



Local and National News

www.thetruthtoledo.com

Volume 33, No. 7

"And Ye Shall Know The Truth..."

June 3, 2015

Ebenezer's Women's Day



Min. Doris Thomas and Pastor J.L. Jordan, Jr.

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Dollars and Sense

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

Economic advancement must be the next big move in the life of African Americans.

- Eddie N. Williams



The proliferation of Family Dollar and other low-end retail stores continues not only unabated in the Toledo's inner city, but also speeds along with the endorsement and apparent cooperation of City of Toledo officials. Yet, these stores and their "predatory" practices are a bad deal for the poor and communities of color they tend to target for saturation.

Fortunately, stores like Family Dollar are meeting resistance nationally and in Toledo.

At a recent neighborhood meeting at Mott Library regarding a proposed retail store to be built at the corner of Dorr Street and Smead Avenue, representatives from Family Dollar never even bothered to show up, leaving a young representative from the developer who was unable to answer the community's most pressing questions.

The fact that Family Dollar would disrespect the community by not showing up, in itself, gives me reason to pause. Sending an unknowledgeable representative from the development company puzzles me. With existing Family Dollar stores down the street at Dorr and Collingwood and around the corner at Bancroft and Upton causes me to sit down and think. The almost outright advocacy by the City of Toledo on behalf of Family Dollar makes my breathing shallow and causes me to snort in anger.

Why?

Because it tells me just what people think of inner city residents, people of color, the un-privileged and their representatives. And because there comes a time when we, as people of color, need to take a stand for our community and tell people Hell No!

Do you think that you can come into the inner city unprepared except to ram an already-made behind closed door deal that is harmful to a community of color? Hell No!

Do you think that we cannot read? Do you think that we are too lazy to do our own research? Hell no!

Do you think that the citizens of Dorr Street spent all of that time, money and effort convening community meetings to revitalize the Dorr Street corridor and not even read the Dorr Street Vision and plan? Hell No!

Do you think that Center of Hope Church, LMHA, The Toledo Urban Federal Credit Union, Toledo CDC, the African American Legacy Project and others like the Junction Avenue coalition went through all of the hard work, difficult economic times and aggravating opposition from both friends and foes to see it all go for naught without even a fight? Nope.

We are all working to restore a sense of pride in this historic

neighborhood that has meant much to the indigenous Toledo black community. I am certain, that Family Dollar is not a worthy centerpiece for this effort. Am I supposed to be impressed because you want to build a \$1 million DOLLAR STORE in my neighborhood? Hell No!

It's a matter of more than just a dollar or dollars. It's also a matter of sense.

What are the facts about Family Dollar and why are communities all over the nation fighting the proliferation of these stores (check out Atlanta)?

The proliferation of these stores can cause a host of negative consequences affecting the environment, community character and fiscal health of the neighborhood such as:

- Decrease of property values including the Brownstones Condos that LMHA has invested in across the street from the proposed new Family Dollar store.
- Increased traffic and congestion providing a safety risk to those leaving church services at the two churches across the street from the store and neighborhood residents.
- Erosion of the "branding" or cultural character of a revitalized Dorr Street.
- Foreclosure of opportunities for a diversity of other business types. Businesses are likely to close and seldom move in once Family Dollar arrives. (Think Ashley Stewart Clothing at Dorr/Collingwood, now closed)
- The new jobs promised are actually a shell game that siphons jobs off from existing or other local retailers who either close or have to lay off their employees who typically make less money at Family Dollar.
- The Family Dollar business model seldom, if ever, uses union labor in construction jobs or in the manufacturing of the items they sell. In fact, the resulting impact on jobs, wages, and other community businesses is typically negative in chain retailers like Family Dollar.
- No long-term commitment to the communities they operate in.

... continued on page 11

The Sojourner's Truth

Toledo's Truthful African American
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Community Calendar

May 31

United Church of God Family and Friends Day: 10 am service
Ebenezer MBC Musical: "Going Back to the Old Landmark;" 5 pm; Featuring singers from around the city

June 8-12

United MBC Vacation Bible School: 5:30 to 8 pm nightly; Classes for those 2 to 92 years old; Free light meal at 5:30 pm; Free transportation: 419-242-1455 or 419-699-2196

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
Resurrection Baptist Church Praise Team in Concert: A Celebration of Praise; 6 pm

June 21

New Prospect Baptist Church City Wide Male Chorus: 5 pm

June 28

Calvary MBC Annual Women's Day Program: "Christian Women Transformed by God;" 4 pm; Guest Speaker Evang. Sheila Cook of New Life COGIC

Did You Hear About These E mails...?

By Lafe Tolliver, Esq

Guest Column

At the outset, I will shamefully admit that some of my news sources engage in skullduggery in order to obtain news items. Sometimes, I allow people who have dirt under their fingernails to shake my hand and I do not outright dismiss them.

Why? Because they frequent cracks and crevices where information resides that I am not able to squeeze into and I thus rely on their whispers and subtle head nods to say to me what cannot be spoken out loud in a public forum.

So, I grit my teeth and receive such information that, but for that source, I would not have been privy to.

That is the dilemma of a journalist. You do not always get to pick your sources and some sources, if it was say, close to Halloween, could be or would be called fiends or the type of people whom, when they come close to you, you would involuntarily check to see if your wallet was still in your hip pocket.

I guess that is my confession of how I get some of my leads and this following story is of that genre.

It came from a person I would call Gus. I have known Gus for over 30 years and he is a former federal employee who makes the rounds at the local watering holes and has a distinct flair for summoning information from both savory and unsavory characters.

Why Gus likes to feed me information, I do not know, save that Gus knows that

I will pass it along with the caveat that the reader or the voters have a right to make their own decisions about the information and they can discard it or they can use it.

Gus asked me to meet him at Wildwood Park at our usual "talkie bench."

He said that he had some real juice on the strategies of the upcoming elections and wanted me to know the drama that will be played out against the current mayor.

As soon as I sat on the bench and waited for Gus's arrival, I sensed that this would be big. Big big! Why? Gus is only late when he has got the cat's meow in hand and he wants me to fidget while he supremely plays his role as a "deep throat."

Gus arrived wearing a pulled down black fedora and a long grey trench coat. He had on sunglasses and walked with a limp (Gus has no limp).

I knew by his exaggerated walk, that this was big. Big big!

In his "former life," Gus was a computer specialist for the Coast Guard and also the Pentagon. He was drummed out due to being a little overzealous in how he put his own slant on clandestine e mails he would intercept from overseas governments.

Gus sat down on the bench and surveyed the area as if he was expecting an invasion of Marines or agents from CSI to pop out of the trees and nab him. Nothing but silence.

I looked at Gus not knowing what to expect but always know that when Gus is ready to talk, Gus will speak.

After a few minutes of Gus making sure that no one was making funny movements or that the cars in the adjoining parking lot were legit, he started in.

Gus: It is nuts what is happening but I was able to do a little digging and caught some orphan e mails from Carty [Finkbeiner] to Sandy [Drabik] and from Sandy to Carty.

Me: Orphan? What do you mean, orphan?

Gus: In Intel, when we do a job and hack into a system, the emails are disorganized and we have to reset them in proper order to make sense of who said what to whom and when. So, we use the word "orphan" to show that the emails need a home by which to settle down in.

Me: Gus, if what you are doing is illegal, I do not want to be part of a hacking scheme that will land me in jail.

Gus: (laughs out loud and takes off his yellow tinted sunglasses). No worry, my friend. I leave no trails. I get in and get out with the targeted cache within 20 seconds flat.

It is like your footprint in the beach sand after the waves comes in. Poof! Gone.

Me: So, what is hot and what is not?

Gus: The downtown politicians do not like [Mayor] Paula Hicks-Hudson. They can't control her and she doesn't play footsie with them and especially she being a black woman, they don't know how to handle her or get any dirt on her. They went back to her college years at Spellman and found nothing.

The emails from Carty to Sandy show that Carty is running only to throw a wrench in the works and mess it up for Paula. Carty knows that if he can gin up his base with a lot of Toledo rah-rah, he will slice off enough voters from the south side of Toledo to dilute Paula's strength in the north and central city wards and parts of the west so that Paula goes down and Sandy wins.

If Sandy wins, she promised Carty to be her chief of staff and he can name all of the department heads and she will fire the fire chief [Luis] Santiago.

Me: So, what is Sandy's take on this?

Gus: Sandy thinks she is the brains behind Mike [Collins]. Mike was a nice guy but not the brightest bulb in the pack and Sandy wants to win so that when [Gov] Kasich pitches his hat for the Republican presidential nomination, she has been promised a boat load of goodies if she can help deliver northwest Ohio to him. A boat load!

Me: Boat load as in...?

Gus: She gets a cushy cabinet position or the ambassadorship slot to Ireland.

And for Carty, he tags along with her to Washington for a deputy director slot in HUD. Carty can't stand Paula because she is on to him and she does not coddle up to him or play his game like Jack Ford used to. Plus, when Carty called the former fire chief, Mike Bell, King Kong, Paula called him on the carpet for it and Carty was embarrassed by it. He never forgave her for it.

Me: So what is the game plan for Sandy and



Lafe Tolliver

Carty?

Gus: According to the emails, they are going to both attack Paula as being too timid and weak to be a mayor but in the last three weeks of the election, they are going to allow only Carty to attack Paula and leave Sandy alone so Carty can divide the vote between Paula and Carty so that Sandy edges in, just like her late husband did.

Me: What about the black vote and Hispanic voter?

Gus: Not a problem. Sandy and Carty both have studied the voter turnout in the black wards and Hispanic wards and they notice that people of color are apathetic when it comes to voting and they will not turn out in sufficient numbers to offset the Southside voters.

Ergo, Sandy waltzes in and gives Kasich a good footing in northwest Ohio. Sandy is a Republican dressed as an independent, hoping that people will not take that into account when they vote. She and Carty are smooth operators. Carty will be Sandy's political suicide bomber willing to sacrifice himself for her for a big political payoff.

Sandy will play the role of the still grieving political widow but the whole time she is plotting in how to get to Washington or get that ambassadorship to Ireland.

Me: Gus, level with me. How good is this intel?

Gus: (putting his sunglasses back on and looking down at his scuffed shoes). My friend, this is some of the best intel I have ever uncovered. Be Warned...Be Wise.

Contact Lafe Tolliver at Tolliver@Juno.com



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Deputy Sheriff John McCallum: Not Guilty But Not Vindicated

Sojourner's Truth Staff

Lucas County Deputy Sheriff John McCallum was recently acquitted in Toledo Municipal Court on charges of assault, falsification and making false alarms in a case which resulted from the deputy's encounter with an inmate who was being held pending a court appearance.

In these times when one sees so many instances of police/civilian encounters that have resulted in the deaths of unarmed black children and young men by white police officers, the case of the deputy sheriff serves as a strange counterpoint to the usual reluctance of higher ups to discipline and bring criminal charges against officers.

To date, nationwide, in 2015, 385 people have been shot dead by police officers, a number that has been called underreported, and about half of that number are minorities. About 16 percent of that number were unarmed, according to statistics compiled by the Washington Post and only three officers have been charged with a crime.

In this matter, however, McCallum is an African-American officer and the so-called victim in the case, Kyle Espinosa, is white. The trial judge, Herbert Adams, a visiting Sandusky County Court judge, was so unimpressed with the so-called victim's testimony about the confrontation that he dismissed the charges after the prosecution had closed its case without sending the matter to the jury.

The incident in question occurred on September 15, 2014 while Espinosa



Deputy John McCallum

was in a holding cell waiting to be called for trial. Espinosa has had numerous run-ins with the law and has been charged and/or convicted more than dozen times on charges ranging from menacing to assault.

On that day, according to Espinosa, McCallum, after a verbal exchange, grabbed him by the neck and choked him.

According to McCallum, Espinosa spat on him and, in response, the deputy pushed him away.

The problem for Espinosa's credibility is that the tape of the incident did not support his version of the length of the encounter. The actual incident is blurred and obscured on the tape but the encounter is clearly much briefer than Espinosa spun it.

Sometime after the encounter, Espinosa apologized to the deputy. Days after that, he filed a complaint.

Then, for McCallum, the unexpected happened. He was suspended for 30 days by the department and the support from his union was less than full-throated.

"Had the union backed me in the first place, it never would have gone to trial," says McCallum. But it did go to trial and for no apparent reason, according to Jeff Zilba, McCallum's attorney. "I do not understand why this case was prosecuted," says the lawyer. "To file criminal charges was really overkill."

McCallum has returned to duty now that the trial has ended but has not been reinstated to his previous duties of working in Judge C. Allan McConnell's courtroom. His attorney fees, which the union had pledged to cover, are not fully paid and he has not been reimbursed for his 30-day suspension.

Not guilty, in the case of Deputy John McCallum, is not the same as being declared innocent.

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Toledo Police Department's Brain and Body Fitness Challenge

By Linda M. Nelson

Sojourner's Truth Reporter

Toledo police officers want to change the way that youth in the city see them, and they hope to accomplish just that through positive interactions, mentorship and a summer program that begins June 29.

TPD's Police Prevention Team is preparing for its third annual Brains and Body Summer Fitness Challenge. This year, the program, will be held at Robinson Jr. High School, and is open to students from third through 10th grade.

The summer challenge will run for five weeks Monday through Wednesday from 8:30 a.m. to 1:30 p.m. and will include free breakfast and lunch.

Toledo police officer Byron Daniels, a 21 year veteran of the TPD, says he hopes to change the perception of police among Toledo's youth. "We're trying to get our young people to see the police officers in a different light," he said. "Nobody likes us."

Daniels points to the recent racial tensions involving police officers throughout the nation. "Look at what's happening with police all over the world," he said. "(There is) Trayvon Martin in Florida, Mr. Rice there in Cleveland, (and) New York. (Young people) normally see us as someone to arrest you."

Daniels, said that he does not want to be known as the bad guy. "I hate when parents see us in the store and they say 'he's going to get



PPT officers Flo Wormely(front) and Byron Daniels prepare for summer activities. photo by Linda M. Nelson



Marquise Green stops by the Ottawa Park substation to volunteer for one of the PPT programs. Photo by Linda M. Nelson

you." "(I think) no, it's your job to get him. I should be their friend," he said.

The Brains and Body challenge program creates fun, safe interaction with the police and also provides youth a different perspective of officers.

Daniels said that TPD's summer program is designed to redirect mindsets about police focusing on two components. "This program allows our young people to use their bodies, and their brains," he said.

"We're trying to get our young people

... continued on page 13



Toledo police gear up for fun and fitness this summer. Photo by Linda M. Nelson

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Age: Nothing but A Number

By Dianne Pettis, MS, FNP-BC

The Truth Contributor

So many headlines and articles have been attracting my attention lately about aging: anti-aging, reversing aging, looking younger, increasing vitality, living longer. Do we really have to get "old?"

Yes, we do, but much of what we associate with aging doesn't have to happen – at least not so soon. When we commonly think of aging, things like wrinkles, slowing down, chronic illness, forgetfulness, decreased sexual function and increased weight come to mind.

Aging is a process that starts the minute we are born. It would be wonderful if it is a graceful, gradual process. Certain changes will occur to our bodies as we age, as we keep living.

Skin gets thinner, drier and less elastic. Muscles shrink. Bones decrease in strength and density. The heart shrinks and beats at a slower rate, as the systolic blood pressure tends to rise. Joints start to stiffen, and discs in the spine begin to degenerate.

Metabolism slows as does the function of the immune system. Brain function declines if not used. Bladder and reproductive systems don't function as well when musculature and hormones diminish. The senses aren't as keen. Food moves slower through the digestive system. Healing happens slowly, and regenerative capacity is decreased.

There are many theories as to why we age, some outlandish. We do know, though, that aging is a tightly regulated process. It is a combination of genetics, and environmental influences.

You've most likely heard of free radicals; those substances that cause cell damage and a host of other ailments. The very process of chemical reactions and metabolism in our bodies that allows us to live is the very process that creates free radicals as a by-product. It is these harmful free radicals that cause damage in our internal environments and accelerate the aging process.

External environmental influences can also be harmful. Our diets, cigarette smoking, pollution, pesticides and other chemical exposures affect us as well. Genetic influences account for about 25 to 30 percent of how we age. In current research, gene mutations have been identified and associated with longevity and aging.

If our genes account for 25-30 percent of the way we age, then the other 70-75 percent is environmental.

What can be done to slow the aging process? Take control where and when you can. Number one – exercise. Even 15-30 minutes per day is beneficial. Exercise helps to decrease fat, cholesterol and triglycerides, blood pressure, joint pain and arthritis, osteoporosis, and stress. Regular exercise also helps to increase lean muscle, endurance, and mood.

Next, eat more raw or minimally cooked fruits and vegetables. They are high in anti-aging nutrients, and antioxidants which fight those free radicals. Choose organic produce which is locally grown. Cleanse all produce to remove pesticides and preservatives. Include more nuts



and nut oils in your diet.

There is evidence that dietary restriction (1200 calories) without malnutrition and supplemented with vitamins and minerals can have health benefits and extend average and maximum lifespan by delaying age-related traits and diseases, and decreasing risks of cancers.

Limit exposure to the sun's ultra violet rays which can damage skin and cause the appearance of increased age. Long-term sun exposure increases the risk of skin cancers and cataracts. Avoid cigarette smoke. Keep your brain active. Live a life of purpose and passion. Other influences that affect aging are climate, access to healthcare, hygiene, crime, behavior, mental health status and even the area of the country in which you live.

Overall life expectancy in the US is 78.6 years. The oldest recorded age of death in modern times was a woman in France who died in 1997 at the age of 122. You can live to a ripe old age, but I would take the liberty of assuming you want to live in health, full of vibrancy with a clear mind and all your senses.

The top 10 causes of death in the 65 to 74 age group all have preventable risk factors, made possible by adopting healthy lifestyle habits. It's never too late to make even one change to improve your lifestyle, health, and longevity.

Contact Dianne Pettis at Diannepettis22@gmail.com or 724-375-7519

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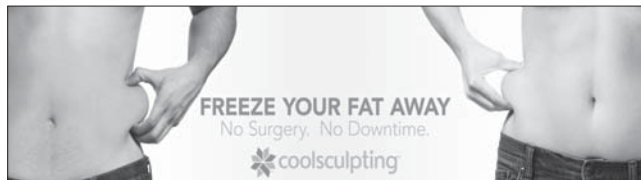
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At Mitchell Dermatology, excellence in dermatologic skin care is the number-one priority. But peel back the layers, and you will see there is so much more to this practice.

Dr. Hope Mitchell is the first African-American dermatologist in northwest Ohio as well as the founder and medical director of Mitchell Dermatology. She has been voted a top dermatologist for the past two years in Toledo City Paper's Best of Toledo poll.

Dr. Mitchell has been practicing dermatology for the past 16 years. She started her own practice 10 years ago in Perrysburg and sees patients of all ages, skin types and ethnicities. Since opening Mitchell Dermatology in 2005, the staff and reputation for high-quality care have both grown. Dr. Mitchell specializes in general and cosmetic dermatology, including hair loss, skin discoloration, mole examination and removal, acne and eczema.

Dermatologists treat all conditions concerning the hair, skin and nails. They are the authority and experts in skin care. "Our job is to help our patients keep their skin healthy," says Dr. Mitchell. After completing medical school, dermatologists complete a four-year residency in which they focus on learning about ALL conditions that affect the hair, skin and nails during the last three years of the program.

"I trained at Henry Ford Hospital in Detroit where I was fortunate enough to see all types of skin issues but especially those affecting African-American patients such as hair loss, lupus, moles and pigmentation disorders," says Dr. Mitchell.

With a large offering of services, Dr. Mitchell prides herself on maintaining a schedule that offers both prompt availability and convenience for her patients. "It's important that a patient be seen for their concern in a reasonable timeframe rather than be told there is a three-month wait to be seen," says Dr. Mitchell.

Throughout recent years, cosmetic procedures have been gaining popularity and offer quick, non-invasive alternatives to plastic surgery. Stubborn frown lines in the forehead can be relaxed with using Botox or Dysport. Dermal fillers, such as Restylane and Juvederm, are used to replace lost volume in the cheeks, laugh lines and corners of the mouth. These products are common names in the beauty industry and are used daily on patients seeking these services at Mitchell Dermatology.

Mitchell Dermatology is proud to now offer Coolsculpting, the most innovative, non-surgical way to lose those annoying bumps and bulges of stubborn fat in the stomach and inner and outer thigh areas. Say goodbye to muffin tops, wings, love handles, bra fat and saddlebags after you have this safe, FDA-approved procedure.

This revolutionary technology targets and cools unwanted fat cells in the selected area to induce a noticeable, natural-looking reduction in fat bulges. Unlike most other methods of fat reduction, Coolsculpting involves no needles, surgery or downtime. Patients that have this procedure done in my office often spend procedure time reading, working on their laptops, or simply relaxing.

"I worked out immediately after I had my treatment done," says Dr. Mitchell. Compared with liposuction or Smart Lipo, this procedure is economical, painless, requires no anesthesia and has no downtime. There is no need to take time off from work or to anticipate the need for post

treatment analgesics.

So you are probably saying this sounds too good to be true or wondering does this procedure really work and how long does it take to see results and are the results permanent? Not only does it work, but also most patients are satisfied with their results after only one treatment. Many people start to see Coolsculpting results as quickly as three weeks after their treatment, and will experience the most dramatic changes after one to three months. Your body will naturally eliminate the dead fat cells and will continue doing so for up to four to six months after treatment. As long as you maintain a healthy lifestyle, long-term results should remain stable.

We will let you know if you're a good candidate for Coolsculpting and work with you to develop a treatment plan during your consultation. The cost of Coolsculpting varies from patient to patient depending on how many treatments are needed to achieve the desired effect. Call the office today at 419.872.HOPE (4923) to set up your free Coolsculpting consultation.



Dr. Mitchell's practice welcomes everyone and currently is accepting new patients. The staff invites you to the Coolevent on Wednesday, June 17 to learn more about Coolsculpting and receive promotional pricing---- Call for details and to RSVP for this event----419.872.HOPE (4673).

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Eat More In-Season Vegetables

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

The Truth Contributor

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity but for most adult men and women in America, the recommendation is between two to three cups of vegetables every day. Are you meeting those healthy, daily recommendations? The goal of eating vegetables in-season might be a tasty and healthy way to increase your vegetable in-take.

Eating in-season means choosing foods and meals based on what is currently growing and being harvested. Similar to growing a vegetable garden, local farms face a variety of factors that affect the actual harvest dates of local vegetables. Some of the variables are weather including rain and temperatures, specific location where plants are growing, and challenges such as insects and disease.

Don't all the best vegetables grown somewhere warmer than here? Some plant foods will never grow in northwest Ohio/southeast Michigan like pineapple, star fruit, mango, citrus fruits, coffee and cocoa beans. This is not to say that you cannot enjoy food that only grows in tropical areas. The good news is that many varieties and kinds of vegetables do grow here! Some vegetables are more popular than others and some are easier to grow but there is a wide selection of local dark green vegetables, red and orange vegetables, starchy vegetables, dried beans and peas and other vegetables.

There are many advantages of either growing your own vegetables or buying fresh, local produce. Some advantages include cost, nutrition and taste and environmental concerns. Growing a vegetable can be a great way to save money on fresh produce. Also, when in-season, produce is usually a good buy. In addition to benefitting the household budget, there is benefit to the local growers and therefore the local economy.

Also, when produce is picked in-season it is high in both flavor and nutrition. Lastly, there are often environmental advantages to growing and buying local produce. Sometimes fresh produce is packaged in disposable containers like tomatoes on styrofoam trays with a plastic wrap cover or plastic boxes for berries. It is not common to find all of

that packaging material when buying directly from the grower. That packaging is non-existent for garden produce. Scraps from the fresh vegetables are a great addition to the compost.

Since there isn't an exact start or end date for seasonal produce – some vegetables are in-season in the springtime like spinach and asparagus; others are in-season in the summer like tomatoes, sweet corn and beans; others are in-season in the fall like sweet potatoes, collard greens and radishes and some vegetables store well into the winter like onions, root vegetables and winter squash. Have a game plan to best use whatever fresh vegetables are coming from the garden or market.

- Raw – wash them, slice them up and serve with a healthy dip. Or thinly slice vegetables and pile on top of a sandwich or wrap.
- Quick steam in the microwave – add fresh vegetables, a little water, some fresh herbs and cook in the microwave for a minute or two.
- Stir fry – lots of color and taste!
- Salsa – although the most traditional ingredients in salsa are tomatoes, peppers and onions, add some fruit, tomatillos, and other additional vegetables.
- Salad – the most traditional salad is based on a bed of lettuce but try different colors of fresh greens and top it with a rainbow of other chopped veggies. Don't forget coleslaw salads which can include many shredded vegetables in addition to green or red cabbage.
- Smoothies – fruit is often a main ingredient in smoothies but it's easy to add some mild flavored fresh greens in the springtime or cooked pumpkin in the fall
- Pasta – whether its macaroni and cheese or spaghetti noodles, add some color of sautéed vegetables.

Is fresh always the best option? Most people agree that you can't beat the taste of just-harvested produce, whether it's a tomato, berries or greens and everything else from apples to zucchini! Since we are in Ohio and not a southern part of the United States or a tropical region of the world, there are many months out of the year when we cannot grow all of the fresh vegetables.

Fortunately, local growers are experimenting with season extenders such as hoop houses or special row covers to offer local, fresh produce like greens and root vegetables for more months out of the year. In addition, different forms of preservation, like canning and freezing offer a nutritious way to use local vegetables any time of the year.

How do the nutritional values of different vegetables compare between fresh, frozen and canned? Some of that depends on the type of vegetable. For example, lightly cooked and canned tomatoes are a good option for optimizing the phytonutrient lycopene. In general, produce that has been harvested and frozen retains most nutrients. This means that canned and frozen vegetables (without added salt or fat such as sauces in frozen vegetables) make a very nice complement to in-season produce.

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- Northwest Ohio Development Agency
- Interim HealthCare
- YMCA and JCC of Greater Toledo

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Congratulations to the Class of 2015!

Toledo Public Schools congratulates the Top 10 students from each of our high schools and extends best wishes to the entire Class of 2015 – your accomplishments stand as another shining example of why we are TPS PROUD!

Valedictorians pictured in the front row, from left:

Michelle Preciosa Klingberg, Taylor Ray Adolph, Jazmyliena B. Martin, Derek Andrew Corey-Goodman, Superintendent Dr. Romules Durant, Tala Abou-Dahech, Kaylee Loofbourrow, Hannah Nicole Hartford, Maya Agene' Olive

Salutariorians pictured in the back row, from left:

Jacob Stewart, Kayla Vehue, Zaynab Alfaham, Jack Andrew Smolenski, Ngoc Lien Mai, Rosa Celestino, Jerrica Renee Slawski, Shyanne C. Crawford

Bowsher High School

Michelle Preciosa Klingberg
Jacob Stewart
Michael Alan Day
Andrew Jacob Koesters
Savannah Renee' Shaneour
Daniel Paul Lieser
Jordan Faith Murray
Salvina Mary Tirone
Toriano Alan Drane
Dave Lochan

Rogers High School

Taylor Ray Adolph
Kayla Vehue
Aniya Easterly
Nicholas Smella
Abigail Vanessa Casey
Shar'ron Yowpp
Taylor Riggs
Justen Stewart
Tyreanna Cherlynn Myers
Dominique Marcel Ellis

Scott High School

Jazmyliena B. Martin
Zaynab Alfaham
Keasia Lashay Reynolds
Dellicia Patrice Smith

Ja'nae Antoinette Vaughn

Stephon Davis
Bianca Jasmine Vielma
Desmond Burkhalter
A'Bria Ja'nah Johnson
Taylor Joylynn Toney

Start High School

Derek Andrew Corey-Goodman
Jack Andrew Smolenski
Christopher Paul Kos, Jr.
Jacqueline Marie Stewart
Sean Patrick McMullen
Madison Carol Muir
Bianca Diane Iannarino
Duncan William Shalda
Danielle Christine Hamann
Lindsay Marie Cluckey

Toledo Early College High School

Tala Abou-Dahech
Ngoc Lien Mai
Tess Marie Kienzle
Khadirah Salidah Hobbs
Gonzalo F. Casano
Raven Neal-Jackson
Emily N. Butler
Dallas Mitchell Shaffer

Hannah R. Leu

Tristan Alexander Bowerman

Toledo Technology Academy

Kaylee Loofbourrow
Rosa Celestino
Megan Elizabeth Orzechowski
Keith Caullin
Nicholas Taylor
Destini Ann Wheeler
Matthew Christopher Clay
Kenan Javan Mayfield
Brittany Oldaker
Charles Webster

Waite High School

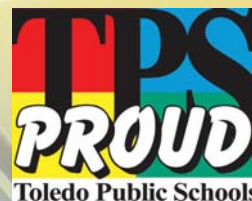
Hannah Nicole Hartford
Jerrica Renee Slawski
Orlando Joshua Haynes
Nicholas Xavier Jensen
Araceli Porras
Jovan Sanson
Hannah Marie Shible
Violet Ivy Rose Dazley
Reyna Sanson
Luciana Marie Carmona

Woodward High School

Maya Agene' Olive
Shyanne C. Crawford
Tageona Denay Gilmer
Robert P. Brogan
Taneva Shatelle Bush
Kayla Hunter-Phillips
Serena Lee Pegish
Lovell Hawkins
Chelci Anne Shoults
Dominique Monay Jones

Board of Education

Bob Vasquez, President
Chris Varwig, Vice President
Randall Parker
Lisa Sobecki
Polly Taylor-Gerken
Dr. Romules Durant,
Superintendent



Summer Meal Partners of Northwest Ohio Kicks off Region's No Cost Summer Feeding Program for Children

Special to The Truth

On Saturday, May 30, Summer Meal Partners, a collaboration of nearly 30 community partners such as Toledo Public Schools, Feed Lucas County Children, the YMCA/JCC of Greater Toledo, among others – came together at the East Toledo Family Center to kickoff the summer meals program.

The program will enable area children to participate in a meals program as well as organized neighborhood day camps, hands-on science and learning activities, art and theater along with field trips to local attractions.

"I wish I could spend 24 hours a day on the issue of food power," said U.S. Congresswoman Marcy Kaptur as she led off a press conference featuring a number of local elected officials and a beneficiary of the meals program.

Kaptur noted that in Lucas County, 54,000 children qualify for the program due to their families' income levels.

"I'm not happy to be here, but I know we need to be here," said Randy Gardner, State Senator from Bowling Green who noted that, as a conservative Republican, he felt that the cause of feeding children in need is a bi-partisan issue.

"I'm happy to be able to not worry as much about food and can spend my money on cloth-



Mayor Paula Hicks-Hudson addresses Summer Meals Program audience

ing and other [essentials]" said Joyce Walker whose family has benefited from such programs.

In addition to Kaptur and Gardener, other elected officials present to applaud the opening of the summer meals program were Toledo Mayor Paula Hicks-Hudson, Lucas County Commissioner Tina Skeldon Wozniak and Toledo City Councilman Larry Sykes.

"Our children were not learning in school because they are hungry," said Sykes. "We have to do a better job with our children. Respected and never neglected."

This summer, meals will be served at more than 80 sites including area churches, schools, libraries, parks and community centers. Any child at or under 18 years of age may come into such a site and receive a nutritious meal. The funding for the program comes primarily from the U.S. Department of Agriculture.

"While many students receive no cost or reduced price meals during the school year, studies show that less than 15 percent of them participated in free summer feeding programs in years past. That's troubling news, since roughly one in four local families are challenged by food insecurity," said Tony Siebeneck, president of Feed Lucas County Children. "There are 54,135 children in Lucas County eligible for free and reduced price school meals. Of these children, 26,850 are estimated to be living in food insecure households, where consistent access to adequate food is limited by a lack of money and other resources."

Summer activity and feeding programs run from early June through mid-August. The amount of programming varies at each location, so parents are encouraged to visit their local site for more details.

Interested parents and guardians are encouraged to call 2-1-1 to find a summer meal site near them. For more information about the national Summer Food Service Program, visit www.fns.usda.gov/cnd/summer.

5th Annual Fatherhood Walk

Raising Awareness of the importance of the roles fathers play in the lives of their children

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To pre-register log on to:
www.restorefathers.org
or call Mark Robinson at:
419-377-1488

Spoken Word by Mr. Kevin R. L. Butler

Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,

My name is James and I'm a junior in high school. I play football and I want to get bigger but some of my friends and my dad think it will slow me down. Right now I run a 4.5 -40 yard dash. Is there a way to improve my size and strength without losing my speed?



Dear James,

I'm not sure what position you play but I'm assuming that you're either some sort of back or a receiver. I don't know of any lineman at your age with that kind of speed. Let's look at a few names here: Emmitt Smith, Barry Sanders, Carl Lewis (track) Ben Johnson (track) and Shannon Sharp.

Now these guys may be older and this is even better to make the point. Look at their physiques and athleticism. Practically flawless, muscular, fast, agile, and extremely great at what they do. Ask yourself if you have ever seen a small, successful football player or track star?

NO, you have not and I doubt you ever will! Yes, tight, large muscles will slow you down and the more muscle you put on the tighter you may get. Staying flexible by stretching during and after all your workouts can easily control this. Now for you to get bigger and better you are going to have to start lifting heavy weights. I recommend that you do two good warm-up sets and then start to put the weight on.

You should do a lot of power exercises such as; squats, deadlifts, bench press and cleans. You should do three to four good working sets of these exercises with a five to eight rep scheme. Weight train every other day (M, W, F); run your sprints on your off day (T, H,) and rest on the weekend. If you are not sure how to do these exercises find a book with this information or seek out a professional.

Drink a lot of water and be sure to consume enough protein so that you build muscle and don't destroy it. I can't stress enough to you the importance of proper technique as opposed to heavy lifting. You want quality not quantity!

If you squat 300 pounds but are doing it wrong then you may as well not ever do them. Lift smart and not heavy if it sacrifices form. You will get better results doing 150 pounds right than 30 pounds wrong. Another thing a lot of people don't want to work is their legs.

Now, legs, along with a strong mid-section, is your foundation for your strength, speed and agility. I hope this will help you to develop the physique and athleticism that you are seeking. Train hard, smart and get your rest. Good luck with your 2015 season and keep me posted

UNLEASH YOUR HERO!

Ryan Rollison
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Perryman...continued from page 2

What should we do?

First, require an INDEPENDENT assessment that measures the impact on the environment, economics and character of the community along with how the proposed development aligns with the Dorr Street Vision so that we can make an informed decision. This type study will bring the hidden costs and consequences of the project into open view. These are measures that the City of Toledo's municipal code requires to be considered also, despite the denial of city of Toledo principal planner Tom Gibbons.

Secondly, the community should demand that the city adopt and enact planning policies, such as environmental and economic standards that support and encourage local, minority or other businesses, which enhance rather than degrade neighborhood residential and business districts.

Finally, the city must embrace "Smart Planning and Development" that increases the number of net jobs and real wages in our community rather than the kind of development like Family Dollar, which keeps individuals and communities mired in poverty as they haul off the profits back to their home in North Carolina.

Until there is smarter planning and development and an assessment of harm to the community, there should be a moratorium on the construction of Family Dollar and other stores of this type.

It's a bad deal for the community and not worth the hidden costs or consequences. And, most importantly, it just doesn't make sense to build another dollar store in the inner city.

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

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qualify?

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www.lucasmhaapply4housing.org

For a full list of locations with **FREE** computer access to complete your online pre-application or for more information on HCVP please visit us online at:

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*Pre-applications will not be accepted in person. Must be 18+ to apply.

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Miss Jessie's: Creating a Successful Business from Scratch – Naturally by Miko Branch

By Terri Schlichenmeyer

The Truth Contributor

Starting a business is not for the faint of heart.

It takes brains and guts enough to step out of a comfort zone. It requires going against the grain, letting go of pride, and a dash of innocence. Starting a business is the worst, most difficult, wonderful, magnificent thing you'll ever do – but as in the new book *Miss Jessie's* by Miko Branch, sometimes it's also quite hair-raising.

Jessie Mae Pittman was born in 1919 to a sharecropper family in North Carolina, and grew up hating fieldwork. To avoid picking cotton, she taught herself to cook and later became renowned for her skills. That independent self-sufficiency impressed her granddaughters; Miko Branch and her sister, Titi, were raised knowing that they'd someday be businesswomen.

Throughout their childhood, the Branch sisters learned and dreamed. They also toiled long hours with their father at various family businesses,

c. 2015
Atria
\$24.99 / \$31.00 Canada
256 pages

which was work they did for free. That eventually taught Branch the value of her labor and gave her a sense of what owning her own business might entail.

When it was time to enroll in college, Branch decided on a career in fashion but her schooling taught her what she didn't want. Upon graduating from Fashion Institute of Technology, she'd realized that she needed to work with hair; specifically, she wanted to work in a high-end salon that catered to a certain kind of clientele.

"There is a long, rich... complex history surrounding African-American women's hair that ties to... self-image," Branch says. As a woman with curls, she knew she could make a better product than what was available. She experimented with gels, crèmes, and technique before she and her sister opened a salon that ultimately grew into a full-fledged, hip and trendy mini-empire with products named after their grandmother.

But, like many fledgling entrepreneurs, the sisters made mistakes – one of which led to a split, lawyers, and a months-long parting that hurt Branch in more ways than one. It took two years, two moves, and too much money to fix what broke.

Business book or memoir? Though it may appear more the latter, the answer is that *Miss Jessie's* is both.

Sometimes, of course, the story of a business is the story of its creators, and author Miko Branch takes her readers back nearly 100 years to see where the very roots of her company began. That's a very interesting tale but if it's not what you read a business book for, well, Branch has that part covered, too. She subtly includes business advice for entrepreneurs in nearly each chapter, and a nicely succinct epilogue as a final takeaway. That serves to entertain and inform readers on one hand, while steadily encouraging entrepreneurship on the other.

Though I thought there was a bit too much repe-

tion here, I did enjoy this by-the-bootstraps story of a growing company, and I think you will, too – especially if you're up for the unique format of it. Still, business book or memoir, *Miss Jessie's* is something you won't mind curling up with.



Miko Branch

Facebook: DaisysFashionsForWomen

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Toledo Police... continued from page 5

**to see police officers in a different light.
Nobody likes us.”
– Byron Daniels, TPD**

According to Daniels, the fitness portion of the program will include line dancing, weighted hula hooping, basketball, and dodge ball. Many of these segments will be taught by certified school teachers and Toledo police officers who have the skills.

“A sergeant came over and taught some aerobic classes last year.” And one of our officers came in. She was the McDonald’s double Dutch champion,” he said.

Daniels said that the brain portion of the program, which will also involve certified school teachers and instructors, will help students build math skills, learn etiquette, chess, and Spanish.

Daniels said that during the eight week program, camp instructors will have opportunities to give advice to students. That advice will include not leaving drinks unattended, and informing young ladies of some tactics that young men will try to use on them. "And we (also) give them nutritional information and drug information," Daniels said.

Daniels said instructors will also speak to campers about how to respond to police officers. "We talk about what to do when you're stopped by the police," Daniels said. "If it's evening or night, turn on the lights inside (the car) so they can see your hands." Program leaders plans to tell students the importance of being respectful to the police. "If you have done nothing wrong you should have nothing to fear," Daniels said.

Daniels said that he knows what it's like to be a young person in the community.

"It's not like I always wanted to be a police officer, he said. "I needed a job. I was 40 when I started. I'm 62 now. I was born in the Brand Whitlock homes. And that's my message to the kids 'hey I was born and raised in the Brand Whitlock homes,'" he said.

"I went to Gunkel School. I went to Robinson. I graduated from Jesup W. Scott. And never in my wildest dreams did I imagine I'd be back patrolling the neighborhood."

And after joining the police force Daniels said that he continued to work in the area where he grew up.

"I worked in Brand Whitlock [substation] for 15, 16 years, until they started tearing it down," he said. "That's always my message. I had to keep my record clean, (and) a lot of my friends are dead. My father wasn't in my life. I am what I am today because of my mother," he said. "She taught me certain things. That carried me over. So that's part of my message. I'm straight from the hood. No silver spoon in my mouth."

During Daniels' two and a half years with the prevention team, he has worked closely with Officer Floella Wormely. Wormely, an advocate for youth without the "silver spoon," has been a Toledo police officer for 32 years, and has worked on the prevention team since its inception in 1993.

Wormely said that the program in Toledo was modeled after a similar one in Vallejo, California. "The police chief brought this

program here when he came," she said. "I am really only one of the original people left."

**"I can deal with anybody,
white, Chinese, black, it doesn't mat-
ter,"**

But they need to make sure they have the right person in this position - somebody that really cares.” – Flo Wormely
TPD

Wormely said that one component of the program is to ensure that youth who have a propensity for trouble are given alternatives that will not have a lasting effect on their future. "When students get in trouble in school (we) can arrest them but we try not to do that. We talk to them and mentor them and really try to steer them in the right direction," she said. "We very seldom file charges. I mean they've got to be a knucklehead for us to file charges on them."

Wormely, who says she choose law enforcement over social work, believes that she now has "the best of both worlds." And her propensity to combine social work with policing is what helped steer 20-year-old Marquise Green in the right direction.

Green, who returned to the Ottawa Park police substation to volunteer for one of the prevention team events, was able to take advantage of a second chance through the prevention program.

"I met Officer Wormely five years ago when I committed a crime in my teenaged years," Green said. He credits that initial encounter with Wormely for helping him find the right path. "Going through rough times and then coming to know Officer Wormely, she helped me turn my life around and to think better of myself," Green said.

Green said that after his ordeal was over, he began to participate in the Police Probation Program. He credits Officer Wormely for taking the extra steps to help. "She (Wormely) gave me real good advice to help me change my ways," he said.

Green, who said he would consider taking the police exam in the future, says that he believes that his involvement with the prevention team has changed the way he sees officers.

"I appreciate the police. They put their lives at risk every day," he said some people may think that police officers don't care and that's not the case at all. (They) want people to do well and stay out of trouble."

But despite the personal success of Green and others like him, Wormely said that she is still concerned about the future of the program, and the prevention team's ability to continue to be effective in the inner city.

"The police department's numbers, when it comes to minorities, are not great," Wormely said. "In my class, which was the class of '83', they hired a lot of minorities. (Now) we are leaving."

According to Wormely, shrinking diversity on the police force means less minority officers available for community outreach programs. "They used to have 100 to 150 minorities on the department," Wormely said. "(Now) you might have 60 out of 400 or 500 patrolmen.

And although Wormely said that incoming

officers receive some diversity training, ultimately it is the experience of working with minorities that causes real change. "Diversity for officers dealing with African American kids help you (to) be more diverse," she said. "Listening to what they want to tell us helps me grow and be able to address their needs. I'm at the end of my career and you still get 110 percent out of me," Wormely added. "That's almost unheard of. I'm always looking at how we (can) make things better for our youth, because I really want them to be able to contribute in society."

Wormely said that although she works with a lot of inner city youth, she doesn't limit herself and hopes that her replacement will share her passion for what the prevention team does. "I can deal with anybody, white, Chinese, black, it doesn't matter," she said. "But they need to make sure they have the right person in this position, somebody that really cares."

But Wormely and Daniels are not alone in their support and hope for Toledo's youth. The prevention team programs have the support of the city and the department.

“Last year our chief and our mayor showed up the last day of class,” said Daniels. “We had a large award ceremony where we personally acknowledged every young child who participated. This year we’re hoping for a hundred kids per day,” he said. “It’s just a great program. We love it. The kids love it.”

To register for the Brains and Body Summer Fitness Challenge contact Officer Byron Daniels at 419-245-1165 or Officer Flo Wormely at 419 245-1367 or pick up a registration form at the Ottawa Park police substation located at 2145 N. Cove Blvd. in Toledo.

The Women's Ministry of Phillips Temple CME Church invites you to attend our first *"Gospel Jazz & More Brunch"* on **Saturday, June 6 from 10:30 am to 3:00 pm at Trinity Episcopal Church at 316 Adams Street - corner of Adams and St. Clair.** We also have vendor spaces for \$40 w/ brunch and \$30 w/o brunch.

Tickets are \$20 in advance and \$25 at the door and can be purchased at:
Jack's Mens' Wear - 3414 Dorr St.
Powell's' Beauty and Barber Supplies - 901 Nebraska
Nail Creations - 2938 Douglas Rd
Phillips Temple Church - 565 Palmwood
Or call - 419-902-5772 or 419-242-7906



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Hosted by **Shirley Manning**

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Hosted by **Jon Lewis**

From 10 to 12 PM

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93.1 Community Radio Show
Hosted by **Shirley Manning**

From 10 AM to 12 PM

93.1 FM WQXP

CLASSIFIEDS

June 3, 2015

Page 14



The Toledo Refining Company, LLC is currently hiring First Class Maintenance Pipefitters.

Overview

The Toledo Refining Company is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. Our company is committed to a foundation of safe and environmentally compliant operations so all employees must follow all procedures and safe work practices. Starting pay is \$35.76 per hour. After completion of a six month probationary period, the rate of pay is \$37.98.

Scope of Work

First Class Maintenance Pipefitters are responsible for completing assignments relative to the maintenance or installation of equipment within the Refinery utilizing First Class prime skills. Work will be performed inside the maintenance shop as well as outside in all weather conditions. Pipefitters will be expected to perform tasks in other incidental craft areas as assigned. Successful candidates will be held accountable for the quality and quantity of work; participate in training programs as assigned to maintain and/or upgrade skill set; and understand and comply with Toledo Refining work rules, the Code of Conduct and Company Policies and Procedures.

Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; hold a High school diploma or equivalent; and hold a current driver's license.

Completion of a state approved Pipefitter apprenticeship program with no less than 4 years work experience. Equivalent work is no less than 8 years as a Pipefitter. Successful candidates must possess First Class Pipefitter work experience and First Class Pipefitter skills. Candidates must be able to demonstrate First Class performance. Candidates must have the ability to read blueprints and hand-sketching related to prime skill. Candidates must also have the ability to coordinate work; function as a member of a team to get work done; work from written and verbal direction; perform tasks in any craft as incidental work; and must have working knowledge of equipment and tools required to expedite the efficient installation and repair of refinery equipment. Candidate must also have the physical ability to lift a minimum of 50 lbs.

Unusual Working Conditions

Must be able to perform physically-active assignments which include work on high structures and within confined spaces. Mandatory overtime is required as well as occasional shift work required.

Conditions of Employment

Written tests and assessments; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; and pass a post offer pre-employment physical, background check and drug screening.

All interested candidates may apply by going to www.pbfenergy.com/careers. All resume and contact information must be accurate and up to date. Once on the career page, candidates can view current job opportunities and apply to desired position. Selected candidates will be notified and assigned a testing date and time by email and letter.

EOE/M/F/D/V

Memorial Celebration

Aretha Franklin Presents a Memorial Celebration in memory of her Father Rev. C.L. Franklin June 7th @ New Bethel Church Detroit, Mich. Calvin Hughes and New Bethels Choir of Detroit, Michigan will open the program along with the Ambassadors of Toledo Oh Special Guest Artist Rev. Donald Parsons Chicago Ill. Mighty Clouds of Joy, The Clark Sisters, Dorothy Norwood. If you're interested in going on the Bus Call this number by June 5 Bus Departure 1:30 pm. This Concert is free to the public for more Info Call 419 514 8840 or 419 514 8840

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Mid-dlegrounds Metropark Bid Package No. 01 Improvements – SITE EARTHWORK & INFRASTRUCTURE, 111 Ottawa Street, City of Toledo, Lucas County, Ohio** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Thursday, June 11, 2015 at 3:00 p.m.** local time. THE SCOPE OF WORK consists of new park construction and includes site removals, erosion control measures, mass excavation and earth moving, concrete / aggregate pavement & walk installation, site lighting, landscape plantings, irrigation, site utilities, bank stabilization, at-grade boardwalks, boardwalk overlooks and bridges. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Tuesday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$40 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184 or jon.zvanovec@metroparkstoledo.com. EACH BIDDER MUST FURNISH either (1) a bond for the full amount of the bid or (2) a certified check, cashier's check or irrevocable letter of credit in an amount equal to ten percent (10%) of the bid with its bid. The successful bidder must furnish a 100 percent (100%) Performance Bond and a 100 percent (100%) Labor and Materials Bond. No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

By order of the Board of Park Commissioners

METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA

Stephen W. Madewell, Director

Call for Artists

Door Street Live is an exceptional expression of African American culture.

Artists and craftsman interested in exhibiting and selling their artwork, creations and wares should contact for further information.

Odes Roberts: 614 381-7064 or email orobs2000@yahoo.com

Submission Deadline – August 3, 2015

RENAISSANCE OTTAWA AREA RESIDENCES

3 AND 4 Bedroom single family homes with attached garages.

All appliances included.

Please call 419-389-0096 or 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.

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Mid-dlegrounds Metropark Bid Package No. 02 Improvements – HARDSCAPE IMPROVEMENTS, 111 Ottawa Street, City of Toledo, Lucas County, Ohio** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, June 12, 2015 at 11:00 a.m.** local time. THE SCOPE OF WORK consists of new park construction and includes aggregate base, concrete and aggregate walk, concrete curb and spillway, cobble pavers, bituminous pavement, pavement markings, landscape curb, steel edging and site furnishings. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Tuesday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$30 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184 or jon.zvanovec@metroparkstoledo.com. EACH BIDDER MUST FURNISH either (1) a bond for the full amount of the bid or (2) a certified check, cashier's check or irrevocable letter of credit in an amount equal to ten percent (10%) of the bid with its bid. The successful bidder must furnish a 100 percent (100%) Performance Bond and a 100 percent (100%) Labor and Materials Bond. The bidder must be an Ohio Department of Transportation (ODOT) pre-qualified contractor. Pre-qualification status must be in force at the time of the bid, at the time of the award, and through the life of the construction contract. The Disadvantaged Business Enterprise (DBE) goal for this project is minimum six percent (6%). No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

By order of the Board of Park Commissioners
METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA

Stephen W. Madewell, Director

CLASSIFIEDS

June 3, 2015

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The Toledo Refining Company, LLC is currently hiring First Class Maintenance Instrument Mechanics.

Overview

The Toledo Refining Company is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. Our company is committed to a foundation of safe and environmentally compliant operations so all employees must follow all procedures and safe work practices. Starting pay is \$35.76 per hour. After completion of a six month probationary period, the rate of pay is \$37.98. Once completely qualified as an Instrument Technician, the rate of pay is \$38.81.

Scope of Work

Maintenance Instrument Mechanics are responsible for completing assignments relative to the maintenance or installation of equipment within the Refinery utilizing First Class prime skills. Work will be performed inside the maintenance shop as well as outside in all weather conditions. Instrument Mechanics will be expected to perform tasks in other incidental craft areas as assigned. Successful candidates will be held accountable for the quality and quantity of work; participate in training programs as assigned to maintain and/or upgrade skill set; and understand and comply with Toledo Refining work rules, the Code of Conduct and Company Policies and Procedures.

Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; hold a High school diploma or equivalent; and hold a current driver's license.

Completion of a state approved Instrument Mechanic apprenticeship program or a 2 year Technical Degree in Process Control with no less than 4 years work experience. Equivalent work is no less than 8 years as an Instrument Mechanic. Successful candidates must possess First Class Instrument Mechanic work experience and First Class Instrument Mechanic skills. Candidates must be able to demonstrate First Class performance. Candidates must have the ability to read blueprints as it pertains to instrumentation and follow written and verbal directions to complete tasks. Candidates must also have the ability to coordinate work; function as a member of a team to get work done; perform tasks in any craft as incidental work; and must have working knowledge of equipment and tools required to expedite the efficient installation and repair of refinery equipment. Candidate must also have the physical ability to lift a minimum of 50 lbs.

Unusual Working Conditions

Must be able to perform physically-active assignments which include work on high structures and within confined spaces. Mandatory overtime is required as well as occasional shift work required.

Conditions of Employment

Written tests and assessments; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; and pass a post offer pre-employment physical, background check and drug screening.

All interested candidates may apply by going to www.pbfenergy.com/careers. All resume and contact information must be accurate and up to date. Once on the career page, candidates can view current job opportunities and apply to desired position. Selected candidates will be notified and assigned a testing date and time by email and letter.

EOE/M/F/D/V

Rummage Sale

Braden United Methodist Church
4725 Dorr Street
Thursday, June 4- Saturday June 6
10:00 a.m. – 4:00 p.m.
Electronics, Housewares, clothing, daycare furnishings

Request for Proposals Pest Control Services RFP#15-R010

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for **Pest Control Services. Received in accordance with law until Fri., Jun. 19, 2015, 3PM ET. Pre-Prop Conf: Jun. 4, 2015, 11AM ET. 425 Nebraska Ave.** For Documents: www.lucasmha.org, 435 Nebraska Ave., Toledo, OH 43604 or 419-259-9446/419-259-9446 (TRS: Dial 711). Proposers required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Sec. 3 Compliance Applicable.



NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Middlegrounds Metropark Bid Package No. 03 Improvements – PARK PAVILION, 111 Ottawa Street, City of Toledo, Lucas County, Ohio** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, June 12, 2015 at 3:00 p.m.** local time. THE SCOPE OF WORK consists of new park construction and includes a park pavilion with covered seating area and enclosed restrooms. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Tuesday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$40 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184 or jon.zvanovec@metroparkstoledo.com. EACH BIDDER MUST FURNISH either (1) a bond for the full amount of the bid or (2) a certified check, cashier's check or irrevocable letter of credit in an amount equal to ten percent (10%) of the bid with its bid. The successful bidder must furnish a 100 percent (100%) Performance Bond and a 100 percent (100%) Labor and Materials Bond. No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

By order of the Board of Park Commissioners
METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA

Stephen W. Madewell, Director



The Toledo Refining Company, LLC is currently hiring First Class Maintenance Electricians.

Overview

The Toledo Refining Company is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. Our company is committed to a foundation of safe and environmentally compliant operations so all employees must follow all procedures and safe work practices. Starting pay is \$35.76 per hour. After completion of a six month probationary period, the rate of pay is \$37.98.

Scope of Work

First Class Maintenance Electricians are responsible for completing assignments relative to the maintenance or installation of equipment within the Refinery utilizing First Class prime skills. Work will be performed inside the maintenance shop as well as outside in all weather conditions. Electricians will be expected to perform tasks in other incidental craft areas as assigned. Successful candidates will be held accountable for the quality and quantity of work; participate in training programs as assigned to maintain and/or upgrade skill set; and understand and comply with Toledo Refining work rules, the Code of Conduct and Company Policies and Procedures.

Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; hold a High school diploma or equivalent; and hold a current driver's license.

Completion of a state approved Electrician apprenticeship program with no less than 4 years work experience. Equivalent work is no less than 8 years as an Electrician. Successful candidates must possess First Class Electrician work experience and First Class Electrician skills. Candidates must be able to demonstrate First Class performance. Candidates must have the ability to read blueprints as it pertains to electrical work and follow written and verbal directions to complete tasks. Candidates must also have the ability to coordinate work; function as a member of a team to get work done; perform tasks in any craft as incidental work; and must have working knowledge of equipment and tools required to expedite the efficient installation and repair of refinery equipment. Candidate must also have the physical ability to lift a minimum of 50 lbs.

Unusual Working Conditions

Must be able to perform physically-active assignments which include work on high structures and within confined spaces. Mandatory overtime is required as well as occasional shift work required.

Conditions of Employment

Written tests and assessments; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; and pass a post offer pre-employment physical, background check and drug screening.

All interested candidates may apply by going to www.pbfenergy.com/careers. All resume and contact information must be accurate and up to date. Once on the career page, candidates can view current job opportunities and apply to desired position. Selected candidates will be notified and assigned a testing date and time by email and letter.

EOE/M/F/D/V

Beta Gamma Chapter Named Chapter of the Year

Special to The Truth



Beta Gamma Chapter of the National Sorority of Phi Delta Kappa, Inc. was honored with the "Chapter of the Year" award at the 75th Midwest Regional Conference held in Cincinnati, Ohio on April 30-May 3, 2015.

They also won this award last year at the 74th Midwest Regional Conference held in Cleveland, Ohio.

This year's Conference Theme was "Celebrating 75 Years of Excellence in Education", and the Regional Theme was "Leaders Imagining the Impossibilities-Conceiving, Believing, and Achieving."

These themes served as a source of inspiration and encouragement to sorority members to persevere in promoting the mission of the National Sorority of Phi Delta Kappa, Inc., which is to continue to promote excellence in education; to develop the potential of our youth and to embrace a spirit of sisterhood.

Each year, 20 chapters from five states in Midwest Region compete for this prestigious award. Chapters must submit a documented Activity Report and an Activity Book that demonstrate the members' tireless effort and commitment to the National Sorority of Phi Delta Kappa, Inc. Y.E.S. programs.

Y.E.S. is the National Three Point Program, and the acronym stands for Youth, Education and Service. A few of the things that Beta Gamma members do to execute their national programs are listed below.

Beta Gamma Chapter members strive to provide services that educate and empower not only its members, but also the community as well.

They actively and faithfully work with **YOUTH**, the Xinos and Kudos youth group. The Beta Gamma Chapter recently hosted the 2015 Midwest Regional Youth Conference on April 17-19, 2015. Also, the youth group is very involved with community projects that focus on helping others.

They strive to improve **EDUCATION** by providing workshops and training for classroom teachers and they provide weekly tutoring to students in all grade levels. Each year, Beta Gamma awards at least two scholarships to deserving high school graduates.

Lastly, the members are devoted to being a **SERVICE** to the community. For years, Beta Gamma has provided children and families with food baskets, winter clothing, made visits to nursing homes during the holidays, donated funds to other non-profit organizations, and honored educators who have made a difference in the lives of children and in the community.

Beta Gamma members will continue to strive for excellence in all that they do. Their goal is to be honored with the 2016 Midwest Region "Chapter of the Year" award at the next Midwest Regional Conference which will be held in Indianapolis, IN.

Beta Gamma Chapter has approximately 30 active members. Dorothy Batson is the president of Beta Gamma Chapter and Paula Martin is the vice president.

Ebenezer MBC Holds 63rd Annual Women's Day

Sojourner's Truth Staff



Ebenezer Missionary Baptist Church, Pastor J.L. Jordan, Jr. held its 63rd annual Women's Day celebration on Sunday May 24, 2015 as women garbed in pink and white exemplified the day's theme of "Well Dressed Women of Faith."

The morning's service began with a devotion offered by women from a multitude of congregations: Helen Victorian from St. James Armory; Ella Pickett from St. Mark's Baptist; Early Johnson from Ebenezer and Arletha Ervin from Ebenezer.

Evangelist D. Everett was the conductress of service and following various selections, a procession and words of encouragement, guest speaker Minister Doris Thomas of Solomon Temple Baptist Church addressed the day's theme for the congregation explaining that the well dressed outside appearance was a mere reflection of the faith present in one's heart and mind.

This year's Women's Day was the first since the passing of long-time First Lady Rosie Jordan and Evang. Everett presented the congregation with a special gift of a plaque honoring the well-loved First Lady. Sis. Jurlean Johnson, Women's Day chairman then offered words of gratitude before Pastor Jordan closed the morning's service with remarks and a benediction.

