



Volume 38, No. 5

*"And Ye Shall Know The Truth..."*

April 6, 2016

# Jay Black Takes Over at MBAC



Lisa Washington, Carter Johnson and Jay Black

## In This Issue...

|                    |   |
|--------------------|---|
| Perryman<br>Page 2 | Cover Story:<br>Black at MBAC<br>Page 4           |
| Tolliver<br>Page 3 | Ashford and Gerken<br>On Campaign Trial<br>Page 5 |

## The Health Section

|                             |                                       |                             |
|-----------------------------|---------------------------------------|-----------------------------|
| Angela<br>Steward<br>Page 6 | Monotiry<br>Health<br>Month<br>Page 9 | ODP on Obamacare<br>Page 10 |
| Pettis<br>Page 7            | ProMedica in April<br>Page 11         |                             |

Earth Lyons  
Page 12

Book Review  
Page 13

Classifieds  
Page 14-15

**"The overall objective is to work with those businesses and get them to the next level of success and start to build wealth in our community."**

## Red Alert

By Rev. Donald L. Perryman, D.Min.

The Truth Contributor

*.... You've got to rattle your cage door. You've got to let them know that you're in there, and that you want out.*

- Florence Kennedy



We have all seen or heard about the water crisis in Flint, Michigan: thousands of children and pregnant women have been exposed to lead poisoning after a series of questionable or, at best, very short-sighted decisions by various government entities caused lead to seep into their drinking water.

This is, pure and simple, the poisoning of a community. And it is mainly lower-income African-American children who are poisoned at higher rates than in predominantly white neighborhoods or suburbs and whose lives are in dire danger.

Recently, however, we are coming to learn that it is not just Flint and it is not just water. Consider what is happening right here in Ohio.

In Sebring, a small northeastern Ohio town of 4,300 in the Youngstown – Warren area, schools were closed three days in a row in February and pregnant women and children were advised not to drink the water after elevated levels of lead were found. The U.S. Environmental Protection Agency has been asked to lead an investigation.

The Sebring crisis, itself, is not an isolated incident. In fact, across the entire state of Ohio between 2012 and 2015, 80 water systems serving more than 173,000 residents reported elevated levels of lead. Sebring was the fifth-largest system affected by higher-than-average lead levels; Canton, Ohio was the highest. Twelve of the 80 water systems served schools or day care centers.

And it's not just an Ohio phenomenon.

A recent USA Today Network investigation revealed that almost 2,000 water systems spanning all 50 states have tested for excessive levels of lead contamination over the past four years. These water systems collectively supply water to six million Americans.

Furthermore, the source of public lead poisoning is not just confined to the water. Health experts and public housing advocates warn that 1.6 million households with children nationwide are at risk of exposure to lead-contaminated paint, a source of lead poisoning far more prevalent than water contamination.

Toledo has the second highest rate of lead poisoning in Ohio and in Cleveland, 14.2 percent of children have been exposed to poisonous lead – not in their water but rather in paint. The New York Times notes:

"The poisoning of Flint's children outraged the nation. But too much lead in children's blood has long been an everyday fact in Cleveland and scores of other cities — not because of bungled decisions about drinking water, but largely because a decades-long attack on lead in household paint has faltered. It is a tragic reminder that one of the great public health crusades

of the 20th century remains unfinished."

More than 3,400 children in Toledo suffer from lead poisoning, the Kirwin Institute of the Ohio State University reports, "resulting in damage to brain development, loss of IQ points, shortened attention span, and disruptive behavior." These effects are also permanent, according to the Toledo Lead Poisoning Prevention Coalitions, leading to staggering societal costs including special education needs, incarceration, personal and financial losses of crime victims, and lost opportunities for children to be successful.

For four decades now, we have known of the dangers of lead poisoning, particularly where our children are concerned. Even small amounts of lead have a pernicious impact on young brains, stunting intellectual growth and affecting cardiovascular, immune and hormone systems.

... continued on page 7

## Community Calendar

### April 2-May 14

Braden UMC The Ladies Life Café: A Saturday Bible Study series based on the film War Room; 10 am to noon; to register call 419-386-2700

### April 8-9

Pilgrim Church Rummage Sale: Fri – 9 am to 5 pm; Sat – 9 am to 2 pm; Furniture, collectibles, jewelry, toys, games, puzzles, books, glassware, kitchen items, household items, clothing and more: 419-478-6012

### April 9

United Church of God Women's Breakfast: "Turning Your Pain Into Purpose;" 9 to 11 am; Guest speaker La'Shawnda Bankston-Holmes: 419-810-6335  
Third Baptist Church (Holland) Spring Musical Extravaganza: 5 pm

### April 9-23

NODA Building Wealth: Every Saturday from 10:30 am to 1 pm; Learn to achieve financial independence: 419-243-3734 ex 44

### April 10

Beulah Baptist 10th Pastoral Anniversary for Rev. Ronald Taylor: Morning Guest preacher Rev. Marilyn Taylor; Afternoon guest preacher Bishop Nolan White  
Church of the Living God Annual Women's Day Service: 4 pm; "Women Walking in Praise, Ready to Receive our Blessings;" Guest speaker Min. Lakeisha Wortham of Indianapolis

### April 11 – June 20

Mott Mane Mondays: A 5 –week series providing participants with resources to aid in the care, styling and maintenance of African-American hair; Light refreshments provided at no charge; Mott Branch Library; Register at ToledoLibrary.org; Topics include 04.11 – Films and Forums, 04.25 – DIY Den, 05.23 – Natural Hair Salon, 06.06 – Expressions of Naturalism (poetry), 06.20 – SWAP & Shop: 419-259-5230 or 419-984-0395

### April 12-14

Calvary MBC Spring Revival: 7 pm nightly; Tuesday – Pastor Derek Arnold and Bethlehem Baptist; Wednesday – Pastor Talmadge Thomas and City of Zion; Thursday Pastor WL Perryman and Jerusalem MBC

### April 13

Beulah Baptist 10th Pastoral Anniversary for Rev. Ronald Taylor: 7 pm; Guest preacher Rev. Stanley Clark

### April 14

Beulah Baptist 10th Pastoral Anniversary for Rev. Ronald Taylor: 7 pm; Guest preacher Rev. Scott Isham

## The Sojourner's Truth

Toledo's Truthful African American  
Owned and Operated Newspaper

Fletcher Word – Publisher and Editor

Becky McQueen – Business Manager

Tricia Hall – Reporter

Rev. D.L. Perryman – Columnist

Megan Davis – Columnist

Zahra Aprilil – Columnist

Robin Reeves – Columnist

Mary Louise – Columnist

Jennifer Retholtz – Webmaster

Jessica Crans – Layout

### A Certified MBE

The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604

Phone 419-243-0007 \* Fax 419-255-7700

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

# Joel Osteen Says.. Hell No to Hell!

By Lafe Tolliver, Esq

Guest Column

Well, we can now say for a certainty that the famed and fabulously rich pastor of the mega church Lakewood Church in Houston, Texas is not a hell raiser.

According to a recent interview on Easter Morning and aired on CBS, the perennially grinning "pastor" of thousands (note: no one can pastor thousands of people, much less to even know their names!) was asked about two of the main tenets of the Judeo Christian faith and that is.... wait for it....hell and repentance.

Good ol' Joel who hates to disappoint anyone can now include Satan in his fan club since Joel's denial of Satan's lair means that religious people who just want a social club and not be subjected to bible-based preaching can get on with their lives without a worry or a care about whether they could spend eternity in hell.

I mean, look at this, this way. If I told you that you could drive your car without insurance or be stopped for a traffic violation, you would probably hoop it up and realize all of the insurance premiums you could now save and you could drive with wild abandonment.

If I told you that you can engage in any illicit conduct of your own choosing and whim and you would not have to face any judgment about it after you die, what would you do? Would you become a serial fornicator? How about a thief and a cheat? A glutton? Consider scamming trusting senior citizens out of their savings? Better yet, submitting false tax returns and bogus social security claims and make a whopping fortune!

I mean, why not? If you can live any which way in this natural life and avoid any penalty or rebuke for living a dastardly lifestyle and with no eternal and lasting repercussions, isn't it tempting to at least try something, wild and woolly and edgy?

If I were to preach to you under the authority of the Word of God that you are a "good" person and that you can live your best life now and that God is smiling down on you all of the time, wouldn't you come to my "church" and lap up that sappy stuff?

Would you not be attracted to a doctrine of no costly repentance and a doctrine of there being no hell?

Think of it. My preaching or teaching could give you cover so that you could avoid any guilt or avoid being confronted by a just and holy God who will one day call you into account for the deeds that you have done in the flesh.

Is it not normal for people to run and hide or lie when they do wrong or think that they are about to be found out that they have lied, cheated, or have twisted facts to suit their conscience?

But, if I preach a "gospel" of you are OK and I am OK, then we can get rid of this guilt stuff and not worry about future consequences of our bad acts and behavior.

The gospel according to Joel Osteen gives you permission to "do your thing" and without a proper and awe-inspiring fearful concern for the consequences possibly leading to an eternity in hell.

Good ol' Joel does not want to burden your already frazzled life with a biblical doctrine of hell. A doctrine that Jesus, the Son of God, repeatedly taught, explained and affirmed when he walked the earth. This Jesus, without reservation, described the nature of hell as being a place of anguish, torment, suffering and eternal separation from the presence of God.

I know....I know. Talking about hell and repentance may give you a bad case of the "hee-bee gee-bees"; and you want to believe that you are a good person. A nice person. A person who gives to charities and volunteers at the local food bank.

You are someone who believes in the inherent goodness of mankind and that each person has a "spark" of God in them.

You are the type of person who adopts stray dogs. You send your mom a card each Mothers' Day. You are honest on your tax returns. You even wash your car at least every two weeks even when it does not need it. You give alms to the poor and are not a gossip or a busybody like those other people.

But, whom are you going to believe? A smiling Joel Osteen who has not the guts or fortitude to preach a full gospel which includes graphic descriptions of both a heaven and a hell; and the need for repentance from sin or, are you going to believe the whole gospel as found in the Bible?

Make no mistake about it. Joel Osteen is viewed and heard by many millions of people worldwide. You will not find Joel preaching a "hell and damnation" sermon because he does not want to offend people who are struggling and who do not want to face or deal with a literal hell or the need for genuine repentance.

Joel wants to make your life comfy and he wants you to smile and have a great life now and be prosperous and be in great health. Joel's bread and butter is preaching and teaching a watered-down soda pop gospel. A gospel that is blatantly contrary to the very words of the Jesus that he seemingly professes he knows and follows.

You know, repenting is a tough thing to do. You may face criticisms and ostracisms if you do an about face and turn from your wicked ways and accept the gospel of repentance that is found in the Word of God.

Family members may scorn you. Co-workers may avoid you. Even your spouse may rebuke you if you renounce a lifestyle that they have grown to enjoy and accept and there you are now...repenting and changing before their very eyes.

Your newly-found life is a testimony against their lifestyle and no one wants to be judged because you repented and no longer do the things that you used to do.

Don't worry! With Joel Osteen, you can attend his mega church or listen to him on the TV and feel good about yourself and not be bombarded with, "come to the altar" messages.

Joel will affirm you as you are and demand no repentance of you and much less tell you in no uncertain terms that you are facing the fires of hell if you leave this world without a personal relationship with the Jesus as revealed in the scriptures.

No, Joel is not a hell raiser and he has clearly said, "Hell No to Hell!"

I take it that if I, as a lawyer, was not to give you the full breadth of the possible punishments for a crime that you had committed but glibly glossed over it and tried to make you feel good about yourself but yet the judge throws the book at you, you would probably feel that you did not get thorough legal representation.

You would think, as you sit in jail (analogized to "hell") that if you would have been noticed or informed about the possible punishments awaiting you, you would at least have had the opportunity to change your ways and walk the straight and narrow.

But not with Joel's approach. He wants to keep smiling and have you smile when he preaches and teaches an incomplete and feckless gospel.

Why? He does not want to offend your sensibilities or have you feel condemned and much less worry about being sent to a devil's hell.

Is Joel your gospel friend? You tell me. But for sure, Joel is no hell raiser!

Contact Lafe Tolliver at [tolliver@juno.com](mailto:tolliver@juno.com)



**April 13, 2016**  
April is National Child Abuse Prevention Month

Take a picture of yourself, your group, classroom or company wearing blue, and post it on our Facebook page!

For more information, email [information@co.lucas.oh.us](mailto:information@co.lucas.oh.us) or find "Lucas County Children Services" on Facebook.

Lucas County Children Services received more than 4,500 reports of suspected child abuse and neglect last year. Join us on April 13 as we unite to protect kids in our community.

**TAKE A STAND AGAINST CHILD ABUSE. WEAR BLUE TO WORK, SCHOOL OR PLAY.**

he. itty living news





# Jay Black – Taking the Lead at the Minority Business Assistance Center

By Fletcher Word

Sojourner's Truth Editor

"We are the State of Ohio's conduit for all state resources directed to minority-owned businesses," says Jay Black, Jr, newly appointed director of the Minority Business Assistance Center (MBAC), located on the Scott Park Campus of the University of Toledo.

Black, who has spent the last four years as president of the Toledo African American Chamber of Commerce (TAACC), and still leads that organization, has greatly expanded his ability to assist minority business enterprises (MBE). As head of the State of Ohio's MBAC Region 4 (four of seven offices), Black has the opportunity to assist minority-owned businesses within a 17-county, northwest Ohio area.

Minority-owned businesses include those owned by African Americans, Hispanic Americans, Asian Americans and Native Americans.

Black's plans to enhance the impact his office has on those businesses fall into three categories.

"First, I want to take the show on the road," he says of his desire to spread the word that his office is open and available to assist businesses, particularly in the southern reaches of the region such as Lima.

Secondly, Black wants public awareness of the MBAC workshops to increase, thereby increasing participation. On April 20, for example, MBAC is hosting a workshop – open to all – during which banks, state representatives and the Small Business Administration will be discussing the subject of access to capital. Earlier this year, MBAC hosted a workshop on Quick Books.

Third, the office will enhance its efforts at partnering with organizations such as TAACC, ASSETS Toledo, the Hispanic Chamber of Commerce, the NAACP in order to ensure that minority-owned



Jay Black



Lisa Washington and Jay Black explain MBAC programs to Carter Johnson, VP of Atlas Energy Group

businesses have access to the best possible resources while avoiding wasteful duplication of services.

"The more [such agencies] know about what we do here, the better they will feel about using us," says Black. The goal is to work cooperatively with such organizations so that each group's strengths are used for the best benefit of the client businesses. MBAC's strengths are clearly providing business-focused services – accounting, marketing, bidding, financial, certification assistance. And at no cost.

If an individual walks into the MBAC offices with a dream of starting her own business but no idea of how to do so, Black would refer that person to ASSETS Toledo for "Business 101" training. When such an individual is prepared to start or grow her business, MBAC is prepared to assist.

MBAC offers access to state, local and micro-lender financial assistance programs and can connect small, minority and disadvantaged businesses with a host of services.

"We have a direct loan program, for example, that is explicitly designed for businesses that are ready to expand," says Black. "When they are ready to expand, they are ready to hire more people. Typically MBE's will hire people from the MBE community – it's a win-win for everybody."

Black's message to the community, to those who know of MBE's in the community, is to refer people to his office. "If I can't help them, I can refer them to someone else."

"The overall objective is to work with those businesses and get them to the next level of success and start to build wealth in our community."

## African Art Has Arrived!!

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



The Gallery is open Monday through Friday from 8 AM to 4 PM

See more art online at  
[www.thetruthtoledo.com](http://www.thetruthtoledo.com)



The Truth Gallery  
1811 Adams Street  
419-242-7650

# State Rep. Michael Ashford Hosts Fundraiser at Our Brothers Place

*Sojourner's Truth Staff*

State Rep. Michael Ashford (District 44) hosted a fundraiser on Sunday, April 3 in downtown Toledo at Our Brothers Place for a group of his friends and supporters.

During his remarks, Ashford, who is running for re-election in November for a fourth two-year term in the Ohio House of Representatives, noted that he had a "personal relationship with everyone in here."

*... continued on page 16*



*Tanya Preston Adams, Celeste Smith, Michael Ashford, Ruth Ashford, Carmel Smith, Tina Butts*



*Ashford, Suzette Cowell, Tina Butts, Damian Hatch*



*Council President Steve Steel, LC Commissioner Pete Gerken, Paul Thomas*

# Breakfast with Lucas County Commissioner Pete Gerken

*By Fletcher Word*

*Sojourner's Truth Editor*

"I'm a guy doing a job, running against a guy looking for a job," said Lucas County Commissioner Pete Gerken at a breakfast meeting in late March organized by Sylvester Gould and Johnetta McCollough, who are members of the Gerken re-election committee.

"I'm here to listen, take suggestions and learn something," Gerken told the breakfast guests. "This is an opportunity and I need to learn what I am missing."

The breakfast, held at Pam's Corner, included Priscilla Brown, an entrepreneur specializing in construction supplies; Tracee Perryman, executive director of Center of Hope Family Services; Richard Mitchell, attorney; Rev. William James, pastor of St. James the Armory; Roderick Colbert, a boxing gym operator; Robert Smith, executive director of the African American Legacy Project; Earl Stevens, retired teacher and instructor at Penta; McCollough, executive director of TASC of Northwest Ohio; Donnetta Carter, travel agent and social worker; Tina Butts of T-Bonds.

Gerken reminded the guests of his background in elected office, particularly of his time on Toledo City Council when, in 1998, Council, with Gerken taking the lead, passed the living wage ordinance. "It took one and a half years to do that," he recalled. "And I'm more proud of that than anything else."

These days, the two most pressing issues facing Lucas County, said Gerken, are a broken criminal justice system and the water distribution problem.

"We need to get going on building the new jail because of the inhumane conditions," he said. "But we need to reform the system ahead of that. Jack Ford, my mentor, sat me down once and said to me 'if you build the jail bigger and not smaller, I'm going to be watching you.'"

"Seventy percent [of the prisoners] are mentally ill or addicted to something — they don't need to be there," said Gerken of the present inmate population.

Asked by Mitchell about the water system, Gerken replied: "we are in trouble — we are going to have to make some hard decisions with our partners on the water situation."

Gerken noted that suburban towns, weary of dealing with the City of Toledo and buying water from its supply, "are contemplating creating their own water systems — that will be a policy mistake that will take 50 years to correct."

"We have to regionalize the water system; we have to fix the distrust between

*... continued on page 16*



*Johnetta McCollough and Gerken*



*Tina Butts and Richard Mitchell*



*Richard Mitchell and Sylvester Gould*

# DIXIE

DIXIE CARS DIV. DIXIE AUTO LEASING INC

5876 N. DETROIT AVE. TOLEDO, OHIO 43612

## 419-476-8678

OFF LEASE - 4 DOOR SEDANS

# \$2,500

THIRTY DAY WARRANTY

## Worship EXPERIENCE

*Join Us!*  
Every Sundays at 5:30 p.m.  
Let's FELLOWSHIP together - Acts 2:42

Eastern Star Missionary Baptist Church  
2102 Mulberry Street, Toledo, Ohio 43608  
(419) 726-1180, FAX: (419) 726-6240  
E-mail: EasternStarMBC@aol.com  
Website: www.drjwwilliams.org





## The Power of a Fitness Sisterhood

By Angela Steward, Fitness Motivator

The Truth Contributor

We women carry the weight of the world on our shoulders. When our responsibilities include career, taking care of the family and somehow making time for ourselves, we become bogged down with feelings of stress, anxiety and even depression. We become so involved in taking care of others, we forget about our own needs.

I feel comfortable in betting that when others suggest you take time for yourself (while the laundry is backed-up, and dirty dishes are in the sink), you answer defensively: "How, When?"...immediately followed by: "Well if I had more help, maybe I could find some time for myself." I know this situation sounds familiar because I've been there. I once felt that way! I carried the heavy weight of responsibility on my shoulders – but the weight rested not only on my shoulders, it sat on my hips and thighs – 240 pounds of responsibility.

I would often say to myself (in private, of course): If and when I find time for myself, the first thing I'm going to do is call a friend and spend

the afternoon getting a mani and pedi, do a little shopping, and have lunch or dinner, or both.

The thought of using my "free" time to exercise was non-existent. At that time, exercise was one of my "least favorite things" to do. Of course sharing my free time with a friend would have been one of my "favorite things" to do – to experience something with a friend is what makes things "fun."

Well, guess what? Exercise ain't what it used to be. We could all take a cue from our children. Combining social play with exercise comes naturally to most kids – relay racing, roller skating, football, basketball, etc. I remember as a kid getting up early in the morning, running to my friends' house to play tag, to jump rope, to roll down hills or ice skate at Ottawa Park, to go swimming at Willys Park, and sled down Jermain Park's snowy hills.

These memories are a strong part of my childhood and are "care-free" memories that I love! I'm sure most of you have stayed in touch with childhood friends because you share "care-free" memories. Those "care-free" memories play an important part in who we are today and how we live our everyday lives.

Starting today, open your memory gates and allow friendship, fun and laughter to enter in your adult life. No matter what age you are, there are ways of tapping into those childhood feelings again. You're never too old to be "happy and fulfilled." So...tap into the Power of a Fitness Sisterhood.

When I created "Fabulously Fit," I wanted to share my passion for dance and fitness. Combining my two favorite passions brought back fun memories of friendship, laughter, of high-school cheerleading and parties where I would dance for hours non-stop. I wanted to reclaim those "care-free" memories, and that's what "Fabulously Fit" offers - a fitness program that gives you permission to feel young and energized.

My combination of cardio dance and weight-bearing exercises is designed for women of all sizes, ages and fitness levels. For one hour, leave your troubles at home, release the stress, move your body, laugh, sweat, and shake what your Ma-Ma gave ya. Be filled with "care-free" fun-loving spirit for one hour. We work hard, we lift weights and we sweat. We also laugh and love reaping the benefits of a good workout.

... continued on page 8



**NATURAL HAIR CARE & APPAREL**

Shop Online at [TheKitchenSalon.com](http://TheKitchenSalon.com)

Free Shipping On Orders \$40 Or More



**AFRICAN DASHIKIS**



**Hair & Loc Products**



**Accessories**



**Tams & Headwraps**

(419) 984-0395  
info@thekitchensalon.com



**Regina Whittington**  
Owner/Operator

**RegWhitt.COM**  
Social Media Marketing  
& Management

567-703-6272  
rw@regwhitt.com

# Who Cares For You?

Dianne Pettis, MS, FNP-BC

The Truth Contributor

There used to be a time when parents looked forward to an empty nest. The children are gone; the tears are wiped away; plans are made for the empty room; vacations are planned with all the extra money and time you'll have...then you find yourself with the responsibility of caring for an ill or dependent relative or dear family friend. It seems that in my circle, everyone is currently providing some level of care for a relative.

According to the National Alliance for Caregiving, 29 percent of the adult population (65.7 million Americans) have served as caregivers for an ill or disabled relative in the past year. This doesn't include non-relatives. The care provided ranges from just helping with a few things such as rides to appointments and checking in, to total care of the loved one. The time involved ranges from a few hours per week to over 40 hours per week.

Many of those caregivers are working full-time jobs and still caring for children not quite ready to leave home yet. Women make up the majority of caregivers. Adding caregiving responsibilities to a person with a full plate makes for a recipe for burnout. Who helps and cares for the caregiver?

Often, the caregiver doesn't even think of him, or herself, as one needing care. The focus has been so far away from self, that self is forgotten. There needs to be balance. The focus needs to shift to include care of the self. If not, person needing care will outlive the caregiver. The Family Caregiver Alliance reports that the risk of dying is 63 percent higher for a caregiving spouse aged 66 to 96, than people of the same age who are not caregivers.

Why does this happen? Stress and poor lifestyle habits end up wearing down the immune system and increase risk for chronic illnesses. Caregivers tend to neglect their own needs, to make sure their loved one's needs are met. If you aren't around anymore, or can't make it out of your own sick bed, who will take over? Anyone who has been on a plane has heard the flight attendant instruct you to put the oxygen mask on yourself first before helping another in case of loss of cabin pressure. You can't help another if you are ill, stressed, depressed, or in the intensive care unit with a stroke or a heart attack.

If you are a caregiver, make a promise to yourself to take good care of yourself as well. You are not allowed to feel guilty at all for taking some time to care for yourself. Taking care of yourself includes:

- \* Getting more sleep – start with getting at least one more hour per night than you currently do now.
- \* Eating a more nutritious diet, that includes less sugar.
- \* Relaxation techniques, such as meditation, praying, deep breathing, yoga, reading, and hobbies
- \* Reaching out for support – ask for help
- \* Avoiding isolating yourself; talk to people; “hang-out” with your friends
- \* Exercise – even for 10-15 minutes per day
- \* Keeping up with your own preventive health care
- \* Getting access to resources – reach out to the Ohio Department of Aging; Area Office on Aging of Northwestern Ohio at 419-382-0624 or [www.areaofficeonaging.com](http://www.areaofficeonaging.com). There may also be Meet Up caregiver groups in your area.
- \* Recognizing that “This too shall pass.”

Contact Dianne Pettis, MS, FNP-BC at 724-375-7519

Perryman... continued from page 2

So what must we do?

This is a time of extreme peril and not a time for smiles and passivity.

The Senate has a bipartisan measure pending called the Drinking Water Safety and Infrastructure Act. It would provide \$242 million in seed money not just for Flint, but also for other communities with water contamination, including communities in Ohio. Both of Ohio's senators, Rob Portman and Sherrod Brown, are co-sponsors of the legislation. We should contact them to ask them to prod Senate leadership to bring this measure up for an immediate vote.

Also, Mayor Paula Hicks Hudson and the Toledo City Council are urged to put our children first by approving the prevention ordinance sponsored by the Toledo Lead Poisoning Prevention Coalition.

These steps are a start, but we need more to fix our infrastructure and heal our children.

It's not just Flint and it's not just water. The lives of our children are in jeopardy and it affects us all. We need to demand that we put a stop to the poisoning of our children.

Contact Rev. Donald Perryman, D.Min, at [drdlperryman@centerofhopebaptist.org](mailto:drdlperryman@centerofhopebaptist.org)



Dianne Pettis

## GET A MORTGAGE THAT TAKES YOU *home.*

With First Federal, it's easy to get the right financing for your new nest.

It all starts with getting to know you and your dreams first. Then, we find the perfect mortgage solution that takes you from searching for a home to moving in. We're by your side from start to finish, and that's what makes us better together. Give one of us a call to start your relationship with First Federal Bank.



Tasha Jacobs | Retail Lender  
2920 West Central Ave. | Toledo  
419-537-9312

Gwen Sackinger | Retail Lender  
2565 Shawnee Rd. | Lima  
(419) 221-1312

Joe Campbell | Retail Lender  
2600 Allentown Rd. | Lima  
(419) 338-2027

  
**FIRST FEDERAL**  
BANK

*Better together.*

First-Fed.com

1-877-367-8178



Offer of credit subject to credit approval.



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

*Fitness Sisterhood... continued from page 6*

That is why I encourage you to find a group fitness class – like Fabulously Fit. A group fitness class allows you to meet new people; the classes usually have a consistent schedule, and the same group of women often attend those classes. I often announce in my classes – if you don't know the name of the person to your left or right, chances are they don't know your name either – so how can you make a new friend if you don't speak to each other – reach out and attempt to connect with others.

A very good friend often tells me – the bigger the circle, the bigger the view – and I've found this to be so true! When you reach out to others in class, chances are that person to your left or right – looks forward to you showing up and will even reserve your spot in class until you arrive....\*hint-hint, FabFit back row\*!

A strong fitness sisterhood will hold you accountable for your actions. Everyone experiences a time where they need to take a break – but just know – when you open your heart to a Fabulously Fit sisterhood, your sisters already know what you're going through, and have already put a plan of support in place to help you get to where you need to be.

Our sisterhood has visited each other's homes. We know each other's families, we know each others likes and dislikes, strengths and weaknesses. We not only exercise together, we celebrate together, we pray together, we praise together and we mourn together. We are connected through exercise, and we reach out to others to encourage them to live a healthier, happy, care-free lifestyle.

I encourage women of all ages, cultures, sizes, and fitness levels to: Leave the dishes in the sink; the laundry can wait! Get off the couch! Leave the comfort of your four walls! Make new friends! Reclaim your "care free" spirit! Reach out to a group of women who have fun working out and have similar lifestyle goals and needs! We all have one goal in common – to be strong healthy and fit women who strive to live a spiritually happy and healthy stress-free life – so **TAP INTO THE POWER OF A FITNESS SISTERHOOD!!**

Yours In Fitness!

Angela R. Steward  
Certified Group Fitness Trainer  
Healthy Living Motivator  
Head Instructor and Owner of

**FABULOUSLY FIT GEM**

1855 S. Reynolds Rd., Suite C (in Olive Garden Plaza)

Toledo, Ohio 43614

Classes: Mon 6a, 9a & 6p, Tues 6a & 6p, Wed 6a & 6p, Thurs 6a & 6p & Sat 8:15 & 9a

Email: [FabFitu@yahoo.com](mailto:FabFitu@yahoo.com)

Phone: 419-699-9399

Stop into any class, your first visit is.... FREE!!!!



Angela Steward

\*Angela R. Steward  
Creator of Fabulously Fittm  
Fitness Coach & Motivator  
Certified Weight Loss Consultant  
Co-Owner of Studio Fitness

Fabulously Fit Classes:

1413 Bernath Parkway (off Airport Hwy, across from TGIF)

Mon 9am, Wed 6pm, Fri 6pm, Sat 9am, Sun 3pm

Website: [Fabfitu.com](http://Fabfitu.com) for a free fitness pass!

Email: [FabFitu@yahoo.com](mailto:FabFitu@yahoo.com)

Cell: (419) 699-9399

**Annual BUSINESS & HEALTH EXPO**  
**Saturday April 30<sup>th</sup> 2016 \*10am-4pm**  
**The Stephenson-Roberts Fellowship Hall**  
**640 Indiana Ave. Toledo Ohio 43602**

**There will be entrepreneurs with goods and services. Items to be sold and services provided.**

**Contact Ms. D. Carter, for more information at (419) 367-9765**

**FREE & OPEN TO PUBLIC!**

**GLASS CITY GRIND**  
**MERCY** Care you can believe in!  
**TOLEDO** the learn, work, play  
**UT Medical Center RYAN WHITE PROGRAM**  
**DALE-RIGGS FUNERAL HOME**  
**TOLEDO-LUCAS COUNTY HEALTH DEPARTMENT**  
**The Sojourner's Truth**

**FLIP That Stock**

FOR IMMEDIATE RELEASE  
March 1, 2016  
Bowie, Maryland

**Contact**  
Russell Craig  
1-877-600-3749  
[FLIPThatStock@gmail.com](mailto:FLIPThatStock@gmail.com)

**"FLIP That Stock Founder and CEO, J.R. Fenwick to launch National Tour in hometown of Toledo, Ohio"**

Toledo Native, Founder and CEO of FLIP That Stock, J.R. Fenwick is coming home to launch the National "Empowerment and LifeStyle Tour" Saturday April 23, 2016 at University of Toledo, Scott Park Campus Auditorium, 2260 Nebraska Ave, 10am to 12 noon.

FLIP That Stock is a leading education and technology company that teaches people how the stock market works and how to "actively" buy and sell stocks using the latest technology.

Fenwick, a graduate of St. Francis DeSales High School '82 and Hampton University started FLIP That Stock in 2013 after friends and even strangers began constantly asking him to teach them to trade stocks.

15 years ago, Fenwick was introduced to trading stocks by someone he was buying a keyboard from for his music recording and production studio. The two became fast friends and literally, "one day out of the blue my friend ask me did I trade in the stock market. I knew nothing about the stock market and really wasn't interested, but my friend's persistence eventually won me over. I became fascinated and borderline obsessed with learning the stock market. My friend began to teach me, I attended seminars and even hired a personal coach to accelerate my learning," Fenwick says.

Being an entrepreneur at heart, stemming from his days as a youth in Toledo running his own lawn cutting and newspaper delivery service, Fenwick lived the life of an entrepreneur turning his passions for playing guitar, music recording and production, martial arts and marketing and sales into high six figure profits after quitting his 6 figure corporate job. He even wrote an Award Winning Book entitled, "How I Quit My \$100,000 A Year Job" to encourage, inspire and educate others to pursue their passions." The book caught the attention of The Washington Post and they did a feature story entitled, "Don't Let Your Boss See You Reading This!" That article lead to more articles and Fenwick being invited to speak at entrepreneur's conferences and being a frequent guest on numerous radio shows across the country.

Fenwick's main passion is teaching people about the stock market and designing stock trading software that utilizes the most advanced technology for trading stocks. "The first part of teaching people is debunking all the myths and misconceptions that many people have about the stock market. Once that's done, I teach people how the stock market REALLY works and how to use the latest technology to find, analyze and buy and sell stocks in a very short period of time. Ultimately, I teach people a new skill that empowers them."

FLIP That Stock and The Empowerment and LifeStyle Tour are sure to impact and change many people's lives as it crosses the country. "The tour stop in Toledo is endorsed by The Toledo African American Chamber of Commerce" says Roy Hodge, Vice President. Tickets are available for The Empowerment and LifeStyle Tour at [FLIPThatStock.com](http://FLIPThatStock.com)



# Accelerating Health Equity for the Nation

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

"Accelerating Health Equity for the Nation" is the theme for April, National Minority Health Month 2016. The American Public Health Association defines health equity as everyone having the opportunity to attain their highest level of health.

Not only is health equity an important topic for our nation, but National Minority Health Month is also celebrated locally and it's a personal issue. Individual health is a very personal topic and it is also a community and national matter. For individuals and families to achieve their optimal health, social and environmental conditions must be lined up to support healthy choices and lifestyles.

In 1915 Booker T. Washington stated, "Without health and long life, all else fails." To accelerate health equity for the nation, both national and personal health goals must happen at the same time. As individuals and families work to make healthy choices including food and physical activity it is vital that community sites such as schools, worksites, community centers, doctor's offices, houses of worship, etc. have wellness and health equity as a priority for all.

If a site is not fostering opportunities for optimal health for all, that needs to be addressed. If a community program or site is working to promote health equity, please recognize their hard work!

The Ohio Commission of Minority Health has published a 30 Day Wellness Campaign Calendar online for the month of April and there are many events happening in Toledo. Local opportunities to participate in National Minority Health Month range from health screenings, community summit, community clean-up and a health expo at the end of the month.

The topics for health and wellness at the different events range from general health screenings to colon health, diabetic health, recovery addiction and healthy moms and babies. Be sure to check out the entire list of events in Toledo as well as around the state of Ohio at <http://www.lucascountyhealth.com/wp-content/uploads/2016/03/2016-MH-Calendar-1.pdf>. They also recommend you contact the telephone number listed for verification of events. A few events for the month are listed here:

**Living Well With Diabetes**, April 9 and again on April 30. 10:00am-1:00pm. This seminar will focus on a comprehensive approach to diabetes management. Participants will be able to identify the different types of diabetes, understand how to check their blood sugar, identify related complications, and learn how to create a meal plan. Participants will be provided a self-care workbook and other diabetic tools. RADISSON AT THE UNIVERSITY OF TOLEDO 3100 GLENDALE AVE-TOLEDO. Sponsored By: Bread of Life Feeding Center (419) 646-8586

**Your Colon Health Matters**, April 13 from 9:00am-12:00pm Participants will receive education on the symptoms, risk factors, prevention, early detection and screening of colorectal cancer. Qualified participants will receive a home screening kit for colorectal cancer. MAYJORES SENIOR CENTER 2 AURORA GONZALEZ RD.-TOLEDO Sponsored By: Lucas County Colorectal Cancer Coalition (419) 407-1187

**We Tai Chi Open House** 1:00-2:30 pm on April 14 and again on April 30. Residents of the Toledo Central City will be invited to see Tai Chi demonstrations, experience mini-classes, receive information on the health benefits of Tai Chi, and receive invitations to free 12-week classes. MONROE STREET NEIGHBORHOOD CENTER 3613 MONROE ST.-TOLEDO Sponsored By: Monroe Street Neighborhood Center (419) 473-1167

**Minority Health Month Health Summit** on April 16 from 10:00

am-3:00 pm. This event will feature presentations for youth and adults to promote healthy lifestyles. Crucial information will be provided to all parents, care givers, and surrounding community at large to allow everyone to practice disease prevention. ROBINSON ELEMEN-TAQRY SCHOOL 1075 HORACE ST.-TOLEDO Sponsored By: Lucas County Regional Health District (419) 213-4095

**Annual Business and Health Expo** on April 30 from 10:00 am to 4:00 pm. Featuring vendors and health care providers. Indiana Avenue Missionary Baptist Church Stephenson-Roberts Fellowship Hall. 419-367-9765

Another wellness opportunity starting this month is the OSU Extension's online wellness challenge. The theme for this spring is *Spring Renewal: Balance Your Wellness Wheel Challenge*. This theme is designed to help you find balance in all dimensions of your health and wellness. Not only is it about physical health and wellness, the areas including: social, creative, career, financial, environmental, spiritual, emotional and intellectual. The e-mail challenge includes messages and lots of encouraging tips. The program runs from April 11 – May 22, 2016. Please contact Patrice at [powers-barker.1@osu.edu](mailto:powers-barker.1@osu.edu) with any questions. To sign up, go to <http://go.osu.edu/LucasSp16>.

#### Resources:

American Public Health Association <http://www.apha.org/topics-and-issues/health-equity>

US Department of Health and Human Services, Office of Minority Health



**ONE SCHOOL CHANGES EVERYTHING.**

Imagine a school where each student gets the attention he or she needs and virtues are part of every school day. That's Bennett Venture Academy.

For your child, it changes everything.

**Call Karina**  
419-434-9384

**BENNETT VENTURE ACADEMY**

# Tips to Get More Nutrients in Your Daily Diet

*Special to The Truth*

Getting all the nutrients you need each day to function or even thrive can be a challenge. After all, there are only so many meals in a day.

Here are some creative ways to pack the necessary nutrients into your day, without going over your tight calorie budget.

## Make Each Bite Count

It's tempting to sneak in "empty calories," with foods and beverages that have little in the way of nutritional value. Don't give in to sugary treats or easy fixes. You will ultimately feel more satisfied by foods that work to fuel your body.

Plan meals ahead to ensure they each include a healthful balance of proteins, carbohydrates, vitamins, amino acids and minerals. Eating colorfully with each meal can help, because fresh fruits, vegetables, beans, nuts and seeds of different colors can provide a rich mix of these valuable nutrients and antioxidants.

Also, don't let unhealthy snacking be your downfall. Snacking doesn't have to carry the connotation of mindless consumption in front of a television. Carefully planned bites between meals can be just what the nutritionist ordered.

For instance, consider a cup of high fiber cereal mixed with a few nuts or pumpkin seeds to tide you over between meals. A piece of whole wheat toast with a little nut butter also can do the trick, as can a piece of fruit with a slice of cheese.

Get to know the healthful options on restaurant menus and take the time to chew and enjoy your food.

## Easy Replacements

Some of the most essential nutritional components include protein, good carbohydrates, healthy fats, vitamins, minerals, fiber, enzymes and probiotics. While many foods contain some of these important nutrients, landing on the right formula can be an ongoing and time-consuming challenge. It doesn't have to be.

Consider fast tracking your way to all eight of these core nutrients with

a high-quality meal replacement. For example, Illumin8, a plant-based USDA Certified Organic powder from Sunwarrior goes well beyond a traditional protein supplement and can be used as a meal replacement, snack or pre/post workout shake. Available in three flavors, Vanilla Bean, Aztec Chocolate and Mocha, clean eating can also taste good.

## Healthy Lifestyle

Match your nutrient-filled diet with a healthy lifestyle. Get plenty of sleep each night, at least eight hours, and move more during the day, with at least 20 minutes of activity.

Be sure to stay hydrated all day long with glasses of clean, clear liquids. Water aids digestion and helps you skip the sugary soft drinks, which are high in calories but offer no nutritional value. Opt for water and green tea instead.

*Courtesy StatePoint*

# Ohio Democratic Party Celebrates Sixth Anniversary of Obamacare

*Special to The Truth*

The Ohio Democratic Party in March celebrated the sixth anniversary of President Barack Obama signing the Affordable Care Act into law, with a news conference featuring Columbus City Council President Pro Tempore Priscilla Tyson.

"There are many benefits to the Affordable Care Act, and they are certainly worth celebrating," said Tyson. "We must stop fighting partisan battles over health care. There's too much at stake to go backward. Let's focus on the future and getting even more Ohioans covered.?"

Here are the facts on how Obamacare has benefited our nation and our state:

- Thanks to the ACA, 20 million previously uninsured people had gained coverage prior to this year's open enrollment period
- The law has driven the uninsured rate below 10 percent – for the first time since we started keeping records.

*...continued on page 12*

**African Safari Wildlife Park**

267 S Lightner Rd  
Port Clinton, OH 43452

Only 20 minutes west of Cedar Point!

1-800-521-2660

**Drive-Thru Safari**  
Feed the animals and enjoy fun shows!

3/16

Some animals exhibited in pens

**African Safari Wildlife Park**

**\$3.00 Off**  
Adult Ticket (7 years+)

**\$2.00 Off**  
Children's Ticket (4-6 years)

**\$55.95 Carload**  
(Up to 6 people)

Provide e-mail address to redeem this coupon  
Valid for up to 6 people with coupon • May not be used in combination with any other offer.

**africansafariwildlifepark.com**

SAT 8:00 AM - SUN NOON - VOD

**THE GLASS CITY GRIND**

WAKE UP WITH CHERYL, LISA & CHARLIE  
"TOLEDO'S FAVORITE TALK SHOW"

www.theglasscitygrind.com

Like



# Promedica Community Events in April

*Special to The Truth*

ProMedica will offer the following free community events in April 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 419-531-7600/419-531-7600 for details.

Wednesday, April 6 and 20; 1 – 2 p.m.; The Victory Center; 5532 W. Central Ave., Suite B, Toledo, OH 43615

## Run/Walk for Life 5K Event

5K Family Walk/Run Event to benefit Relay for Life of Lucas County. To register, call 419-690-7509/419-690-7509 or email [maureen.moomy@promedica.org](mailto:maureen.moomy@promedica.org).

Saturday, April 9; 7:30 – 11 a.m.; ProMedica Bay Park Campus; Out-side Running Path; 2801 Bay Park Drive, Oregon, OH 43616

## ProMedica Defiance Regional Hospital Blood Drive

ARC blood drive; Monday, April 11; 10:30 a.m. – 3:30 p.m.; ProMedica Defiance Regional Hospital; 1200 Ralston Ave., Defiance, OH 43512

## 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 419-291-4634/419-291-4634.

Sunday, April 24; 2 – 4 p.m.; ProMedica Toledo Hospital; Croxton Auditorium; 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 419-291-7537/419-291-7537.

Thursday, April 28; 4 – 6 p.m.; ProMedica Flower Hospital; 5200 Harroun Road, Sylvania, OH 43560

# Get Away for a Good Cause

To bring attention to the growing number of individuals in our community who struggle with behavioral health issues, Unison Behavioral Health Group will host "Passport to Hope" on Saturday, April 16 from 6-10 pm at the Manor House located at Toledo's Wildwood Metropark.

Thanks to the generous support of Buckeye CableSystem, Good Neighbor Pharmacy, Brooks Insurance, and Hylant - guests will have the opportunity to delight in a variety of foods at the international grazing stations and participate in live and silent auctions. The evening will be hosted by Buckeye Cable Sports Network (BCSN) personality, Tom Cole.

A limited number of tickets are available for \$50/person. For more

information or to make a reservation, please contact Diane Geisbuhler at 419-936-7557 or [dgeisbuhler@unisonbhg.org](mailto:dgeisbuhler@unisonbhg.org). Event details can also be found at [www.unisonbhg.org](http://www.unisonbhg.org). Proceeds will benefit mental health services at Unison Behavioral Health Group where nearly 8,000 adults, adolescents, and children receive care every year.

## Volunteer To Help An Abused Child



## Attend a free, public Information Meeting

Monday, May 2, 2016  
5:30 p.m. to 6:30 p.m.

Toledo-Lucas County Public Library

## Mott Branch

1085 Dorr Street, Toledo

Lucas County CASA (Court Appointed Special Advocates) is a Department of the Lucas County Juvenile Court and a member of the National CASA Association.

RSVP appreciated: email [casainfo@co.lucas.oh.us](mailto:casainfo@co.lucas.oh.us)

## Get a glimpse of your health

Join us for a health and wellness event

Your blood holds clues to your overall health. Find out if you're at your healthiest — or if you could be at risk for future health problems.

### Make one stop to get three key blood tests:

- Blood pressure
- Blood cholesterol (non-fasting)
- Blood sugar

Appointments are necessary. Please call 1-888-987-6372 to register.



A Catholic healthcare ministry serving Ohio and Kentucky

6329TOLADV (4/16)

**Sat., April 9**  
**Mercy St. Anne Hospital**  
3404 West Sylvania Ave.  
Toledo, OH 43623  
Conference Room #1 | 8-11 a.m.

**Sat., April 16**  
**Mercy St. Charles Hospital**  
2600 Navarre Ave.  
Oregon, OH 43616  
Oregon Room | 8-11 a.m.

**Sat., May 21**  
**Mercy St. Anne Hospital**  
3404 West Sylvania Ave.  
Toledo, OH 43623  
Conference Room #1 | 8-11 a.m.

**Sat., June 25**  
**Mercy St. Vincent Medical Center**  
2213 Cherry St.  
Toledo, OH 43608  
Auditorium | 8-11 a.m.

**Sat., July 16**  
**Mercy St. Charles Hospital**  
2600 Navarre Ave.  
Oregon, OH 43616  
Oregon Room | 8-11 a.m.

# Earth Lyons to Compete for The Miss Teen Title

Special to The Truth

Earth Lyons of Holland was recently selected to participate in the 2016 Miss Teen pageant competition that will take place on Sunday, April 10, 2016. Earth learned of her acceptance into this year's competition when the pageant announced their selections following interviewing in the local Toledo area. Earth submitted an application and took part in an interview session that was conducted by this year's Toledo Pageant Coordinator.

Earth will be competing for her share of thousands of dollars in prizes and specialty gifts that will be distributed to contestants. Earth will be competing in the Miss Teen division, one of two divisions that will have young ladies ages of 13 through 19 competing in modeling routines, which include Casual Wear and Formal Wear. Most importantly, Earth will display her personality and interviewing skills while interviewing with this year's judging panel. Personality is the number one aspect that each contestant is judged on during all phases of competition.

If Earth were to win the title of Miss Teen, she would represent Toledo and the surrounding communities at the National Competition that will take place in Orlando, Florida. Over \$30,000.00 in prizes and awards will be presented at the National Competition while each winner enjoys this expense paid trip of five nights and six days in Orlando, Florida.

Community businesses, organizations, and private individuals will assist Earth in participating in this year's competition by becoming an official sponsor to her. Through sponsorship, each contestant receives all the necessary training, rehearsals, and financial support which will allow Earth to become a very confident and well-prepared contestant in this year's Pageant.

Any business, organization, or private individual who may be interested in becoming a sponsor to Earth may contact J. Lyons at 419-870-4949.



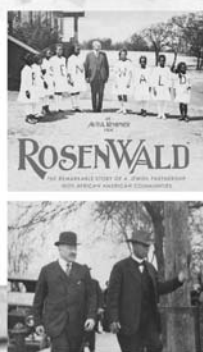
Earth Lyons competition photo

**Jewish Federation OF GREATER TOLEDO**  
Jewish Community Relations Council

**An incredible and uplifting story of how Julius Rosenwald partnered with Booker T. Washington and African-American communities to build more than 5,400 schools in the Jim Crow south.**

**Rosenwald**  
Monday, May 2, 2016  
Maumee Indoor Theatre  
601 Conant St., Maumee  
7 p.m.: Film presentation

Director/Filmmaker Aviva Kempner will join us at this screening of her film



**Aviva Kempner**  
Director, Writer, Producer

Aviva Kempner has a mission in life: her films investigate non-stereotypical images of Jews in history and celebrate the untold stories of Jewish heroes. She conceived of and produced *Partisans of Vilna*, a documentary on Jewish resistance against the Nazis, produced and directed Peabody-winning and Emmy nominated *The Life and Times of Hank Greenberg*, about the Jewish slugger who fought anti-Semitism in the 1930's and 40's, and produced and directed *Yoo-Hoo, Mrs. Goldberg*, a humorous and eye-opening story of television pioneer Gertrude Berg.

And now, from Aviva Kempner, comes *Rosenwald*, a feature-length historical documentary about businessman and philanthropist Julius Rosenwald. This historical partnership as well as the modern-day attempts to restore the schools is an inspiring story of philanthropy and local self-determination.



## Obamacare.. continued from page 10

- Here in Ohio, more than 240,000 of our citizens signed up and got covered through the ACA's Health Insurance Marketplace in the past two years.

- Through the ACA's expansion of Medicaid, nearly 650,000 Ohioans have gained coverage through Medicaid and the Children's Health Insurance Program.

In addition, Obamacare is benefiting the African-American community in the following ways:

- Last year, an estimated 6 in 10 uninsured African Americans qualified for Medicaid, the Children's Health Insurance Plan (CHIP), or lower costs on monthly premiums through the Health Insurance Marketplace.

- 7.8 million African Americans with private insurance now have access to preventive services like mammograms or flu shots with no co-pay or deductible

- More than 500,000 African-American young adults between the ages of 19 and 26 who would have been uninsured now have coverage under their parents' plan.

- 2.3 million African Americans (ages 18-64) gained health insurance coverage, lowering the uninsured rate among African Americans by 6.8 percentage points.

**Auto Leasing Toledo, OH**

5880 N. Detroit  
**Month to Month Leasing**  
419-476-8674

**WE ARE A FULL SERVICE BUSINESS**



# *Incarceration Nations: A Journey to Justice in Prisons Around the World* by Baz Dreisinger

By Terri Schlichenmeyer

The Truth Contributor

You do the crime, you do the time.

If you're willing, in other words, to misbehave or break the law, you need to be willing to face consequences. But what if the crime doesn't match the punishment? What if your sentence doesn't have a period at the end? Or what if, as you'll see in *Incarceration Nations* by Baz Dreisinger, you didn't commit a crime at all?

As a white Jewish English professor who focuses on African-American cultural studies and is passionate about working with about-to-be-released prisoners, Baz Dreisinger says she's used to surprising people. Her "peculiar blend of identities" is unique – and so was her idea of a two-year journey to visit prisons around the world.

The statistics that spurred her are "devastating:" More than two million people are behind bars in America, making the U.S. the "world's largest jailer." There are more African Americans in jail today than were enslaved 166 years ago; one in 14 black men is incarcerated in the States. American prisons hold 160,000 "lifers," as compared to fewer than sixty lifers in Australia.

America's prison model, says Dreisinger, is exported around the world. But the world, as she discovered, altered those plans.

In Rwanda, where violence between Hutus and Tutsis horrified us a generation ago, she discovered that bribery and corruption are "rampant" but prison programs bring criminals and victims together to attempt forgiveness.

In South Africa, in the prison where Nelson Mandela was held, she learned that apologies are nice, but a phone call to a prisoner's mother does even more.

In Uganda, where overcrowding leads to horrific conditions and corruption is "endemic," she learns that prisoners are hungry for beauty in words. In Thailand, she toured women's prisons where guards are required to know women by their names and faces, not their numbers. She visited Australia, which began as a penal colony; Singapore, a "Disneyland with a death penalty" and an exciting re-entry program; and Norway, where prisoners can "spend up to half" their sentences off-premises.

When *Incarceration Nations* first crossed my desk, I expected to read horror story after horror story but, surprisingly, that's not at all what I got. Instead, there's a lot in here about recidivism, reentry, and forgiveness.

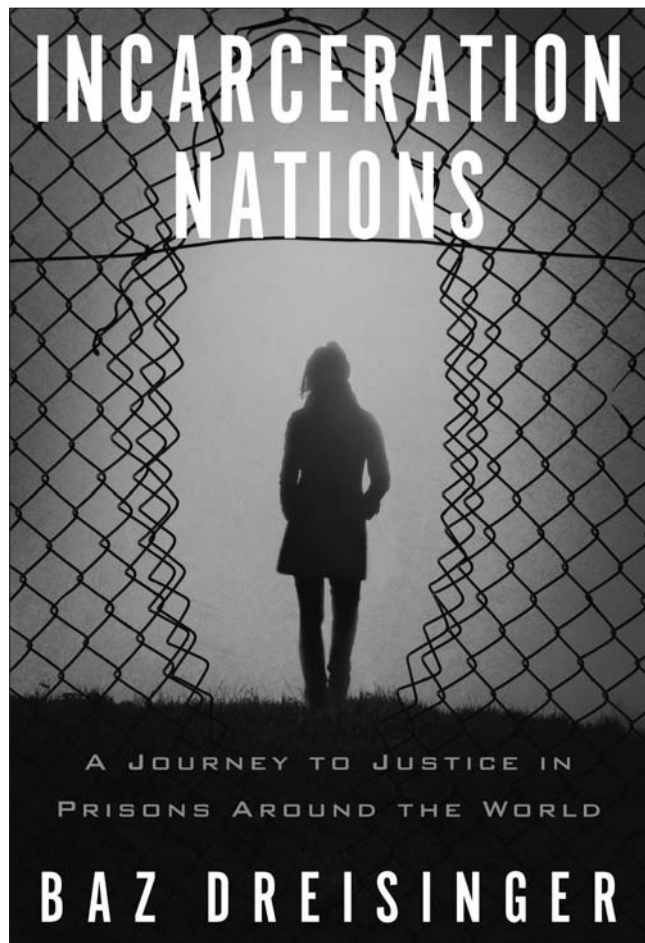
While I suppose one could argue that, in the making of this book, author Baz Dreisinger saw only what officials wanted her to see, there's much more to this story: Dreisinger was nevertheless still able to draw statistical parallels between American prisons and, say, Singapore's, where recidivism rates are far less than in the U.S.; or

Norway's, where prisoners are jailed near their home communities.

Furthermore, Dreisinger uses her experiences as the founder of the Prison-to-College Pipeline program in New York to show how punishment is more effective if there's a glint of hope tied up in it.

This is not a soft-on-crime book; instead, it's more a meditation on making prisons more productive, instead of merely a warehouse for individuals. And if that's a concern of yours, then *Incarceration Nations* is truly worth your time.

c. 2016  
Other Press  
\$27.95 / \$35.95 Canada  
336 pages



## LEGAL SERVICES

- [1] CRIMINAL DEFENSE AND TRAFFIC CASES
- [2] JOB DISCRIMINATION INCLUDING AGE, SEX AND RACE
- [3] PROBATE CASES AND ADOPTIONS
- [4] BANKRUPTCY CASES (CHAPTER 7 FOR A FRESH START)
- [5] WRONGFUL DEATH AND PERSONAL INJURY CASES
- [6] HOUSE CLOSINGS AND LAND CONTRACTS



Free office visit or phone consult. Allow my 37 years of experience to work for you! Atty. Tolliver. 419.249.2703. Out of town, call collect. EMAIL: Tolliver@Juno.com

# CLASSIFIEDS

Page 14

April 6, 2016

**Notice to Bidders:** Inquiry # FY16-41, (Project # 1030-16-159) for East/West Garage Repairs 2016 for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 3:00 p.m., Tuesday, April 26, 2016. Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$40.00 will be charged per set. Any further information may be obtained from Thomas Stuckey of Poggemeyer Design Group at 419-352-7537. One Pre-Bid Conference will be held on Tuesday, April 19, 2016 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: 15%. Project Estimate: \$680,000.00; Breakdown: General Const: \$680,000.00.

**Notice to Bidders:** Inquiry # FY16-42, (Project # 1130-15-872) for Campus Energy Cost Reduction, Phase 2 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, April 26, 2016. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1260. 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 \$110.00 will be charged per set. Any further information may be obtained from Dave Desjardins of JDRM Engineering at 419-824-2400. One Pre-Bid Conference will be held on Tuesday, April 19, 2016 at 11:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: \$900,000.00; Breakdown: HVAC: \$900,000.00.

## PATHWAY JOB OPENINGS

### Payroll Clerk (Seasonal)

\$19.00/hr. x 40 hrs./wk. The essential functions of this position will be to manage the processing of all payroll and input into the ADP system. Will also be responsible for input of liens/garnishments, leave records, verify accuracy of time sheets, input and distribution of financial reports and complete employment verification statements.

### Case Managers (Seasonal)

\$17.00/hr. x 40 hrs./wk. The essential functions of this position will be to determine income eligibility, maintain accurate records, complete monitoring and evaluation forms and enter participant data into database.

### Job Coaches (Seasonal)

\$19.00/hr. x 40 hrs./wk. The essential functions of this position will be to act as liaison between work sites, provide work sites with contracts, assist in interviewing participants for assignments to work sites, complete monitoring and evaluation forms and review and approve time sheets for accuracy.

### Full Curriculum Instructors (Seasonal)

\$19.00/hr. x 40 hrs./wk. The essential functions of this position will be to utilize curriculum to train youth and young adults on life skills, i.e., professionalism, long term success, computer skills and job preparation along with use of Microsoft Office, upload/download documents resume writing and other job search criteria.

### Special Project Managers (Seasonal)

\$17.00/hr. x 40 hrs./wk. The essential functions of this position will be to participate as a summer project manager that supervises participants, completes daily records of projects, record strategic data associated with special projects, keep logs of start and end times and mapping of locations.

### Program Clerk (Seasonal)

\$15.00/hr. x 40 hrs./wk. The essential functions of this position will be to assist in maintaining accurate records and file management, provide participant's with letters of acceptance which include training dates, times and locations, work site placements and assist receptionist answering telephones and returning participant's telephone calls.

### Receptionists (Seasonal)

\$15.00/hr. x 40 hrs./wk. The essential functions of this position will be to greet participants, answer telephones directing calls to the appropriate staff member, assist in maintaining accurate records and file management and assist with returning participant's telephone calls.

### Transportation Coordinator (Seasonal)

\$17.50/hr. x 40 hrs./wk. The essential functions of this position will be to ensure the transportation needs of participants are met daily along with continuously monitoring of routes, transporting participants to remote work sites, plan and coordinate training's, complete and assure timely completion and submission of all agency reports and initiate corrective action plans.

**Application deadline: Friday, April 15, 2016. For more detailed information and to apply, please visit [www.pathwaytoledo.org](http://www.pathwaytoledo.org). Equal Opportunity Employer: Federal and State laws apply to all forms of employment decisions and actions and to employment practices. NO PHONE CALLS, PLEASE.**

### PATHWAY'S Vision

*To reduce poverty by inspiring hope and delivering services to those who seek self-sufficiency.*

### Our Mission Statement

*PATHWAY reduces poverty by providing comprehensive services that create pathways to self-sufficiency.*



Tronair is growing and hiring talented individuals in Accounting, Engineering, and more. Visit [www.tronair.com/careers](http://www.tronair.com/careers) for open positions and application instructions. Tronair is an EEO/AA employer. M/F/Disabled/Vet

### Special Notice

RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted April 4-8, 2016 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.



### REQUEST FOR QUALIFICATIONS

The Lucas County Land Bank is seeking qualified and responsible general contractors and residential construction managers for comprehensive, turn-key residential renovation projects in targeted neighborhoods in Lucas County. Contractors must have demonstrated experience and capacity in residential home renovation, with direct knowledge of local building codes and FHA-renovation standards. The Land Bank encourages participation of local/MBE/WBE/EDGE businesses and businesses that are signatory with local building trades unions.

To respond, contractors must return a completed Request for Qualifications application by Monday, April 18, 2016 at 4:30 PM to the Land Bank's office, One Government Center, Suite 580, Toledo, OH 43604. Applications may be downloaded at [www.LucasCountyLandBank.org](http://www.LucasCountyLandBank.org) or picked-up at our office.

The Land Bank is a quasi-governmental organization whose mission is to return vacant and abandoned properties to long-term productive use. Since its founding in 2010, the Land Bank has returned more than 1,600 individual abandoned properties to the private market through homeownership, side lot, and demolition programs.

**Call to place your ad**

**419-243-0007**

**[www.TheTruthToledo.com](http://www.TheTruthToledo.com)**



# CLASSIFIEDS

April 6, 2016

Page 15

## DJ MISS T

DJ Miss T (Toledo's newest female DJ) is looking to provide the music for your events, reunions, parties & more!! Email: DJMissT@gmx.com for more info.



## JOB VACANCY ANNOUNCEMENT

### PATHWAY

### HUMAN RESOURCES GENERALIST

This is a **part-time position** 20 hrs. wk. x 52 wks. /yr.

Days and hours of work are Monday through Friday, 9:00 a.m. to 1:00 p.m. Occasional evening and weekend work may be required as job duties demand.

### JOB DESCRIPTION

#### Essential Functions

Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions of developing HR procedures, administering the compensation program, recruiting personnel, maintaining an affirmative action program, handling employee counseling, evaluating personnel reports of departments, maintaining compliance with federal and state employment guidelines and all other duties assigned to the human resource department.

This person will report directly to the CEO. Limited travel is expected for this position.

#### Required Education and Experience

- A bachelor's degree in Human Resources
- Three to five years' human resource experience, or a master's degree in human resource management and two years' experience in the HR field, or seven years of experience in the HR field, or any similar combination of education and experience.
- Bilingual capability will be given additional consideration

#### Additional Eligibility Qualifications

SHRM-CP or SHRM-SCP certification.

**Please mail your resume and employment application to:**

**Pathway**  
**Attn: Ina Jones**  
**505 Hamilton St.**  
**Toledo, OH 43604**

**Open until filled: No phone calls, please**

**We are an Equal Opportunity Employer**

## ACCEPTING APPLICATIONS

### Bridge Point Senior Village

One (1) bedroom units (wait list)

### John H. McKissick Senior Housing

One (1) bedroom units (wait list)

**Must be 62 years of age or older  
And must meet income eligibility requirements.**

Rent is based on income.

Applications taken on a First Come First Serve Basis

**Wednesday, April 13, 2016 @**

**9:00am-3:00pm**

At

Preferred Properties, Inc.  
5555 Airport Hwy. Ste. 145, Toledo, OH.  
43615

**All wait lists will be closed  
Wednesday, April 13, 2016 at 3:00pm**

For further information call (419)389-0361  
Monday through Friday, 8:30 AM – 4:30 PM



## RENASCENCE OTTAWA AREA RESIDENCES

3 AND 4 Bedroom Single Family Homes with attached garages. Many homes newly remodeled and available immediately. All appliances included. Please call 419-389-0096 or visit our office at 1258 Rockcross Drive, Toledo, OH 43615

## NORTHGATE APARTMENTS

610 Stickney Avenue  
Toledo, Ohio 43604

\*Now Accepting Applications for 1 and 2 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.



EQUAL HOUSING  
OPPORTUNITY/EQUAL  
OPPORTUNITY  
EMPLOYER



## BAKER/ASSISTANT BAKERY MANAGER

### THE TOLEDO ZOO

Assists in planning, supervising and coordinating day to day operations of the Timberline Bakery. Including baking and overseeing production of all wedding cake and special event baked goods, supervise staff in the preparation of food, assuring proper inventory levels are maintained, assuring labor cost and revenue standards are met, and adheres to proper cash handling procedures. Monitor physical plant of facility, develop menu items, calculate costs and retail prices, develop and implement training programs. Bakes and oversees the full cycle of all wedding cake and special event baked goods production. Primary contact for all bakery orders and will develop and train bakery staff. Conduct timely inventory of materials and merchandise related to cost analyses and monitors the inventory control. Supervise and assist the cleaning of the Bakery and maintenance of equipment to ensure proper sanitation and health and safety guidelines are met. This position is full time non-exempt under the Fair Labor Standards Act.

Prefer cake decorating certification and a minimum of 2 years' experience in a lead baker or similar role, or have the equivalent combination of culinary training and experience which provides the required skills, knowledge and abilities. This includes a proficiency in utilizing a variety of decorating techniques such as fondant, royal icing, buttercream and the use of airbrushing. Food Safety and Handling certification is required or must be obtained within 60 days of hire. Must have a valid drivers' license and be insurable by the fleet insurance carrier. EEO and drug and alcohol free workplace. Competitive salary and benefits package. Submit resume by April 17 to resume@toledozoo.org.

## ADVERTISEMENT FOR PROPOSALS TOLEDO-LUCAS COUNTY PORT AUTHORITY TOLEDO, OHIO

**NOTICE IS HEREBY GIVEN** that Sealed Bids will be received by the Toledo-Lucas County Port Authority for all labor, material, insurance, and equipment necessary for the Rehabilitate Airfield Pavements and Pavement Markings project located at Toledo Executive Airport in Millbury, Ohio 43447, in accordance with the approved plans and specifications. The engineer's estimate for the base bid for the project is approximately \$207,875.00; additive alternate 1 is approximately \$81,350.00.

Bids will be received at the Port Authority's administrative offices at One Maritime Plaza, Toledo, OH 43604 until Friday, April 15, 2016 at 11:00 AM, at which time and place all bids will be publicly opened and read aloud.

Plans, Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file and may be obtained by either (1) obtaining hard copies from Becker Impressions, 4646 Angola Road, Toledo, OH 43615, phone 419.385.5303, during normal business hours, or (2) ordering from Becker Impressions, via their website [www.beckerplanroom.com](http://www.beckerplanroom.com).

Please note that there will be a pre-bid meeting for this project for all prospective bidders on Friday, April 8, 2016, at 11:00 AM in the Conference Room in the Toledo Executive Airport terminal building (Crow Executive Air, Inc.), 28331 Lemoyne Road, Millbury, OH 43447. Attendance is suggested, but not necessary. Additional information can be found at [www.toledoportauthority.org](http://www.toledoportauthority.org)

**Toledo-Lucas County Port Authority**  
Paul L. Toth, Jr., P.E., President & CEO

*Ashford... continued from page 5*

He then spoke to his supporters of his dismay at the general mean-spiritedness of today's politics, both on a state and national level.

He noted that Republicans in the Ohio General Assembly have crusaded to reduce unemployment benefits from the 26-week level. "Twenty-six weeks of unemployment benefits gives you a sense of dignity. Republicans say 26 weeks is too long. They want 12 weeks," explained Ashford.

On a national level, with contentious contests in both major parties, Ashford, a Hillary Clinton supporter, added: "this is just as important as the last two presidential elections."

Ashford will be facing relatively token opposition in the fall against Republican John Insko.



Tanya Preston Adams, Suzette Cowell



Michael and Ruth Ashford



Dawn Humphrey, Ashford and Angela Steward

*Gerken... continued from page 5*

the city and communities or your water bill will triple; we have to bring everyone in as investors and not just as customers," said Gerken.

Others at the breakfast table mentioned their concerns about major issues facing their community. Butts, a bail bondsman, spoke of the pressing issue of juvenile crime. McCollough spoke of the problems facing adolescents and adults re-entering society after incarceration. Colbert touched on the subject of the prevalence of drugs among adolescents, particular prescription drugs.

"We are not social workers by degree, but we all are social workers," said Brown, addressing the fact that those in the African-American community have to possess a heightened awareness of the need for such social services around the clock.

Stevens voiced his concern for increasing the opportunities for vocational training such as Penta offers but has generally not been as available to students since Macomber High closed years ago.

"We have to give these kids an opportunity to develop skills and do something else besides either going to college OR doing drugs."

Pastor James emphasized the need the basic necessities of life such as food, the type of assistance his church and congregation focus on.

Perryman, whose Center of Hope agency operates a Fatherhood Initiative program, spoke of the fact that those organizations providing services should not have to operate in a vacuum and pretend that "you are going to meet everyone's needs." She praised Gerken for his vision over the years and his assistance in helping community programs such as hers.

Gerken, a Democrat and long-time union official, was appointed to Toledo City Council in 1996, won election to Council in his own right twice and has held the commissioner's office since 2005. He is being challenged in November's general election by former Toledo Mayor Mike Bell, who is running as a Republican.



Donnetta Carter, Priscilla Brown, Roderick Colbert, Tracee Perryman

## The ride of Toledo!



**TARPS** is a special service for riders with special needs and covers the entire TARTA service area. Toledo Area Regional Paratransit Service operates in compliance with the Americans with Disabilities Act.



Save a lot on gasoline and reduce the wear and tear on your car by using a **TARTA Park-N-Ride**. Not only will you save money on vehicle maintenance costs and expensive fill-ups, you'll avoid expensive parking fees and be able to relax during your commute.



Catch any **Mud Hens** or **Walleye** home game with a direct round-trip ride to downtown from several Toledo-area locations. No driving. No parking. No hassles. Convenient! And there's no game ticket required to ride.



**Call-A-Ride** is a smart curb-to-curb service in Maumee, Ottawa Hills, Rossford, Sylvania/ Sylvania Twp., and Waterville. You can combine your trips with regular TARTA line service, or other nearby Call-A-Rides.

