

Mt. Nebo Honors Silent Soldiers



Standing (L to R): Terri Cook, Harvey Savage, Jeleo Young, Perry Harris, Pastor Cedric Brock, Robert Tucker, Eddie Rome, Claude McFall, Charlene Self; Seated: Wendy Robinson, Elaine Hunter, Pamela Sullivan, Pastor Jamie Richardson, Pastor Shirley Sparks, Janette Stinson, Joyce Bell Martin, Waverley Earley

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Guest Editorial

Vote as if Your Life Depended on It: A Political Profile Down Memory Lane

By June Boyd

I began volunteering at the Lucas County Democratic Party headquarters in 1958. My mentors, the late Frances Belcher of the Bronze Raven, and Anderson Cheeves, a businessman, introduced me to party officials and I began working on campaigns such as Francis Reno for judge and Bud Donovan for state representative.

I'm writing this hoping to encourage more young, and old, African Americans to get involved in the political process. The one power we have as African Americans is voting.

In November 1959, I was offered a job with the Board of County Commissioners under the direction of Ned Skeldon who was president of the Board. I was the first African American to be employed there. That experience was an opportunity that gave me knowledge and contacts with every entity under the direction of the County Commissioners.

The political benefits resulted in getting dozens of people registered to vote and getting them involved in volunteering on campaigns, which then led to job opportunities. At that time, there were a few outstanding African-American leaders who were working diligently for our community and encouraging our people to vote. Most are now deceased but must never be forgotten: Mamie Williams, Erie Howard, Harold Fox, Nellie Gales, Cora Bates, Casey Jones, Perry Burroughs, Bertha Irvin, Bill Copeland, Shannie Barnett and George Davis. The latter two gentlemen worked hard in the labor movement to guarantee jobs in the auto industry. The fight for our political rights had just begun.

In 1972 I went to work as an assistant clerk at the Lucas County Board of Elections, furthering my knowledge of the election process. In 1975, with the encouragement of a friend and co-worker, Helen Goergen, Sandy Isenberg and I organized the Democratic Business and Professional Women's Club of Lucas County under the Democratic Party chairmanship of Bill Boyle.

The purpose of the organization was to again encourage more women to support female candidates, to vote and support the local, state and national Democratic parties. The club was the first of its kind in Lucas County, based on the diversity and the fact that female elected officials were members of the club. Judge Alice Resnick, the first woman from Lucas County elected to the Ohio Supreme Court was also one of the founding members. The club had over 200 members, had luncheon and dinner meetings, to accommodate working women.

In 1983, following the election of Marcy Kaptur as the first woman from



June Boyd

this area to be elected to the U.S. Congress, I organized a trip to Washington, D.C. for the Democratic women to witness Kaptur's swearing-in ceremony and tour the Capitol. Following the excitement of the trip, the next two years included another such trip to Washington.

I continued to lobby for members of the community to get jobs and was successful. The political activity was a stimulus for others to get involved. I have recruited many election officials in the past who are still involved.

When Senator John Glenn ran for president, I organized a bus trip to Iowa for volunteers from Toledo to campaign, register voters and talk up the candidacy of Glenn. The trip was a fulfilling experience for the participants.

In 1988, the previous experience with Glenn encouraged me to run as a delegate for Rev. Jesse Jackson for president. Elected as delegates, Mary Hollis, Gail Austin, Norma King and I traveled to Atlanta, GA, to the Democratic convention which was an experience of a lifetime. Jackson delivered a speech at the convention which I am sure has gone down in history as one of the best, based on a story of a quilt, which

left many men and women in tears. One of the elected officials from Columbus was quoted as saying, "If Jesse Jackson were white, he would be president." It took 20 years for that statement to become a reality with Barack Obama.

Over a period of 58 years I have worked for and supported dozens of endorsed Democratic candidates along with working with John Irish and the late Domenic Montalto. The history of the local Democratic Party needs a "Hall of Fame" for those servants who, not thinking of themselves, worked hard to get so

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The Sojourner's Truth

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Community Calendar

March 6

Interdenominational Ministerial Alliance Black History Month Celebration: 4 pm;
First Church of God; Speaker Bishop Robert Culp
Owens Community College Free Pops Band Concert: 2 pm; Center for Fine &
Performing Arts Theater; Marches, sax solo, St. Patrick's Day medley, tribute to
Louis Armstrong: 567-661-7081

Interdenominational Ministerial Alliance Toledo & Vicinity Continue Celebration
of Black History: "Owning the Dream;" 4 pm; First Church of God; Speaker
Bishop Robert Culp; Guest choirs – Community Choir, First Church of God, TPS,
WOE & MOE, Glass City Church Praise Dance Team: 419-255-0097
Calvary MBC 27th Pastoral Anniversary: Rev. Floyd Smith, Jr; 4 pm; Guest Pastor
James Willis and St. Paul MBC

March 7

Kwanzaa 2016 Planning Meeting: Frederick Douglass Community Association; 6
pm; 50th anniversary planning session to celebrate history, culture and customs;
Need former presenters, entertainers and other participants to share ideas

March 13

Calvary MBC 27th Pastoral Anniversary: Rev. Floyd Smith, Jr; 4 pm; Guests Pastor
Stanley Clark and United Vision Baptist Church

March 19

Flanders Road Church of Christ Clothing Giveaway: 10 am to 1 pm

March 20

Calvary MBC 27th Pastoral Anniversary: Rev. Floyd Smith, Jr; 4 pm; Guests Pastor
Mevil Barnes and Faith Fellowship Church

Freebies For All....

By Lafe Tolliver, Esq
Guest Column

Below, is a grab bag of legal tips and goodies that hopefully some of you can use.

Again, each situation is different, so don't forget to consult with an attorney if you need more of an in-depth analysis of your particular situation.

TIP ONE: a married person can file a Chapter 7 bankruptcy without his or her spouse, but if they live together under the same roof, the person who is filing must include in their financial disclosures the income of the non-filing spouse to see if they "qualify" for a bankruptcy. Yes, you must now "qualify" to file a Chapter 7 bankruptcy which is based largely upon the income amounts in the household.

TIP TWO: When filing for a divorce, the property that each spouse brought into the marriage (house, car, boat...) is still considered as his or her property and not subject to the claims of the other spouse as long as the title is not transferred to the other spouse when they do marry.

TIP THREE: Except for some simple legal procedures like a name change or paying a traffic ticket or a charge that is only court costs and fine and with no chance of incarceration, never go to court without your attorney. A penny of prevention is better than a pound of foolishness.

TIP FOUR: To avoid a lot of family grief and family squabbles about, "who gets what and how much" always make out a will and keep it updated as your wealth changes and let someone know where the will is located! If you don't, the State of Ohio can step in and dictate who gets what and how much if the will can not be located. Consider keeping the will in safekeeping at the local probate court vault. To do so, you are charged a very low court cost.

TIP FIVE: If you are injured in a car accident, do not wait weeks to seek medical

attention because the longer you wait and complain, the more it looks as if your injury is not that bad and that something else may have intervened since the accident and is the real cause of your concerns.

TIP SIX: If you resolve a dispute with a creditor, landlord, or anyone whom you owe money to or who owes money to you, always, always, always, get the agreement in writing with a time and date and place and with both signatures on the spelled out agreement. Do not rely upon oral promises, even with family members! Nothing personal... strictly business!

TIP SEVEN: If you believe that you are ex-

periencing on the job harassment or discriminatory conduct, start to document the events, the person(s) who are harassing you and the facts involved. Make sure you follow company policy as to reporting any such acts. Do not delay in reporting such behavior. Do not threaten anyone but simply follow your union or company procedures so that you can say that you did what was required of you before you have to involve legal counsel or seek out the help of the downtown Ohio Civil Rights Commission (located in the government center bldg).

TIP EIGHT: If you are stopped by the police in your car or elsewhere, cooperate by giving them your name, address, date of birth and SSN. Don't use the event to

yell and argue and threaten to sue them. Be calm and tell the people in your car to be calm and cooperate, even to stepping out of the car.

You do not have to give them permission to search the car but they can search you and your occupants for weapons to insure their own safety. Whatever you do, and especially at night, do not make any sudden gestures because they can interpret that act as a move to harm them or you going for a weapon and....well, you know what can happen next.

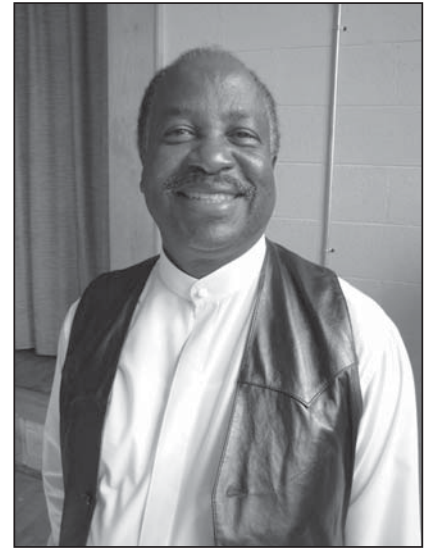
TIP NINE: If things get hot and heavy with you and your "baby's daddy" or "baby's mama", take the high road and leave the situation or room or house and call the police. Do not make things worse by grabbing the child or threatening the baby's mom or dad.

What you do not need is a temporary restraining order put against you or you facing charges of obstruction of official business, resisting arrest or assault charges.

Be cool. You will have your say in court. Domestic violence charges are serious and the judges do not take lightly such charges if found to be true.

TIP TEN: Avoid this scenario: Mom or Dad is ill or is getting close to being "loopy-loopy" as to memory. Immediately seek legal counsel so he or she can sign a will or a power of attorney or a durable power of attorney for healthcare. If you do not and there is no improvement and he or she cannot sign a will or a power of attorney, you are faced with getting the court involved with a guardianship.

Be proactive and intervene with a parent or other family member and do not wait until it is too late and a parent is in a nursing home unable



Lafe Tolliver, Esq

to care for herself or think for herself; and THEN you make the frantic calls to an attorney for such documents. Too late. She does not have the requisite mental ability to sign such documents.

TIP ELEVEN: If you get into a situation with a landlord who owns more than four rental units and the landlord is not doing his or her duties to you, especially physical upkeep of the premises or is denying your basic services such as hot water and heat, you can put your rental payments into escrow at the downtown Toledo Municipal Court and force the issue with the landlord by having a hearing on these issues.

TIP TWELVE: If you have any car repairman service your car, always have the signed estimate put in writing and what services have agreed to be performed. Check with the Better Business Bureau if you are concerned about their history of repairs.

If the repair bill comes back more than the estimate, demand to see what additionally was done to the car. Always have the repair person call you first to inform you of what more needs to be done before you authorize it. Also, ask, if you wish, to have any parts that are replaced, be given back to you so that you can see if they really were replaced or not.

Hey now, so who says that I am not a great guy for giving out these free tips!

Contact Lafe Tolliver at tolliver@juno.com

Boyd.. continued from page 2

many Democrats elected.

The outstanding political event in our lifetime has been to elect a black president of the United States. President Obama has been a pioneer in the trenches wherein we have learned even with his status, he has had to endure discrimination. However, he and First Lady Michelle Obama have represented us well. They have made history and made their mark for all of us. We now must keep the momentum going by registering to vote and making sure all of our relatives, friends and associates do so too.

In 2016, the presidential primary is March 15. The general election is November 8. Vote as if your life depended on it.



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A Critical but Necessary Observation of African American Males in the 21st Century: The Culture of Sports, Mass Incarceration, and Human Rights

By Anthony Bouyer
Guest Column

I view Toledo from the perspective of a probation officer who is seeing children of former clients come through my office door. As I look locally at the state of young African-American men in Toledo, their problems parallel the crisis facing young African-American men nationally.

Locally, as it is nationally, many African-American men have criminal records: it is usually the norm as oppose to the exception. We are continuing to witness senseless crimes, including the senseless killings of young black men by other young black men. Over the past two decades as a probation officer, I have lost many young black men whom I have supervised, due to violence. They have been both perpetrators and victims of killings.

However, the recent killing of a young man I had on probation has compelled me to write this article. This young man's bio is that of many young African-American men, many arrested first as a juvenile and then as an adult. This young man was truly trying to grasp the concept of a good life. He had been employed with the city in leaf pick up.

I recall seeing him on a Friday cashing his first check. His face beamed with pride and confidence. I was truly happy for this young man to witness him experience the joy of earning a living. So when I opened the newspaper and saw his name as a murder victim, this tore at the fabric of my being.

African-American men currently residing



Anthony Bouyer

in urban areas of the United States generally face negative consequences due to lack of education and disproportional representation in the court system. This affects employment, healthcare and criminal involvement, which ultimately leads to crisis across the lifespan. Yet as a society we are reluctant to connect the problem with one of our great loves: sports.

The beginning of these problems can be traced to the young men's dropping out, or being pushed out, of school, in high school or even earlier. But before that and often leading directly to it, we have the problem of the glorification of sports. From a young age, African-American boys are surrounded with the dream that sports is their key to success—a dream created in large part to support the exploitation of athletes, disproportionately black males, for the entertainment of the dominant culture, disproportionately white.

As young boys are steeped in sports, investment by the larger society in their intellect drains away. The problem is huge: As we look at the graduation rates of African-American males, over 50 percent nationally and in some urban areas over 70 percent fail to graduate high school.

The unemployment rate of black men, particularly young black men between the ages of 16 to 25, is three times that of other groups. The majority of these young African-American men killing each other have been failures in school. Schools have failed to help them

achieve academically.

If these young men are not educated, then they do not develop critical thinking skills which help develop conflict resolution abilities. They are thus not prepared for the workforce, but also are not prepared for social life. The failure to graduate from high school does not relieve these young men of their responsibility to avoid violence. Make no mistake: they and they alone are responsible for killing each other and leaving a community devastated with its aftermath.

All of the most important quality-of-life indicators suggest that black males are in deep trouble. They lead the nation in homicides, as both victims and perpetrators, and in what observers regard as an alarming trend, they now have the fastest growing rate for suicide.

African-American males' arrest, conviction and incarceration rates have been at the top of the charts in most states for some time. Even as they grow older, they face the unfortunate reality of being the only group in the United States experiencing a decline in life expectancy. In the labor market, they are the least likely to be hired and, in many cities, the most likely to be unemployed.

We have to get more strategic and analytic about addressing this huge and persistent problem, and using social theory can help us to do so. Whenever there has been a public health crisis, educating the public to that crisis has been the most successful strategy used, as in the current heroin problem which has been recognized as a public health crisis and rightfully so. Equally important and equally a public health crisis, African-American young males killing each other deserves the same level of outrage from not only the African-American community, but also from policy makers who can address the crisis in the same way as the heroin crisis is being addressed.

Policy makers and politicians knew of the potential crisis and the consequences of not addressing the problems facing this group of American citizens and what the outcome could mean. Their solutions? During the 1980s and President Reagan's leadership in the War on Drugs, there was an explosion of both prisons and sport complexes across America. Society built prisons to lock young African-American males up for violating minor drug laws, and sports complexes for young African-American male athletes to entertain Americans.

The two building projects were not unrelated. Thus, comes the school-to-prison pipeline. When students of color, particularly black males, do not graduate high school, several years after leaving school many find themselves in prison or on probation. I know. I talk to them every day.

Those who are athletes are used as entertain-

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Ohio Democratic Party Celebrates Women's History Month

Special to the Truth

The Ohio Democratic Party today released the following statement celebrating the start of Women's History Month:

"Almost 170 years ago, famed abolitionist Sojourner Truth delivered her powerful 'Ain't I A Woman' speech at the Women's Rights Convention in Akron, Ohio, encouraging women to fight for equality with men," said Ohio Democratic Party Vice Chairwoman Rhine McLin. "Today that fight continues as we have women who are trailblazers in Ohio's history, such as Helen Rankin, the first African-American woman to serve in the Ohio House of Representatives; Maple Heights' first African-American mayor, An-

nette Blackwell; and Euclid's first woman mayor, Kirsten Holzheimer Gail; as well as many more who are working hard to make access to affordable health care, equal pay for equal work and paid family leave a reality for women in Ohio."

Ohio women earn just 78 cents on the dollar compared to men, and the wage gap is even larger for women of color working full time. Women also make up 48 percent of Ohio's workforce and are more likely to be the sole or primary breadwinner in their families. Additionally, women are disproportionately impacted by issues facing workers, such as lack of paid leave, and face career advancement limitations, as they are more

likely to serve as caregivers for newborns or sick family members.

"We are in a pivotal time in our nation's history when women are excited and inspired to lead our communities into the future," said Ohio Young Democrats President Jen House. "While much progress has been made for women in Ohio and across the country, there is much more that remains to be done. We will continue to work hard to provide women with access to a quality education, economic security and the opportunities they deserve because, as Congresswoman Joyce Beatty often says, 'When women succeed, America succeeds.'"

Bouyer... continued from page 4

ers in the newly built sports complexes. The school-to-prison pipeline is not a new phenomenon. In what is perhaps the most ominous and obvious sign of distress, for the past several decades, there have been more African-American males between the ages of 18 and 24 in prison than in college.

There is considerable confusion about why being black and male causes this segment of the population to stand out in the most negative and alarming ways, in both school and the larger society. Sociologists have long known that socioeconomic status impacts culture, and young African-American males have adopted a totality of socially-transmitted behavior patterns including oral and non-verbal expressions, that are in direct contrast to the dominant culture.

From very young ages, black males in the 21st century have found themselves at odds with society, and a large portion of African-American males have found themselves struggling with the concept of dignity, intrinsic value and the structure of good human life.

The question of why African-American males seem so directed to pursuing an athletic career is of considerable interest. Seemingly, African-American males who are in search of role models observe African Americans as suc-

cessful athletes and entertainers, but do not see or have contact with the disproportionately few who have succeeded in the professions or in the corporate world. Consequently, these youths commit considerable intellectual and physical energy to becoming professional athletes rather than to a variety of other occupations with which they have difficulty identifying.

Yet a closer examination of the assumptions operative in such contexts reveals how often they negate attributes such as honesty, integrity, and intellectual ability and serve to limit and constrain the development of a well-rounded personality. Moreover, having others assume you can play sports is not a compliment when you are being considered for a job to take care of your family.

Scholars suggest that a human right to an education is justified and necessary on the basis that education is the foundation for building necessary social opportunity for the actualization of the individual capability. Good education develops critical thinking skills that help people make decisions in their lives that make them good citizens and help them contribute to the overall betterment of society. Education provides us with knowledge about the world.

Research tells us that concern for human rights of African-American males should be a

major priority for the leadership in the United States to consider. The systemic problems facing African-American males in education such as high dropout rates, suspensions, expulsions and teachers' low expectations for academic success are issues which negatively impact their ability to achieve human rights.

The urgency facing African American males today calls for a different strategy than the strategies used during the civil rights movement. The policies today appear to be race neutral; however, the impact of these policies have created conditions for a group of individuals, black males, that have placed them in critical conditions and the only way to address these problems is from a human rights perspective.

Anthony L. Bouyer is a candidate for the Ph.D. in Social Foundations of Education in the Department of Educational Foundations and Leadership at the University of Toledo, specializing in African-American male student success. He is writing his dissertation on how African American young men who are on probation succeeded in graduating from high school and how they view life success. Bouyer has been a probation officer for 20 years, as well as a parole officer, police officer and mental health professional. He is a licensed drug and alcohol counselor with the State of Ohio.



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Colon Cancer Awareness Month: What to Know about Getting Tested

Special to The Truth

March is Colon Cancer Awareness Month, and the perfect time to think about colon health.

Unfortunately, less than half of people aged 50 and older get tested for colon cancer. But early detection can save lives. Colorectal cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death in the US, yet it has a 90 percent cure rate when detected early, according to the American Cancer Society (ACS).

"We say the best screening is the one that actually gets done," says Dr. Judy Yee, professor and vice chair

of Radiology and Biomedical Imaging at University of California, San Francisco.

CT Colonography (CTC) or "virtual colonoscopy" -- a less invasive, safe and sedation-free alternative to the colonoscopy -- is increasing colorectal screening rates. CTC uses high-tech, low-dose X-rays to produce moving images of the colon, which doctors examine to detect colorectal cancer and precancerous polyps.

If you're interested in avoiding a colonoscopy, but want to get the screening needed to verify your

colorectal health, consider the following about CTC, an ACS recommended screening test:

- **Comprehensiveness:** The exam can detect abnormalities outside of the colon, including early-stage cancers in the liver, kidney and lungs, and can pinpoint potentially dangerous conditions, like aneurysms. In this way, it serves as two or even more detection tests in one.

- **Accuracy:** CTC is just as accurate as a colonoscopy for detecting clinically significant polyps and cancers; however, you don't have to undergo sedation. There's no need to take time off work or have someone drive you from the hospital.

- **Affordability:** This exam costs a fraction of the price of a standard colonoscopy and is covered by several major insurers. Your insurance company can verify whether CTC is covered under your plan.

- **Non-Invasive:** While a colonoscopy is the standard procedure, there is a small risk of serious com-

plications associated with the test. However, CTC is non-invasive, as no needles or scopes enter the body. Only a small tube is placed in the bottom of the colon to help distend the colon for viewing.

- **Improved Screening Rates:** Availability of CTC screening significantly boosts colorectal cancer screening rates, according to studies at National Military Medical Centers in Bethesda, MD, and San Diego.

The US Preventive Services Task Force recently released draft recommendations naming CTC as an "alternative screening test," and Medicare is currently reviewing coverage of this test in order to provide seniors with a lifesaving alternative.

Bottom line: not enough people are getting screened for colon cancer. Whatever screening alternative you prefer, make sure you schedule this vital appointment and encourage loved ones to do the same.

Courtesy: StatePoint

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Pathways Holds Free Community Event to Celebrate Minority Health Month

Special to The Truth

As part of Minority Health Month, the Northwest Ohio Pathways HUB is holding a free community event on Wednesday, April 6 that will feature demonstrations about healthy cooking, shopping and exercise. Free health screenings, information about smoking cessation, giveaways and children's activities also will be part of the Minority Health Month event held from noon to 3 p.m. Wednesday, April 6 at the Market on the Green grocery store, 1806 Madison Ave., Toledo.

The Hospital Council of Northwest Ohio's Northwest Ohio Pathways HUB helps connect low-income pregnant women and adults with or at risk for chronic diseases -- including prediabetes, diabetes, high blood pressure and other heart problems -- to needed medical care and social services. Commu-

nity members participating in the free April 6 event will be able to learn more about how to improve their health, as well as what services Pathways has available.

The Minority Health Month event includes:

- Cooking demonstrations by a registered dietitian featuring healthy food found at Market on the Green and recipe cards.
- Grocery shopping tours highlighting healthy food choices.
- Exercise demonstrations, including one specifically for pregnant women.
- Blood pressure readings and A1C tests performed by Mercy.
- Children's activities, including coloring and reading.
- Information about smoking cessation services.

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Savor the Flavor of Eating Right

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

The following statistics are related to children watching commercials but adults are not immune to advertisements for food in our country. It is estimated that children watch an average of over ten food-related ads every day and nearly 98 percent of food advertisements are for products that are high in fat, sugar or sodium (salt).

Keep your eyes open this month for educational messages to encourage healthy eating. While promotion of National Nutrition Month in March will not rival the number and kinds of current food advertisements on television, the Academy of Nutrition and Dietetics wants us to know about the opportunities and value of making healthy life choices. The theme for March 2016 is "Savor the Flavor of Eating Right."

With so many food choices and so many advertisements for food, what is "eating right?" Unfortunately, eating right is not advertised by the vast majority of food commercials on television. The newly released 2015 - 2020 Dietary Guidelines made the following recommendations to limit the amount of added sugar, salt, and fat:

- consume less than 10 percent of your calories per day from added sugars
- consume fewer than 2,300 milligrams of sodium per day
- reduce saturated fat intake to less than 10 percent of calories per day

How can we enjoy the flavor, minus the sugars, salt and fat? Dried and fresh herbs and spices offer an alternative to cooking with added fat and sodium. The Academy of Nutrition and Dietetics shares a variety of cuisines and highlighted flavors used around the world:

- China: Low-sodium soy sauce, rice wine, ginger
- France: Thyme, rosemary, sage, marjoram, lavender, tomato
- Greece: Olive oil, lemon, oregano
- Hungary: Onion, paprika
- India: Curry, cumin, ginger, garlic
- Italy: Tomato, olive oil, garlic, basil, marjoram
- Mexico: Tomato, chili, paprika

- Middle East: Olive oil, lemon, parsley
- Morocco/North Africa: Cinnamon, cumin, coriander, ginger
- West Africa: Tomato, peanut, chili.

- Take time to enjoy food traditions

Appreciate the pleasures and great flavors of eating healthy food. In addition to tasting the different flavors, take time to enjoy the textures, temperatures and overall eating experience. Slow down and appreciate the opportunity to enjoy foods.

The food you choose to eat is just one part of the whole picture. During National Nutrition Month, remember the Academy reminds, "how, when, why and where you eat are just as important as what you eat. Being a mindful eater can help you reset both your body and your mind and lead to an overall healthier lifestyle." Take time to eat and try not to distract yourself with other tasks such as eating in front of the computer or television.

It's much easier to focus on the pleasure and flavors of food, as well as company at the table when you are mindful to the entire experience. If you're enjoying the act of eating your food and not watching the television at the same time, you won't have to see all those commercials for food that's high in fat, salt and sugar!

Appreciate the social experiences food can add to our lives. Food offers our bodies nutrition but food can also offer a common experience for family and friends. Think about a large holiday dinner, a party or a simple family meal. A shared meal can strengthen relationships in addition to providing food.

The following community event in Toledo is not tied to National Nutrition Month but there's not a better time to talk about food. "Spoken" is a community storytelling event held quarterly at the Ohio Theatre on Lagrange Street. This month, on Thursday March 10 at 7:00pm, the theme is "You Are What You Eat." Anyone at the event can volunteer to have the chance to talk about food for five minutes or less. The storytelling can be about anything related to food from favorites to dislikes to growing and raising food, processing, enjoying, food traditions



SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

and social experiences related to food.

The Spoken event is being cosponsored by the Northwest Ohio Food Council and the Toledo Lucas County Sustainability Council. Doors open at 6:00 p.m. and participants interested in the chance to share their food story can sign in at 6:30. The show will start at 7:00 p.m. at the Ohio Theatre, 3114 Lagrange Street, To-

ledo, OH. Purchase tickets for \$8 online at <http://ohiotheatretoledo.org/events/> or \$10 at the door.

Information about National Nutrition Month from the Academy of Nutrition and Dietetics at www.eatright.org. They also encourage you to follow National Nutrition Month on the Academy's social media channels including Facebook and Twitter using the #NationalNutritionMonth hashtag.

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WORKSHOP TOPICS

Presented By: Carilyn L. White, MSN, RN, FNP-BC

Morning Session 10:00 AM - 1:00 PM

- Understanding Type 2 Diabetes
- Types of Diabetes
- Diabetes Complications
- Monitoring Your Blood Sugar
- Diabetes Target Goals
- Meal Planning, Carb Counting, Label Reading
- Medications

Afternoon Session 1:00 PM - 3:00 PM

- Diabetes Informational Booths:
 - Area Office on Aging - Buckeye Health Plan - DeVita Dialysis - ProMedica Wellness
 - Marcel Hampton, DC - Shalem Hampton, MA, LPC, CPLE-P - Warren S. Marshall, DDS
 - Orthotic Prosthetic Center - UTM College of Medicine
 - UTMC Division of Vascular, Endovascular, and Wound Surgery



This workshop is courtesy of:

The Bread of Life Feeding Center -- The Ohio Commission on Minority Health -- C & C Health Services

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

Dear Ryan

Dear Ryan,

I want abs for summer and they are not coming! What can I do? Thanks

Dear Abs Wannabe,

If you are doing ab work and are not seeing any results it's your nutrition. You could not do another sit up or crunch but clean up your eating and your results will come faster.

The trick to a beautiful six pack is great nutrition!

Read that again!

When you do your ab work you are working the mid section but you are not burning the fat in that area. A good six pack comes from the absence of body fat not from the constant work of the area.

There is NO SUCH THING AS SPOT REDUCTION! You cannot make your body burn fat in one area just by working it. Your body burns fat all over and there is no way to control where you



burn it.

There is no machine that is going to give you a six pack if you use it for just five minutes a day for five weeks. You can forget about the magic pill everyone tries to sell you so that you can have that six-pack. Yes, some supplements do help you to burn body fat but it's just an extra push not a solution to the fat problem. You need to be more conscience

about what you are eating so that your body burns fat and not gains it.

You want to feed the muscle and starve the fat. This comes from a higher protein, low carb, no sugar eating plan and a good exercise regimen. A lot of people eat the wrong proteins when trying to eat like this. You want to consume lean cuts of meat such as; chicken breast, turkey breast, sirloins, tops, rounds (beef <10% fats) and protein drinks.

Make protein 50-60 percent of your meals, all five of them. Water is also a key factor in burning fat. It helps with protein synthesis, hydrates

the cells so they function properly, helps with the skin, raises your metabolism and helps to burn and flush fat.

Sprints are an excellent way to burn body fat and give you a great workout at the same time. You don't have to run far, just do 30 yards to start out with the go up to 40 then 50 yards. Do five-10 sprints after you weight train to help you burn more calories and harden up.

Sprints work your legs, butt, abs and lower back. Remember be as conscience, or more, of your eating as you are your training. Go to mydreambodies.com, click the nutrition tab and look at the food list. There is also a link at the bottom to give you a meal plan. Good luck and live healthy.

UNLEASH YOUR HERO!

Ryan Rollison
Dream Bodies
Toledo Ohio

419-944-4200 or Skype 419-944-4200
mydreambodies.com

March Is National Nutrition Month: Develop Better Eating Habits

Special to The Truth

Have your healthy New Year's habits already begun to fade? Recharge your resolutions in March during National Nutrition

Month and remember the importance of developing and following sound eating habits.

The 2016 National Nutrition Month theme,

"Savor the Flavor of Eating Right," encourages you to take time to enjoy food traditions and appreciate the pleasures, great flavors and

... continued on page 11

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3-5 pm Public

Sat March 5, 2016,
11 am – 4pm

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Skype 419-242-7906

This is a Pre-Women's/Men's Day Event

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

A Dozen Ways to Lose a Pound a Week

By Angela Steward, Fitness Motivator

The Truth Contributor

If your New Year's Resolution has begun to fade away and your "swimsuit body" still hasn't arrived, you may have already started to give up hope on your weight-loss efforts. Maybe it was the "do or die" approach you took to lose the weight that caused the failure. Perhaps your January 1 goal of losing 25 pounds by summer isn't realistic! Your efforts just don't match the numbers on the scale.

The truth is, most diets don't work -- they rarely lead to long-term weight loss, and some may cause us to gain even more weight. Certain diets eliminate food groups, while some people take pills that could potentially harm their health. At the end of the day, deprivation never lasts, and our old bad habits reappear!

What if there was an easier way? What if I told you - you could make just a few minor changes every day and lose weight? The first step towards this includes making a realistic weight loss goal and keeping it in a realistic range instead of a big "high end" number. By giving yourself a low and high range in your goal setting, you're more likely to maintain weight loss over time. Once your realistic range is calculated, it's time to start your healthy eating plan. So instead of saying: I will lose 25 pounds by July 1st, set a smaller more realistic goal of losing five pounds a month. That sounds so much more reasonable and attainable, doesn't it?

The following tips may help you lose up to one pound per week in a delicious, yet non-depriving way, simply by making swaps, taking out a few ingredients here and there, and being more mindful. Keep in mind that 1 pound = 3,500 calories. Given this, you'll have to either burn an additional 500 calories through exercise or cut 500 calories from your diet.

1. Add your veggies.

Eat more vegetables. Vegetables can be eaten all day long. Add veggies to your breakfast by adding fresh spinach to your scrambled eggs. The same spinach can be used for a lunch-time salad mixed with cucumbers, mushrooms, onions and tomatoes. Celery, carrots and cucumbers are all healthy snacks to munch on between meals!

2. Use hummus in place of other high-fat dips and spreads (think ranch dip, mayonnaise and even high-sugar ketchup).

Calorie savings: Not only will hummus up your daily fiber content (thus making you fuller for longer) it will save you an average of 250 calories. Celery, carrots and cucumbers all taste great with hummus...yum!!!

3. Remove the cheese from your sandwiches.

Calorie savings: 70 to 120 calories for one sandwich. Although cheese is a common staple on a variety of sandwiches, removing it does not significantly alter the taste of the sandwich. Skip it for a week and save almost 500 calories!

4. Substitute Greek yogurt for sour cream.

Calorie savings: 175 calories per half cup. Purchase the low fat, plain version of Greek yogurt for a great sour cream taste without all the calories and fat.

5. Limit your calories to only those that are chewed.

Calorie savings: Eliminating your daily smoothie, specialty coffee drinks or soda can save, on average, between 500 to 700 calories a day!

6. Change the color of your coffee back to black.

Calorie savings: Up to 200 calories can be saved by forgoing half-and-half or non-dairy creamers in your coffee. Nix the sugar as well for an additional 100 calorie savings.

7. Embrace the child inside by ordering the "kid's size" when eating out.

Calorie savings: Ordering children's menu items from fast-food restaurants and "kiddie cups" from the ice-cream parlor can save you up to 500 calories.

8. Eat Out - LESS!!

Calorie savings: Making all your meals at home can save up to 1,000 calories a day (depending how often you eat). Just think about it! Many restaurants serve portions much larger than current dietary recommendations suggest, and those portions are often much higher in fat, sugar, sodium and refined grains than home-cooked meals. When eating out, share your meal!

Even a dessert can be shared, one dessert - six spoons!

9. If you must eat out, add "on the side, please" to your regular vocabulary.

Calorie savings: Requesting salad dressings and sauces on the side (where you can control the amount added to your food) can save you up to 400 calories. Also, ask for your "carry out" container on the side, so you can put half of your meal away for another meal! Food - Out of sight, is out of mind!!

10. Use cooking spray in place of butter or oil.

Calorie savings: 100 calories. If you do cook at home, reduce the amount of fat



Angela Steward

you're using in your pan for significant calorie reduction.

11. Use your grandmother's plates.

Calorie savings: up to 300 to 600 calories. Over time, our waists and plates have increased in size. Switching from a 12-inch plate to a nine-inch plate will trick your eye into believing you're eating more. This, in turn, will cause you to eat less at every meal.

12. Talk to yourself - often!

Calorie savings: The sky is the limit. Sometimes, our choice to eat has nothing to do with the physiological response of hunger. Instead, we are bored, thirsty or stressed. Take a few minutes before you eat and ask yourself if you're truly hungry. The answer may surprise you!

Weight loss is hard and weight maintenance is even harder, but sticking with these tips may help push you to the level where you actually start seeing results. Couple this with stress management, portion control and a regular exercise routine, and this summer's swimsuit body may actually become a reality!!

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Promedica Community Events In March

ProMedica will offer the following community events in March 2016:

Aromatherapy

Discuss the special ways that essential oils can be used for everyday health and wellness. This program is free for people with a cancer diagnosis and is sponsored by ProMedica Cancer Institute. Aromatherapy takes place the first and third Wednesday of each month. Call the Victory Center at 419-531-7600 or Skype 419-531-7600 for details.

Wednesdays, March 3 and 16

1 – 2 p.m.

The Victory Center;

5532 W. Central Ave., Suite B, Toledo, OH 43615

Look Good, Feel Better

Look Good Feel Better is a free program from the American Cancer Society designed for women dealing with hair and skin changes from chemotherapy and radiation. You will learn specific techniques to help make the most of your appearance while undergoing treatment. You

will also take home a makeup package valued at \$200.

Wednesday, March 16

2 – 4 p.m.

**ProMedica Memorial Hospital
3rd Floor Board room; 715 S Taft Ave, Fremont, OH 43420**

Parkinson Support Group Meeting

Support group meeting for individuals and their family members with Parkinson's disease. Meetings consist of guest speakers, Q&A sessions and networking. For more information, call 419-334-6630, Skype 419-334-6630 or email lesley.king@Promedica.org.

Thursday, March 10

2 – 3 p.m.

**American Legion ; 2000
Buckland Ave., Fremont, OH 43420**

Medical Assistant Career Fair

Onsite interview opportunity for Medical Assistants to meet with the recruitment staff and hiring managers to be considered for our current openings. For more

information, call 419-824-7152, Skype 419-824-7152 or email shartia.huddleston@promedica.org

Friday, March 11

3 – 7 p.m.

**ProMedica Flower Hospital;
Conference Room E; 5200
Harroun Rd, Sylvania, OH 43560**

Caring And Restoring Each (CARE) Other

Caring And Restoring Each Other (CARE) offers support for parents who have experienced perinatal deaths (miscarriages, still births or newborn deaths). This group provides emotional support and opportunities to meet and share ideas with other bereaved parents in an atmosphere of caring, concern and acceptance. Parents and other family members find the support, comfort and understanding that only others who have experienced this loss can give. For more information, call 419-291-9475 or Skype 419-291-9475.

Tuesday, March 15

7:30 – 9 p.m.

ProMedica Toledo Hospital;

Education Center Room L; 2142 N. Cove Blvd., Toledo, OH 43606

Stroke Support Group

This monthly support group is for stroke survivors and their caregivers. Scheduled speakers and topics vary each month but are related to stroke survival. For more information, contact 419-291-7537 or Skype 419-291-7537.

Thursday, March 24

4 – 6 p.m.

**ProMedica Flower Hospital;
5200 Harroun Road, Sylvania, OH 43560**

Ostomy Support Group

Ostomy support group meetings are informal with a 15-minute education time followed by group participation and break out groups. For additional information, call 419-291-4634 or Skype 419-291-4634.

Sunday, March 27

2 – 4 p.m.

**ProMedica Toledo Hospital;
Croxtton Auditorium; 2142 N. Cove Blvd., Toledo, OH 43606**

Pathways... continued from page 6

• Gift cards for pre-registered Pathways clients who participate in events and other giveaways.

The community-wide Pathways care coordination system helps address health disparities, especially among pregnant African American women and other groups in Lucas County. African American women are more than twice as likely as white women to deliver a low birth weight baby, the leading cause of infant mortality in Lucas County. Chronic disease and associated risk factors also are a concern for minorities and low-income residents in Lucas County, where 49% of African Americans have high blood pressure, 79% of Hispanics are overweight or obese, 33% of African Americans are smokers, and 24% of adults making less than \$25,000 a year have diabetes, according to the 2013/2014 Lucas County Community Health Assessment.

For more information about Path-

ways or the April 9 event, please contact Alishea Sutton at 419-842-0800, Skype 419-842-0800 or asutton@hcno.org.

About the Hospital Council of Northwest Ohio's Northwest Ohio Pathways HUB

The Hospital Council of Northwest Ohio's Northwest Ohio Pathways HUB is a community-wide care coordination system that connects low-income pregnant women and adults with chronic diseases to needed medical care and social services. Pathways has several funding partners, including the Ohio Commission on Minority Health, the Centers for Disease Control and Prevention's Partnerships to Improve Community Health, and Fostering Healthy Communities, a collaboration among Mercy Health, ProMedica and the University of Toledo Medical Center. For more information, please visit hcno.org.

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Nutrition Month... continued from page 8

social experiences that food can add to life.

"Food nourishes the body and provides necessary fuel to help you thrive and fight disease," says registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson, Kristen Gradney. "In addition to providing nourishment, food is also a source of pleasure and enjoyment. Take time to enjoy healthy foods and all the happiness they bring to your life."

Gradney offers a few ways you can "Savor the Flavor of Eating Right" this National Nutrition Month:

- **Enjoy Food Traditions and Social Experiences:** There is an obvious social component to food. Whether it's a nightly family dinner, a special occasion or social gathering, food often plays a central role. Enjoy the food at these gatherings while also taking time to appreciate the company around you.

Research indicates that family meals promote healthier eating and strengthens family relationships.

- **Appreciate Foods' Pleasures and Flavors:** Take time to appreciate the flavors, textures and overall eating experience. In today's busy world, we often eat quickly and mindlessly. Instead, savor your food, eating slowly one bite at a time to focus on the different flavors and textures. Stop and take time in between bites.

Eating slowly not only allows you to enjoy your food, but it also can help you eat less by giving your stomach time to tell your brain you are full.

- **Develop a Mindful Eating Pattern:** How, when, why and where you eat, are just as important as what you eat. Think about where you eat the majority of your meals. Do you eat lunch at your desk or dinner in front of the television?



Instead of multitasking through meals, take a few minutes out of your busy schedule to find a nice place to mindfully eat.

- **Consult a Registered Dietitian Nutritionist:** A healthy lifestyle is much more than choosing to eat more fruits and vegetables. It's also essential to make informed food choices based on your individual health and nutrient needs.

A registered dietitian nutritionist (RDN) can educate you and guide your food choices while keeping your tastes and preferences in mind. RDNs are able to separate facts from fads and translate nutritional science into information you can use. Find an RDN in your area by visiting the Academy of Nutrition and Dietetics site at www.eatright.org. The site also contains articles, recipes, videos and educational resources. Follow National Nutrition Month on Facebook and Twitter using the #NationalNutritionMonth hashtag.

By taking the time to enjoy what you eat, you can develop a healthier relationship with food.

Courtesy StatePoint

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Mt Nebo Presents Its Annual Silent Soldiers Awards

Sojourner's Truth Staff



Standing (L to R): Terri Cook, Harvey Savage, Jeleo Young, Perry Harris, Pastor Cedric Brock, Robert Tucker, Eddie Rome, Claude McFall, Charlene Self; Seated: Wendy Robinson, Elaine Hunter, Pamela Sullivan, Pastor Jamie Richardson, Pastor Shirley Sparks, Janette Stinson, Joyce Bell Martin, Waverley Earley

For the 16th year, Mt. Nebo Missionary Baptist Church presented its Silent Soldiers Awards to those in the community who contribute so much and garner so few headlines in the process.

The Black History Month awards ceremony – “Stepping Out in Faith” – held this year at the Premiere Banquet Complex, has grown steadily over the years from its origins in the church’s education complex to the point at which over 400 attendees turned out this year to honor the recipients.

Mt. Nebo’s Voice of Hope Outreach Ministry is the sponsor of the annual ceremony which raises funds for a variety of church services such as: Radio Outreach, Adopt A Haircut Ministries at Poor Clark’s Barbershop, Adopt A Belt Outreach Ministries, Coat Give-Away, Good Friday Ham Give-Away,

Back to School Give-Away, Thanksgiving Turkey Give-Away, Dress for Success Closet and Help a Brother Out Job Training Ministry.

The Voice of Hope Outreach Ministry is the brainchild of Pastor Cedric Brock who has led the Mt. Nebo flock for two decades.

As usual Larry Jones served as master of ceremonies for the event and guests were welcomed by Felicia Nuradean, followed by a selection by the church’s Youth Choir. The invocation was offered by Rev. Randall Carter, pastor of Resurrection Baptist Church.

After dinner, Kierra Brock presented the Ministry in Dance before Geraldine Scrutchins of St. Paul AME Zion Church presented this year’s honorees.

The honorees were: Terri Cook, Lera Doneghy, Pastor Waverly Earley, Min. Perry Harris, Elaine Hunter, the Kitchen of the Poor (Harvey Savage), Joyce Bell Martin, Robert Martin, Elder Claude McFall, Pastor Jamie Richardson, Wendy Robinson, Eddie Rome, Charlene Self, Ronald Sparks, Janette Stinson, Pamela Sullivan, Deacon Robert Tucker and Jeleo Young.

After the honorees were announced, Pastor Brock presented a special award, surprising the recipient, Louis Newsom, the owner of Systems Dy-

namics Communications which provides sound equipment for musical groups all over town such as Rance Allen, Chris Bird, the Williams Brothers and First Lady Debra Brock of Mt. Nebo.

First Lady Brock performed a solo to close out this year’s celebration.

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The Firebrand and the First Lady

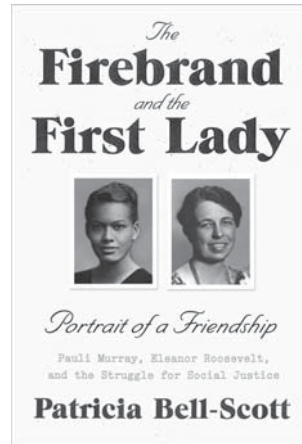
by Patricia Bell-Scott

By Terri Schlichenmeyer
The Truth Contributor

You know your own mind. After thinking things through, you have your opinions and while you're willing to listen to what others say, you're also willing to defend what you believe in. And, as in the new book *The Firebrand and the First Lady* by Patricia Bell-Scott, your friends don't necessarily have to agree with you.

Eleanor Roosevelt's Camp Tera, nestled near New York's Hudson River, was initially meant to be a temporary, leg-up place for Depression-era women who were destitute and totally without resources. Though she was young, educated and married, Pauli Murray was there because of ill health.

Recovery-time aside, Murray's tenure at Camp Tera was beneficial: a friend had told her that Roosevelt answered all correspondence, and Murray took that to heart. In 1938, a few years after she was kicked out of Camp Tera for "disrespecting the first lady," she wrote a protest letter to Roosevelt, requesting intercession in FDR's stance on anti-lynching laws. Activism was Murray's passion



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and the answer she got wasn't what she'd wanted but it did, as promised, come from Roosevelt.

Murray was born in 1910, the feisty granddaughter of a mulatto slave whose stories of injustice she grew up hearing. Murray lost her mother when she was just three. A few years later, her father was institutionalized, then murdered and her brother was lobotomized. She, herself, had health problems and was often severely underweight; during one of her hospitalizations, she finally admitted that she was attracted to women, which was then considered to be a mental health issue.

It took awhile for Murray to tell Roosevelt all that. Before she did, and because of that first protest note, the two corresponded for years in

letters that offered guidance, outrage and rebuttal. The women didn't always agree, but they always seemed to attempt to understand one another's take on issues. Murray supported Roosevelt in her widowhood. Roosevelt encouraged Murray in her activism.

It was a support that Murray imagined she felt long after Mrs. Roosevelt's death.

I would not, under the broadest of terms, call *The Firebrand and the First Lady* a pleasure read.

That's not to say that this book isn't a pleasure – it's just not something you'd pick up to relax with. Author Patricia Bell-Scott goes deep into the politics and work of both Roosevelt and Murray (more the latter than the former) and that can be very dry. It's informative – Bell-Scott tells a story that's been largely hidden for decades, about a woman who left her mark on social issues in many ways – but it's far from lively. Adding more details of Murray's personal life might've helped; that's what I was hungriest for, but didn't get enough of.

I think this is an important work of history and definitely worth reading but you'll want to be in the mood for it, particularly if you usually like lots of energy in your stories. If you're a scholar or historian reading *The Firebrand and the First Lady*, though, the pace is something you probably won't mind.

NOTICE OF PUBLIC HEARING #1

Lucas County intends to apply to the Ohio Development Services Agency, Office of Community Development for funding under the Community Development Program, a federally funded program administered by the State of Ohio. The County is eligible to receive fiscal year 2016 Allocation Program funding for an anticipated amount of approximately \$215,000. The County is also eligible for the following programs providing the County meets the applicable program requirements: Neighborhood Revitalization \$300,000, Downtown Revitalization \$300,000, Critical Infrastructure Investment \$300,000, Economic Development Loan and Infrastructure \$500,000, Residential Public Infrastructure \$500,000 and Economic Development Loan Fund.

Citizens and officials are encouraged to attend and provide input at the first of two public hearings that will be held on March 16, 2016 at 11:00 AM in the Lucas County Commissioners office, located in the Lucas County Board of Commissioners Hearing Room, 1st Floor, One Government Center, Toledo, Ohio. The first public hearing will provide citizens with pertinent information about the Allocation Program including an explanation of eligible activities and program requirements. Accommodations for disabled or non-English speaking residents will be made available upon advance request. There will also be a fair housing training to provide local government officials and the public with information concerning fair housing requirements.

NANBPWC.. continued from page 16

a wonderful way to do something for themselves to fellowship together. The message that was delivered by Pastor John E. Roberts, D.Min, was about "love."

North Central District Program Chairman and Toledo Club Youth Leader Frances Collins, PhD, was present along with Youth Club members who really enjoyed the Special Black History Month message which was presented by Indiana Avenue MBC youth members that sent a message about where would the world be without African Americans today.

This was a message which showed many of the items we use today were invented by our black ancestors. The Indiana youth did a wonderful job delivering their message.

Club sisters joined in with the members of the church as they dressed in African attire in celebration of Black History Month and the 70th Anniversary of Indiana Missionary Baptist Church. Some Club sisters participated at the 9:30 a.m. Sunday School; the 10:50 a.m. morning service and the 4:00 p.m. 70th anniversary service. Those who were members of the church served food for the after-church service celebration, worked with the children's program and sang in the choir.

Members thanked Pastor John Roberts and the church congregation for allowing them to take part in the Black History Month/70th anniversary services and they presented a copy of the book entitled Professionalism Is for Everyone –

Five Keys to Being A Professional along with a donation from the club.

They thanked the church for supporting initiatives such as "Get Ready Stay Ready," a program on disaster preparedness and the S.A.F.E. Encounters programs and other organizations where the club works with the Toledo and Maumee Police and Fire Department on interactions with the police and CPR. They also extended an open invitation of membership to the congregation and if anyone was interested to see Club Sister Ethel Scott, director of membership.

Clara Brank invited the church to attend the Annual Founders Day/Women's History Program where they will be honoring Toledo Mayor Paula Hicks-Hudson with the Sojourner Truth Award, which is the highest award given by the National Association on Saturday, March 5, 2016 at the Ramada Inn at 12:00. This award portrays the struggles and achievements that pattern the life of Sojourner Truth.

NANBPWC. Inc. will also be honoring African-American women coaches who are trailblazers in the community making black history and opening doors for other women to follow.

The church announced that Club Sister Wilma Brown will be honored at the Scott High School Hall of Fame on Saturday, March 12, 2016 at 12:00.

In observance of Black History Month a soul food potluck dinner was served following morning service.

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CRUSADERS FOR CHRIST CHURCH Presents **Youth & Young Adult 4th Sunday**

Have you been feeling the nudge to develop your life more spiritually but aren't quite sure how to begin? If so, this theme-enriched and spirit-filled experience is designed just for you. Visit us on Facebook - I have a special video message for the serious pursuer!

Youth & Young Adult 4th Sunday

When: Every 4th Sunday
Time: 11:00 am
Where: Crusaders for Christ Church
930 Woodbine Rd.
Toledo, Ohio

Evangelist Tiffany Reynolds

Bishop Joseph Marshall Jr., Pastor
Evangeline Celeste Marshall, First Lady

Crusaders for Christ Church • www.crusadersforchristchurch.org

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Annual Membership available and receive complimentary Bookings Church and Organizational Bookings welcomed

Free Wi-Fi

BOOK YOUR EVENTS NOW!

CLASSIFIEDS

March 2, 2016

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PUBLIC NOTICE CITY OF TOLEDO ONE-YEAR ACTION PLAN

To all interested agencies, groups, and persons:

The City of Toledo is seeking comments on its **Draft** July 1, 2016 – June 30, 2017 One-Year Action Plan to be submitted to the U.S. Department of Housing and Urban Development (HUD) on or before May 15, 2016. The One-Year Action Plan is based on the HUD-approved Five-Year 2015-2020 Consolidated Plan submitted by the City of Toledo for housing, community, and economic development. The One-Year Action Plan includes a description of the federal funds anticipated to be received, as well as other resources expected to be available within the City of Toledo during the 2016-2017 program year. The Action Plan provides a description of the activities to be undertaken when using these resources and the expected results of those activities. Also, the Action Plan depicts a geographic distribution of assistance, special needs activities, general and public housing actions, and activities specific to the 42nd Year Community Development Block Grant (CDBG), 30th Year Emergency Solutions Grant (ESG), 25th Year HOME Investment Partnerships Program (HOME), and the Neighborhood Stabilization Programs (NSP). In addition, the Plan will contain HUD-required certifications, as well as a summary of the community input received at the public hearings regarding the Action Plan.

The Draft One-Year Action Plan is available for review beginning March 18, 2016 at the following locations:

- | | |
|--|---|
| 1) Department of Neighborhoods
One Government Center, 18th Floor
Downtown Toledo, Jackson & Erie Streets | 6) Toledo Lucas County
Homelessness Board
1946 N. 13th Street, Suite 437
Toledo, Ohio 43604 |
| 2) Office of the Mayor
One Government Center, 22nd Floor
Downtown Toledo, Jackson & Erie Streets | 7) Toledo-Lucas County Public Library
325 Michigan Street
Toledo, Ohio 43604
(available at the Main Branch and by request at all other branches) |
| 3) Clerk of Council
One Government Center, 21st Floor
Downtown Toledo,
Jackson & Erie Streets | 8) Lucas County Board
of Developmental Disabilities
1154 Larc Lane
Toledo, Ohio 43614 |
| 4) The Fair Housing Center
432 N. Superior Street
Toledo, Ohio 43604 | 9) Department of Neighborhoods website:
http://toledo.oh.gov/neighborhoods |
| 5) Lucas Metropolitan Housing Authority
435 Nebraska Avenue
Toledo, Ohio 43604 | |

Public hearings on the Draft One-Year Action Plan are scheduled as follows:

Monday, March 21, 2016, 6:00 – 7:00 p.m.
McMaster Center, Toledo-Lucas County Public Library – Main Branch
(325 Michigan Street, Toledo, OH 43604)

Monday, March 28, 2016, 6:00 – 7:00 p.m.
McMaster Center, Toledo-Lucas County Public Library – Main Branch
(325 Michigan Street, Toledo, OH 43604)

The City of Toledo will also receive comments from the public in writing at the following address:

CITY OF TOLEDO
DEPARTMENT OF NEIGHBORHOODS
ONE GOVERNMENT CENTER, SUITE 1800
TOLEDO, OHIO 43604
ATTN: 2016-2017 ONE-YEAR ACTION PLAN

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

NORTHGATE APARTMENTS 610 STICKNEY AVENUE TOLEDO, OH 43604

Now accepting applications for One and Two bedroom Apartment Homes

Senior Community for persons 55 years and older. Rent is based on income. Our Activity and Service Coordinators are on site. Heat included. Chauffeured transportation to nearby shopping and banks available.



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Mental Health & Recovery Services Board of Lucas County Manager of Support Services

Mental Health and Recovery Services Board of Lucas County is accepting applications to fill the positions of Manager of Support Services through March 18, 2016. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select Manager of Support Services from the list to read more or apply.

An Equal Opportunity Employer

ABUNDANT LIFE OF PERRYSBURG ACCEPTING APPLICATIONS

Abundant Life of Perrysburg is accepting applications for its subsidized apartment facility at Abundant Life #2. Abundant Life #2 is a supportive living complex for people 62 and older. To apply individuals must meet the age requirement, need one form of outside assistance and have an annual income of no more than \$21,150.00 for one person or \$24,200.00 for two people.

We are located in the Three Meadows subdivision near the Manor of Perrysburg. Our garden apartments offer one bedroom, private patios, with individually controlled thermostats for heat and air conditioning.

Abundant Life #2 offers walk-in showers and pull cords for emergencies.

We have a bus that transports all residents to area grocery stores and monthly outings. We offer exercise, worship services and a variety of opportunities for our active and not so active seniors. Please call (419)874-4371 to find out more about our fabulous facilities and our availability for apartments. You may also visit us on the web at abundantlifeperrysburg.org.



Call to place your ad | 419-243-0007
www.TheTruthToledo.com

NANBPWC Toledo Adult and Youth Club Celebrate Black History with Church Services and Fellowship

By Denise Black-Poon, NANBPWC, INC Toledo Club President

Special to The Truth

The women of the National Association of Negro Business and Professional Women Club Inc. (NANBPWC) Toledo Club celebrated Black History Month by attending church service at Indiana Avenue Missionary Baptist Church on Sunday, February 28, 2016

The women of this organization believe that God is first. Fellowship, spirituals and hearing the Lord's message are traditions that our ancestors have always followed and traditions that are still needed today.

The Youth Club and Adult Club members believe that "a family that prays together, stays together" and the club family took time to pray, fellowship, sing and hear the Lord's message together. There was praise in song as the minister of music sang the Lord's Prayer with so much heart and meaning and also directed the choir with fabulous selections.

The Toledo Club women and Youth Club members have always performed community service and feel that attending church service is



Seated: Wilma Brown, Clara Brank, Denise Black-Poon, Delores Bates;
Standing: Marquita Scott, Alexi Collins, Jada Collins, Frances Collins, PhD, Jordan Collins

... continued on page 13

Winter 2016 updates effective January 3.

On Sunday, January 3, 2016, TARTA's winter route schedules will begin. As most routes will be affected by time changes, new timetables and maps are available at TARTA.com/Winter2016



- **2C Sylvania-Centennial/Franklin Park Mall**
 - interlined with Route 3 at Franklin Park Mall;
 - schedule adjustments
- **3 North/South Crosstown**
 - interlined with Route 2C at Franklin Park Mall;
 - schedule adjustments
- **11/12/13/14 East Toledo**
 - Sunday and holiday schedule adjustments
- **17B Lagrange/Bennett via Miracle Mile**
 - all 17B trips will stop at New Towne Square Drive;
 - schedule adjustments
- **17E Lagrange/Eleanor via Miracle Mile**
 - schedule adjustments
- **26D Berdan/Douglas/Miracle Mile**
 - schedule adjustments
- **26L Lewis/Alexis-Miracle Mile**
 - all 26L trips will no longer stop at New Towne Square Drive;
 - schedule adjustments
- **27A/B/C Reynolds Road Crosstown**
 - schedule adjustments
- **34A/B/C Airport Highway Crosstown**
 - 34A morning schedule adjustments



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