



Volume 44, No. 2

"And Ye Shall Know The Truth..."

April 5, 2017

2017 YWCA Milestones



Henry Johnson, Savannah Rose Sewell, Rhonda Sewell, Billie Johnson, Sarah Ann Sewell

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Trumpet Call from the Podium

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

The TruthContributor

I felt that one had better die fighting against injustice than to die like a dog or rat in a trap.

- Ida B. Wells



By Adelle M. Banks

The Rev. Leah Daughtry stood in front of fellow black Christian leaders and told them they will need to work harder for social justice.

"If you've been feeding them, now clothe them," said the Pentecostal pastor and 2016 CEO of the Democratic National Convention Committee at a recent national conference of faith leaders. "If you've been clothing them, now console them. If you've been at a march, now lead the march. If you've been at a rally, now organize the rally."

"This calls for more. We can't keep doing what we've been doing," she added.

Just over a month after the inauguration of President Trump, African-American faith leaders who were concerned about the election outcome are now strategizing about their next steps.

Some have already been marching and rallying. Others have offered tips and ideas to help groups that they fear will be hurt by the new administration.

At the conference, which ended February 23, Lisa Sharon Harper, chief church engagement officer at Sojourners, the Christian social justice organization, said African-American faith leaders are looking at Trump's cabinet appointments and the executive orders and concluding they must act.

"This administration has positioned itself in diametric opposition to God and therefore there is a trumpet call from the podium to resist," she said in an interview.

"Where one resists and how one resists is up to the individual call to that person," she added. "But to collaborate with evil is to become evil."

Sojourners recently joined leaders of African-American and Hispanic groups to launch the Matthew 25 Pledge. Endorsed by 100 faith leaders and signed by more than 20,000 people, it reads, "I pledge to protect and defend vulnerable people in the name of Jesus."

The pledge signers agreed to "stand with African-Americans and other people of color threatened by racial policing" as well as undocumented immigrants fearing deportation and Muslims threatened with bans.

"Even though the crisis is today around deportations and Islamophobia and anti-Semitism, black parents and pastors and clergy leaders across the country are sitting in fear that open season against young blacks is just around the corner," said the Rev. Barbara Williams-Skinner, co-chairman of the National African American Clergy Network, on a media conference call about the pledge.

The website for the pledge includes a 16-page booklet that features best practices to improve community relations with the police.

Daughtry had ticked off a number of to-dos for the hundreds meeting at the Samuel DeWitt Proctor Conference in a Richmond hotel, including showing up and "getting in the way" as well as using social media.

"This struggle will require more than keyboard warriors," she said. "It will require us to get our hands dirty in the hand-to-hand combat of relationship building, community organizing and personal engagement."

Shannon Dycus, a black pastor at First Mennonite Church in Indianapolis, said her predominantly white congregation is considering becoming a sanctuary church, not solely for Latino immigrants but also LGBT people and African-Americans who may feel vulnerable: "Everyone who will be impacted by an increase in force by our government."

But some say this should always be the focus.

"I want to balance the need to remain focused and the need to double down but also the reminder that this is what we should always be about whether we have a president that we like in the White House or not," said Ben Sanders, a professor of theology and ethics at Eden Theological Seminary in St. Louis.

"The rise of Trump affirms for any of us who may have gotten too comfortable with Obama," he said, "that this work is always needed, that there is no off-season."

Adelle M. Banks, production editor and a national reporter, joined Religion News Service in 1995. An award-winning journalist, she previously was the religion reporter at the Orlando Sentinel and a reporter at The Providence Journal and newspapers in the upstate New York communities of Syracuse and Binghamton.

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Contact Rev. Donald Perryman, D.Min., at drdperryman@centrofhope-baptist.org

Community Calendar

April 5-7

Abundant Life Ministries Spring Revival: 7 pm nightly; Wed – Pastor Cordell Jenkins; Thur – Bishop Darrell Hines; Fri – Bishop Edgar Vann II

April 6

Kwanzaa Park Neighbors Meeting: 6 pm; The Padua Center; Speaker Roxann Tray on Blockwatch and Office r Donald Scott Q and A

April 8

Aurora Academy Spring Fling – Kindergarten Round Up: Kindergarten registration 11 am to 2 pm; Plus activities such as – pics with the Easter bunny, egg coloring, Easter egg hunt, and many more: 419-693-6891

April 9

Blessing of the Hands Interfaith Service: Third Baptist Church; 10 am; Special service especially for those in the health and caregiving professions: 419-248-

April 21-22

Calvary MBC Women's Ministry 20th Spring Retreat: "Be still and know that I am God;" Holiday Inn and Suites in Lima: 419-787-9635

April 23

True Vine 3rd Pastoral Anniversary: Pastor Jerome Graham; 4 pm; "Where He leads me, I will follow;" Guest Rev. John Roberts and Indiana Avenue MBC: 419-539-9104

April 29

Hip Hop "Extreme Mission" 2017: Presented by New Leaf Group and Positive Force Dance; Scott High School; 3:30 to 5 pm; Boys only with adult male; Grades 6-12; Guest speaker Maurice Claret --- 5 to 7 pm – boys and girls; Grades 6-12; Guest speakers James Jackson of Owens and John Hicklin

The Sojourner's Truth

Toledo's Truthful African American
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Becky McQueen – Business Manager

Tricia Hall – Reporter

Rev. D.L. Perryman – Columnist

Megan Davis – Columnist

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Just What I Thought!...

By Megan Davis

Sojourner's Truth Reporter

You know, being a little miffed that my previous columns in which I gave the "Super Six" (my shortened name for the mayor and the five minority Toledo City Council members) ample ideas and even some grit for them to stop their shaky knees from wobbling at the thought of being "progressive", I regret that none of those ideas have even been acknowledged as something they could or would chew on.

I mean, in one column, I gave the "Super Six" 11 low-hanging fruit ideas that could cast their images as being go-getters or at the least, willing to think outside of the box.

But, to date, no takers. I even wrote in some past columns how they would be seen as heroes ("sheroes" for the ladies) if they were to collectively strike out and do a political hip-hop dance instead of the usual sleep inducing political waltz.

But, I may have been grievously wrong. Maybe they are all "left-footed" and thus can not maintain any rhythm to get anything going!

I understand that as politicians, they can be stymied by fear of blow-back from the media and voters if they show that they are two degrees left in favor of doing things that voters have never been exposed to, but that is the challenge of leadership.

Sometimes, you have to take the rutted road and not the smooth highway in order to get to your intended destination.

For me, it is sad that you have to educate and cajole minority politicians to take the binders off of their eyes and see new vistas because, not entirely their own fault, they are used to pasturing in fields of safe clover and clear water and for a person to say, try this or try that, well, that can spook sheep!

So, again, trying to be gentle as possible with leading politicians to go where Toledo politicians have not gone before, I decided to help them out of their blindness and give them the political cover of a focus group; and with the hopes that the answers from this focus group will inspire them to take the lead out of their pockets and make a stance.

My focus group was composed of 95 volunteers who agreed to two three-hour sessions of intense questions and their answers about the direction of the City of Toledo and especially the question of where, in five to 10 years, they see the vitality of the now under-developed central city.

Below are the demographics of the participants, the questions and the composite answers of the focus group members.

For the record, 85 percent were Democratic voters. Eighty percent were employed either part-time or full time. Seventy percent were married with children under 18 in their households. Fifty three percent had an annual gross income of at least \$45,000. Thirty eight percent relied, in part, on government assistance including Social Security and food stamps. Seventy two percent were minority members. Women composed half of the focus groups. Ninety one percent used social media and/or kept up with the local news via TV or radio. Seventy eight percent of the adults had a high school degree or better.

Question One: Are you satisfied with the quality of representation of the Mayor and the minority members on city council as it pertains to the economic development of what is described as the central city?

Answer: Eighty three said "no" and 10 said "yes" and two had no opinion.

Question Two: Do you think that the mayor and the minority members of city council are aggressive and creative when it comes to solutions to develop the central city including housing, crime reduction and jobs?

Answer: Ninety two said no and three said yes.

Question Three: Have you read recent columns in the two black newspapers about what could be done to improve the conditions of the central city and do you believe those commentaries were beneficial?

Answer: All 95 said yes.

Question Four: Do you believe that the mayor and the minority members of city council are compromised by wearing political labels as Republican or Democrat or independent?

Answer: Thirty seven said yes and 43 said no and 15 had no opinion.

Question Five: Has your particular representative sponsored any

town halls in the past ninety days?

Answer: None knew of any such town hall meetings.

Question Six: How you would define the current leadership of the mayor and the minority city council members?

Answer: Fifteen said: Too cautious. Eleven said: What leadership? Thirty eight said: Ho-hum.

Three said: Sad. Twenty said: Lackluster. Eight said: Weak.

Question Seven: Is Toledo sufficiently selling itself in order to have college educated black youth stay around and get a job?

Answer: All said: No.

Question Eight: Do you have family members who have left Toledo and went to other cities because employment opportunities were not present?

Answer: All said: Yes.

Question Nine: Do you believe that Toledo should be more aggressive in economic development in the central city?

Answer: Ninety two said: Yes. Three had no opinion.

Question Ten: Who do you hold responsible for the vision of the city in placing Toledo in its most positive light...the mayor or city council.

Answer: Eighty said: the Mayor. Ten said: Both. Five did not know.

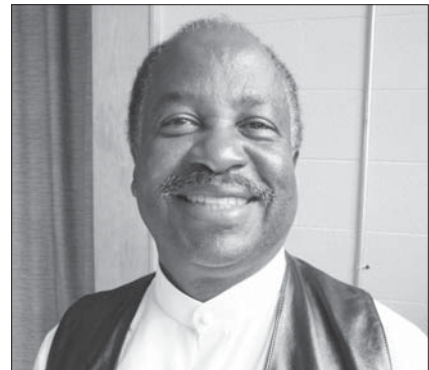
Well, as you can discern from this focus group, there is much, much work that needs to be done by both the mayor and the minority city council members in developing an agenda that is progressive and is focused on the "least of these."


But yet, you gotta wonder, do the mayor and the minority city council members have the intestinal fortitude to do such a make-over for Toledo and take the political risks associated with turning around a rust belt city?

If not...what you see will continue for the foreseeable future and as the population of Toledo dwindles and the youth who have the promise to make a difference in Toledo cast their nets elsewhere, history will record this time frame as being an, "Oh, what could have been moment...!"

To the Super Six: Get busy or get out of the way!

Contact Lafe Tolliver at tolliver@juno.com





April 12th


Take a Stand Against Child Abuse. Wear Blue to Work, School, or Play.




April is National Child Abuse Prevention Month.




Lucas County Children Services received more than 4,600 reports of suspected child abuse and neglect last year. Join us on April 12 as we unite to protect kids in our community.

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 or find "Lucas County Children Services" on Facebook.



House Utilities Panel Lead Dem Michael Ashford Speaks out on GOP-led Legislation to Rollback Advanced Energy Standards

Advanced energy standards repeal threatens jobs, growth, stability

Special to The Truth

State Rep. Michael Ashford (D-Toledo) this week criticized the recent passage of House Bill (HB) 114, saying legislation that changes the state's advanced energy standards to unenforceable "goals" will harm consumers and jeopardize thousands of manufacturing and development jobs in Ohio's advanced energy industry and other industries that increasing want and rely on advanced energy sources.

"HB 114 is a 'standard of living' and 'quality of life' issue," said Ashford. "Eliminating standards will kill jobs, increase electric bills and make Ohio the first state in the nation to backtrack on a proven tool to make our communities cleaner and energy efficient."

No state in the country has repealed or reversed its renewable portfolio standard. Ohio would be the first state to do this. Kansas changed its standard to goals, but only after meeting its initial renewable energy standard in 2015.

The nation and world's leading companies are increasingly turning to advanced energy sources to power their businesses. On Tuesday, global home furnishing retailer Ikea announced it has completed a 213,000 square foot solar array on its soon-to-open store in central Ohio, one of the largest such arrays in the state.

Some of the largest corporate brands – including Apple, Coca-Cola Enterprises, Facebook, General Motors, Google, Microsoft, Nike, Cincinnati-based Procter & Gamble, Starbucks, Walmart and more – have all publicly pledged to procure 100 percent of their electricity from renewable energy sources by a certain date in the near future.

Amazon Web Services, Inc., an Amazon.com subsidiary, recently announced plans to build a \$300 million wind farm in Hardin County, Ohio, in addition to their 100-megawatt wind farm in nearby Paulding County that is expected to start producing electricity this May.

In addition to changing the state's energy efficiency standards to goals, HB 114 also allows corporations to bypass additional charges on Ohio consumers from utility companies designed to recoup the cost of advanced energy.

Ohio's energy efficiency standards were originally passed with overwhelming bipartisan support in 2008. According to various reports, the standards have since saved consumers over \$1 billion in energy costs, helped create thousands of jobs in the state's advanced energy industry, and were on track to reduce an estimated 23 million tons of annual carbon pollution by 2029, helping prevent thousands of lost work days, asthma attacks, heart attacks and premature deaths. Just this week, a new report showed that Ohio gained more than 1,000 jobs related to solar power alone in 2016, though that rate of growth ranks slightly below the national average.

Due to the state energy efficiency standards, Ohio had an opportunity to position itself as a leader in the burgeoning renewable energy industry. Roughly 7,200 businesses and approximately 89,000 workers are directly employed in Ohio's clean energy sector.



Rep. Michael Ashford

Senator Brown Testifies for Bill to Provide Insurance Coverage for Hearing Aids

Special to The Truth

Last week, in the Senate Insurance Committee, State Senator Edna Brown (D-Toledo) testified in support of Senate Bill 93, which would require insurance companies in Ohio to offer coverage for hearing aids and related services as a rider to basic health plans. Across the United States, 36 million Americans suffer from a loss of hearing.

"Studies have shown that untreated hearing loss is extremely detrimental for both children and adults," said

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Edna Brown



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2017 YWCA Milestones: 22 Years of Celebrating Women

Sojourner's Truth Staff

On Thursday, March 30, the YWCA of Northwest Ohio held its annual luncheon honoring seven local women for their contributions to the community in a variety of categories. For one honoree, this year's celebration, the 22nd such event, presented an opportunity to realize just how much her association with the YWCA has come full circle.

Rhonda Sewell, the 2017 awardee for volunteerism, was already a tireless volunteer almost a quarter century ago when she served on the board of the YWCA and the idea of the "Milestones: A Tribute to Women" celebration was conceived by her and her fellow board members.

Sewell, manager of External and Government Affairs for the Toledo Lucas County Public Library, serves as the chairwoman of the ProMedica Children's Hospital Foundation, supports the ProMedica Neonatal Abstinence Syndrome Unit, developed – along with the United Way African American Leadership Council – "Real Men READ-y" a program that recruits, trains and places African-American males as readers and mentors to African-American boys to promote confidence and literacy skills.

Sewell also serves as a committee member on the Ohio Department of Job and Family Services Child Care Advocacy Council, Urban Libraries Council and Ohio Library Council.

This year's tribute, at the SeaGate Convention Centre, was opened by Diane Larson, the mistress of ceremonies and the co-anchor of 13 abc Action News. Larson was a 2008 Milestones awardee in the business category.

Ireatha Hollie, 2008 Milestones honoree in the category of science, offered the blessing and Lisa McDuffie, president and CEO of the YWCA of North-

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Courtesy The Blade/Amy Vogt

2017 Milestones Honorees - Sheila Dwyer-Schwartz, Gretchen Downs, Kimberly Kaufman, Rhonda Sewell, Diana Attie, Ann Cipriani, Janet Zale



Henry Johnson, Savannah Rose Sewell, Rhonda Sewell, Billie Johnson, Sarah Ann Sewell



Links Sisters - Ardenia Jones-Terry, Cecelia Adams, PhD; Laneta Goings; Rhonda Sewell, Deborah Barnett, Patricia Hogue, EdD; Billie Johnson

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Enjoy Eggs

By Patrice Powers-Barker, OSU Extension, Lucas County
The Truth Contributor

Eggs can brag that they're a low-cost, protein packed, high nutrient food! At one point in time, eggs were shunned for their cholesterol content but current research and recommendations include eggs as a valuable part of a healthy diet.

Dietary cholesterol guidelines and recommendations have been updated by reputable health organizations. For example, the American Heart Association, the American College of Cardiology and the 2015 Dietary Guidelines for Americans do not place limits on dietary cholesterol intake.

In the past, there have been recommendations for limiting cholesterol but current research does not show an impact on heart disease risk in healthy people. Other nutrition recommendations still stand, such as limiting foods high in calories, sodium, saturated fat and trans fat. As always, work with your doctor for your best health recommendations and also stay up to date on current nutrition recommendations.

Eggs can be an easy, inexpensive ingredient in a healthy eating pattern. One large egg has only 70 calories and contains different amounts of 14 essential nutrients. There are five basic methods for cooking eggs: Baked, Fried, Poached, Scrambled and Hard-Boiled/Hard-Cooked. This article will focus on hard-boiled eggs to celebrate Egg Salad Week. Egg Salad Week is the annual week following Easter because many people have colorful hard-boiled eggs in the refrigerator!

The American Egg Board shares how to hard-boil/hard-cook eggs: Place

eggs in a saucepan large enough to hold them in a single layer. Add enough cold water to come at least 1 inch above the eggs. Heat over high heat to boiling. Turn off heat. If necessary, remove the pan from the burner to prevent further boiling. Cover pan. Let the eggs stand in the hot water about 12 minutes for large eggs (about nine minutes for medium, about 15 for extra-large). Immediately run cold water over the eggs or place them in ice water until they're completely cooled.

A few other tips straight from the American Egg Board:

- Never microwave eggs in the shell.
- Very fresh eggs can be difficult to peel. To ensure easily peeled eggs, buy and refrigerate them a week to 10 days in advance of cooking. This brief "breather" allows the eggs time to take in air, which helps separate the membranes from the shell.
- Hard-boiled eggs are easiest to peel right after cooling. Cooling causes the egg to contract slightly in the shell.
- To peel a hard-boiled egg: Gently tap egg on countertop until shell is finely crackled all over. Roll egg between hands to loosen shell. Starting peeling at large end, holding egg under cold running water to help ease the shell off.
- Hard-boiled egg storage time: In the shell, hard-boiled eggs can be refrigerated safely up to one week. Refrigerate in their original carton to prevent odor absorption. Once peeled, eggs should be eaten that day.

Hard-boiled eggs can be enjoyed in many ways in addition to celebrating Egg Salad Week. Serve your egg salad on whole grain bread or put it inside a vegetable "bowl" like a tomato or bell pepper or roll it into a large lettuce leaf. Add hard-boiled eggs to pasta salad, potato salad or on top of a chef salad. Enjoy some deviled eggs!

Spinach Salad with Apples and Eggs recipe is from the "What's Cooking" USDA Mixing Bowl Recipe List:

Prep time: 45 minutes

Makes: 4 Servings

Ingredients

- 4 large eggs
- 2 apples
- 8 cups fresh spinach
- 1 cup dried figs (about 16 figs or one 7-oz pkg)
- 1 cup whole-grain croutons
- 1/2 cup light honey mustard or poppy seed dressing

Directions

1. Hard boil eggs
2. Prepare other ingredients while eggs are cooking and cooling.
3. Wash, slice, and core apples.
4. Cut apples and dried figs into bite-sized chunks.
5. Wash and drain spinach.
6. To plate, divide ingredients evenly among four plates, top spinach with apples, eggs, dried figs, and croutons. Drizzle with dressing

There are many **community events** scheduled to celebrate April 2017 Minority Health Month. There is an online Toledo-Lucas County 2017 Minority Health Month Calendar of Events at the Health Department Website: <http://www.lucascountyhealth.com/wp-content/uploads/2017/03/2017-MH-Calendar.pdf> Mark your calendar to attend the **2017 Minority Health Month Kick-Off Celebration on Saturday April 8, 2017** from 9:00 am – 3:00pm at Scott High School, 2400 Collingwood Blvd. in Toledo. The event is open to all ages and will have various community serving organizations available. Services will include: screenings for both youth and adults such as vision screenings, blood pressure, cholesterol, blood sugar, lead and immuniza-

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The Power of Elimination

By Angela Steward, Fitness Motivator

The Truth Contributor

In the year 2000, I lost one of my favorite people, my Aunt Bea. My aunt was always vibrant, full of energy and always fun to be around. I still remember that beautiful small gap between her teeth. I often wished I had inherited her gap...lol! However, my mother tells me that I did inherit a lot of her qualities, good and bad...."You're just like your Aunt Bea, you're always going somewhere, and you're always doing somethinglol!"

In 2000 my Aunt Bea shared with me that she had been diagnosed with colon cancer! Before she passed away, she told me...."Angie, you're shaped just like me, you remind me so much of myself!"

Then she asked me...do you poop regularly or do you sit on the toilet for long periods of time trying to poop? I was stunned that she knew me so well! Me, not thinking I'd ever be subjected to a conversation about my pooping habits, I reluctantly answered, "I sit & wait & sit & push"! Her eyes opened super wide, full of tears, and said "I knew it!"

"Please schedule a colonoscopy, don't wait like I did, please"! I promised my aunt that I would! My aunt passed away in June, 2000! I think of her often! I know she's watching over me!!

So with my aunt's voice whispering in my ear, I scheduled my first colonoscopy. Everything turned out fine, clean, no polyps!! But my aunt's words were still present in my mind, so I decided to research the power of colon cleansing! I talked to my doctor about it.

We discussed my aunt's health and how I had researched colonics! My doctor, who is very supportive, said....Go for it, I don't see any harm in it! To this day, I'm so thankful that I did!

Before we get started, let me inform you that a colonics should always be done under the supervision of a qualified professional who is licensed and trained. The cleansing takes about one hour and each session can cost \$50 or more.

Colonics aren't usually recommended for pregnant women or children or people with kidney problems or bad hemorrhoids.

So how do you know if you should consider a colon cleansing?

If you're not having at least one bowel movement every day, this makes you a good candidate for a colon cleanse. It's well-known that a variety of health problems stem from poor digestive health — for example, stomach pains, abdominal cramps, fatigue, constipation, low energy, headaches and allergic reactions can all be traced back partially to problems with waste elimination.

So How is the colonics performed?

During a colonic you lay flat on a table and the professional inserts a lubricated, small speculum (the size of a Q-tip) into your colon, which is attached to two tubes that control the release of water in and out. You are also able to view what's coming out if you'd like. My therapist can actually tell what I've been eating by the color of my stool. After the colonics is over, you can use the bathroom until you're comfortable. A beverage to replenish your electrolytes is given to you to drink.

So, your next question is probably: What does a colonics do for the colon?

It cleanses the colon: Breaks down toxic excrement (poop) so it can no longer harm your body or slow down elimination. Toxins built up over a long period are gently removed during the treatment. Your colon can begin to cooperate again as it was intended. In this sense, a colonic is a rejuvenating treatment.

It exercises the colon muscles: The build-up of toxins weakens the colon and impairs its functioning. The gentle filling and emptying of the colon improves muscular contraction so your colon can naturally move its material (poop). Having colonics is like taking your colon to the gym!!!

It Helps To Reshape the Colon: When problem conditions exist in the colon, they tend to alter its shape because the colon is a muscle and it will enlarge to the build up of toxins not being released (poop)!!! That in turn causes more problems. The gentle action of the water, coupled with massage techniques of the colon therapist, help to eliminate bulging pockets of poop finally enabling the colon to resume its natural state.

It Stimulates the Colon: THE COLON IS CONNECTED TO EVERY SYSTEM AND ORGAN IN THE BODY BY REFLEX POINTS. The colonic stimulates these points thereby affecting the corresponding body parts in a beneficial way. Creating overall well-being and health in the body.

It Hydrates the Whole Body: Water is absorbed into the body through the

colon which increases the volume of blood. The circulation of the blood is increased, resulting in a greater bathing of the cells. This dilutes the toxins and flushes them out; relieving toxemia and uremia; and increasing elimination both through the kidneys, and the skin as well as the bowels. All this generally assists the cardiovascular and circulatory systems to be more efficient.

It Relieves Compression of neighboring organs. When you're full of poop your other organs such as your liver, heart and lungs are compressed! A sensation of lightness and relief may be experienced. I'm telling you, it works!

It Reduces Pressure in the Abdominal Area (pelvic zone). Relaxes pressure on the hips and lumbar column and is beneficial to their mobility. Relaxes abdominal muscles from the action of water temperature and massage that accompany the colonic. Increases abdominal muscle tone due to reducing intestinal residues (poop).

It Stimulates action of intestines restoring normal muscle tone and removing the feeling of constipation. Potential to correct constipation and diarrhea without resorting to over the counter or prescription drugs.

It Provides a Sensation of well being due to the elimination of mucus, foods not fully digested, gas and toxic bacteria. Relieves inflammation and edema due to elimination of irritating substances.


It Expels parasites due to alternating water temperatures and complementary additives to colonic water such as garlic and other vermifuge (parasite killing) herbs. Decreases demineralization of body because it improves metabolism.

It Reduces weight and slims due to activating elimination. Creates an increase in mental capacity and rejuvenation by removing toxic substances that affect biological aging.

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Community Forum Identifies Services for Caregivers

Sojourner's Truth Staff

Several local organizations joined forces to host a community forum on Saturday, April 1 in order to define, evaluate and identify health care, legal and financial services that are available to caregivers.

The National Sorority of Phi Delta Kappa Inc., Beta Gamma Chapter; the National Association of Negro Business and Professional Women's Clubs, Inc. along with the Macedonia Baptist Church and the New Eureka Baptist Church held the free, informational forum, titled "Because We Care-Sharing the Voices: Defining, Evaluating and Identifying Services," at Macedonia from 9 a.m. to 1 p.m.

The purpose of the forum was to provide families with resources and tools to enable them to provide care for their loved ones and themselves.

The forum was divided into two parts – a health care panel from 10 to 11 a.m. and a legal and financial planning panel from 11:30 a.m. to 12:30 p.m.



Seated: Dorothy Batson, Linda Collins, Denise Black-Poon
Standing (l. to r.): Robin Lafferty, Dee Garrett, Astonia Mays, Bea Daniels, Bessie Mack, Art Battles, Jackie Quinn, Frances Collins, Vince Davis, Frankie Glover, Kevon Snodgrass, Vanessa Edwards

... continued on page 9

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LSS to Start Medically-Assisted Recovery Program Caregivers

Special to The Truth

Lutheran Social Services (LSS) has been a leader in providing mental health and substance abuse treatment services throughout Northwest Ohio for over 100 years. We recognize the devastating impact of the opiate and heroin addiction epidemic in our communities, and are resuming Medically-Assisted Recovery services beginning in April, 2017. Our staff knows that addiction

...continued on page 12

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

Caregivers...continued from page 8

The health care panelists included Arcelia Armstrong from the Area Office on Aging, Bessie Mack from the American Cancer Society, Dee Garrett from Substance Abuse Addiction; Linda Collins and Frances Collins, PhD, introducing emergency preparedness measures and Bea Daniels discussing grief management.

After a wellness break, panelists Attorney Art Battles, State Farm



Pastor Art Battle and Michael Day, Jr



Insurance Agent Vince Davis and Mortician Michael Day, Jr. spoke of the legal and financial planning aspects of care-giving preparedness.

This year's forum was the first presented by these organizations with such a PDFcomprehensive range of care-giver services and resources. The forum will be an annual event held each April – Minority Health Month.

Mr. Harold Reddick, Sr.

"Ray" of Ray's Wrecking



Sunrise
08/06/1943

Sunset
03/26/2016

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Join us as we celebrate the 20th Anniversary of "Love Jones" on Friday, April 7 at 9 pm at Our Brothers Place (Upstairs Loft) 233 N. Huron Street. Featuring "The Fifth Element" band along with Tanya Storm, Veltreshia Chestnut, Garnet Cowell, Darius Coleman, 2wo Tone, The First Lady and She Speaks; with DJ BIG TRAV on the 1's & 2's. This is a first Friday event you do not want to miss!

Doors open at 8 pm. Log onto Eventbrite.com (type "Love Jones: The 20th Anniversary Celebration" in the search bar) to order your tickets in advance because this show will sell out! Tickets/Cover are only \$5 or you can reserve a four person table for only \$20.

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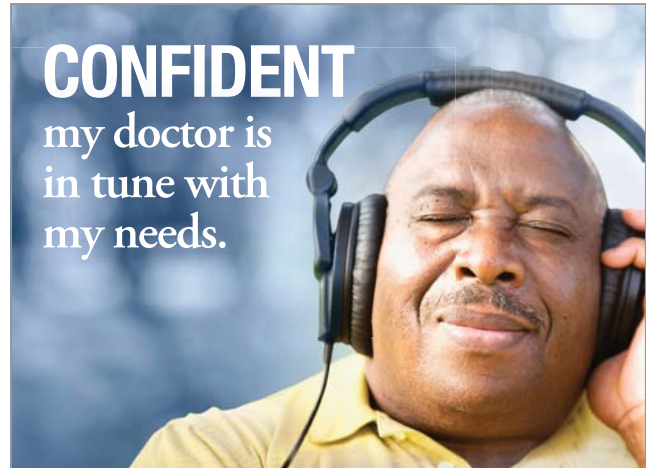
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You Can't Afford to Ignore Prediabetes

YMCA of Greater Toledo encourages Northwest Ohio and Southeast Michigan residents to learn the factors for developing prediabetes and type 2 diabetes on American Diabetes Association Alert Day®

March 28 was the American Diabetes Association (ADA) Alert Day and with millions of Americans at risk for prediabetes and type 2 diabetes, the YMCA of Greater Toledo urges residents of northwest Ohio and southeast Michigan to take action to prevent the disease. Diabetes affects nearly 29 million people; another 86 million Americans have prediabetes, yet only about 10 percent are aware of it. Diabetes also puts an incredible strain on our health care system, costing billions of dollars a year to treat and manage the disease.

Prediabetes is a condition in which individuals have blood glucose (sugar) levels that are higher than normal, but not high enough to be classified as diabetes. People with prediabetes are at high risk of developing type 2 diabetes, heart disease and stroke. Here in Lucas County, an estimated 12.3% of individuals have been diagnosed with type 2 diabetes.

Understanding your risk is the first step in preventing diabetes. Several factors including family history, age, weight and physical activity level can contribute to developing type 2 diabetes. Learn your risk for type 2 diabetes by taking the diabetes risk test at ymca.net/diabetes.

"In addition to the health risks, type 2 diabetes puts an enormous cost burden on our health care system. In 2012 alone, diabetes cost \$245 billion to manage, and that number will only go up without intervention before the disease develops," said Bethany Deakins, director of Healthy Living, YMCA of Greater Toledo. "Studies show that people with prediabetes can prevent or delay the onset of type 2 diabetes

by making simple lifestyle changes that include eating healthier and increasing physical activity."

For those at risk for diabetes, the next step is to make the necessary changes to help prevent the disease. Programs like the YMCA's Diabetes Prevention Program can help. Facilitated by a trained Lifestyle Coach, the yearlong program provides a supportive environment where participants work together in a small group to learn about behavior changes that can improve overall health. The goal of the program is to help adults at risk for diabetes reduce their body weight by five to seven percent and increase their physical activity to 150 minutes per week. Studies show that programs like the YMCA's Diabetes Prevention Program can prevent or delay new cases of type 2 diabetes in adults by 58 percent and by as much as 71 percent in those over age 60.

On average, individuals participating in the YMCA's Diabetes Prevention Program lose four percent body weight after completing the weekly sessions, and more than five percent after completing the year-long program. The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. The program is available at more than 1,700 sites in 47 states.

The next session of the YMCA of Greater Toledo's Diabetes Prevention Program will begin May 1 at the West Toledo YMCA. Registration is required. To sign up or to learn more about the YMCA of Greater Toledo's Diabetes Prevention Program and other healthy living programs, please contact Susan at 419.725.7844 or sruuff@ymcatoledo.org.

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Senator Brown... continued from page 5

Brown. "SB 93 will help Ohio families receive the much needed treatments for hearing loss that they are currently unable to afford."

Currently, many insurance plans in Ohio consider hearing aids an elective form of treatment and do not cover them as part of basic health coverage. Without coverage, the out of pocket costs for hearing aids can easily reach thousands of dollars. Hearing aids can treat the most common forms of hearing loss, and Senator Brown aims to make their wide-reaching benefits accessible for all.

The Ohio Department of Health reports 83 out of every 1000 children suffer from educationally significant hearing loss. Without proper intervention, hearing loss costs the education system \$11,000 per affected child, according to a 2003 study by the American Institutes for Research in the Behavioral Sciences. This report found that special education programs for children with hearing loss cost the United States \$652 million between 1999 and 2000.

"Given the prevalence of hearing loss, I believe it is time to take action. Let's give Ohioans the resources they need to properly treat this medical condition, which is far too often ignored," Brown said.

Sixteen states currently require hearing aid insurance coverage for youth. Four additional states require coverage for both adults and children. Coverage requirements vary by state depending on age, dollar amount of coverage, benefit period, and provider qualifications.

Enjoy Eggs... continued from page 6

tions. The event will include a Youth Bullying Summit as well as a Community Wide Baby Shower.

Sign up now for the **Online 2017 Spring Wellness Challenge** by Ohio State University Extension's Live Healthy Live Well Program. This is a free 6-week email challenge. Don't just reset your clocks; reset your lifestyle with a renewed commitment to moving more, eating more plant foods, and making small (but vital) changes that will reduce your risk for chronic disease. Participants are encouraged to "Spring Forward 4 Health!" by practicing healthy lifestyle behaviors. The email challenge runs from April 10 to May 22, 2017. Sign up here by April 7th: <http://go.osu.edu/LUCAS17SP>

New Analysis Shows Women Would be Hardest Hit Under GOP Healthcare Plan

Special to The Truth

Women would suffer the most under the GOP's Obamacare replacement plan, according to a new analysis by the Women's Public Policy Network (WPPN) of Ohio.

Dr. Anita Somani, an obstetrician-gynecologist and the president of the Columbus Medical Association, agreed with the analysis and said many of the increased health risks would come from the plan's call to defund Planned Parenthood.

"By defunding Planned Parenthood, the proposal would limit care and contraception — especially in underserved areas," she said. "This will cause an increase in HIV rates and unintended pregnancies. This already happened in Indiana and Texas."

Indiana's GOP-led state legislature was among the first to declare war against Planned Parenthood in 2011 when it passed a bill to cut off money to the popular family planning provider because some of its clinics offer abortion services. A federal judge later blocked the law from taking effect but the state's continued cuts to Planned Parenthood left many rural regions without an HIV testing center, prompting an exploding HIV outbreak. Texas saw a similar public health crisis.

Under the Obamacare replacement, called the American Health Care Act, low-income women, women of color and women living in rural areas would be hardest hit because they tend to rely more heavily on Planned Parenthood for their reproductive care, according to WPPN.

Other anti-woman provisions cited by the WPPN analysis:

- **Deep, permanent cuts to Medicaid and the elimination of Medicaid expansion would threaten coverage for the millions of low-income women and families, pregnant women, women with disabilities, and elderly women that depend on the program for coverage.** These cuts would shift costs to the states, likely leading to more limited eligibility for enrollment and cuts to coverage benefits. Women of color would be disproportionately impacted by these cuts as black women and Latina women are more likely than white women to be insured through Medicaid.

- **The House GOP bill would jeopardize the Essential Health Benefits (EHB) standard provided under the ACA, which has made groundbreaking advancements for women in healthcare such as guaranteed maternity coverage.** The EHB would "sunset" by 2020, meaning that it would be left up to states to decide whether or not insurers are required to cover these services. Without the EHB standards, women would be forced to pay out-of-pocket for maternity care, potentially costing them thousands of dollars to deliver a child.

- **Women may be forced to pay out-of-pocket for mental health treatment or substance abuse services.** As the new proposal would phase out both Medicaid and eliminate the guaranteed Essential Health Benefits (EHB) standard which includes mental health services and substance abuse treatment, many women would no longer be covered for everything from opioid addiction to depression. These individuals would now be forced to pay out-of-pocket to treat any mental health or substance abuse issues.

- **Expanded restrictions on abortion coverage for both public and private insurance plans could potentially dismantle insurance coverage for abortion.** Insurance coverage for abortion already faces dangerous restrictions, but the House GOP bill would create further barriers to accessing.. abortion coverage. Women would no longer be able to use tax credits to purchase insurance plans that cover abortion, with exceptions for rape, incest, or life of the pregnant person. The loss of tax credits to afford policies covering abortion would make them too expensive for many individuals and businesses. This cost-prohibitive provision would then drastically shrink access women have to abortion coverage, or possibly even lead to insurance providers completely dropping abortion coverage from their plans. It would cause women to have to either buy an unsubsidized, far more expensive plan or purchase a separate "rider" on their healthcare plan for abortion coverage.

"As anti-choice members of Congress and the Trump administration are stepping up their assault on abortion rights, they are simultaneously crafting policies to block access to family planning services," noted **NARAL Pro-Choice Ohio Executive Director Kellie Copeland**. "Local health departments and federally qualified health centers have said they are not equipped to provide care to the people who will lose their insurance coverage if the ACA is repealed and the contraceptive mandate is reversed.

Women of color, young women, and low-income people will be most seriously harmed by this dangerous political agenda."

Experts also insisted that the proposed changes would undercut Ohio efforts to lower the state's shamefully high infant mortality rate.

State Sen. Charleta Tavares, helped win passage of Senate Bill 332 — last year's landmark infant mortality reduction law.

"The passage of S. B. 332 provided important education on safe-spacing and long-acting reversible contraceptives (LARC) to ensure women are safely getting pregnant when they and their bodies are ready," Tavares said. "The changes proposed in the AHCA would drastically undercut our efforts to reduce infant deaths and post-partum depression."

Although some causes of infant death are unknown, access to prenatal care and proper spacing between pregnancies are proven ways to improve maternal health and lower infant mortality. While calling for defunding Planned Parenthood and proposing drastic cuts to Medicaid, which would force the state to make benefit cuts or reductions in eligibility, Trumpcare would reduce access to the very programs that are essential to combat infant mortality.

According to the Ohio Department of Health, 7.2 of every 1,000 babies born died before their first birthdays. The numbers are even more chilling for black infants, who died at a rate of 15.1 per thousand live births — nearly three times the rate of white babies.

A copy of the full report can be found online, at womenspublicpolicynetwork.org

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*Power of Elimination... continued from page 7***So what is the true role of our colon?**

The colon is the longest part of the large intestine, which is attached to the small intestine at one end and the anus at the other. The role of the colon is to eliminate stool from the body that's made up of a combination of bacteria, water, unused nutrients, unneeded electrolytes and digested food. Yes, Christmas dinner residue may actually still be somewhere in your colon...lol!!!

Are Colon Cleanses Safe?

Colonics have been performed for over 100 years and are done by hygienists or colon hydrotherapists. These treatments are sometimes called "colon irrigation" and are normally done at a treatment center outside the home. Naturally cleaning the colon with water is safe for most people, but it's not for everyone. If you're pregnant, have active hemorrhoids, suffer from kidney disease or are dehydrated, it's possible for colon cleansing to cause side effects like weakness or dizziness, cramping, bloated stomach, nausea, and vomiting. When a cleanse is done too often, it can lead to an electrolyte imbalance.

Always get your doctor's opinion if you have a form of IBS (irritable bowel syndrome) such as Crohn's disease, diverticulitis or ulcerative colitis.

I realize that this article may be a little unsettling or even gross to some, but let's face it, we all poop, so get over it! Pay attention to the color, shape and smell of your poop!! Be proactive in eliminating toxic waste from your body. Eat fermented foods like yogurt, sauerkraut to help nourish the beneficial bacteria in our colon. Eat more fiber. A healthy colon needs bulk to eliminate regularly, and fiber provides that bulk. Drink plenty of water. Our colons need hydration to ease elimination of waste. And lastly, exercise! Regular exercise promotes healthy blood flow and circulation!

In closing, our poop says a lot about our health. While most of us don't want to put much thought into the power of elimination, it can be a strong indicator that something is wrong.

I'm grateful to my Aunt Bea for her love and concern for me. I AM a lot like her! She's been gone 17 years, but it seems like yesterday, when she asked me....."Angie, do you poop regularly???"

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This article is for information only, and should not be considered as medical advice. I am supplying this information so that you can make an informed decision. Please consult with your health practitioner before considering any therapy or therapy protocol.

Celebrating Women... continued from page 5

west Ohio welcomed the attendees.

In addition to Sewell, this year's honorees were: Diana Attie for arts; Gretchen Downs for education; Kimberly Kaufman for science; Sheila Dwyer Schwartz for business, Detective Janet Zale for government and Ann Cipriani for social sciences.

Attie, professional artist and professor emeritus of art for the University of Toledo, has also been a long-time supporter of the arts in the northwest Ohio community. Her portraits of prominent leaders and public art projects created through the Arts Commission of Greater Toledo's Art in Public Places are included in numerous institutions throughout the local community and the nation.

Downs, a former teacher and former member of the Perrysburg Board of Education, is a long-time advocate for girls' education, extracurricular activities and athletics. She has also served as a vice president on the executive board for the Garden Club of America.

Kaufman, executive director of Black Swamp Bird Observatory, works to promote the appreciation and conservation of birds and their habitats through research, education and outreach. She created and organized a 10-day birding festival held each May at Magee Marsh on the edge of Lake Erie.

Dwyer-Schwartz, founder and principal consultant at Dwyer Philanthropy, provides guidance to non-profits looking to assess and improve their fundraising and capital development programs. She founded the consulting firm after spending nearly 20 years with Promedica, finally as chief philanthropic officer.

Zale, a police officer with the Oregon Police Division for over 25 years, has served as a member of the Toledo Metro Task Force, a task force agent for the FBI Northwest Ohio Violent Crimes Against Children Task Force and is considered a leader in the investigation of cyber crimes.

Cipriani, health services coordinator for Toledo Public Schools, has devoted her career to ensuring that children and families receive quality health care. She was influential in putting together a three-year partnership between TPS and ProMedica which brings in a nurse to each elementary school in the district. Under her direction the program has developed a district-wide wellness plan uniting students, community, parents, teachers and administrators advocating for wellness.

Sewell, by the way, is not the first member of her family so honored. In 2003, the accomplishments of Sewell's mother, Billie Johnson, CEO of the Area Office on Aging, were also acknowledged. Johnson received her award in the category of social services. Johnson and Sewell are the first mother-daughter honorees in the 22-year history of the Milestones.

LSS... continued from page 8

touches every area of life including work, family and finances; and that recovery happens through personalized and comprehensive care provided in a warm, caring, and friendly environment. LSS offers this type of quality care for people seeking assistance in their recovery.

Dr. Anyse Storey is joining the LSS family of clinicians to offer Medically-Assisted Recovery in addition to our Adult Intensive Outpatient Group, Adult Non-Intensive Outpatient Group, Individual Alcohol/Drug Counseling, Smoking Cessation Group and other programming, to support and enhance recovery for people struggling with addiction and substance abuse. All services are provided by certified chemical dependency counselors.

LSS also offers an array of support and other services including but not limited to: Adult & Youth Mental Health Counseling, Dual Diagnosis Treatment, Trauma-Focused Treatment, Adult Anger Management Group, Batterers Intervention Group, Adult Psychiatry (Lima), Crossroads Financial Opportunity Center, and an Emergency Food Pantry.

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Healing with Medical Marijuana: Getting Beyond the Smoke and Mirrors by Dr. Mark Sircus

By Terri Schlichenmeyer

The Truth Contributor

A great big handful.

That's how many pills you take each day. Two for symptom relief. One for pain now, one later. Some to stave off anticipated maladies, and one for... well, you don't know what for. It'd be simpler if you only had one medicine to take, so read *Healing with Medical Marijuana* by Dr. Mark Sircus, and you might find relief.

Marijuana, for use as medicine, has been around for "almost as long as history has been recorded." Up until 1854, it was widely prescribed as treatment in the U.S. but in 1937, the most common ingredient, cannabis, was "outlawed."

Today, medical marijuana is legal in some states but, says Sircus, it's very underused though it's as safe as aspirin and, in one form or another, can benefit nearly anyone. It can even be used in pediatric medicine, he asserts.

Contrary to what you may have heard, you can consume marijuana without smoking it. To get the greatest benefit, Sircus says, consider adding other natural elements to your cannabis; magnesium chloride and cannabinoid products together, for example, are like "The Batman-and-Robin superhero medical team..." Getting oils from the cannabis is essential, and it can be used topically in some instances; for some patients, actually eating the dried plant is effectual. And finally, you can smoke it, as people have been doing for centuries.

Study after study, Sircus claims, has shown that marijuana is useful in treatment of allergies, dementia, ALS, appetite loss, inflammation, Parkinson's Disease, pain of all sorts, AIDS, epilepsy, PTSD and other afflictions. Cannabis can cure cancer, he says. And it's about time that nation-wide laws and lawmakers catch up with what marijuana users and medical personnel already know.

There was one thing in *Healing with Medical Marijuana* that bothered me above all: the words "Ask your doctor" are terribly lacking.

While it's true that author Dr. Mark Sircus warns physicians that they "must be careful," and though I saw mentions on working with your doctor for correct dose or method, those warnings aren't specific

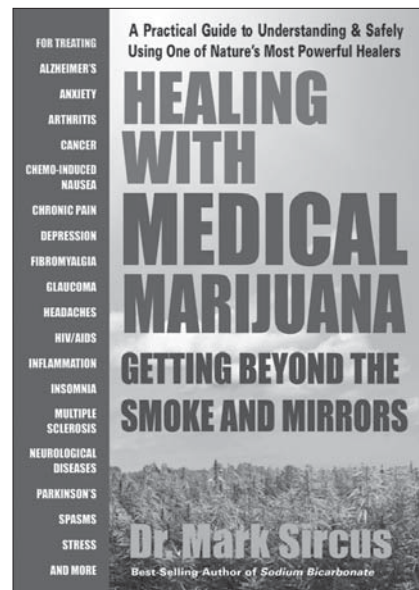
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or strong enough – especially if you are already ill or hurting and especially when Sircus himself offers alarming health warnings between assurances that cannabis is safe to consume. There are, as he says, several maladies in which cannabis is definitely *not* recommended, and there's an entire section here on addiction and weaning oneself from the substance.

That can't be comforting for a nervous first-time user. For parents, I can't even...

Still, Sircus offers studies to back up his claims and assertions, albeit not ones from big-name research laboratories. Of course, anecdotal evidence is abundant (as it undoubtedly is in readers' lives) which serves somewhat to underscore the information. There's even some chemistry here, which is good to know but it's absolutely not enough.

Yes, there are millions who are helped by medical marijuana but this book, even so, should not replace a doctor. Therefore, read *Healing with Medical Marijuana* with physician on speed-dial, eyes wide open, and brain engaged, or you could find a handful of trouble.



Book Signing/Art Show

Join us at The Truth Art Gallery for a book signing and art exhibition by author/painter Gabriela Orza on April 22, 2017. Vivid colors and bold images in her paintings and a wealth of information and pleasing imagery for children in her book will fascinate visitors from the hours of 1 to 4 p.m.

In addition to Orza's art, visitors will be treated to a variety of works by local artists.

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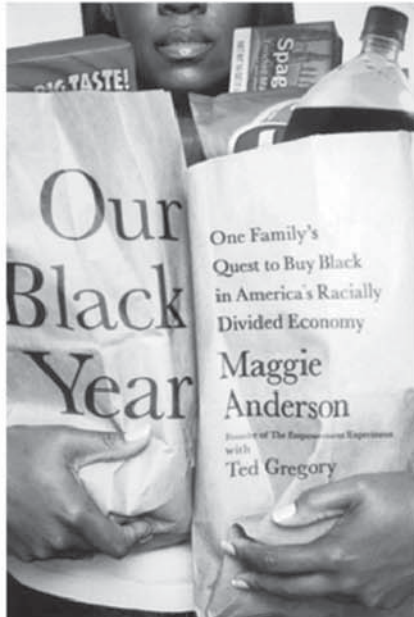
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f Pozativ Promotions, LLC
pozativpromo@gmail.com

"THE GATHERING PLACE"

Nothing but PURE FUN!

5235 Hill & Reynolds @ Meadowbrook Plaza, Toledo, OH 43615
419.320.8571 or 419.322.4462
Hours Open Thursday - Sunday @ 7 PM

Wedding Receptions, Book Signings, Birthday Celebrations, Retirement Parties, Board Game Tournaments, Special Celebrations, and much more!

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Free Wi-Fi, Light refreshments available, Safe and secured lighted parking, Accommodations for parties up to 45,
Standard booking fee for Profit and Non-profit, Event Planner available upon request
Catering Referral Services Available upon request
"Come and enjoy comedy, spoken word, music talent and more"

BOOK YOUR EVENTS NOW!

Child Care
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419-242-9110



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4933 Dorr St. Toledo
msrubyskitchen.com



A-1 BONDS

Tina Butts
BAIL BONDS AGENT

419-450-3325
24 HOURS

CRUSADERS for CHRIST Presents **Youth & Young Adult 4th Sunday**

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

Youth & Young Adult 4th Sunday

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

Evangelist Tiffani Reynolds

Bishop Joseph Marshall Jr., Pastor
Emmanuel Calais Marshall, First Lady

Crusaders for Christ Church • www.crusadersforchristchurch.org

Attention Seniors:
House(s) For Rent.
Two Bedroom
Call (419) 708-2340

Charleston House of Toledo
A Premiere Consignment Shop for the
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STOP BY AND SEE OUR LARGE
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ADS POSTED ONLINE AT:
www.TheTruthToledo.com

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Bookings Church and Organizational Bookings welcomed
Free Wi-Fi

BOOK YOUR EVENTS NOW!

CLASSIFIEDS

April 5, 2017

Page 15

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



PUBLIC NOTICE OF OWNER SELECTION FOR PROJECT- BASED VOUCHER

Lucas Metropolitan Housing Authority (LMHA) provides public notice of the selection of an owner to provide housing under the Project-Based Voucher (PBV) Program. The selection was made in accordance to the LMHA Housing Choice Voucher Administrative Plan. LMHA selected a proposal previously selected based on a Low-Income Housing Tax Credit competition

Date Selected: 3/9/17

Owner/Property: United North/St. Hedwig
Senior Housing

PBV Units Awarded: 38

Project Type: New Construction



Notice to Bidders: Inquiry # FY17-62, (Project # 1020-17-186) for Dining Renovations in Student Union & Ottawa East 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 25, 2017. 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 \$175.00 will be charged per set. Any further information may be obtained from Kent Buehrer of Buehrer Group Arch. & Eng. Inc. at 419-893-9021. One Pre-Bid Conference will be held on Tuesday, April 18, 2017 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: \$2,546,000.00; Breakdown: General Const: \$2,546,000.00.

Notice to Bidders: Inquiry # FY17-61, (Project # 5003-17-1849) for HEB 100 Classroom Renovation for the University of Toledo Health Science Campus. 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, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, April 25, 2017 Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$45.00 will be charged per set. Any further information may be obtained from Andy Welch of Thomas Porter Architects at 419-243-2400. One Pre-Bid Conference will be held on Tuesday, April 18, 2017 at 10:00 a.m. in the Health Education Building, Room 227, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: \$359,000.00; Breakdown: General: \$359,000.00.

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 Taxiway D project located at Toledo Express Airport in Swanton, Ohio 43558, in accordance with the approved plans and specifications. The engineer's estimate for the base bid for the project is approximately \$1,432,950.00. Bids will be received at the Port Authority's administrative offices at One Maritime Plaza, Toledo, OH 43604 until Tuesday, April 11, 2017 at 10:30 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 Apex Micrographics, Inc., 5973 Telegraph Road, Toledo, OH 43612, phone 419.476.6535, during normal business hours, or (2) ordering from Apex Micrographics, Inc. via e-mail to ami5973@sbcglobal.net at a non-refundable price of \$TBD. Please note that there will be a pre-bid meeting for this project for all prospective bidders on Monday, April 3, 2017 at 10:00 AM in the Banquet Room in the Toledo Express Airport terminal building, 11013 Airport Highway, Swanton, Ohio 43558. Attendance is suggested, but not necessary. Please submit all questions to the Port Authority, Gilda Mitchell at gmitchell@toledoport.org by Tuesday, April 4, 2017 at 2:00 PM local time. Attendance is suggested, but not necessary. Additional information can be found at www.toledoport.org.

OFFICE SPACE FOR RENT

Need a great location? At a great price? We may have the office space you need. Located in Toledo's UpTown area. Call 419-243-0007 or email fhword@att.net

SPECIAL NOTICE

RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted April 3-7, 2017 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.

LEGAL NOTICE

In accordance with Section 5101:2-25-03 of the Ohio Administrative Code, Lucas County Department of Job & Family Services (LCDJFS) will hold a public hearing prior to the submission of the County's Final 2018-2019 Social Service Plan to the Ohio Department of Job and Family Services for incorporation in the Comprehensive Social Services Plan for the State of Ohio.

PURPOSE:

To highlight pertinent data and information regarding identified social services problems, needs, resources, and gaps in service along with recommendations to the proposed two-year county plan.

To elicit public comment, suggestions, and recommendations relative to the County's proposed Social Service Plan.

DATE: April 11, 2017

TIME: 2pm-4pm

LOCATION: LCDJFS, 3210 Monroe Street, Toledo Room, 4th floor

Entities wishing to have their points of view captured in the County's submission to the State must submit proposals (not to exceed two pages) to Lucas_Contracts@jfs.ohio.gov by 4pm on April 4, 2017. If individuals would like to present their proposals in person at the hearing as well, they must indicate that at the bottom of their proposal. This should include the speaker's name and contact information. Those wishing to speak must register upon arrival at LCDJFS on the 11th and all efforts will be made to accommodate everyone who would like to speak. If time constraints don't allow for that to happen, individuals will still have their written proposals reviewed and included in the LCDJFS summary report to the State.

The Ohio Commission on Minority Health

TOLEDO-LUCAS COUNTY 2017 MINORITY HEALTH MONTH CALENDAR OF EVENTS

a 30-day wellness campaign

Good Health Begins With You!®



current issues impacting our community such as infant mortality, substance abuse, mental health, Lead, and Foster Care Recruitment. Along with the impact of race and racism on healthcare. This event will serve as a spring board for the Faith-based community to participate in an upcoming Leader's Summit which will begin the working on a community action plan.

UNITED WAY OF GREATER TOLEDO
424 JACKSON ST. - TOLEDO
(419) 213-4095

Sponsored By:
Lucas County Regional Health District Local Office of Minority Health, Molina Healthcare, Lucas County Children Services, and Covering Kids and Families Coalition
(419) 213-4095

Thursday, April 13, 2017
Tai Chi Open House
9:30am-11:30am

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
(419) 473-1167

Sponsored By:
Monroe Street Neighborhood Center
(419) 473-1157

Monday, April 24, 2017
3-on-3 Basketball Tournament
11:00am-4:00pm

This event will have community serving organizations there to provide health information, CHWs will be performing A1C and blood pressure screenings, along with food demonstrations provided by a ProMedica dietician. There will be raffles and a diaper drive.

WAYMAN PALMER YMCA
2053 N. 14th ST. - TOLEDO
(419) 842-0800

Sponsored By:
Northwest Ohio Pathways Hub
(419) 842-0800

Monday, April 24, 2017
Zumba Gold Open House
10:30am-12:30pm

Residents of the Toledo central city will be invited to see Zumba Gold demonstrations, experience mini-classes, receive information on the health benefits of Zumba Gold, and receive invitations to free classes.

MONROE STREET NEIGHBORHOOD CENTER
3613 MONROE ST. - TOLEDO
(419) 473-1167

Sponsored By:
Monroe Street Neighborhood Center
(419) 473-1167

Wednesday, April 26, 2017
Healthy Lucas County Leader's Summit
8:00am-1:30pm

FREE EVENT OPEN TO THE PUBLIC. Come enjoy free health

screenings, exclusive shopping and networking opportunities.

INDIANA AVENUE MB CHURCH THE STEPHENSON - ROBERTS FELLOWSHIP HALL
640 INDIANA AVE. - TOLEDO

Sponsored By:
Toledo Family Pharmacy, The Leona Group, L.L.C., The Dr. Sam Show, Lance Self-Taylor Hyundai of Toledo, The Truth Newspaper, Mercy Health, Paramount, Dental Center of NW Ohio, Orion Institute, Toledo Convention & Visitors Bureau, OMG Productions, Tracy Roberts, Tyrell L. Betts Productions, Adventurous Travels.

Saturday, April 29, 2017
6th Annual Business & Health Expo
10:00am-4:00pm

The TOMH Minority Health Healthy Lucas County Leader's Summit event will feature speakers discussing some of the region's most pressing health issues such as the opiate epidemic, infant mortality and obesity. The event will engage community leadership to join the conversation and challenge them to be involved in taking part in a community action plan along with next steps to for on promoting healthy lifestyles.

ST. LUKES HOSPITAL AUDITORIUM
5901 MONCLOVA RD. - MAUMEE
(419) 213-4095

Sponsored By:
Lucas County Regional Health District with their Local Office of Minority Health
(419) 213-4095

TOLEDO LOMH CALENDAR 2017

Saturday, April 8, 2017

2017 Minority Health Month Kick-Off Celebration—Lucas County Regional Health District Local Office of Minority Health

9:00am-3:00pm
The TOMH will present a Minority Health Month Kickoff. The event is open to all ages and will have various community serving organizations available. Invite the general public, agencies and institutions, political leaders, influential citizens and the media to kick off Minority Health Month. All managed care organizations will be invited to participate. Services will include: screenings for both youth and adults such as vision screenings, blood pressure, cholesterol, blood sugar, lead and immunizations. The event will include a Youth Bullying Summit as well as a Community Wide Baby Shower.

SCOTT HIGH SCHOOL
2400 COLLINGWOOD BLVD-TOLEDO
(419) 213-4095

Sponsored By:
Lucas County Regional Health District Toledo Local Office on Minority Health, Buckeye Health Plan, Toledo Public Schools, City of Toledo Youth Commission
(419) 213-4095

Saturday, April 8, 2017
Asian Health Day-Health Screening Event
7:00am-12:30pm

Health Screenings for blood pressure, cholesterol, glucose (10 hr. fasting required) heel scan for osteoporosis, BMI and Oral Cancer/Dental Screenings.

ALL NATIONS COMMUNITY CHURCH
5260 HILL AVE. - TOLEDO
(419) 535-5553

Sponsored by:
Asian Senior Center
(419) 297-7542

Saturday, April 8, 2017
Health and Wellness Workshop
9:00am-2:00pm

This event will focus on health related topics and activities that

promote physical and spiritual wellbeing. The summary of activities include a Holistic Health Presentation, Ziga-Moranga Health Advocate Presentation, Tai Chi Exercise Demonstration, Zumba Exercise Session, Messages, YWCA Trauma Presentation, CPR, and a presentation by The American Heart Association Heart. All Are Welcome.

THIRD BAPTIST CHURCH
402 PINEWOOD AVENUE - TOLEDO
Contact: (419) 536-3792

Sponsored by:
Third Baptist Church "Women's Ministry"

Monday, April 10, 2017
Asian Health Day
12:30pm-1:30pm

A presentation on "Thyroid cancer."

Signs, symptoms, and treatment.

ASIAN SENIOR CENTER
HIGHLAND PARK SHELTER HOUSE
1865 FINCH ST. - TOLEDO
(419) 936-2866

Sponsored By:
Asian Senior Center
(419) 297-7542

Wednesday, April 12, 2017
Minority Health Pastor's Luncheon
"Mission Possible"
11:00am-1:30pm

The TOMH Minority Health Pastor's Luncheon called "Mission Possible" will feature presentations for the Faith Based Community geared towards providing education and awareness for healthy lifestyles in the Toledo/Lucas county neighborhoods. The luncheon will frame itself around

COMMISSION LEADERSHIP & STAFF

Commission Officers:

Gregory L. Hall, MD, Chair, Cleveland
Cora Munoz, PhD, RN, Vice Chair, Worthington
Bhagwan Sattani, MD, MBA, FACS, FACHE, Secretary, Columbus

Commissioners:

Timothy J. Barreiro, DO, FCCP, FACOI, FACP, Youngstown
Deena Chisolm, PhD, Columbus
Cynthia Dungey, Director, Ohio Department of Job & Family Services
William Hicks, MD, Columbus
Richard Hodges, Director, Ohio Department of Health
Mark Law, MD, Newark
John Martin, Director, Ohio Department of Developmental Disabilities
John McCarthy, Director, Ohio Department of Medicaid
Charles Modlin, MD, Cleveland
Tracy Plouck, Director, Ohio Mental Health and Addiction Services
Cherie A. Richey, MD, FACOG, Columbus
Paolo DeMaria, Superintendent, Ohio Department of Education
State Representative Robert Sprague, Findlay
State Representative Emilia Sykes, Akron
Senator Cecil Thomas, Cincinnati

DEPARTMENT DESIGNEES:

Johnnie "Chip" Allen, MPH
Ohio Department of Health

Jill Jackson
Ohio Department of Education

Jamoya Cox, BA
Ohio Mental Health and Addiction Services

Zachary Haughwout
Ohio Department of Developmental Disabilities

Tiffany Richardson
Ohio Department of Job & Family Services

Traci Bell-Thomas
Ohio Department of Medicaid

LOCAL OFFICES OF MINORITY HEALTH

Akron

Summit County Office of Minority Health
Summit County Health District
1867 West Market St.
Akron, Ohio 44313

Monique Harris, Director
330-926-5764

Cleveland

Cleveland Office of Minority Health
Cleveland Department of Public Health
75 Erieview Plaza
Cleveland, Ohio 44114

Frances Mills, Director
216-664-4369

Columbus

Columbus Office of Minority Health
Columbus Public Health
240 Parsons Ave
Columbus, Ohio 43215

Ryan E. Johnson, MPH
Program Director
614-645-7335

Dayton

Dayton Council on Health Equity
Public Health-Dayton & Montgomery County
117 South Main Street
Dayton, Ohio 45422

Cheryl C. Scroggins
Community Coordinator for Health Equity, 937-225-4962

Toledo

Toledo Lucas County Commission on Minority Health
Toledo-Lucas County Health Department
635 North Erie Street
Toledo, Ohio 43604

Celeste Smith, Minority Health Coordinator, 419-213-4095

Youngstown

Youngstown Office of Minority Health
Youngstown City Health District
345 Oak Hill Avenue, Suite 200
Youngstown, Ohio 44502

Leigh Greene Colvin, Director
330-743-3333 ext. 238

COMMISSION STAFF:

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Program Specialist
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Executive Assistant
Sandra Owens

2017 MHM CALENDAR OF EVENTS: APRIL 8 - APRIL 29

2017 MHM CALENDAR OF EVENTS: APRIL 8 - APRIL 29