



Volume 33, No. 3

"And Ye Shall Know The Truth..."

May 6, 2015

The Mother of the Year!



Ora Bell Presented with Mother of the Year Plaque by Deltas Wanda Terrell-Galloway, Bessie Mack, Billie Lothery and Sandra Strong

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"My goal is to give back some of what has been bestowed upon me and my family."

Knock..Knock..Who's There?...Your Daddy

By Lafe Tolliver, Esq
Guest Column

I had it all planned. I would read some of my book, *The New Jim Crow*, by Michelle Alexander and enjoy a brief respite from the law practice while eating fries and a burger at Wendy's.

Wouldn't you know it! Just as I am about to start the last chapter of the book, in saunters Noodles, the arch nemesis of all French fry lovers.

I put my head down in the hopes that Noodles would gaze over the crowd and would not spot me. I was wrong. Noodles waived when I looked up and I knew what was coming next.

Noodles: Hey, Mr. T.! What's up! What are you sermonizing on this time? What's up on your tripwire?

Me: Hi, Noodles. (He sits down and folds his hands in a praying gesture). Oh, just killing some time with this book. Have you read it?

Noodles: (He slowly unfolds his hands and raises his fingertips so his knuckles are ready to pounce on my hapless fries). Oh yeah. Read it while I was locked up at CCNO. Great read. Too bad I didn't have that book while I was at Libbey High. Could have saved me.

Me: (I slowly move my fries out of attack range). Say, what's your take on the Freddie Gray matter in Baltimore and the subtext of absentee fathers?

Noodles: (His fingers watching my fries with deadly intent). It's all true and then some. Love my moms but when my dad left when I was 11, I was mad and took it out by bullying some kids at the playground. Looking back, not happy about that.

If more fathers knew the impact they had on their kids growing up and being a dad to them, we would have less Baltimores around the country.

Me: (Cautiously eating a few fries knowing that in a moment or two, they will be gone). The way I read it, this issue of dads missing in action has been going on big time since the 60s. Open welfare policies where fathers were not championed in the family and the mom could not get benefits if he was around and not working. So it was best for a dad to leave so mom could get some benefits for the kids.

Noodles: (He sends out one hand to scout the terrain where my fries are sitting ducks). Hold up, chief. Not so fast. Gotta remember that it takes two to get a junior nine months later. Too many of these girl-kids were having babies with these boy-kids and that was seen as the thing to do. Media and Hollywood played up this single mom nonsense to the point where it was fashionable to have a child out of wedlock; and all of that gibberish about you don't need a man to raise a child.

Me: Yeah, that is so true but when did the wheels fall off the wagon with skyrocketing babies being born out of wedlock? If the family is not teaching values that respect marriage and a work ethic, what happens?



Lafe Tolliver

Noodles: (The successful hand nabs a single fry and brings it back to base camp for the other fingers to authenticate it). Hey, some of that blame is on us and not the white man or society. We bought into that lie that marriage was optional and that dads were disposable. The price we are paying for it now is astronomical!

Me: (I cringe at the loss of the solo fry knowing what is coming next).

What comes first? Jobs or babies? What's more important? Es-

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The Sojourner's Truth

Toledo's Truthful African American
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A Certified MBE

The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604
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thetruth@thetruthtoledo.com
www.thetruthtoledo.com

Community Calendar

May 7

National Day of Prayer in Toledo: Front steps of the Lucas County Courthouse; Noon; Conducted by Pastor Robert Cunningham, local pastors and community leaders

May 10

St. Paul MBC 98th Anniversary Service
United Church of God Pampering Day for Mothers' Day: 11 am to 4 pm: 419-810-6335

May 13

Bethlehem Baptist Church Project Homeless Connect: 9 am to 2 pm; A one-day, one-stop shop for the homeless providing services, support and quality of life resources: 419-241-9360

May 16

Free Beginner Swimming Lessons: For seven-16 years old; Sponsored by The Josh Project; St. Francis de Sales High School: 419-530-8590

May 17

United Church of God Spring Cleaning Clothing Drive: Collecting unwanted clothes, toys, shoes: 567-312-7360
St. Stephen AME Annual Pew Rally: 3 pm: 419-244-0402

June 20

Annual Block Party/East Side Reunion: Edgar Holmes Park; Free food, family games, entertainment, vendors and raffles; All day – opening ceremony at noon: 419-309-4021 or 4567-395-0363

At Last! Toledo Urban Federal Credit Union Groundbreaking Ceremony

Sojourner's Truth Staff

Finally! After years of fundraising, the Toledo Urban Federal Credit Union has at long last broken ground for a new facility on the corner of Dorr Street and Detroit Avenue. On Sunday, May 3, 2015, as hundreds of credit union members, neighbors, elected officials and supporters gathered to place shovels in the ground and turn a dream into reality.

The new 3,200 square-foot building will take TUFCU out of its cramped quarters in a nearby strip mall and offer members three times the amount of space in which to conduct their financial affairs.

In a ceremony befitting the faith-based credit union, Bishop Brehon Hall opened with a prayer and Board President Frances Smith took the attendees through a brief tour of the history of TUFCU. The shoebox start and the early period of wandering from building to building until the present site was offered.

Bishop Duane Tisdale of Friendship Baptist Church, who conceived the notion of a central city financial institution, spoke of the reasons for that inspiration and U.S. Congresswoman Marcy Kaptur congratulated TUFCU CEO Suzette Cowell, the staff and board of the credit union for the hard work that has kept the dream alive and indeed thriving in recent years. Today the credit union has well over 3,000 members.

Kaptur also presented a U.S. flag to Richard La Valley, president of the Toledo Urban Foundation, Inc. which has been so instrumental over the past several years in raising the funds for the new facility.

Also speaking at Sunday's groundbreaking were Toledo Mayor Paula Hicks-Hudson, herself a TUFCU member; Lucas County Administration Laura Lloyd-Jenkins, Lucas County Commissioner Carol Contrada and Pastor Cordell Jenkins of Abundant Life Ministries.



U.S. Rep. Marcy Kaptur, Toledo Mayor Paula Hicks-Hudson



CEO Suzette Cowell



U.S. Rep. Marcy Kaptur with Richard and Robin LaValley



Founding Members



Photos Courtesy Albert Earl

DIVE INTO SUMMER

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Red Pandas
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Get the first glimpse of these cute red-heads!

Bird Shows
Let our feathered friends entertain and educate you!

toledo zoo.org

TOLEDO ZOO & AQUARIUM

Lafe Tolliver... continued from page 2

tablishing your base first and then getting married or just hook up and see what happens?

Noodles: (The other fingers authenticate the captured fry and make plans for a full frontal assault on the remaining scared fries). Funny you would say that. While I was at CCNO, the brothers in the joint were watching all of the prior news about the police shootings of black men and all to a tee said that they were out there with their buds trying to prove their manhood by fighting the cops who they saw as the enemy.

When I asked them how many had a dad or an uncle in their early life, very few hands went up. They simply did not know what was expected of them, so they made it up on the fly. Their moms tried to help but a mom cannot be a dad.

Me: (I gobble down a few more fries and silently say goodbye to the remaining pile of fries). So, what is your story? How did you escape a lot of misery growing up in North Toledo? How did you make it out alive and intact?

Noodles: (Emboldened by the recent victory, the other fingers slowly march towards the potato prize). For me, it was three older male cousins that stepped up to the plate and talked with me about life and what to avoid and how to act in public and to get an education. Now, I did not listen to all of their advice as you can see by my third time at CCNO but I knew from them what is expected of a male and what you gotta do to make it in this tough place called America.

Me: (I see the advancing fingers and resign myself to another defeat). Do you think it is too late to try to call dads back into the lives of their young kids and connect with their families?

Noodles: (Sensing an overwhelming French-fry victory at hand, he sits up in his chair to direct the final assault and takedown). It is never too late to love what you help create even if you are just there with a helping hand or a corrective and kind word.

Some kids need a little push and some kids need a hard shove to get it right. What counts is that you do your best and respect their moms and tell your kids that you love them and that they can be overcomers.

Me: (I sadly watch as the remaining fries go off to captivity and utter desolation).

That sounds good but what about systemic policies that prevent or hinder the black family becoming sound again. What happens then?

Noodles: (Slowly stuffing his mouth with my captured French fries). Now, on those anti-family and anti-black governmental policies, we gotta fight and make our voices heard. Power does not surrender without a struggle. The dads have got to come together and realize that they got to undergird this continuing struggle for fair play and equal justice and affordable housing and accessible jobs or we are simply fodder for the prison complex. The schools that fail us have got to be revamped and the rogue cops that brutalize people of color have got to be brought to justice.

But we as black folk have got to get our act together and quit acting the fool when it comes to kids having kids and on the other hand not demanding a quality education.

Look at me. I have both a college degree and a master's degree but I had to walk on cut glass to do it but I did it because my family and church and uncles did not give up on me and they gave me a vision to reach for.

Me: (Well, so much for reading my book!). Sounds good to me. So, where are you going now, now that you gobbled up my fries?

Noodles: (Smiling his gap tooth smile). Me? I am on my way to the library to help kids to read and this weekend, I am going to the juvenile detention center with my church group and tell the kids there to keep hope alive. Peace out!

Me: Good plan. Go for it.

Contact Lafe Tolliver at Tolliver@Juno.com

African Art Has Arrived!!

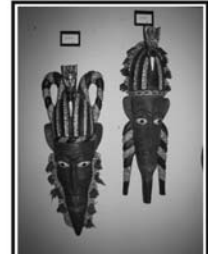
Hundreds of wood carvings from Ghana have recently arrived at
The Truth Gallery – masks, statues, village scenes!
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The Truth HEALTH



Could You Have Chronic Kidney Disease?

By Dianne Hart Pettis, MS, FNP-BC

The Truth Contributor

Could you have Chronic Kidney Disease (CKD), and not know it? Yes, you could. There are few, if any signs or symptoms until the disease progresses to later stages. According to the 2014 CDC National Center for Chronic Disease Prevention and Health Promotion; one in every 20 adults over age 20 has CKD.

Here's a little Kidney 101: Your kidneys (most people are born with two) are bean-shaped organs about three inches wide, and five inches long. They are located above your waist and on either side of your spine. They are connected to your bladder by long tubes called ureters. Your kidneys do more than remove waste from your body in the form of urine. Other functions may be little-known, but they are no less important.

Waste products are filtered from your body in the kidneys. If this waste is not filtered and removed; it builds up and becomes toxic to the body. This toxic overload causes illness, disease, and can lead to death. An enzyme produced in the kidney controls blood pressure; so great-functioning kidneys are vitally important for good blood pressure control.

There is a hormone produced in the kidneys that is important for Red Blood Cell production. Vitamin D is activated in the kidneys for healthy bones. The kidneys are also important in homeostasis – balancing fluids, chemicals, and minerals to help the body work properly without you even thinking about it. You may not have remembered about this delicate balance from your anatomy class, but now that your memory has been refreshed – stop taking your kidneys for granted.



Since there are few symptoms of CKD, how would you know to make an appointment with your Primary Care Provider (PCP) for evaluation? Think about the kidney functions I just mentioned:

Are you producing more, or less urine than usual?

Are you retaining fluid in your feet, ankles, hands, face or lungs? Lung fluid would cause shortness of breath.

Have you been told you have protein in your urine?

Is your blood pressure consistently above normal?

Your PCP may notice a change in your Red Blood Cell count; and you may notice fatigue or anemia.

Are your bones becoming weaker? Any recent bone fractures?

Waste building up in your body can cause bad breath or a metal taste in your mouth. Waste can also cause your skin to be itchy when there is no rash.

Do you generally just do not feel well; or have more problems with your chronic illnesses?

Pay attention to your body. These symptoms don't happen all at once. Your

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Jazzy Mother's Day Buffet featuring Calvin Hughes Jazz Trio

Date: SUNDAY, MAY 10, 2015

Time: 2:00 - 5:00PM *DOORS OPEN AT 1:30PM
*BUFFET CLOSSES AT 4:30PM

Where: RAMADA INN TOLEDO

3536 SECOR ROAD * TOLEDO, OH 43606

Join us for an afternoon of Live Jazz entertainment and a delicious buffet meal in honor of *Mother's Day*. The Lady of the House, *Ramona Collins*, will join us.

Renowned saxophonist, *Duane Parham*, Detroit, MI

ADVANCED TICKETS ONLY

NO TICKETS WILL BE SOLD AT THE DOOR

ADULTS \$28.00 * CHILDREN UNDER 12 \$10.00

RESERVED TABLES AVAILABLE (10) SEATS ONLY

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Tickets Available at:

Genesis Hair Salon * 1209 Hoag * 419.241.4862 Ask for Sky

Jack's Men's Wear * 3414 Dorr St * 419.536.1551

Toledo Urban Federal Credit Union * 1339 Dorr St * 419.255.8876

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THIRTY DAY WARRANTY

Healthy and Safe Summer Celebrations

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

The mission of The Partnership for Food Safety Education is to *end illness and death from foodborne infection in the United States*. Their website, Fight Bac (foodborne bacteria) states, "In a perfect world, no one would get sick, least of all from eating food."

April, a tragic event happened at a church pot-luck in Lancaster, Ohio. One woman died and many others have been in the hospital due to a botulism outbreak. The US Food and Drug Administration explains that the incidence of food poisoning by botulism is low, but the concern is about the high mortality rate if not treated immediately and properly. Most cases of botulism in the United States are associated with improperly home-canned foods.

Home canned food can be safe. Please follow updated, researched methods and recipes. This includes only using a pressure canner for low-acid foods like vegetables and meats. A water bath canner is safe for high-acid foods like fruits, pickled vegetables, salsas, and jams and jellies.

The National Center for home Food Preservation is a great resource. They have an online site <http://nchfp.uga.edu/> and a newly updated book, *So Easy to Preserve*. The home food preservationist can feel confident by following their recommended steps and recipes for a safe product.

In addition to home-canned food, there are many other times to consider food safety for health and wellness. Spring is emerging and it's about the time of year for family get-togethers, graduations and picnics. For a nutritious menu, include food options from all five food groups including fruits, vegetables, whole grains, low-fat milk and lean protein. To safely prepare food in the kitchen as well as outdoors, follow the four food safety steps: clean, separate, chill and cook.

Clean

- Although it sounds simple, everyone needs to wash hands with warm water and soap for at least 20 seconds before and after handling food. Bring your own soap and water to a picnic if needed. Hand sanitizer should only be used as a backup.
- Keep food preparation surfaces clean. Wash countertops with soap and

water or cover surfaces like picnic tables with a tablecloth.

- Rinse fresh fruits and vegetables under clean, running water.
- Separate
 - When preparing raw meat and raw vegetables, use two separate cutting boards and two separate knives. Do not contaminate fresh food with juices from uncooked meat.
 - When grilling, put cooked food on a different plate than the one that held the raw meat.
 - After using the separate cooking tools, wash all with hot soap and water.
- Chill
 - During warm weather, it is especially important to keep cold food cold. Keep food in the refrigerator or cooler until ready to eat.
 - Do not keep food setting out for longer than two hours. On a hot day (90° F or higher), do not keep food out for longer than one hour.
 - Always marinate food in the refrigerator. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Reserve a portion of the unused marinade to use as a sauce.
 - A full cooler will stay cold longer than one that is partially filled. Keep the cooler in the shade. Keep drinks in a separate cooler from foods. That way the food will stay cold, when the drink cooler is frequently opened and closed.
- Cook
 - Cook meat to a safe temperature. Use a food thermometer to check the internal temperature. Hamburgers should be cooked to 160 °F, while large cuts of beef such as roasts and steaks may be cooked to 145 °F for medium rare or to 160 °F for medium. Poultry must reach a temperature of 165 °F. Fish should be opaque and flake easily.
 - Keep a food thermometer with your grilling supplies so it's ready to go.

The warmer weather is a perfect time to enjoy eating outside. As noted by FightBac, the warmer weather also offers perfect conditions for bacteria to grow rapidly. Follow the four steps of clean, separate, chill and cook to ensure an enjoyable and safe outdoor gathering.

Reminder: "Breakfast on the Farm" is being held on Saturday June 13, 2015 at Sandland Dairy Farm, Swanton, Ohio from 9:00am – 1:00pm. Ohio State University Extension, Lucas County is one of many partners working to plan the event and we would love to see Lucas County residents attend. The event is free, but we ask you to RSVP so we know how many breakfast meals to plan. <http://www.fultonohbreakfastonthefarm.com/>

Resources:

www.fightbac.org
www.fda.gov
<http://nchfp.uga.edu/>

Chronic Kidney Disease... continued from page 5

PCP will review your history and current symptoms, and will order lab work – primarily Blood Urea Nitrogen (BUN) and Creatinine. If these values are above normal; this indicates kidney disease. A referral to a nephrologist, a kidney specialist is standard.

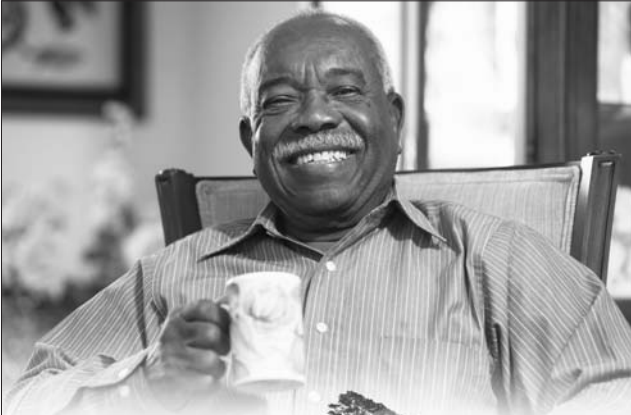
There are five stages of CKD. A nephrologist will establish the stage based on blood work values. Catching the disease at an early stage and beginning treatment will slow the progression of the disease. Stage 1 is Normal. Stage 5 is considered End Stage. At this Stage or before, there will need to be a discussion about dialysis or a kidney transplant. A registered dietitian will also help with a kidney-friendly diet.

African-Americans, Native-Americans, Latinos, and Asian-Americans are all at very high risk for CKD, due to the high rates of high blood pressure, and diabetes in these populations. Diabetes is the number one cause of kidney disease. One in three diabetics have Chronic Kidney Disease.

High blood pressure is the second leading cause of CKD. One in five people diagnosed with high blood pressure have CKD. Other causes of CKD are Polycystic Kidney Disease; autoimmune diseases, such as Lupus; HIV/AIDS; inflammation in the kidneys; birth defects; Hepatitis C; too many over-the-counter pain medications, such as ibuprofen or naproxen; and smoking.

Any of these diseases, especially diabetes and high blood pressure need to be tightly controlled. Those who are age 55 and older need to be screened yearly for kidney disease. Take care of your kidneys, and they'll take care of you.

Contact Dianne Hart Pettis, MS, FNP-BC at
www.diannehartwellness.com



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Spring Has Sprung – Time to Start Walking

By Angela Steward, Fitness Motivator
The Truth Contributor

Our rough Toledo winter is over!!! The sun is out, the birds are singing! Let our beautiful spring weather inspire you to...Start Walking!

Not everyone can do burpees and barbell squats even if they wanted to. Heavy squats and half-marathons are great, but they're not the only workouts worth doing. Does that mean you should just give up on the whole idea of exercise and invest in a very comfortable couch?

Absolutely not! There are all kinds of reasons why walking (and other forms of gentle exercise) might be the right choice for you. Walking is an ideal "starter exercise." You don't need any special equipment, or even a gym membership; you can do it anywhere, and you can do it at almost any weight, age, or state of health. If you hate "exercising," walking also makes it easy to sneak in activity while

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Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,

I am starting a workout program and I'm not sure how much weight I should be using. I don't want to get big and bulky. I just want to tone up and look good for summer. How much weight would be good for me to start with and how long before I see results?

Camy

Dear Camy

Congratulations to you for starting your new program. First I would like to rid you of the myth that you will get big and bulky if you weight train. You are not a man nor are you built like one. You will get more muscle tone, burn more calories, have a ton of energy, feel better about yourself plus develop your new body.

So, bulking up will not happen for you. You would have to increase calories and lift heavy for a few years to get large muscles. Now you don't have an excuse not to train hard.

Use a weight that you are comfortable with and can get a hard 12

...continued on page 13



PUBLIC MEETING*

Come and be a part
of a new
**MOTT BRANCH
LIBRARY!**

Wednesday, May 13, 2015 / 6 p.m.
Mott Branch Library, 1085 Dorr St.

We need YOUR opinions and ideas to create a new Mott Branch Library that will be a beacon for the community! Help us see your vision for the Library's role in your neighborhood.

**This public meeting is open to all. We will discuss the new location and plans for a new building.*



419.259.5200



Deltas Salute Motherhood, Scholarship and Fashion

By Fletcher Word

Sojourner's Truth Editor

Every year the Toledo Alumnae Chapter of Delta Sigma Theta Sorority, Inc hosts its major fundraiser with a salute to motherhood, scholarship and fashion. The event, Breakfast for M'Lady, was held this year on May 2 at The Pinnacle in Maumee.

This year was the 37th annual scholarship program and four young ladies, high school seniors, were awarded scholarships that will go to the colleges they enter in the fall.

The fashion show, presented by the Vogue-Esquire Models of Chicago, Illinois, featured a six-part program that ran the gamut of styles from casual to formal.

The highlight of the morning, however, as is usually the case, was the presentation of the 2015 Mother of the Year and, as usual, the recipient had no idea beforehand of the honor that was to come. This year that honor was bestowed on Ora Bell.

Bell was seated at a table with her family, including husband Norman and son Mike, former mayor of Toledo. Both, as did other members of the family who knew what was coming, studiously avoided looking at Ora as the presenter, club member Bessie Mack, read the honoree's bio to the audience. Norman, in fact, kept his back to his wife so that his face would not reveal in advance what was to come.

Ora Bell is the mother of four sons (one deceased) and four grandchildren.

Bell, who has a bachelor's degree in sociology and a master's in education, worked primarily in human resources until her retirement in 1988. She has worked for the Economic Opportunity Planning Association (EOPA), the Ohio Civil Rights Commission, SPC Electronics, Control Data Corporation and Toledo Crittenton Services.

Since 1988, Bell has increased her volunteer work with organizations such as the Maumee Valley Habitat for Humanity, Unison Behavioral, the University of Toledo Minority Affiliate, United Way's Impact Committee and she has been active in working with her church – True Vine Missionary Baptist. Her goal, as she once stated, is to “give back some of what has been bestowed upon me and my family.”

“I will be happy to help anyone along the way,” said Bell as she accepted the honor and the congratulations of the audience.

The club then presented scholarships to the four high school seniors: Khadrah Hobbs of Toledo Early College High School; Shalise Simmons of the Toledo School for the Arts; Precious Tate of Central Catholic and Alexis Walton of Southview.

Hobbs, who earned 59 college credits at TECHS along with a 3.61 GPA in those courses, will enter Bowling Green State University. During her high school career, she has also been active as a tutor, a mentor with Self Express-



2015 SUMMER CAMPS

Join the fun of learning about the latest technology in various industries, as well as pursuing possible career choices.

Toledo Technology Academy SUMMER CAMPS

Open to all students in 5th - 8th grades

Choose LEGO Camp or STEM Camp

Session 1: June 8 - June 11
9:00 am - 2:00 pm

Session 2: June 15 - June 18
9:00 am - 2:00 pm

Toledo Technology Academy Summer Camps are designed to focus on robotics and STEM activities. Students should register for one session in either LEGO Camp or STEM Camp. Cost is \$40 per student. Each camp is limited to 20 students, so register today!



Construction Careers Academy SUMMER CAMP

Open to all students in 8th - 12th grades

June 8-12 | 9:00 am - 3:00 pm | Rogers High School

Construction Careers Academy Summer Camp explores the various skills and technologies of the construction industry. Students will experience practical learning with hands-on activities. Don't wait because space is limited!



Digital Marketing Camp

Open to TPS Career Technology students enrolled in Business or Marketing

June 8-12 | 9:00 am - 3:00 pm

Digital Marketing Camp will take TPS Career Technology students enrolled in Business or Marketing to the next level with hands-on activities using the latest technology in marketing, studio production and graphic design. This camp has a maximum enrollment of 25 students, so be sure to register today!

SPACES ARE LIMITED, SO SIGN-UP TODAY!

Pick-up registration forms at host school or contact Career Technology Department:

419.671.8301
email: careertech@tps.org



Odell Chancy; Sandra Strong; Bessie Mack; Martina Turner; Tene Jackson; Stacy Jackson-Harris; Angela

Siner, president; Wanda Terrell-Galloway, chairman; Jacquelyn Jones, PhD; Billie Lothery; Stephanie Teamer; Phyllis Grant. Absent Officers: Meitutenun Brown, Ph.D; Vicki

Ampaw, Tiffany Hairston, PhD; Clara Brank; Jeanette Bradley; Bonita Johnson; Theresa Wilkins.



The Bell Family



Scholarship winners, mothers and committee members



Deltas... continued from page 8

sion Teen Theater (SETT), a poet and an actor. "Dreams turn into goals when you plant them and make them grow," says Hobbs.

Simmons will attend Capital University in Columbus. An honor roll student, she has been active with Toledo Excel, the school's Diversity Committee, Students Ambassadors and the Toledo Artisans Guild. She has also been a volunteer at the Ottawa Wildlife Refuge and the African American Festival. "Always treat someone how you wish to be treated," she believes.

Tate will enter Spelman College. On the honor roll for most of her high school years, she has been active in numerous school activities such as the Glee Club, cheerleading, track and the Drama Club. Outside of school, she has served as a volunteer with Big Brothers Big Sisters, the Ronald McDonald House and Intensity Cheer All Stars. "I can do all things through Christ who strengthens me," says Tate.



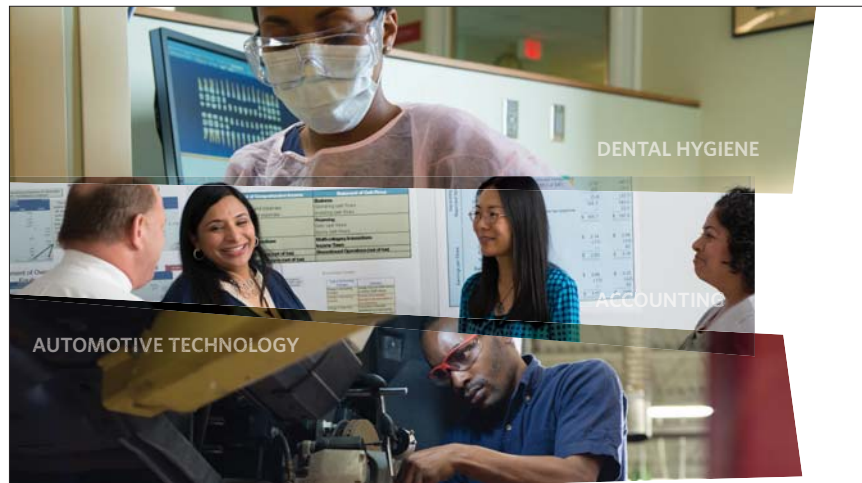
Ora Bell



Shalise Simmons, Khadirah Hobbs, Alexis Walton

Walton will attend Kent State University. She has been active as a volunteer with ProMedica, at her church and at Sparrows Nest Women's Shelter. "Don't be afraid to step outside the box and embrace your uniqueness," she says.

Angela Siner is club president; Jacquelyn Jones, first vice president; Stacey Jackson-Harris, second vice president; Meiuttenun Brown, corresponding secretary; Vicki Ampia, recording secretary; Stephanie Teamer, treasurer; Tiffany Hairston, financial secretary and Wanda Terrell-Galloway is chairman of the Breakfast for M'Lady Committee.



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Meet teachers, the principal, tour the school, enjoy activities and register your son or daughter for the 2015-16 school year. Any child who turns five-years-old on or before September 30, 2015 is eligible to attend.

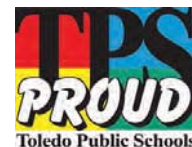
For a complete list of the items you need to complete the kindergarten registration process, including birth certificate and immunization records, please visit tps.org or call 419-671-9100.

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Angela Steward... continued from page 7

you're doing other things.

"Walking" doesn't have to mean "walking laps around a track." It might mean taking a walking tour of our city, going for a walk with a friend to talk things over for a while, walk through our fabulous zoo, our local parks, or explore parts of your neighborhood you've never seen before.

For the hard-charging fitness lovers, walking is a way to break up intense workouts with active recovery. Getting in motion helps your body recover by increasing blood and lymphatic flow around muscle tissue, but a gentle movement like walking is easy on any aching joints or pulled muscles, and it won't make a problem worse!

But does walking really "count" as exercise? It most definitely does!!

Thirty minutes of walking: improves blood sugar control in diabetics; improves blood lipids and inflammation markers in otherwise sedentary participants. Walking also improves chronic pain, reduces the risk of knee osteoarthritis, and improves motor function and quality of life in multiple sclerosis and cancer patients. Walking also has mental health benefits – it's not just about your body.

It's true, walking doesn't burn as many calories as jogging or more intense exercise. Exercise is helpful for weight loss because it burns calories. But, burning calories isn't the only reason to exercise.

What exercise does do is improve metabolic health, reduce inflammation, keeps your brain happy, and provide other "fringe benefits." Walking does that just as well as any other form of exercise.

The one thing walking won't do is build muscle; if you want that, you'll have to do some strength training. But if you're using walking as a recovery tool, you're probably already do-

ing that, and if walking is your gateway exercise, the strength-building exercises can wait a month or two (if you need it).

Even if you live for intense forms of exercise, don't dismiss walking as something you'll do when you have grandkids and not before. For fans of strength training and intense cardio, walking is a very valuable recovery tool to give you the health benefits of exercise while still giving your joints time to recover and your muscles a rest after a hard workout the previous day.

For exercise beginners, walking is the perfect way to start. It's a great way to get the benefits of exercise without running any risk of overuse or injury, it's available to anyone for free, and you already know how to do it.

So if you don't like the gym or shrink in horror at the thought of jogging, why not just start with walking? No, it won't make you look like a fitness model overnight, but neither will anything else, and walking is a whole lot better than nothing at all!

Here are a few helpful hints that can get you moving, while giving a better workout for your heart and muscles, plus burn more calories:

Wear a "fitbit" or any type of fitness sensor. It's like having your own coach to keep you moving. Research shows that people who wear wearable sensors walk about 2,000 more steps per day. These sensors come programmed with a goal of 10,000 steps per day, but if you're just starting out, it's unreasonable to aim for that number of steps right away. Instead, slowly work your way up by increasing your daily step count by 10 percent each week until you reach 10,000, which is the number of steps recommended by the US. Surgeon General.

When walking, roll through the ball of your foot and push off with your toes. Get your calves and hamstrings involved. Squeeze that booty!

Focus your eyes forward. When your head is raised, your chest opens allowing you to take deeper breaths. Stand tall and keep your shoulders lined up with your hips (no slouching) and engage your core.

Pump your arms, make a loose fist and keep your upswing and downswing above your belly button!!

Keep your strides short! Longer steps can cause your body to bounce, causing potential joint injury!

Get a walking partner! A walking buddy provides accountability!

Sign up for a race, or charity walk, or create a walking group!

Are you ready to get off the couch?? Are you ready to step off the sidelines of your life, turn the corner and enter into a world filled with limitless possibilities? If you answered yes, your life is about to enter a new and exciting chapter. Get prepared to reap the benefits of walking!! Don't talk about walking, Do It!!!

Angela R. Steward
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God, Diet and Exercise

By Gale Stephens

Guest Column

I couldn't believe it! It was like I woke up and was living inside a dream. It was December 2012 as the family prepared for the holidays and holiday eating. I passed by a mirror and thought to myself, "Who is that? It can't be me!"

I looked unhappy, I felt unhappy and I weighed 255 pounds.

Yes, you read that correctly, I weighed 255 pounds. I am five feet, six inches tall and according to Fitness Magazine, my target weight is not more than 150 pounds with a body mass index of 24 percent. According to the Department of Public Health, a 5'6" woman is overweight at 155 pounds, obese at 186 pounds and extremely obese at 247 pounds. I topped all those charts.

My body mass index was 42 percent. At that moment, I set my goals at 158 pounds. That would build a new me, new attitude, new dress, new self-esteem. And to do it, I would need my G.E.D.

I knew it was time to do something about my weight. I noticed how I had begun to feel sluggish and lazy all day long. My typical schedule after work was eat, lie on the couch and eat some more. I was doing nothing for my mental or physical health. And I was just going through the motions of my daily life and not really living or enjoying life.

One night I had a difficult time trying to fall and stay asleep. Constantly thinking about how I looked and felt being overweight caused me to toss and turn all night. In my mind I would remember overhearing people say that they were in danger of having high blood pressure, heart disease and diabetes from their excessive weight. "I don't want that, either!" I exclaimed, jumping out of my bed. I began to add up the pros and cons of holding onto this extra weight.

Con	Pro
Obesity	Sweets are a treat
Heart Disease	
Diabetes	
Broken Bones	
Lazy Feeling Daily	
Sluggish Feeling Daily	
Low Self Esteem	

It was easy to see that the weight had to come off. And I had to start immediately. I mustered up the last bit of energy I could and prayed hard for my health. I asked God to help me by giving me the strength and power to lose the obesity weight.

I had to find a way to get rid of the weight that would be fun for me. I love to dance. I began Urban Ballroom and Steppin classes. I quickly began to lose a lot of calories. With my newfound energy, I added mall walking to my routine. I would walk around the mall five times. Then, more energy came to me, so I added a gym membership. I faithfully went to the gym five times a week. My routine included sit-ups, side bends and a lot of cardio. I especially enjoyed lifting weights! I finally had exercise built into my daily routine. And I was loving it. The next step was to fix my eating habits.

I changed my bad eating habits and started seeking healthy food alternatives. A typical new daily meal plan consisted of:

Breakfast: One boiled egg, toast, turkey bacon and juice

Lunch: Salad, soup, fruit and water

Dinner: Broiled, baked chicken or fish with green beans or corn, small baked potato

I drank a lot of water – at least eight glasses a day, sometimes more. I told myself repeatedly that I could do this. My in-between meal snacks were dry fruit and veggies. I tried the television commercial diet plans, diet drinks, purchased meals, etc. but none of those worked for me. A friend told me I could lose all the weight at one time is I did bariatric surgery. I said, "NO WAY!" I was quite afraid of surgery. And surgery didn't help me put the weight on, so surgery won't help me get it off.

By the grace of God I stuck to my plan because it was working well for me. I was looking better, feeling better; I was smiling more and I was enjoying meeting new friends at dance practice, events and at the gym. After only two months I had lost 25 pounds. My fellow gym members were so proud of me. Their enthusiasm for my success inspired me even more. I continued to be thankful for each and every moment in my life. I continued to pray for strength and to keep going.

I was feeling better every day, more motivated each and every month. I stuck to my plan and in the end I had lost a total of 100 pounds from the end of 2012 to the beginning of 2014! It was truly a blessing from God.

Losing weight does not start with a diet or exercise. It starts with believing that you deserve to be healthy and you can do this on your own. The secret is you have to stick with it, no matter what others say. You just have to do it. I found out through my faithfulness that I truly could do anything through Christ which strengthens me (Philippian's 4:13). I am now learning to maintain me weight-loss. And loving my lifestyle being a healthy, happy and fit me!

So ladies, when you look in the mirror and you don't like what you see, then it's time to get your G.E.D.

G = It was all God

E = Being Faithful during Exercise

D = Changed Diet Forever



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Listful Thinking by Paula Rizzo

By Terri Schlichenmeyer
The Truth Contributor

It's no wonder that sometimes you're cross.

Your schedule is overloaded, and so is your memory: phone numbers, grocery needs, calls to return, client wants, prospects to call on, arguments to make. Blink, and there's a new restaurant to try. Blink, and it's time for that meeting. How can you possibly be expected to remember everything?

Write this down: *Listful Thinking* by Paula Rizzo.

Every day, sometimes before you even get out of bed, your mind races, thinking about the tasks you need to finish. When you forget something or you have to squeeze more into your day, that can be stressful.

c. 2015
Viva Editions
\$15.95 / \$21.50 Canada
228 pages

Author Paula Rizzo says that learning the art of list making can help. By creating a list system that works for you, tasks can be prioritized and ideas remembered, you'll more easily focus on immediacies, and you'll feel a sense of accomplishment when you check off what you've finished.

To get started, know what kind of list you need. What you'll add to a packing list, say, will be different than what you'll want to remember for work. Pros-and-Cons lists are perfect for decision-making, while lists of restaurants you want to visit someday can be more informal. Remember that lists and checklists are very different things.

Next, decide where you'll put your list, so it best serves its purpose. For a "fun list," a pocket-sized journal may be perfect. Rizzo says she keeps a spiral-bound notebook for ideas at work. You can go digital or plaster the walls with sticky-notes.

Whatever works for you – and "You know yourself better than anyone can" – the first step is to "Just write it down." Get the task out of your head and onto paper, then organize and prioritize. Be realistic, and rewrite the list if you feel overwhelmed or hate messiness. As issues occur, you can add them to your list; conversely, you'll feel good when you eliminate tasks and see your progress. Finally, before you leave work for the day, write a new list for tomorrow, so you won't stress about forgetting things. Refresh it first thing in

the morning. Your day will thank you.

As someone whose life is run by scraps of paper, I was eager to see what was inside *Listful Thinking*. I was pleased... and I was puzzled.

Author Paula Rizzo has "glazomania" (a passion for listmaking) and it shows in this enthusiastic book filled with ideas and suggestions. What you'll find here is easy-to-understand, approachable, and methodical.

On the other hand, there are some odd points made here – things that probably won't fly at work: wasted time on repeated list re-writes, making lists of frivolous things to do on break, and not answering phone calls without prior appointment are just a few of the head-scratchers I found. I could make a list...

Still, the hopelessly overwhelmed will surely find help inside *Listful Thinking*, and it could get new employees up to speed quicker. If you're on top of your game or already know how to make lists, though, just cross this one off.

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by Paula Rizzo

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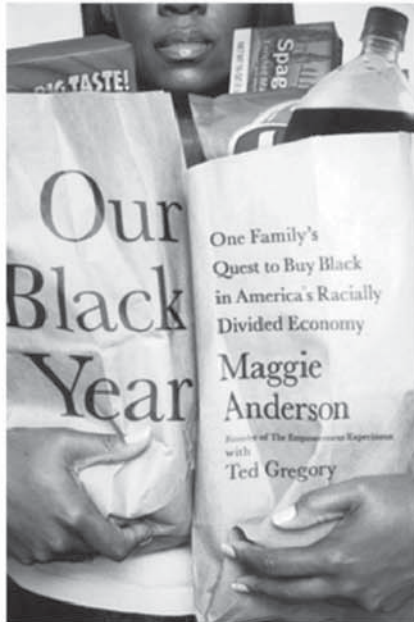
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Youth & Young Adult 4th Sunday

When: Every 4th Sunday
Time: 11:00 am
Where: Crusaders for Christ Church
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Bishop Joseph Marshall Jr., Pastor
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May 6, 2015

Page 15

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Attention or Subject: Pulpit Committee

Legal Notice

In accordance with Section 329.06 (B) Ohio Revised Code, Lucas County Department of Job & Family Services (LCDJFS) will hold a public hearing prior to the submission of the County's Final 2016-2017 Social Service Plan to the Ohio Department of Job and Family Services for incorporation in the Comprehensive Social Services Plan for the State of Ohio.

PURPOSE:

To highlight pertinent data and information regarding identified social services problems, needs, resources, and gaps in service along with recommendations to the proposed two-year county plan.

To elicit public comment, suggestions, and recommendations relative to the County's proposed Social Service Plan.

DATE: May 20, 2015

TIME: 2pm-4pm

**LOCATION: LCDJFS, 3210 Monroe Street,
Toledo Room, 4th floor**

Entities wishing to have their points of view captured in the County's submission to the State must submit proposals (not to exceed two pages) to Lucas_Contracts@odjfs.state.oh.us by 4pm on May 15, 2015. If individuals would like to present their proposals in person at the hearing as well, they must indicate that at the bottom of their proposal. This should include the speaker's name and contact information. Those wishing to speak must register upon arrival at LCDJFS on the 20th and all efforts will be made to accommodate everyone who would like to speak. If time constraints don't allow for that to happen, individuals will still have their written proposals reviewed and included in the LCDJFS summary report to the State.

Maintenance Mechanic III

Lucas Metropolitan Housing Authority (LMHA) is seeking applicants for Maintenance Mechanic III. For complete details of the position and to apply, visit our website at www.lucasmha.org/employment. **Only online applications received at the above website will be accepted.** This is a Section 3 covered position and HUD recipients are encouraged to apply. Please note on your submittal if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS.** Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, sex, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



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Attention P. Williams: Church Administrator

Notice to Bidders: Inquiry # FY15-59, (Project # 5002-15-1830) for Mulford Library - Student Services Phase II for the University of Toledo Health Science Campus. 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, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Wednesday, May 27, 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 Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$65.00 will be charged per set. Any further information may be obtained from James Price of Buehrer Group Architecture & Engineering, Inc. at 419-893-9021. One Pre-Bid Conference will be held on Tuesday, May 19, 2015 at 10:00 a.m. in the Health Education Building, Room 103, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 12.5%. Project Estimate: \$591,000.00; Breakdown: General: \$390,000.00; Fire Protection: \$24,000.00; HVAC: \$71,000.00 & Electrical: \$106,000.00.

Notice to Bidders: Inquiry # FY15-60, (Project # 1130-15-971) for Building Automation System Upgrades 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 3:00 p.m., Wednesday, May 27, 2015. Bids will be publicly opened that same day at 3:05 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 \$55.00 will be charged per set. Any further information may be obtained from Dave Desjardins of JDRM Engineering at 419-824-2400. One Pre-Bid Conference will be held on Tuesday, May 19, 2015 at 11:00 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: \$400,000.00; Breakdown: Electrical: \$400,000.00.

Second Baptist Holds Annual Women and Men's Day on April 26

Sojourner's Truth Staff

The congregation of Second Baptist Church of Holland, Pastor Jerry L. Boose, held its annual Women and Men's Day on Sunday April 26 during 11 a.m. and 4 p.m. services, respectively.

The Women's Day celebration, with a theme of "All the King's Daughters," featured Mistress of Ceremonies Sis. Kaye Williams, selections by the SBC Women's Choir and the address by guest speaker Min. Gloria Mathis of Mt. Pilgrim Baptist Church.

The Men's Day celebration, with its theme of "When Righteous Men Pray," was presided over by Master of Ceremonies Deacon Eugene Williams, featured selections by the Prospect Male Chorus and an address by guest speaker Rev. Derrick McDonald, pastor of Prospect Missionary Baptist Church in Pontiac, MI.

Mathis, a teacher and minister of the gospel, has a bachelor's degree in English from the University of Toledo, a master's degree in administration and counseling from the University of Michigan and a doctor of jurisprudence from UT. She graduated from Word of Faith International Christian Center Bible Training School in Southfield, MI. She spent three decades teaching in Toledo Public Schools.

McDonald has been shepherd of the Prospect MBC since 2008. He is the son of the late Rev. Eddie McDonald, who was pastor of Friendship Baptist Church for many years. Derrick McDonald was involved in the Friendship congregation for many years himself, eventually joining the leadership there as gospel minister. He is frequently honored in Pontiac for his commitment to both his congregation and community.

Patricia Clayton served as chairman of the Women's Day Committee and Shirley Williams as co-chairman. The other members of the committee were Lorraine Bartley, Yolanda Edwards, Cynthia Perrin and Regina Tilman.

Jimmie Green, Sr. served as chairman of the Men's Day Committee. The co-chairman was Eugene Williams and Lee Smith also served on the committee.



Pastor Jerry Boose and Guest Speaker Rev. Eddie McDonald



Min. Gloria Mathis



Women's Day Choir



Second Baptist Congregation



Lorraine Bartley, Jimmy Gaines, Sr, Pat Clayton, Eugene Williams, Yolanda Edwards

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