



Volume 45, No. 2

"And Ye Shall Know The Truth..."

June 7, 2017

Crispus Attucks Essay Winners



Councilman Tyrone Riley and Thomas Perkins

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A Taste of Old School: Reflecting on Romance and Resistance

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

The Truth Contributor

Musically, we were changing the way that we spoke, to reflect the way that we felt.

- Dizzy Gillespie



The month of June is Black Music Month. Black popular music, is the language of “communities under siege and in crisis while engaged in various modes of resistance while taking time to get their swerve on,” as-serts Mark Anthony Neal, Duke University scholar and culture critic.

Neal's definition fits my experience to a tee!

As a baby boomer whose coming of age was birthed during the late 1960s and early 70s by the conjugation of the Soul Era black church and the Civil Rights/Black Power protest movement, black popular music was and will always be, for me, about politics and pleasure or romance and resistance.

In tribute to Black Music Month, my wife Willetta and I, after some debate, are putting forward our favorite artists and the songs that we deem most memorable for our “old school” experience.

We hope that you will do the same.

Our Favorite Old School Songs and Artists:

#1 – Aretha Franklin: “Call Me”

Aretha's gospel roots, along with a message of an apparent struggle for respect or possible relationship conflict provide a unique undertone to her soulful yet clear voice in much of her music. This song, however was inspired when Aretha witnessed a loving couple interacting on New York City's Park Avenue and overheard them say to each other, “I love you, call me.” The experience obviously deeply resonated with her. Franklin also shows extraordinary versatility by playing the piano on the recording.

#2 – Stevie Wonder: “Knocks Me Off My Feet”

Although Wonder often uses his music as a platform for activism and to make the world a better place, no one is better in composing romantic lyrics and sweet melodies. Stevie Wonder is an American icon whose longevity speaks for itself. His career has existed for over five decades and he is still relevant.

#3 – The Temptations: “Beauty's Only Skin Deep”

The early years of this esteemed Motown group made an indelible imprint on my young mind. While I prefer their “The Way You Do the Things You Do,” Willetta and I, both agree that the Tempting Tempta-

tions' brand presented the “total package” – the peerless artistry of lead singers David Ruffin and Eddie Kendricks, superb choreography and outstanding costume design.

#4 – Donny Hathaway: “A Song for You”

Hathaway was a gifted vocalist, musician and creative genius whose music blended pop, jazz and a heavy influence of blues and gospel. In contrast to my wife, I personally prefer Donny's collaborations with Roberta Flack or songs like “The Ghetto.”

#5 – Earth, Wind and Fire: “Love's Holiday”

This. Right. Here!

“Would you mind, If I looked into your eyes till I'm hypnotized, And I lose my pride

“Would you mind, If I make love to you till I'm satisfied, once again

“Cause I never ever felt this way in my heart before, oh Love, has found its way in my heart tonight”

After all of these decades, I still can't get the lyrics and melody of this tune out of my head. Neither can I forget the dreamy images of the burgeoning experience of a romance-in-sync that has lasted over four decades and evoked by this unparalleled love song. Using horns, string and percussion instruments, EW&F creatively and sensually blends R&B, funk, jazz, disco, pop and rock music with Latin and African flavors and is one of the greatest bands of all time anywhere.

#6. The Stylistics: “Hurry Up This Way Again”

Smooth as silk. The Stylistics' Philadelphia soul sound dominated the 1970s record charts by the unique falsetto voice of lead singer Russell Thompkins, Jr. and the creativity of producers Thom Bell and Linda Creed. There are many Stylistics hits to choose from. “People Make the World Go Round” enhanced my enjoyment of Spike Lee's movie “Crooklyn” and makes an excellent choice but we settled on “Hurry Up This Way Again” because of how eloquently it speaks to the depth of pain in being apart from the person you truly love.

#7. Marvin Gaye: “What's Going On?”

This song was stuck on the jukebox in the student union during my freshman year of college. I suspected that a member of the Black Stu-

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The Sojourner's Truth

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Community Calendar

June 5-9

United MBC Vacation Bible School: 5:30 to 8 pm nightly; Free light dinner nightly from 5:30 to 6 pm: 419-699-2656

June 8-9

New Prospect Baptist Church 53rd Church Anniversary: 6:45 pm nightly revival

June 10

True Vine MBC Career and Health Fair with Community Partners: Noon to 3 pm; Face painting, bounce house, DJ K-Luv; Free health screenings

June 11

New Prospect Baptist Church 53rd Church Anniversary: 4 pm; Guests are Canaan Manifested Word and Bishop Randall Parker

June 11

Mt. Nebo 24th Pastoral Anniversary: Rev. Cedric Brock; 4 pm: 419-246-8561

June 13

The Toledo Community Coalition Forum on Implicit Bias: 6 to 8:30 pm; Bowsher High School; Hosted by the Kirwan Institute for the Study of Race and Ethnicity; A discussion of how bias impacts all aspects of the community and how an action plan can be formed: 419-255-0098 ext. 204

When "Churches" Go Bad

By Lafe Tolliver

Guest Column

I know...I know. Apparently, no one wants to talk about or air in public the happenings at Abundant Life Ministries wherein that pastor and another pastor (not of that particular association) were accused of sexual misconduct with a minor girl from the above named church.

As the media has reported, both pastors were given high bails and purportedly the Rev. Cordell Jenkins has been temporarily transferred to a jail facility in Youngstown, Ohio awaiting further legal proceedings here in Toledo.

Needless to say, both men are clothed with the presumption of innocence unless and until they are proven guilty by a jury or acquiesce to a plea bargain for purposes of truncating the seemingly long judicial process.

Initially, it should be stated that the word "church," according to holy writ, is the composition of the membership of a particular location or denomination. Sadly, today when using the word "church," it is now associated as a physical building or location.

When people say, "Are you going to church today?" they are using the acceptable shorthand word which means assembling together with fellow believers at a common location. Note: The believers are the church.

So, when professed believers assemble at a physical facility and engage in acts of worship and praise, collect monies to fund their facility and the costs associated thereto, make announcements about the weekly or monthly activities of their membership, have fellowship meals, engage in communion and listen to a sermon or a topic of Bible teaching, what happens when something goes amiss in their midst?

I mean, something that can cause the whole agenda to fall off of the rails? Such as an act or activity that places a horrific spotlight on that "church" and/or its activities. Something that calls into question its very standing as being identifiable in a right relationship to its head, Jesus the Christ (note: Christ means anointed...it is not the last name of Jesus!).

Or...in other words, what happens when, "churches" go bad?

First of all, "churches" can and do go "bad" insofar as when a scandal touches it doorway, the public normally attributes any nefarious or questionable conduct to its leader, the pastor a/k/a: The under-shepherd since Jesus is THE Shepherd of the church both worldwide and in heaven.

Church membership is comprised of both those members who are still in the land of the living and also those members who have gone on to be with the Lord.

Scandals in or with "churches" are not new. There were outrages reported in the Bible of people who were engaged in illicit relationships, those who lied, cheated, stole money, taught false doctrine, were gluttons, worshipped idols, engaged in acts of adultery and other sins of commission and omission.

Why? Simple. The real "church" is comprised of those who are redeemed by the life, death and resurrection of Jesus, the only begotten Son of God and as we are acutely aware of, people fail and people sin (violating God's moral law).

Nonetheless, in spite of sinning, God has made provision for sin and which is the confession of the sin and being restored back to fellowship in the local "church."

Modern-day newspapers inform us of the ongoing sins of people

who profess to know Jesus the Christ but by their acts and their "fruit" reveal that they are

far from knowing Jesus as their personal savior and much less, as their Lord.

There has been abundant news in the past years and decades of men and women

engaged in outrageous acts against their fellow believers including crimes of greed, fornication, adultery, malice, arrogance, homosexual activity, theft and ruinous gossip, just to name a few!

But many of those violators of God's law, still profess their innocence or try to use Bible verses to explain away their excesses or abuses or some, simply dare you to challenge them by using the much maligned verse of, "Touch not God's anointed and do his prophets no harm!"

Understand that Jesus, who is the head of the church, has placed in the Bible measures for both church discipline for wayward members and also measures to

restore godly-repentant people back to fellowship in a local assembly.

And for those whose hardness of heart does not allow them to accept such a grace gift as restoration, God has other means by which his moral law will not forever be mocked or sullied by stiff-necked people who continually just, "play church."

So, when we examine what happened at Abundant Life Ministries and the alleged acts done by pastors Cordell Jenkins and An-

... continued on page 4

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Ohio Rep. Alicia Reece Responds to US Supreme Court Accepting Case on Ohio Voting Rights

Special to The Truth

State Rep. Alicia Reece (D-Cincinnati) last week responded to the U.S. Supreme Court's announcement that it will hear a case regarding last year's cancellation of voting registrations ordered by Ohio Secretary of State Jon Husted.

"Because the right to vote is our most fundamental freedom as Americans, it is deeply troubling that elected officials charged with upholding our freedom have fought for the exact opposite, blocking over one-million people from having their voices heard," said Reece. "By taking away their chance to go to the polls, these Ohioans were denied their guaranteed constitutional right. The ugliness of this issue is clear: purging voters is anti-American, and it needs to be stopped once and for all. I hope the highest court in our country agrees and rules in favor of the people – against the politicians."

In 2015, according to Reuters, 144,000 voters were purged for infrequent voting or moving in Cuyahoga, Franklin and Hamilton counties alone. Statewide figures for the 2015 purge are not yet available.

Reece, who represents parts of Hamilton County, is a long-time voting rights advocate and spoke at the 50th Anniversary of the March on Washington.

She also leads the ongoing push for a Voter Bill of Rights, a grassroots

effort to amend the state constitution to protect all Ohioans' right to vote. The Voter Bill of Rights would amend the state constitution to define the right to vote as a fundamental right, establish early voting dates and times, allow the legislature to prescribe proper training and staffing for polling locations, create an online voter registration system, protect against voter ID requirements and voter registration tests, and include safeguards that ensure provisional ballots are counted.



State Rep. Alicia Reece

Tolliver... continued from page 3

thony Haynes, a court of law will have its say and, more importantly, God's final decree of justice and mercy will rule both the day and eternity.

To date, there has been no outcry regarding those pastors coming from other clergy, black or white, in the City of Toledo about their alleged acts and the resultant insult and injury that seemingly has been inflicted upon the churches at large in Toledo.

Either those pastors or ministerial associations were too dumb-founded to issue a public statement or they were simply spiritual cowards to say anything about a topic on which they should be, as fellow ministers, knowledgeable enough to impart a healing balm of wisdom to the on-looking public.

This they did not do to their shame and embarrassment. Both a corrective word and a healing word should have been the first order of the day coming from anyone, black or white, who wears a "turned around collar."

But rather apparently, "hush-hush" was the order of the day and maybe it was due to each local church looking to see what the other local church would say or do about the matters involving both Abundant Life Ministries and The Greater Life Christian Center.

What a grand time for those of the Body of Christ (redeemed members of the household of faith in Jesus the Christ) to jettison their denominational coverings and speak out, as one, in moderate, informed terms about what happened and to place it in a biblical context and also to show what biblical options were and are available.

According to Bible doctrine, the desired outcome for both men, the minor child and anyone else possibly involved in these alleged matters is that redemption and/or restoration can take place even if convictions are meted out.

God's "church" will be triumphant and grace and mercy, unless continually scoffed at, is available in abundant supply to anyone before there is a final unalterable judgment.

Contact Lafe Tolliver at tolliver@juno.com



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2017 Crispus Attucks Black History Month Essay Contest

Sojourner's Truth Staff

Toledo City Councilman Tyrone Riley sponsored the 2017 Crispus Attucks Black History Month Essay Contest inviting Toledo area students to submit essays answering the question – “Do law enforcement officials unfairly target African American males in America?”

The entries were due by March 1 and the respondents were grouped into two categories – the senior group, Division I, included those students in grades nine through 12; the juniors, Division II, included those in the sixth through the eighth grades.

Seven seniors entered the contest and 30 juniors. The judges selected top three finishers in each category and the winners were announced in late May. In the ninth to 12th grade division the winners were: first place – Thomas Perkins of Waite High School; second place – Trinity Hollowell of Waite; third place – Ian Karraker of Waite.

In the sixth to eighth grade division, the winners were : first place – Kaleiah Carpenter of Rosary Cathedral; Brysen Davis of Keyser Elementary; Brea Norwood of Rosary Cathedral.

Cash prizes were awarded to the winners - \$250 for first place; \$175 for second and \$100 for third.

Below are the essays of the two first place winners.



Councilman Tyrone Riley and Thomas Perkins

Freeze

By Thomas Perkins, Waite High School

Do birds swim? How about fish, do they fly? You might be thinking “Of course they don’t” and you’d be right. I had the same answer when asked the question up for discussion.

“Do law enforcement officials unfairly target African American males?”

In my opinion they don’t, not saying they haven’t in the past,

... continued on page 11

Scott Graduate and NFL Super Champion Willie Harper to Deliver Morning Sermon at Third Baptist Church
10:00 a.m., Sunday, June 25, 2017

Minister Willie Harper

Minister Harper graduated from Scott in 1969 . He was All -City and All-State and was recruited by the University of Nebraska During his sophomore year. he helped the Huskers to their first National Championship As a sophomore Harper was First-Team All-American, Big 8 Sophomore Lineman-of-the-Year and earned the Outstanding Lineman Award winner at the 1971 Orange Bowl. His Junior year would be the same ending with Nebraska earning its second National Championship, and First-Team All-America honors from UPI, and was also an unanimous First-Team All-Big 8 performer. After a great senior year in 1972 he was named All American. Minister Drafted by the San Francisco 49ers, Rev Harper played for eleven years, from 1973 to 1983. He would win a Superbowl ring in 1981 in Superbowl XVI. As a key member of the San Francisco 49 ers.

Ministering for more than 30 years Pastor Harper returns to Toledo to deliver the Word 10:00 am, Sunday, June 25, 2017.

You're Invited...

Third Baptist Church , 402 Pinewood, invites Scott Alum and the entire community to join us and welcome Pastor Willie Harper home Then join us for a refreshments immediately following service.



For more information call:

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No-Recipe Needed Recipes

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

The following "no-recipe needed" recipes are from Alice Henneman and they can be found online at <http://food.unl.edu>. Her advice to us? "After you've made these once, you should never need a recipe again for them."

Many of the following "No-Recipe Needed" recipes include a dairy product. National Dairy Month is observed every June to remind us that dairy foods are nutrient-rich. Dairy foods include calcium and potassium and nine essential nutrients which may help to better manage weight, reduce risk for high blood pressure, osteoporosis and certain cancers. Dairy products such as milk, yogurt and cheese include protein and vitamin A. When choosing dairy products to eat or drink, look for the low-fat options.

No Recipe Needed Berry Smoothie

Three Ingredients:

- Milk or fruit juice
- Yogurt (any flavor)
- Frozen fruit (for example: berries, cherries, or sliced peaches)

For one smoothie, all you need to remember is: Add 1/2 cup of the above three ingredients with the liquid added to the blender first, followed by

cheese)

- Nuts (any type)
- Mayonnaise

For each piece of toast: Mix together about two-to-four tablespoons of shredded or finely chopped cheese; one-to-two tablespoons of chopped nuts; and enough mayonnaise to bind them together. Spread on toast and enjoy!

No Recipe Needed Berry Good Overnight Oatmeal

This healthy breakfast will be waiting for you in the morning!

Four Ingredients:

- Oatmeal (old-fashioned or quick-cooking)
- Milk
- Yogurt (any flavor)
- Frozen or fresh berries

For each serving of overnight night meal, just remember: Add 1/2 cup each of these ingredients beginning with oatmeal. Follow with milk, then yogurt and end with berries. Store in the refrigerator overnight.

While dairy foods are an excellent source of dietary calcium, there are other options of foods that contain calcium. If you do not eat or drink dairy products, some other foods that offer calcium include canned fish with soft bones and dark greens (cooked or in salads). Many foods are fortified (or calcium is added) like orange juice, soy milk, breads and cereals. Read the label to see if calcium has been added. Here are two ways to help increase the availability of calcium for your body when eating greens.

- Cook dark leafy greens
- Prepare greens with lemon juice, vinegar, or another type of acid to increase calcium absorption.

No Recipe Needed Oil and Vinegar Salad Dressing

The easy part of this salad dressing recipe is that each ingredient is add-

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Be Happy, Be Healthy, Be Fit...NOT SKINNY!

By Angela Steward, Fitness Motivator

The Truth Contributor

Ok, I admit it...I hate taking pictures with skinny people. Whenever I look at the picture, I still see myself as a 240 plus pound woman standing next to a much thinner person. Even though I exercise, even though I'm in good physical shape and I feel good about myself, even though I've lost a lot of weight, I know that I'll never be skinny. I'm Healthy! I'm Fit and Curvy and I'm okay with that!!

Way too much emphasis is put on being skinny, but like most of us, I know that I'll never be skinny, so my goal is to be healthy and fit. There is no one-size-fits-all healthy and fit body size or type. Your level of fitness isn't my level of fitness. Your idea of thin is not my idea of thin, and for goodness sakes please believe.....the thinner person is not healthier or more fit because she's thin.

In the meantime, we curvy girls need to stop wallowing in pity because our thighs touch each other!. Health and fashion magazines and commercials try to make us believe that we should all be wearing a size two. The happiest and most confident women I meet are women of all shapes and sizes because they focus on being healthy and fit... NOT SKINNY!

Is healthy and fit within your reach? It sure is, but you have to be willing to work for it. Healthy isn't created within 30 days, it's a long-term day to day, month to month, year to year commitment. Be prepared to fight for your health for the rest of your life.

Starting today by mentally preparing yourself. Have an intimate conversation with yourself. Ask yourself the hard questions. Do I like what I see in the mirror? Can I easily climb a flight of stairs? Can I carry groceries in from the car without feeling exhausted? When was the last time I went swimming, rode a bike, ran or walked for a period of time? Do my clothes fit the way I want them to? Do my knees ache while walking? Do I slouch when I walk? Am I flexible enough to touch my toes? Can I go through a full range of motions without injuring myself? Can I comfortably reach for things overhead or get into the back seat of a car? I'm eating, so am I hungry or am I eating because I'm bored? Do I suffer from depression or anxiety?

All of these questions should be answered truthfully, no sugar coating your answers - It is what it is!

Now that you've had that tough conversation, start to take the steps that will make your today healthier than your yesterday and will pave the way for your healthier tomorrow!

Are you ready to work to be healthy and fit? If so, let's get started:

* Check with your doctor. Get a physical. Ask questions and speak of any concerns you may have. Of course during your appointment, you will have to step on the dreaded weight scale! But, please don't obsess over what you weigh! It is what it is - so either wallow in misery and claim "poor me, there's nothing I can do about it" attitude, or claim "I'm ready to make some changes, I got this."

* If you're struggling with health problems such as diabetes, high blood pressure, low blood pressure, etc., or addictions such as alcohol, smoking,

etc., partner with your doctor. These issues are not do-it-yourself issues. Support is available to you. Ask for help!!!

* How active are you? Be truthful! The USDHHS (US Department of Health & Human Services) suggest adults elevate their heart rate at least 30 minutes most days. Thirty minutes is a minimum, the more the better! **TEN PERCENT OF SOMETHING IS BETTER THAN 100% OF NOTHING...**so....walk with friends, take a group fitness class, jump on a bike and take a ride! Find a physical activity that you enjoy! Do you like to dance? Try Zumba or Cardio Dance classes! Find something fun to do because if it's not fun, you won't continue to do it!

* Start a Food Diary. Write down or record everything you eat and what time you eat for a few weeks. Don't cheat - record everything (even a stick of chewing gum)! A food diary is helpful in opening your eyes to what you actually eat, how often you eat, how much you eat, and even why you eat!

* Plan to Succeed! Rid your cabinets and refrigerator of the unhealthy foods and fill them with healthier choices, like fruits and vegetables. Carry healthy snacks with you so when the snack monster attacks, you're prepared!!

* Squash the Guilt! While changing your eating habits and choosing to make healthier choices, there will be times that a slice of cake or pie, pizza or a cookie or two will cross your lips! Instead of asking yourself why you ate that delicious slice of whatever.....tell yourself...I wanted it, I ate it, I enjoyed it, but now I'm back on track. One slice of cake or a few cookies won't add extra pounds, but repeating the same scenario for a few days will take you completely off track and stack on the excess pounds. Don't deprive yourself, eat the foods you love, but occasionally and in moderation! Choose to eat mindfully and healthy 80 percent of the time!!

* Manage Stress!! Check your perspective. Learn How to be Grateful. When you write down or look over things that you're thankful for - it switches your focus to how bless you truly are! Most stress is caused by wishing things were different than they are now! Stop worrying! Ask yourself: Will this matter to me in a month or year? Is this something I truly have control of? If not, why are you so wound up about it, Let IT Go!!!

Lastly and most importantly, stop comparing yourself to others. Be You! Do You! You aren't a one-size-fits-all person! We're all unique in our own way. There's no one else like you. Stop spending money on magazines with thin muscle-less women on the cover or in the articles faking exercises you know she can't do...lol!! Feel good about your curves, muscles, height and yes even your enormous feet...lol!! Learn how to compliment yourself on how much stronger you look, or how much more energy you have or simply what a nice person you are!

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Doctor's Orders: How to Protect Your Skin this Summer

Special to The Truth

The summer can really take a toll on skin, when more of it is exposed to sun, bugs and poisonous plants.

To keep skin cool, comfortable and irritation-free no matter what conditions you encounter, use these tips from NYC-based dermatologist, Dr. Angela Lamb of Mt. Sinai hospital.

Stay Hydrated

Proper hydration is crucial when you're busy and active outdoors. It's also essential for skin health. So be sure to drink plenty of water and eat hydrating fruits and vegetables.

Treat the Itch

The itch, hives, rash, redness and irritation associated with insect bites, poison ivy, oak and sumac, and sunburns can be agonizing. However, it's important not to scratch the affected area and create an open wound susceptible to infection, even though it does provide temporary relief.

Dr. Lamb suggests treating discomfort right away with a dermatologist-recommended solution that stops the itch and heals the skin. One easy to apply steroid-free treatment to consider is The Itch Eraser, which contains soothing aloe, vitamin E and tea tree oil to calm, nourish and moisturize the skin while reducing redness and inflammation. Available as a gel, spray or cream, it can be used to treat every kind of skin itch, (formulas vary). Find a retailer near you at TheItchEraser.com.

Dress for Success

Whether it's your blanket on the beach or your sundress, fabrics should be well-chosen for the warm weather. For maximum comfort, stick with cotton, linen and other breathable choices. Working out? Look for moisture wicking materials that will dry quickly. Also, be sure to protect your scalp from sunburn with a wide-brimmed hat.

Keep it Cool

Hot water is never great for skin, but after too much sun exposure, it can be particularly irritating. Luckily, it's easy to turn down the heat on your shower in summer. Use the hot weather as an opportunity to give skin a break and refresh with cooler water in the shower or bath.

Use Common Sense

Avoid burns and itches to begin with by applying plenty of sunscreen and bug spray, and by taking precautions in wooded areas to avoid poison ivy, oak and sumac. While preparation may not always be top of mind when you're headed outdoors for a day of fun and adventure, being sidelined by these issues is even more of a downer.

Additional tips on how to protect and treat your skin this summer can be found at TheItchEraser.com.

For a happier summer, treat your skin right from head to toe.

No Recipe... continued from page 6

ed directly to the salad (no need to mix beforehand). As Henneman explains, "This method is very convenient if you're making a salad just for yourself and eating it right away. Plus, you are never left with half-used bottles of salad dressing lingering in your fridge".

Four Ingredients:

- Salad of your choice, on a plate
- Vinegar (red wine vinegar works well)
- Oil (extra virgin ol-

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Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I have been doing so well with my eating and exercising that I want to thank you for all of your help. I look forward to reading your articles in The Truth. My question is that I want to take my workouts to the next level and I don't know what to do. I train three days a week, total body, but it's getting easy for me to do. How can I make it more challenging?

Pam

Dear Pam,

I'm very glad that you are getting help from my articles and that are helping you to make improvements in your physique. It's a great feeling to look in the mirror and see all your hard work is not a waste of time.

Well there are a couple of ways that you can attack this. You can either increase the amount of work you do on the days you train or you can add another day of training. If you want to increase the workouts that you are now doing just simply increase your weight for a hard 8-12 reps or you can simply add another set to what you are doing.

If it is still easy just keep adding weight until it is difficult for you to get your reps but with good form. NEVER sacrifice form for weight!

Your other option is to add another day. Train two on, one off, two on, two off. Start separating body parts, adding other ex-

ercises and stop doing total body workouts. Train your back with your biceps, chest with tris, legs shoulders and abs. That is just an example.

I switch it up all the time so my body gets different workloads. The next week I will train back with tris and rear delts, chest with bis and front delts then legs with shoulder presses. This will give you more exercise per body part and give you a chance to work on lagging areas as well. Make sure that you don't work the same body part two days in a row. Keep your nutrition clean and stay on your water. I hope this helps you and if you are unclear about anything just e-mail me.

My summer fit camps will start Monday, June 12, 8:30 a.m. at Ottawa Park. I will also do an evening session for those cannot attend the morning session. Please contact me if you are interested in either session and keep in mind that I also do mobile camps where I will come to you and your coworkers, congregation, organization etc..

UNLEASH YOUR HERO!

Ryan Rollison

Dream Bodies



Ryan Rollison

Toledo Ohio
419-944-4200
mydreambodies.com

Summer 2017 updates effective June 4.

On Sunday, June 4, 2017, the TARTA spring route schedule will begin. As some routes will be affected by routing and time changes, new timetables and maps are available at TARTA.com/Summer2017



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- **1/4 Ottawa Hills/Sylvania/Sylvania Twp Call-A-Ride**
- schedule adjustments Monday through Sunday; holidays unchanged
- **2H Franklin Park Mall via Toledo Hospital**
- Saturday and Sunday schedule adjustments
- **3 North/South Crosstown**
- schedule adjustments
- **5 Dorr via UT Main Campus**
- **5R Dorr/Richards**
- schedule adjustments; Wal-Mart served evenings, weekends, and holidays; Flaire Dr no longer served by 5R; Independence/Nebraska/Richards loop no longer served evenings, weekends, and holidays
- **6N/S King Road/City of Sylvania**
- schedule adjustments
- **8 Maumee Call-A-Ride**
- Saturday and Sunday schedule adjustments with the last timepoint at Southwyck Blvd eliminated
- **11/12/13/14 East Toledo**
- schedule adjustments: last lineup trip discontinued evenings, weekends, and holidays
- **11/14 Oak/East Broadway**
- schedule adjustments to last evening trip
- **12/13 Front/Starr**
- schedule adjustments to early evening trips

- **15A Summit/Suder/Alexis**
- **15E Summit/Point Place via Alexis**
- Saturday and Sunday schedule adjustments
- **17B Lagrange/Bennett via Miracle Mile**
- **17E Lagrange/Eleanor via Miracle Mile**
- Saturday and Sunday schedule adjustments
- **19F Cherry/Franklin Park /**
- **19T Cherry/Tremainsville**
- afternoon schedule adjustments
- **20T Central/Franklin Park to be designated 20F**
- schedule adjustment: one evening trip eliminated
- **22F Bancroft via UT Campus/Franklin Park to be designated 22**
- evening schedule adjustments and last evening trips eliminated
- **24 Delaware/Kenwood via Westgate**
- one inbound morning schedule adjustment
- **26D Berdan/Douglas-Miracle Mile /**
- **26L Lewis/Alexis-Miracle Mile**
- 26D routing now covers Central Ave from Collingwood Blvd to Jeep Pkwy; 26L remains; evening schedule adjustments
- **27H Nebraska/Hill-Reynolds**
- **27N Nebraska/Angola-Wenz**
- weekday schedule adjustments
- **28/30 City Park/Indiana/Oakwood**
- weekday schedule adjustments; last inbound lineup timepoint eliminated weekends and holidays

- **31G Glendale/Southwyck /**
- **31H Heatherdowns/Southwyck**
- Sunday schedule adjustment
- **32H South/Airport /**
- **32R UT Health Science Campus/Southwyck Blvd**
- weekday evening schedule adjustments
- **34 Detroit/Byrne/Western via UTM**
- one outbound morning schedule adjustment due to the closure of the Lott Larc Lane location; last evening trip discontinued weekdays and Saturdays
- **35 Airport/Maumee-Arrowhead**
- late morning schedule adjustments
- **43 Maumee-Arrowhead/Western via UTM**
- schedule adjustments; Lott Industries timepoint eliminated due to its closure

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Keeping Your Diabetes in Check

By Emily Rippe Desmond

Marketing & Communications Manager, Neighborhood Health Association

The Truth Contributor

Community Health Workers (CHWs) at Neighborhood Health Association (NHA) are tackling common health conditions that affect Americans, and the health disparities among minority groups. This week's topic is type 1 diabetes.

"Type 1 diabetes can be a devastating disease if not monitored properly," says Shanile Harris, a CHW at NHA's Nexus Health Care and Mildred Bayer Clinic for the Homeless.

The American Diabetes Association warns that when left untreated, diabetes increases the risk of serious vision conditions, including cataracts and glaucoma; foot complications such as nerve damage, cuts and blisters, and in severe cases, amputation; high cholesterol and blood pressure making you more prone to major cardiac events; liver issues; and a shorter life.

"The biggest risk I see at Mildred Bayer is patients not knowing the seriousness of diabetes," Harris says. "Some patients don't know how to use their glucometers, how to test properly, or simply are not taking their medications."

Diabetes by the Numbers

According to the American Diabetes Association, nearly 26 million Americans are currently living with the disease, and another 79 million Americans have prediabetes. This means almost one-third of the total U.S. population is affected by diabetes. Unfortunately, racial and ethnic minorities, including African Americans and Latinos, have a higher prevalence and greater burden of diabetes, compared to their white counterparts. For example, the risk of diabetes is 77 percent higher among African Americans than among non-Hispanic white Americans. Some minority groups have higher rates of complications when they don't keep their diabetes in check.

Tips for Staying Healthy with Diabetes

The good news is that with proper treatment and recommended lifestyle changes, many people with diabetes are able to prevent complications and keep their diabetes in check. Harris shares the following tips:

- Make healthy food choices: Start by choosing foods that are low in carbohydrates (sugar and flour) and emphasizing vegetables, whole grains, fruit, beans and lean meats (chicken and fish) and low-fat dairy products.
- Exercise regularly: Doctors usually recommend aerobic exercises, those that make the heart work.
- Monitor blood sugars: If your doctor has recommended that you monitor your blood sugar through home testing, do so as recommended and keep a daily log of your numbers.



Shanile Harris

Health Department Welcomes Involvement of Community Stakeholders

Special to The Truth

The paradigm of public health is changing and the Toledo-Lucas County Health Department, along with the Board of Health, stands at the forefront of positive action for improved health within our community. We are dedicated to fostering leadership in public health by actively promoting and protecting the health of all people where they live, learn, work, and play, as evidenced by the adoption and implementation of the Health Department's 2017-2020 Strategic Plan.

Our strategic plan has identified the top priorities to promote and protect the health of our citizens. Successful strategic plans accomplish their goals not simply because there is a wish to improve community health, but through a firm commitment to the work that needs to be done and a desire to learn and change throughout the process.

On Thursday, May 25, the Health Commissioner released an editorial letter openly inviting our elected officials, community partners, and members of the public to collaborate with our department and continue the conversation on improving the public's health. We are grateful for the County Commissioner's and the Mayor of Toledo's support of this collaborative initiative.

It is our commitment to bridge the gap between all sectors of our community to move with one purpose and align everyone under a single vision for the future: A Healthier Lucas County for All.

Volunteer To Help An Abused Child



Attend a free, public Information Meeting

Monday, June 12, 2017
5:30-6:30 PM

Kent Branch Library
3101 Collingwood Blvd. - Toledo

RSVP appreciated: email casainfo@co.lucas.oh.us or call (419) 213-6753
For more information about CASA visit www.casakids.net

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

Red Hat Society Volunteer Named Outstanding Senior Volunteer

By Kaleiah Carpenter, Rosary Cathedral

Clenastine Hamilton representing the Red Hat Society Chapter 84002 was the Bronze award winner in the annual Northwest Ohio Outstanding Senior Volunteer Awards sponsored by Medical Mutual.

A luncheon, held May 17 at the Inverness Club, honored senior citizens from the Toledo area, age 60 and over, who volunteer their time in a selfless, caring manner and are committed to enhancing the quality of life for people in their communities.

Hamilton has served as a mentor and role model to young women throughout her volunteer career. As a coach in the Federated Women's God Loving Assisting Disciples (G.L.A.D.) group, she instills confidence in young girls by teaching them the importance of social etiquette and how to confidently interview. As a member of the Red Hat Society chapter, the New Hattitudes of Toledo, she dedicates her time to the Frank Troy Senior Center where she plays games, does crafts and visits with members.

In addition to Hamilton, other top award winners and the organizations they serve include:

Art Dorf (Platinum award), Toledo Zoo Educator Program:

Art Dorf, nominated by the Toledo Zoo Educator Program, was presented the platinum award. Since 1994, he has volunteered as a zoo educator, donating more than 10,000 hours of service. Over the course of his zoo volunteer career, he has supported almost every type of program offered, including on-grounds or outreach classroom programs, on-grounds tours, special event support, new volunteer training and more.

As a former engineer, Mr. Dorf embraces STEM education and wants children to be excited about science and math. He realizes the zoo and its animals provide a fun and engaging way to impart scientific knowledge.

Robert Lehman (Gold award), Fulton County Senior Center in Wauseon:

Robert Lehman has been a medical transporter for the Fulton County Senior

Center since 2015. Every weekday he transports senior citizens to and from appointments and medical facilities, sometimes completing seven transports in one day. Last year, he and his wife Lenore voluntarily purchased a handicap-accessible minivan and donated it to the senior center. The availability of the new van helped increase the number of wheelchair-transported seniors by 400 percent in 2016.

In addition, Lehman has volunteered his time to provide educational programs to five Fulton County senior center sites, offering helpful driving tips for seniors. His passion for senior safety and making a positive difference in people's lives has made him the most requested driver by Fulton County seniors.

Darlene Jasas (Silver Award), Toledo Cultural Arts Center at the Valentine Theatre:

Darlene Jasas has been a volunteer at the Valentine Theatre since her retirement in 2001. She has logged more than 700 hours in seven seasons, increasing her participation to 178 hours in 2015-16. She helps as an usher and a ticket taker and always provides a friendly smile that patrons look forward to seeing.

Outstanding Senior Volunteer Award nominations are submitted by community organizations throughout the region that have first-hand knowledge of exceptional volunteers. These seniors exemplify Medical Mutual's mission of improving our communities through service and leaving a positive legacy for future generations.

Founded in 1934, Medical Mutual of Ohio is the oldest and largest health insurance company based in Ohio. For more than 80 years, the company has served customers with high-quality, affordable group and personal health insurance plans, and third-party administrative services to self-insured group customers.



Statement from the Lucas County Board of Commissioners Regarding Trump's decision to Pull out of the Paris Climate Agreement

"Retreating from climate action hurts our economy, our environment and our public health. FiatChrysler is investing \$2 billion in our region's Jeep factories to build more fuel efficient vehicles that reduce emissions, yet President Trump and Congress want to go backward. Lake Erie is a source of drinking water for tens of millions, yet President Trump wants to eliminate funding, monitoring, research and a federal commitment to address harmful algal blooms. His short-sighted decision today on the Paris Agreement puts local companies like First Solar at a disadvantage to Chinese and European competitors. Lucas County stands with forward-thinking businesses, states and communities that will continue action to reduce emissions and grow jobs consistent with the climate pledge made by the United States last year."

No Recipe.. continued from page 8

ive oil)

- Salt (if desired)

All you have to remember is: The basic ratio of vinegar to oil should be about one part vinegar to three parts oil. Begin by "eyeballing" amounts and mix in—gently—about one teaspoon vinegar with a fork and spoon. Follow by mixing in about three teaspoons oil. (TIP: It's handy to purchase your oil and vinegar in bottles from which small amounts can be drizzled amounts directly into your salad.) End by mixing in a dash of salt, if desired. Taste and adjust as needed. This amount should be sufficient for a two-cup salad.

What are your favorite "no recipe needed" recipes? Do they help you get more calcium or increase your amount of vegetables for the day?

Information from Nebraska Extension in Lancaster County, Penn State Extension Nondairy Foods With Calcium and the National Dairy Council.

Freeze ... continued from page 5

because they absolutely have but at this point in time I feel that officers are less likely to pull over or interact with black men for one primary reason — they don't want to be the next "racist" cop with his face plastered all over TV and Facebook.

The media has officers everywhere walking on eggshells. The issue isn't so much targeting as it is escalation. A cop would get violent with a black man way before any other race and that simply was caused by perception and stereotypes. American society has created the image that black men are naturally violent and aggressive so when a situation arises involving a black man, they assume the worse is about to happen and nine times out of 10 jump to conclusions because they feared their "life was in immediate danger."

Society has thrown us all into one box, how do we get out? The solution is simple — we as a people have to change ourselves. I personally feel that in most officer-minority situations that end in conflict, the minority initiated the tension because he felt as if he was being singled out because of his race. Even if that is the case what is you getting an attitude going to do to change it?

Now, I'm a black man myself and I know how I get when I feel discriminated against. It's a horrible feeling but we can not let emotions drive us to bad decisions. If all minorities would stop and ask themselves "Is me calling this cop racist going to get me out of this ticket?" America would be much better.

We can't control how the officer sees us when he walks up to the window but we can control how he sees us when he leaves. If he sees "an angry black guy" walking up, make him see a calm respectful member of society when he leaves. We have to think with our heads and not our hearts, it might just save our lives.

LMHA Vies for Silver

Lucas Metropolitan Housing Authority is on track to earn it first LEED certification

Special to The Truth

Phase II of Lucas Metropolitan Housing Authority's (LMHA) Collingwood Green project will be a multi-phased urban redevelopment adjacent to downtown Toledo that features 68 mixed income family townhomes on the site of the former Brand Whitlock/Albertus Brown housing project, funded in part by Low Income Housing Tax Credits.

US Green Building Council administers LEED (Leadership in Energy and Environmental Design) for Homes, a point-based guide for building sustainable homes. Some of the points will seem obvious, like Energy Star rated appliances, LED light bulbs and low-flow toilets, while other points are equally important for the creation of a healthy and comfortable community to call home.

LEED Certification for LMHA's Collingwood Green II development is just the beginning of their greater portfolio strategy envisioned to *see a better life for everyone*.

Points:

Innovation and Design Process: LMHA earned points for having a LEED-certified professional lead an integrated project team of engineers, architects and the Toledo community in the design process including a design Charrette. In addition, points were earned for durability management by planning for, implementing and verifying the Energy Star indoor moisture controls measures on this project. Finally, points were earned because of the location of this site being within an existing community that is near the downtown area.

Locations and Linkages: Due to this project located on an infill site, points were earned for building in an urban area on a site that had been previously developed, thus protecting sensitive land that had otherwise yet to be developed, minimizing urban sprawl. As this site had been previously developed, Collingwood Green II was able to earn points due to utilization of the existing infrastructure and extensive community resources including nearby parks and

public transit.

Sustainable Sites: Along with erosion control, further measures were taken to try and avoid disturbance of the site during construction. While the site itself will have a lower density than the original development, careful planning has placed buildings in close contact with each other allowing for preservation of open space which is beautifully landscaped with draught tolerant noninvasive plants.

Water Efficiency: These two and three-bedroom townhomes are equipped with very high efficiency toilets, shower heads and faucets to help reduce the amount of water used by this new development, lowering costs and limiting demand.

Energy and Atmosphere: Along with complying with the requirements of Energy Star, additional points were earned for exceptional energy performance using high efficiency furnaces, air conditioners, appliances and superior building insulation.

Materials and Resources: The materials used on this build are certified as environmentally preferable, minimizing material consumption through recycled and recyclable content, reclamation or overall reduced life cycle impacts.

Indoor Environmental Quality: Collingwood Green II was awarded points for ventilation measures in the bathroom, kitchen and of the furnace installing advance combustion ventilation and air filters.

Awareness and Education: Finally, points are being sought for education of the tenant and building maintenance staff on the special "green" features that have been made available for their benefit as part of this new development.

Lucas Metropolitan Housing Authority is excited to share this sustainable rebirth within the heart of our great city and looks forward to building more sustainable "green" homes in the future.

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Perryman... continued from page 2

dent Union rigged the equipment to play on an endless loop. Yet, no one complained because "What's Going On" is noticeably political and spoke directly to the political conflict of those times. I also like Gaye's collaborations with the beautiful late performer, Tammi Terrell. However, for the gifted musician's reputation as a "romance" icon, the sexually explicit lyrics of "Let's Get It On" and/or "Got To Give It Up" may speak better to that experience.

#8. Ohio Players: "Heaven Must Be Like This"

A fabulous funk, soul and R&B band formed a short jaunt down I-75 south to Dayton, Ohio, the Ohio Players were superbly skilled musicians. In addition to their unique sound and creativity they left their imprint on romantic music by being one of the first to bring "behind closed-door bedroom conversations" out in the open through song. The dynamic group stretched lyrical boundaries and opened the door for the later genre of rap music by moving the content of love music from an emotional to a physical experience and using more suggestive, if not explicit, expression.

#9. The Impressions: "We're A Winner"

Chicago, Illinois is a political hotbed fueled by the intersection of social justice, community organizing, religion and the great migration of blacks from southern states like Mississippi. No other black music discography contains more politically conscious content than the activist, gospel-infused Chicago sound of the Impressions. Often compared with Motown artists such as the Temptations, 4 Tops and Smoky Robinson and the Miracles, the Impressions soared above its rivals and inspired a generation of activists like me, via the social awareness and song writing of legend Curtis Mayfield.

#10. The Isleys: "For the Love of You"

This iconic band from Cincinnati, Ohio is as equally adept at producing political protest compositions like "Fight the Power" or baby-making music such as "Voyage to Atlantis" and the above "For the Love of You." Ronald Isley, surviving member, continues the group's sensual legacy through his sexy contemporary songs such as "Just Came Here to Chill."

#Honorable Mention: Minnie Ripperton's "Loving You," is my pick while Willetta chooses Gladys Knight & the Pips' "Midnight Train to Georgia."

Please let me know how your favorite old school soul music compares to ours.

Contact Rev. Donald Perryman, D.Min., at drdperryman@centerofhopebaptist.org

The Broken Ladder: How Inequality Affects the Way We Think, Live, and Die by Keith Payne

Terri Schlichenmeyer

The Truth Contributor

He got more.

There was a time in your life when just noticing that was reason to throw a tantrum. It was enough to make any adult near you want to run away. But now that you're all grown up, "He got more" means more – and in the new book *The Broken Ladder*

by Keith Payne, you'll see how it might affect your life.

Airplane kerfuffles are hardly news these days, but Keith Payne sees them differently: they are, he says, linked to status hierarchy. First-Class has wider, plusher seats while coach fliers must cram themselves into tiny cushions and share an armrest. Whether they know it or not, that causes envy. In fact, air rage increases, say researchers, when people are forced to see this inequality. Add a delayed or canceled flight, and things escalate to violence.

The thing is that flights aren't cheap. Just the fact that someone is on a plane says a lot about their income but when people perceive inequality, they "feel poor and act poor, even when they're not." Even so, it's true that the rich do get richer, while the poorest people have treaded financial water for about the last half-century.

Payne imagines a ladder as a metaphor for inequality. The higher the rung an individual reaches, the better their status and income, health, safety and future. Racial inequality – which is "qualitatively different," no matter how big a person's paycheck is – affects one's position on the ladder. So does geography, and education, or lack thereof. The lower the rung, the less the person has, monetarily and otherwise.

c. 2017
Viking
\$28.00 / \$37.00 Canada
246 pages

The good thing is that each person's situation may change within parameters, and can be relative to that of others: the Haves, in other words, think they have not... until they see that the Have Nots have less. That changes perceptions and may, at least temporarily, lead to a more satisfied life. Even so, in the incessant effort to get ahead, an individual's needs (or imagined needs) can cause risk-taking, and the accompanying adrenaline rush affects body organs negatively.

Simply put: inequality can kill you. And if you're on a lower rung of that imaginary ladder, even your death will be unequal.

Oh, my, but the first three-fifths of *The Broken Ladder* is an eye-opener. In those pages, author Keith Payne sets readers up with a plethora of statistics to support what he's about to lay down; specifically, that inequality is worse than we think it is.

Once the point is made, however, the last of this book is quite repetitive. It's filled with the commonsensical, a rehashing of brain science with which audiences for this book are likely familiar, stereotyping, and frequent comparisons to our simian

THE BROKEN LADDER

How Inequality Affects the Way We Think, Live, and Die



KEITH PAYNE

relatives, ending with a Kumbaya that really just barely matches the books' original tone.

Heavy sigh.

And yet – in this world of widening class gaps, how could you miss the important first chapters here? You can't, that's all, because every little bit helps understand it and with *The Broken Ladder*, you get more.

Too Many Unjustifiable Cases

By Kaleiah Carpenter, Rosary Cathedral

I strongly believe that some law enforcement officials do target and mistreat African American men because of the color of their skin. Not all officials are the same, but there are many law enforcement officials that will judge African American men just by their appearance and the neighborhood they live in.

There has been many unjustifiable cases involving police officers using extra force and aggression towards African American men. This makes me very sad and scared because police officers are supposed to be good cops, that keeps us safe and protect us.

Seeing the videos all over the news and internet makes me think that they can not keep me and my family safe, because my family is African American as well. The videos I have seen recently involve different incidents when African American could just be asking the police officer a simple question about why they are being pulled over and questioned, which triggers the officers to get angry and start attacking the innocent men for no reason. I have realized that this issue is very important because every time I go over to a different family member's homes, they are always talking about it and it is always on the news. The issue of law enforcement unfairly targeting African American males has been going on for a while now, and I wish things could change.

Recently, I have read a story that happened in November 2016 about a 19-year-old African American male teen named Kajuan Raye who was being chased by a Chicago police sergeant before the sergeant shot and killed him. Kajuan did not have any weapons on him when this incident happened. He was shot in the back, which means the police sergeant should not have felt threatened. This was the second time in three years that the sergeant shot an unarmed suspect. The investigation on this case is ongoing and I hope the family of Kajuan gets justice.

I think that police officers should wear mini video cameras on them at all times so that if something happens, law officials can go back and look at the incidents quickly.

I think that police officers should have training on different scenarios yearly. Many innocent African American men are being targeted daily and nothing is changing. How many more innocent victims are going to be harmed and killed before change happens? I may only be in the sixth grade and 12-years old, but I understand a lot about what is going on in my country.


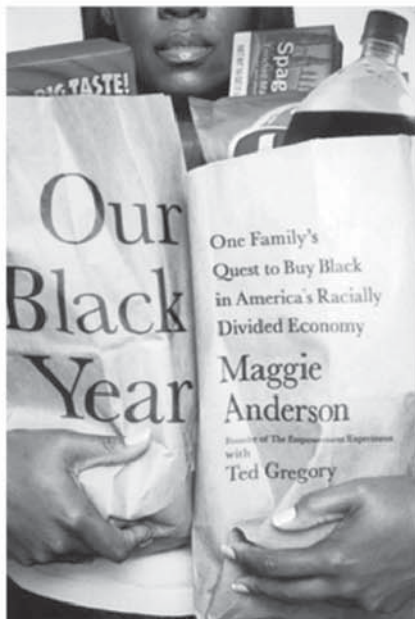
I understand that there are some bad police officers and I also understand that there are some good police officers. What I do not understand is why bad police officers are getting away with the crimes and not being punished. I am thankful for being given this opportunity to write about an important topic that affects everyone, but mostly African Americans. This has been an honor to share my opinion especially since it is Black History Month.

Work Cited

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Our Black Year

One Family's Quest to Buy Black in America's Racially Divided Economy

Maggie Anderson
Author of The Entrepreneur's Experience with Ted Gregory

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Youth & Young Adult 4th Sunday

When: Every 4th Sunday
Time: 11:00 am

Where: Crusaders for Christ Church
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Bishop Joseph Marshall Jr., Pastor
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CLASSIFIEDS

June 7, 2017

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NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on Metroparks Blue Creek North Perimeter Trail, 7035 Providence Road, Whitehouse, Ohio 43571 will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 Friday, June 16, 2017 at 3:00 p.m. local time.

THE SCOPE OF WORK consists of construction of a 12 foot wide, paved, multi-use path and bike trail, 3,094 feet in length. General construction includes erosion control, small landscape-tree relocations, earthwork, aggregate base, asphalt, striping, topsoil, seeding and mulching. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$20 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

EACH BIDDER MUST FURNISH either (1) a bond for the full amount of the bid or (2) a certified check, cashier's check or irrevocable letter of credit in an amount equal to ten percent (10%) of the bid with its bid. The successful bidder must furnish a 100 percent (100%) Performance Bond and a 100 percent (100%) Labor and Materials Bond.

No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

By order of the Board of Park Commissioners
METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA

Dave Zenk, Director

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REGISTERED NURSE

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Qualified candidates must possess current Ohio RN license, CPR and CPI. Psychiatric nursing experience required, minimum of three years nursing experience preferred.

Registered Nurse—ACT

This clinical full time position provides direct services to clients assigned to the Assertive Community Treatment (ACT) program who have a severely persistent mental illness in accordance with State, Agency and Program policies, guidelines and professional requirements. This position provides mental health interventions to clients who require individual community based rehabilitative services and/or group rehabilitative services to maximize the reduction of symptoms of mental illness in order to restore clients to the highest level of functioning. This position consults with ACT team members to provide the best possible clinical services for clients. Qualified candidates must possess current Ohio RN license. Associates degree in nursing. Bachelor's degree preferred. At least one-year clinical experience in a health care setting is required. Previous psychiatric experience is preferred.

REGISTERED NURSE – SPMI Team

Full-time opportunity available for experienced nurses to perform duties such as health assessments, medication education and direct service to clients in the clinic setting. Med/Surg hospital experience, physical health, psych and case management experience preferred. Community work as needed. Work schedule for this position is Monday through Friday, 40 hours a week and may include evening hours. Qualified candidates must possess current Ohio RN license, CPR and CPI. Minimum of three years nursing experience preferred.

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ODOT District 2 is now accepting applications for positions in our Highway Maintenance Worker Apprentice Program. As a Highway Maintenance Worker Apprentice you will receive on the job training in flagging & traffic control procedures, perform general labor using various hand tools in the maintenance & repair of highways, receive CDL preparation & training, & much more. Our Spring Apprentice Program will start soon. To apply & to learn more about our Apprentice Program, please go online to www.careers.ohio.gov

Once you arrive at this website, the Ohio Hiring Management System, click on search for State Government Jobs, then filter by Department, then scroll & click on Transportation District 2. Click on the job title Highway Maintenance Worker 1 – Apprentice. You will also find information on How to Apply. Should you have additional questions, please call the ODOT District 2 Human Resources Office at 419 353-8131.



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Witness History - Toledo's Sports Legends Honored

By Robert Smith, African American Legacy Project
Guest Column

Make sure you are present when the African American Sports Legends induct 12 of the greatest athletes our community has ever produced.

Sometimes we take it for granted, but - when you stop and think about it - northwest Ohio [Toledo] continues to produce extraordinary athletes who have and continue to perform on the world stage. From college to the Olympics and professional sports, northwest Ohio has always been well-represented.

A few years ago, The African American Legacy Project received a collection representing the history of African-American athletes from this area dating back to the early 1900's. The research was conducted by Roland "Red" Jones whose brother Bill was an outstanding athlete at Woodward High School and later at the University of Toledo.

Right then, we knew it was important to gather stories to document and preserve the collective contributions of the hundreds of men and women from northwest Ohio who have graced athletic stages across this community and... beyond! Jones' research serves as the backdrop for the formation of the African American Sports Legends Hall of Fame.

Over the past several years, a group of former athletes, coaches and sports enthusiasts - led by Johnny Hutton along with Co chairmen Leroy Bates and Joe Sansbury - began developing a list of the top 100 athletes of all time from the area. You can't imagine the degree of difficulty in selecting people who should be honored. Finally, the group decided to honor individuals from different decades. It still wasn't easy, but... it was honest.

Members of our Dream Team to be inducted in 2017 include NFL great Willie Harper; Harper will travel from California to receive his honor. We also will induct the first African American to be drafted by the Cleveland Browns,

Emerson Cole. Everyone remembers the incredibly talent, speed and determination of Linda Jefferson who will be joined by fellow Lady Toledo Trooper Jackie Allen-Jackson as two of this year's inductees.

Everyone remembers the lady who outran the wind, Olympic great, Brenda Morehead. We bow to the national NCAA Championship earned for Notre Dame by Central Catholic High School's Erica Haney. We will be inducting both - Morehead and Haney.

Pound for pound Waite High School's Craig Thames remains one of the most prolific scorers ever to play at the University of Toledo. Dennis Hopson still holds the scoring record at The Ohio State University and arguably people often talk about Terry Crosby being the best two-sport guy coming out of the city. These three exceptional roundballers will join our 2017 Dream Team.

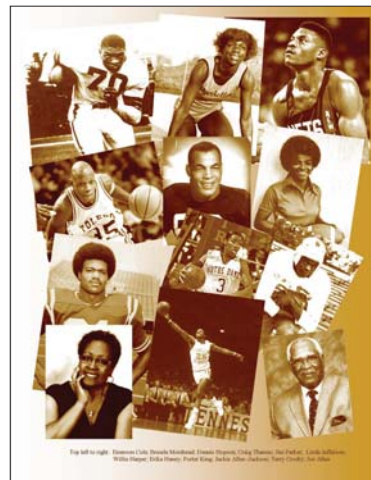
Joe Allen who played for Woodward High School in a foregone era was a unanimous committee choice. Allen remains one of our perennial athletes who helped mentored numerous local athletes during his journey. Posthumous awards will be presented to the families of Jim Parker and Porter King. Fans of the NFL will remember Parker winning All-Pro awards on offense and defense in the same year while with the Baltimore Colts. We really can't remember any athlete who endeared himself to the community more than Porter King. We are already feeling the magic. Thanks to the generosity of First Federal Bank you will be able to experience the magic too!

First Federal has made it possible for Saturday's event to be free and open to the public. The event will be hosted on the three-acre campus of the African American Legacy Project 1326 Collingwood and will begin at 2:00 pm.

The Toledo Chapter of the NAACP will host a special meet and greet for inductees, their family and friends as well as a number of special guests. The meet and greet will be hosted at Premiere Banquet Hall 480 Heatherdowns Blvd Friday June 23, 2017 from 6:00 p.m. until 10:00 p.m.

Tickets to Friday's event are \$20 per person and can be purchased at The African American Legacy Project, Henry's Jewelry and Gifts and Powell Beauty and Barber Supply.

For information call 419-720-4369.



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