In This Issue
Perryman
Page 2

Cover Story:
2nd Annual Golf Classic
Page 4

Health Section
Healthy Eating
Page 6

Parrish Health Fair
Page 9

Angela and Ryan
Page 10

Pettis on Allergies
Page 11

Owens Summer Computer Classes
Page 12

Minister on Local Artists
Page 13

BlackMarketPlace
Page 14

Classifieds
Page 15

Third Baptist Women's Day
Page 16
I had to make my own living and my own opportunities... 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 struggle are stuck in their current condition by lack of strategic planning and a lack of the financial resources that are needed to support long-term sustainability.

“...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 Douglass 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 included 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.

If 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 drdperrymanl@centerofhopebaptist.org
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 President 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 still 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 government 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 democracy 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

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.
The Norman and Louise Jones Foundation hosted its second annual Golf Classic on Monday June 4 at the Brandywine Country Club as a fundraiser 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 off-spring 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 “backup” 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 Heidtman Steel. Other sponsors included OmniSource, 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.
Congratulations to
the class of 2012!

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 Donhora Garman, Christine Stockey, 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 Renae Dupree, Amber N. Jeffries, Ta’ne’sha Marie Webb, Treyaunte Ari Jones, Josette Marie Daniels, Christopher Raymond Cluckey

Scott High School: Daquez Stephens, Bria Marie Boyd, Lora Ann Jefferson, Rayon Lynnette Spencer, Guinsha Lanae Foreman, Khadijah Sanders, Frances Hughes, Cierra Crawford, Deansha Harris, Montrece Lamont Crosby

Start High School: Jamie Elizabeth Luster, Tyler Robert Seybold, Tyler Patrick Snyder, Nicole Lynn Wagner, Michaels Marie Isbell, Nicole Noelle Mason, Amanda May Ison, Robbie Allison Woodruff, Kenny AISinnn 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 Loor, Rami Mohamed, Dylan Reece Sibley, Shaun Michael Davis, Channing Arrington Keith, Susan Veith, Benjamin Green Bayly, William Ferencik, Tyler Dayaul, Brant Dale Schaefer

Waite High School: Lauren Elizabeth Miller, Trevor Robert Dixon, Kristie Marie Reese, Aleksandria Zacharias, Andres Porras, Angelita Fuentes Abad, Ryan Okonski, Benjamin E. Ballew, Alaina Ruiz, Haley Autumn Schwartz

Woodward High School: Kayleigh Jade Smith, Javani M. Sanchez, Sierra Merritt, Howard Matthew Edwards, Kristen Rose Harter, Aniqua Winters-Rayford, Mercedes Marie Carsten, Sarina Shrand, Bradley James Dawson, Destiny Harris-Russell

Toledo Public Schools
420 E. Manhattan Blvd.
Toledo, Ohio 43608
419.671.8200
www.tps.org

Dr. Jerome Pecko,
Superintendent

Board of Education:
Mrs. Lisa Sobacki, President
Ms. Brenda Hill, Vice President
Dr. Cecelia Adams
Larry Sykes
Bob Vasquez
Health Foods: The Affordable Choice
By USDA Undersecretary Kevin Concannon
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 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 it’s true 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.

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 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 overeating.

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 on 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.

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 it.
**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 within the first 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

“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.

---

**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.

---

**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.

---

**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.

---

**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.
Grand Opening June 3, 2012!
Norman and Louise Jones Foundation

BINGO

FREE one sheet to the first 75 customers Pays $100!
PLAYED AT 7PM

Sunday Night
Doors Open 5 PM
Lightning 6:00PM
Winner Take All 7:30 PM
Early Bird Special Sold Until 7 PM

Tuesday Night
Doors Open 4 PM
Lightning 6:00PM
Winner Take All 7:30 PM
Early Bird Special Sold Until 7 PM

Thursday Night
Doors Open 4 PM
Lightning 6:00PM
Winner Take All 7:30 PM
Early Bird Special Sold Until 7 PM

Meet us at Bill Lake Memorial Hall | 1224 W Sylvania Ave, Toledo, OH 43612

Drawing For (1) Free lightning book 6:45 & 7pm All Sessions
Drawings Every ½ hour During Lightning
$1,000 Jackpot Coverall 53# or less After 53rd# 4 Playoffs of $250.00
Intermission Drawing - 4 drawings

Early Bird Package $25.00
UP TO 6 Books:
1 book Lightning
2 each Race Horse
1 Intermission Double Action
2 Lightning Raffle

END OF MONTH – SPECIAL DRAWING
June 24th, 26th & 28th
Win a Month of Bingo (1 customers) (Early Bird Pkg.)
10 Free Nights
2 books of lightning for the month (1 customers)

*** Every time You win Bingo during series you will receive an Entry to Win FREE MONTH OF BINGO *** Up to 6 books

Variety of Instants!
Instant Losers – 6 @ $50
Bills at 8PM on Instant Losers Drawing

Lightning Pays $5 - $7 - $10
Series Hot Ball • Lightning Hot Ball • 50/50 Race Horses • Intermission Bonanza (Prize) •
Early Dual Dab 6 PM before Lightning - $50.00 each • 50/50 Games pay half of what we take in.

License # 0111-40 | PH: 419-472-7855

All Proceeds benefit The Norman and Louise Jones Foundation of Toledo Ohio, Lucas County to support educational programs, after school programs, clothing and school supplies, Thanksgiving and Christmas food drives.
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 citizens 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.
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!

The good news is: no matter what age you are, you can create 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 to late to become a better you.

Looking at me you might think “it’s easy for Angela 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, every day. I make a conscious decision to love and treat myself, and I treat 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 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.”

Soonyour 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@hotmail.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 special tips to a group of people?

Thanks in advance
Bride 2 B

Congratulations on your up coming 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
1240 W. Sylvania ave
Toledo Ohio 43612
419-476-3494
mydreambodies.com
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, or what many refer to as ‘allergies’ or ‘sneezes’ 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 attach to the foreign substances to make it easier for specific immune cells to destroy it. The allergy antibody is IgE. We all have small amounts of IgE, but people who are “allergic” produce more 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 increases 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 animals 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, 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 over time weaken your immune system making it harder for your body to fight the allergen. Some substances such as preservatives, lotions, hair dyes, etc., can cause skin reactions 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 allergy 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 allergen-proof cases for pillows and mattresses. Keep windows 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. Deco- gents 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.
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 at Owens Community College and the nonprofit 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 8:30-11:30 a.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 nonprofit 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 Department of Commerce’s National Telecommunications and Information 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

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.

The headlines almost scare you half to death: 42 percent of African American women are single. Some may 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.
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 paperwork, the planning, 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. 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/youngerrestless.tour twitter @yrt2012

Michael: You and I talk quite often about the climate of professionalism when doing business in this city and trustworthy 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’ve 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 antennas 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 befriending 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.

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, 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.hydratethomeless.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)
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

CHAPTER 7 BANKRUPTCY

DEBT RELIEF? 
CHAPTER 7 BANKRUPTCY
$650.00 plus court costs
FREE ADVICE
ATTY. LAFE TOLLIVER
419-249-2703
a debt relief agency per the bky code

Houses For Rent
Everything New: Paint, Carpet, Stove, Refriger. Section 8 OK
MVP Property Management
419-244-8566.

Woodley Court - $259,000
6 bedroom, 2 1/2 baths, 3488 sq. ft. Custom built home. Must see to believe. Located in the quiet Trail Acres subdivision. Built for entertaining or large family. Easy to show and ready for buyer.

Seaway Asset Management
Call Kimberly Brown - 419.810.7097

$16,000 Down Payment Assistance
Mar include other incentives if red purchased and Unique waterfront brick home located Old South End. Totally remodeled! Over 1,300 sq. ft. home furnished with appliances. 1st floor LNDY room, large bedroom. Large closets. Extra loft for entertainment. Must see!

Seaway Asset Management
Call Kimberly Brown - 419.880.7907

Pianist Wanted
Church looking for a dedicated, responsible and dependable Gospel Pianist to play for Sunday morning services.
For more information contact: 419-215-9020

“Life with natural health and beauty“
Body magic system - designed to re-shape, restore & revive
-- Variety of nutritional supplements
-- Lose inches without exercise or surgery
-- Contact me to set up a showcase -
-- www.anaracct.com
-- Tami Barger (419)628-2669 or (419)386-8610

14

14

14

14

14

14

14

14

14

14

14

14

14

14

14

14

14

14

14

14

14
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 vary in work days and hours 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:
Karen.ranneywolkins@toledogarden.org or mail to Toledo Botanical Gardens, 5403 Elmer Drive, Toledo, OH 43615. Please include Equal Opportunity Employer.

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.jobsatosu.net and search by requisition number 366626 (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.

EOE/AAA Employer

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.raineywolkins@toledogarden.org or mail Toledo Botanical Garden, 5403 Elmer Drive, Toledo, OH 43615. EOE.

NORTHGATE APARTMENTS
610 STICKNEY AVENUE
Now Accepting Applications for 1 and 2 Bedroom Apartments
Mature Adult Community for Persons 55 and Older. Rent Based on Income. Heat, Appliances, Drapes, Carpeting Included. Call (419) 729-7118 for details.

EQUAL HOUSING OPPORTUNITY/EQUAL OPPORTUNITY EMPLOYER

RN (PT & INTERMITTENT)

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, 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 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.

ADS POSTED ONLINE AT: www.TheTruthToledo.com

AOD THERAPIST
Unison Behavioral Health Group, Inc. is seeking an experienced CO-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 LCIDC) 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@unisongbgh.org
EOE

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 419-213-3858.

An applicant information meeting regarding the RFP will be held on Tuesday, June 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

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.