



Volume 38, No. 9

"And Ye Shall Know The Truth..."

May 4, 2016

Going Out In Style



Officer Floella Wormely and Sergeant Anita Madison

In This Issue...

Tolliver
Page 2

Cover Story:
Floella and Anita
Page 3

Stand
Against
Racism
Page 4

Healthy
Routines
Page 6

Ask Ryan
Page 6

Health Expo
Page 8

Health Section

Mediterranean
Diet
Page 9

Nurse
Pettis
Page 10

Camp Pediatric
Cancer
Page 12

ProMedica
Activities
Page 13

Book Review
Page 14

Classifieds
Page 15

New Kitchen for
Children and
Homeless
Page 16

And Where Is My Ice Cream Cone?

By Lafe Tolliver, Esq

Guest Column

You know what a firewall is...don't you? It's your back up, your tried and true buddy who will be there no matter what happens. It's what happens when you go back home to Momma and she has, without you asking, your favorite dish of collard greens, fatback, smoked neck bones and skillet cornbread (hot, crunchy, buttery and delicious) laid out on the table...along with a jug of sweetened ice tea and a pound cake for dessert.

A firewall is where you go to when you are harried day in and day out by your adversaries and you know, you just know, without a doubt that when you get back to your hometown or home turf, there is relief and acclamation for you.

It is where you go when you want to be seen without makeup or wearing no shoes or socks. It is where you go when you want to "kick back" and not worry about someone commenting on your weight gain or that you need a pedicure.

It is sleeping in late and getting up and everyone says, "Good Morning!" and they mean it even when you've still got sleep in the corner of your eyes and your robe is shiny at the elbows from wear and tear.

Well, in politics, politicians have firewalls. They, too, have heart felt needs to go to places where they are cheered and revered as "good people," where they can drop any pretense and talk with you as if they have known you for years and years.

Politicians have their havens of calm where they can burp and belch and no one thinks twice about it. Where they can indulge in that second piece of peach cobbler and the "calorie police" are not giving out tickets for diet violations.

The places where they can say goofy things and do not worry about someone secretly taping them for blackmail for CNN or ET.

Well, Hillary Clinton is a politico and she has a firewall of sorts.

When the election goes national against Donald Trump, Hillary will be looking to her firewall to back her up and give her the required support and votes that it will take to win the White House.

Hillary knows this firewall. Her husband knew this firewall. So did and does President Obama.

This firewall's loyalty is much ballyhooed abroad and in the media on a constant basis. This firewall has practically defined the words, loyalty and fidelity. Republican politicians would sell their soul to the devil if they could have such a firewall backing them up in their elections.

When this firewall is activated, the results cause reverberations in political circles because this firewall takes no prisoners. It is adamant. Resolute. Implacable. Focused. Loyal. Determined.

When this firewall gets the nod from the Hillaries' of the Democratic Party, they, like dancers in unison, spring into action. They move when told to move. They pounce when told to pounce. They swing the sword when told to swing. They join hearts and heads to do their solemn duty...to be the ageless firewall for the Democratic Party.

In spite of being neglected at times and not lavishly honored for their dutiful service above and beyond the call of duty, this monolithic firewall does

what it is supposed to do...it stands tall and stand firm and tells everyone in a booming voice and in no uncertain terms to those who wish to breach their bond, "You shall not pass!"

Political pundits marvel at this firewall. They stand in awe as this firewall clenches hands and lock their knees as one when the call is given from the Democratic Party honchos that, "It is time!"

Commentators look on in disbelief as these unnamed faithful minions buckle up with each other to do their unsworn duty to the nominee of the Democratic Party.

This firewall, unselfish as the day is long, takes no breaks from their duty. They are sentinels ever manning the ramparts, watching and waiting for the call, the call that they know comes every two and four years.

These guardians of the Democratic Party, although repeatedly slighted and taken for granted, never take their duty lightly nor do they seemingly harbor ill-will or resentment for the slights, real and imagined, that directed their way.

No, in spite of not receiving overdue plaudits for their courage and resoluteness, this firewall absorbs the abuse and takes the incoming flak and stands in the gap and produces, year in and year out.

If lack of thanksgiving was their thermostat of whether or not they would rise to the occasion and be the ever needed firewall, they hide that face of frustration and soldier on.

If not receiving gifts and privileges were the standards by which they would judge the love or loyalty of the Democratic Party, this firewall would flail and rave and rant but no, they put on their game face and march on to make sure that the nominee of the Democratic Party gets their desserts and rewards even if that means, they get little or nothing in return.

Who is this firewall that sacrifices so much for so little in return? Who are these unsung champions of the Democratic Party without whom past victories would be ephemeral?

... continued on page 14

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 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

May 2-23

NODA Pathways to Homeownership: 4 week series – every Monday 6 to 8:30 pm; NODA Office; Learn how to navigate the home-buying process: 419-243-3734 ex 44

May 5

National Day of Prayer: "Wake Up America;" Bible reading marathon; 10 am to noon; Lucas County Courthouse
Kwanzaa Park Neighbors Meeting: 6 to 7:30 pm; Padua Center; Yvette Muhammad to speak about disabled preparedness with Community Police: 419-241-6465

May 6-8

Servants' Heart Christian Church Women's Conference: "It's a New Thing;" Friday service at 7 pm, Saturday at 11 am, Sunday at 11 am

May 11

Bethlehem Baptist Church Project Homeless 2016: 9 am to 2 pm; Volunteers needed; 30 agencies collaborate to address issues such as health, mental health, addiction, housing, transportation, employment, meals and education: 419-241-9360
City of Toledo Town Hall Meeting: East Toledo Family Center: 6 to 8 pm; Mayor Paula Hicks-Hudson invites citizens to hear about and offer input regarding the City's plans and initiatives: 419-245-1895

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The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604
Phone 419-243-0007 * Fax 419-255-7700
thetruth@thetruthtoledo.com
www.thetruthtoledo.com

Floella Wormely and Anita Madison: Police Officers Going out on a High Note

By Fletcher Word

Sojourner's Truth Editor

This summer, on July 1, two long-time members of the Toledo Police Department, **Officer Floella Wormely** and **Sergeant Anita Madison**, will bring together their families, friends and co-workers and have a joint celebration of their retirement from TPD.

Wormely is retiring after 32 years on the job. A member of the Police Prevention Team since the early 1990's, Wormely has a long history of community service on the job and although she will no longer be an officer after July 1, her service to the community will continue uninterrupted.

Among Wormely's many accomplishments is the founding of S.T.R.I.V.E. in 1997. S.T.R.I.V.E., a summer educational program, offers students not only the opportunity to study for state-mandated tests but also the chance to actually take the OGT (Ohio Graduation Test) during the summer session in order to complete a key requirement for graduation.

Wormely came upon the idea of starting S.T.R.I.V.E. at the suggestion of her son after she had expressed her frustration to him about the lack of summer educational programs for students of his age. "Why don't you start your own, mom?" he challenged her. She did just that.

Working through the Police Prevention Team process, she drafted certified teachers and a program was born. These days, along with the tutorial sessions, S.T.R.I.V.E. also includes a Brains and Body Fitness Challenge (from June 20 to July 27, 2016); the Jordan Harris Book Scholarship Fund for Nursing Students; excursions to Detroit Pistons home games and the Police Prevention Team City-Wide Youth Picnic (on July 12). S.T.R.I.V.E. also helps adults earn their high school degrees.

To date, 19 years later, more than 2,000 students have benefited from Wormely's commitment to the community.

After 22 years on the Toledo Police Department, **Madison** will retire on the same day as her good friend. And, as is the case with Wormely, Madison, whose main focus over her years with TPD has been community involvement, will be continuing that interaction.

"There are a lot of arteries and veins in what I've been doing," says Madison. "To just cut it off would be painful. I'm part of the community and I have a stake in it."

Madison, a Toledo native and graduate of Scott High School, earned an undergraduate degree from the University of Toledo in art and a master's degree in criminal justice from Grand Canyon, joined TPD in the early 1990's after sending 14 years at the Medical College of Ohio. MCO, at that time, was about to privatize and the public union employees, such as Madison, were to lose their positions and benefits. The move to TPD preserved those benefits, such as her pension.

After spending four years on street patrol, Madison became a school resource officer, then a community services officer (CSO). In that position she was tasked with implementing a senior volunteer program to work with citizens on improving the condition of their neighborhoods.

After her promotion to sergeant, Madison joined the Internal Affairs division, an especially rewarding assignment because it enabled her to not only learn about virtually all aspects of the police department but to



Floella Wormely



Anita Madison

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... continued on page 5

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YWCA's Stand Against Racism 2016

Sojourner's Truth Staff

Citizens, agency representatives and elected officials, joined the YWCA of Northwest Ohio last Thursday at One Government Center to take the "Stand Against Racism 2016" pledge. Lisa McDuffie, YWCA CEO led the attendees in their promise to transform themselves and "the institutions and structures of society."

During the same time an estimated 750 events took place across the nation. "Institutional racism is detrimental to our country and to our community," said McDuffie prior to the local event. "Sitting in silence does not quiet injustice."

"We stand committed as a Board of Commissioners in coming together as a community to combat racism," said Lucas County Commissioner Tina Skeldon Wozniak after the group pledge. She pointed to two examples of racism that are so pervasive – criminal justice system and lead poisoning – and in which the African-American community is disproportionately disadvantaged.

"You can find racism in education, in the criminal justice system and in the environmental system," she said. "We can identify racism in two ways – the blatant hate crimes and in the subtleties where we all work."

Lucas County Commissioner Pete Gerken spoke of what he termed the "new dynamics" of racism. "We are exporting our racism onto brown people as the problem has gotten more complex," said Gerken, referencing recent

calls to deport a large portion of the population.

Also taking the pledge were Toledo City Council Members Cecelia Adams, PhD, and Larry Sykes. "What we are fighting is discrimination, stereotyping and the like," said

Adams. Sykes added: "It's unfortunate that we have to be here in 2016 talking about this – no one should be denied any of their rights because of their race, religion or sexual preference."



LC Commissioner Tina Skeldon Wozniak, City Council Member Cecelia Adams and YWCA CEO Lisa McDuffie lead the taking of the pledge

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Police Officers... continued from page 3

also continue and enhance her involvement with the community.

As a youngster, **Floella Wormely**, a Toledo native who graduated from Scott High School and attended Bowling Green State University, had never given any thought to joining the police force. She was working for a local bank when, by chance, on a lunch break, she wandered through Levis Square and happened upon a force of nature in the form of TPD's Shirley Green, who would later rise through the ranks and become a command officer and after retirement, return as director of the City's safety forces during the Mike Bell administration.

Green was recruiting that day and she convinced Wormely to take the civil service test to qualify for the department. Wormely was convinced, passed the test and the city and community have been all the better for it.

About 10 years later Green would again point Wormely in a direction that would alter her career path. "Have you heard of the Police Prevention Team?" Green asked her one day. "You should put in for it."

The PPT is a community-based diversion program designed to give juveniles a chance to avoid prosecution for minor violations. They are referred to the program by officers and, after completing the program, the charges can be dismissed. Currently, Wormely, the original team member, and her current partner, Officer Byron Daniels, lead the program.

In 2012, **Madison** received the assignment that has brought her the greatest degree of professional satisfaction when she was assigned to the Toledo Community Initiative to Reduce Violence (T-CIRV) unit. "The effort to reduce violence among gang members is the most important part of it," says Madison. "And the community aspect is the most important part of that. The community aspect is not a different piece – we are getting the community to help reduce violence in their own

neighborhood."

T-CIRV, modeled on a number of similar initiatives in cities across the nation, changes the traditional approach the police department has taken over the years when addressing the issue of gang violence. "It used to be when someone got shot, we would go after the shooter," says Madison. "Now we focus on the shooter and everyone involved with the shooter."

The strategy of T-CIRV includes engaging everyone involved in violence and those on the periphery. "We know through data that face-to-face conversation with the population reduces violence," says Madison. "We are trying to put spin offs on the strategy."

While a lot will change in **Wormely's** life after July 1, much will remain the same. She will stay with the PPT as a civilian and continue to work on the programs she has helped to put in place over the past decades. "I still get to work with a great partner I have had over the last three years," she says referring to Daniels.

Wormely's work had not gone unnoticed over the years. She made it to Washington D.C. in 2005 as a finalist for a Jefferson Award, has received a Silver Slate and a Hoodie Award, among other acknowledgements.

After July 1, **Madison** will continue to be involved in the community aspects of T-CIRV as well as with the many community-based organizations she works with now. She is part of S.T.R.I.V.E., is on the board of the NAACP, is part of her church ministry at Peoples MBS (where her brother Michael Key is the pastor), is active with Partners Empowering Community Safety (PECS) and has been elected as president of the African American Police League where she will continue to work on recruiting minorities into the Police Department.

"I'm leaving the job on a high note with a grand feeling – it has been really gratifying," says Madison of her impending departure. "This has been a great department to work for."

True Vine M.B.C. Fashion Show



The True Vine Blend of Fashions will be held at
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With comedian: Rikki Keel, soloist: Megan Davis. Hats sold from the Charleston House.

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When you feel strong nothing can hold you back. From building your muscles to strengthening your mind and conditioning your body, every day you strive towards looking and feeling healthy in the truest sense.

Here are some tips that will help to improve your long-term health.

Amp Up Your Workout

Don't let your workout routine get stale. Mix up your regularly scheduled program to work different muscles and ward off workout boredom.

Take time to regularly evaluate your fitness regimen and make sure you're spending enough time on improving your endurance, strength and flexibility.

For instance, training for a big race? Shave a few miles from your long run and supplement it with a bike ride. And, switch up non-cardio days with a barre, yoga or Pilates class.

Also, don't forget to carve out time to warm up with dynamic stretches before your workout and deep stretches afterward. Get out a foam roller to stretch and massage your muscles to keep them limber. Using a foam roller

will help to increase the range in motion of your muscles, which can help prevent injuries during future workouts.

Smile With Strength

Oral health is an essential part of staying healthy in the long-term. Strengthening and repairing your enamel from everyday wear and tear can be part of your daily personal health routine.

Similar to how moisturizing lotions and conditioners replenish skin and hair, by brushing with toothpaste such as Colgate Enamel Health Mineral Repair Toothpaste twice daily, you can help strengthen weakened enamel by replenishing it with vital minerals. This toothpaste replenishes natural calcium and other minerals back into weakened enamel, for stronger, healthy enamel. More information about Enamel Health toothpaste can be found at colgateenamelhealth.com.

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... continued on page 12

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Ask Ryan

Ryan Rollison

The Truth Contributor

Hi Ryan,

My name is Sandra and I have been reading your articles for years and I find the information in them very interesting. On the other hand I have not implemented one single thing. I am very overweight, out of shape and embarrassed to even attempt the things I read in your articles.

I fear that if I don't do something my health is going to diminish quicker and I'll be more embarrassed and miserable then I already am. I want to do something but I just don't think I can find a starting point. I was feeling helpless and hopeless. Then I noticed a lady from church (who was as large as I am) losing weight and moving around much better. I complimented her and she said she was working with a trainer and guess whose name she mentioned? That's right, you! You motivated me, indirectly through here. Now I feel I can do something.

Dear Sandra,

It's great that you realize you have an issue with your health and that you want to make changes. Here's the thing, it's about you, your health, self-esteem and quality of life! Who cares what anyone thinks as long as you are doing things to improve YOU!

You are not doing this for others approval you are doing this to improve you and that's all it's about...YOU! Be selfish with it, you need to realize it's a personal commitment to yourself not to spectators and people who have no bearing on your life. Second of all, it's about your family, you have loved ones who want to see you, do things with you and have you in good health so you'll be around for a long time.

Start out slow, Sandra. Set aside 10 minutes a day for the first week then increase it five to 10 minutes each week until you reach 30 minutes. Begin with walking, if you can't walk too far then don't walk far, but try to go farther every time you walk. Go five minutes out then walk back to your starting point.

Without knowing of any health conditions or limitations you may have, I can't really be too specific on how you should proceed. I can make a few "suggestions" though:

Chair squats: stand over a sturdy kitchen chair with your feet shoulder width apart or wider (adjust according to your flexibility and range of motion) and just simply sit down and stand back up even if you have to use your arms to push off or your legs. Begin with five reps and progress to 12.

Push-ups: start on your knees keeping your hands even, a little wider than your shoulders but in line with them. Lower yourself with control and if you can't push yourself back up then just return to the starting position and repeat (lowering yourself). You will eventually be able to push yourself back up. Again start with five reps and increase.

Shoulder presses: you won't even need weight to start out with these just do them until you feel your muscles start to burn. Stand or sit with your feet shoulder-width apart, raise your hands straight up as if you were touching the ceiling then lower your hands just to the

outside of your shoulders like your trying to touch your elbows to the ground, then repeat until you feel like your fatiguing.

Lastly, just do a simple high knee march for 30 seconds. Pump your arms and land your feet softly on the ground, don't stomp. This will help get a little more cardio in, work on your flexibility and range of motion in your knees and hips.

I have helped a lot of obese people get into better condition and help with functional movements. Things as simple as helping them just get up and down from the floor.

I will be more than happy to meet you once to show you a few things you could do at no cost to you. It's what I do, I enjoy improving peoples quality of life. I will work with you in a group if you have five or more people who have the same needs as you. In the past few years I have shifted some of my focus to working with more severely overweight people who need to lose weight due to health reasons.

Good luck and I hope you succeed.

* Dream Bodies Fit Camps will be starting again at Ottawa Park on Monday June 13; AM and PM classes will be available. Please contact me if you are interested. Like ryan rollison's dream bodies on facebook.

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Lucas County Children Services
Salutes our Foster Parents -
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The 5th Annual Business & Health Expo

On Saturday, April 30, the Fifth Annual Business & Health Expo was held at Indiana Avenue Missionary Baptist Church's Stephenson-Roberts Fellowship Hall from 10 a.m. to 4 p.m. The event takes place every last Saturday in April – Minority Health Month.

Free services were provided by Mercy Health Partners, the Healing Arts Institute and the Area Office on Aging.

Dozens of vendors also participated in the Expo displaying fash-

ion art, jewelry, glassware, cosmetics and food items.

Due to the overwhelming response, there is another EXPO scheduled for August 28, from 12:00noon -6pm at St.Clements Hall 2990 Tremainsville Rd Toledo, OH 43613

For more information, contact Donnetta Carter, Event Planner/ Organizer at (419) 367-9765(419) 367-9765, via email donnetta_c@msn.com or follow Carter on Facebook under "The Social Butterfly - Donnetta Carter" for upcoming events.



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Mediterranean Meals for May

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

May is International Mediterranean Diet Month. The “Mediterranean Diet” is not a new concept but in 2016 new research has been published and the Dietary Guidelines for Americans promotes the Mediterranean diet as an option for healthy eating.

A few questions come to mind: What is the “Mediterranean Diet?” Can one “diet” really represent 21 countries that boarder the Mediterranean Sea? What does this have to do with those of us living in northwest Ohio?

In general, the Mediterranean Diet (or Healthy Mediterranean-Style Pattern) is a diet high in fruits, vegetables, fish and unrefined foods. In addition to those food groups, there is an emphasis on whole grains, legumes and nuts. This eating pattern limits foods with added sugar, refined grains, saturated fat foods and high-sodium foods. The Healthy Mediterranean-Style Pattern encourages healthy fats, such as olive oil and using herbs and spices to flavor foods. Not only is it healthy, but it is also tasty!

Although there is nothing wrong with calling it a “diet” the newly published 2015-2020 Dietary Guidelines for Americans does not use the word “diet” but does promote the “Healthy Mediterranean-Style Pattern.”

The new Dietary Guidelines for Americans offers a couple of eating-style patterns as a way to encourage individuals to make healthy choices about food based on their personal preferences. This is a way for Americans to plan their healthy eating and possibility benefit from the research studies that have looked at the associations between the Mediterranean-Style eating patterns and health. What are the personal health benefits of eating foods promoted by the Healthy Mediterranean-Style Pattern?

The Mayo Clinic summarized previous research that has shown the traditional Mediterranean diet has been associated with reduced risk

of death from heart disease and cancer as well as a reduced incidence of Parkinson's and Alzheimer's diseases.

The newest published study has supported previous research that shows health benefits for the heart. This study looked at more than 15,000 people in 39 countries around the world who are currently living with stable heart disease. Those who ate more of the foods promoted in the Mediterranean style diet had fewer heart problems compared to those who did not eat as much seafood, fruits and vegetables, etc.

We don't live near the Mediterranean Sea – although we are fortunate to live near Lake Erie! There are not olive trees growing in northwest Ohio but we do have a nice selection of Mediterranean restaurants in the area. How can we eat along the lines of the Healthy Mediterranean-Style Pattern?

- More Plants! Increase fruits and vegetables on the plate. In addition to eating a little less red meat, use legumes and nuts as plant based foods from the protein food group. When choosing vegetable recipes,

...continued on page 12



Part of something bigger

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Mental Health Awareness

By Dianne Pettis

The Truth Contributor

I can remember wanting to take a "Mental Health Day" off from work...actually many mental health days when I worked at a particularly stressful job. Three of my co-workers ended up as patients on the psychiatric unit. I got to see and experience first-hand that thin line between sanity and mental illness.

According to the World Health Organization, Mental Health is defined as, "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

Twenty-five percent of adults don't experience a life like this during a given year. The statistics show that 50 percent of adults will develop at least one mental illness condition in their lifetime.

Mental Illness is defined as a diagnosable condition that is distressing; and affects thinking, feeling, the ability to function daily and the ability to relate to others. Friends, family, and community are also affected when a person has a mental illness.

There are many types of mental conditions; some more severe than others. It's all relative, though. Managing the symptoms and affects can be a daily struggle. Some people I've talked with who are living with mental illness say it's hard to explain what they are going through; they feel alone and ashamed.

Some of the more common diagnoses are borderline personality disorder, disassociation disorder, obsessive-compulsive disorder, post-traumatic stress disorder, anxiety, depression, bipolar disorder, schizophrenia, attention deficit-hyperactivity disorder, autism and eating disorders.

Many disorders begin in late teen and early adulthood; of course there are exceptions. Mental illness can be very complex to figure out and treat because there are many variables causing the onset: genetics, the living environment, lifestyle habits, situational stressors, traumatic events, biochemical processes and brain structure.

I will highlight Anxiety in this article since it is one of the most common mental health issues in the United States. Everyone gets anxious at times, but there is a problem if fear and worry is persistent, keeps you from doing daily activities, and is intense in situations that are not threatening – or shouldn't be threatening. Feelings are fear, dread, expecting the worst, and feeling the need to look for danger.

Anxiety symptoms are tension, jumpiness, restlessness, irritability, increased heart rate, shortness of breath, stomach upset, sweating tremors, twitching, headaches, trouble sleeping, and fatigue. Some symptoms can be so severe that the person can actually feel like they are having a heart attack, as with panic attacks.

Other types of anxiety disorders are phobias, generalized anxiety disorders, social anxiety disorder and separation anxiety. With all of these disorders, there is a strong, extreme or exaggerated response to a situation.

Before treatment can begin, one needs to have a complete physical exam, since some symptoms of physical ailments, can either mimic or cause mental illness symptoms. Cognitive Behavioral Therapy by a trained specialist is helpful in managing symptoms and pave the way for recovery.

Many times anti-anxiety or anti-depression medications are used. Techniques to help with relaxation should also be a part of the treatment plan. Family should also be involved in the plan for support.

There are many organizations to contact if you or a loved one is concerned about mental illness. There is a mental health screen at mhascreening.org. There are helpful worksheets at mental-healthamerica.net.

Of course the National Alliance on Mental Illness (NAMI) is an excellent resource for people and families affected by mental illness. Their informative website is NAMIohio.org. Remember you are not alone. Reach out and get help. There is no shame in seeking care for yourself.

Dianne Hart Pettis, CRNP
724-375-7519



Dianne Pettis

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3. Ohio Adjusted Gross Income in 2015 of \$31,500 or less.

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Homestead Outreach Dates & Times

May 10th
Chester Zablocki
Senior Center
3015 LaGrange St.
10:00a - 1:00p

May 16th
East Toledo
Senior Center
1001 White St.
10:30a - 12:30p

May 18th
Friendship Park
Community Center
2930 131st Street
10:30a - 12:30p

May 19th
James W. Hancock
Senior Center
4350 Navarre Ave.
9:00a - 11:00a

May 20th
Mayores
Senior Center
Two Aurora Gonzalez Dr.
10:00a - 12:00p

May 23rd
Eleanor Kahle
Senior Center
1315 Hillcrest Dr.
11:00a - 1:00p

May 24th
Monclova
Community Center
8115 Monclova Rd.
11:30a - 1:30p

May 25th
Maumee
Senior Center
2430 S. Detroit Ave.
10:00a - 12:00p

May 26th
Margaret Hunt
Senior Center
2121 Garden Lake Pkwy.
11:00a - 1:00p

May 26th
J. Frank Troy
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May 27th
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Anita Lopez
Lucas County Auditor

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ProMedica Community Events in May

ProMedica will offer the following free community events in May:

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, May 4 and 18

1 – 2 p.m.

The Victory Center

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

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 419-291-9475/419-291-9475.

Tuesday, May 17

7:30 – 9 p.m.

ProMedica Toledo Hospital

Education Center Room L

2142 N. Cove Blvd., Toledo, OH 43606

Healthy, Wealthy and Wise

ProMedica Fostoria Community Hospital and Fostoria Area Health Min-

istry are hosting a community health fair. There will be health screenings, including blood pressure, blood sugar, body fat analysis, osteoporosis, hearing aid inspection, skin damage and more. This event is free and open to the public. For more information, call 419-436-6688/419-436-6688.

Wednesday, May 18

10 a.m. – 1 p.m.

Stacy's Place

625 Plaza Dr., Fostoria, OH 44830

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, May 22

2 – 4 p.m.

ProMedica Toledo Hospital

Croton 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, May 26

4 – 6 p.m.

ProMedica Flower Hospital

5200 Harroun Road, Sylvania, OH 43560

Mediterranean Meals... continued from page 9

go light on additions such as salt, butter, or cream sauces.

- Go for the good fats. Use olive oil or another vegetable oil in place of solid fats when cooking and use oil-based dressings and spreads on foods instead of those made from solid fats. In addition to oils used for cooking, some of the promoted foods are also high in good fats like nuts and fish.

- Go fish. Eat seafood at least twice a week. Instead of eating other meat sources for protein, swap it out for a fish option. Seafood can be prepared in many different ways so choose an option other than fried.

- Increase the flavor with a variety of herbs. While each region of the world might use different herbs and spices, some of the common ones used in seasoning the Mediterranean are also very accessible in northwest Ohio. Not only are most of these herbs easy to find at the grocery store, but most of them can also be grown in gardens or found fresh at the farmers' markets. Here are some of the common, non-sodium ways to flavor Mediterranean food: basil, cilantro, chives, fennel, garlic, ginger, mint, onion, oregano, parsley, rosemary, sage, saffron and thyme.

Resources: Mayo Clinic, 2015-2020 Dietary Guidelines for Americans, 8th edition and Oldways nonprofit food & nutrition education organization.

Healthy Routines... continued from page 6

good tone for the rest of the day. Make your mornings easier with simple tricks like preparing overnight oats the night before so you have no excuses to skip this crucial meal.

Stick to a healthy eating plan with meal planning. Prepare as many lunches and dinners for the week as you can on Sunday, before work and family obligations get in the way.

Look to fill those meals with a balance of lean meats and proteins, legumes, fruits and vegetables, and healthy grains like brown rice and quinoa.

A healthy balanced diet will improve your energy level throughout the day and during workouts. You should also make sure that you are hydrating post-workout with water, or for an extra hydration boost, try coconut water.

When you amp up these aspects of your overall routine your body will feel the difference and you will see the difference. Follow these tips and you will feel stronger than ever.

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Free Pediatric Cancer Camp Seeking Campers and Volunteers

Special to The Truth

For children with cancer, a week at camp may seem impossible. "There are unique health issues and financial constraints that might prevent them from attending many summer camping programs," said Katie Wilson, Camp Catch-A-Rainbow Coordinator at YMCA Storer Camps.

But for the past 30 years, the Camp Catch-A-Rainbow program has proved that everyone can attend camp. YMCA Storer Camps, in Jackson, MI hosts Camp-Catch-A-Rainbow, providing a camping experience specifically geared toward accommodating children who have had a cancer diagnosis. The program is provided at NO COST to the campers.

"Our camps provide the opportunity for these young cancer patients to simply have fun and enjoy the experience of exercise, recreation and companionship through activities paced to meet their needs," said Wilson.

Health care professionals are available at the camp 24 hours a day, so most medical treatments can be done on-site or at a nearby cancer center. "The commitment of our volunteer doctors, nurses and cabin counselors as well as the camp staff enable us to offer this unique camping experience, while ensuring the wellness of all of our campers who have unique health needs," added Wilson.

Additional medical (licensed in MI) and non-medical volunteers, especially males, are currently needed to assist on-site during the week of camp. Volunteers must be 21 or older and attend volunteer training on July 30. Volunteer applications are being accepted through May 30. Late applications will be considered if positions are still available.

Young Camper's Day is a one-day program offered for children 4 to 6 years old and will be held on Sunday, July 31. Camp Catch-A-Rainbow (CCAR) is held July 31-August 5 for children between the ages of 7 and 15. Campers must have a cancer diagnosis, be from Michigan, Ohio, or Indiana and have approval from their doctor to attend. Campers have access to activities such as swimming, horseback riding, canoeing, arts and crafts, and much more. The

registration deadline for campers is July 8.

Contact Katie Wilson, Camp Catch-A-Rainbow Coordinator at 248.302.8985 or kwilson@ymcastorcamps.org to register your child or apply to volunteer. Camper and volunteer applications are also available online at ymcastorcamps.org. Late applications for campers and volunteers will be accepted if space is still available.

To help YMCA Storer Camps continue to provide camping opportunities such as this, at no cost, please consider financial support through individual donations, or through foundations and corporations. You can help build rainbows for children by designating a donation to Camp Catch-A-Rainbow by visiting www.ymcastorcamps.org or send by mail to:

YMCA Storer Camps
Attn: Camp Catch-A-Rainbow
6941 Stony Lake Road
Jackson, MI 49201

For more information on how you can support Camp Catch-A-Rainbow through financial gifts, please contact Katie Wilson, Camp Catch-A-Rainbow Coordinator at 248.302.8985 or kwilson@ymcastorcamps.org.



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Brown is the New White by Steve Phillips

By Terri Schlichenmeyer

The Truth Contributor

Your vote matters.

At least that's what they tell you, but you have your doubts. You're ONE of millions of people who'll go to the polls in November. You're a raindrop in the sea, a needle in a voting haystack. But as you'll see in ***Brown is the New White*** by Steve Phillips, you are more powerful than you think.

In 1968, the year Martin Luther King was assassinated, about 12 percent of the U.S. population comprised "people of color." Forty years later, on the night that Barack Obama was elected president, 36 percent of Americans were African American, Latino, Asian American, Arab American, or Native American.

While that still doesn't sound like a very high number, Phillips says that, for a politician looking to win in 2016, those demographics belie an "equation that's been hiding in plain sight": add progressive white voters, and "America has a progressive,

c. 2016
The New Press
\$25.95 / \$30.95 Canada
249 pages

multiracial majority right now..."

That's good news for Democrats – the party most often favored by progressives and people of color – but it's not the final word. Drawing a line from Selma to Obama's election, Phillips says that understanding the interests and histories of each individual group (including progressive whites) is essential for forward movement, politically. It's also important to know how those groups vote and the issues they care about, because if the "truth of the lives of the New American Majority" is ignored, "they will ignore you..." Phillips says. Stirring things up, as he points out, are conservatives who actively court "communities of color" and Republicans who've shown that they're trying to embrace new thinking.

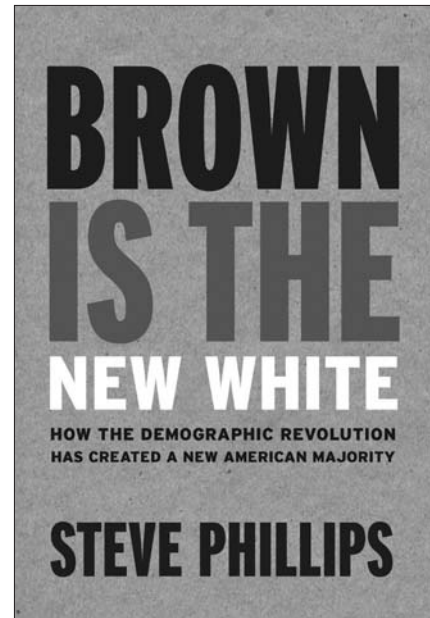
Smart politicians, Phillips says, will "invest wisely" by speaking directly through media outlets that are important and relevant to

voters in order to keep the New American Majority's attention and retain their support. Both parties must examine ways to bring "justice" and, therefore, equality to constituents. They need to cultivate "great cultural competence and expertise." And they'll have to "educate themselves about the realities of the lives of people of color."

Jam-packed with statistics, numbers, and thoughts that whirl around the pages, *Brown is the New White* is interesting, but it's not a book to finish in a weekend. There's so much inside here to comprehend, that you may not even finish it this month.

Author Steve Phillips pulls together plenty of intriguing ideas, history, and cause-and-effect tales but too many stats, which often muddy his points. He seems to go off-topic, sometimes slightly, but enough to cause me to stop and wonder where this was going. And yet, what he says is compelling and impossible to ignore; to wit, we are on the verge of something that could be exciting, if we only coalesce.

To reach that point, there are suggestions here, some of which may be controversial and some of which will require serious work. Still, though this book is definitely on the heavy side, what you'll eventually learn is meaningful, particularly in this election year. For anyone over 18, *Brown is the New White* could be a book that matters.



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Tolliver... continued from page 2

The African-American voter! The tireless and faithful voter for the Democratic Party.

The voter who gives and gives and gives with no thought for any return of wealth or status but simply to be a voter who has pledged allegiance to all things Democratic.

The voter who has made the difference for the Democratic nominee in local, state and national elections, albeit at times a razor-thin margin but nonetheless a margin that caused his candidate to triumph.

Is this reticent voter championed or applauded or valued to the point that the winning party lavishes them with the fruits of their bloc vote?

No! Oh sure. He is tossed a few political trinkets and baubles but as far as dining on the fat of the land or the prime rib of high visible appointments or budgetary allocations for his pet causes, no!

Why? Because his year in and year out loyalties are taken for granted and are now to be expected. All that the Democratic Party has to do these days is to roll out its nominee and that person grins and smiles at this voting bloc; and which should be to their chagrin, this voting bloc dutifully bows and smiles and in lock step, trots off to vote for the nominee.

Gunga Din could not rival this group of devotees! Batman's Robin fails in comparison to this show of fealty. Sherlock Holmes' Watson could not hold a candle to these hearty souls.

So, now it is Hillary's turn to rouse up these unfailing troops to perform according to script and put her in the White House and for that Herculean act, they will receive only a smiling, "Thank You!"; and the Republican Party and the political pundits will, with shaking heads, continue to marvel at such unrewarded fealty.

Contact Lafe Tolliver at Tolliver@Juno.com

CLASSIFIEDS

May 4, 2016

Page 15

EMPLOYEE SERVICES ASSISTANT

Metroparks of the Toledo Area has an opening for an Employee Services Assistant at Wildwood Preserve High School diploma or equivalent. Two-year college degree in office administration, business or human resources preferred. Moderate level of administrative office experience required. Part Time. Up to 35 hours/wk. \$14.35/hr. Go to www.Metroparks-Toledo.com to view detailed position description and job requirements. Apply online by May 6th. EOE



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Applications may be filed online at <http://toledo.oh.gov/services/human-resources/>

EOE.



Spring Vendor & Craft Fair

Saturday May 21st
8:30 am until 2:30 pm

Winterfield Venture Academy
305 Wenz Road Toledo Ohio 43615

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Lunch is going to be available for purchase as well as raffles and more



Agencies Receive \$1 Million State Grant to Fund New Kitchen

Sojourner's Truth Staff

In a rare display of cooperation, two local agencies have joined forces to develop a \$2.5 million project and two state senators have put aside political differences to obtain a \$1 million dollar state grant to help fund that project.

Early this week, Feed Lucas County Children, an organization which provides meals to school children, and Cherry Street Mission Ministries, which houses and feeds the area's homeless population, announced that progress continues on their new 24-hour kitchen and that Democratic State Sen. Edna Brown and Republican Sen. Randy Gardner had acquired the state grant to help continue that progress.

The kitchen that will serve both agencies' clients will be housed inside the former Macomber Vocational High School and will be up and running, it is estimated, by mid November, said Dan Rogers, president and CEO of Cherry Street Mission Ministries.

The 17,000 square-foot kitchen and the 300-seat dining area will be in the space that had housed the school's aviation department. It will be open 12 hours a day, seven days a week. Adults and children will be able to eat together.

During a press conference on Monday, former Mayor Carty Finkbeiner,

board chairman of Feed Lucas County Children, praised the work of the agencies in their new-found ability to work together. The agencies had been separately planning kitchen projects, said Rogers, which would have cost a total of \$5.2 million. This dual-purpose kitchen will cost less than half that amount.

The partnership began about eight months ago. Mercy Health has contributed \$100,000; the Toledo Lucas County Port Authority will contribute \$35,000; Owens Corning Foundation has contributed \$100,000 to the Life Revitalization Center for job training.

The agencies need to raise another \$1.2 million to complete financing.

Brown and Gardner pointed to their joint effort as an example of what can be accomplished when party politics are put aside. "Turf battles belong on the football field and not in the fight to end hunger," said Gardner.

Toledo Mayor Paula Hicks-Hudson said that the city's six pools will be distribution centers for Feed Lucas County Children this summer. The agency typically serves about 4,000 meals per day during the summer and 1,000 meals plus snacks during the school year. The new kitchen will serve about 1.5 million meals during its first year, said Rogers.



State Sens. Brown and Gardner explain their efforts to secure a \$1 million grant to Toledo



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