



Local and National News

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"And Ye Shall Know The Truth..."

March 4, 2015

March Is Women's History Month



Local Health Care Professionals: Dr. Traci Watkins; Dr. Louito Edje, Dr. Michelle Boose, Dr. Hope Mitchell, Dr. Debra Fulton

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Turning Point

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

All politicians have baggage. It's just that some politicians get skycaps to carry their baggage. I have to carry my own.

- Al Sharpton



The dogs of war have been unleashed and are barking at Yvonne Harper but Mayor Hicks-Hudson or the Lucas County Democratic Party may ultimately be the ones who are bitten.

Although Harper received the endorsement for the District 4 council seat from the Lucas County Democratic Party, she still faces an uphill battle to garner the needed votes from city council for the formal appointment.

Currently, a majority of council is not directly affiliated with the Democratic Party. At the time of the writing of this article, Councilmen Rob Ludeman, Tom Waniewski, Sandy Spang, Mike Craig, Jack Ford and Theresa Gabriel are not likely to support the appointment, leaving Harper short of the six votes needed to secure the position.

However, this seemingly insignificant city council decision could trigger a much wider political war with potentially devastating collateral consequences, should Harper not get council's ultimate approval.

Perhaps, most at risk from collateral damage is Mayor Paula Hicks-Hudson.

If council fails to generate a majority vote for any particular candidate (as is highly probable), the mayor would then be required to appoint someone to the District 4 seat. If she appoints Harper, Hicks-Hudson most certainly would draw the ire and wrath of The Blade, who, according to insiders, appears "to have it in for Yvonne, if their recent articles are any indication."

Conversely, should Hicks-Hudson have the opportunity, but fail to appoint Harper, then the Democratic Party and labor will be "calmly enraged" for dismissing their endorsed candidate and may, along with the African-American community, "quietly work behind the scenes against her" in her upcoming campaign for mayor.

Those who support Hicks-Hudson's mayoral bid see her being put in a position to appoint someone as a lose/lose scenario. Undoubtedly, whatever choice she makes would offend either The Blade, the Democratic Party, labor or a sizable portion of the African-American community and thus appear to write a death sentence upon her own mayoral bid.

For certain, there is a wild pack of unnamed dogs of war that have been recently unleashed to run for mayor in the upcoming special election. Hicks-Hudson and council will have to think about politics in a new way and come up with a wisdom strategy to "cut the baby in two" in order to separate the authentic from the pretenders and then "do the right thing."

Rumors are flying that Sandra Drabik, the politically conservative

widow of the late mayor Michael D. Collins, has entertained changing her name to Sandy Collins and plans to run for the remainder of Collins' term.

The combination of a disrespected black community and a conservative candidate, with outstanding name recognition, who comes from an area with very high historical voter participation and who will likely have tremendous support from police and fire is not a formula for success for progressives such as the black community or the Democratic Party. Especially in an election where overall turnout is already expected to be extremely low.

Council will need to rethink traditional ideas about power and focus instead on the long-term implications of its actions. In order to do this, they must understand that the African-American community and the Democratic Party are mutually dependent. It is best not to destroy a relationship that is currently fragile at best, causing a sometimes passive aggressive black community to become even more apathetic.

We will need each other again, soon.

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

Community Calendar

February 16 – March 31

Art Exhibit: Maumee Branch Library; 40 paintings by artists Larry Parker, Sr

March 5

Monthly Kwanzaa Park Neighborhood Meeting: The Padua Center; 6 pm; Guest speaker Judy Jones, manager of Mott Branch Library

March 8

Calvary MBC 26th Pastoral Anniversary: Pastor Floyd Smith, Jr; 4 pm service with Bishop Duane Tisdale of Friendship Baptist

March 9

ProMedica's Look Good ... Feel Better:: 9 to 11 am; ProMedica Defiance; Workshop by trained cosmetologists who teach women with cancer to understand and care for changes in sin and hair that may occur during treatment: 800-227-2345

March 10

Toledo NAACP General Membership Meeting: 7 pm; 1326 Collingwood

March 15

Kingdom Vision Ministries 1 Year Anniversary: Also the installation of Pastor Jewell Jones, Jr. and First Lady Kellie Jones; 11 am service with Rev. Eric Jones of Cincinnati and the UT Gospel Choir; 4 pm service with Rev. Jewell Jones, Sr. of Greater Vision MBC of Cleveland
Calvary MBC 26th Pastoral Anniversary: Pastor Floyd Smith, Jr; 4 pm service with Pastor Melvin Barnes and Greater Faith Fellowship

March 16

ProMedica's Look Good ... Feel Better: 2 to 4 pm; ProMedica Memorial Fremont; Workshop by trained cosmetologists who teach women with cancer to understand and care for changes in sin and hair that may occur during treatment: 800-227-2345

March 22

Calvary MBC 26th Pastoral Anniversary: Pastor Floyd Smith, Jr; 4 pm service with Pastor James Willis and St. Paul MBC

March 29

New Prospect Baptist Church Annual Men and Women's Day: Men's Day during 11 am service; Women's Day service at 4 pm

The Sojourner's Truth

Toledo's Truthful African American
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How Is That Spelled Again?

By Lafe Tolliver, Esq
Guest Column

Just when I thought it was safe to go back into the water, another shark fin appears on the surface. I immediately jump back out and watch the great white shark slowly circle, looking for an easy lunch.

This time, the great white shark was an article in the February 22 Sunday edition of the New York Times written by the notable columnist, Nicholas Kristof.

I have taken the liberty to reprint just two paragraphs of the article but these paragraphs express what I have said before about 'name callin' in the black community.

Here are those paragraphs: "Two scholars, Marianne Bertrand and Sendhil Mullainathan, send out fictitious resumes in response to help wanted ads. Each resume was given a name that either sounded stereotypically African-American or one that sounded white, but the resumes were otherwise basically the same.

The study found that a resume with a name like Emily or Greg received 50 percent more callbacks than the same resume with a name like Lakisha or Jamal. Having a white-sounding name was as beneficial as eight years' work experience."

Yes, you read it right, according to these authors, job recruiters, among other categories of decision makers who have the power to say yes or no to you, can look at a name and make a conscious or even an unconscious judgment about who you are, ethnic grouping wise.

Is it fair? Is it right? No, on both occasions but it happens all too frequently when a minority job applicant sends in an error free resume that meets or exceeds the employer's job expectations; and he or she is then befuddled by a lack of a response for that crucial first interview.

Could it have anything to do with the name of the applicant? Duh... Ya think so?.

I have said before that "you people" (smile) need to quit naming your kids as if you were in a contest to see who could weigh down their child with the worse ten-ton name that shouts, "I am black, don't hire me!"

Now, of course, not every employer is going to be so jaded and hard hearted that they are going to use your moniker to immediately expel you from the pool of possible applicants for that peach of a job.

But. Why. Take. A . Chance?

I mean, parents (and this is directed mostly to the teen-age moms who think that they are being creative and cute with naming their kids with wild and crazy names), give the kid a fighting chance so that he or she will not have to second guess why they were not called back for an office job or a managerial job because they have a name that is practically unpronounceable.

What is up with these names that have apostrophes and hyphens in them? Tell me that you just had to name your daughter, Di'Ophtheria or your son, Bus-Dammeroll?

I have a theory that when these moms were in the delivery room or the recovery room and still under the influences of the drugs that were administered to them for their post delivery pain, that is when they started yammering out names for the new born child.

If that new born could have spoken, she or he would have yelled out, "don't you dare put that name on me!"

I have been so traumatized by the names that I see in the court records that I have pledged to list 10 girl and boys names that should never, ever cross the lips of any responsible parent.

I plan to introduce legislation in Toledo City Council that if any parent chooses any of the below names, that the probate court should forcibly intervene and change that name to something that is more dignified or easier to be pronounced.

The penalty for disobedience would be a fine of \$1,000 and the child being placed in temporary foster care until the parents are re-educated as to the significance that a name has and what it can do to a child's psyche.

So, here are the prohibited names. If your child's name is on the list, it is by divine coincidence and I would suggest that you immediately seek a name change in order to maximize your child's career chances:



Unconscious Attitudes, Really?

I read with intensity the article prepared by Rev. Donald Perryman in the February 18, 2015 edition of The Truth, Profiles in Black and White. While I think that I am extremely liberal relating to the freedom to rethink social policy or social ills, I am more of a realist than I sometimes like to admit when it comes to the politics of RACISM. While thinking and rethinking the state of Cultural Recidivism, as I term it in this hour of re-arranging the political conundrum, **we have slid back.** In the church world that is called **backsliding**.



I could be totally wrong about this one, but it looks to me that there is something about the faces of authority changing that seems to upset the network. Political cronies don't seem to take too well to the changing of the guard when they are not part of the change or the change. It is no doubt in my mind that "Change" means just that, Change! It rarely means less if you think about it, because the safeguards are so stacked that less is generally quickly noticed.

Perryman is right about these facts. Media does seem to be able to set a precedent in how one places value or no value on a person, place or thing. Recent police shootings are a prime example of this. All of this, as I see it, is deduced to mean race or races of people, who, regardless of their qualifications, are perceived to be less valuable than

... continued on page 4



Dear Parents and Community Members,

We thank you for all of the support you have shown for the mission and work of the Mental Health and Recovery Services Board (MHR SB) of Lucas County. We understand that many parents are dealing with mental health and/or addiction needs of their children whether they are youth or adults. We are asking for you to help us better understand what these needs are and ways we can better serve parents and their children across our communities.

Please consider taking a few minutes to respond to some questions, visit the link below to fill out this brief survey.

<https://www.surveymonkey.com/r/MHR SBfamily>

Thank you for your time and your continued support!

Sincerely,

Scott Sylak, Executive Director




... continued on page 4

Lafe Tolliver... continued from page 3

BOYS:	GIRLS:
A'donte	Shauntae (tee)
Margulus	Pho'Flenta
De-Jarven	Aristovalsia
Georgacious	Charissoma
Van'man	Burleena
Vyy'Ka	Esthermaldia
Arphelleen	Von-Drella
Errstanion	Uvelloprida
Sannion'dre	Dephandrella
Kyerbee	Hycanithesia

Now, there are exceptions. If your child is gifted in the arts or music, then he or she can have a name like the famed cellist, Yo-Yo Ma, or like the artist, Picasso, and they can get away with such a name because it is expected that artsy-type people are a little "different" and their different names are given a pass by society.

So, the next time you get the urge to plant some nine-syllable name on a child, think about it. If you want creativity, take a jewelry-making class or clarinet lessons or take up Thai cooking but leave being creative out of it when it comes to naming your kid!

I know...I know...I will get e mails ranting and raving about this article but, hey, my first full name is Lafayette so I am entitled!

Contact Lafayette (Lafe) Tolliver at Tolliver@juno.com

Unconscious Attitude... continued from page 3

their counterparts. We can see in the shift of what I call **Polinomics**, i.e. politics mixed with a flair of a self-created, grandiose crafted science with the intent to promote a particular group's likes vs. dislikes, that homage paid to the network is priority, primary and secondary, by any means necessary.

While I believe that the Civil Rights Movement had a definitive purpose for its role in birthing equal opportunity, I do believe that the Movement in no way anticipated that we would slide back instead of moving forward in continuing to advance us as human beings, culturally and holistically.

Seemingly, it had no idea that a day, this day, would come when a **party affiliation** would usurp power and become unabashedly paramount to **people affiliation**. And we now find people taking sides, promoting disunity instead of unity, because of the color of one's skin with no or little thought as to the content of their character, capabilities, and or aptitude.

Anna Deavere Smith quotes this saying that "We are a country of strangers, and we are having a great deal of difficulty with our differences, because ultimately, we lack the ability to look at specific human beings."

While I totally respect that viewpoint, I believe Ms. Smith that "**we have been conditioned to act as strangers on purpose, to further create the divide whereby we would instill, perpetuate,**

and maintain the inability to respect, honor, and bridge gaps that would widen the margin of disunity instead of bringing us together". IJS.

I do not believe that in the matter of racism and cultural divides that attitudes are unconscious. I believe that people are products of their environment, experiences and exposure. Choosing to be racist in our attitudes is a conscious choice, especially when one has been acculturated into society's norms and racial acuity, at least this is what I believe.

Stereotypes are real and I define it as preconceived notions, prejudging, labeling a person, place, or thing without facts or merit. However, each group and race must take full responsibility for implementing change at the root and foundation from where suspicious betrayal of human dignity lost its original meaning.

Racial reconciliation is possible and I conclude that if this nation is to continue to be the strong nation that our forefathers purported, then meaningful dialogue, on purpose, must be initiated, sustained, and maintained in every facet of our lives. Let's begin by committing to **Racial Affirmation**, believing that all are truly intended to be equal and should certainly be treated fairly by any means necessary!

*Optimistically Surrendered,
Marjorie Holt, Ph.D.*

© 2/2015

Drmholt@att.net
Toledo, Oh.

Thank You Toledo!

Celebration of Life

First Lady Sister Wanda Ann Williams

While our hearts are deeply saddened by the loss of our Wife, Mother, Grandmother and First Lady, Pastor John W. Williams, along with our daughter - Yolande Charles, granddaughter - Marquita Wirt, the Wilson Family and the members of the Eastern Star, New Zion and Memorial Missionary Baptist Churches would like to thank and acknowledge the entire community of Toledo with deep appreciation for the many comforting messages, prayers, flowers and other acts of kindness and concern expressed during this time in our lives. May God's richest blessing be upon each of you.

As we celebrated the home going of Sister Williams in Toledo on Friday, February 20th and Saturday, February 21st, our concern was demonstrated, as nearly 750 people were in attendance for the service on Saturday. We extend our deepest appreciation to Mr. Riggs and the staff of Dale-Riggs Funeral Home, The Lucas County Sheriff's Department, State Representative - Michael Rufford, Mayor - Paul Ricki-Hudson, along with Dr. Willie L. Perryman, Pastor of the Jerusalem Baptist Church and Dr. Charles E. Jones, Pastor of the Christian Temple Baptist Church, for officiating at the services and the many, many Pastors that attended. While we cannot list everyone, please know that your acts of kindness did not go unnoticed.

Our beloved wife of 46 years and first lady for 36 years, lived a life for Christ, so we know that we will see her again. First Lady's favorite scripture was Philippians 4:13 - "I can do all things through Christ which strengtheneth me." In 2011, her strength in the Lord would be put to the test as she was diagnosed with level four breast cancer. In her determination to use cancer as an enrichment from God, she demonstrated the beloved Philippians 4:12, and the last 17 years through numerous chemotherapy and radiation treatments, she still encouraged others to "hold it tight."

Her teaching attributes did not go to waste as she taught Sunday School and Mission Class on a weekly basis. She was a writer of several plays and skits along with the educational material used at all three Churches. She also played a vital role in overseeing the compilation, production and distribution of the material.

First Lady also served as the Supervisor of the Deacons Board, Director of Christian Education, Office Manager, Personal Secretary to the Pastor as well as Youth Director.

She was affectionately called "Mama" by youth and young adults she came in contact with. She was determined to encourage the youth to remain connected to the Pastor and Church, as well as to set positive examples as young Christian boys and girls. Dr. Williams has conducted numerous workshops on various topics, but the focal point is always the role of a Christian Woman. Drawing on her background in education, she communicated with immense passion, energy, humor, warmth, and grace and was able to penetrate and revive believers in a manner that was complementary to her husband's ministry, with the purpose of teaching others how to love and live on God's Word.

In June 2013 in Memphis, Tennessee, First Lady was honored as a nominee for the Leading Ladies Award, which honors women in the Christian Community who have and continue to make a difference in their sphere of influence. Sister Williams was also presented with the First Lady of Faith award on March 30, 2014 during Eastern Star's 35th Pastoral Anniversary Celebration for demonstrating unwavering faith in God.

Her family, along with the members of the Eastern Star, New Zion and Memorial Missionary Baptist Church, loved and were very proud of our Leading Lady, an inspiring woman of God, who encouraged many by exemplifying great strength, wisdom and faith in the Lord. For these reasons, though we are saddened, we rejoice at her home going, knowing that a life lived for Christ, is not a life lived in vain!

Thank you again, with heartfelt gratitude. May God continue to bless your lives for the love, kindness and support you've demonstrated.

Dr. John W. Williams and Family and the Eastern Star, New Zion and Memorial Missionary Baptist Churches



First Lady, Sister Wanda A. Williams
September 15, 1948 to February 21, 2015



Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

A Celebration of Women's History Month: Doctors Then and Now

Sojourner's Truth Staff

America's First Black Female Physician was Dr. Rebecca Lee Crumpler who was born in Delaware in 1831. Crumpler was raised by an aunt who was dedicated to caring for sick neighbors and friends.

At the age of 21, young Rebecca moved to Charleston, Mass., to work as a nurse for the next eight years. The first formal nursing school wouldn't open for another 20 years, so she was able to practice nursing without any sort of degree.

In 1860, 29-year-old Rebecca Crumpler entered the New England Female Medical College. Upon graduation, she became the first black female doctor in the United States, and the only African-American woman to graduate from that college, which closed in 1873.

Other notable historical African-American female physicians are Dorothy Ferebee, Patricia Bath and Mae Jemison

Dorothy Boulding Ferebee, M.D. (1898-1980) was born Norfolk, Virginia. She graduated from Tufts Medical College at the age of 37 and, as with many young health care professionals of African descent born during that tense racial period, this consistent honor roll student was denied professional access into predominantly white hospitals. She moved to Washington D.C. for an internship at Freedmen's Hospital (now Howard University Hospital). Dr. Ferebee was actively involved in countless organizations until her death at the age of 90.

Doctor Patricia Bath, an ophthalmologist from New York, was living in Los Angeles when she received her first patent, becoming the first African-American female doctor to patent a medical invention. Patricia Bath's patent was for a method for removing cataract lenses that transformed eye surgery by using a laser device making the procedure more accurate.

Dr. Bath's passionate dedication to the treatment and prevention of blindness led her to develop the Cataract Laserphaco Probe. The probe patented in 1988, was designed to use the power of a laser to quickly and painlessly vaporize cataracts from patients' eyes, replacing the more common method of using a grinding, drill-like device to remove the afflictions. With another invention, Dr. Bath was able to restore sight to people who had been blind for over 30 years. Patricia Bath also holds patents for her invention in Japan, Canada and Europe.

Patricia Bath graduated from the Howard University School of Medicine in 1968 and completed specialty training in ophthalmology and corneal transplant at both New York University and Columbia University. In 1975, Bath became the first African-American woman surgeon at the UCLA Medical Center and the first woman to be on the faculty of the UCLA Jules Stein Eye Institute. She is the founder and first president of the American Institute for the Prevention of Blindness. Patricia Bath was elected to Hunter College Hall of Fame in 1988 and elected as Howard University Pioneer in Academic Medicine in 1993.

Mae Jemison

Mae Carol Jemison is an American physician and NASA astronaut. She became the first African-American woman to travel in space when she went into orbit aboard the Space Shuttle Endeavour on September 12, 1992. After her medical education and a brief general practice, Jemison served in the Peace Corps from 1985 to 1987, when she was selected by NASA to join the astronaut corps. She resigned from NASA in 1993 to form a company researching the application of technology.

Toledo Area Female African-American Physicians and Dentists

There are, perhaps, as many as 20 Toledo area black, female physicians and dentists in all manner of specialties. These are some of them:

Dr. Karen Adams-Ferguson, MD, an obstetrician/gynecologist, is a Toledo native from a legendary local family. Her mother, Dr. Samantha Adams, was the Toledo area's first female African-American chiropractor and a former president of the Toledo School Board. Her siblings include former Toledo Public School administrators Cecelia Adams (now a school board member) and Denise Adams Onyia.



Dr. Adams earned her undergraduate degree from The University of Toledo and her medical degree from The Ohio

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Doctors... continued from page 5

State University.

Her practice is located at A Woman's Answer on Monroe Street.

Dr. Michelle Boose, MD, MPH, is a family medicine physician. A graduate of Notre Dame Academy, Dr. Boose earned her undergraduate degree from Kent State University and her medical degree from UT's College of Medicine in 2008. She completed her residency at the Flower Hospital Family Medicine Residency Program in 2011. She is a recipient of the local 20 Under 40 Award.

Dr. Boose practices with ProMedica and is on the board of the ProMedica Physicians and Continuum Services as well as the Ohio Academy of Family Physicians Foundation Board.



Dr. Louito Edje, MD, is a family medicine physician and director of the Toledo Hospital Family Medicine Residency – the first female African-American program director there and was the youngest chief of staff in the 100-year history of the Hospital.

Dr. Edje entered Michigan State University at the age of 16 and earned a degree in physiology. She received her medical degree from the University of Michigan becoming the first female and first minority

president of her medical school student body.

She currently serves on the St. Luke's Hospital Board of Directors, the Toledo Children's Hospital Board and is the chairman-elect of the UM Medical Schools Admissions Committee.

Dr. Debra Fulton, DDS, graduated from Case Western Reserve School of Dentistry in Cleveland in a class that contained only three African Americans and she was the only female African American. A Youngstown, OH native, Dr. Fulton majored in chemistry at Carnegie Mellon University in Pittsburgh and worked as a chemist for four years in Akron for General Tire and Rubber Company before enrolling in dental school.

She landed in Toledo to join the practice of longtime African-American dentist Dr. Franklin Duffy as he was nearing retire-



ment. She would take over when he did in fact retire. Her offices are on West Laskey Road.

Dr. Anita Lewis-Sewell, MD is a Toledo native and graduate of Scott High School. She earned her undergraduate degree from UT in communications and her medical degree from the Medical College of Ohio (now the UT College of Medicine). She is a family practice physician who has worked with the Neighborhood Health Association, prior to a move to Fremont to work for the Community Health Services.

Dr. Lewis-Sewell is currently a UT health educator and writer on health issues. She has been a project director for numerous Minority Health Month seminars, conferences and health fairs.



Dr. Hope Mitchell, MD, a dermatologist with offices (Mitchell Dermatology) in Perrysburg, is the only black dermatologist – male or female – in northwest Ohio. Her private practice has a staff of a dozen women – nurse, medical assistants, receptionists, billing manager.

A New York City native, Dr. Mitchell earned an undergraduate degree at the University of Rochester, where she would meet her future husband, attorney Richard Mitchell of Toledo. They came to Toledo to earn advanced degrees and start a family. After working for a local dermatology firm, she formed her own firm about 10 years ago.

Dr. Taiwo Ngo, DDS, a native of Nigeria has a dental practice in the Toledo area that includes three different offices. A graduate of the University of Michigan Community Dental Health Program, Dr. Ngo comes from a family of medical professionals. Her father is a pediatrician and her mother a radiologist – both U.S. citizens who reside in Nigeria.

Dr. Ngo's twin sister is a pediatrician in California, another sister is a pharmacist in Dayton and a brother is an ear, nose and throat specialist.

She and her husband Gift, who earned his MBA in finance from Case Western Reserve, formed the Midwest Dental Center LLC 13 years ago on Alexis Road and have since expanded to Lagrange Street and Airport Highway.



Dr. Anyse Storey, MD, is a urologist with a private practice on Heatherdowns Blvd. She is the only African-American female urologist in northwest Ohio.

Dr. Storey, a native Cleveland, attended Mt. Holyoke College in Massachusetts where she earned a bachelor's of arts degree, the University of Cincinnati's Department of Biomedical Communications for an advanced degree before returning to Cleveland to earn a medical degree from Case Western Reserve.

She arrived in Toledo for her internship and residency at the Medical College of Ohio and was the first female in that urology residency program – "the last male bastion in medicine," she has said.

Dr. Storey stayed in Toledo to join St. Vincent's Hospital staff and has affiliations at most of the area hospitals.

Dr. Traci Watkins, MD, is a family practice physician with ProMedica Physicians Westgate Medical Group and is currently the lead physician with that group.

Dr. Watkins, married to local attorney Pariss Coleman, earned her undergraduate degree from the University of Michigan with a bachelor's of science and psychology, and her medical degree from OSU, after which she did her residency with the Toledo Hospital. She has been on staff at Toledo Hospital and Flower Hospital since 1999.

She has served on or participated in more than a dozen boards and activities with ProMedica over the years and been active in an equal number of community boards and activities.



Dr. Jenny Zamor, DO, is an obstetrician/gynecologist who just recently joined A Woman's Answer on Monroe Street. From Queens, NY, Dr. Zamor earned her medical degree from Ohio University College of Osteopathic Medicine. She performed her internship at Summa Health in Akron and her residency in obstetrics and gynecology at O'Bleness in Athens, OH.

She has been in practice for 16 years.



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

Dear Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,

I have been doing so well with my eating and exercising that I want to thank you for all of your help. I look forward to reading your articles in The Truth. My question is that I want to take my workouts to the next level and I don't know what to do. I train three days a week, total body, but it's getting easy for me to do. How can I make it more challenging?

Kim

Dear Kim,

I'm very glad that you are getting help from my articles and that you are making improvements in your physique. It's a great feeling to look in the mirror and see all your hard work is not a waste of time.

Well, there are a couple of ways that you can handle this. You can either increase the amount of work you do on the days you train or you can add another day of training.

If you want to increase the workouts that you are doing now just simply increase your weight for a hard eight-12 reps or you can simply add another set to what you are doing. If it is still easy just keep adding weight until it is difficult for you to get your reps but with good form. NEVER sacrifice form for weight!

Your other option is to add another day. Train two on, one off, two on, two off. Start separating body parts, adding other exercises and stop doing total body workouts.

Train your back with your biceps, chest with triceps, legs, shoulders and then abs. That is just an example. I switch it up all the time so my body gets different workouts. The next week I will train back with triceps and rear delts, chest with biceps and front delts, then legs with shoulder presses.

This will give you more exercise per body part and give you a chance to work on lagging areas as well. Make sure that you don't work the same body part two days in a row. Keep your nutrition clean and stay on your water. I hope this helps you and if you are unclear about anything just e-mail me.

If you visit my web site please be advised that I am in the process of restructuring it.

Ryan Rollison
Dream Bodies
mydreambodies.com



Ten Reasons to Try FabFit!

By Angela Steward, Fitness Motivator
The Truth Contributor

You walk into the "big box" gym, scan your plastic key tag, and head to the locker room. You don't know anyone in there, and constantly get a weird grin from the guy in the towel. You quickly get changed, and head out to the gym floor.

You just left work, and just need to get a workout in. But, what the heck do you do? You decide to just hop around a couple of machines, smash some abs, and then run on the treadmill for a little while. You stretch, grab your bag, and walk out of the door without being thanked for coming. You go home to the rest of your life, and maybe repeat that eight-10 times per month.

That is the average life of a big box gym goer. Most gyms actually count on you not showing up. They are a turn and burn facility, meaning they lose and use a lot of clients and are required to host an enormous amount of clients. If all of their members showed up there wouldn't be enough room to walk, let alone workout.

Doesn't this sound better?

You walk in, you don't have a key tag because everyone knows you by your first name. You sign in, we ask you how your day was, and greet you with a nice smile and a hug. You head to the bathroom to get changed, and meet everyone on our GEM floor for warm-up.

The instructors and members are hanging out with you, answering your questions, and socializing with the rest of the group, about 20-25 other women. Everyone knows each other on a first name basis, asks each other how their families are, and tries to remember each other's birthday.

The instructor asks the group if are they ready to sweat, turns up the music and gets busy. She leads the group thru a warm-up and then assists each individual who needs help. She also assures each participant is using proper form and is having fun. At the end of the class, the group stretches together, they all ask each other when they're coming in next time, they grab their stuff, and walk out to the parking lot together, full of sweat, laughing and loving every minute spent in class!

Sounds a little more exciting, huh?



Toledo Alumnae of Delta Sigma Theta, Inc. presents, "I am Black and Beautiful by Joyce Lewis"?



On March 7, 2015 Delta Sigma Theta Sorority, Inc. Founder's Day Observance

At The University of Toledo, Student Union (Ingman Room)

Open to the Public per ticket

12:00 Noon	Luncheon
1:00 p.m.	Play performance

For ticket information. contact: Bessie 419-480-0122

... continued on page 10



Sarah Reed Celebrates 95th with Family and Friends

Sojourner's Truth Staff

Seventy-five family members and friends gathered on Saturday, February 28 at the Holiday Inn French Quarter in Perrysburg to help Sarah E. Reed celebrate her 95th birthday. They arrived from as far away as Illinois, Indiana and South Carolina to toast a woman whose deep devotion and faith and love of family have sustained her for nine and a half decades. Clearly that love has been reciprocated manifold over the years as evidenced by Saturday's turnout.

Sarah was born in Blytheville, Arkansas to the Rev. Robert Lloyd and Mary Ann Lloyd. She married Virley Reed, Sr., in 1936. Virley came to Toledo in search of work in 1944 and Sarah followed in 1945. The couple had six children, three of whom are deceased: William, Charles and James. The couple's other three children – Virley, Jr; Carolyn and Debra (Davis) – were at Saturday's celebration.

Sarah worked for the Toledo Board of Education as a matron until her retirement in 1980 but her passions have been cooking and gardening and she excelled at both, says her daughter Debra Davis. Vir-



Sarah Reed with her family and friends

ley, Sr. passed away in 1993 after 57 years of marriage to Sarah.

Sarah has been a longtime member of the Friendship Baptist congregation and serves on the Mothers' Board of the church.

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Kenny Cunningham, Debra Davis



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Pride of Composite Annual Sweethearts Dance

By Carla Yvette
Society Editor

Pride of Composite #81 Order of Eastern Star hosted their Annual Sweethearts Dance February 7 at Octagon Hall. The cabaret style affair is part of their community service effort in order to raise funds to support local charities. The event included door prizes and raffles.

Worthy Matron Lanaya R. McDonald said all of the money raised will be used throughout the year to help organizations such as battered women's and homeless shelters, disadvantage youth and veterans. DJ Toledo provided music.



Worthy Matron Lanaya McDonald

Seated Worth Matron Lanaya McDonald, Jamesetta Rayster, Ruth Henderson, Jacie Caston, Cheryl Folsom, Dr. Tameeka Gray and Associate Matron Ca

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Bite into a Healthy Lifestyle

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

In March, Americans are encouraged to think about healthy eating during National Nutrition Month. The American Academy of Nutrition and Dietetics chose a theme of "bite into a healthy lifestyle" for 2015. The goal of "bite into a healthy lifestyle" is to maintain a healthy weight, reduce the risk of chronic disease and promote overall health. This is can be achieved in the following ways:

- consume fewer calories
- make informed choices about food
- exercise daily

Consume fewer calories

Calories are a unit of measurement to tell how much energy a food provides for your body. Your body needs energy from food. Problems can occur when you take in more calories than your body will use. Those calories will be stored as fat in your body. You don't have to add up every calorie you eat throughout the day but you should make sure you are not taking in too many extra calories every day which causes weight gain.

Individual calorie needs depend on a variety of factors including height, weight and physical activity level. Meeting with a registered dietician will help with specific details and recommendations. In a recent nutrition class for elementary students, one topic was called food "switcheroos." The idea is that everyone, no matter what our age, can make healthier food choices that ultimately add more nutrients and fewer calories, salt and fat to the diet. What healthier foods can you switch for higher calorie foods?

Make informed choices about food

You have the right to know about the food you are eating. If you are at a restaurant, you can view the nutritional information on meals like the amount of calories. Many restaurants offer information on their menus and some even highlight items that are healthier choices with less calories or less fat compared to other food items.

Another good place to look at options and make choices is on the food packages in the aisles of the grocery store. The nutrition facts will list calories, fat, cholesterol, sodium, carbohydrates, protein, vitamins and minerals. In addition to the nutrition facts is the list of ingredients. The ingredients are always listed with the most at the top of the list and the least at the bottom of the list. Use this information to compare different options and choose the healthiest one.

To learn more about your personal nutrition needs, a registered dietician nutritionist is trained to help individuals make healthy choices that best fit into their tastes and lifestyle. To learn more and to find an RDN in your area visit www.eatright.org.

Exercise Daily

Smart eating and physical activity are perfect partners for a healthy lifestyle. Not only is exercise good for the physical body, including the heart, it is also good for the mind. Exercise can help reduce stress. The American Heart Association recommends "thirty minutes a day, five times

a week is an easy goal to remember." Even if you do not do 30 minutes at a time, you can do 10 -15 minutes of exercise a couple times a day. They also recommend that something is always better than nothing when it comes to exercise. Don't make exercise all-or-nothing. Do something and then add more to reach a realistic goal. When starting a new exercise routine, check with your doctor.

Not only is it important to add physical activity to the daily routine, it is also important to limit the number of hours you sit and lay during the day. For example, if someone rides on the bus or car in the morning, sits at a desk all day, rides back home at night and then reclines on the couch in the evening, it is possible that they spend 55 percent of waking time in sedentary behaviors. This is a problem in the United States that has been called "sitting disease." Make a goal of standing a little more each day. Add a few stretches or 10 minutes of walking and it will help counteract all of the sitting.

Are you ready for spring? Are you ready for spring cleaning? Sign up now for the OSU Extension online spring health challenge called, "Spring Clean Your Wellness Routine."

When: March 30, 2015 – May 10, 2015

What does it cost: Nothing – Free!

Who can participate: Any adult with an email account

What is included: Email educational messages twice a week, printable tracking log to track your progress & Facebook and Blog articles.

Challenge Themes: Vegetables and Fruits, Physical Activity, Stress Relief, Positive Attitudes, Local Foods, Herbs and Gardening.

How do I sign up? – Follow this link to online sign up <http://go.osu.edu/sp15Lucas>

For Additional Information contact: Patrice at powers-barker.1@osu.edu

Angela Stewart... continued from page 7

That's FabFit! You don't just come in and do your own thing. Each instructor takes the time to review basic, intermediate and advance moves you'll use during each class. We encourage you to find your own fitness level, and we help you to get the best results for you!

The benefits of taking FabFit classes include:

1. No thinking: With group fitness the instructor leads you through the entire workout. There is no thinking involved. They tell you what to do, and how to do it. It takes the guesswork out of everything.

2. Costs: You get what you pay for, so FabFit group fitness is more expensive than your Planet Fitness style gym, that being said it is very cost effective. The average walk in fee is \$7.00 or \$35.00 per month, no contract! Our instructors and participants are there to support you, to motivate you and to help you sweat away the calories!

3. Motivation: Everyone needs motivation. Getting to the gym is hard enough, let alone coming up with your own workout, and be motivated to do it. A good instructor is an even better motivator. Not only will the instructor be motivating you, but our participants motivate and push each other.

4. Accountability: Like mentioned, your typical commercial big box gym counts on you not showing up. With FabFit group fitness classes, the instructors want you to show up. In fact, if you don't show up, they are going to follow up with you. The owner, instructors and participants within the group hold you and each other accountable.

5. Confidence: There are thousands of exercises out there. As someone who is just looking to get fit, you shouldn't know how to do it. That's why we have fitness professionals. That's like saying you should know how to perform a surgery, that's why we have doctors. With our instructors telling you what to do, and assuring you to do it right, you will learn a lot. You will become more comfortable with your abilities, and what your body can do.

6. Fun: Going into the gym by your self is boring. Fitness shouldn't be boring. By doing things under the supervision of a qualified instructor within a group, FabFit fitness becomes fun.

7. Variety: Every class is different. Our classes are planned out ahead of time, but there is constant variety within it.

8. Personal Attention: It's like private training, shared between 20-25 people. You will always get plenty of personal attention.

... continued on page 11



Caregiver Grove Home Health Care

“Legends and a Legacy”

Guest Column

Our family descends from a long generation of caregivers. As far back as we can trace our family history and the stories shared and lived by previous generations, it is embedded in our family's DNA to love, serve, and care for others and their well-being.

Rev. F.L. Durden was our grandfather, he was a school teacher and African Methodist Episcopal Minister, for over 50 years he served, cared for and pastored some of the largest A.M.E churches in the south. He pastored at St. Stephen's A.M.E Church, in Toledo Ohio from 1972 until his death 1979. Being a leader of a church requires great leadership skills, patience and humility. His commitment to his congregation and community required him to take on many roles. His most memorable attribute was his genuine love and compassion he showed towards everyone. We are blessed as his grandchildren to have learned, and witnessed his life-long commitment to others, his spirit live in us.

Other ancestral legends that have contributed to our family's dedication to serving, and caring for others is our grandmother, Commilla Johnson Durden, her mother, our great-grandmother, Gillie Oates Johnson and sister Delilah Johnson Ferguson who were school teachers in Tunica Mississippi. Their names are displayed in the Tunica Museum as African-American school teachers in the 1930's through 1960's. These women were among the first African-American school teachers in the South who bravely cared for, taught, nurtured and served students, in spite of the danger and ridicule. Their relentless pursuit to educate, serve and care for others is embellished in our hearts as descendants, and has caused us to press and pursue our goals and dreams.

Every summer our father, John Tooson III, would take us to Cincinnati, Ohio to visit our grandparents John and Lucille Tooson during our summer visit we would spend time playing with the many foster children that they provided a safe, caring and loving home too. The amazing part about being born into the Tooson family is that everyone at grandma's house was treated like family. There was never a difference made between grandchildren and foster children. We were taught by our grandparents at an early age to love, and care for others. By the example they set when they opened their home and hearts up to care for others this influenced us all.

Our mother, Arneitha Tooson, was an educator for the Toledo Public Schools for over 32 years. Her numerous certifications in regular and special education earned her the title of Department Chair of the Special Education Department. Her true passion was caring for orthopedically handicapped and developmental disabled students. Every holiday she took great pride in preparing a feast for her students. This was important for her because, she knew that for some children this may be the only holiday meal they received. She was concerned about her students' needs being provided for and that they were viewed the same as "normal" students. Her classroom was a safe place for students with handicaps and disabilities to learn, grow, and feel accomplished in their education. Being a teacher of students with disabilities requires more than teaching skills. It requires interpersonal skills, love, and compassion not only for the students, but the family as well. As children of Mrs. Tooson, we have been blessed with the

Angela Steward... continued from page 10

9. Like-Minded. The likelihood of you continuing to return to our GEM again and again is high! Once you get on the floor and hear the music, any negative energy quickly disappears.

10. Results: You will get results. The instructor will keep you track. Your fitness sistas will keep you on track. The bottom line is your life will change, and you will get results.

Doesn't that sound fun? There will always be people who just want to go to a commercial big box gym and do their own thing. That's fine. However, FabFit group classes are designed for people who want the accountability and direction of a certified instructor, and want the added benefit of being with a group. The group knows each other, the instructor knows everyone. Everyone has fun, everyone gets results, and everyone changes her life! What more could you ask?

Angela R. Steward

Owner & Head Instructor

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privilege to have her values, beliefs and ways as a part of our bloodline. It is natural for us to place value on others cares and needs. It is our sincere hope that as we follow in our mother's footsteps, we model the same commitment and love that she has for others.


In 2009, our mother suffered a severe stroke; this was a severe shock to our family. After being forced out of the rehabilitation nursing facility after 3 months and still needing 24 hour care, this left us wondering how we would provide quality care for our mother, as she recovered at home. This wasn't an easy task since we all have full-time jobs, and the youngest sibling lives four hours away. We decided to come together and split the responsibilities with each of us having a particular role. We also hired a state-tested nurse assistant to assist and care for our mother while we worked, and the grandchildren assisted in her care as well.

Although, this was trying and emotional time for us, we managed to maintain stability and great care for our mother. While caring for our mother, we realized how important it is to have a responsible, compassionate, and trustworthy caregiver. Research shows (www.stroke.org) and our family believe this is the reason our mother was able to overcome and heal emotionally, physically, and mentally.

If we could ask society any question...we would ask them are they prepared to deal with or handle the sickness of a loved one should they become elderly and need daily assistance? How would you ensure your loved one receives quality care if you lived in another city or state? Although, these were questions that we had to answer ourselves, they are the same questions that caused our family to follow their calling and help others provide the same quality care for their loved ones.


With a bloodline of ancestors who were legends and caregivers in many forms, we are now blessed to carry on the legacy of caring for and serving others through our family business. At Caregiver Grove Home Health Care, we offer quality, committed and trusted services for your family members and loved ones. At Caregiver Grove Home Health Care "Your Family is Our Family" and we will strive to be the perfect solution for your family's needs.

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UT Alumni Organizing Truth Telling in Ferguson

Special to The Truth

When David Ragland earned his Ph.D. in Philosophy of Education with an emphasis in Peace Studies at The University of Toledo, people expected he would go on to do important work. What work could be more important than helping stem the tide of structural violence against people of color that has been rising in our nation for centuries? And what place could be more appropriate to focus this work than Ferguson, Missouri?

That is why, since last August when the Michael Brown decision of non-indictment came down, Ragland has been spending a lot more time in Ferguson, near his home town of St. Louis, dividing his time between organizing there and teaching at Bucknell University in Pennsylvania.

Ragland is a lead organizer in The Truth Telling Project (www.thetruthtellingproject.org), which is sponsoring The Truth Telling Weekend in Ferguson and St. Louis, March 13-15. UT students and faculty and Toledo community members have accepted Ragland's invitation to travel to Ferguson in March to participate in the weekend.

Ragland has written in the *Tikkun Daily*, with coauthor Arthur Romano, about how Ferguson provides a moment to address violence throughout our nation and all its institutions. They wrote, "It is important that we do not miss this opportunity for sustained truth telling, to see that the protests are not simply blaming or trying to displace responsibility, but acknowledging work that needs to be done while the world is listening. What we see now is a shift from moments of resistance to a movement working to change systems that create this inequity" (<http://www.tikkun.org/tikkundaily/2014/12/16/why-protest-and-whats-next-truth-telling-and-reconciliation-for-ferguson-and-beyond/>). The contingent from UT shares this view, and hopes that traveling to Ferguson will help them develop skills to work to change systems, including schools.



Dave Ragland


Classrooms are where children who grow up to be police officers, judges, jury members, teachers and citizens in general learn how to interact in society. Classrooms are also where teachers inadvertently set some students on route to the school-to-prison pipeline.

Key for all professionals to work effectively with their constituencies is listening to the stories people tell about their own experiences, their own truths. Trip organizers believe that teachers and future teachers—including the organizers themselves—benefit from learning about racism and antiracist work, like the Truth Telling Weekend, in order to understand the larger, systemic issues of racism in our society, and how to teach antiracism in our classrooms.

Some of the participants will be presenting a workshop at the weekend under the auspices of the Padua Alliance for Education and Empowerment, a group that Ragland was part of when he studied at UT. Since 2007, UT students and community members have worked together, based at The Padua Center at 1416 Nebraska, to listen to and record stories in projects including "Kwanzaa Park," "Civil Rights in Toledo," and "What Teachers Need to Know about Themselves and the Students they Teach."

Ragland sees his work with the Padua Alliance as what "got me involved in community activism in Toledo, as it was in the participatory action research class and later community organizing work, that I learned about capacity development and listening to community as the expert."

Carpools to Ferguson will leave Toledo at noon on Thursday, March 12 and return on Sunday evening, March 15. If you have been involved with the Padua Alliance research and would like to help present a workshop on its methods at the Truth Telling Event, or for more information about attending the event, contact Boris Cameron at borris.cameron@rockets.utoledo.edu or UT Social Foundations at 419-530-7749.



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The UT trip to The Truth Telling Weekend is cosponsored by the program in Educational Theory and Social Foundations (<http://www.utoledo.edu/education/depts/efl/programs/edtheory/index.html>) and the Padua Alliance for Education and Empowerment (<http://www.utoledo.edu/education/depts/efl/faculty/hamer/PaduaAlliance.html>). Even though both organizations are primarily concerned with education, both see connections to issues of police violence and ways to learn from the truth telling process.

Exhibit to Celebrate Diversity in the Arts

The Roots of Diversity Art Exhibition returns to the community.

In celebration of the many cultures in our community, The Roots of Diversity Art Exhibition (RODE) will be returning to the Toledo area after 12 years. The exhibition, which is free and open to the public, opens on Friday, March 6 in the Lobby Gallery of One Seagate, and runs through Friday, April 10.

RODE is a community organization dedicated to supporting visual arts and cultural diversity with a particular emphasis on American cultural ethnic groups. The goal of the Roots of Diversity Art Exhibition is to raise artistic awareness, sensitivity, understanding, and appreciation of African American, Asian, Caucasian, Latin, and Native American cultures.

The exhibit will showcase the work of 25 artists from Michigan, New York, Pennsylvania, Georgia, and Ohio who have studied and practiced throughout the United States and internationally. Those artists will bring an exhibition of over 60 works on canvas as well as sculptures and glass. There will also be opportunities to purchase artwork through The Pop-Up Shop on specifically scheduled dates.

The exhibition will feature works by artists such as Stephen Bennett, Aaron Bivins, Terry Burton, Michelle Carlson, Merce' Culp, Charles Gabriel, Robert Garcia, Marcus Glenn, Alice Grace, Wade Harrison, Bayo Iribhogbe, Ronald Jamison, Jose Martinez, Jason Phillips, Alecia Robinson, Arturo Rodriguez, Simone Spruce, Ken Thompson and Mary Williston, among others.

A Planning Committee recognized the importance of this event to the community and started organizing the exhibition about a year ago.

"As the world becomes a single global economy people need not only an understanding of their own culture but also an understanding of the cultures of the world. Therefore, the arts must be representative of the larger community. The way to bring people together is through the visual arts and the Roots of Diversity Art Exhibition is reflective of our community and it celebrates who we are as Americans," said event Chairman Ardenia Jones-Terry.

As part of its commitment to the community, RODE will partner with the Toledo Museum of Art, and many other organizations in town to provide additional opportunities for learning and exploring the diverse arts culture in our area.

A schedule of events is as follows:

TMA Cultural Diversity and Visual Art Panel Discussion
Thursday, March 5 at 7:00 p.m.

TMA Glass Pavilion
2445 Monroe Street, Toledo, OH 43620
Free and open to the public

Educational Workshop for Area High School Students
Friday, March 6 from 8:30 a.m. – 2:00 p.m.
One Seagate, Lower Level
Toledo, OH 43604



Aaron Bivins

The Roots of Diversity Art Exhibition Opening Reception
Friday, March 6 at 6:00 p.m.
One Seagate, Lobby Gallery
Toledo, OH 43604
Free and open to the public


The Pop-Up Store
Friday, March 6
from 5:00 p.m. –
9:00 p.m., and
Friday, April 10
from 9:00 a.m. –
5:00 p.m.
One Seagate,
Lobby Gallery
Toledo, OH
43604

Sponsors of The Roots of Diversity Art Exhibition include Edward Jones, OROBS, LLC, Toledo Museum of Art, JonesTerry & Associates, LLC, Councilwoman Theresa M. Gabriel, Robert Gabriel III, Arts Commission, University of Toledo Center for Visual Arts, and Delta Sigma Theta Sorority.



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CLASSIFIEDS

March 4, 2015

Page 15

Hey Bulldog!

Were you a Bulldog from the Class of 1975? If so go to Facebook -- **SCOTT BULLDOG CLASS OF 1975 REUNION** page and give us your mailing information so we can send out info regarding the class reunion

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For more details, please visit our website at www.co.lucas.oh.us.

Please apply on-line or submit a cover letter, employment application/resume and professional references to the Lucas County Human Resources/Personnel Department, One Government Center, Suite 450, Toledo, OH 43604 by March 13, 2015.

Clinical MH Therapist

Clinical Mental Health Therapist needed to provide psychosocial and diagnostic assessments and clinical therapy services to youth and their families who are affected by mental Health and/or substance abuse adversities. Qualified candidates must effectively apply the principles and techniques of clinical therapy. Bachelor's degree with LSW, LISW or similar license required. Master's or Doctoral Degree in social work, psychology, or related fields preferred. Excellent benefit package. Interested candidates please mail resume and cover letter to:

Human Resources-CMHT
P.O. Box 8192
Toledo, OH 43605
EOE

Request for Proposals Compensation Survey and System Consultant RFP#15-R004

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for **Compensation Survey and System Consultant. Received in accordance with law until Tues., Mar. 10, 2015, 3 PM ET.** 425 Nebraska Ave. For Documents: www.lucasmha.org, 435 Nebraska Ave., Toledo, OH 43604 or 419-259-9446 (TRS: Dial 711).

Proposers required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Sec. 3 Compliance Applicable.



RENASCEANCE OTTAWA AREA RESIDENCES

3 AND 4 Bedroom single family homes with attached garages.

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Please call 419-389-0096 for more info.
Or visit our office at 1258 Rockcress Dr.,
Toledo, OH 43615 Voice/TTY
1-800-553-0300.

Equal Housing Opportunity

Request for Proposals

Housing Choice Voucher Program - Project Based Vouchers

RFP#15-R007

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for Housing Choice Voucher Program - Project Based Vouchers. Received in accordance with law until Fri., Mar., 27 2015, 3 PM ET. For Documents: www.lucasmha.org, 435 Nebraska Ave., Toledo, OH 43604 or 419-259-9446 (TRS: Dial 711). Proposers required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Sec. 3 Compliance Applicable.



BEHAVIOR SPECIALIST/DRIVER

Part-time

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

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

Send resume or apply to:

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

EOE

PROGRAM ASSISTANT

OSU Extension, Lucas County is hiring for a Program Assistant position with the Expanded Food and Nutrition Education Program (EFNEP). The Program Assistant, EFNEP will work 40 hours per week. This position will work in the Lucas County communities teaching nutrition education to diverse adult audiences. This person should be indigenous to the community.

For complete position description and on-line application instructions, please go to www.jobstosou.com and search by requisition number 405464. To assure consideration you must apply by **March 15, 2015**. To build a diverse workforce, Ohio State encourages applications from individuals with disabilities, minorities, veterans, and women. EEO/AA employer.

Notice to Bidders: Inquiry # FY15-44, (Project # 1020-15-964) for Campus Infrastructure Improvements for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, March 10, 2015. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$35.00 will be charged per set. Any further information may be obtained from David Oz of The JDI Group at 419-725-7161. One Pre-Bid Conference will be held on Tuesday, March 3, 2015 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 12.5%. Project Estimate: \$2,520,000.00; Breakdown: HVAC: \$2,380,000.00 & Electrical: \$140,000.00.

Call to place your ad

419-243-0007

www.TheTruthToledo.com



Volume 32, No. 4

"And Ye Shall Know The Truth..."

March 4, 2015

March Is Women's History Month



Local Health Care Professionals: Dr. Jenny Zamor; Dr. Karen Adams-Ferguson; Dr. Anita Lewis-Sewell; Dr. Anyse Storey; Dr. Taiwo Ngo



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