



Volume 34, No. 2

"And Ye Shall Know The Truth..."

July 1, 2015

Simply Amazing



In This Issue...

Perryman and
Gay Marriage
Page 2

Tolliver on The
Battle Flag
Page 3

The
President's
Amazing
Week
Page 4

The Health Section

Local Food Page 6	Angela Steward Page 8	Know Your Body Page 10
Skin Care Page 7	Ask Ryan Page 9	Hydrate Page 11

Fair Housing Act
Page 12

BlackMarketPlace
Page 14

Classifieds
Page 15

"As a nation, out of this terrible tragedy, God has visited grace upon us, for he has allowed us to see where we've been blind. He has given us the chance, where we've been lost, to find our best selves. We may not have earned it, this grace, with our rancor and complacency, and short-sightedness and fear of each other -- but we got it all the same. He gave it to us anyway. He's once more given us grace. But it is up to us now to make the most of it, to receive it with gratitude, and to prove ourselves worthy of this gift."

Room at the Table

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

... For God so loved the world, that he gave his only begotten Son, that WHO-SOEVER believeth in him should not perish, but have everlasting life.

- John 3:16 KJV.



More and more, the Christian faith, like the Republican Party, seems to revolve around exclusion rather than inclusion. It has become an instrument of rejection instead of acceptance and has prioritized the practice of accusation and condemnation over love and understanding.

Yet, a close biblical reading reveals that a large part of Jesus' ministry involved his rejection of the accepted morality system of his day, an oppressive structure used by the traditional religious and political establishment to create insiders and outsiders. These "purity codes," as they were called, granted access to healthcare, education, housing and food to some, while others went without. It was a system that enabled a "few" to prosper at the cost of suffering by the "many."

It was the venerable Martin Luther King, Jr. that said: "We are all tied together in a single garment of destiny... an inescapable network of mutuality.... I can never be what I ought to be until you are allowed to be what you ought to be."

If the contemporary black church is to be what it ought to be rather than merely a place to go for entertainment on Sunday morning, it must move, as Jesus did, beyond its narrow ideological boundaries and broaden its scope. Instead of indoctrination, the black church must learn to become a good conversation partner, one that is able to convene broad conversations that transcend the silos that it tends to erect.

This week I present the relevant insights of Sheena Kadi, who played a key leadership role in achieving the historic victory for gay rights that allows same-sex couples to marry throughout the nation.

Commentary: Our March Toward Justice

Written by: Sheena Anne Kadi, LGBT activist

Along with millions of Americans, I celebrated Friday's landmark victory for marriage equality with tremendous joy. I remember being an 18 year-old out lesbian, thinking I would never see the day I



Sheena Anne Kadi

could marry; that this was a part of reality that I must begrudgingly accept. Now that we've finally seen history change before our eyes, all I can think about is what we've accomplished. How this momentous occasion would not have been possible without standing on the shoulders of giants - the generations of activists, allies, and advocates who fought to make this our reality. It would not have been imaginable without the elected officials, faith leaders, business owners, and other leaders in our communities, for they added their voices to ours to amplify our message. It would not have been conceivable without the tens of thousands of Ohioans who had conversations with friends, family, and co-workers about why marriage mattered to them. Our courage, conviction, and determination have changed hearts, minds and finally, laws.

While we celebrate this momentous triumph, our work is not yet done. While a great milestone has been reached, there is still much to do. For too many of us who are subjected to discriminatory laws, true equality is still just out of reach.

Our work won't be finished as long as the 450,000 LGBT Ohioans can be fired by employers, denied housing, or refused public accommodations for even being perceived to be gay or transgender.

Our work won't be finished until the 40 percent of homeless youth that are LGBT are off the streets.

Our work won't be finished until the thousands of hate crimes that occur each year against our community stops.

Our work won't be finished until the empowerment of the transgender community becomes a central part of our movement.

These fights for the gay and transgendered do not rest just within our community. They are woven through every thread of our society - racial injustice, women's rights, immigration reform, voting rights, prison reform, income inequality, workers' rights. We are interconnected by social injustice and oppression. Both as individuals seeking to make a socially-just life for ourselves and loved ones, and as collectivities seeking to change history through political action and social movements, we struggle with the unstable connections between race, gender, and class.

Our work won't be finished until we can proudly proclaim that the systematic fair treatment of all people has resulted in equal opportunities and outcomes for all.

How do marginalized communities have a fighting chance? Alone, it is nearly impossible to change the course of this ship of inevitability. Collectively, however, we have the strength and power to steer the rudder of the ship of our destiny.

As we have seen from Selma to Stonewall to the Supreme Court, the

... continued on page 13

The Sojourner's Truth

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Community Calendar

June 13-September 12

Evangelical Church of God: Free parenting classes and free anger management classes: 419-297-3530

July 11

Second Baptist Church "It's Time for a Walk-A-Thon:" 9 am: 419-861-1698

July 20-24

Pilgrim Church Vacation Bible School: "The Kingdom of the Son;" 6 to 8 pm; Free for children ages 4-12: 419-478-6012

July 22-26

Trinity Faith Tabernacle Annual Summer Conference: Wednesday - Friday nightly service 7 pm; Thursday and Friday 10 am and 2 pm sessions; Sunday worship service at 11 am: 419-340-6253

Johnny Reb ... On the Run

By Lafe Tolliver, Esq

Guest Column

It is long overdue. It is one of the longest-running images of hate and bigotry that is left in the US of A. The very image shouts slavery and rebellion and outright vitriolic hate against black people.

It has no redeeming value save in the minds of people who want to hold history back and who want to glory in the good ol' days when dark mammies were their house maids and Uncle Brer Rabbit was a funny folksy tale that was warm and comforting to Southerners who liked their stories about their "negras" safe and controllable.

It was a symbol by which vengeance could be quickly reignited and fading tales of Southern honor could be revived around annual conventions that applauded tales of Confederate armies defending the sainthood of the virtuous white woman and demonizing the ever stalking, lusty, coal-black male.

It was a rallying point of Southern pride (misplaced at that) where old men with their necks red from the scorching sun of working their mules in the cotton fields could take respite in the fact that good ol' Dixie was a land of plenty and old times would never be forgotten.

Under its waving banner, the gentility of the Southern way of life was exemplified and the all-white Cotillions were the favored gownned ball event of the social year; and the hearty Rebel Yell could be heard at University of Mississippi football games (played without the presence of any "negra" footballers).

My My My! It was a wonderful romantic time of blacks being servile and fawning under the ever-present penalty of the corded lash or a celebratory lynching on a far off cypress tree if they got a little too uppity and did not kowtow to Ms. Lilly or Master James.

Why, even many Christian churches who weekly professed their undying love for Jesus turned a blind eye to any heavy-handed racial atrocities because with this symbol, one knew his place and clergy did not openly speak out about right or wrong regarding ill treatment of one's "negras."

This symbol had powers. Special powers. Powers to turn idealistic men and women into craven cowards when this symbol demanded their allegiance or they would suffer social ostracism for any acts that were deemed cavorting with the enemy.

It had the power to turn logic into illogic. It possessed the ability to stymie justice when injustice flaunted itself at the courthouse regarding fair play for the "negra."

It strode with impunity in the halls of legislatures and it coiled itself on the desks of debating senators and coyly threatened them with censure and ridicule if they did not toe the line and support all things Southern, White and Pure.

It created hush-hush havoc in white families when Daddy when "hunting" and nine months later, a female "negra" appeared with a baby that looked like his dark twin.

This symbol told black boys and girls that they were only good to tote water and cut firewood and if they aspired to anything more, it was to be a docile domestic who could mammy their babies and starch their shirts and cook smothered pork chops.

This symbol acted as a gateblocker so that when people of color aspired to greater heights of getting an education to better the race, they were told at the college admissions office... "Not now...not ever!"

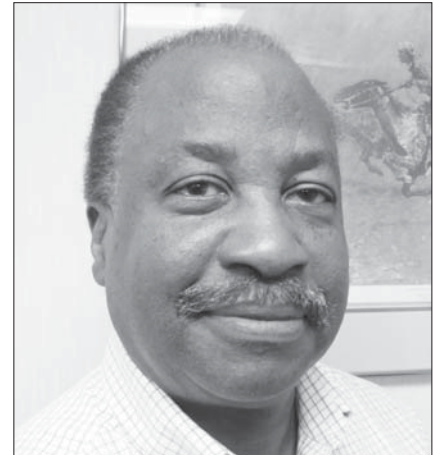
With a sneer, this symbol was one that said to the colored traveler in the South that if you wanted a baloney sandwich and a cold cola, you came in the back door, hat in hand, and you ate it outside.

This symbol of discrimination was a money-maker! It took substandard housing and sold it for twice its value to families desperate for a roof over their head and if you protested too long and too loud about the leaky roof or the paper thin walls, you could find yourself and your family members, with their meager possessions, sitting on the curb in a moment's notice.

This symbol? The Confederate Flag a/k/a The Battle Flag of the Northern Virginia Army! The flag which was and is symbolic of this nation's Civil War in which hundreds of thousands of soldiers were killed or maimed for life because the South wanted slavery and the North wanted it less.

A flag of rebellion that still today has its claws in the mindset of so many Southerners that it ostensibly requires the innocent shedding of blood of nine black Americans in a church in Charleston, S.C. before it will consent to be challenged for its rule and reign...and ruin it has abetted.

Only now are the politicians (mostly white and mostly Republican) who supported this evil symbol of slavery and rebellion beginning



Lafe Tolliver

to form a semblance of a primitive backbone and are speaking out about having this flag and what it represents obliterated from being conspicuous in its display in public places.

Only now are the wimps who ostensibly stood on purpose and value and that all men are created equal in the sight of God, beginning to crawl out of the corners and find their voice with others and to say enough is enough!

Before this massacre by this domestic and racist terrorist named Dylann Storm Roof, politicians of all stripes grinned and groveled before the altar of this flag because to support it was to garner votes from bigoted voters who saw this flag as emblematic of their lives and history.

Maybe, just maybe, there is now enough hue and cry from people with conscience that will silence the raucous rabble of the Dixie crowd who yearn to return to the warm and blissful days of obese mammies (Gone With The Wind anybody?), a grinning Uncle Ben or the happy dance feet of a toothy Bo'Jangles.

Maybe...just maybe.

Contact Lafe Tolliver at Tolliver@Juno.com

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Hail to The Chief: That Was the Week That Was!

By Fletcher Word

Sojourner's Truth Publisher

It's all right now. It's quite all right to step back and take a deep breath now. You can exhale. Life isn't always going to be spent in the whirlwind of political activity we've seen in the past several weeks, particularly last week, as the Supreme Court of the United States handed down several rulings that will deeply impact every American long into the future.

Not only did SCOTUS use its clout to help shape the nation's future, as is its constitutional duty and much to the consternation of those on the right who are denouncing those rulings, but the justices also lent credence to the notion that this president, Barack Obama, has cemented a claim to be recognized as having guided one of the most significant and consequential administrations in history.

President Obama benefited from more than just the rulings from the high court. At the start of last week, at the start of perhaps as great a week as any president has probably ever had, he managed to pass through Congress, largely because of his new Republican friends, a major trade pact that will presumably bolster his efforts to significantly enhance the nation's economic involvement with Asia.

"I view smart trade agreements as a vital piece of middle-class economics. Not a contradiction to middle-class economics, it's a part and parcel of it."

He used the "N" word in a garage pod cast at the start of the week to underline the impact racism has had.

"Racism, we are not cured of it, and it's not just a matter of it not being polite to say nigger in public. That's not the measure of whether racism still exists or not."

Then, in reaction to the horrific massacre in a Charleston African-American church, the president wrapped up his week with a eulogy for the ages – an address of such power and scope that will be remembered as one of his great moments on stage.



"Maybe we now realize the way racial bias can infect us even when we don't realize it, so that we're guarding against not just racial slurs, but we're also guarding against the subtle impulse to call Johnny back for a job interview but not Jamal."

In the course of the week, Obama clearly shed his first-term reluctance to speak out on race and let it be known that, for the remainder of his term, the world will see a bolder, more outspoken, more self-assured leader.

As for the high court, this is what the justices did over the course of a spellbinding 24 hours: reaffirmed the fact that the Affordable Care Act –

... continued on page 5

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Hail To The Chief... continued from page 4

Obamacare – is the law of the land; held that state bans against gay marriage are unconstitutional and, in a little noted but critical case, upheld the Fair Housing Act.

Back in October of 2014, Paul Krugman, a Nobel Prize laureate for Economics, wrote a column extolling the Obama presidency for his achievements in a number of areas – the economy, the environment, health care, financial reform, immigration and social change. Krugman, a New York Times columnist and Princeton University professor, had been no Obama admirer during the early days of his presidency, criticizing chief executive on numerous occasions for the slowness of the economic recovery.

Now Krugman acknowledges that the recovery worked. The stimulus package the administration put together in 2009, he says, has enabled this nation's economy to recover from a crippling recession more quickly than such recoveries occur historically. And when we compare the U.S. recovery to Europe's during this same period, Krugman notes, we also see much more progress in this country than in the EU.

Obama's impact, projected at this point in his presidency, would now seem to be just a notch below a Washington, a Jefferson, a Lincoln or an FDR. One could assume, if nothing calamitous happens over the next year and a half, that President Obama could well be in a class with a Theodore Roosevelt or a James Polk (who in four years absorbed Texas and California into the Union). That would place him a rung above Eisenhower and Reagan, to name a few recent, well-respected chief executives.

Take a look at the scope of Obama's accomplishments ... thus far. Along with the economic recovery, under his administration we have had financial reform in the manner of the Dodd Frank legislation. That bill does three important things – places significant financial institutions under special scrutiny to prevent crises should they fail; gives the government the right to seize complex financial institutions in such a crisis and creates an agency to protect Americans against predatory lending.

The bill does not go far enough in the eyes of many reformers but it is a significant start.

On the environment and immigration, in his second term and facing a hostile Congress, the president has used executive action to implement regulations to curb greenhouse gases and to prevent the deportation of approximately six million undocumented immigrants, respectively.

And beyond our borders, while the record is still far from complete, such as in Iraq, in Afghanistan and with ISIS, there are several initiatives that will enhance the Obama legacy. His move to normalize relations with Cuba changes the landscape of Western Hemisphere politics and there is a tentative agreement with Iran regarding that country's development of nuclear weapons that could prove to be historic as well.

Obamacare, however, is the signature piece of the Obama legacy. More than a century ago, in 1910, Teddy Roosevelt and his Progressive Party allies proposed the notion of a universal health section. FDR couldn't get it done, nor could Richard Nixon, whose proposed health care plan, faced with Watergate problems and the intransigent Sen. Teddy Kennedy, also couldn't get off the ground.

Again, it is far from a perfect law but it is already a success, having enrolled more than 10 million while keeping costs in line and holding the promise of better health care, and better financial security, for millions more.

"For all the misinformation campaigns, all the doomsday predictions, all the talk of death panels and job destruction, for all the repeal attempts – this law is now helping tens of millions of Americans."

Years from now, Americans will still be using the term "Obamacare" rather than the formal, bland "Affordable Care Act." As Vice President Joe Biden so eloquently put it – "this is a big f*****g deal."

While Obama did not enter office supporting the notion of gay marriage, he came out in favor of the idea just before the 2012 elections. That was at a very risky point in his presidency leading many Americans to evolve themselves.

However, throughout his presidency Obama has made a number of decisions that would at least reflect Americans' changing ideas about gay rights, if not help to guide that change. He ended the military's "don't ask, don't tell" policy and instructed the Justice Department not to enforce the Defense of Marriage Act enacted under the previous Democratic president, Bill Clinton.

"Today is a big step in our march toward equality. Gay and lesbian couples now have the right to marry, just like anyone else. #LoveWins,"

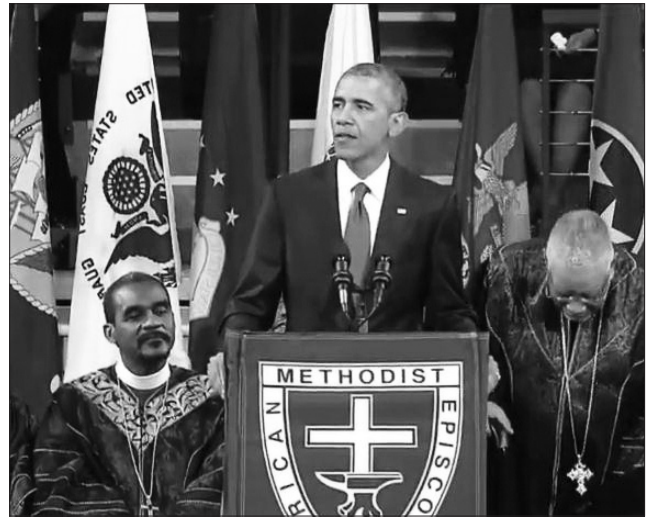
With a year and a half to go, Obama's legacy certainly can and will be affected by any number of events to come. Foreign policy events will play a huge part in shaping history's view. Most importantly of all, the result of the next presidential election is critical from an historical perspective. The election of Hillary Clinton will, in effect, give the Obama presidency a third term.

The president's week ended on a high note ... or a note befitting his baritone singing voice. After delivering a sermon on the power of grace that included calls to end racism and place a check on rampant gun ownership, Obama broke into a verse of "Amazing Grace" a cappella and brought the audience to its feet cheering, applauding and singling along.

"Amazing Grace, how sweet the sound, that saved a wretch like me. I once was lost but now am found..."

He was never lost during the first three quarters of his presidency, but, of late, he has most certainly been found.

"Through the example of their lives, they've now passed it on to us. May we find ourselves worthy of that precious and extraordinary gift, as long as our lives endure. May grace now lead them home. May God continue to shed His grace on the United States of America."



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Does It Matter Where Your Food Comes From?

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

The Truth Contributor

There are so many decisions to make about food! Isn't it enough to eat healthy food from all five food groups? Even though the experts on nutrition such as registered dietitians hope that we make nutrition and healthy eating a large priority, they also realized that nutrition is not the only factor when making food choices.

Here are a few questions that most individuals and families have to make about food on a daily basis: What to eat? Where to eat? Is it nutritious? Is it affordable? Will my family eat it? So, is it important to add an addition question: Where does my food come from?

Not only do we have many personal decisions to make based on our location, income, health status, family preferences and personal taste, but it's also important to remember that advertisements and marketing of food surround us on a regular basis.

In addition to all these factors, the theme of this article is "local" food. Is "local" just another marketing strategy? Is "local" a way to eat healthy? Is "local" better for you and our community?

There is no one definition for "local" when talking about food. "Local" can be defined by geography, or government boundaries such as state or county lines. It can be defined as a radius such as 50 miles or 100 miles from producer to eater. It can be defined by the shopping experience such as buying directly from the grower like at a farm stand.

Individuals, grocery stores, restaurants and other sites might have different definitions for local. As a consumer, you are encouraged to ask questions to learn about definitions and match those choices up with your values about food. How does this all fit together and how can it help you make healthy and enjoyable decisions about the food you eat?

From a nutrition perspective

Whether your food travels from a different part of the country or from another country, you are still encouraged to eat reasonable portions, eat food from all five food groups and don't add too much additional sodium. There are many foods that will never be local to Ohio that are good for you to eat. The obvious examples are tropical fruits such as pineapple, mangos and avocados. These are all good for your health. In addition, there are many, many varieties of fruits and vegetables that do grow in Ohio. This helps meet the recommendation of eating a "rainbow" of produce, whether it is fresh, frozen, dried or canned.

From an environmental perspective

Often when grocery shoppers experience a spike in cost as the store, it might be a direct result of environmental challenges in other parts of the country where that food is being grown. For example, consumers can probably expect an increase in the cost of eggs due to the bird flu this year. Ohio does not have the bird flu now and steps are in place to try to prevent it. For example, at county fairs and the Ohio State Fair, birds like chickens will not be on display at any of the fair grounds.

While this might sound like a topic that is only of concern to those who live in the country and raise and show their own chickens, anyone who buys eggs will probably notice an increase on their grocery bill. Buying local is one way that may help with the food cost.

In a similar way, California is a high producer of fruits and vegetables for the entire country. Although they have a warmer and longer growing season compared to northwest Ohio, we can grow many varieties of fruits and vegetables here. As California faces a water shortage crisis, states and communities around the country are considering the environmental and economic value of growing foods closer to the consumers.

From an economic perspective

Is local food less expensive? Sometimes. Is local food more expensive?

... continued on page 7



St Paul's Community Center.....a leading homeless shelter in Toledo would like to announce some exciting news.

Our new fundraiser – The Burger Bash for the Homeless is a part of the City of Toledo's Red, White and KaBOOM 4th of July celebration

You've heard of the Rib-Off, the Chilli-Cook-Off and Pizza Palooza, but there has never before been a Burger Bash in our community.

This family-friendly fundraising event will kick off the holiday weekend on

Friday, July 3rd

11:00 a.m. – 9:00 p.m.

At Promenade Park

The day will include a Burger Competition by area restaurants

The day long activities include bands starting the day off with Johnny Rodriguez

An Art Exhibit by Local Artist

Your Skin Is Their Specialty

By Dr. Hope Mitchell, MD

The Truth Contributor

The skin is the largest organ, our primary source of protection. Maintaining the health of this organ is vital. Just as we perform regular care of hair with cut and color services, manicures for nails and pedicures for feet, routine care for your skin should be a top priority.

Consider how you care for your skin from the inside and the outside. Take a moment to reflect on your lifestyle choices:

- Are you stressed? Create harmony in your life! Stress manifests itself in many skin conditions.
- Do you drink plenty of water? Water aids in the elimination of toxins and hydrates the body. You should be drinking half of your body weight in ounces of water daily. If you weigh 120 pounds, that means 60 ounces of water!
- Do you exercise and get fresh air?
- Do you smoke cigarettes? Smoking restricts oxygen in the body and decreases normal function while zapping skin of vitality and glow.

Make a commitment to care for your skin by addressing all lifestyle choices that can hinder this vital organ from getting the nourishment it needs. As with anything, there is no quick fix; however, there are many products and services to start you on the right path.

Your visit to **Mitchell Dermatology** isn't complete without learning about the medical grade skin care products in the retail area and the cosmetic facial services we offer to complement your skin care goals.

After seeing a patient, we are comfortable transitioning them to Jeanette Young, licensed medical aesthetician (LMA) for product and service follow-up. She is essential in providing patients with continued education about their skin.

Rejuvenate your skin with a customizable facial, customizable chemical peel or microdermabrasion. You may be thinking, "What can a facial possibly do? A microderma-what? Chemical peel? Ouch! How much are the



products going to cost? This is going to be expensive!" Let's look at this from another angle. Each of these services has a unique way of aiding in the function and health of the skin and won't break the bank!

All skin types can benefit from facials, \$55 to \$75 per treatment, which balance the skin and promote circulation. Microdermabrasion and chemical peels range in price from \$125 to \$150 per treatment, assist in cellular turnover (exfoliation) to improve texture, even out skin tone and lift scarring.

Mitchell Dermatology is proud to now also offer **HydraFacial**, the only hydradermabrasion procedure that combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer, more beautiful skin with no discomfort or downtime. The treatment is soothing, moisturizing, non-invasive, non-irritating and very relaxing. With a series of treatments, your dull, dry, rough skin will become noticeably brighter, hydrated and smoother.

As an added bonus you may also notice diminished fine lines and blemishes. **Why wouldn't you want to have any of these procedures done?** They remove dry, dead skin that prevents the penetration and absorption and therefore effectiveness of any anti-aging cream or lotion you may be applying to your face.

Product prices are extremely competitive and contain medical strength ingredients meant to make changes in the skin. "We carefully choose our retail products to be effective and results-oriented yet economical," says Jeanette Young. "We carry Glytone, Avène, Image, Neocutis, Clarisonic, and Dr. Mitchell's own brand of Mitchell Dermatology products and the best selling Papaya Enzyme Cleanser."

They also retail **Latisse**, the only FDA-approved prescription product to grow your own eyelashes-----longer, thicker, darker! They also provide full service waxing and eyebrow and eyelash tinting services.

Feel free to call Mitchell Dermatology at 419.872.HOPE (4673) to schedule a consultation and treatment with any of our aesthetic services. Mention this article when calling and receive a free HydraFacial with a HydraFacial package purchase OR 10 percent off any of our aesthetic services with Jeanette Young, LMA (expires 7/31/15).

Where Your Food Comes From... continued from page 6

Sometimes. The best way to stretch the food dollar when shopping for local foods is buy what is in season. This is what is currently being harvested or produced and is in a large supply.

Also, if you are buying the whole food with the intentions of making your own meals, it is usually less expensive than buying prepared meals or even pre-prepped items, such as sliced fruit or vegetables. Local food might be more expensive if it was grown in a certain way such as following organic growing practices.

There are additional costs to that way of growing food and for some people there is additional value in knowing how the food was raised and grown. One way that local food might be more expensive (but not always) is at restaurants that feature local food products. Not surprisingly, these are restaurants that have chefs, plan the meals, search out local producers and prepare them with great care. This type of meal will usually cost more than one from fast food restaurant that does not operate in the same way.

From a community perspective

In recent times, local food sold directly from the producer, like at farmers' markets has once again regained popularity. In addition to making fresh,

healthy food choices, some of the other advantages of buying at a farmers' market include increasing the sense of community and increasing the local economy. Farmers' markets are not the only places to seek out local foods but they offer a sense of community that differs from larger grocery stores.

"Local" growers and producers might be as close as our state or our neighboring state of Michigan. They might also be as close as your neighborhood, whether you live in the country or the city. Seek out local growers, producers and vendors, get to know them, and get to know their stories and their products. I bet you'll you have some enjoyable and tasty experiences!

Next month, August 9-15, 2015, we will be celebrating Ohio Local Foods Week. Next month's article will invite you to join in the \$10 Local Foods Challenge by choosing to spend at least \$10 on local foods during that week. In the meantime, for regional information on Ohio Local Foods Week, the Education and Awareness Task Force of the Northwest Ohio Food Council is promoting and sharing information about local foods: <http://www.northwestohiofoodcouncil.com/>

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Real Secrets of Weight Loss

By Angela Steward, Fitness Motivator

The Truth Contributor

I'm one of those people who can gain weight quickly, especially when I throw everything I've learned to the wind and say - I see it, I smell it, I want it and I'm going to eat it!

Even though I exercise regularly, a few days of careless eating (donuts, burgers, fries, sodas) allows 15 pounds to jump on my body like a warm winter coat. So, when that winter coat gets a little heavy, I adjust my exercise schedule, I plan my meals, I increase my water intake, and I cut back on snacks.

I don't deprive myself, I just jump back into some simple strategies that work for me and hopefully they will work for you too.

Secret #1 - I keep a gym bag in my car stocked with exercise gear. Why? If you're already prepared to exercise, chances are pretty good that you will.

Secret #2 - Eat real meals. Skipping meals? Not an option. Plan your meals. Some people cook ahead on the weekend to make healthy-weekday eating easy. Others rely on good for you prepared meals. I personally eat pretty simple! Normally I eat two boiled eggs and fruit for breakfast. Tuna, a salad and fruit for lunch. My dinner is whatever my husband prepares. If he prepares something I don't want, I make a veggie and fruit smoothie. This plan works for me! So whatever you do, make sure your plan is easy to do so you'll stick with it.

Secret #3 - One diet doesn't fit all. Some women lose weight by using Weight Watchers, Slim Fast, the Atkins Diet, etc. Lesson? The plan that works for you is the one for you! The key is to know yourself! Don't give up if one diet fails for you. If a program sounds like deprivation, skip it and find one that gives you positive vibes, something you can do for the long haul - a lifetime!

Secret #4 - Love of competition. Look at weight loss as a contest. In fact, I run contests at my gym to encourage myself and my clients to commit to their health. Outside of exercising regularly together, many of my clients love to race. They do 5k's, marathons and some even do triathlons together. Training for an event helps then to commit to exercising routinely. I'm blessed with bad knees, so my doctors double dog dare me to run...lol! So, I ride my bike, I walk, I stay active. My only competition is myself!

Secret #5 - Talk. A lot. Talk about your weight loss success. One thing that keeps a lot of my clients on track is they share their tricks with each other. A change that could seem trivial to you, could be a huge change to

someone else. Stay on track by encouraging and helping others.

By the time you read this article, I will be on my annual 15-pound vacation to New Jersey. New Jersey is my husband's home and he and his family know where all the best seafood restaurants are. In fact, our entire vacation will be spent eating delicious seafood at new, old and all you can eat seafood restaurants!

Of course, I'm not going to sit in a restaurant and order a small salad while my relatives eat the best melt in your mouth crab, lobster, clams, shrimp and scallops, so for the past two weeks I worked hard to lose 15 pounds - BEFORE the trip to New Jersey!

So wish me luck! I will attempt to use the above strategies while on vacation, but more than likely - I'll be eating whatever I want, when I want - pretty much guaranteeing 15 pounds to jump on my body like a warm winter coat! But once I'm back to reality - I'll return to the ideas that allowed me to lose over 70 pounds seven years ago - using Secrets #1 thru 5.

It's too hot for a winter coat, don't you think???

Yours In Fitness!

Angela R. Steward

Fitness Professional

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Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,

I have been working out now for about three years and I want to get a little more results. I am a 34 year old male and I consistently train three days per week. I do a total body workout and they last for about two hours. What could I do to add some more size to me?

Dear Total Body,

I think most people put more emphasis on the workout and not enough on nutrition. A good workout along with proper nutrition will harvest new results for your physique. You must first take a look at your eating habits. Are you getting enough protein in your diet? Are you drinking enough water? How much fats and carbs are you consuming? Evaluate your diet and make changes to fit your desired results. Protein should be at least one gram per pound of lean body tissue. This is the most important macro nutrient that your body needs to produce the results that you are seeking. A good food ratio for putting on muscle mass and not gaining fat is 50 percent protein, 20 percent carbs and 30 percent fats.

Two hours in the gym is a bit much unless you are doing your aerobic work too. Depending on what you are doing, you may not be giving your muscles enough time to rest between workouts. This will cause you to over train and also put a halt on your gains. You should try to break up your workouts and concentrate on the large muscle groups such as: legs, back and chest.

On a three- day week program, I would work legs and shoulders one day, back and biceps another, chest and triceps for the last workout. The days and order you would choose to do them are solely up to you. Do mass building exercise such as: squats, straight leg dead lifts, bench press, incline press, seated rows and pull-ups.

Do a good warm-up set. After you warm-up then pyramid up for four to

five sets. On your last two sets you should go heavy for at least five reps. Don't worry about how much weight you can lift. Make sure that the weight you are lifting is heavy but comfortable and manageable for you to lift. Five heavy reps with good strict form is what's important. You cannot sacrifice proper form for heavy weights.

Remember quality not quantity along with common sense is what builds good muscle and prevents injury. Change your workouts every six to eight weeks so that your muscles don't get used to the same old workout, but if you are getting the results you seek, leave it alone. Shocking the muscle will also help it to grow. Change the order of the exercises every workout.

Stay focused on your goal, eat well, train hard and good luck achieving your Dream Body.

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Ryan Rollison
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Regina Delaine Gabriel

On June 14, 2015, my daughter Regina Delaine Gabriel passed away. My family was moved by the outpouring of support from the various denominations, the citizens of our area, members of the business community, and elected officials. My family is truly grateful.

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Body Talk

By Dianne Hart Pettis, MS, FNP-BC

The Truth Contributor

Have you ever felt like an illness or disease just sneaked up and attacked you? Or you've gone to your primary care provider or a specialist and have been surprised by test results? 'Suddenlies' do happen in life, but not where your health is concerned. Your body is always giving you signals. They may be slight and barely noticeable, but they're there. They may occur months, or even years before they force you to go get examined.

We have these amazing bodies. We have complex chemical and electric feedback systems that are created to work perfectly to keep our bodies working in perfect balance or to warn us if there is any kind of imbalance.

It starts in the cells, which make up tissues, which make up organs, which are part of systems. For example, when you eat something, your nervous system (brain), endocrine system (hormones), and your gastrointestinal (digestive) system are all involved – beginning with each tiny cell of each system.

Each system even has multiple kinds of cells that each has different functions. If you happen to be diagnosed with something like a stomach ulcer, it could have originated from a malfunction of any of the involved systems, down to a very tiny cell in one of the systems.

The complex feedback systems are normally able to handle upsets in balance in your body. If the situation that created the imbalance continues over time, or worsens; the tissue becomes affected. Diseased or malfunctioning tissues become diseased or malfunctioning organs.

Usually, the body is screaming out at you to go to your primary care provider or urgent care by then. The trouble is – well, one trouble is – that we tend to be so busy every hour of every day, that we don't notice

the signals that our bodies give us. So much on the outside has our attention; from the time the alarm goes off in the morning, until we pass out at 1 a.m. from exhaustion in front of the TV.

The other trouble is that we haven't paid enough attention to our bodies to know what's normal and what's not normal. There are normal changes; such as seasonal changes, age-related changes, or gender-related cycles. Some of those changes can be anticipated, and are normal. When you know your normal self, you can be alerted by subtle or early changes in sensations or function. Sometimes the signals come and go, but should be noted.

Some people are very sensitive and in tune to their bodies' signals. If you are not one of those people, you may need to practice to get to know yourself. Take (make) time regularly to just stop. Choose a time when you won't be disturbed for about 15 minutes. Sit or lie down with electronics off and cell phones in another room; and get quiet. Close your eyes and take 8 to 10 slow deep breaths, while paying attention to the air flowing in and out. This helps to relax you.

Now just listen and notice. You may want to focus on one part of your body at a time. Are there any sensations you notice? Any pain or discomfort? Any muscle twitching? Is your heart racing? Is your mouth dry? Is your stomach making weird sounds? Get to know you.

Sometimes, when you're in this relaxed state, you may get a 'message' that you should do something or stop doing something to improve your health. You should pay attention and follow that 'guidance', or gut feeling. Also, really look at your body – nude. Do regular skin checks for new moles or skin texture. Of course monthly breast exams or testicular exams are a must.

Pay attention to subtle signs, but danger signals should be handled immediately: severe pain, bleeding, severe changes in function, sudden changes in hearing or vision, numbness, and drastic weight loss or gain. Your body is wise; it was created that way. It will talk to you; just listen.

Dianne Hart Pettis, MS, FNP-BC
Family Nurse Practitioner
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Parents: Tips to Support Healthy Hydration

Special to The Truth

Parents often wonder how to maintain their kids' health. One important step that may be overlooked is to ensure that young children are properly hydrated. It can also be a challenge for parents to create a menu kids will enjoy that meets the recommended Daily Value (DV) of vitamins and nutrients.

"By including U.S. Department of Agriculture (USDA)-certified organic fruits and vegetables in your children's diets, you can help ensure your child is staying hydrated from the water in them, while also consuming the necessary vitamins, minerals and protein that they need to grow healthy and strong," says Dr. Deena Blanchard, Pediatrician at Premier Pediatrics in New York City and a consultant for Ella's Kitchen brand, which makes organic food for babies, toddlers

and kids. "Nutritional shakes provide proteins, vitamins, and minerals, the necessary building blocks of a healthy immune system, to supplement kids' daily diets for complete nutrition; and electrolyte waters with naturally-occurring electrolytes can also help keep kids hydrated."

Dr. Blanchard recommends the following tips to help parents make good choices for their children.

- **Hydrate children, especially when sick:** When children are sick, the importance of proper hydration cannot be overestimated. If eating or drinking is difficult, try giving your child smaller amounts, more frequently. Choose water, 100 percent juice or drinks that contain naturally occurring electrolytes and other components that help support kids' immune systems.

- **Choose wisely:** Watch out for artificial flavors, colors and preservatives as well as the amount of added sugars in sports drinks and other beverages. It is important to provide kids with beverages that are free of artificial ingredients and contain fruits and vegetables. You can be sure you're avoiding those additions when you choose USDA organic beverages, such as Ella's Kitchen Organic Coconut Water Electrolyte Drinks or their new Smoothie Drinks, which provide one full serving of fruit per 8 fluid ounces.

- **Don't forget to hydrate when playing sports:** Kids can become dehydrated while playing sports or engaging in other physical activity. At the ballpark or playground, it is important to keep drinks on hand. Good choices include organic fruit and veggie purees, which contribute significant water to the diet and naturally-occurring electrolytes for natural rehydration.

- **Supplement:** Though vital to proper growth and development, meeting the recommended daily intake of vitamins and nutrients can be tough, especially for little ones who are picky eaters. A tasty, protein-packed nutritional shake can help parents ensure kids get the calories and nutrition they need. Consider trying Ella's Kitchen Coconut + Milk Nutritional Shakes, which are made with certified USDA organic low-fat milk, fruit + veggie purees and coconut water, providing 44 percent of the recommended DV of protein, 30 percent

DV of calcium, as well as vitamin B12, riboflavin, iodine and electrolytes. Made with ingredients parents recognize, these shakes provide a boost of nutrition with a taste that kids will enjoy.

Visit EllasKitchen.com for more options for healthy hydration and nutrition for the little ones.

In the warmer months, proper hydration is especially crucial. Parents should seek out choices for kids that support a healthy immune system.

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Toledo Fair Housing Center Recognizes Supreme Court Victory for Equal Opportunity

Decision Protects Americans from Unfair Housing Practices

Last week the U.S. Supreme Court preserved a critical tool in the enforcement of fair housing in *Texas Department of Housing and Community Affairs v. The Inclusive Communities Project, Inc.* In a 5-4 ruling, the Court reaffirmed the continuing importance of disparate impact, a key component of the *Fair Housing Act* which seeks to eliminate discriminatory housing practices that may be less apparent, but nevertheless have a detrimental effect. The decision upholds 45 years of legal precedent, and protects the principles of diversity and opportunity that are central to America's identity.

Michael Marsh, President/CEO of Toledo

Fair Housing Center, issued the following statement in response to this ruling:

"This is a tremendous victory for equal opportunity, and for the future of Northwest Ohio and our nation. A strong and effective *Fair Housing Act* will continue to move our country beyond a legacy of segregation and discrimination and toward opportunity for all. The Court recognizes the necessity of adopting inclusive practices that will lead to diverse, prosperous communities. This Supreme Court ruling will be instrumental in holding big banks accountable for their unfair lending practices that have had debilitating consequences for our local economy in recent years. That's

why many of them fought so hard to dismantle it.

Today's decision is an endorsement of our efforts to eliminate barriers to fair housing, and ensure all individuals throughout Northwest Ohio have equal access to housing opportunities. We look forward to working with housing professionals and government leaders to enact policies that support housing free of discrimination. Housing opens the door to other opportunities, including quality education, employment options, and access to services and transportation. In creating inclusive communities of opportunity, Toledo Fair Housing Center seeks to improve quality of life by expanding access to housing."

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Toledo African American Chamber of Commerce

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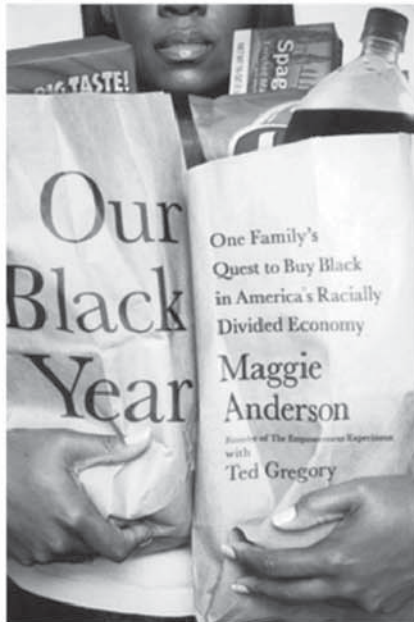
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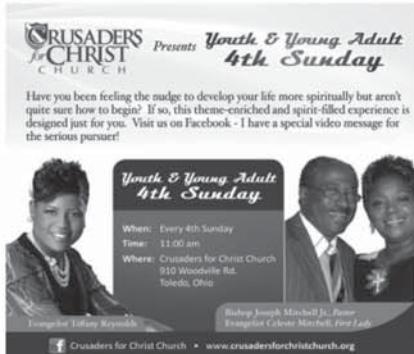
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Website: unisonbhg.org

EOE

Special Notice

RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted July 6-10, 2015 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

1. Must be 18 years of age or over,
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

Notice to Bidders: Inquiry # FY16-01, (Project # 1030-15-114) for Main Campus Parking Lot 2 Reconstruction for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, July 7, 2015. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$30.00 will be charged per set. Any further information may be obtained from Rick McGuckin of DGL Consulting Engineers at 419-535-1015. One Pre-Bid Conference will be held on Tuesday, June 30, 2015 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 12.5%. Project Estimate: \$195,000.00; Breakdown: General Const: \$195,000.00.

Call to place your ad

419-243-0007

www.TheTruthToledo.com

One Stop Shop & Design Boutique Arrives at Toledo Westgate

Special to The Truth

Style 5:16 Designer Consignment Boutique & Craft-Party Studio opened its doors to the upstairs craft-party studio for art, bridal showers, fairy garden classes, and princess tea parties a month ago. The first floor consignment boutique opened its doors on June 13. Style 5:16 is located on the backside of Cricket West, in the Toledo Westgate area!

The "one stop" shop & Design Boutique is a spacious, yet intimate place for private parties, sewing & art classes, and a boutique shopping experience. "I wanted to elevate consignment shopping in Toledo by combining an artistic and fun twist with the addition of the upstairs loft studio. You

can bead a necklace upstairs to wear with the fabulous designer blouse & handbag you purchase downstairs," said owner Jonelle Massey.

Lorraine Cipriano and her daughter attended an "Art Night Out" instructed by Dani Herrera of Paper DenimArt. "It was a



Jonelle Massey

beautiful space where I got to meet new people and I am excited about collaborating with Jonelle in the near future on a poetry themed event. It will be a vibrant addition to our artistic community."

Style 5:16 is adding to the growing excitement of the Westgate area with its designer consignment clothing boutique. Residents in the surrounding neighborhoods of Old Orchard and Ottawa Hills are pleased to have a clothing consignment establishment close by that will help them clean out their closets, and restock them.

"I can hardly wait for the consignment shop to be unveiled. What a breath of fresh air Style 5:16 is going to be to our neighborhood and Cricket West!" said Heather Meyer of Old Orchard a week before opening.

Since the grand opening Style 5:16 has already established repeat shoppers.

"I am really happy with my location. I get great stuff in everyday, often employees from the hospital and university stop in on their lunch break several days a week! The French Twist & Troy's Miracle salons next door bring in excited shoppers as well." Jonelle is looking to continue the momentum with her sponsoring of Toledo's first ever "National Resale Day" City Wide Shopping Bus Tour, Saturday, July 11.

There are still seats available for this day tour that includes five stops at local consignment, vintage, and antique shops, box lunch, mimosas, drawings, shopping discount coupons, and more from 9am-3:30pm for \$35. For more information call 419-214-0029, or email 516scpd@gmail.com or visit us online, www.style516.com, www.facebook.com/style516 (3142 Markway -Backside of Cricket West). Store hours are Tuesday - Friday (10am-7pm), Saturdays & Mondays (10am- 4pm).

2015 Ottawa Park Concert Series

2205 Kenwood Blvd. (The Amphitheater is Located Behind the Toledo Police Department Sub-Station)

July 11th
East River Drive
Las Vegas Show Band

July 18th
Boffo
Classic Rock

July 25th
730 Club Band
Soft Contemporary Rock

August 1st
DeZire
Motown

August 8th
The Good, The Bad & The Blues
The Blues

August 15th
The Overton Project
Jazz Fusion/Funk

Show Times 6:00 pm 8:00 pm
All Concerts are Free and Open to the Public
Sponsored by the City of Toledo, Division of Parks, Recreation & Forestry www.toledo.oh.gov
and the Ottawa - Jermain Park Board www.ottawapark.org



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Jazz'in Up The BEAT