



Volume 29, No. 8

*"And Ye Shall Know The Truth..."*

September 3, 2014

# Ray Wood, President NAACP

## *In This Issue...*

Perryman and AKA  
Ray Wood Visitor  
Page 2 Page 4

### The Health Section

Fall Veggies Vaccinations  
Page 5 Page 8

Sen. Brown on Regular  
Infant Mortality Exercise for  
Page 6 Students  
Page 10

Fitness Guru Caregiver's Tale  
Page 7 Page 11

Lima's Mural Second  
Page 13 Baptist

BlackMarket- Place Page 16  
Page 14

Classifieds St. Paul  
Page 15 Baptist  
Page 16



**"I would say the number one issue for the NAACP is black-on-black crime and gang violence. The education of our African-American community would be number two ... mass incarceration would be next and then jobs."**

# Protest or Presence? Part II

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

*... do we just worry about Genocide in the Middle East and ignore it at home as we are murdered by law enforcement, or killed by one of our own...? The bigger question is who besides us really care about us?*

- Alice Huffman



The NAACP has a long and glorious history of fighting for the issues affecting the plight of African Americans. In the past, the organization battled lynching, racial discrimination and focused on legislation, lobbying and educating the public.

What is the organization doing today to address contemporary issues such as a criminal justice system, which profiles, arrests and incarcerates black males at disproportionate rates? What does the NAACP have to say about the prevalence of low performing schools in our community or the exponentially high rates of unemployment for African Americans?

I spent several hours speaking one on one with local NAACP president Ray Wood to discuss his philosophy and vision for bringing about institutional, political and community change in Toledo?

The following is part two of our conversation:

Perryman: How would you describe the agenda for the Toledo NAACP and its priorities?

Wood: I would say the number one issue for the NAACP is black-on-black crime and gang violence. The education of our African-American community would be number two. And, if kids are not doing well in school then they don't have very many other options. So mass incarceration would be next and then jobs. Jobs not just for our black men, but also jobs for our African-American youth. We have to give them something to do. You can't just say to them, "Listen, don't be in a gang." They're making a living selling drugs and not having other options. So I would say that those things will be our priorities.

Perryman: So what activities are taking place right now?

Wood: Well, actually I've been having meetings since the end of last year with some of the gang members. You've got to get to point A and make contact, earn their respect and hear what they say before you can go any further. I made a real serious connection with a young lady named Deirdre. She brought gang members and they respected her. And there were others, like Ronnie Robinson who has been involved with gangs and trying to have shelters and safe havens for them. Deirdre and Ronnie have been able to bridge the gap for us. Councilman Tyrone Riley and Council President Paula Hicks Hudson have also been involved with our efforts. But, even with all of that, it's still about what other op-

... continued on page 3

## The Sojourner's Truth

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## Community Calendar

### September 5-7

Worship Center Church Celebration of Pastor Pat McKinstry: Celebrating 55 years in the ministry, 45 years of marriage, 25 years in pastoral ministry and her birthday; Fri at 7 pm – Bishop Iona Locke of Abyssinia Christ Centered Ministries of Detroit; Sat at 5 pm – banquet at the Pinnacle; Sunday morning service – guest speaker Bishop Liston Page of The Greater Highway Deliverance Temple Ministries of New York City: 419-244-2100

### September 6

Spring Street Prayer Breakfast: 9 to 11:30 am; Guest Speaker A.E. Richardson

### September 7

Greater St. Mary's MBC Annual Praise and Worship Service: Presented by the Youth in Praise Dance Ministry; 5 pm; Featuring praise, mime and dance team ministries from around the area: 419-973-4197

### September 9

First Presbyterian Church of Maumee Separation and Divorce Recovery Support Group: 13-week session; 6:30 to 8 pm: 419-893-0223 or [www.fpcmaumee.org](http://www.fpcmaumee.org)  
First Presbyterian Church of Maumee GriefShare Program: 13-week session for those in the community who have experienced death of family member or friend; 6:30 to 8 pm: 419-893-0223 or [www.fpcmaumee.org](http://www.fpcmaumee.org)  
NAACP Monthly General Membership Meeting: 7 pm; African American Legacy Project

### September 13

Community Day Rally: Noon to 4 pm; Savage Park; Faith, fellowship, friends; Community leaders, refreshments  
Indiana Ave MBC Pre-Women's Day Garden Tea: Noon; "My Cup Runneth Over:" 419-350-6149

### September 14

Prince Hall and Acceptor Masons of Amazon Lodge #4 and Composite Lodge #108 Celebrate Americanism Day: In honor of founder Prince Hall; 4 pm; St. Paul MBC: 567-258-9319

### September 22

12th Annual Black College Tour Informational Meeting: 6 to 7:30 pm; Kent Branch Library; For the 2015 Southern Route tour from April 5-10; Sponsored by the Maumee Bay Club of the National Association of Negro Business and Professional Women's Clubs, Inc: Gwen Banks – 419-944-5912 or Trevor Black – 419-478-7844

### September 27

Spring Street Baptist Church Anniversary Musical: 5 pm

### September 28

Spring Street Baptist Church Friends and Family Day: 11 am worship service

### October 3

Calvary Baptist Church 85th Anniversary: Memorial Musical; 6 pm

### October 5

Spring Street Baptist Church 81st Anniversary: 4 pm service; Guest speaker Pastor Clayborn Arnett of Greater Harvest

### October 12

Calvary Baptist Church 85th Anniversary: 4 pm Service; Guest speaker Pastor Lorenzo Edwards of Holy Cross

*Perryman... continued from page 2*

tions do we have to give these young people opportunities.

**Perryman:** And that's the critical piece. Because, from what you've said, you've already started to build a foundational base of rapport and trust with the gang members. But all of this could dissipate if nothing materializes because their issue is hopelessness. It is about promises being made over and over that are seldom, if ever, fulfilled. So, I mean until you come through...

**Wood:** Several years ago there had been a shooting just like we seem to be having every day and it hasn't stopped. I guess Jack Ford was mayor at the time. And right here on Dorr Street and Detroit Avenue, he had hot dogs -- some sort of a summit up there. And just as you said, promises were made and the people waited, but nothing ever came from it. Those gang members I've been meeting with made sure that they let me know that. They also let me know that they really do want someone to do something about their situation. And then, the other thing is that a lot of the young mothers of the gang members, they're not necessarily discouraging them from that lifestyle, because whatever they can get by selling drugs -- and these are some great entrepreneurs. A lot of them bring the fruits of that activity back home. Now they've got a flat-screen TV for mom.

**Perryman:** Absolutely. They have not been able to get a job, so a lot of them make their own jobs and support their "communities" with those funds. So, having been excluded by the mainstream, they have their own society and even mete out their own justice in their world.

**Wood:** Yes. It's their own community. And often they are more dedicated to their community than a lot of us are in ours. And they're more unified. Because we're here, we're there, we're over there -- There's a lot of self-serving. But those guys, and they know who's got their back and who doesn't.

**Perryman:** They know. And I would even go as far to say, that the majority of the shootings -- I don't know what percentage, this is anecdotal -- but I would surmise that the overall shootings are the result of business dealings and their own code of justice. My sense is that they're not necessarily coming and messing with the general population for the most part.

**Wood:** And I don't know why people don't really get that piece. A lot of that is within their inner circle. Some of it is random, but a lot of the more intense violence involves business deals gone bad or turf battles.

Now, how do we address that? I think that, first of all, we collectively have to come together. We need to have some involvement from law enforcement. We have to have engagement, but it has to be the right people. It has to be people on that side of the house. And I guess Deirdre's had some death in her family with a brother and a cousin getting killed, and she said that the only person who really cared for her when they were running the streets, when they were in the gangs, was a police officer who would pick them up, take them home, tell them exactly straight but not come across like 'I'm the authority and this is what you better do.' People don't care how much you know until they know how much you care. And no matter what level it's on, people will recognize if somebody really cares or if they are just going through the motions of doing their job.

**Perryman:** You and I frequently have different perspectives on certain issues, but I wholeheartedly agree that that we must have an involvement from law enforcement. But before we get to that, let's talk about the root causes of gang violence. Maybe the root cause will dictate solutions, or what role law enforcement or the criminal justice system might most effectively play.

Number one, these gang members, as we've discussed, are disconnected from mainstream society, so they go and start their own. So you've got gangs which are a group of people who have been rejected by the mainstream. And, being a deacon in the Baptist church and familiar with the bible, you know that before David (the "apple of God's eye") became king, he had a band of "outlaws" who followed his leadership. In essence, what they were, were gangs. They were a group of disrespected people who didn't fit in with the mainstream. And so they formed their own society. What drives this? Why are they not fitting in? Why are they rejected? There are a lot of things that could contribute. Poverty, for instance. But more than that.

**Wood:** There's a lot of root causes.

**Perryman:** There's mental post-traumatic stress from the violence that they've witnessed in their lives and that they see on

television. The lack of educational resources compared to what is available to the suburban schools. And possibly their learning styles -- maybe the people who teach them don't connect with them and so maybe it's a lack of connection with Eurocentric pedagogical styles. We've got to find some way to deal with the lack of jobs and with the disparities in the criminal justice system.

Now, we have taken all these young black men out of the community and left women to run it and raise children while all these guys went to prison, mostly for selling drugs to make money. Instead of rehabilitating them, they were placed in an environment that taught them how to be more criminal, cold and ruthless because that's the way you have to act in order to survive in prison. Lenora Barry tells me that thousands of ex-offenders are returning to the community and have can't get a job so that many of them end up going back. They arrive on the doorsteps of the community with an institutionalized attitude, the subculture that they developed in prison and brought it back to the streets and to the community.

**Wood:** Yes. It has become a badge of honor to go to prison and come back out. Some of it is part of the initiation process. To be incarcerated, even if it's just a couple of years, it seems to me, would change the desire to be locked-up, but it only solidifies it.

**Perryman:** So we can't entirely blame the kids. We have created much of this ourselves.

**Wood:** Yes, we have. So we throw our hands up and it's kinda easy to talk about this issue and it seldom goes anywhere. Everybody's piping in. Everybody's making good points, and then next week there is nothing. I mean that's all we seem to do in this is come together. And to meet just to meet is ridiculous. Because in the end, it's about results.

**Perryman:** How do we obtain meaningful results?

**Wood:** This is the only thing that I can think of, because I still believe that there's so much power in black churches. God gave it. And yet, people here are so afraid of Allan Block. Allan Block ain't nobody. It is the black churches, and churches in general, that have the power. But, since we're talking about our community and our issues, let's have a summit with the gangs. Somehow we've got to put aside our egos and differences and have a summit where the true power is. Some people may hold this against me and I'm okay with that. I've had people tell me that they've got no place for the spiritual aspect of this work. But, I think that God is in everything. God is all in all. The church's involvement has worked before. And it can help provide the results we are looking for today.

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




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# Alpha Kappa Alpha Sorority, Inc. Past International Executive Director Visits Toledo

*Special to The Truth*

The eighth International Executive Director of Alpha Kappa Alpha Sorority, Inc., Betty James, EdD, visited Toledo as a guest of sorority member Brunetta O'Neal this summer. James, a resident of Chicago, Illinois, where AKA corporate headquarters are located, served as the executive director for 11 years before retiring in 2009.

This was James' first visit to Toledo and in an effort to help her learn more about the Glass City, a luncheon was arranged at Real Seafood Restaurant.

Accompanying James and her hostess, O'Neal, were Wilma Brown, former president of Toledo City Council and Schylbea Jean Hopkins, immediate past Great Lakes Regional Director and current International Chairman of the South Africa School Task Force of AKA. Hopkins, a resident of Detroit, grew up in Toledo.

Hopkins played an important part in hosting the Chicago visitor, including driving her down to Dayton to visit the 19th International President of AKA, Bernice I. Sumlin, PhD. That segment of James' visit was sponsored by the current Great Lakes Regional Director Charlene Truitt-Nelson along with local members of the Dayton chapter.

James, along with various sorority members, attended Sunday morning services at Warren AME Church on Col-

lingwood and Indiana Avenues. James also visited the Toledo Zoo and the Toledo Museum of Art during her visit. O'Neal was assisted in her hosting duties by fellow sorors, Joyce G. Brown, Daphne Darden-Willis, Joan A. Martin-Harris, Leola Haynes and Judy Pace.

James was initiated into the sorority at Texas Southern University and is a lifelong member of AKA. She is a charter member and past president of two chapters of The Links, Inc in Texas. She earned her bachelors of arts degree from Fisk University, her masters degree in education from the University of Houston and her doctorate in education in administration and supervision from the University of Houston.

She came to the position of executive director after serving as assistant commissioner for access and equity, the Texas Higher Education Coordinating Board, Austin, TX.

Hopkins, a graduate of Ohio University, served in the Detroit Public Schools as teacher, counselor, staff coordinator, assistant principal and principal. She was initiated into AKA at OU in the Delta Phi chapter. A graduate of Libbey High School, Hopkins is a member of the NAACP, the Order of the Eastern Stars, Golden Circle, National Alliance of Black School Educators, Top Ladies of Distinction, Inc, National Council of Negro Women, National Coalition of 100 Black Women.



*Betty James*



*Schylbea Jean Hopkins*

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## Fall In Love with Vegetables

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

Fall is around the corner. Just like the days are still warm but school has started, we get to still enjoy local summer vegetables as the fall vegetables start to take their place. It's a good time of year to enjoy fresh vegetables.

While there is nothing wrong with stocking the shelves with canned vegetables or filling the freezer with frozen vegetables, often people prefer the taste of fresh produce compared to canned, dried or frozen. Because so many of the fresh varieties of vegetables are in season, being harvested right now, they are at the peak of their flavor. They are often available at the stores and farmers markets for a lower price when they are in season compared to when they are out of season. Whether you are trying something new for the first time or thinking, "I haven't had that in a while" be sure to add some more vegetables to your plate this month.

Fresh produce can be affordable. Look for sales or seasonal specials at the store. Look for farm stands or visit a local farmers' market. Some fresh produce lasts longer than others. If the produce is very ripe, make sure you use it earlier in the week. Save produce that will store longer for meals later in the week.

Often cucumbers, peppers, eggplant and lettuce do not last quite as long as other vegetables. Make sure to eat those first! Other vegetables like cabbage, carrots, potatoes and onions will store for a while under the proper conditions. A very ripe, mature tomato will not last as long as a green tomato or one that is just starting to turn from green to red or yellow.

Where should vegetables be stored? The majority of fresh vegetables should be stored in the refrigerator. A few examples are beans, green onions, leafy vegetables like lettuce and greens, beets, cauliflower and sweet corn. Other vegetables can be stored at room temperature like dry onions, sweet potatoes and winter squash like pumpkins. All of those vegetables can be stored in a dry, dark place like the pantry. Tomatoes can sit at room temperature on the counter.

Add some extra vegetables to current meals. Add more vegetables to soups, stir fries or salads. Try shredded vegetables like carrots or zucchini in baked goods or meat loaf. Add vegetables to the breakfast table by chopping some for an omelet or just eat some raw, sliced vegetables in the morning.

Recipes do not have to be complicated. My friend just shared some delicious baked veggies. She thinly sliced fresh vegetables like summer squash, tomatoes and potatoes. She put them in a baking pan, poured in some Italian dressing and baked them. Towards the end she turned up the oven to broil. If you don't want to heat up the oven, make a similar recipe in a foil packet on the grill.

To cook vegetables directly on the grill, brush them with some olive oil and sprinkle with herbs. Place the vegetables on a medium hot grill and turn them often until tender. For most vegetables, it will take 10 minutes or less to cook. For food safety, remember to keep fresh produce and cooked meat separate from raw meat. To make grilling vegetables easy, make sure they are not cut fairly even but large. If they are too small they will fall between the slats of the grill. Try to grill some summer squash, peppers, onions or sweet corn.

If time is an issue, use the microwave. Corn on the cob can be microwaved in or out of the husk. Depending on the microwave, cook the corn for approximately four to five minutes per ear. A head of cabbage can be microwaved in large wedges. Cut it into

pieces, put in a deep bowl with a cover and add a little water. Microwave on high for about six minutes.

Other vegetables like broccoli and carrots can be microwaved in a similar way to the cabbage. Cut the vegetables in smaller pieces, placed in a covered microwave-safe bowl and add a little water before cooking. Bake a potato in the microwave. Scrub the potato and pierce with a fork. Cook on high for about four minutes per potato.

Have too many vegetables to eat fresh from the garden or market? This is also a good time of year to preserve some fresh produce to enjoy when the weather turns cold. Are you interested in learning about canning, freezing and drying food? On Wednesday September 10 OSU Extension, Lucas County will be offering a free community program on "Basic Home Food Preservation" from 7:00-8:00pm at the Point Place Library, 2727 - 117th Street, Toledo, OH 41611.

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## “Addressing Infant Mortality in Ohio”

By U.S. Sen. Sherrod Brown  
Guest Column

According to humanitarian organization Save the Children, the United States has the highest first-day death rate for infants among industrialized countries – more than 11,000 babies die within 24 hours of their birth each year. It's unthinkable. And each year in the U.S., there are more than 4,600 sudden unexpected infant deaths. What's worse – Ohio is near the bottom compared with other states, ranking 48th in the nation for infant mortality and 50th for infant mortality among Afri-

can Americans. In 2012, 1,047 babies died in Ohio before their first birthday. This is unacceptable.

There are also more than 25,000 stillbirths in the United States every year. Some of these tragic deaths can be attributed to birth defects, umbilical cord problems, infections, or a chronic medical condition suffered by the mother. But, there is no known cause for as many as half of all stillbirths. Families enduring these heartbreaking losses are left in the dark.

stillbirths and sudden unexpected infant and child deaths, allowing us to better identify risk factors to prevent them in the future.

Enhanced and coordinated tracking will help us gain a better understanding of the reason for these heartbreaking deaths and ensure that all children in Ohio and across the country have every opportunity to lead healthy and full lives. By working together on all levels – local, state, and federal – to track these incidents and identify their causes, we can prevent many stillbirths and sudden unexpected infant and child deaths and help parents get the answers they deserve.

This week, I visited Cincinnati Children's Hospital Medical Center, the John R. Maloney Family Health and Wellness Center in Columbus, and Dayton Children's Hospital to announce a plan to address infant mortality. I introduced the *Sudden Unexpected Death Data Enhancement and Awareness Act* because no parent should have to grieve the loss of a child with no answers and no help. This legislation would enhance and standardize a national reporting system to better track



Sen. Sherrod Brown



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## Statewide Conference to Raise Awareness for Adult Guardianship Programs in Ohio

*Special to The Truth*

The Ohio Guardianship Association is raising awareness about adult guardianship programs in Ohio by hosting a statewide conference, Trail Blazing for Core Guardianship Practices, on September 16 and 17.

The conference will be at Mohican Lodge and Conference Center, 4700 Goon Rd., Perrysville, Ohio 44864. The conference is open to social workers, attorneys, judges, legal professionals, nursing home staff, family members who are guardians, volunteer guardians and the general public.

“Our goal is to promote the highest quality of ethical services by guardians and guardianship programs through education, networking and advo-

... continued on page 10

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# Is Arthritis Holding You Back? If So, Why?

By Angela Steward, Fitness Motivator  
The Truth Contributor

Are you one of those people who believes that since you have arthritis you can't exercise? I receive calls every day asking: "If I have arthritis, should I exercise? Can I exercise? To which I reply, do you want to exercise?"

Most people truly don't want to exercise, even if they don't have arthritis. So my next question is: What are you afraid of? Do you like to exercise? Were you active before arthritis? Just because you have arthritis and certain things are uncomfortable to you, you can't stop moving, movement is living.

It is estimated that over 50 million people in the United States suffer from arthritis. Arthritis affects people of all people of ages and fitness levels. According to the Centers for Disease Control and Prevention, one of the best ways to fight the onset of arthritis, and control pain and improve function is through exercise.

Most people who have arthritis are scared to exercise because they think they will hurt themselves, but the reality is the condition will only get worse if you don't get moving. The first step is to talk to your doctor and then find a fitness program that works that you!

The most common form of arthritis is osteoarthritis, when cartilage begins to break down leaving the joint with no cushion between the bones. Another form of arthritis that affects most of us is rheumatoid arthritis which is inflammation in the joints causing the joint to lose shape and alignment.

After speaking with your doctor, find a program that makes you feel good. Your doctor will probably suggest range of motion exercises, strengthening exercises, aerobic exercise and other activities.

Range of motion activities relieve stiffness and increase your ability to move your joints through normal ranges like raising your arms overhead, rolling your shoulders forward and backward, bending over to touch your toes. These exercises can be done every day or at least every other day.

Strengthening exercises build strong muscles that help to support and protect your joints. Weight training is a great example of strengthening exercise that helps you maintain your current muscle strength or increase it. Do your strengthening exercises every other day, but take an extra day off if your joints are painful or if you notice any swelling.

Aerobic exercise helps with your overall fitness, it improves your cardiovascular health, helps you control your weight and gives you more stamina, giving you more energy to get through your day. Try to get 30 minutes of aerobic exercise in daily.

Always listen to your body. Pain is not a part of being fit. Any movement, no matter how small, can help with all forms of arthritis.

A lot of my clients, including me, have some form of arthritis. I have osteoarthritis in both of my knees. I control my arthritic pain with medication, exercise, and taking time to elevate and ice after every class.

I always tell my fitness sistas, if we don't keep our bodies healthy and active, as we age, we lose function! In other words, if you don't use it, you lose it. So lift your legs, stretch your arms to the sky, bend over and touch your toes every day. Stop giving arthritis power over the rest of your life! Get up, get moving, and get back to living your best life!!!!

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Angela Steward

## TAKE THE NEXT STEP



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Sign up now for our next training classes:  
Tuesdays/Thursdays, Sept. 2 – Oct. 9, 6 – 9 p.m.  
Saturdays, Sept. 20 – Oct. 25, 9 a.m. – 4 p.m.



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



# Take Your Best Shot – The Importance of Vaccinating Your Children

By Vidya Ramanathan, MD, MPH

Guest Column

As a pediatrician, I am often questioned by parents about the safety and necessity of childhood immunizations. It used to surprise me that despite countless medical articles, scientific papers, and serious public health campaigns from both private and public sector groups, people are still somehow not convinced of the overwhelming evidence that shows the safety and need for vaccines.

I now see that negative media tends to get more hype and public attention, and so we just need to keep counteracting it with the voice of reason.

Here's what you should know: vaccines (also called immunizations, or more simply "shots") protect people from several dangerous, preventable illnesses.

Before these vaccines were available, it was much more common for children to get diseases like Pertussis (whooping cough) during which their airways could become blocked, causing them to become very ill and sometimes die.

Children under the age of five are particularly at risk for getting many of these diseases as their immune systems are less mature, so it is very important to follow the recommended vaccine schedule. By immunizing your child, you are also protecting others in your community who cannot get vaccinated for medical reasons, but who are still very much at risk of getting the diseases.

As with all medicines, some vaccines may have some minor side effects. Major side effects are very rare. Your health care provider will go



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over side effects with you at the time of your shots.

Remember, vaccines don't just protect yourself – they protect your community. Don't forget to get your Flu Shot each fall! Please see your doctor or come to the Toledo-Lucas County Health Department if you have any further questions about vaccines and make sure to get your child immunized today!

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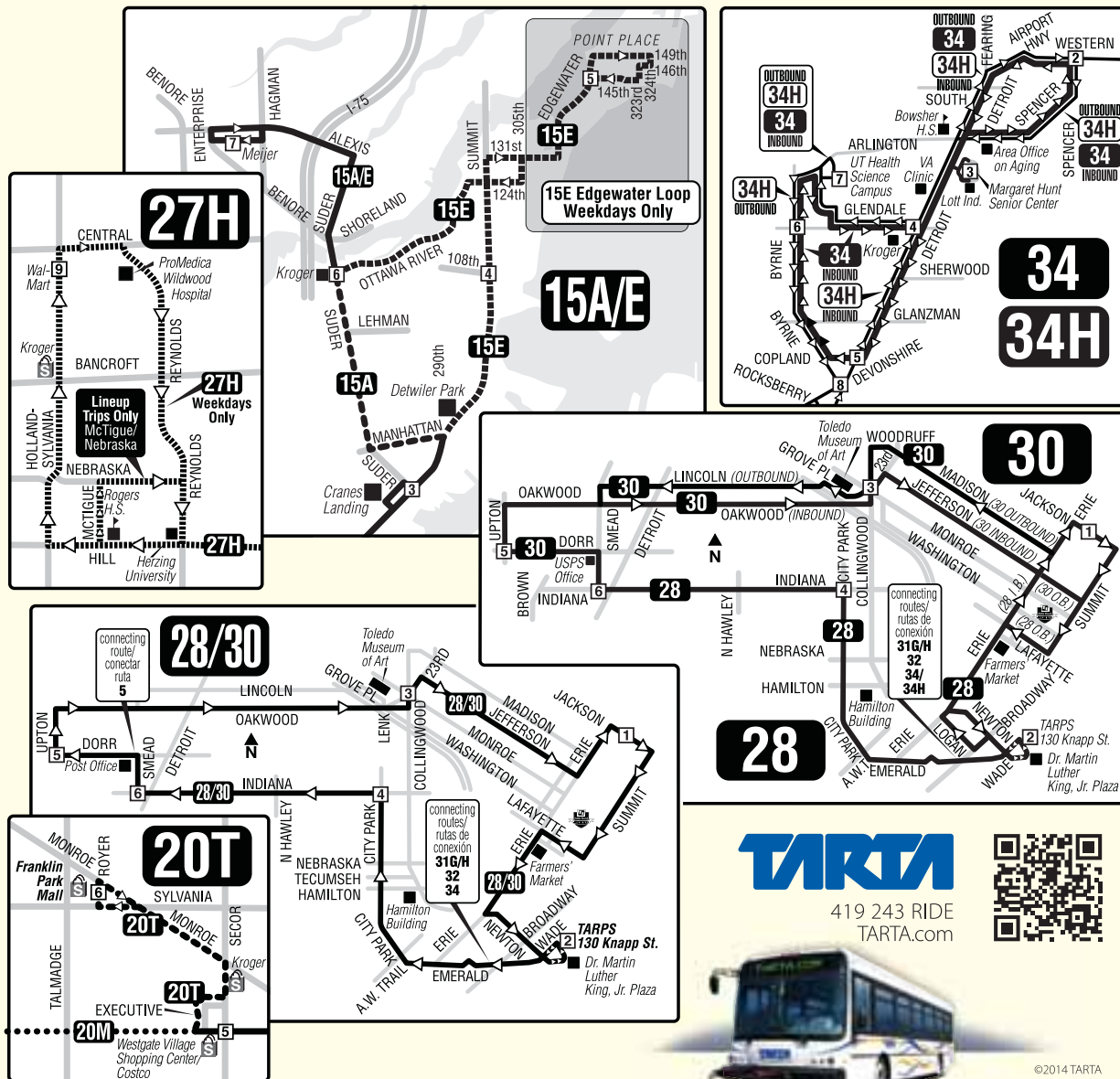
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## Fall route updates effective Sunday, August 24, 2014; one-hour frequency maintained for 28/30.

On Sunday, August 24, 2014, TARTA's fall route schedule began with the following changes; please visit **TARTA.com** to download new timetables:

- **8/29 Call-A-Ride** - Maumee and Waterville Call-A-Ride merged to create a larger service area with curb-to-curb service between the two communities; no service hour changes
- **12/13 weekdays** - one morning inbound and one morning outbound schedule adjustment
- **15A/E weekdays** - 15B will be merged with 15E; connections to Edgewater will be limited; and schedule adjustments with new routing to Meijer on Alexis Road
- **15E evenings, weekends, and holidays** - schedule adjustments
- **17B/E Lagrange/Bennett weekends and holidays** - outbound schedule adjustments
- **20T** - routing change; no longer serves Talmadge Road
- **22F** - routing change at Franklin Park Mall
- **24/24T** - **improved access to St. Ursula Academy via Indian Road effective Tuesday, August 26**
- **27H weekdays** - routing and schedule adjustments; outbound Hill/Byrne to Wal-Mart; inbound from Wal-Mart to Hill/Byrne adding 15 minutes each way
- **27N weekdays** - schedule adjustments
- **28, 30, and 28/30** - routing and schedule adjustments; **one-hour frequency maintained**
- **31G/H evenings, weekends, and holidays** - schedule adjustments
- **32H** - first inbound lineup trip schedule adjusted
- **32H/R weekends and holidays** - schedule adjustments
- **34 and 34H weekdays** - merged into one timetable with minor schedule adjustments and modified routing; **additional 34H outbound trip effective Tuesday, August 26 at 9:20 a.m.**



# Regular Exercise Can Help Kids Do Better in School

## Special to The Truth

Physical activity may not be the first thing parents or teachers think about when they want to boost a child's academic performance, but evidence supports the notion that a bit of exercise for the body is beneficial to the brain as well.

In fact, kindergarteners who participated in Build Our Kids' Success (BOKS), a free before-school program involving physical activity and nutrition education, had significantly improved memory skills as rated by teachers, compared to their peers who did not participate. A study of the children's performance also concluded that those who participated in the program exhibited good behavior in the classroom.

"A sedentary life and poor eating habits can lower kids' performance in the classroom and start a cycle of health problems later in life," says Kathleen Tullie, Founder and Executive Director of BOKS and the Director of Social Responsibility for Reebok. "Simply stated, a healthy body and a healthy brain go hand in hand."

So how can you incorporate more healthy habits into your family's routine?

- **Active weekends:** Instead of a lazy Saturday or Sunday, get outside and get moving. Take a soccer ball to the park for a pickup game or hike a local trail. Make exercise on the weekends a regular habit for your family, and those habits will extend to the rest of the week as well.

- **Fuel throughout the day:** A hearty breakfast sets kids up for a great day. Follow that up with a healthful, satisfying lunch and snacks such as nuts and fruit, to help kids avoid the pitfalls of the

junk food machines.

- **Cook together:** Take-out is great when you're crunched for time, but be sure to cook at home at least a few times a week. Not only are homemade meals one of the only ways you can be exactly sure of what you're feeding your family, but the act of cooking together is a great opportunity to impart some lessons about nutrition and eating right.

- **Bed time:** Adequate sleep is crucial for a healthy, functional mind and body. Setting a regular bedtime and sticking to it is best to ensure kids get a full night's rest.

- **Volunteer to get your school involved:** Children should have one hour or more of physical activity daily, according to the Centers for Disease Control and Prevention. Unfortunately, physical education class may not be sufficient. Investigate what other opportunities your child's school has for physical activity, such as before school programs like BOKS or after school sports. If your school doesn't have such a program in place, look into starting BOKS at your school.

BOKS, for example, can be run by anyone -- parents, teachers, the school nurse or a community activist. To learn more, visit [www.BOKSKids.org](http://www.BOKSKids.org).

Healthy habits will not only reduce your child's risk for such problems as obesity, diabetes and heart disease, they can help prime children for more success inside the classroom and beyond. So give your children a leg up and encourage them to get moving.



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## Conference... continued from page 6

cacy," says Nita Bring-Mazurek, Ohio Guardianship Association board president. "It's an opportunity for attendees to enhance their knowledge and skills about the guardianship process, learn about new programs and collaborate with others who do the same work throughout Ohio."

The plenary speaker will be Maria R. Schimer, B.S.N., M.P.H., J.D. Schimer is the general counsel for Northeast Ohio Medical University. Her speech, "Legal and Ethical Considerations for Guardians," will teach participants how to identify and apply the ethical concepts of autonomy, beneficence, non-maleficence, justice and conflict of values to case scenarios.

Among other presentations are: "Dementia: A Conversation about Change, Ethical Issues and Diversity Challenges" presented by Dr. Lynn Ritter, Ph.D., professional education coordinator of the Alzheimer Association of Northwest Ohio, and "Mental Health Court Ordered Outpatient Treatment Law" presented by Betsy Johnson, associate executive director of the National Alliance on Mental Illness (NAMI) of Ohio. There will also be a Judges Panel featuring judges from Logan, Richland,

Delaware and Summit counties.

Brenda Starr-Jude, staff guardian for Catholic Charities and Ohio Guardianship Association board vice president, will present the closing remarks.

The conference has been approved for 6.5 hours of Continuing Legal Education (CLE), 6.5 hours of Social Work/Registered Nurse Continuing Education Units (CEUs), and 6 hours of Board of Executives of Long-Term Services & Supports (BELTSS) CEUs.

The registration deadline is Monday, September 8. For more information or to register, please visit [www.GuardianshipOhio.org](http://www.GuardianshipOhio.org).

The conference is sponsored by Catholic Charities Diocese of Toledo; Advocacy and Protective Services Inc.; Benham and Ream Co., LPA; Personal Guardianship Services; Ohio Coalition for Adult Protective Services; Richland County Job and Family Services; Weldon, Huston and Keyser, LLP; Fr. Clement Falter Assembly Fourth Degree Knights of Columbus; The Pine Box; Dr. Ajay Chawla, FACP; and Darrell and Brenda Starr-Jude.

# *No Saints around Here: A Caregiver's Days* by Susan Allen Toth

By Terri Schlichenmeyer  
The Truth Contributor

It was supposed to be paradisiacal.

You'd planned it that way, in fact: the two of you, retired, with time aplenty to travel, explore, garden, enjoy yourselves. It was supposed to be good - until one of you got sick and the other's now a caregiver, a journey you never wanted or expected but... there you are. And in the new book *No Saints around Here* by Susan Allen Toth, you'll see that you're not alone.

There were 15 years between Susan Allen Toth and her husband, James.

That's not a lot of difference in age, really. It's certainly not enough to make anyone fret about a future full of health issues, but that's what arrived: while in his mid-70s, James was diagnosed with Parkinson's disease.

"Parkie," as they called it faux-casually, was initially mild; James was a little clumsy and had slight tremors, and they dealt with it. But then, his symptoms worsened: loss of memory, slowness, dementia, and Toth became a spousal caregiver, a member of an "ever-expanding club without borders."

In her quest for books on the subject, Toth discovered that few authors write "from the front lines." Nothing, for instance, indicated that she'd have to floss James's teeth. She wasn't prepared for "absurdities" of life with an ill husband or round-the-clock strangers ministering care. She was surprised at friendships that fell away, and how new "webs" knit themselves in help.

She began journaling and, in her entries, the word "time" crops up repeatedly - mostly, because there was never enough. Not enough time for herself (although, with paid help, she was sometimes able to sneak away to their Wisconsin cabin), not enough for day-to-day chores, and not enough time with James.

"It is a terrible loss," she said of no longer being able to "slip into his bed." She never expected to have to know about incontinence care, "beige lies," or nursing homes (she kept James at home until the end). Snappiness wasn't her normal mien, but it happened. There was a "last Christmas" and a pleasant surprise that accompanied hospice care. And, says Toth, through it all, "I did the best I could."

Pick up *No Saints around Here* and you'll notice something: holding it in your hands is like grasping a half-pound of pure ache.

The truth, beautifully and brutally in real-time, is what author Susan Allen Toth offers her readers, with entries that span the 18-months before James died. Toth writes about hands-on caretaking, but she also touches upon relief, guilt, self-care, anger, and the whole-life dwindling that comes with progressive illness. That bluntness and raw honesty may shock some readers and it may make you gasp at its audacity.

Then again, if you do, maybe this isn't your book. Toth's words will give comfort to newly-minted caregivers who aren't sure what's next, who aren't sure what to do, who don't know what "normal" is anymore. This is a book for those men and women, spouses and children - and if that's you, *No Saints Around Here* may be heaven-sent.

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NO SAINTS AROUND HERE

A Caregiver's Days

SUSAN ALLEN TOTH

# The Power of The People

## Installation of Public Art Puts Lima's History in Perspective

By Vickie A. Shurelds

The Truth Contributor

History is the story of a people. Historic events are often named after places or concepts - but history is about the people who caused others in their world to see everyday occurrences through a new lens.

Last Thursday marked a new vision for Lima's Toast of the City and, consequently, Square Fair - two annual events that had lost the focus of the reason for their inception.

Originally, it was about turning a sharp eye to what is good about the community while highlighting the artistry, creativity and resourcefulness of the residents. It was marked as a time to celebrate all that made us different and how much we are in our very deepest parts - so much the same.

The problem was the event was so successful that it made money. LOTS of money and over the years it became more about "how much can we make this year" rather than "you know what would be really fun to do this year?"

And, over time, it became a weekend to go downtown and get food you usually have to drive all over town to get and "I think there's a band down there"...and, as the interest dwindled, so did the profits.

How do you prevent a ship from heading full speed into an iceberg? You bring in a champion project consultant: Diane Rogers. And you stand back and watch her build a team, sell them on a dream, develop the concept, bring in the investors with



a buy-in, know where the heart of the city lies, add class, integrity, transparency, elegance, and then sit back and wait for the results during the shock and awe.

The idea of placing public art in the heart of a community that has lost its sense of value is at once brilliant and nurturing. Encouraging those residents to think about the people in their lives who have had the most influence in bringing the city to its most productive benchmarks reminds everyone involved that there once walked down this street people with great vision, determination, and a willingness to keep the city strong.

A local artist was chosen to produce the murals. An artist full of emotion, with a love of people, and with a talent for reaching into the core of a family and creating the family member through their lens; colored by their love, admiration, and greatest memories.

As the loved ones of the honorees entered the regress of the Civic Center, they were overwhelmed at the finished work. Life-sized images of their mothers, fathers, grandparents, mentors, favorite bosses or golfing buddies ... looking back at them just as they remembered ... powerful moments.

Surging memories and then came the wave of pride and the realization that they seemed to be looking back at them as if to say, "I did my part ... now, what's YOUR role?"

Bill and Peg Ahl began a legacy when Bill Ahl Buick cared more about the people to whom he sold cars, than selling the

next car. He passed the work and business ethic on to his children, who continue to run a business of people who care for their customers and support the community continuously.

William Jackson was the first African American to serve on the police force in Lima in 1891. He is regarded as a man whose "Character confirmed his worth." He served until 1909.

Cleo "Chico" Vaughn was the first African American to take the baseball field and basketball court at The Ohio State University. Others were on the team, but he was the first to actually play. This past February, he was honored by a commemorative bust, and his basketball jersey was retired.

Dr. J.C. Bradfield served on the first committee organized to promote recreation for African Americans in Lima. Following his death in 1936 Bradfield Center was dedicated to honoring this man who gave his life in unselfish and untiring service to the people of the community.


Alberta Shurelds was a teacher, historian and political activist. She wanted justice to prevail and believed that all good things could be achieved by hard work, telling the truth and standing by your word.

John Galvin helped found the Ohio Steam Shovel Company which he sold to the Lima Locomotive Works in 1927. He then founded Superior Coach Corporation. In 1965, he donated \$250,000 to purchase the campus site of The Ohio State University - at Lima.

These pioneers and 23 others can now be seen at the Don Jenkins building near the corner of West Market and Elizabeth Streets in Lima.

Visitors to the city will view this as a beautiful piece of art; a powerful way to tell the story of a people.

Lima residents will feel the challenge issued by 29 of the city's most impressive catalysts for change. A constant reminder the true greatness of any city lies within the people who call it "home."



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*St. Paul... continued from page 16*

"Every day is a blessing and full of mercies. We serve a God that is real. Be sincere about the work you are doing," shared Rev. Willis. Immediately following Willis' proclamation, the congregation invited every guest in attendance to become a Christian and a member of St. Paul Missionary Baptist Church.

One such family decided to become members on the spot and received hugs and words of encouragement from Willis and the church. Maurice Hilliard, Netra Hillard, and Jemanje Allen became members of the congregation. "Amen. A man that brings his family to church is such a blessing," said Willis.

Sunday outdoor worship was followed with the traditional after-service meal and fellowship. The committee served fried chicken, ribs, greens, green beans, corn, cookies, cakes, and other food items.



"We continue with outdoor fellowship, it allows us to step out of the traditional sanctuary since church is in our heart. We come together and lift up the name of Jesus. You don't have to be inside a building. I thank God for St. Paul," said Willis.

*Baptist Church... continued from page 16*

the Indiana Avenue Baptist mime team, Springfield Township cowboys, wellness booth vendors, Competition Corvette Cub, free food and games, free school supplies, kids face painting and clowns.


"I would like to thank Bryson/Tucker Electric Company, their electrical assistance made today possible. Thank you Tonya Streeter of First Bite Ice Cream for generous ice cream donations, the horseman club for the free horseback rides for kids, Newsone Sound System for the free sound system, and Rev. Lee Brown for his grill usage today," said Tarrant.

"Today was about food and fun. Thank you to all the volunteers for their time and effort. It's hot out here, and we didn't have to pay for anything. People are so generous. I'm grateful to our pastor, Rev. J.L. Boose and our Second Baptist Church family. The community is always invited to fellowship with us at 11:00am each Sunday at 330 Oak Terrace Blvd, Holland, Ohio until our new building is completed," said Williams.

*Kids at Festival**Festival Attendees*

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# CLASSIFIEDS

September 3, 2014

Page 15

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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.
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## Teacher Wanted

The Padua Center is seeking a part-time educator to teach in the Padua Possibilities, alternative to suspension, program. Qualifications: Bachelor's degree and successful experience as an elementary school teacher, ability to maintain a positive learning environment for challenged students and a passion to help children. Send resumes by September 19, 2014 to The Padua Center, 1416 Nebraska Ave., Toledo, Ohio 43607 or e-mail to thepaduacenter@gmail.com.

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## St. Paul's Annual Outdoor Worship Welcomes New Members

By Tricia Hall

Sojourner's Truth Reporter

St. Paul Missionary Baptist Church traditionally celebrates Sunday worship at 1502 N. Detroit Avenue. However, once a year for the past eight years, the congregation relocates to the Toledo area Wildwood Metroparks for an outdoor service.

The Sunday, August 24 celebration opened with call to worship, invocation, and the Lord's Prayer. The congregation sang three selections before Rev. James H. Willis Sr, pastor, delivered the proclamation titled, "It Is What It Is."

... continued on page 13



St Paul Missionary Baptist Church



Rev. Derrick E. Roberts, Rev. James H. Willis, Sr, and new church members Hilliard family



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## Second Baptist Church Sponsors Community Festival

By Tricia Hall

Sojourner's Truth Reporter

Laughter, singing, food and kid-friendly activities summarize the afternoon of festivities sponsored by Second Baptist Church on Saturday, August 23. "Everything you see was coordinated by these two ladies. I thank you for the work you've done. You're labor was a success," explained Rev. J.L. Boose.

Margaret Tarrant, Second Baptist outreach director, and Shirley Williams, Family and Friends festival co-chairman, both received a standing ovation from festival attendees immediately following Rev. Boose's words of appreciation.

The festival was organized on their newly-acquired property located in Holland, Ohio. Attendees enjoyed live entertainment from a singing group called First Creation, spoken word,

... continued on page 13



Co-chair Shirley Williams and Chair Margaret Tarrant



Rev. Boose and First Creation