwest Ohio or southeast Michigan last winter, you probably got slapped upside the head with very high electric and gas bills as a result of the dreaded Polar Vortex!

By reading this column over the next few months, as we exit summer and prepare to face winter again, you will be better prepared to bob, weave and avoid some of the financial blows that our local utility companies are poised to deliver.

Wait a moment. Let me back up a minute. You are probably wondering - who is this guy talking about helping me save \$\$ that I typically spend on utilities bills. Well, I am Karl A. Parker Sr., president and general manager of Parker Family of Businesses (PFOB). Here comes the required commercial!

PFOB is a professional services firm that offers Energy, Engineering, Education and Business Consulting (Execution) services for private and public clients around the globe. PFOB is committed to exceeding our customer's expectations by providing legendary customer service and creating unparalleled value. (Thanks Deb Barnett! We sort of 'borrowed' her concept of Legendary Customer Service.)

Our energy division, Parker Energy Solutions (PES), is located at The University of Toledo's Scott Park Campus of Energy & Innovation and is member of The University of Toledo's Minority Business Development Center.

PES delivers holistic energy solutions focused on optimizing our customer's energy value chain. We deliver best-in-class services designed to optimize efficiency, improve sustainability and reduce the lifetime operating costs of our customer's buildings and systems. Moreover, we provide practical solutions that

are grounded and measured by PES' breakthrough sustainability return on investment (SROI™) model.

We basically help our customers buy energy cheaper, use energy more efficiently, waste less energy, and adopt and embrace sustainability practices. Sustainability will be discussed in a future column. However, in the interim think - People, Plant, Profit & PES!

I think I need to say this as well - PES has assembled an outstanding team with extensive experience and expertise in electrical and mechanical engineering, energy efficiency, energy and sustainability planning, architectural design and project execution. Our diverse team of professionals and strategic partners consists of members who have created exceptional value in the construction, healthcare, defense, aviation, consumer products, automotive and energy and green industries. Team credentials include advanced business and technical degrees, Lean Six Sigma certification, construction licensing, BPI certification, architectural (AIA) and professional engineering (P.E.) licensure.

Additionally, we are trade allies with First Energy (Toledo Edison) and have recently become a certified Building Performance Institute (BPI) Test center. (Thanks E. Mickens and Toledo CDC!) Whew, that's a mouth full!



Karl Parker

With that crew we are able to provide the following services for customers to help them save \$\$\$:

- Energy Usage Consultation & Utility Bill Analysis (To ensure you are being charged the correct amount)
- Energy Assessments & Comprehensive Energy Modeling (To examine if your Building, HVAC, Boiler and Lighting systems are wasting energy and need to be upgraded)
- Rebate & Incentive Analysis and Application Guidance (Yes, the utility companies actually provide \$\$\$ to help you save \$\$\$.)
- Engineering & Architectural Design (Mechanical, Electrical, Plumbing, Solar and Wind systems)
- Capital Needs Assessments (CNA) for Residential, Commercial & Industrial Buildings
- Education, Training & Workforce Development via the Urban

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The 10th Annual African American Music Festival

Saturday, July 19, 2014 Gates open at 1PM

University of Toledo - Scott Park Campus

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V.I.P. Weekend Passes \$40/Person; Preferred Seating Provided

General Admission Tickets \$20/Person; Bring your own chair

Weekend Pass \$25/Person; Bring your own chair

Seniors Ages 65+ Tickets \$10/Person * College Students with Valid I.D. \$5/Person

Kids Ages 12-17 \$5/Person * Kids UNDER 12 years old FREE

Tickets available online @ www.eventbrite.com (African American Music Festival)

Tickets also available at Toledo Urban Federal C.U. * 1339 Dorr Street

For more info please call TOLEDO URBAN FCU @ 419-255-8876

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at the
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August issue of the
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Please RSVP on The Soulful Scene Facebook page if you plan on attending and hey,
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Dear Community;

The Board of Directors and Staff of the Toledo Urban Federal Credit Union would like to take this opportunity to Welcome You to our **10th Annual African American Music Festival, "Celebrating Our History, Health and Education."** Toledo Urban Federal Credit Union believes in community and we have proudly served the needs of this community since 1996. On July 21 we will be celebrating our 18th Anniversary, which coincides with the weekend of the festival.

We would like to extend special **"Thanks"** to our sponsors: Buckeye CableSystem, Fifth Third Bank, Glass City Black Brothers United, Grand Plaza Hotel & Convention Center, Hollywood Casino, KeyBank, State Farm, Taylor Cadillac, The Andersons, The Blade, The Sojourner's Truth, Toledo Refining Company, The Toledo Journal, University of Toledo, WIMX 95.7, WJUC The Juice 107.3, WJZE Hot 97.3, Woodforest Bank, WTVG 13abc and Yark Automotive Group.

This event would not be possible without our sponsors however this year we have individuals who have really stepped up to the plate to make sure that our 10th year celebration would be magical. **"Thank You"** Fletcher Word, of The Truth; Joseph Zerbey of The Blade; Ray Wood, president of NAACP Toledo Unit, UAW Local 14; Rickey Jimenez, Jr. of Woodforest Bank, C. Brown of C. Brown Funeral Home; Dawn Heffner; Patricia Hogue, Ph.D. of UT College of Medicine & Life Sciences; Lynn Zeitler of Yark Automotive; Frances Smith; Alethea Easterly of Quality Time Child Care; Patricia Ellis; Anita Hackett; Paul Sweet of Buckeye CableSystem; Lynn Gordon-Young of Grand Plaza Hotel & Convention Center; Pastor Jerry Boose of Second Baptist Church; Nabil Shaheen; Doni Miller of WTVG 13abc; Shanda Gore, EdD, of UT Department of External Affairs and Bishop Duane C. Tisdale of Friendship Baptist Church for his inspirational words of encouragement.

Going into our 10th year we would like to say **"Thank You"** to the community for supporting the festival that has grown into a family affair. After nine years we realize and acknowledge that music plays a very important part in our culture so with that in mind this year we changed from an ordinary festival to a Music Festival.

We are still including the history, health and education components which are very important to the community however we will offer more music on Saturday. This is the first time in the history

of the festival that we will feature three headliners in one day. We believe that our community deserves this next level of entertainment and we are asking for the community to come out in large numbers to support this year's Music Festival.

We want this year to have the largest attendance record in the history of the festival. With everyone's support this year will be a huge success and then we can all look forward to next year's festival.



Suzette Cowell


We would also like to send a big **"Thank You"** out to the Toledo Urban Staff and Board of Directors and the Toledo Urban Foundation, Inc. Board. Last but certainly not least we say **"Thank You"** to all of our supporters throughout the community who have been committed to supporting Toledo Urban Federal Credit Union over the years. We sincerely appreciate everyone's commitment and involvement, and most of all your prayers for a Better Future!

By the way please join us this Saturday, July 19th at 10AM for the 10th Annual African American Parade which will start at the corner of Dorr Street & Detroit Avenue.

P.S. - Stay tuned for updates regarding our new building coming soon!

God Bless You,
Suzette R. Cowell, CEO

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Rhoer Club members are the elite ranks of Sigma Gamma Rho Sorority, Inc. New Rhoer application deadline is July 21st (postmark), with completed application, grade verification, letter of recommendation, and application fee.

Contact Advisor Artisha Lawson or Co-Advisor Lavada Griswold at: artishatoldeo@gmail.com



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Tickets also available at Toledo Urban Federal C.U. * 1339 Dorr Street
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Be sure to LIKE US on

Post-Recession Job Growth Reaffirms Worst Fears of Kasich Economy

Stagnant job growth keeps Ohio 41st in job creation from 2008-2014

Special to The Truth

National Public Radio's economic series, Planet Money, today released a comparison of post-recession job gains and losses on a state-by-state basis from Jan. 2008 to May 2014. The comparison shows Ohio ranks 41st in post-recession job growth, with jobs shrinking by 2.4 percent in the Buckeye State.

The data is contrary to the Kasich Administration's belief that Ohio's economy has been a national leader in job growth under Kasich's watch. The governor and his allies spent much of 2013 and the first part of 2014 saying Ohio was ninth in job creation nationally, a statistic widely panned as faulty for failing to disaggregate job growth based on Ohio's labor force. Democrats often point to Arizona State University's WP Carey School of Business for state-by-state job growth rankings. According to the university, Ohio finished 2013 as 44th nationally in job creation, and currently ranks 38th.

"This shows what many Ohioans and Democrats have been saying about Governor Kasich's economy all along," said House Democratic Leader Tracy Maxwell Heard (D-

Columbus). "His recovery for the rich is not creating jobs for the rest of Ohio. Tax cuts targeted at the wealthy aren't creating the job growth Governor Kasich promised."

The collapse of Wall Street in the fall of 2008 triggered a global economic recession that impacted states all across the country, including Ohio. Ohio began to recover from the Great Recession in March 2010 when the unemployment rate first started to drop. Over the next 12 months, and before any of Gov. Kasich's policies were in place, the unemployment rate would continue to drop to 8.8 percent, from over 10 percent, by March of 2011.

Here is what other Democratic lawmakers are saying about the economic comparison:

"While Gov. Kasich and his allies promised fracking jobs would be a windfall for our state, it's clear that their stance against requiring companies to hire Ohioans for these jobs has meant that out-of-state workers continue to get work instead of Ohioans. Meanwhile, North Dakota and

Texas are leading the nation in post-recession job growth thanks to oil and gas drilling. This is more proof that Gov. Kasich and Ohio's GOP are lying about our state's economy." --Rep. Robert F. Hagan (D-Youngstown)

"Gov. Kasich's state savings account has grown by \$800 million, but middle class Ohioans have felt the pinch of more taxes and economic policies that favor the wealthy. Ohioans realize that wealth does not 'trickle down' and that the Ohio's GOP view of what a successful economy means is wildly different from that of everyday Ohioans. Rich people continue to make out like bandits. Poor and Middle class people again get next to nothing."

--Rep. Mike Foley (D-Cleveland)

"Gov. Kasich promised an economic turnaround when he took office, yet he is failing to live up to that promise. Ohio is the seventh most impoverished state in the nation and welfare numbers are still trending upward. The top-down approach our governor has taken is straining the middle class and holding Ohio back. Ohioans deserve a leader who works on behalf of all

citizens – not just a select few." --Rep. Vernon Sykes (D-Akron)

"The national economy climbed back steadily from recession, yet it is a very different picture in Ohio. Our state consistently remains at the bottom in job growth, and we have fewer jobs than we did before the recession. Instead of catering to special interests and pandering to the wealthiest among us, Governor Kasich should push policies that help average Ohioans get back on their feet." --House Democratic Whip Michael Ashford (D-Toledo)

"We know that Ohioans have the skills and determination to make this state an economic powerhouse. But, the top-down, partisan priorities of Governor Kasich and the administration are holding us back from our true potential. Targeting tax breaks to the wealthiest Ohioans while cutting schools and communities is a strategy that is not working, and it continues to move our state in the wrong direction." --Assistant Democratic Whip Dan Ramos (D-Lorain)

Energy & You... continued from page 8

Center of Excellence for Energy, Sustainability and Technology

It would be a shame if I did not acknowledge the Toledo Lucas County Port Authority (TLCPA) and its Better Buildings of North-

west Ohio program (BBNWO) for supporting PES in our efforts to develop our people and grow. By the way, TLCPA has an awesome program that provides funds to make your building(s) or systems more energy efficient. Contact Teresa Smith at tsmith@toledoportauthority.org for more information. We are proud to be one of

TLCPA's preferred partners. For more information about PFOB & PES check out our websites @ www.parker-energy.com or www.parker-fob.com.

The next column will review several programs that are offered by the utility companies, local, state and federal governments, and local organizations, available to citizens, businesses, churches, and schools to assist in paying for energy assessments and energy upgrades. We will also introduce sustainability principles and the impact on our communities' bottom line.

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State Spending Plans Released

Special to The Truth

State agencies spend millions of dollars each year on services and supplies, and Governor John R. Kasich has made it a priority to ensure that at least 15 percent of state spending will be with Ohio certified minority businesses. State agencies have put together spending plans outlining their needs for Fiscal Year 2015, and these plans are now ready for review.

"Minority businesses can now see how state agencies spend their money," said Jackie Williams, director of the Minority Business Development Division. "From IT services to office supplies to auto dealers to medical service providers, the state needs it all. Now is the time for minority businesses to see if they are in a position to do

business with the state."

In order to do business with the state, minority businesses must be certified. Minority businesses can contact their local Minority Business Assistance Centers to become certified. In cases where there is a pending contract opportunity, businesses may qualify for priority certification which can be completed in one week. The

Minority Business Assistance Centers are staffed with certified business counselors that can also assist minority entrepreneurs and business owners with loan and bond packaging services, management, technical, financial and contract procurement assistance.

To see agency spending plans, go to www.Ohio.gov

Perryman... continued from page 2

residents physically and psychologically isolated.

Who will lead in the reconstruction of the community?

The effort is not likely to come from elected or appointed officials. Instead, it will take those "whose mission and competencies are rooted in integrity, empathy and hope" – who must pick up the pieces and refashion communities that have been devastated by war.

It will take the continued work of someone like University of Toledo doctoral student Alicia Smith and a serious commitment from one of the local universities to develop a research agenda that focuses on dismantling the school to prison pipeline or clarifying the link between incarceration and problematic outcomes in low-income neighborhoods.

It takes the persistent quest for prison reform and alternative justice solutions from someone like Judge Denise Cubbon and Rachel Gardner, site coordinator, Lucas County Juvenile Court.

MLK Nominations... continued from page 16

screenings, prescription programs for the uninsured/underinsured, prenatal care and pediatric care. Organizations that provide health care and entities that facilitate health care delivery services are eligible to participate in this category. Nominations must document the support of services that progress toward the realization of Dr. King's vision of an America that provides the real promise and fulfillment of hope for the poor.

Social Justice Award: Nominees should have made significant contributions to achieving justice for individuals or communities. Nominees have made contributions through the legal, legislative and governmental systems on behalf of society's more vulnerable populations. The nominees must have participated in activities that embrace Dr. King's commitment to nonviolence while fostering social justice.

Youth: Capturing the Vision of Dr. Martin Luther King, Jr. Award: Nominees must be younger than age 21 on Sept. 2, 2014, and demonstrate an adherence to one or more of Dr. King's Six Principles of Nonviolence: "Nonviolence is a way of life for courageous people; the Beloved Community is the framework for the future; attack forces of evil, not persons doing evil; accept suffering without retaliation for the sake of the cause to achieve the goal; avoid internal violence of the spirit as well as external physical violence; and, the universe is on the side of justice."

The award ceremony is sponsored by the Ohio Dr. Martin Luther King, Jr. Holiday Commission, which is housed in the Equal Opportunity Division of the Ohio Department of Administrative Services (DAS).

It takes the dogged determination of Woody and Judy Trautman to transform our culture of callousness, by continuing to create a Compassionate Community designed to break down political, dogmatic, ideological and religious boundaries.

Finally, it will take the construction of new self-identities for poor youth of color by an informed multi-faith coalition of black and brown leaders who care deeply, both about their own communities as well as the future of American society at large.

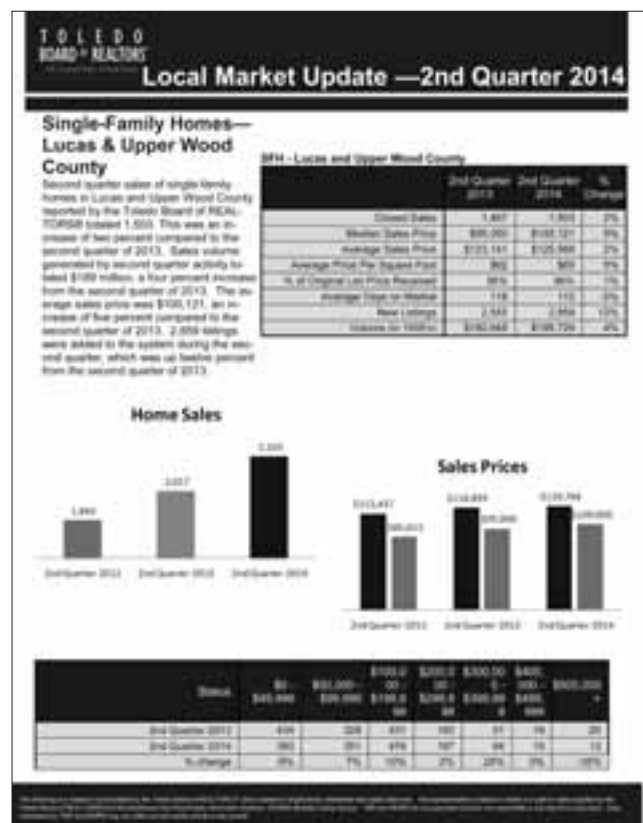
We have learned from this sordid war experience that the solution is not merely harsher and longer punishments, but in finding ways to "encourage and strengthen the bonds that make families possible, give life to community, and ultimately determine the character of our society as a whole."

A lesson that is better learned late than never.

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

sion of the Ohio Department of Administrative Services (DAS).

For more information and a nomination form, visit das.ohio.gov/mlk or contact Bobbi Bell of the DAS Equal Opportunity Division at 614-466-8380 or bobbie.bell@das.ohio.gov.



Dennis Hicks... continued from page 5

Hicks: One of the most important things I have realized in this job, is there is an actual physical mechanism in place for race to become a health issue. We talked about that feedback loop of all those social determinants that were self reinforcing. Those create a situation of chronic stress for those people who are living in that feedback loop.

Acute stress is a good thing if it helps you get through those episodes where you want to have more alertness, stronger immune responses ... that kind of thing. Once, you've gotten through that those stress hormones that you create for that purpose go back down to a normal level.

When you go through a feedback level those stress hormones go up and they stay up. A lifetime of living with chronic stress causes your good cholesterol to go down and your bad cholesterol to go up. It causes blood sugar to go up, depression, heart disease and a number of physical effects that are caused by chronic stress. So those health disparities that we are dealing with are largely symptoms of chronic stress caused by things that are outside the realm of health care and what we traditionally think of as health. So health disparities become a side effect of that mechanism. So you can't concentrate on health if you have to concentrate on health disparities.

As far as the future goes the health department wants to concentrate more on working upstream. The upstream is kind of a metaphor, if you picture a stream that at the end of it has a waterfall. A lot of what we have done is work on health-care intervention. A lot of what we do is to try to catch people before they go over the waterfall. The further upstream we go the more we talk about policy.

With the metaphor we talk about how to prevent people from falling into the stream in the

first place. So, I think in the future upstream initiatives are going to be more and more the conversation.

And for intervention and downstream we have done a really good job there. We have put a lot of safety nets in place as far as the health care system goes. For instance, dealing with birth outcome and maternal and child issues. We've got those pieces in place and they're doing a good job. But, at the same time we are still very high as far as to infant mortality. It is because we have not done a good job of preventing those mothers and babies from falling into the stream in the first place into those social determinants that help.

To allow those to serve as a barrier to the bad outcomes that might have occurred downstream. We are going to be more active in that area in the future.

EH: If you could reach out to a young African-American woman, what would you say?

Hicks: Well I would start younger than 20. First of all unintended pregnancies are a problem.

The birth rate is going down. Unintended pregnancy is going up for teenagers. I would have to say here is how I see part of the problem. In the African-American and Hispanic communities people are living with abandoned buildings, broken streets and side-walks litter all over the place, and very little commercial activity going of a legal kind.

I feel there is a general sense that they don't matter, that they don't count. Because everybody knows what's happening out in the suburbs. They see that disparity, they see what's available for other people that's not available to them. They have that belief that: "I don't count, I don't have any self worth."

What I would say to a young woman 15 or 16: "You do have self-worth, you do not have to give up on your future and just throw your fate to the wind, and do whatever works for you at the moment. You can make plans, you can choose not to get pregnant, because with pregnancy at that age at that income level I guarantee that you are going to live a life of poverty."

"You can become a college graduate, you can make a contribution to your community, you can make an example for those coming up behind you. I would say hold on to your self-worth believe in your future, make plans for it and don't let those plans be interrupted by someone who comes along and tells you you're special. Just know it yourself, you don't need someone else to tell you that."

EH: Describe how poverty affects the populations you are studying and poverty affects that population's health. How is poverty described in your research?

Hicks: Poverty is important. As I described before it is a major risk factor for all kinds of illness, and other unhealthy behaviors. One of the things I want to interject here, those unhealthy behaviors, one statistic is that poverty and depression go hand in hand. The data tells me that high levels of poverty and depression go hand in hand. There is a direct correlation between high levels of poverty and depression. What people do when they have depression is they self-medicate. With alcohol, with drugs and with food, and/or with risky behaviors. There is a new study out that if you have

a cigarette within five minutes of getting out of bed you're clinically depressed.

Some studies show that half of the people that study among a group of smokers, either had either a diagnosis of depression, or had the risk factors associated with depression.

So, I would say that poverty, depression and unhealthy behaviors all go together. I would say that when researchers included screening and treatment for depression their rate was much better. So I think one of the things we have to do is more screening for depression,

Anxiety and stress. And we need to teach resiliency, and make sure that when do those screenings uncover depression and other mental illnesses then we provide the treatment. With the Medicaid expansion we are going to find more people will access the health care system.

In terms of Medicaid we are talking about a lower-income population, where that risk of depression is created. We have to position ourselves be ready wait for people to show up with diagnosable depression and make sure they do receive the services and treatment they need.

EH: That was my last question, Dennis, are there any comments you would like to add?

Hicks: I would just like to say that even though this is a one-person office, it has a kind of invisible support system behind it. The Health Department and the Commission on Minority Health who are funding my office are two examples. I am running the risk in naming names here of leaving someone out, but The University of Toledo, particularly their School of Public Health; ProMedica and Mercy Health Partners; Buckeye; United Health Care ... there are a number of social organizations out there who are supporting the Office of Minority Health who are close partners and who are supporting my office and so we work together.

Whenever there is a grant opportunity, there is an initiative that we want to take on there are groups of people, not just me. I am kind of, I don't know if you remember the old Mickey Rooney movie, and if there was a problem in the neighborhood, and he would think of a way to fix it, with a little bit of money, and he would say, "ok kids let's put on a show," and they would sort of gerry-rig a stage and they would do little numbers and stuff like that. And at the end of the show they would have a few bucks to go and take and fix the problem they saw in the neighborhood.

I kind of see myself as the Mickey Rooney of minority health, I am always going around to these other collaborators and say "let's put on a show, let's do this, let's address the stigma of mental illness in the black community."

"Let's find a way to help people enrolled more effectively in Medicaid. Let's put together a grant to do one thing or another."

So that is a big part of my job to get people to throw in with me to get these problems solved.



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Recognition by O.H. Bennett

By Terri Schlichenmeyer

The Truth Contributor

What you wouldn't give to spend one more day.

c. 2014
Agate
\$15.00 / \$18.50 Canada
208 pages

Your loved one has been gone – what? Weeks? Years? It seems like forever, and missing him doesn't get much easier. You wish for one of her hugs. What you wouldn't give to have one more day with her.

And what would you do? In the new novel, **Recognition** by **O.H. Bennett**, a young mother panics because the man she sees can't possibly be the man she knew.

Franklin would have gone to Brenda's house by now.

That was one of the thoughts swirling in Dana's head as she rushed home from an exceptionally long day of teaching. Nine-year-old Franklin knew he should go to the neighbor's house when his mother was

running this late. What he didn't know was that Dana worried about bills, the house,

her job and a hundred other things. Mostly, she thought about her husband, Reynolds, who had been accidentally swept away in a rain-swollen river just months before Franklin was born.

For that, there was simply no closure.

If only they hadn't argued. If only she hadn't been so self-conscious of their mixed-race marriage. If only. If only.

If only she hadn't slept with her colleague, Steve.

And that was the hundred-and-first thing on Dana's mind as she prepared to turn onto the street where she

lived – and she saw him. **Reynolds!** Her husband, but when she stopped, turned around, and tried to find him, he was gone.

Enlisting the help of an alcoholic streetwalker, Dana did everything she could to locate her beloved, the man she thought was dead, but he was elusive. Maybe he didn't want to be found – but why? She couldn't talk to his mother about it; Maureen was very ill. Dana couldn't talk to Reynolds' sister; she never liked Dana much at all. Surely, she couldn't tell Franklin what was going on...

Until the night Dana realized that she was being stalked. She needed to keep her son safe from someone – maybe Reynolds? It wasn't his nature to play games – was it? And was that filthy, scruffy, homeless man truly Reynolds... or was Dana's still-grieving mind playing tricks?

It's going to take you less than 210 pages to learn the answer. Two hundred squirmy, uncomfortable pages and you'll enjoy every one of them because *Recognition* is just that kind of book.

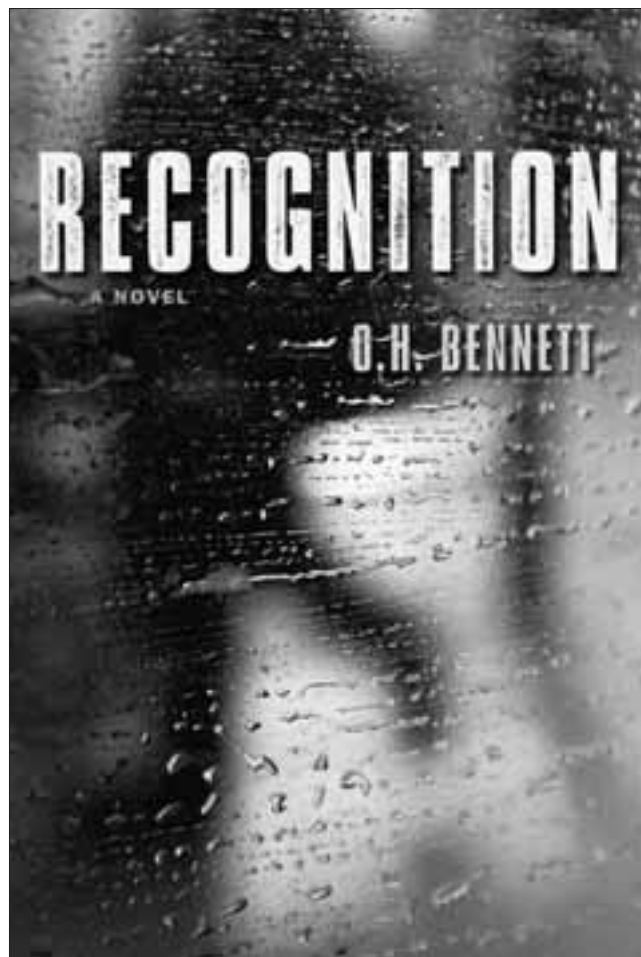
Tight-tight-tight is the story that author O.H. Bennett offers us, with no chance to catch a breath or to figure out if his character, Dana, is remembering or re-living; Bennett tosses the



O.H. Bennett


story back and forth, then and now, so quietly that we're never sure. That catch-you-off-guard is an awesome hook that adds to the surrealism of this tale as Dana's confusion becomes our confusion and everything oozes into a dream-like focus, then careens to an absolutely golden ending.

My biggest advice is to be patient with this book. It's a little odd at the very beginning, but you'll warm to it quick. Ultimately, *Recognition* will be a novel you'll want to spend one more day with.



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CLASSIFIEDS

July 16, 2014

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Account Executive Position - Toledo, OH (June 13, 2014)

Radio Station Marketing Consultants

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2. Sales Dept. - Sales Dept. - Ride along with the sales staff and observe them while on calls; learn how radio is sold; help assemble sales packages and presentations.

3. Administration - Assist in answering and routing telephone calls; work with the traffic department to schedule the station logs; observe the Business Manager to learn the overall administrative duties required to run a radio station.

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Brandi Brown, Program Director at brandi-brown@urbanradio.fm

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EOE

Lucas County Family and Children First Council

Lucas County Family and Children First Council has openings for positions with their new Early Head Start program. These positions are: Program Quality Coordinator; Education, Health and Mental Health Coordinator; Parent, Family and Community Engagement Coordinator and Family Advocate and Central Coordination Specialist-Bilingual.

Please visit our website at www.co.lucas.oh.us and click on the "Apply for a Job" link to review the job description, minimum requirements, salary and to apply online.

Please submit employment applications by Friday, July 25, 2014 at 4:30 p.m.

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State MLK Commission Seeks Nominations for Awards

Deadline is Sept. 2

Special to The Truth

Nominations are being sought for awards honoring Ohioans who carry on the legacy of Dr. Martin Luther King, Jr.

Awards honoring such individuals and organizations will be given at the 2015

Ohio Dr. Martin Luther King, Jr. Commemorative Celebration being held Jan. 15 at Trinity Episcopal Church, downtown Columbus.

Nominations are due to the commission by Sept. 2.

The awards and their criteria are as follows:

Governor's Humanitarian Award: Nominees must be individuals who act independently of associations and organizations. These individuals give their time freely to those in need without question and often without recognition. This award honors quiet soldiers who promote the welfare of humanity and the elimination of pain and suffering through their own selfless service, and demonstrate a personal activism that has led them to render unheralded long-term service to the community.

Community Building Award: Nominees may be individuals or organizations who have made significant contributions toward building a sense of unity among Ohio citizens. Nominees have demonstrated the ability to build safer communities through various area revitalization activities and programs. Nominators must demonstrate how the nominee has used Dr. King's vision of nonviolent social change to successfully bring people from diverse backgrounds together to build a better community.

Cultural Awareness Award: Nominees must demonstrate an ap-

preciation for diversity and skill in building and maintaining harmonious cross-cultural relationships. Nominators should identify specific initiatives and accomplishments that foster Dr. King's vision of unity among people of diverse cultural backgrounds.

Economic Opportunity Award: Nominees may be municipalities, businesses or organizations that seek to improve the quality of life for citizens in economically challenged areas through economic incentive programs. Nominees must demonstrate accomplishments in one or more of the following areas: workforce training development programs; upgrading skills of existing workforce; infrastructure improvements; creation of community partnerships; housing assistance programs; energy efficiency programs; environmental programs; encouragement of new business startups; or the ability to take advantage of state and federal aid to provide economic opportunity.

Educational Excellence Award: Nominees in this category have demonstrated a personal commitment to scholarship and/or attainment of educational goals despite significant barriers or obstacles.

Nominees must have successfully achieved progress in eradicating systemic barriers that impede the attainment of academic excellence. The activities/programs of the nominees could include mentoring, tutoring, innovative pre-school programs, highly effective pre-college programs or the provision of scholarships, etc. Nominees must show a commitment to Dr. King's dream of social justice for all Americans through the provision/use of equal access to the means/resources of learning and the full utilization of educational opportunities.

Health and Equity Award: Nominees have offered exemplary community outreach and educational programs for an underserved population in the state. These services should increase the accessibility (i.e., awareness, cost, transportation) of health care for the under-served while providing a high quality of customer service. Critical issues in achieving health equity and awareness can include provisions for drug treatment, HIV testing,

... continued on page 11



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Judy Jones	Billie Lothery	Victoria Scott-Colbert
		
Shawnise R. Simmons	Margaret E. Watson	