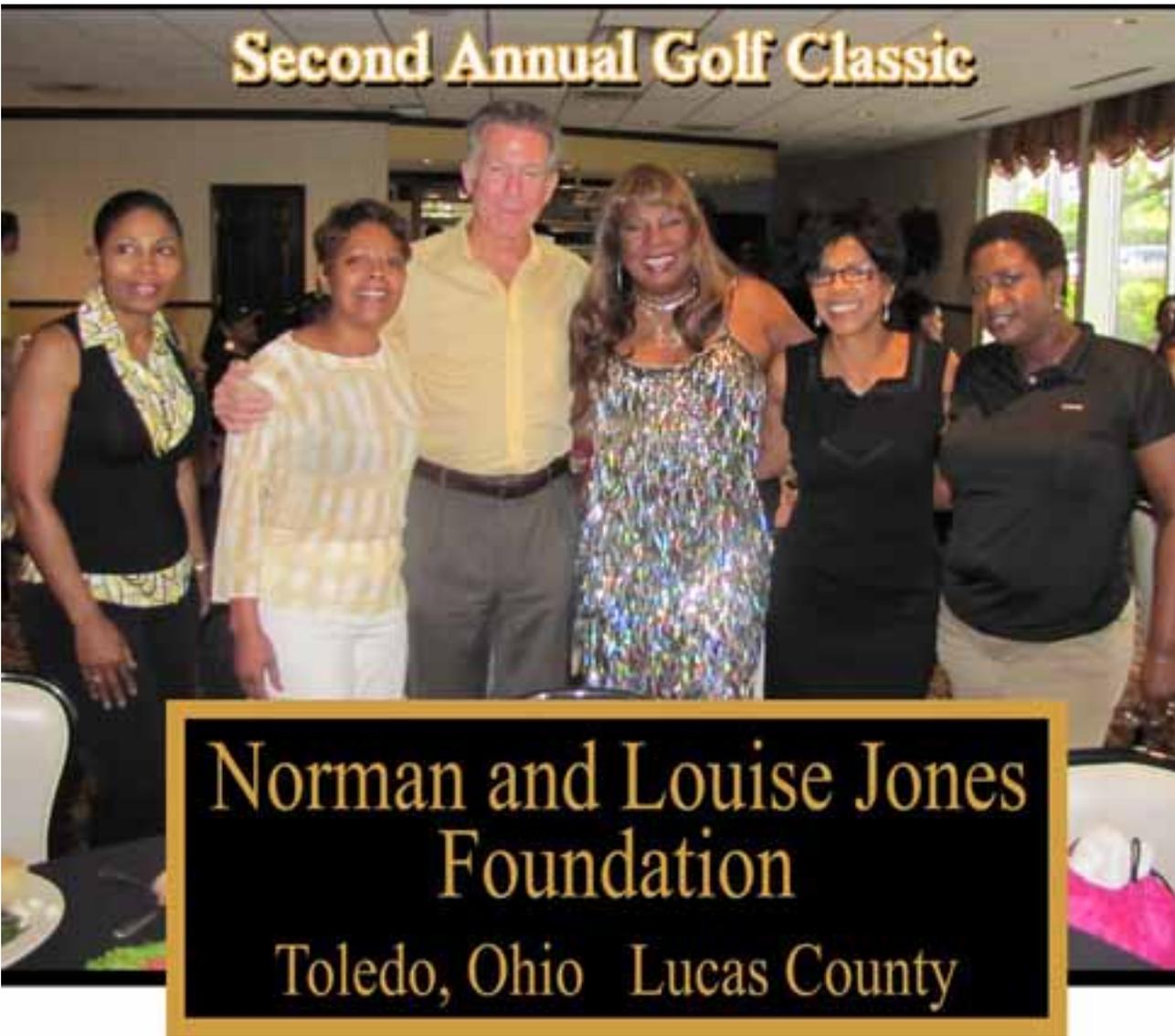




Local and National News

www.thetruthtoledo.com

Volume 22, No. 08 "And Ye Shall Know The Truth..." June 06, 2012



Second Annual Golf Classic

**Norman and Louise Jones
Foundation
Toledo, Ohio Lucas County**

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Endangered Species

By Rev. Donald L. Perryman, D.Min.
The Truth Contributor



I had to make my own living and my own opportunity.... Don't sit down and wait for the opportunities to come; you have to get up and make them. - Madame C. J. Walker, 1914

With the announced closing of the faith-based agency Women Blessing Women, the list of nonprofit casualties since the 2007 economic recession began continues to expand. The tally, now in excess of 50 agencies, includes others such as Fresh Attitude and the Urban League.

Human service agencies led by African Americans or those serving a predominately central-city clientele are a dying breed and many of those which currently exist are struggling or on financial or organizational life support.

The mass disbanding of these organizations, who represent "the first line of attack on poverty and social problems," places a disproportionate burden on the poor and people of color.

"We are located in an area where the boundaries of three gangs meet," states Sonya Newton, temporary executive director for the historic, but struggling, Frederick Douglas Community Association. The Doug, as the center is affectionately known, is a safe haven for many young people in the neighborhood. "The meals we provide are sometimes the only nutritious meal that these youth may eat during the day and it would be a disservice for the agency to close," adds Newton.

Although recently a recipient of an \$80,000 United Way grant, the agency operates on a shoe string with limited staff and suffers from high turnover, having had three executive directors in the past three years.

Newton is eyeing projects which address crime and violence, jobs and elderly residents who are raising their grandchildren or grown children who have moved back home because of the economy, but points to the lack of stable funding as her greatest challenge.

Why do some nonprofit social service programs and agencies survive while others don't?

Many, interpret the agency struggles and high number of closures as being the result of an inevitable market correction or survival of the fittest process whereby "inefficient and ineffective" nonprofits succumb naturally to larger, and more financially secure multi-service nonprofits.

However, others such as NAACP president Rev. Kevin Bedford, have strongly suggested that funding decisions by major funders are a more likely factor. Bedford, speaking with The Blade, was quoted as saying that he believes United Way should have done more to support and help build the capacity of inner-city agencies during this period of economic uncertainty.

While placing community pressure on funders and political leaders to provide resources for central-city human services work is a necessary strategy, it is not alone sufficient to sustain an agency, particularly when strong community support and the perception that agency programs and services provide legitimate solutions to critical social problems are lacking.

Also, foundation funding is more likely to be short-term, with the expectation that the agency will be able to obtain replacement funding from other sources when the grant ends. What funding that has been provided, is usually money which must go directly to program costs. Overhead or operating expenses associated with running an agency are seldom funded in today's environment of increasing need and diminishing support.

So while we need to continue to pressure funders and political leaders to protect and conserve the endangered species known as nonprofits and to be equitable in their distribution of funding to inner-city organizations, there are some things that the agencies must do for themselves.

Most have already adapted coping strategies such as freezing or reducing salaries, drawing down reserves, shedding employees and cutting staff benefits. Nearly all have reduced programs or services, cut the hours of operation and decreased the number of people served.

Here are also a few other strategies suggested by experts which might help agencies live another day to offer the responsive, community-oriented services for which they were created:

- Initiate and implement a financial strategic plan. We, (I have also been guilty), often go through the arduous process of developing strategic plans which are never actually implemented. Yet, fidelity to a strategic plan for financial survival is critical in this volatile economic environment.
- Invest in professional development and grant writing staff. Those employees who are free from day-to-day program activities and have time to focus on scanning the environment so that the agency can diversify its funding stream, are invaluable and worth the investment.
- Re-consider opportunities for collaboration, partnership and merger in order to build capacity and competitiveness. Although we have been long reluctant to do so, crisis and survival have a way of bringing people together who otherwise would not.
- Innovate. Too many nonprofits succumb to "death by stubbornness" by refusing to change, carry out their mission in new ways or by taking existing services to new clients.

Insufficient funding is the greatest threat to the survival of the nonprofit agencies that serve economically, socially and politically disadvantaged groups such as the poor, elderly, inner city youth and people of color.

Agency extinction, however, is preventable if we continue to look within ourselves for survival strategies to provide safety nets for the most vulnerable. For certain, we can no longer rely on a sole funding partner. For there will always come a sad day when they move on and the funding stops.

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

Community Calendar

June 1-28

Arts Commission of Greater Toledo "Hot Glass" Exhibition: Edison Building Lobby; Fund raiser for Young Artists at Work, Art in TARTA, Artomatic

June 6-10

Mt. Nebo MBC 19th Pastoral Anniversary: Pastor Cedric and First Lady Debra Brook; Wed - New Hope and Walk in Word Ministries; Thurs - Friendship Baptist; Fri - Gospel roast service with Pastor Clark, Bishop Shears and Interfaith Mass Choir; Sun - Bishop Jennings of Detroit at the morning service, Rev. Pat McKinstry and the Worship Center at 4 pm service

June 7-10

Blessed Sacrament Parish Annual Festival: Thurs - 6-11 pm; Fri - 5 pm to midnight; Sat - 2 pm to midnight; Sunday - noon to 6 pm; Entertainment, food vendors; Corner of Grantwood and Bellevue: www.blessedsacramentfestival.com

June 8-9

Refuge Tabernacle Church Yard Sale: 9 am to 3 pm: 419-250-3651

June 9

Mildred H. Gibson Center - Zion Lutheran Church - Flea Market/Yard Sale: 9 am to 5 pm: 419-810-5284

Bethlehem Baptist Church Bereavement Meeting: 10 am

The Friendly Center's Mother & Son Picnic: Wilson Park; 11 am to 3 pm; Free lunch and family fun; 419-243-1289

New Prospect MBC Golf Outing: Detwiler Park; 10 am

June 10

New Prospect Church 47th Anniversary: 4 pm; Guest speaker Rev. Anthony Richardson and Spring Street Baptist

June 11-15

United MBC Vacation Bible School: 5 to 8 pm: 419-242-1455

June 16

2nd Annual Fatherhood Walk: Central Catholic High School; 10 am to 2 pm; Free food, fun, inspirational music; Guest speaker James McDonald: 419-377-1488

Kwanzaa in the Summer: Presented by the Toledo Kwanzaa House; Padua Center; 11 am to 5 pm; Entertainment, poetry, African drumming, presented, and more: 419-708-9701

Sigma Gamma Rho Sorority Open Recruitment Day: Opportunity for young women and parents to learn about the sorority's youth affiliate program - Rhoer Club; Kent Branch Library; 3 to 5 pm: 419-509-3625

June 18-27

Canaan Outreach Center Summer Enrichment Program: For ages 5 to 14; Math and language arts, physical activity, drama, dance, field trips; 11 am to 3 pm; Pre-registration starts on June 13 from 11 am to 3 pm: 419-244-5700

July 17

Sigma Gamma Rho Sorority Open Recruitment Day: Opportunity for young women and parents to learn about the sorority's youth affiliate program - Rhoer Club; Mott Branch Library; 2 to 4 pm: 419-509-3625

July 23-27

Pilgrim Church Vacation Bible School: 6 to 8:30 pm nightly; Children ages 4 to 5th grade; "Inside Out & Upside Down on Main Street: 419-478-6012

August 11

Sigma Gamma Rho Sorority Open Recruitment Day: Opportunity for young women and parents to learn about the sorority's youth affiliate program - Rhoer Club; Main Branch Library; 11 am to 1 pm: 419-509-3625

The Sojourner's Truth

Toledo's Truthful African-American
Owned and Operated Newspaper

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NAACP Announces Strong Support for Comprehensive Federal Voter Empowerment Act

Legislation to Expand Access to Voting Processes and Protect Voters from Suppression, Deception, and Other Forms of Disenfranchisement

(Washington, DC) — Today, the NAACP announced its strong support for H.R. 5799, the Voter Empowerment Act. Introduced by Congressman John Lewis (GA) and co-sponsored by 125 members of the U.S. House of Representatives, the new legislation expands and protects voters' access to the polls and increases accountability and integrity among election officials and poll workers. The

Voter Empowerment Act focuses on guaranteeing early voting, allowing same-day registration, outlawing "voter caging," counting provisional ballots, and penalizing voter intimidation.

"Voter suppression measures launched in several states potentially disenfranchise over five million eligible voters," said Hilary O. Shelton, the Director of the NAACP Washington Bureau and the Senior Vice Presi-

dent for Advocacy and Policy. "Although the NAACP and other organizations are increasing efforts to mobilize and inform voters of voting and registration laws, the new legislation provides an opportunity for Congress to ensure that the right to vote for all Americans is protected fairly and uniformly throughout the country."

The law also expands eligibility to allow all former

offenders who have paid their debt to society and been released from prison, including those who are may still be on probation or parole, to register and vote in federal elections. Currently, 49 states have felony disenfranchisement laws, prohibiting an additional 5.3 million Americans from voting. Iowa, Florida, Virginia, and Kentucky permanently disenfranchise all people with felony convictions, unless the gov-

ernment restores individual rights. In those four states, alone, nearly 32 percent of the population affected by voter disenfranchisement is African-American.

"Felony disenfranchisement laws disproportionately affect people of color and suppress the minority vote," said Benjamin Todd Jealous, President and CEO of the NAACP. "Restoring the rights of former offenders is crucial to preserving democ-

racy to all individuals who have served their time under the law."

Last December, the NAACP released the report "Defending Democracy" which detailed the various attacks on voting rights and urged the adoption of federal legislation to expand voting rights for all citizens. The report can be viewed at <http://www.naacp.org/pages/defending-democracy>

Conceptual Artist Fred Wilson Speaks June 15 at Peristyle As Part of the Toledo Museum of Art Masters Series

Special to The Truth

Conceptual artist Fred Wilson will give an illustrated talk about his work at 7 p.m. Friday, June 15, at the Toledo Museum of Art Peristyle. The free presentation is part of the Masters Series sponsored by the TMA Ambassadors.

Wilson will discuss his work with museums through which he creates installations that bring out the historical and racial complexities in often familiar objects by challenging the context of traditional displays. Among others, he has worked with the Maryland Historical Society, the Hood



Museum at Dartmouth College and the Museum of Contemporary Art in Chicago.

A distinguished visiting fellow at Skidmore College, Wilson represented the United States at the Cairo Biennial (1992) and twice at the Venice Biennale (2003 and 2009).

Since being introduced to glass as a medium in 2001, his work now crosses the boundaries between the world of glass and that of contemporary art. His *Iago's Mirror*, a dramatic work in black Murano glass acquired by TMA in 2010, is among works in *Color Ignited: Glass 1962-2012*,

the inaugural exhibition in the Museum's new Wolfe Gallery for Contemporary Art.

Born in the Bronx, New York in 1954, Wilson received a BFA from SUNY/Purchase where he was the only African-American student in his program.

Norman and Louise Jones Foundation – Second Annual Golf Classic

Sojourner's Truth Staff



Martha Reeves with Flora Jones, Sarah and John Bates, Iris Jones and Kimberly Sutton

The Norman and Louise Jones Foundation hosted its second annual Golf Classic on Monday June 4 at the Brandywine Country Club as a fund raiser for the many activities that the Foundation undertakes throughout the year.

The event brought together golfers from around the area for an afternoon of spoiling a good walk and an evening of dining, networking, bidding on a variety of items and listening to Motown great Martha Reeves.

Jerry Anderson of WTOL conducted the auction and Iris Jones, one of the offspring of Norman and Louise,

held forth as the mistress of ceremonies for the evening.

Reeves, who came in during the afternoon to join the golfers, sang a few of her hits with an improvised "back-up" group – one of the prizes the diners bid on. Reeves began her career singing for the Del-Phis in 1960. She was discovered at Detroit's famous Twenty Grand Club in 1961 by a Motown executive. She started with Motown doing secretarial work and backup singing for the established stars such as Marvin Gaye before her group, the Vandellas, was offered a contract by Motown founder Berry Gordy. The group then recorded major hits such as

"Dancing in the Street," "(Love Is Like a) Heat Wave," "Nowhere to Run" and "Jimmy Mack."

The Norman and Louise Jones Foundation was established in 2009 to give back to the community through charitable donations, educational and enrichment programs and volunteerism. The Foundation was formed by the children of the couple and the organization's activities include an annual school supply drive which provides school-age children with book bags and other supplies and a summer enrichment camp to assist children in

maintaining mental focus and sharpen communication skills.

Sarah and John Bates (Sarah is one of the Jones' children) served as co-chairmen of the Golf Classic on behalf of their respective companies – Nu Tek Steel and Heidman Steel. Other sponsors included Omni Source, Spring Arbor University, Vin Devers, Great Lakes Coil, Toledo Hollywood Casino, Universal Metals, Wolverine Steel, Wilcox Financial, American Posts, Continental Metal Processing, ProMedica, The Blade and The Sojourner's Truth.



Jazz singer Ramona Collins with event co-ordinator, Iris Jones



Jerry Anderson and Iris Jones



Bill and Laneta Goings with grandson, L. Toure McCord

African Art Has Arrived!!

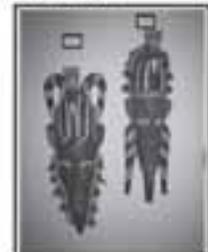
Hundreds of wood carvings from Ghana have recently arrived at The Truth Gallery – masks, statues, village scenes! All at unbelievably low prices!



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



See more art online at www.thetruthtoledo.com



The Truth Gallery
1811 Adams Street
419-242-7650

Congratulations to the class of 2012!



This year's Valedictorians and Salutatorians: pictured from the left, back row: Theresa Christina Cherry, Amber Marie Giovannucci, Jamie Elizabeth Luster, Robert James Cagle, Patrick Loar, Lauren Elizabeth Miller, Kayleigh Jade Smith. Pictured from the left, back row: Kayla Marie Cornell, Erica Sheresse Smith, Bria Marie Boyd, Tyler Robert Seybold, Elizabeth Sue Cummins, Rami Mohamed, Trevor Robert Dixon and Javianie M. Sanchez (not pictured Daquze Stephens).

Toledo Public Schools congratulates the Top 10 students from each of its high schools and extends best wishes to the entire Class of 2012...your accomplishments stand as another shining example of why we are 'TPS Proud.'

Bowsher High School: Theresa Christina Cherry, Kayla Marie Cornell, Delanie Donnora Garman, Christine Stookey, Jennifer Brasher, Jalon Neal, Elsie Dominique Yates, Andrew Haugh, Erin Ashley Parks, Kara Guyton
Rogers High School: Amber Giovannucci, Erica Smith, Tyreshia Lashelle Jackson, Cordia Lashawn Butler, Natasha Renea Dupree, Amber N. Jefferies, Ta'ne'sha Marie Webb, Treyvaunte Ari Jones, Josette Marie Daniels, Christopher Raymond Cluckey
Scott High School: Daquze Stephens, Bria Marie Boyd, Lora Ann Jefferson, Ravon Lynnette Spencer, Quinisha Lanae Foreman, Khadijah Sanders, Frances Hughes, Cierra Crawford, Deanasha Harris, Montrece Lamont Crosby
Start High School: Jamie Elizabeth Luster, Tyler Robert Seybold, Tyler Patrick Snyder, Nicole Lynn Wagner, Michaela Marie Isbell, Nicole Noelle Mason, Amanda May Ison, Robbie Allison Woodruff, Kerry Aislinn Kirkpatrick, Kaitlyn Marie Olmstead

Toledo Early College High School: Robert James Cagle, Elizabeth Sue Cummins, Diamond J. Crumby, Shellisa Jackson, Brandon Waite Tran, Robert Worthington, Elsie Almodovar-Reyes, Paige Marie Adams, Stuart Plath, Kaila Breanne Brogan
Toledo Technology Academy: Patrick Loar, Rami Mohamed, Dylan Reece Sibley, Shaun Michael Davis, Channing Arrington Keith, Susan Veith, Benjamin Green Bayly, William Ferencak, Tyler Devaul, Brant Dale Schaefer
Waite High School: Lauren Elizabeth Miller, Trevor Robert Dixon, Kristie Marie Reece, Alexandria Zacharias, Andres Porras, Angelita Fuentes Abadia, Ryan Okonski, Benjamin E. Ballew, Alaina Ruiz, Haley Autumn Schwartz
Woodward High School: Kayleigh Jade Smith, Javianie M. Sanchez, Sierra Merritt, Howard Matthew Edwards, Kristen Rose Harter, Aniqua Winters-Rayford, Mercedes Marie Carsten, Sarina Shrader, Bradley James Dawson, Destiny Harris-Russell

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Health Section • Health Section

Healthy Foods: The Affordable Choice

By USDA Undersecretary Kevin Concannon

Fresh fruits and vegetables? Key elements of a healthy diet, for sure. But many people of modest means, including those served by USDA's nutrition assistance programs, wonder if they can afford to buy healthy foods like the wonderful fresh produce that can be found in summer abundance at America's farmers' markets.

As USDA Undersecretary for Food, Nutrition and Consumer Services, I find that perception a source of concern because we work hard to encourage all Americans to make healthy food choices—particularly those participating in USDA's nutrition assistance programs, from kids in school to the more than 46 million people participating in USDA's Supplemental Nutrition Assistance Program.

Well, I'm pleased to say that a recent study by

USDA's Economic Research Service, "Are Healthy Foods Really More Expensive? It Depends on How You Measure the Price," found that healthy food choices, like fresh fruits and vegetables, may be more affordable than people think.

They found that while it is easy to buy "cheap" calories by using less-healthy foods, there are many healthy food choices that cost no more per portion than less nutritious foods. Measured by the cost per portion, or per pound, grains, vegetables, fruit, and dairy foods are actually less expensive than most protein foods and foods high in saturated fat, added sugars, and/or sodium.

This is great news for all those trying to get by with a limited food budget—like people receiving SNAP benefits. You don't have to compromise on good nutrition just because money is tight. And just in time for summer.

If you haven't been to one of the nearly 7,200 farmers'

markets across the country, I encourage you to do so. Farmers' markets offer shoppers a wonderful place to find the fresh fruits and vegetables and other local produce so important to a healthy diet—particularly now when farmers' markets are practically bursting with a bounty of summer produce.

USDA strongly supports farmers' markets. And the Food and Nutrition Service, which I oversee, has farmers' market programs for Supplemental Nutrition Assistance Program (SNAP) participants, for seniors, and for WIC mothers to help provide healthy food for them and their children.

We also encourage farmers markets to accept SNAP electronic benefit transfer (EBT) cards, which makes it easier for SNAP participants to make purchases.

(Continued on Page 7)

Mindless Eating



Have you ever looked down at a bag of chips you were eating or a bowl of dessert and wondered where all the food went? You don't remember eating that much but it is gone. You don't even remember if it tasted good. This is called distracted eating or mindless eating. Researchers like Brian Wansink, author of "Mindless Eating: Why We Eat More Than We Think", have explored this concept and have found that when Americans eat, we tend to rely not on internal cues, such as how hungry we are, but on other outside factors. And those factors can lead to over-eating.

Wansink's website <http://mindlesseating.org> answers the question, "What does it mean to mindlessly eat?": Most of us don't overeat because we're hungry. We overeat because of family and friends, packages and plates, names and numbers, labels and lights, colors and candles, shapes and smells, distractions and distances, cupboards and containers. Our studies show that the average person makes around 250 decisions about food every day—breakfast or no breakfast? Pop-tart or bagel? Part of it or all of it? Kitchen or car? Yet out of these 200+ food decisions, most we cannot really explain.

One factor is eating while distracted—when watching TV, talking with family or friends, or eating in the car. When our attention is not focused what we're eating, we simply tend to eat and eat and eat—often not even really enjoying the food or the experience of eating it. Research at Yale University shows that viewing television food ads, especially those for unhealthy food, also triggers more food consumption.

Another external factor influencing how much we eat is serving size: If a larger serving is in front of us, we tend to eat more no matter what. Convenience and visibility of a food is another factor—if it's easy to reach out and grab a food, we'll be more likely to eat it. Even the way a room is lighted can cause us to eat more: Dim, soft lighting encourages us to prolong the eating experience and we eat more. Still other factors include stress, boredom or emotional reasons for eating.

The kicker? None of this has anything at all to do with how hungry we are. Silly question: how do you know if you're really hungry? Sometimes people eat for emotional reasons versus feelings of physical hunger. Physical hunger can be a growling belly but emotional hunger is more in the mind like having a taste for something. Physical hunger happens several hours after a meal but emotional hunger can happen at any time. Physical hunger goes away once food is eaten but emotional hunger can happen even if you feel physically full.

So, what do we do with all these influences on when and what we are eating? That's a whole other line of study, called "intuitive eating." Another term for this is called "mindful eating". The idea is to actually pay attention and enjoy food whenever you're eating and pausing to determine your level of hunger versus your feeling of fullness. The idea is to start eating when hungry, no matter what time it is or if others around you are eating or not, and to stop eating when full, no matter if there is more food at hand. Imagine your scale where 1 is starving and 10 is stuffed: Go ahead and eat when you feel like

(Continued on Page 7)

Looking Back Reaching Forward

14th Pastoral Anniversary
Honoring Pastor Clifford Mayes
at Macedonia Church

Wednesday, June 6
7:00 p.m.
Tim Pettaway
Walk in the Word Ministry
Michael Prince
New Hope Church

Thursday, June 7 - 7:00 p.m.
Bishop Deane Tisdle
Friendship Church

Friday, June 8
Musical Revue
Interfaith Choir
Gospel Temple Choir
The Jordan Thomas Chorale
Calvary Faith Choir
Mt. Nebo Church
Northern Travellers

Sunday, June 10 - 11:15 a.m.
Bishop James Jennings, Jr.
Macedonia Church

Sunday, June 10 - 4:00 p.m.
Dr. Pat McKinstry
Worship Center Ministry
Special Musical Guests

Much, Much More!!!

Remember to eat the former things, neither consider the things of old, because I will do a new thing; now it shall spring forth, shall ye not know? If I will even make a way in the wilderness, and rivers in the desert.
Isaiah 43:18-19

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Give a Hand to Save Others from Sudden Cardiac Arrest

Give a Hand to Save Others from Sudden Cardiac Arrest

During National CPR Week, June 4 – 8, 2012, The American Heart Association is urging people to learn a simple technique that can save lives. **Hands-Only CPR** is CPR without mouth-to-mouth rescue breaths. It involves two easy steps: Call 911 and push hard and fast on the center of the chest. Don't stop until help or an AED arrives.

Sudden cardiac arrest claims hundreds of thousands of lives each year. One of the main reasons is because no one at the scene does anything to help. In fact, less than one-third of sudden cardiac arrest victims receive bystander cardiopulmonary resuscitation (CPR). Getting help right away—within a few minutes—is the key to survival. People who have a sudden cardiac arrest and don't get help right away will probably die.

Fortunately, the American Heart Association has a new way for *anyone* to step in and help adults who suddenly collapse — **Hands-Only™ CPR**.

Anyone can perform **Hands-Only CPR** and *everyone* should perform it if they aren't confident in their CPR skills or haven't learned conventional CPR.

Find out more at HandsOnlyCPR.heart.org. The site includes:

- A **Hands-Only CPR** instructional video
- Survivor stories
- Hand symphony viral video
- Media materials, including photos and contact information
- News coverage

1

"Most Americans simply don't know how to help," said Allyson France, senior director of the American Heart Association, Northwest Ohio Division. "But anyone can learn Hands-Only CPR and everyone should. In the time it takes to wash your hands, wait for a red light to change or update your Facebook status, anyone can learn to save someone's life."

Hands-Only CPR involves two simple steps: 1. Call 9-1-1 and 2. Push hard and fast on the center of the chest until professional help arrives. The American Heart Association has endorsed Hands-Only CPR as a treatment for adult cardiac arrest victims since 2008, and studies have shown it is as effective as CPR with breaths. In addition, people who watch a brief Hands-Only CPR training video are significantly more likely to attempt CPR, according to a recent study published in the association's scientific journal circulation.

Bystanders must take action when they see someone suddenly collapse and stop breathing normally. When effective bystander CPR is given immediately after sudden cardiac arrest, it can double or triple a victim's chance of survival. **Hands-Only CPR** can help save lives.

For more information about CPR Week or Hands-Only CPR, visit www.heart.org/cpr.
###

About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – America's No. 1 and No. 4 killers. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit heart.org.

Mindless

(Continued from Page 6)

you're at a 3 or 4 on the scale; stop when you're at a 6 or 7. It requires thought and self-awareness, but prevents cycles of starving and bingeing, and also helps prevent emotional eating.

The concept of intuitive eating also lets people eat whatever food they want, as long as they pay attention to hunger/fullness cues. Research shows that such permission also reduces binge eating and is associated with a lower body-mass index. Don't deprive yourself of favorite or comfort foods but stop and enjoy them.



Here are a few steps you can take to begin mindful eating:

- Eat without distractions - no cell phone, TV, work, computer, newspaper, or smart phone.
- Don't eat while driving or working at your desk.
- Don't keep a dish of nuts or candy on your counter or desk
- Eat sitting down.
- Eat slowly and enjoy every bite.
- Try to make each meal last at least 20 minutes.

Adapted from *Chow Line*, a service of Ohio State University Extension and the Ohio Agricultural Research and Development Center, Martha Filipic and Dan Remley as well as Carolyn Dunn www.extension.org.

Healthy Foods:

(Continued from Page 6)



Farmers markets are the ultimate win-win situation. They're a win for customers because they can easily buy the freshest produce available. They're a win for producers because they are a convenient local market for their products.

They also provide a chance for customers and producers to meet face to face and build better understanding of community agriculture and what customers want.

So visit a local farmers' market today—you're in for a treat. And remember, fresh fruits and vegetables are not only the healthy choice – they're the affordable choice, too.

###

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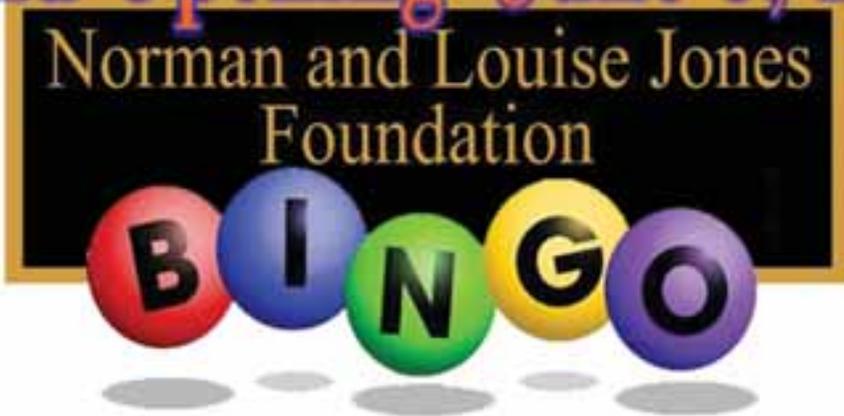
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Dr. John W. Williams, Pastor

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END OF MONTH -SPECIAL DRAWING
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Health Section • Health Section

Parrish HomeCare Community Health Fair

Sojourner's Truth Staff



Parrish HomeCare Staff

Parrish Home Care partnered with Lucas Metropolitan Housing Authority and Alpha Towers on May 16 to introduce a number of resources and vendors from the community that services the growing health care needs that improve the standards of living to our older Americans and their families.

The community health fair brought in vendors such as Mobile Meals of Toledo, Inc, Perrysburg Home Medical Equipment, the Caregiver Support Program of the Area Office on Aging of NOW, Inc. and Patriot Products, Inc, among others, for residents and visitors to understand some of the services that help people live longer and better, said Diane Parrish, CEO of Parrish Home Care.

It is vital to our neighborhoods for our seniors to continue to make healthy contributions to our community because they provide stability, said Parrish. According to "About.com Senior Living": Seniors over the age of 50 control 77 percent of all financial assets in the United States, almost 50 percent of credit cards and discretionary spending power.

Seventy-two percent of all American citizen ages 65 to 74 voted in the 2000 presidential election which was the highest

rate of any group and seniors are the fastest growing population worldwide.

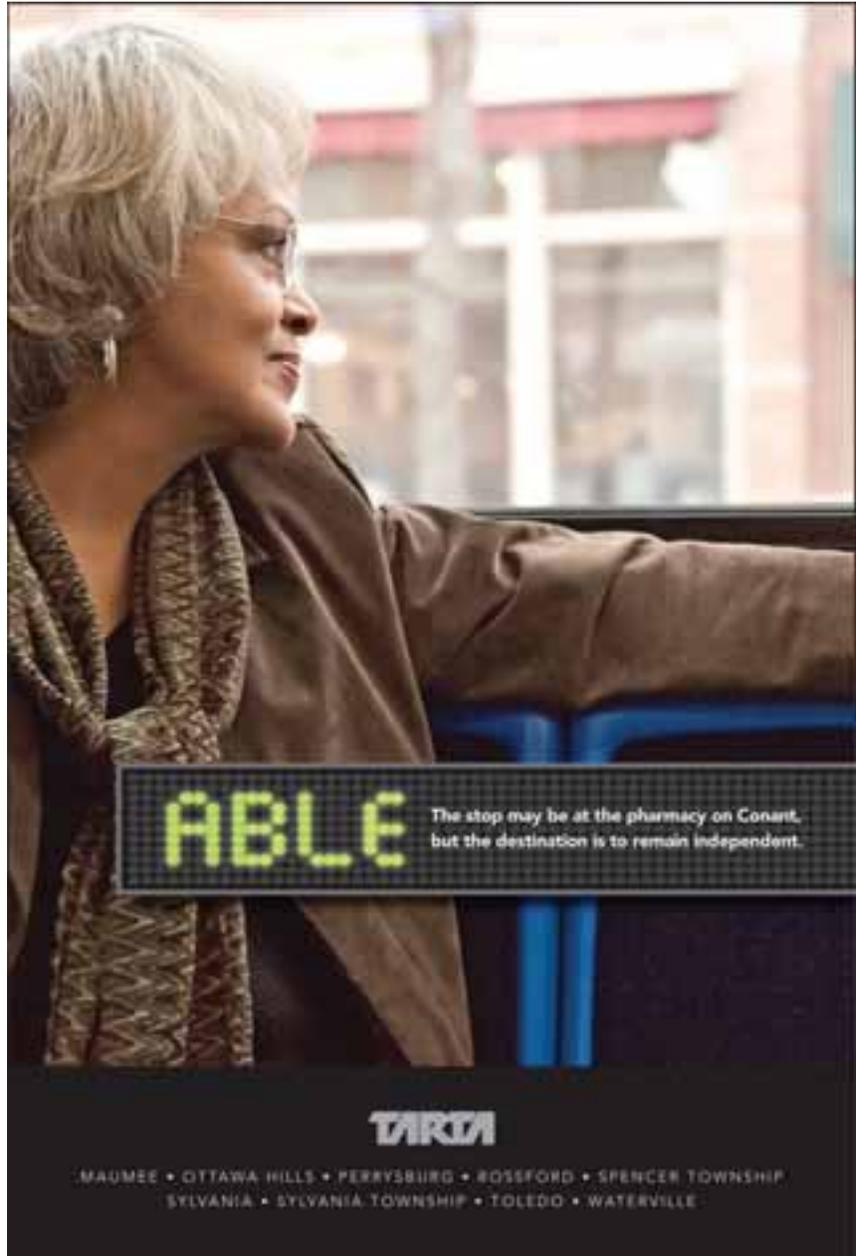
People are living longer and should be educated on how to live better, this is the purpose of the annual health and education event for the senior population of our community, Parrish added.

Parrish was particularly proud of the vendors selected for

the event such as Patriot Products, Inc, which provides not only power chairs and scooters, but also the full range of service for the vehicles after purchase.

Similarly, Parrish had words of praise for Mobile Meals of Toledo, a company that provides a full array of prepared meals for those who have limited access to shopping.

Parrish Home Care



Karen Schlegel and Pam Feher of Mobile Meals of Toledo



Tanesha Hunter, clinical administrative assistant with AOoA



Steven Grudzien, CEO of Patriot Products

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Celebrate the Principles-Live the Vision

Back in Love ... Again!!!

By Angela Steward, Fitness Motivator
The Truth Contributor



There's more to life than being a fabulous spouse, parent, caregiver and friend, you should also be your best you.

As we get older, we face many life challenges: fitness levels, health conditions, weight issues, etc. After I turned 50 I realized the rules and strategies had changed, and so did my body. I was aging. We are all aging with every single day that passes. There are no exclusions or "stay young forever" passes. So with that change, our mindset has to change. Stop wishing you still had the looks, energy, health and opportunities from the past—those days are gone. Focus on your future!

When was the last time you complimented yourself: "I love my thighs, I look great"? When was the last time you picked yourself apart – I hate my thighs, I hate my stomach! I hate how I look!! I hate, I hate, I hate!! Now is the time to stop picking yourself apart and to start loving yourself again. I say "now" because it's never too late to start over again.

Some of you are in the stages of your life where your priorities are children, then spouse, then job, house, dog, cat, fish, everybody else's business and needs...then YOU! As long as everyone else's needs come before yours, your needs will NEVER become your priority. While you're shaking your cheer-leading pom-poms and rooting for everyone else, why aren't you doing the same for yourself?

The good news is: no matter what age you are, you can make new dreams and create new opportunities. Quit looking in the rear view mirror of your life and focus on the road ahead. It's hard to believe, but you can truly LOOK and FEEL better today, than yesterday – it's never too late to become a better you.

Looking at me you might think "it's easy for Angie to talk about being happy, eating well and exercising - she's already fit." The truth is; there is nothing easy about being fit, healthy or happy. I look and feel happy, healthy and fit because I choose to be happy, healthy and fit in the

body God gave me, not skinny like a twig, not muscular like a She-Man, but to be curvy, sexy and confident – my best ME. Every day I wake up with the intent of having a great day, everyday. I make a conscious decision to love and treat myself, and my body with respect. In other words, treat *yourself* with the same confidence, respect, love, forgiveness, and dedication that you would give to your *family*.

It's no secret, I've struggled with weight, energy levels and self-esteem as have many of you. I still remember the sick sinking feeling in my stomach when I stepped on the scale and stared at 240 pounds. The bad part about it is that on some people 240 looks bad, but somehow on me it didn't look as bad as it should have.

I'm tall, so 70 extra pounds gave me extra padding in a certain area that some men find attractive, but I felt you could easily place a drink on my behind and it wouldn't fall off. It wasn't until I hit my own personal "rock bottom" that I made the choice to live a healthier lifestyle. Step by step I changed bad habits, from what I ate to how often I exercised, and in that process - I also changed my negative thoughts about being good enough, young enough and most of all thin

enough into positives.

At my age most people are hanging up their gym shoes, rather than trying them on. They've given up. Today I not only put my gym shoes on, I live in them. I live better than ever before, because I take the time to "do me."

I focus on today and plan for the future. Tomorrow is not promised and yesterday is gone! I have today and today I got out of my bed, showered, went to MY own fitness studio, taught two classes crowded with wonderful uplifting women, who want to feel like me (not look like me) and burned 800 calories.

You see, it's easy to feel miserable – simply do nothing. But if you want to feel great, have more energy than you ever thought you could or would have, and on top of all that – look fabulous – you

have to put in the work. Exercise is not a punishment, it's a reward.

Now is the best time to learn so much more about yourself! I know you are truly thinking to yourself – she makes this sound so easy! Guess what – it is. Step out of "Comfortable" and step into "Life!"

Your best years have not passed; they're waiting for you – look ahead. Begin a fitness routine today. Start walking every day. While you're walking tell yourself "this is my time, I'm focusing on me and my needs."

Soon your mind will crave more stimulation and your body will crave more activity. The next thing you know, the negative comments you used to make about your body, will turn into positives. Now go get it – You're well on your way to finding your

best you. You just might find that you've fallen in love all over again - with YOU!

Share your thoughts and stories with me, I would love to hear from you!!!

Yours In Sisterhood & Fitness!

Angela R. Steward
Fitness Coach,
Motivator & Instructor
Creator of
Fabulously Fit &
Co-Owner of
Studio Fitness

1413 Bernath Parkway
Toledo, Ohio 43615
Email:

FabFitU@yahoo.com
For more info & a free pass to a Fabulously Fit class, go to FabFitU.com

Ryan,

I am trying to get in shape for my wedding coming up in August. I would love to lose about 15 pounds by the time I walk down that aisle. I have a few women in my bridal party that would like to drop some weight also. First I want to know if it's possible to lose 15 lbs in that amount of time, what's the best way to do it and do you give any specials to a group of people?

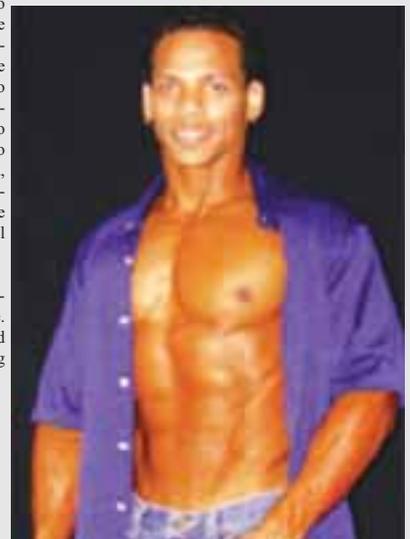
**Thanks in advance
Bride 2 B**

Congratulations on your upcoming wedding. It is very obtainable for you to lose 15 pounds or more by your wedding in August. You should shoot for two pounds of fat loss per week. I want you to be aware that if you are weight training, which you should be, that the scale may discourage you. Remember that muscle weighs more than fat does. The thing I would want you to do is go by how your clothes fit and how you appear in the mirror. NOT THE SCALE!! Your eating is obviously going to be key in your progress and your meals should not contain sugars and fast acting carbs. It's hard to tell you exactly what you should eat without meeting with you and knowing your weight and eating habits. Remember a few key things; eat 5 small meals per day and consume a majority of your calories earlier in the day. Eat only lean meat and veggies in your last meal. Actually if you can tolerate it, white fish and 2 cups of veggies are the best thing to eat at night time for fat loss. Don't forget to drink lots of water. Your workouts can be total body workouts three days per week followed by 20-30 minutes of cardio and you can do extra cardio on the days you don't weight train.

As far as deals go, of course I will give you a price break if you come in with a friend and train at the same time. I do not like to personal train more than two people at a time because it takes away from the attention that I can devote to your session. I do Dream Bodies Fit Camps as well. I do them at my gym but I am also starting them at Parkway Plaza, in the former Lifestyles building, starting in June. Just give me a call at my studio and I will give you the information.

If you have any more questions feel free to contact me. Good luck, congratulations and I hope you have a happy long successful marriage.

**Ryan Rollison
Dream Bodies
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Allergies: The Worst Allergy Season Ever?

Dianne Hart Pettis, MS, FNP-BC
The Truth Contributor



Is this the worst allergy season ever? Well, that remains to be seen...but if you suffer from allergies, you probably would vote, "Yes", 2012 is the worst. Ohio, Indiana and western Pennsylvania have had a stronger allergy season this year compared to last year. Because of the mild winter, the tree pollen started causing symptoms about a month earlier than normal. In addition, the spring rain plus the warmer weather was the perfect

recipe for mold-growing.

Allergic rhinitis, what many refer to as 'allergies' or 'sinuses' affects approximately 60 million people in the U.S. – and this number keeps rising. Some people are affected seasonally: by tree pollens in the spring, grass pollens in the summer and ragweed in the fall. Various types of molds also are year-round triggers for some.

So, what is an allergy? An allergy is an exaggerated response in which your body inappropriately reacts to a substance (an allergen) that is normally harmless to others. This allergen is seen by your body as foreign, and your immune system reacts by attacking it. The job of your immune system is to be on guard for anything foreign to the body. It creates five types of protective proteins (antibodies) that act on

the foreign substances to make it easier for special immune cells to destroy it.

The allergy antibody is IgE. We all have small amounts of IgE, but people who are "allergic" produce IgE in larger amounts. The attack on the allergen by IgE triggers a release of histamine and other chemicals that then cause the allergic response: commonly swelling, itching, watering, draining, wheezing, and sneezing. Allergies can happen at any age.

What influences allergies? Heredity plays a part, but the genetic tendency for allergies is not well understood. You may, or may not develop the same allergies or same level of severity as your parents. The earlier in life, and the intensity of the exposure increase the risk of developing an allergy. So, Genetic Tendency + Exposure

= Allergy.

In addition to pollen and mold exposure that is inhaled, other triggers and routes into the body cause allergy responses. Dust mites are microscopic organisms that live in dust, bedding, upholstery, furniture, carpets, and even stuffed animals. The waste products of the dust mites are proteins that cause the allergic reaction. Carcasses of dead roaches also trigger allergic reactions. Some people have had to give up beloved pets due to allergic reaction from the dander.

Advances in production and technology have really changed our world – for better and for worse. In the 1960's, one in 10 people had allergic reactions to cigarette smoke, pollution, food-borne infection and hormones. By 2000, one in three people experienced allergic responses from attacks on their immune systems.

Stress is another trigger because when your body reacts to stress, cortisol and histamine are released into your system which can make any allergy reaction worse. Prolonged and increased levels of cortisol in your blood stream overtime weaken your immune system making it harder for your body to fight the allergen.

Some substances such as poison ivy, lotions, hair dyes, etc., can cause skin re-

actions because they are absorbed through the skin. Allergens that get in through your digestive system, such as medications and foods (shellfish, peanuts, and eggs) can cause major allergic problems. A severe allergic reaction is called anaphylaxis. Anaphylaxis is a life-threatening situation that requires emergency treatment.

A person may experience throat and tongue swelling, hives, shortness of breath, wheezing and poor blood circulation due to decreased blood pressure. People who have had severe allergic reactions should always carry an EpiPen (epinephrine) Auto-injector for quick self-administration for a serious reaction. This is prescribed by your health care provider.

How are allergies diagnosed? Most people know what they are allergic to, either because of trial and error, or they have been tested.

Allergy testing is expensive and can run about \$500. Occasionally, some pharmacies will offer free in-store screenings.

There are a variety of treatments. One simple step in treatment is avoidance of the allergen. Diligent and frequent house cleaning is also key to controlling dust and insect droppings. Keep beds away from air vents. Use allergy-proof cases for pillows and mattresses. Keep win-

dows closed during times of high pollen counts, and on windy days. You can get a four-day allergy forecast for your area by going to www.pollen.com.

Antihistamines come in many forms: eye drops, oral pills and liquids, nasal sprays, and topical creams. Decongestants are sometimes needed, but check with your primary care provider for the best treatment for your situation.

Immunotherapy, commonly called allergy shots are available when other treatments aren't working. A small amount of the allergen is purposely injected every week or every other week. Your body gradually becomes less sensitive to the allergens. This treatment is only for environmental allergens, some animal allergies, and insect stings; not for foods or drugs.

Another treatment for those 12 years and older who have moderate to severe asthma related to allergies is an injection of an antibody called Xolair every 2-4 weeks. Other helpful measures are getting adequate sleep and rest, exercise, and relaxation techniques to decrease stress.

Dianne Pettis, family nurse practitioner may be reached at

(724) 417-5196

www.HartHealthAndWellness.com

Prevent Blindness Ohio Awards Research Fellowships Vision Research Key to Preventing Devastating Effects of Vision Loss

Columbus, OH (May 29, 2012)—The incidence of vision impairment and vision loss increases as the population ages and with 12,000 Ohioans turning 60 every month, the number of people with impaired vision, including blindness, could sky-rocket. To curb this growth, preventive steps must be taken including increased education about vision care, providing for increased vision research as well as access to care.

In addition to the emotional impact of vision loss and its effects on quality of life is the financial toll it takes on our country. According to a study funded by Prevent Blindness Ohio, Prevent Blindness America and the Centers for Disease Control and Prevention (CDC), the costs to the individual and their caregivers are staggering. The annual impact on the U.S. and Ohio economy of vision conditions is a staggering \$51.4 billion and \$2.3 billion respectively.

"The growth of vision loss and its overall impact of vision problems on individuals, their families and our society inspired Prevent Blindness Ohio to establish the Young Investigator Student Fellowship Award for Female Scholars in Vision Research," said Sherry Williams, President & CEO of Prevent Blindness Ohio. "Our goal is to encourage female scientists at the beginning of their careers to pursue vision research that can contribute toward the early detection and treatment discoveries that will be needed to curb the growth of vision loss," Williams continued.

Prevent Blindness Ohio has awarded fellowship grants to two student fellows through its Young Investigator Student Fellowship Award for Female Scholars in Vision Research for summer 2012:

Keerthana Bolisetty, from The Ohio State University College of Medicine, is investigating whether a non-invasive ocular measurement can be used to monitor changes in intracranial pressure. Her findings may lead to exploration of how clinicians can use this measurement in following the efficacy of treatment in idiopathic intracranial hypertension (IIH) patients. This non-invasive measurement could save vision by allowing earlier evaluation and management of ineffective treatments.

Puneet Sodhi, from The Ohio State University College of Optometry, is conducting research which has the potential to contribute to the development of novel pupil testing strategies that could impact the ability to detect glaucoma in initial stages of this progressive disease thus providing the opportunity for earlier treatment. Glaucoma often known as the "sneak thief of sight" is a leading cause of blindness.

"We understand the crucial impact that vision research has on saving sight and have made it part of our mission to fund projects that help to protect our eyes and maintain healthy vision. We at Prevent Blindness Ohio are thrilled to provide these outstanding scholars with resources to save sight and look forward to their groundbreaking results," said Williams.

Prevent Blindness Ohio is accepting applications for its 2013 Young Investigator Student Fellowship Awards for Female Scholars in Vision Research. Grants will be awarded for the summer 2013 session. The deadline for receipt of applications is February 15, 2013. Applicants must be post-baccalaureate students enrolled in either a Master's or Doctorate program, female citizens and permanent residents of the United States and conducting their fellowship project with a recognized academic institution in the State of Ohio. For more information about the Fellowship and/or to access an application form, contact Prevent Blindness Ohio at 800-301-2020 ext. 112 or info@pbobio.org. To download the application, go to:

<http://ohio.preventblindness.org/young-investigator-student-fellowship-awards-female-scholars-vision-research>

For more information, go to <http://ohio.preventblindness.org/prevent-blindness-ohio-awards-research-fellowships>

NOTICES FROM TOLEDO URBAN FEDERAL CREDIT UNION REGARDING THE UPCOMING 8TH ANNUAL AFRICAN AMERICAN FESTIVAL

Parade:
African American Festival Committee is now accepting participants for the 8th annual parade.
The parade will take place on Saturday, July 14th at 10:00a.
For more information, please contact Toledo Urban FCU at 419-235-8878. For an application or email us aparade@aafestival.com.
Deadline for entry is Friday, June 1, 2012.

Vendors:
Vendors are now being accepted for the 8th Annual African American Festival. The festival will be held at the University of Toledo, Scott Park Campus July 11- 13th.
For more information, please contact Toledo Urban FCU at 419- 235-8878. Or email ayvendors@aafestival.com.

Owens Community College and Connect Ohio Announce New Educational Location and Free Computer Classes in June

Area residents interested in enhancing their knowledge and skills with computers and the Internet are invited to participate in free continuing education computer classes as Owens Community College and the non-profit Connect Ohio organization announce training opportunities during the month of June.

Additionally, Owens and Connect Ohio are expanding the free offerings by unveiling a new educational site location in Bowling Green. Beginning Friday, June 8, individuals will be able to attend free computer classes at JobSolutions of Wood County (1928 E. Gypsy Lane Rd.) in Bowling Green. The College and

Connect Ohio also offers classes at the Owens Learning Center at The Source in downtown Toledo, the Owens Learning Center at Arrowhead Park in Maumee and the Owens Findlay-area Campus in Findlay.

The educational initiative, titled Every Citizen Online, is led by Connect Ohio as part of a \$6.9 million federal grant the organization has received to help expand access to broadband Internet to consumers across the state. Each class will highlight computer basics, an introduction to the Internet and discussion about how broadband can be helpful in daily life.

The upcoming six-hour computer classes will take

place June 5 and 12 from 5:30-8:30 p.m. and June 20 from 8:30 a.m. – 3:30 p.m. at the College's Arrowhead Park Learning Center. Classes will also occur June 6 and 13 from 8:30-11:30 a.m. at the Owens Learning Center at The Source. The final computer class session will be held at JobSolutions of Wood County June 8 and 15 from 1-4 p.m.

Connect Ohio is a non-profit public-private partnership, whose mission is to see all Ohioans connected to the benefits of high-speed Internet service. The organization's federal grant was awarded through the U.S. Department of Commerce's National Telecommunications and Infor-



mation Administration's (NTIA) Broadband Technology Opportunities Program (BTOP).

For more information, or to register for the free classes, individuals can contact the College's Workforce and

Community Services at (567) 661-7357 or 1-800-GO-OWENS, Ext. 7357.

Swirling: How to Date, Mate, and Relate Mixing Race, Culture, and Creed by Christelyn D. Karazin and Janice Rhoshalle Littlejohn

c.2012, Atria

\$15.00 / \$17.00 Canada

254 pages

By Terri Schlichenmeyer
The Truth Contributor

You stayed home last Saturday night.

The Saturday before, you went club-hopping with your girls. And the Saturday before that, you saw a movie with your Mama.

It's not that you don't want to date. No, the truth is that statistics don't lie: there's a shortage of black men and since you're "holding out" for one, you stay home a lot.

What else can you do?

Authors **Christelyn D. Karazin and Janice Rhoshalle Littlejohn** say that you have plenty of options. There are lots of men out there; you just need to widen your search. In the new book **"Swirling: How to Date, Mate, and Relate Mixing Race, Culture, and Creed,"** they explain.

The headlines almost scared you half to death: 42 percent of Black women will never marry. Seventy percent of African American women are single. Some may choose to bear a child anyhow, while others may "share" a man with one or more women, just to avoid being alone.

But Karazin and Littlejohn say that there's one controversial option that shouldn't be so controversial: "swirling," or dating outside your race.

If you look beyond skin, they say, you'll immediately increase the pool of single men available to you. There are millions of unattached white, Buddhist, Hispanic, Asian, Muslim, and Native American men in this world. The character of a man truly is more important than his color.

Yes, "interracial marriage is truly risky." You'll have some issues to deal with – "race still matters in this country" – and some of the arguments will come from within the Black community. But check this: for decades, Black men have hooked up with white women and nobody thinks much about it. Why should it be different for you?

Your "assignment," the authors urge, is to meet more men. Accept that you are not a "race traitor" if you fall in love with someone who's not Black. Find a "rainbeau" and understand that it's really okay to have a preference. Look at your Dream Man List and evaluate your requirements. Throw out stereotypes and have an open conversation with your man about cultural and personal differences. Have a plan in place for dealing with families and friends who question your choice.

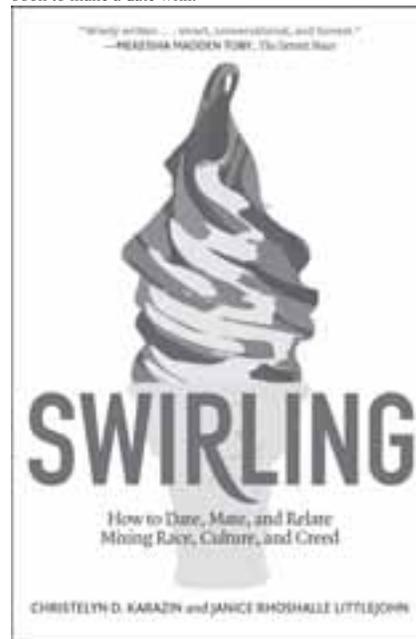
And finally, remember: "Color only goes skin deep. Character is as deep as the soul."

Right now, you may be arguing with authors Christelyn Karazin and Janice Rhoshalle Littlejohn. You may have a zillion reasons why you think they're wrong.

But there's no arguing with success or statistics, both of which are plentiful in "Swirling." Karazin and Littlejohn also offer abundant permission to "date out," answers to possible haters, thoughts that may not have come to the forefront yet, things to be aware of, and success stories (including one from one of the authors!).

No matter which side of the dating-and-mating fence you sit on, I think this provocative book will give you lots to think about – particularly if you're tired of a wide-open

Saturday night calendar. For you especially, "Swirling" is a book to make a date with.



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Interviews with Tracy the Rarebreed and Malakhi

By Michael Hayes
Minister of Culture



Look at Toledo and all the artists coming through here. Huey, Gibbs, Talib Kweli, Machine Gun Kelly, Tech N9ne, Elzhi and more all

few others... Tracy is one of those artists who people of various ages and different sides of town seem to know about.

June 8 marks the kick-off of Tracy's latest brainchild, The Young & Restless Tour.

I've watched it grow from an idea to a full-fledged operation.

So I figured now was the perfect time to let him and his manager Malakhi (another alliance I'm proud to have) tell readers exactly what's up.

I asked them each four questions each.

Toledo music scene, but you also are known for being brutally honest.

Tell the artists/promoters and everyone in the city some things that you DON'T like about our current entertainment scene.

Tracy: I used to not like a lot of things but I've learned to not worry about what I can't control but what irks me is the way the word 'support' is tossed around. People always say 'Toledo don't support and artist here don't support each other' but it seems like the ones that's al-

Malakhi: I spend a fair amount of time talking with club owners, and promoters. I make a note of their setup or plan and coordinate it with the team's plan. I booked the majority of the venues. I find out what type of patrons normally come to the venue, the capacity, the audio setup and features they offer.

I then plug in whatever is missing. I like to build a professional rapport with the club owner, basically if they ask for music samples, or a description of what exactly we are doing, I respond quickly by email. I spend a lot of time on the computer and phone. I do the paperwork, the planning, the brainstorming, the goal setting, initiate a course of action and monitor progress.

I coordinate the marketing and promo plan, and work closely with the artists. I generally make sure things get done in a timely manner, which involves good communication and follow up. More info can be found on all social sites, facebook.com/youngrestlesstour, [twitter @yrt2012](http://twitter.com/yrt2012)

Michael: You and I talk quite often about the climate of professionalism when doing business in this city and trustworthiness and code of conduct etc. What are some values you think those doing

business in the music scene are lacking here in Toledo?

Malakhi: Well, I have seen a lot. I think mainly there is a lack of working together, and being committed to the goal, as a team. Everyone wants to be the boss, the CEO, everyone wants to enjoy the success, but not doing their part in the work process. Some act like they know everything, and they are above you.

I feel some of the values that are lacking are just simply being on time to meetings, and communicating in a timely manner. The complaining, power tripping, ego tripping, gossiping, and/or expecting others to work hard for them, when they don't work hard for themselves, gets old pretty quick. I have seen people befriend others only to see how they do what they do, so they can try to trump them or slander them later.

I have seen people expect everyone to do things for them for free, and when you ask them for help they will try to overcharge you for services. There is definitely a lack of trust, and a cutthroat mentality when doing business. I met with you and some other individuals a few weeks ago, and we discussed these issues, and we came up with a code of ethics as a standard, where everyone in the group participated.

We plan to have regular meetings in the future that will teach some basic fundamentals of professionalism and positive characteristics and business conduct. We want to unite as professionals, and set that standard.

One of the examples that we are setting is the "Hydrate the Homeless" event, founded by my director, Victor J. Coleman Jr. The event is an annual event, in its third year, that serves the community free bottled water in the extreme summer weather. It also organizes volunteers into groups to perform neighborhood cleanups in the inner city areas.

The event takes place July 28 & 29 at Savage Park. It will have family entertainment for all ages. The "Martin Luther King Jr. Kitchen of the Poor" will be serving hot dogs, and bottled water.

So generally it gets people of all backgrounds together, and will make the community a cleaner place, while giving back to the less fortunate. Sponsors and volunteers can go to www.hydratethehomeless.com.

Vic states that his vision is, "To make a difference in the community, one bottle of water at a time." We just wanna lead by example and by our own actions. We wanna work with more lead-

(Continued on Page 14)



within a few weeks of each other.

Stop sleeping. But don't get it twisted, we know how to export some talent as well.

A small-scale tour has been set up as a way to get Toledo singers and rappers used to what it's like to perform on the road in cities like Fremont, Lima, where the market is largely untapped.

Who's behind this idea?

The same cat I've done more interviews on than any other artist, ya boy Tracy The Rarebreed Haynes.

Hustle Hand Ent. (Tracy, producer Gutta Dave and others) and U.G.E. (my company, my partner Adonis and our artists) have a shared history. About six years ago, both of our movements were just starting out.

People like D.J. Kausion, D.J. Scott Smoove and others made sure to invite up and coming talent to come and perform at local clubs and usually U.G.E. and Hustle Hand would be in places like Shadow Lounge or Club Rain at the same time.

Over the years we've worked together in various capacities and forged an alliance.

Becoming a house-hold name in the local music scene is not as easy as it seems.

But just like Cuntry, B.Wills, J.Rush and a select

Here we go.

Michael: Can you tell our readers, where did the idea for this tour come from and what is the overall goal?

Really it all came from the needing and wanting to get out on the road and capture more fans. I'm really a hands-on artist. I never really liked waiting on others to make moves for me. I figured out long ago that you can't wait on others to work for you so I learned to go hard and this tour is a product of that thought.

Michael: You and I talked a lot when this idea was still new and I watched you go through all the meetings and preparation.

What did you learn as you went through the process of introducing this idea to our peers on the music scene?

Tracy: I learned the importance of communication. I got so use to it being just me now I'm responsible for informing others of things that we need to do and places we need to be. If it weren't for Malakhi I'd be a wreck right now, but I'm getting better, Mike.

Michael: You have always done your part to unify the

ways screaming that are the ones not giving the fans good quality music to be proud of or supporting others. Support is a two-way street. I also hate the gullibility. Too many signing things without realizing what's going on, just eager to say they in the game. I want everyone to win the right way and to have entertainment lawyers to watch over them.

Michael: What can fans of Tracy look forward to for the rest of 2012?

Tracy: A humble, God-fearing father who will work strategically. I'm going to be more of a humanitarian. Being a singer is my dream but what's the point of having influence if I can't use it for the greater good of the community? So I've signed up to do some charity kids events and I'm gonna volunteer my services with my fam Victor Coleman at his "hydrate the homeless" event. I'm going to bring my kids out so they can get their first taste of this type of thing. But on the flip side my sophomore album drops this fall and I think I'll hit the road again this fall also a lot. Shows, good music and videos.

Michael: As Tracy's manager, what is your role with the Young & Restless Tour?

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Tracy the Rarebreed and Malakhi

(Continued from Page 13)

ers and people who have that kind of passion something better. It is a great program, that we hope to see evolve into other cities.

Michael: When the tour is over, what do you hope people will remember most?

On my behalf of the artists and myself, we want people to know how serious we are about our crafts, in taking it to the next level. As professional musicians, we work very hard to get here, to be able to provide this great service of music expression and entertainment.

We want the increasing fan base to know us by name, know our songs when they hear them, help spread the word, and remember that we want to stay connected to them. We want them to know that we will continue to share the best of our talents with them for years to come. We want them to know that we appreciate the support in coming out to the shows and buying our music online, and in the stores, and taking pics with us.

We want to continue to interact with the people every time we make a song, post a video, do a show or anything creatively. We want them to give us support and feedback, it is as simple as, playing our youtube videos, again buying the music, and commenting on our music.

Tell us what you think, because they are the most important factor in why we make and market the music. We want to relate to them, in their lives, and our shared experiences. We want them to feel our creative energies and talents on an ongoing basis. We love what we do, and we do it for the

people who appreciate our artistry.

Michael: What can everyone look forward to from M3M Management for the rest of 2012 ?

Malakhi: We are excited to announce the "Young & Restless Tour 2012" Starring "Tracy the Rarebreed" "Midwest Tone" "The 419ers" "Bobkat" "Prophet" "Audrey Williams" "Aye Dee of U.G.E." "Spyda" "Kenny B" "J Rashad" "Brick Boy Ent."

I am currently working on setting up a record shop, it's called "The Lobby" it is located at 136 North Summit Street Suite 115, in the heart of downtown Toledo. It is owned by the creative contractors that have come together to provide the services. Come check us out or call me, Malakhi Marshall 567.686.3554.

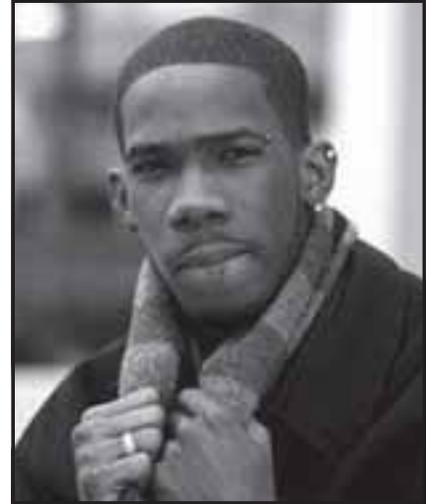
"Tracy the Rarebreed" is going to be dropping his second album. The first album was a hit, critics gave it a five-star rating online. Tracy feels like it is his best work. I love all of his work! This one has something for everybody and we plan to do it bigger than the first album, in a major way so stay tuned for that too. Make sure you follow him on Twitter @419Tracy.

So just keep an eye out for it in 2012, 2013 and beyond! We don't stop, and like fine wine, you know the rest...We only get better with time!

Thank You Michael for this interview. I appreciate everything that you are doing for the Artists!

There you go everyone. And all the Truth readers in Lima, especially... please go and support when the tour comes to your town. Peace!

Email me: ugemusic@gmail.com



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CLASSIFIEDS

June 06, 2012

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SUPPORT CLERK Contingent

Position available for experienced individuals to work on an as needed basis to cover various clerical duties such as greeting, announcing and directing clients, answering switchboard and handling routine phone calls, scheduling clients, distributing mail, charts or other information, accepting client payments, copying information, filing, providing clerical support to programs, providing coverage in Medical Records and other duties as assigned. Position will work varying hours/days including evenings and Saturdays and will work at various locations based upon agency need.

Qualified candidates must have excellent customer service and clerical skills. Computer experience is required. Previous experience in dealing with individuals with mental illness preferred.

Submit resume or apply to:

Human Resources Director - SCSS
Unison Behavioral Health Group, Inc.
1425 Starr
Toledo, OH 43605

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PROGRAM ASSISTANT

OSU Extension, Lucas County is hiring two Program Assistant positions with the Expanded Food and Nutrition Education Program (EFNEP). The positions will work 30 hours per week. These positions will be working in local communities teaching nutrition education to diverse audiences. Both positions should be indigenous to the community, with one position being bilingual (English and fluent Spanish) and the other English speaking. Candidates are encouraged to apply for each position independently. For complete position descriptions and online application instructions, please go to www.jobstatesu.com and search by requisition number 368226 (bilingual - English and Spanish) and requisition number 366749 (English speaking). To assure consideration you must apply by June 17, 2012.

To build a diverse workforce Ohio State encourages applications from individuals with disabilities, military, veterans, and woman.
EEO/AA Employer.

Notice to Bidders: Inquiry # FY12-136, (Project # 5006-11-1624) for Dana Cancer Center 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, June 19, 2012. 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 Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$150.00 will be charged per set. Any further information may be obtained from Julie Cavese of MBA Architects and Planners LLC at 419-873-8450. One Pre-Bid Conference will be held on Tuesday, June 12, 2012 at 10:00 a.m. in the Health Education Building, Room 103, 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: 10%. Project Estimate: \$5,870,000.00; Breakdown: General Const: \$3,125,000.00; Plumbing: \$290,000.00; Fire Protection: \$116,000.00; HVAC: \$1,409,000.00; & Electrical: \$930,000.00.

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AOD THERAPIST

Unison Behavioral Health Group, Inc. is seeking an experienced AOD Therapist to provide individual, family and group counseling and case management services.

Candidate must possess a Bachelor's degree, Master's Degree preferred and have a minimum of two years experience working with adults with mental health and chemical dependency issues. Dual mental health (LSW, LISW, PC, PCC) and chemical dependency licensure (CDCA, LCDC II, LCDC III or LICDC) required.

Send resume with salary requirements or apply to:

Human Resources - AOD
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Fax: 419-936-7574
Email: hr@unisonbhg.org

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Lucas County Children Services is seeking candidates to assess/document medical care of children in care. **Requirements:** Valid Ohio R.N. Lic. Peds exp. preferred. Knowledge of ambulatory health care helpful. Work hrs. based on hire status, plus on-call. Additional info available at www.lucaskids.net. Deadline 6/15/12: LCCS, 705 Adams St., Toledo, OH 43604; Fax: 419-327-3291 - EOE Valuing Diversity

Notice to Bidders: Inquiry # FY12-123, (Project # 0054-12-736) for McComas Village Restrooms for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, May 22, 2012. 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 Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$35.00 will be charged per set. Any further information may be obtained from Jerry Voll of Duket Architects Planners at 419-255-4500. One Pre-Bid Conference will be held on Tuesday, May 15, 2012 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$262,000.00; Breakdown: General Const: \$200,000.00 and Plumbing: \$62,000.00.

Urban Agriculture Program Manager

Toledo Botanical Garden seeks knowledgeable, flexible, energetic professional to manage its innovative outreach program, Toledo GROWS. Qualifications: experience with community gardening initiatives, urban agriculture, program development and management, successful supervisory track record, fund raising & grants management. Strong interpersonal skills, proven organizational ability, networking talents and collaborative spirit are essential. Pay commensurate with experience. Email cover letter, resume & references to Karen.ranneywolkins@toledogarden.org or mail Toledo Botanical Garden, 5403 Elmer Drive, Toledo, OH 43615. EOE.

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Parish is seeking a part-time accountant, 12-16 hours a week. Proficiency in QuickBooks and Microsoft Excel, a must. Experience in a church setting, a plus. Associate degree in accounting is required. Send letter of inquiry and resume, with references, to Search committee, St. Martin de Porres Catholic Church, 1119 W. Bancroft St., Toledo, Ohio 43606. Email to virginiaewelshosf@gmail.com. For more information call 419-241-4544.

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PUBLIC NOTICE

LCCS is seeking proposals from non-profit and for-profit agencies or entities capable and willing to provide Educational Support and Enhancement Services and Alternative School Suspension/Expulsion Services to families/children. RFP materials will be available from May 9 at 9:00 a.m., through May 22, 2012 at 4:00 p.m., at 705 Adams St., Toledo, Ohio, 43604. To make arrangements to pick up an RFP packet, call 419-213-3658.

An applicant information meeting regarding the RFP will be held on Tuesday, May 22, 2012, at 9:00 a.m., in Room 913, 705 Adams St.

The deadline for submitting completed proposals (NO FAX) is **Thursday, June 7, 2012, at 4:00 p.m. No proposal will be accepted after that deadline.**

By: Dean Sparks, Executive Director
Lucas County Children Services

Women's Day at Historic Third Baptist

Special to The Truth

The historic Third Baptist Church observed its 90th annual Women's Day Celebration on Sunday, May 20. The Rev. Ramona Bethany, First Church of God, associate minister, where she serves as the minister of Leadership Development and Worship Arts was the morning speaker.

The sermon, "In the Potter's Hands," was taken from Jeremiah 18:1-6 and Romans 9:17b-21"

The three-point sermon focused on being vessels of honor-shaped for God - by God, God's design for our lives that is created with a purpose and ability and determined to stay ready for God's use. She said, "We

must hear and heed God's word and your life will be changed. We must also discipline ourselves to submit to God's detailing." Rev. Bethany's motto for ministry is, "Only what you do for Christ will last."

The two-day celebration began on Saturday where nearly 100 members and friends attended a luncheon to meet and fellowship with the Sunday speaker, Bethany.

Each year during this special celebration, a woman of the year is announced. The 2012 Woman of the year is Curtis Taylor. She was presented with flowers and a certificate acknowledging her many years as a faithful member.



In 1947, Taylor moved to Toledo from Mississippi and joined Third Baptist Church under the pastoral leadership of Rev. Elliot J. Mason, D.Min. She was employed in the Toledo Public School system - specifically the Head Start program. Since 1967, Taylor has been an active member in the 20th Century Literary Club. She is the 7th of 13 siblings. Taylor has five children, six grandchildren and seven great-grandchildren.



Rev. Ramona Bethany



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