



Volume 31, No. 5

"And Ye Shall Know The Truth..."

January 7, 2015

Celeste Smith

In This Issue...

Perryman
Page 2

Lourdes
Lifelong
Learning
Page 4

Sen. Edna
Brown
Minority Whip
Page 3

Health Issue

Stretching
the
Food
Dollar
Page 5

Celeste
Smith
Minority
Health
Coordinator
Page 9

Dear
Ryan
Page 6

Book
Review
Page 10

Angela
Steward
Page 7

Classifieds
Page 11

5 Quick Tips
Page 8



Coordinator, Toledo Lucas County Commission on Minority Health

Toxic Trust

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

What the people want is very simple. They want an America as good as its promise.

- Barbara Jordan



Toledo police officer George Kral was formally appointed the new Chief of Police for the Toledo Police Department (TPD) on January 5, 2015. I wish him luck and pray that he is provided with all of the economic, social, spiritual and cultural resources necessary to carry out the job in a competent manner. He will need them.

Kral assumes official control at a time when law enforcement and the criminal justice system are in the spotlight as a result of high-profile police use of lethal force against unarmed African Americans around the country.

The recent police-related shootings of Michael Brown in Ferguson, Tamir Rice, a 12-year-old black child playing with a toy pistol in Cleveland and John Crawford examining a pellet rifle at a WalMart in a Dayton suburb, along with the choking death of Eric Garner in New York for allegedly selling "loose cigarettes," have blacks and others giving police the "side eye" of scorn and disdain in communities from coast to coast.

While there have been continuing protests and marches around the country and a national Black Lives Matter celebration protesting police violence in African-American churches, regular weekly meetings and protests are also taking place throughout the city of Toledo by a group called The Community Solidarity Response Network of Toledo.

Kral's greatest challenge will be to win respect from and earn "street cred" with Toledo's black community. Many African Americans, still loyal to former Chief Derrick Diggs, believe that the new chief has been pulling the strings behind the scenes for outgoing figurehead William Moton all along and that his formal appointment was merely delayed until the heat was off Mayor Collins for forcing Diggs' retirement.

What can Kral do to reestablish a positive relationship between TPD and the black community, one that is frosty at best, having been eroded by the departure of Diggs and the events of Ferguson, Cleveland and New York?

A good place to start is by acknowledging the realities of the 21st Century.

Toledo has a history of racial and cultural bias in its public safety forces. In 1985, black police personnel reached a peak of 133, only as a result of a lawsuit filed against the city of Toledo alleging discriminatory employment and promotional practices. A consent decree required TPD's personnel data to reflect the community's demographics.

However, the decree was dismissed in the fall of 2010 and at a time when the number of black male officers had dropped nearly a third from a high of 98 to 68. Total black officers also dramatically declined

and new police classes are few and far between with African-American recruits a rare sight even when classes do take place.

Sergeant Anita Madison and others are involved in an aggressive recruitment initiative at a time when young black males view the police as an enemy rather than potential employer. Yet, the greater challenge to bringing more officers of color onto the force may be the City's hiring process and TPD's traditional, status quo organizational mindset and policing model.

Kral will first have to acknowledge and then figure out how to overcome this history of bias, one which doesn't easily go away and has permeated the soul of not only the department, but also the community.

In addition, many point to the department's refusal to acknowledge the over policing and racial profiling of the black community as the main source of black mistrust. This policy has led to the "condemnation," criminalization and victimization of poverty, youth and blackness. Putting an end to the surveillance of and selective crime enforcement in the inner city must be a priority for the incoming chief.

Also, increasing the supervision and discipline of officers as well as placing more emphasis on "how to evaluate and approach different scenarios," should take place. Currently much more time is spent training officers on the technical aspects of using their weapons rather than handling situations from various cultural perspectives. In some police departments the cultural training period can take up to three or four years and even before the officers hit the streets.

Finally, Kral will need to prove that the department is transparent, timely and honest in their communications with the black community. The department must establish partnerships with the community and/or faith leaders that are real and not superficial, even if uncomfortable. Community input should consist of true oversight with investigatory and disciplinary authority when police misconduct or excessive force occurs.

These steps will provide a foundation where real trust between the community and police can take place. For in Kral's own words, "Toledo will not realize its full potential if that trust does not exist."

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

The Sojourner's Truth

Toledo's Truthful African American
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Community Calendar

January 10

Toledo School for the Arts New Student Open House: 10 am; Q & A sessions; Student Extracurricular Organizational Fair, Meet and Greet with the TSA Parents Organization, Enrollment Counseling: 419-246-8732 ex 224

January 11

True Vine MBC First Pastoral Anniversary: Pastor Cecil Jerome Graham; 4 pm service with guests Rev. John E. Roberts and Indiana Avenue MBC: 419-539-9104

January 23

Evangelical Church of God Free Anger Management Classes and Free Parenting Classes: Anger management classes meet probation requirements: 419-297-3530

January 24

Warren AME 2015 Annual Gospel Extravaganza: 4 pm; "Praising God by Loving Our Neighbor; Featuring Young Voices of Greater Toledo and praise dancers, soloists & musicians: 419-381-1558 or 419-243-2237

January 25

True Vine MBC First Pastoral Anniversary: Pastor Cecil Jerome Graham; 4 pm service with guests Rev. Cullian W. Hill and Greater Concord Baptist Church: 419-539-9104

Senator Brown Sworn in as State Senator and Minority Whip

Special to The Truth

This week, State Senator Edna Brown (D-Toledo) took the oath of office to serve in the Ohio Senate for the 131st General Assembly as well as the Minority Whip in the Senate Democratic Caucus. Senator Brown will represent the 11th Senate District that encompasses a majority of Lucas County, including the cities of Toledo, Maumee, Oregon and Holland.

"I am honored to once again represent the 11th Senate District in the 131st General Assembly," said Senator Brown. "I also appreciate the trust that has been placed in me by my Democratic colleagues to continue serving as the Minority Whip. There are many important issues facing my district and Ohio, and I look forward to working every day to improve the lives of all Ohioans with my colleagues in the Senate."

Brown will begin her second term as State Senator representing the 11th District (2010-present) after serving for nine years in the Ohio House of Representatives (2002-2010), eight years on Toledo City Council (1994-2002) and a 32 year career working with the City of Toledo.

Senator Brown was also sworn in today to serve as the first vice president of the Ohio Legislative Black Caucus.



Sen. Edna Brown

Ohio's Minimum Wage to Increase on January 1st

On January 1, 2015, workers covered under Ohio's minimum wage law received a 15 cent increase in their hourly wage taking them to \$8.10 an hour. In 2006, on behalf of Ohio's lowest wage earners, the Ohio AFL-CIO and the coalition Ohioans for a Fair Minimum Wage successfully placed the constitutional amendment on the ballot which tied Ohio's minimum wage rate to the Consumer Price Index (CPI). The CPI increased 1.6 percent from September 1, 2013 to August 31, 2014.

"At a time when wage disparity has reached historic proportions, this increase in Ohio's minimum wage will help, but it won't come close to solving the problem" said Ohio AFL-CIO President Tim Burga. "There is a direct economic benefit from the increase as these wage earners will spend more earnings directly into our communities and local economies," he said.

"There is strong evidence that raising the minimum wage helps our economy in a variety of ways," Burga said. "It helps lower unemployment rates and bolsters our economy in a way that benefits all of us," Burga said. "We have put Ohio on the forefront of this economic advance, but there is still a long way to go," he said.

The Toledo Unit of the NAACP will be holding its General Membership meeting at 1326 Collingwood. The monthly meeting will take place Tuesday, January 13th at 7 pm. All are welcomed to attend.

Originally passed as part of the Fair Labor Standards Act of 1938, the purpose of the minimum wage was to prevent market forces from driving down the wages of the lowest earners in the labor force. Research shows that an increase in the minimum wage also spurs employers to increase wages for other low-wage workers.



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Lourdes University Lifelong Learning's Monthly Lectures

Lifelong Learning features monthly lectures on the third Friday of the month in the Franciscan Center of Lourdes University. Refreshments at 9:15 a.m. followed by presentations from outstanding speakers at 10 a.m. Free to members and first-time visitors, this spring's lectures are:

January 16 – U.S. Foreign Policy: Discussion and Debate

Conflicts in the Middle East have deep roots and long term ramifications. What should be the U.S. approach to the threat from ISIS? Should the U.S. support Arab insurrections in Libya, Egypt and other North African countries? What about the Syria Dilemma? What role does Israel play in the destabilization of the area? Two Lourdes faculty members from opposite ends of

the political spectrum will tackle tough issues in an open format of dialog and discussion. Bring your foreign policy questions to the lecture and contribute to the dialog between Associate Professor of Psychology Thomas Estrella and Chair of the Department of Sociology and Justice Studies Dr. Dale Lanigan.

February 20 – Edmund Fitzgerald: What Really Happened?

A brief history of shipping on the Great Lakes will be explored leading up to the Edmund Fitzgerald. She had an exciting life during the 18 years that she sailed, often carrying record-break-

... continued on page 12

The Padua Center Wishes You a Blessed New Year.

Your kindness through 2014 is deeply appreciated. We look forward to a wonderful 2015!

As we plan for our "Peaces" of Art we invite you to donate any christmas gifts that you won't use and don't want to return. They may be just what we need!

Have wonderful 2015 from The Padua Center Family and Kwanzaa Park Neighbors.

Sister Virginia Welsh, Terry Crosby, Otha Carr, Mary Elizabeth Caldwell-Simmons, Sr. Marya Czech, Bea Daniels, Valaria Love, Archie Campbell

African Art Has Arrived!!

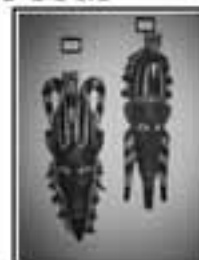
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Stretching the Food Dollar

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributors

Is healthy eating more expensive? It really depends on many different factors. If you think about it, eating *unhealthy* can also be expensive. What are some ways to stretch the food dollar and keep New Year's goal to eat healthy?

The first step for eating healthy and keeping a budget is to plan. Plan the meals you will eat this week or month. What foods do you like for breakfast, lunch, dinner and snacks? Where do you eat those meals? Do you pack some of your food when you are at work or do you frequent restaurants? Plan your meals and make your shopping list. Making a shopping list can help keep down food costs.

Shop your kitchen when making the shopping list. What food do you already have in the kitchen? Check the cupboards and freezer to help with the meal plans and the grocery list. Before you even go to the grocery store you can check online or paper ads from the mail to see the prices of food for this week. What is usually the most expensive item on your grocery list? Look for sales on these items. For many people, meat is often an expensive grocery item. Shop the sales and consider other alternatives for protein like dried beans, nuts, nut butters and eggs.

When I hear "buy in season" I often think of when fresh produce is ripe from the farms. In Ohio, in January there are not as many local fresh fruit and vegetable options compared to the summertime. Although there are options of fresh produce at the Toledo Farmers' Winter Market on Saturday mornings like root vegetables, apples and fresh greens from indoors, fresh fruit and vegetables are not the only options for healthy meals.

This is a good time of year to compare prices of canned foods and frozen foods. February is National Canned Food Month and January is a great time to enjoy selections from the frozen food aisle. Canned and frozen food stores well, can be delicious and nutritious! For canned food and frozen foods with sauces, check the sodium content and look for low-sodium options. For canned vegetables, rinse with water before

preparing if they are not a low-sodium variety.

Planning and preparing your own meals is usually less costly than eating all your meals out at restaurants. When you do eat out, plan to save money and make healthy choices at restaurants too. Go out for lunch instead of dinner or share an entrée, appetizer or dessert instead of eating it all yourself. Many restaurant portions are more than one serving. Order water to drink as a way to save money as well as refresh your healthy body.

I read a great flyer by Lucas County public health students called "staying healthy on a budget." They gave an example of looking at the weekly grocery advertisements to compare and contrast some standard grocery items with healthier options. Of course, this depends on what is on sale each week at the grocery stores but here is one example from last month. For about \$15.00 you could buy a box of shells and cheese, Italian sausage, a gallon of ice cream and a 12 pack of cola. For the same amount of \$15.00, other options would be center cut pork loin chops, a bagged salad blend, avocados, fresh raspberries and Greek yogurt. The second healthier option had fruits and vegetables unlike the first choice and the first choice was heavy with high fat and high sugar options. In that example, healthy eating was the same cost!

In 2015 Ohio State University Extension will offer a new online email challenge that will help participants focus on financial wellbeing. When you start thinking about a New Year Resolution, consider this offer. OSU Extension Family and Consumer Sciences is offering an online email challenge that will help you focus on your *financial wellbeing*. The Manage Your Money Email Challenge will run from January 12-February 28, 2015. Similar to Live Healthy Live Well online challenge, participants receive two weekly e-mails for six weeks. Learn more about saving, credit, debt, budgeting, organizing financial records and calculating net worth. Sign-up online at <http://go.osu.edu/mymluc> or email questions to powers-barker.1@osu.edu. This online challenge is about a general budget and not specific to stretching the food dollars but healthy eating is an important topic to consider as part of the entire household budget.

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Ask Ryan

By Ryan Rollison
The Truth Contributor

Hello Ryan,

It's the new year and I am, once again, ready to get started on a weight-loss program and hope this time to keep it progressing the whole year long. I know that you say to eat right and work out. I did follow your advice last year and for the first three months I did very well.

Then, of course, I fell off the wagon hard! What about staying on track once you get rolling? Do you have any ideas for that? I think I need more than the average person to keep going. I also remember reading that you had some kind of group of people that worked out with you, you helped with eating, had meetings and monitored progress. Do you still have that going and if so when are your meetings? What you have?

Dee Dee

Hello Dee Dee,

Maybe you do need more than the average person because, if you were doing very well and that wasn't enough for you to stay motivated then perhaps you need someone at your disposal at all times.

Some people thrive off of results, having training partners, the schedule of training and eating, being accountable to someone or many other things. You have to find something that works for you, something that makes you want to keep moving forward and brings excitement to you. Challenge a friend, spouse of family member and maintain an accountability to one another. Set weekly monthly goals that are rewarded with something special that you have been wanting. Make it a habit, a personal challenge to do better today than you did yesterday.

There are so many things you can do to keep you motivated. I personally like affirmations! I write them on an index card that are cut to fit into my wallet. Every day I take this card out and read it several times a day. First thing in the morning, periodically throughout my day and before I retire in the evening.

I also write them down a few times during the day as well. This instills my goal in my mind, burns it into my subconscious and feeds my flame of desired results.

When I competed I had tunnel vision and nothing could stop

me.

Here's another idea to try. When you eat something observe the calories in it. Then when you go to the gym monitor your calories you burn and see how much you have to do to burn off that cupcake you ate today. Believe me the calories in ARE NOT worth the time and energy needed to burn it off. Especially when you have the calories to burn in the first place!

I was doing Dream Bodies Buddy Club where we trained once a week, went over "newtrition" and weighed in. If you have a few people that you want to get within a group setting I would be more than happy to help you out. We can do weekly meetings at your home or wherever you like.

As a lot of the readers may not know, as of 1/1/2015 I have closed Dream Bodies physical location down. Now I am just meeting with clients at their homes, my home or gym of their choice and getting them started, monitoring, consulting, promoting and contest-prep.

I will also still do my Fit Camps for organizations and will come set one up for anyone that has eight or more people. I bring all the equipment and they last 45 minutes. I will still be doing my Summer Fit Camps at the park, periodically training athletes and of course writing for The Truth. I hope this helped you and that you can find ways to stay motivated and reach your goals.

Good luck and UNLEASH YOUR HERO!

Ryan Rollison
Dream Bodies
1240 W. Sylvania Ave
Toledo Ohio 43612
Mydreambodies.com



Ryan Rollison

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The New Year Is Here!

By Angela Steward, Fitness Motivator
The Truth Contributor

It's 2015, time to get your rear end in gear and once again resolve to take control of your fitness and your life. Well, let me remind you, that we're all human, we all slip up, we all get consumed by our day to day routines and the hooks, swings and upper-cuts of life! We've all made promises and resolutions to lose weight, to change our eating, to change our financial situations, to change our relationships, to.....change!! Maybe the solution is to "Not Change!" Why try to change the unique, but complicated puzzle called...YOU??

Maybe, just maybe, the best way to make a "change" is to accept who we are. Most of us believe that self-criticism will keep us on track, but in reality – self criticism actually tears down our self-confidence and makes us lose faith in achieving our unrealistic goals! Eventually we begin to fear failure, so we stop trying. I've learned that by treating myself with compassion, I forgive myself for slipping up and I allow myself to move forward!! Practice talking positive words to yourself – make it a habit. By changing what we say to ourselves, we rewire our brain, which improves our self-image and self-confidence.

Here are three mantras that help me to move forward from day to day:

#1 - "Calm down, Slow down, I'm in control of my destiny." Stop beating yourself up because you don't have all the answers. As a business owner, I face adversity daily. At times, it seems that the troubles are like huge sharks circling around my little lifeboat! By talking to myself, and saying "I am calm, confident and in control of my destiny" it helps me to take a step back to see the problem in its true state. I allow me to calm down and know: it can be handled one step at a time!

#2 - "I accept myself, just the way I am." I learned long ago to never, ever allow myself to feel that I'm not good enough. When we self doubt, every out of control situation is magnified! By accepting myself, I allow myself to slip up, learn from it and start over – judgment free!! I'm not perfect!!

#3 - "I'm getting better every day." Some people let one slip up ruin their entire day. I choose to believe that every day is new and any slip up or mishap is meant to teach me something I didn't know yesterday. We're all human. We don't have to know everything in one moment – life is full of twists, turns and changes so keep your ears open, keep your mind clear and your spirit ready for change.

Once you've learned to accept the person standing in the mirror, you can begin to create a healthier, happier, stress-free version of yourself. We all want to look alive, healthier and happier!

I've had the privilege of teaching more and more women to say "NO" to dieting and "YES" to exercise, "YES" to building a stronger body and mind and becoming better versions of themselves without starvation diets and other methods I feel should be avoided!

As you approach a new year, no more stressing out about being a certain pant size, body image, weight figure. Eating and exercise should not be looked at as punishment!

No more depriving yourself of nourishment and trying to eat less and less! I encourage you to go after the look you want, but here's the important thing: Develop a simple, practical motivating lifestyle to achieve your goals, and be able to maintain them! I want you to love your body, to eat better and workout because you love your body, and because you want to become a better version of yourself!

Looking good is awesome, but having a strong, confident mind and loving who you are is priceless. The mind is truly where your transformation begins. Say No to any and all skinny thoughts, don't choose less, choose to be confident! Choose to be proud of your body and its potential. Choose to focus on healthy and fit and not the scale! Choose to be AWESOME!

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Five Quick Tips to Help You Keep Your New Year's Weight Loss Resolution

Special to The Truth

New Year's Resolutions are easier to make than to keep, especially when it comes to dieting. While life can often seem at odds with your health and fitness goals, there are plenty of ways to avoid common pitfalls this New Year and stay on the weight loss track.

- **Snack and drink smart:** When you're one-the-go, easy protein-packed snacks will help you stay on track. Try beef jerky, low-fat string cheese, or 100 calorie packs of almonds. Fiber-rich whole-grains, fruits and vegetables can also help keep hunger at bay.

Calories from drinks add up fast. Stick with dry wines, as they often have fewer calories than sweeter varieties. Light beers, with approximately 100 calories for every 12 ounce serving, are also a good choice. If you prefer cocktails, use calorie-free mixers, such as seltzer with 1.5 oz. of spirits.

- **Make it easy:** Dieting should be easy. Most people often complain they fail at diets because they need to constantly count calories, or weigh and measure foods.

Look for programs that help you stick to your goals by offering convenience and support. For example, Nutrisystem helps with the hard part -- the counting, weighing and measuring -- by offering pre-portioned and personalized meal plans designed to fuel individuals with the right amount of calories for how their metabolism burns, as well as satisfy individual taste. And with their Fast 5+ kit, you can jumpstart your weight loss, since it promises to help you lose five pounds plus an inch off your waist in your first week of dieting. You'll see results quickly, giving you motivation to keep going.

There's no better time than now to start your weight loss journey and make your pledge to lose. To learn more, visit www.Nutrisystem.com or the Nutrisystem Facebook page to #pledgeto-lose today.

- **Eat out, right:** Eating out is sometimes unavoidable. Just be sure to check out a restaurant's nutrition information online before you go, so you can make wise choices.

Make substitutions like salad, with dressing on the side, instead of fries and don't be afraid to ask if a menu item can be modified. Also, be mindful of portion sizes. Take half your meal home and enjoy it for tomorrow's lunch.

- **Facing the scale:** Weight fluctuates throughout the day. Weigh yourself at the same time of day in similar weight clothing to get the most accurate readings. Remember though, the number on the scale won't always reflect your hard work. Focus instead on healthy, positive changes and how you feel.

- **Aim for 30:** Squeeze 30 minutes of activity into your day. Walk during lunch, jump rope during your favorite nightly TV show or turn on music and dance around the house.

Remember, everyone falls off the wagon from time to time, but the New Year is the perfect time to commit to your weight loss goals.

Courtesy StatePoint

ProMedica Community Events in January

ProMedica will offer the following community events in January 2015:

Blood Glucose Testing

ProMedica Bixby Hospital will provide free blood glucose testing at the Adrian Senior Center. For more information, call 517-263-6535.

Parkinson Support Group

ProMedica offers a bi-monthly support group meeting for individuals with Parkinson's disease and their family members. Meetings consist of guest speakers, Q&A sessions and networking. For more information, call 419-334-6630.

Tuesday, January 13

2 – 3 p.m.

American Legion

2000 Buckland Avenue, Fremont, Ohio 43420

Bariatric Informational Seminar

Are you ready to live your life free of obesity and related diseases like diabetes, heart disease and hypertension? Bariatric surgery, or weight loss surgery, often results in not only safe, long-term weight loss, but improved overall health and well-being, including increased energy and the resolution of type 2 diabetes. The ProMedica Toledo Hospital Metabolic and Bariatric Program is a comprehensive program dedicated to providing surgical weight-loss options for adults who want to achieve a healthy weight and improve their quality of life. To sign up for a seminar, visit www.promedica.org/bariatricseminar.

Tuesday, January 13

Wednesday, January 28

6 – 8 p.m.

ProMedica Toledo Hospital Metabolic and Bariatric Center

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Thursday, January 22

6 – 8 p.m.


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... continued on page 9

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Commission on Minority Health Has New Coordinator – Celeste Smith

Special to The Truth

The Toledo/Lucas County Health Department welcomes Celeste Smith, MA, PC, as the new coordinator of the Toledo/Lucas County Commission on Minority Health. She accepted her new role in November. Smith comes into this position with 28 years of health care experience. She has a bachelor's degree in Family Life Education and a master's degree in counseling, along with her license as a professional counselor.

The addition of Smith expands the reach of the Commission on Minority Health. Smith is taking over the duties previously performed by Dennis Hicks, who has now become the coordinator for Community Engagement, working with community-based partners in addressing social determinants of health disparities and utilizing social determinants data to help encourage and inform policy-related discussions on health disparities.

In her past position Smith was responsible for developing and implementing programs that used a multidisciplinary approach to diminish the effect of racial disparities on pregnancy and birth outcomes with a special emphasis on: prevention, identification and appropriate referral of substance exposed newborns, and evidence-based home visiting for maternal support, as well as the Lucas County Initiative to improve birth outcomes. Other responsibilities included hiring, training and supervision of the multi-disciplinary team.

As the coordinator for the Commission of Minority Health, Smith will undertake a broad range of activities including data collection and reporting; health education and promotion; mobilizing and empowering community partners and developing policies and plans to support health efforts.

"How awesome is it to wake up in the morning and go to a career doing what you are passionate about!" said Smith. "One of my passions is to address health disparities in the minority community, with a special emphasis in the African-American community. The goal of the Office on Minority Health is to eliminate all health disparities. The part of my new job that I am most excited is advocating for policy decisions as well as helping plan for services that improve health outcomes for all people of color.

"I consider myself a tireless advocate for those that cannot advocate for themselves. Mostly that consists of our communities poor and underserved. It is also my hope and prayer that I inspire others to action to assist in eliminating health disparities. I currently serve on several community and state-wide committees in spite of the extra commitment and hours this requires. I actively participate always sharing my knowledge of the African American community through personal and professional experience with knowledge from many years of working with populations at highest risk for poor mental, physical, and social health."

Smith serves on the Ohio Collaborative to Prevent Infant Mortality (OCPIM). She co-chairs the Race and Disparities work group with Jay Iams, Ph.D, from The Ohio State University. She is an active member of the March of Dimes – both state and local Program Selection Committees – to name a few. Recently, she was appointed co-leader of the Ohio Equity Institute.

In conclusion, Celeste Smith has long been a recognized advocate and health care leader within the Mercy Health system and the Toledo community proactively reaching out and serving the at risk and underserved and connecting them to needed resources, and inspiring others to do the same. She is honored and thrilled, she said, to continue this much needed work at the Toledo/Lucas County Health Department working in the Office of Minority Health.

ProMedica... continued from page 8

ProMedica Defiance Regional Hospital
Maumee Room
1200 Ralston Avenue, Defiance, Ohio 43512

Tuesday, January 27
6 – 8 p.m.
ProMedica Bixby Hospital
Merillat Center
818 Riverside Avenue, Adrian, Michigan 49221

Look Good... Feel Better

Look Good... Feel Better is a free workshop facilitated by trained cosmetologists who teach women with cancer how to understand and care for changes in skin and hair that may occur during treatment. Women learn about make-up, skin care, nail care and ways to deal with hair loss such as with wigs, turbans and scarves. Each woman receives a free make-up kit to use during and after the workshop. Registration is required. For more information and to register, call 800-227-2345. Look Good... Feel Better is a collaboration between the American Cancer Society, the Personal Care Products Council Foundation and the Professional Beauty Association/National Cosmetology Association.

Monday, January 19
2 – 4 p.m.
ProMedica Memorial Hospital
3rd Floor Board Room
715 S. Taft Avenue, Fremont, Ohio 43420

Screening Mammogram Clinic

Free screening mammograms are available for individuals between the ages of 40 – 60 who have no insurance, high insurance deductibles and have not had a mammogram within the last 24 months. Individuals may also be eligible, regardless of age, if they have

... continued on page 12

Northern Ohio Natural

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Saturday, October 18, 2014

West Toledo YMCA – 2110 Tremainsville Rd, Toledo, Ohio 43613



PREJUDGING 11:30 AM - \$10

FINALS 5:00 PM - \$20

ADVANCED TICKETS - \$25



For more information contact Ryan Rollison at 419-476-3494





Driving the King by Ravi Howard

By Terri Schlichenmeyer
The Truth Contributor

Everybody has that one friend...

She's the person you call in the middle of the night because you don't know what else to do. He's your wingman, Saturday afternoon mechanic, and fellow prankster. She gives you courage. He gives you advice.

That one friend is your go-to person, your rock, your personal booster. And in *Driving the King* by Ravi Howard, that kind of friendship works both ways.

Nathaniel Weary *hated* airports.

The planes coming in low and loud always reminded him of Kilby, the state prison in Montgomery, where he spent 10 long years. He and his fellow inmates would be out in the Alabama cold, cutting kudzu from a fence, and those circling planes teased him with what he was missing.

He was a young man then, just home from fighting overseas, with a ring in his pocket, intent on asking his girl to marry him. His friend, Nat "King" Cole was going to help but when someone threatened Cole's life and Weary jumped onto the stage to prevent danger, the plan fell apart. Instead of asking his girl for marriage, he went to prison for assaulting a white man, and he asked her not to visit him anymore.

Nearly ten years later, Cole's bodyguard came to Kilby with an offer: Nat "King" Cole needed a driver. He wanted that driver to be Nathaniel Weary.

c. 2014
HarperCollins
\$25.99 / \$31.99 Canada
336 pages

In Montgomery, as around the country, much had changed while Weary was in jail. Television was a novelty when he went in; when he came out, it was in everybody's living room. Folks back in Montgomery were boycotting city buses and another King – this one, a preacher – was standing up for civil rights, Weary's mother had died while he was in Kilby, and his father didn't want him talking about that place once he got out. Los Angeles offered a fresh start. He took the job.

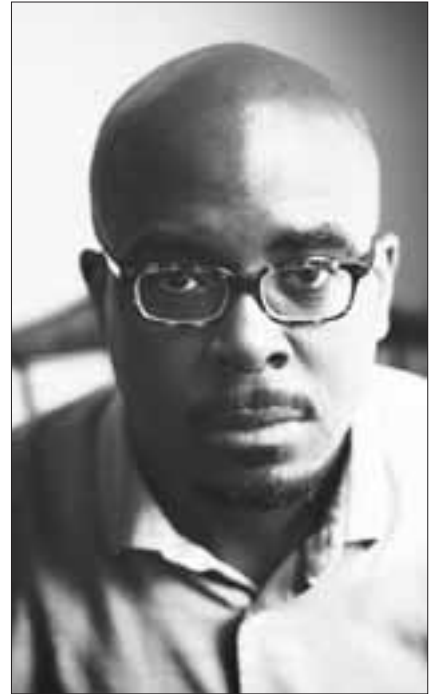
But even a year in LA didn't dampen the tug of home for Nathaniel Weary. He didn't miss the trouble there; it had, in fact, followed him to California – but he missed his people something fierce.

He had to find a way to say goodbye.

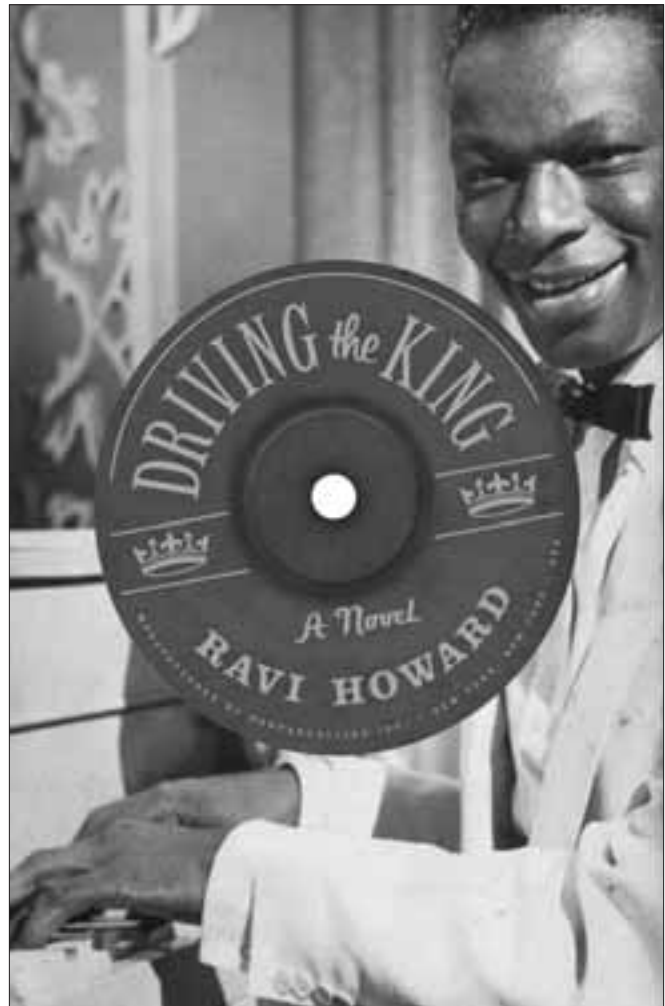
I really wasn't sure I was going to be able to finish *Driving the King*. The books' first pages had me pretty well completely lost, so don't be surprised if that happens when you try reading it – but don't be deterred, either.

With the early Civil Rights movement as backdrop, author Ravi Howard brings together history, pop-culture, and mid-century music to craft an overall-satisfying story. The trouble comes with a back-and-forth storyline that takes some getting used to, but it's softened by the ease with which its two main characters move and the friendship they share. In the end, the back-and-forth is what makes it work.

There's a certain cinematic feel to this book that's really appealing and will captivate readers, once they get more into the story. If you're looking for a well-done reel-life drama, then *Driving the King* could be that one book.



Ravi Howard



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CLASSIFIEDS

January 7, 2015

Page 15

Notice of Public Hearings

Public Hearings, in accordance with Sections 5739.026 and 5741.023 of the Ohio Revised Code, will be held by the Board of County Commissioners, Lucas County, Ohio, for the purpose of hearing comments on levying an increase in the sales and use tax of one-fourth of one percent to provide additional revenue for the county's general fund.

Public Hearings will be held as follows:

Monday, January 12, 2015 at 1:30 p.m. in the Commissioners' Hearing Room, One Government Center, 1st Floor, Toledo, Ohio.

Monday, January 12, 2015 at 6:00 p.m.** at the EMS Training Center, 2127 Jefferson Street, Toledo, Ohio (additional evening meeting added**)

Tuesday, January 20, 2015 at 1:30 p.m. in the Commissioners' Hearing Room, One Government Center, 1st Floor, Toledo, Ohio.

Comments will be received by the Board until 1:30 p.m., local time, January 20, 2015. All written comments should be emailed to: Commissioners_Admin@co.lucas.oh.us.

By order of the Board of County Commissioners, Lucas County, Ohio:

Carol Contrada, President
Tina Skeldon Wozniak, Commissioner
Pete Gerken, Commissioner

Adopted: December 22, 2014

Clinical Therapist- Children and Family Programs

Full-time/Part-time (Multiple Positions Available)

NEW! Signing bonus for this position!

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

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

Send resume or apply to:

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

EOE

Pastor Wanted

Southern Missionary Baptist Church is now accepting resumes for Pastor. Send resumes to
PO Box 70516 Toledo OH 43607 or
southernmbc1968@gmail.com

HOME WANTED

This is a male Pomeranian - 4 years old. Needs great loving family. Owner has to move and cannot take pets. Free to SERIOUS, RESPONSIBLE FAMILY. Call 419-917-5289



PUBLIC NOTICE

The community is invited to attend the Public Hearing on the first draft of the Five-Year 2015-2020 Consolidated Plan on:

Monday, January 26, 2014
6:00 - 7:00 P.M.

McMaster Center

Toledo-Lucas County Public Library, Main Branch
325 Michigan St., Toledo, OH 43604

The Consolidated Plan will be the basis for the allocation of Community Development Block Grant (CDBG), HOME Investment Partnership (HOME) and Emergency Solutions Grant (ESG) funds within the City of Toledo. These federal funds are entitlement dollars allocated to the City of Toledo Department of Neighborhoods through the U.S. Department of Housing and Urban Development for neighborhood development and supportive services for low and moderate-income citizens.

Persons of low and moderate income who may benefit from program funds as well as non-profit community agencies and organizations planning to apply for CDBG, ESG or HOME funds are encouraged to attend the Public Hearing.

The Department of Neighborhoods engaged a Planning Steering Committee in the preparation of the 2015-2020 Consolidated Plan. Steering Committee members represented the following sectors: government, economic development, education, public and social service agencies, homeless services, utilities, public housing and religious organizations.

The Public Hearing will be held to review and receive input on the first draft of the proposed 2015-2020 Consolidated Plan. Information presented at this Public Hearing will include a needs assessment, market analysis and listing of priority needs, as well as goals to meet the needs as developed by the Steering Committee based on citizens input and statistical information. Activities eligible for CDBG funding must meet one of the identified goals in the Draft Consolidated Plan. Activities eligible for ESG must meet one of the identified goals for Homeless Services in the Draft Consolidated Plan.

Applications for CDBG and ESG funding will be available to agencies interested in applying at a MANDATORY meeting as follows:

ESG/CDBG (for Homeless Service Providers):

Tuesday, February 10, 2015

9:00 a.m. - 11:00 a.m.

Toledo Business Technology Center (Conference Room, 4th floor)

1946 N. 13th Street, Toledo, OH 43604

CDBG (for Non-Homeless Service Providers):

Tuesday, February 10, 2015

1:00 p.m. - 3:00 p.m.

United Way of Greater Toledo (Rooms A & B)

424 Jackson Street, Toledo, OH 43604

For reasonable accommodations or additional information, please contact Milva Valenzuela Wagner, Administrative Analyst IV, Department of Neighborhoods at 419-245-1400.

LEGAL NOTICE INVITATION FOR BID

Sealed bids will be received by the Fallen Timbers Field Office of Toledo Area Metroparks, 6101 Fallen Timbers Ln., Maumee, Ohio 43537, no later than 1:00p.m. local time, on **Monday, January 15th, 2015**, and thereafter will be publicly opened, read, and recorded for **Painting Services** work at various Parks through the **Toledo Area Metroparks**.

Scope of Work: The successful bidder will provide Metroparks of the Toledo Area with interior and exterior painting services on an as needed basis. Approximately \$70,000 of Painting Services is anticipated through the award of the contract for 2015. Metroparks intends to award the bid based on the following:

1. Price per hour for a two (2) person crew up to 20' elevation.
2. Price per hour for a two (2) person crew for elevated work 20' to 55'.

All bidding documents may be obtained by bidders, at **Toledo Area Metroparks Planning and Construction Headquarters**, 6101 Fallen Timbers Ln., Maumee, Ohio 43537 free of charge or by emailing jim.cassidy@metropark-toledo.com. If you have any problems accessing the information, please contact the Park Services Department at 419-460-1289 or by e-mail.

Lourdes University.. continued from page 4

ing loads. Her loss on November 10, 1975 still puzzles many to this day. Carrie Sowden, Archaeological Director of the Great Lakes Historical Society, will lead the group in an exploration of several of the prevailing theories on the great ship's loss.

March 20 – Federal Project One: The WPA Cultural Agencies

Federal Project One was the name given to the programs President Franklin Delano Roosevelt created to provide work for artists, actors, musicians, writers and other creative arts workers during the Great Depression. Formed by executive action in May 1935 as a sub-division of the Works Progress Administration (WPA), these programs employed over 40,000 people nationwide during their eight year existence. Tom Barden, Professor Emeritus of English at The University of Toledo, and a member of Lourdes University's adjunct faculty will provide a general survey of the various Federal Project One agencies before focusing on the work of the Federal Writers' Project, both nationwide and in Virginia and Ohio in particular.

April 17 – The A, B, C's: Archaeologists, Bones, and Coroners with renowned forensic scientists

"Who are you? What happened to you?" The life history of each of us is written in our bones and can be determined by osteobiography. Forensic anthropologists Julie and Frank Saul have spent a lifetime reading these life histories. The couple's past projects have included learning about the ancient Maya in the jungles of Mexico and Central America, and working with law enforcement, coroners and medical examiners on recent forensic cases. Based at the Lucas County Coroner's Office, Julie and Frank have consulted with local, state and federal agencies in several states and have been deployed to multiple fatality disasters involving airplane crashes, the World Trade Center and more. Their archaeological adventures have also been linked to several universities including Boston University, Cleveland State University and the University of Texas Austin.

May 21 – Let's Talk Cars with Roger Kwapich

Cars have been a big part of Roger Kwapich's life, starting with the independent service station his parents owned and operated

in Toledo. Now host of The C.A.R. Show®, commercial radio's top-rated automotive call-in-program, Roger shares his expertise with consumers through his work on the Car Care Council and as a columnist. Roger will share stories from his career, from running a large automotive service department at Montgomery Wards and heading up Technical Services at Champion Spark Plug to managing Smitty's Automotive in Toledo. Bring your questions and let's talk cars!

Lifelong Learning is an exciting educational program at Lourdes University. Open to all interested men and women, the only requirement for participation is an interest in ongoing learning. Lifelong Learning participants enjoy classes on a wide variety of academic subjects, educational field trips and monthly lectures featuring guest speakers. All activities are open to both members and non-members.

For more information on upcoming classes and becoming a member of

Lourdes University's Lifelong Learning program, visit www.lourdes.edu/lifelong.

ProMedica... continued from page 9

had breast cancer in the past, had an immediate family member with breast cancer or have a breast abnormality (male or female). To schedule an appointment, call 419-734-8080. The ProMedica Cancer Institute Mammogram Clinic is provided through a grant from the Northwest Ohio Affiliate of Susan G. Komen.

Tuesday, January 20

8 a.m. – 4:30 p.m.

ProMedica Bay Park Hospital Women's Services
2801 Bay Park Drive, Oregon, Ohio 43616

CARE Support Group

Caring And Restoring Each other (CARE) offers support for parents who have experienced perinatal deaths (miscarriages, still births or newborn deaths). This group provides emotional support and opportunities to meet and share ideas with other bereaved parents in an atmosphere of caring, concern and acceptance. Parents and other family members find the support, comfort and understanding that only others who have experienced this loss can give. The group meets every third Tuesday of the month. For more information, please call 419-291-9575 or 419-291-3656.

Tuesday, January 20

7:30 – 9 p.m.

ProMedica Toledo Hospital
Education Center Room B
2142 N. Cove Blvd., Toledo, Ohio 43606

Stroke Support Group Meeting


ProMedica offers a monthly stroke support group for stroke survivors and their family members. Scheduled speakers and topics vary each month but are related to stroke survival. For more information, call 419-291-7537.

Thursday, January 22

4 p.m.


ProMedica Flower Hospital Conference Center
5200 Harroun Road, Sylvania, Ohio 43560

Toledo, Ohio-based ProMedica is a mission-based, not-for-profit healthcare organization formed in 1986. ProMedica has more than 15,000 employees and nearly 1,900 physicians with more than 600 healthcare providers employed by ProMedica Physicians. Its 12 hospitals and more than 300 facilities offer comprehensive diagnostic, medical and surgical specialties in heart and vascular, oncology, orthopaedics, neurology, and women and pediatric services. ProMedica's mission is to improve health and well-being, with a strong focus on wellness and clinical excellence, as well as innovative, community advocacy programs that address health-related issues such as hunger and obesity. For more information, please visit www.promedica.org.



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