Daphne O'Neal in REFUGE

Ottawa Hills Native Plays
Immigration Judge
The New Integration

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

With 2.2 million people in prisons or jails and an additional 1.8 million on probation or parole, the United States is the world’s leader, incarcerating 25 percent of the world’s prison populations. Scholar Michele Alexander, Ph.D. terms the current U.S. practice of mass warehousing in prisons as “The New Jim Crow.”

One seldom-discussed implication is that all prisoners, with the exception of those who die in prison, will eventually return to the community. Nearly 600,000 prisoners are released from state, federal and local prisons and show up on the doorsteps of the community annually.

The greatest challenge for these returning citizens then, having been cast as outsiders even before going to prison, is how to become integrated into healthy networks of family, congregation, work force and neighborhood (Trudell, 2010).

Yet the barriers to re-integration are formidable.

“As African-American pastors who have been having this conversation for years, we know that the areas where we put up the largest walls are the areas that need to come down the most, so getting this out there is important.”

They have to deal with employment, housing, transportation, physical and mental health and other issues. They may also have relationship issues. Statistics indicate that 1.1 million incarcerated persons are parents to nearly 2.3 million children and there are over 7 million children with a parent under some form of correctional supervision.

So these citizens may have left a child that was a baby and who is grown when they return. They may have had a wife and several girl friends at the same time and have to negotiate that drama along with child support. All of these things have to be dealt with or else can leave the reentering person as an outsider at home in his or her own community,” Jenkins adds.

The theme of “outsiderness” is one that also drives the work of University of Toledo professor Cynthia Ingham, Ph.D. Ingham recently coordinated Prison Awareness Week at UT.

“Growing up isolated and raised with a sister by a single mom, Ingham states, “I would never presume to say that I understand the prison experience because that is such a different context for me, however there is a point that I understand prisoners’ alienation. We lived so far away from school that I never experienced community. So the sense of separation from community resonates with me.”

Disproportionately African American and returning to low-income neighborhoods already under the strain of limited resources, how can those formerly incarcerated become effectively integrated into the community?

This complex issue is being addressed locally through many fragmented efforts. Some groups are more attuned to policy, legal reform or systemic causalities while others approach reintegration through volunteering, professional services or activism.

The first challenge, however, according to Ingham is “to put a human face upon the issue. I have had people say ‘Why get involved in prisons? What does this have to do with me?’

Well, it is a lot closer than you think and affecting us more and more just because of the large number of those being held in our prisons. I find that the areas where we put up the largest walls are the areas that need to come down the most, so getting this out there is important.”

Ingham points to the Church as “the worst offenders in erecting walls around the prison issue.”

“In my faith and belief,” she laments, “it seems like it is the churches who are notorious for keeping this issue outside their view. While those returning citizens are ashamed to admit they have been incarcerated, it is such a difficult subject to discuss.”

Ingham makes a strong case. Nearly each member sitting in a church pew has been affected by the incarceration of a family relative, including African-American pastors who have experience with the justice system either from their own incarceration prior to entering the ministry or who also have current family members in prison.

Whether re-entering citizens are to be successfully reintegrated into society, will depend primarily on whether their multiple needs such as housing, drug treatment, mental and physical health services, employment opportunities and training, and family and parent counseling are addressed, experts say. Volunteer associations, nonprofits and neighborhoods are all appropriate mediating structures in accomplishing this work.

However, as both Jenkins and Ingham suggest, much more is needed. The feelings of devaluing and stigmatization must also be dealt with. The black church, equipped with its “communal dimensions of care,” treasury of traditional values and its sacred task of “orienting individuals in the cosmos,” must find a way to overcome the shame and stigma it shares with those returning home.

Worth, after all, is a gift of God.

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

Community Calendar

May 2-3
Christ Community Church “The Fellowship”: 7 pm; Guest speaker Pastor Spencer Ellis of Praise in Detroit

May 3
Real Relationship Talk Event: First Church of God – lower level; 6:30 pm; Assorted relationship topics; Panel of experts

May 3-4
Phillips Temple CME Pre-Women’s Day Event: Fish/Chicken Dinner Sale; 10 am to 5 pm: 419-242-7906

May 3-8
United MBC 10th Pastoral Anniversary: Pastor Robert Bass and Min. Anita Bass; Fri – 7 pm Johnnie Love & Company in concert; Sat – 5 pm banquet at the church; Sun – Speaker Charles Booth of Mt. Olivet of Columbus

May 4
National Train Day: Amtrak Station; 9:30 am to 4 pm; Tran cars, engines, food, music, art & history, rides; 419-241-9155 ex 134

UAW Local 14 Chaplaincy 2013 Prayer Gathering; UAW 14 Union Hall; 11 am; Guest speaker Chaplain Don Rice; Light brunch served

Moving forward Ministry Pre-Mothers’ Day Musical; 6 pm; Featuring Bubba Johnson & The Omega Singers, Nikki D & The Browns, the Newson Family Singers, Mildred Segall & the True Voices, and more

Breakfast for M’Lady; 10 am; Pinnacle; Delta Sigma Theta annual breakfast and fashion show honoring the mother of the year and three scholarship recipients: 419-537-0760

May 7-8
St. Paul Episcopal Church Maumee Rummage Sale: Tues – 9-7; Wed – 9-1; 419-583-6154

May 9-11
Warren AME Rummage Sale: Thur – 9 am to 6 pm; Fri – 9 am to 6 pm/Dinner sales 11 am to 6 pm; Sat – 9 am to 2 pm plus car wash: 419-536-4600

May 11
Lucas County Foster Parent Association 13th Annual Walk-A-Thon: Li’s Pieron Shelter House at Ottawa Park; 10:15 am registration; Walk at 11 am: 419-213-3347

May 14
Libbey High School Alumni Meeting: 6:30 pm; Aurora Gonzalez Community Center

May 18
Path to Life Annual LifeWalk: 9 am registration/check in; GM-UAW Park: To raise awareness and funding to support women facing a crisis pregnancy: 419-693-5433

May 19
Phillips Temple CME Women’s Day Service: Featuring Tersa Snorton, first woman bishop of CME: 419-242-7906

Third Baptist Church Women’s Day: “In the Potter’s Hand”; 11 am; Speaker Pastor Marcie Dinkins of St. Paul

June 1
Change for Kids Ministries FREE Summer Music Lessons for Children: Beginning June 1: For more information, please call 419-704-6195

June 15
3rd Annual Fatherhood Walk: Central Catholic High School: Guest Speaker Bill Harris: 419-377-1488
Ending Taxpayer Bailouts and Supporting Community Banks

By U.S. Senator Sherrod Brown

Many Ohioans would be shocked to find out that the same Wall Street megabanks which received bailouts from taxpayers five years ago, at the height of the financial crisis, continue to receive taxpayer-funded advantages today simply because of their “too big to fail” status.

And while these megabanks receive an implied federal guarantee provided by taxpayers at no charge, “too small to save” community banks in towns across Ohio have been allowed to fail. This taxpayer-supplied subsidy is wrong, and it puts community banks in Ohio, and across the nation, at a competitive disadvantage. Millions of families and small businesses depend on their community banks for their savings accounts, home mortgages, and business loans. Community banks help create countless jobs and provide safe and reliable financing options to Ohio’s families. They deserve a chance to compete on a level playing field.

But because Wall Street megabanks know that the government will bail them out if they ever again reach the point of collapse, they have access to cheaper funding and more favorable borrowing terms than dependable Main Street institutions like Huntington Bank or The Peoples Bank in Coldwater, Ohio.

Megabanks are viewed as having the ultimate insurance policy – one with no coverage limits or premiums. This funding advantage has now been confirmed by three independent studies in the last year, one of them quantifying the subsidy at $83 billion per year. We have a financial system that rewards banks for their size, not the quality of their operations. Simply put, it’s a “heads megabanks win, tails taxpayers lose” scenario that squashes innovation and competition and is distinctly un-American.

That’s why my Republican colleague, Senator David Vitter from Louisiana, and I introduced the Terminating Bailouts for Taxpayer Fairness Act (TBTF) Act last week. Our bill sets forth a plan that would prevent any one financial institution from becoming so risky and overleveraged that it could put our economy on the brink of collapse or trigger the need for a federal bailout.

First, our bill will ensure that all banks have enough investor equity to back up their sometimes risky practices – so taxpayers don’t have to. Adequate equity levels lessen the likelihood that an institution will fail and lower the costs to the rest of the financial system and the economy if it does. Our bill will end corporate welfare enjoyed by Wall Street banks by setting real... (Continued on Page 12)

YOU MAY HAVE HEARD OF STEM, BUT HAVE YOU HEARD OF STEAM?

Robinson Elementary School picks up STEAM!

On Thursday, May 9 from 5 – 7pm the focus is on Science, Technology, Engineering, Art, and Mathematics, all of which will be student led with the guidance of Science Support Teacher Cynthia Madanski.

Student scientists will showcase the new Science Lab. Projects will be displayed, butterflies will be released, and the Imagination Station will provide family fun. A catered dinner will be served. There is no cost to attend. Students, family, and community members are welcome to join us! Robinson Elementary School is located at 1075 Horace Street Toledo, Ohio.

Robinson Elementary School is a School Improvement Grant and Title One funded school.

If additional information is needed, contact Robinson Elementary School at 419-671-4200.
Connie Lindsey Encourages United Way Audience to Invest in Young Women

By Fletcher Word
Sojourner’s Truth Editor

“Gather, grow, give—the investment we need to make,” said Connie L. Lindsey of the thrust of her address here in Toledo last week before an audience pulled together by the United Way of Greater Toledo and the Girl Scouts of America.

The event, organized by the Women’s Initiative of United Way, was an occasion to “continue to support women and children’s programming,” said Adrienne Green, chairman of the local Women’s Initiative. “It’s a time to gather women together to give back to the community and to inspire women to be more influential in their community.”

Lindsey, executive vice president and global head of corporate social responsibility for Northern Trust, Chicago (the first African-American woman to achieve the title of executive vice president in the history of the firm) and also national board president of the Girl Scouts of the USA, was ideally suited to speak at the event, said Green.

“I was thrilled we were able to bring such a person,” said Green. Lindsey also paid a visit to the Ella P. Stewart Academy for Girls during her visit to Toledo. “You can see how she relates to each and every girl,” Green added, “inspiring each girl to see that she is special.”

Lindsey has been profiled on national television on PBS’ 30 Good Minutes and ABC’s Heart and Soul. She has been recognized for her leadership by the National Diversity Council’s Most Powerful and Influential Women Award, Women’s Bar Association of Illinois-Advocacy Award, N’Digo Corporate Leadership Award, Ebony Magazine’s 2009 Power 150, Chicago

(Continued on Page 5)
Invest in Young Women

(Continued from Page 4)

United’s Business Leaders of Color award, among many others.

“Each leadership role has provided unique learning experiences and prepared me for the next opportunity,” said Lindsey shortly before her visit to the Glass City. “Leadership roles with people and P & L responsibility had the greatest impact. These roles require wisdom, intellectual rigor, self awareness and technical competence.”

Lindsey was eager to draw the connection between United Way’s Women’s Initiative and the Girl Scouts of America. It’s the goal of the Girl Scouts, she said, “to build girls of confidence” and of United Way “to mobilize women.

“That’s a wonderful symmetry,” she noted. Lindsey noted that she is on the same page with Sheryl Sandberg, COO of Facebook, who has recently published a book titled Lean In about the dearth of women in corporate leadership roles. Only three percent of CEO’s of large corporations are women, said Lindsey, and only 18 percent of significant leadership roles in the corporate world are filled by women.

“We’ve admired the problem long enough,” she said. Noting that girls and women are on the ascendency in terms of educational attainment, particularly within the African-American community, Lindsey’s concerns about women in leadership positions are not lessened. Yes, she admitted, girls and women are entering and completing college and advanced degrees in greater numbers than their male counterparts and, possibly, the leadership gap could disappear in time.

“The question is how do we all have our shoulders against the wheel,” said Lindsey. “I’m not willing to wait another 10 years to see what might happen.”
Former Toledan Featured in Tribeca Festival Film

PBS Futurestates’ REFUGE launches online May 1

San Francisco, CA, May 1, 2013 — Former Ottawa Hills resident Daphne O’Neal, a graduate of Ottawa Hills High School and Harvard University, was thrilled to learn that her politically-themed short was to premiere at Tribeca — a sort of filmmaker’s mecca — I was just thrilled!

“ITVS was always a privilege to work with talented people,” says O’Neal, “but working with Mr. Gorjestani was a particular gift. When I got the news that the film would premiere at Tribeca — a sort of filmmaker’s mecca — I was just thrilled!”

PBS Futurestates is a series of independent mini-features — short narrative films created by experienced filmmakers and emerging talents transforming today’s complex social issues into visions about what life in America will be like in decades to come. PBS established futurestates.tv as the online channel for the series, which is now in its fourth season.

Futurestates projects, co-produced by ITVS, include an ITVS Community Classroom component. Thus, when REFUGE launches May 1, its webpage should feature not only behind-the-scenes video and still photos, but also a downloadable, standards-aligned lesson plan for high school and community college instructors.

Daphne O’Neal is a graduate of Ottawa Hills High School and Harvard University. A freelance writer in San Francisco, she is featured in one feature-length and five more short films slated for release in 2013. Recent TV appearances include ABC’s Final Witness and the Discovery Channel series Wives with Knives. Daphne also regularly performs in TV & radio commercials.

Mohammad Gorjestani is an Iranian-American film-maker based in San Jose, California. His first short film Sayeh (The Shade) premiered at Tribeca Film Festival in 2007 and went on to screen at 50 festivals worldwide. He was a recipient of the 2012 KRF Filmmaking Grant from the San Francisco Film Society and a finalist for the Sundance Screenwriters Lab.

Community Classroom is an innovative education resource providing short documentary video content and accompanying curricular materials, lesson plans, and homework assignments to high school and community college instructors and youth-serving community-based organizations. All Community Classroom lesson plans are designed with key educational standards in mind, and are available free of charge online, along with the film modules.

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Show Mom a Wildly Fun Time with Mother’s Day at the Zoo

Special to The Truth

Despite how very hard moms work, they like to have fun, too. This year, on Sunday, May 12, celebrate your marvelous mom with a day at your Toledo Zoo.

All moms receive free Zoo admission when accompanied by one or more children only on Sunday, May 12. Free flowers (while supplies last) and activities are available in Nature’s Neighborhood from 12 to 3 p.m. Plus, there’s all the fun the Zoo has to offer — including some marvelous animal moms, from Crystal the polar bear and Renee the African elephant to Fanta and Fresca the ring-tailed lemurs.

The Mother’s Day Celebration is sponsored by Meijer.

In addition, the Zoo hosts a full-service Mother’s Day brunch in the spacious Nairobi Pavilion, near the Africa! exhibit; times, prices and delicious menu details are at toledozoo.org. This outing fills fast, so reserve your family’s place today at 419.385.5721, ext. 6001 (prepaid reservations only).

Already have plans for Mother’s Day? Come to Around the World the day before — Saturday, May 11. Regular Zoo admission applies for this day of family-friendly activities, focusing on the cultures of Africa, the Arctic and more.

This year’s celebration adds the cultures of Australia! Mark your calendar for a return visit May 24-26, when Wild Walkabout, presented by Mercy, brings the fascinating natural world of Australia to Toledo Zoo visitors. Don’t miss Bala, the huge saltwater crocodile brought to Toledo by Block Communications, or the walk-through wallaby exhibit where you’ll come closer to these gentle marsupials than you’ve ever been before. Updates about Wild Walkabout will be available at toledozoo.org/walkabout as Opening Weekend, sponsored by BP, draws closer.

The Toledo Zoo is open daily from 10 a.m. to 4 p.m. (starting May 4, weekend hours are 10 a.m. to 5 p.m.), and it is located on the Anthony Wayne Trail (US 25), four miles south of downtown Toledo. For more information, please visit toledozoo.org or call 419.385.4040. Lucas County residents are admitted free of charge each Monday from 10 a.m. to noon. ID showing proof of residency is required.
When all else fails, read the label!

Nutrient Facts Label

The Nutrition Facts Label are all for one serving size. It is surprising to look at “snack-size” food package, assume it’s the amount of food one person should eat and then realize there are many servings in that one package. The information on the Nutrition Facts Label are all for one serving. Be aware of how many servings you eat.

Five Ways Older Adults Can Be More Active

By The National Diabetes Education Program

As you get older, your risk for health problems, such as type 2 diabetes, increases. You also have a greater chance of getting type 2 diabetes if you have a family history of the disease. But it’s never too late to lower your risk for type 2 diabetes. Research shows that modest weight loss through healthy eating and being active can help prevent or delay type 2 diabetes in people over age 60.

If you are overweight, losing 5 to 7 percent of your current body weight can help prevent or delay type 2 diabetes. If you weigh 200 pounds, this means a weight loss of about 10 to 14 pounds. Talk to your doctor about setting safe weight loss goals and ways to be more active.

Getting Started: How to Get Moving

Once you set your goals, decide what small steps you will take to get started. For example, you might say, “I will walk for 10 minutes after lunch to be more active each day.” Be active, move more and sit less to help yourself lose weight or stay at a healthy weight and be more flexible and strong. Ask your health care provider how you can safely start to be more active. Before being active, be sure to warm up to get your body ready. Shrug your shoulders, swing your arms, or march in place for three to five minutes before you begin any activity.

Five Ways to Be More Active

There are many ways you can get active at little or no cost, such as walking or doing chair exercises. Find an activity you can enjoy so you can stay at it. This will make it easier to stick to your plan and reach your goals. Try these ideas:

- Around the House. Things that you do every day can help you be more active. Stand up from a chair and sit down again without using your hands. Rise up and down on your toes while standing and holding on to a stable chair or counter top. When you watch TV, stretch and move around during commercial breaks. You can also walk around the house when you talk on the phone. Follow along with a video for older adults that shows you how to get active.

- Around Town. Being more active can also be a great way to meet friends. Join a local walking group. Always walk in safe places such as the mall, museum or a community center. Wear shoes that fit your feet and provide comfort and support.

- While Running Errands. Make getting active a part of your regular day. If it is safe, park the car farther away from stores or restaurants. If you take the bus or train and the area is safe-get off a stop earlier and walk the rest of the way.

- With Your Family. Get your family involved to make being active more fun. Teach the younger people in your life the dances you enjoy. Plan a trip to the local pool and go for a swim together. Moving around in the water is gentle on your joints.

- Get Outside. When you can, get active outside. Take care of a garden or wash your car. Enjoy a brisk walk with friends or family around a park, museum or zoo.

High: The nutrients listed at the top of the label are ones that most Americans need to limit.

Total fat, including saturated fat and trans fat, cholesterol, added sugars and refined grains. In addition, it is recommended to use the Nutrition Facts Label to “compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.” Much of the fat and sodium that Americans eat are often found in processed foods. The Nutrition Facts Label can be a tool to compare different foods and choose the healthier option.

Other nutrients listed on the Nutrition Facts Label are ones to increase health like Vitamin A, Vitamin C, Calcium and Iron. Sometimes other nutrients are also listed but it is not required. This is a great section to look for foods with 20% DV or higher. A few tips to keep in mind for the different food groups:

- Milk: Look for fat-free or low-fat milk products. Calcium is an important nutrient found in milk products and Vitamin D is often added. Calcium can also be found in other foods like dark green leafy vegetables, canned salmon with bones and calcium-fortified products like cereal or juices. The Nutrition Facts Label will include %DV for calcium.

- Grains: Check the list of ingredients listed below the Nutrition Facts Label and look for the words “whole-grain” or “whole-wheat” (if it is a wheat product). A loaf of bread could be a brown color and the word “wheat” or “multigrain” can appear on the label but that does not mean it is made with 100 percent whole-grain unless it is listed as the main ingredient. Foods made with 100 percent whole grains will often be a good source of dietary fiber.

- Fruit: A whole piece of fruit with the skin (if the skin is typically eaten) will be the best source of fiber compared to 100 percent fruit juice or fruit without the skin. For canned fruit, look for the label to indicate whether it is canned in 100 percent fruit juice or fruit syrup. The syrup adds extra sugar and calories to the fruit. Also, when choosing a fruit drink, look for 100 percent fruit juice. A fruit-flavored drink could be just that – flavored. Just because a drink or food tastes like fruit, does not mean it includes real fruit.

- Vegetables: Fresh vegetables are great to add to the day! Canned vegetables could contain extra sodium so either look for low-sodium cans or rinse the canned vegetables with water to remove some of the extra sodium before eating. Frozen vegetables do not often contain added sodium unless they have added butter or sauce. If the vegetable comes with a sauce, check for added sodium and fat.

- Protein: There are many good sources of protein from plants and animals. Look for added sodium in deli meats. Look for added fat in meats like chicken or turkey breast that contain skin. Most Americans get enough protein but if it is not lean or low-fat, there could be extra fat added to the day.

Use the Nutrition Facts Label to make your healthy food choices! Use the %DV to quickly summarize if the food is high (20% DV or more) or low (5% DV or less) in certain nutrients. Use the labels at the store to compare similar foods and choose the healthiest.
By Angela Steward, Fitness Motivator
The Truth Contributor

Are You a Sugar Addict?

One of the biggest reasons most people are overweight is their love of sugar. I work with overweight clients who regularly tell me “I don’t really like sweets,” but after we actually sit down and go over their diet, I see that their diets consist of bread, yogurt, cereals and other foods that are filled with “hidden” sugars. I don’t like oatmeal but I began eating it because I read “hidden” sugars.

Our love of sugar started when we were young – Pop Tarts, donuts, cupcakes and popular breakfast cereals such as Fruit Loops, Captain Crunch and even the supposedly “good-for-you” Raisin Bran! Yes, a cup of Raisin Bran contains 20 grams of sugar – that’s the same as gobbling down nine Hershey kisses for breakfast! The most popular kids breakfast cereals today are considered “candy”!

Sugar is making us “fat” and “sick!” Sugar is found not only in things that are sweet, which we know have sugar, but also in other processed foods that don’t taste particularly sweet, such as ketchup, canned beans, barbecue sauce and spaghetti sauce. I could go on and on, but I think you get the picture. Sugar is hidden everywhere.

I don’t want to get into all the technical terms of the various forms of sugar that we eat daily other than regularly table sugar, such as dextrose (corn sugar), fructose (fruit sugar), maltose (malt sugar) and lactose (milk sugar).

Sugar addiction is serious, but I don’t want you to get overwhelmed by looking at the ingredients on all your food labels. Eat only the foods that have five (5) grams or less of sugar per serving and you’ll be fine.

To see if you’re truly a “Sugar Addict” – answer these questions “yes” or “no” and be as honest as possible!

1. Do you snack on sweet foods frequently or drink sodas or juice between meals?
2. Do you often feel shaky, weak or irritable after eating sugary foods?
3. Do you eat sugary desserts most days of the week?
4. Do you crave something sweet after each meal?
5. Are you tired most days of the week?
6. Do you usually put sugar in your coffee or tea?
7. Do you use condiments such as jelly, jams, and syrups daily?
8. At parties, do you find yourself looking for the sweets?
9. When you were a kid, did your parents/caregiver give you sweets for being good?
10. After eating sweets, do you feel euphoric – a Godiva moment?
11. Do you crave sweets?
12. Do you suffer from frequent headaches?
13. Do you usually grab a bagel or donut for breakfast?
14. Do you drink soda almost daily?
15. When you go to the snack counters at the movies, do you usually buy candy?
16. If you order an alcoholic beverage, is it usually something sweet like a pina colada or frozen margarita?

If you answered yes to three or more questions, chances are – You’re a Sugar Addict!

We have to kick the sugar habit. Sugar sets you up for getting fat. Guess what? Cancer cells love sugar! Not to scare you but cancer cells require energy to grow. To get enough energy - cancer cells supercharge themselves with glucose (sugar). Yes, sugar makes tumors grow. You can stop cells from growing into cancer through diet and exercise. So sugar not only makes you fat, it also increases your cancer risks, but guess what else? It ages your skin and causes wrinkles. The most important diet change you can make is to decrease sugar in your diet.

I’m not writing this article to beat you up. This article is to get you to see how fast you can transform your body into a wonderful you can feel and look after you “Kick Your Sugar Habit.” So here’s how to get sugar-free the healthy way:

*Get rid of sugar-free juices, sodas and treats. Sugar-free causes sugar cravings. A diet soda actually triggers your brain to grab for chips or other junk foods.

*Don’t put sugar in your water, tea or coffee.

*Go through your fridge, cupboards and pantry and get rid of simple sugar items like candy, cookies, cakes and sodas. It’s almost impossible to keep unhealthy foods in your house without eating them! My husband keeps his treats in a special drawer! I don’t go in that drawer because I know he has a stash of cookies, and/or candy. To me if it’s out of sight – it’s out of mind. But until you reach that level, get rid of the junk foods. If you try to keep them, you will fail. Don’t keep sugar stuff in the house.

*Restrict your treat meals to restaurants or parties, and don’t take any leftovers home with you – throw all leftover treat meals away. Be strong. You won’t be weak, and how much once you break the sugar cycle. Use your treat meals to indulge.

*Buy fresh apples, pears, berries, and citrus foods instead. They’re lower in simple sugar and calories. Citrus fruits and apples help your body burn fat. The more whole fruit you eat the less processed sugar you will crave.

*Exercise regularly. Exercise kills cravings for junk, as well as making you a fat-burning machine. Often, when I crave a snack, I’ll drink a tall glass of water, or I put my shoes on and go for a walk – anything to get my mind off of a snack.

*Drink a lot of water.

(Continued on Page 10)
State of Ohio employees and their families with autism will be able to receive treatment as part of their employee health insurance benefits beginning July 1, 2013. The announcement this week is a result of Governor John R. Kasich’s pledge late last year, said the governor’s office, to make autism benefits available to State of Ohio employees, and negotiations recently concluded with state employees’ unions to revise the contractually-negotiated employee health plan. Ohio Department of Administrative Services Director Bob Blair, in cooperation with Joint Health Care Committee (JHCC) Co-chairmen Kelly L. Phillips and Michael J. D’Arcy, solidified the language used in the contract earlier this week.

“For families that have autism in their lives, it can be a tough path. If they can get help, it’s expensive, and that cost puts additional strains on relationships and family life. We can do better and I’m proud that we are doing better with this agreement to provide access to this important care,” said Blair.

“The JHCC is taking proactive steps to meet the needs of Ohio children affected by autism,” said OCSEA President Christopher Mabe. “This is another example of how State of Ohio labor and management representatives are working together and taking positive steps to impact the health outcomes for State of Ohio employees and their families.”

Research shows that early intervention helps make a significant and life-long difference in the lives of children with autism by improving social, cognitive and communication skills, and by helping families alleviate financial burdens while developing the unique skills they need to raise their children. For this reason, Governor Kasich, Director Blair and union representatives have reached an agreement that efficiently provides for Ohio’s families managing the effects of Autism Spectrum Disorder (ASD).

Beginning at the start of the next fiscal year, state employees and their dependents will receive access to quality healthcare for ASD including physical, speech and occupational therapy, clinical therapeutic intervention, and mental and behavioral health outpatient services.

Autism services are being defined as part of the “essential health benefit” package offered through the state employees’ health plan, some private health insurance and health insurance sold through the upcoming federally managed health insurance exchange.
Returning to Normalcy After a Cancer Diagnosis

Special to The Truth

Cancer. It’s a word no one wants to hear, yet all too many people are diagnosed each year. With a diagnosis comes many questions, most importantly how to get the best medical care possible. For many, the next logical question is how to maintain a normal life with cancer — including balancing work, life and health demands.

Nearly 80 percent of cancer patients and survivors say continuing work after diagnosis aids recovery, according to recently released survey results from nonprofit organization Cancer and Careers and Harris Interactive. Still, many struggle to find support navigating the work/life balance of employment with cancer.

For some, working through treatment is not a choice, but a necessity. For others, the decision to work is made based on personal preferences.

Survey results showed that several factors motivate cancer survivors to continue working — including feeling well, wanting to maintain a routine and wanting to be productive. At the same time, 67 percent of surveyed cancer patients and survivors said work/life balance was critical to having a career.

Regardless of the situation, experts say that those working through or returning to work following treatment have many factors to consider.

“There are many components to manage when people return to work after a cancer diagnosis or treatment, including understanding legal rights, telling co-workers, managing treatment schedules and addressing potential resume gaps,” said Kate Sweeney, executive director of Cancer and Careers, a national nonprofit organization dedicated to serving people working during and after cancer treatment.

Sweeney offers the following tips for people transitioning back into the workplace after a cancer diagnosis or treatment:

- Before sharing your diagnosis, study your options. Learn about the laws that may protect you, know your company’s policies and speak to your healthcare team.
- Be mindful of what you say online. Whatever you post becomes part of your online brand, so consider the short- and long-term effects of what you say and do.
- When returning to work, ease back into the routine. Make sure you take care of yourself physically and mentally.
- Be clear with your co-workers about how they can support you.
- Be prepared to “swivel” the conversation back to work-related things so the focus isn’t always on cancer.

- Rely on free resources to help make the transition. For example, Cancer and Careers provides expert advice, interactive tools and educational events for everyone dealing with cancer in the workplace, including patients, healthcare professionals, human resource managers and co-workers.

More information on how to balance the demands of work and cancer can be found at www.CancerAndCareers.org.

Whether you need to work or simply want to stay active during your treatment, having a plan can empower you to thrive in the workplace and leave you with more energy to cope with the rest of life’s details.

Are You a Sugar Addict? (Continued from Page 8)

Carry a bottle of water with you. Drinking two to three liters of water a day burns 50 to 75 additional calories and speeds up your metabolism.

* Cut back on caffeine. Switch to herbal tea, if possible, or have no more than two cups of coffee a day.

* Try my “Sugar-Kick” plan - It will help you kick your sugar addiction. Monday thru Friday - do not eat refined (table) sugar or products that contain over five grams of sugar per serving. On the weekend, indulge in two treat meals. This schedule of eating will help you crave less sugar! Within two weeks, you’ll notice that most of the sweets you often indulged in, are now too sweet for you!

By following just a few of the suggestions above, you can lose weight without even walking into a gym. So imagine how much weight you could lose if you followed my “Sugar-Kick” plan and exercised daily!

Kick the Sugar Habit! Make healthier food choices! Drink more water! Exercise daily! Start losing weight for the rest of your life!

Your Sista in Fitness!!!

Angela R. Steward
Creator of Fabulously Fit™
Fitness Coach & Motivator
Certified Weight Loss Consultant
Website: FabFinu.com for a “free” pass.
Email: FabFinu@yahoo.com
Cell: (419) 699-9399
Owner: Fabulously Fit Studio (aka Studio Fitness)
1413 Bernath Parkway (off Airport Hwy, behind Taylor Photo)
Classes: Mon 9a, Wed 5:45p & 6:30p, Fri 5:45p & 6:30p,
Sat 9:00a, Sun 3:00p & 4:00p
Meet me at SCOTT HIGH SCHOOL for FREE every MONDAY at 6:00!
Protect Your Eyes From the Sun! Ultra Violet Rays May Cause Damage to the Eyes Today and Tomorrow

Prevent Blindness Ohio Educates Public as Part of May’s UV Awareness Month

Special to The Truth

As the weather continues to warm, more Americans will be heading outdoors to enjoy the sunshine. The public should know, however, that Ultra Violet (UV)-blocking sunglasses and hats are the ultimate sight-saving accessories to pair with their shorts, sandals, and short-sleeved shirts. Prevent Blindness Ohio has declared May UV Awareness Month to help educate the public on the dangers of UV and how to protect the eyes.

For more information go to: http://ohio.preventblindness.org/ultra-violet-rays-may-cause-damage-eyes-today-and-tomorrow-

About Prevent Blindness Ohio

Prevent Blindness Ohio, founded in 1957, is Ohio’s leading volunteer nonprofit public health organization dedicated to prevent blindness and preserve sight. We serve all 88 Ohio counties, providing direct services to more than 800,000 Ohioans annually and educating millions of consumers about what they can do to protect and preserve their precious gift of sight. Prevent Blindness Ohio is an affiliate of Prevent Blindness America, the country’s second-oldest national voluntary health organization. For more information or to make a donation call 800-301-2020 or visit us on the web at pbohio.org.

A New Campaign Weighs In On Your Weight And Health

An estimated 72 million Americans are affected by obesity, with nearly one out of three affected by excess weight. Yet, according to some experts, a weight loss of even 5 percent may improve health and reduce risks of some diseases.

That is the word from a new campaign called Your Weight Matters. It’s designed to draw attention to the fact that there are many health implications that accompany excess weight and obesity. For example, diabetes, hypertension and sleep apnea are some of the many health conditions related to the issue of weight and obesity.

The campaign developed by the Obesity Action Coalition (OAC) encourages people to measure their weight and discuss it with their healthcare provider. To prepare themselves for that discussion, individuals can take the Campaign Challenge and receive the Your Weight Matters Toolkit for free, which is designed to help them talk to their healthcare provider.

Measuring Your Weight

You may not be aware of how your weight is impacting your health. The Your Weight Matters Campaign will help you measure your weight and prepare you for your talk with your healthcare provider. One simple way to measure your weight is to calculate your body mass index, or BMI, which is a number calculated by dividing a person’s weight by his/her height squared. The result will fall into one of four main weight categories that healthcare professionals use when assessing weight. They are “normal,” “overweight,” “obesity” and “severe obesity.” The campaign’s website has a calculator that makes it easy to get your BMI and a more detailed description of how to understand the results.

Taking the Challenge

The OAC encourages you to take the Campaign Challenge by making an online pledge to talk to your healthcare provider about your weight.

By taking the Challenge, you will receive the free Campaign Toolkit, which covers a wide variety of valuable information on weight, health, nutrition, exercise, emotional issues, weight-loss options, benefits of weight-loss and more.

Most importantly, the Campaign Toolkit will prepare you for your first appointment with your healthcare provider by providing you with sample questions for your provider, a food journal, wellness tips and more.

To measure your weight, learn more and take the Challenge, visit www.YourWeightMatters.org.
This month, you’ve decided you need a whole new look. Your hair and wardrobe are out of date, so you’re getting a cut-and-style and a fresh wardrobe, shoes and all. You’ve got an appointment for a manicure-pedicure, a dermatologist’s exam, and—no more glasses! You’re getting some of those colored contacts. But there’s one thing you can’t alter. And in the newly updated book *The Color Complex* by Kathy Russell-Cole, Midge Wilson, and Ronald E. Hall, you’ll see how much it still matters.

The more things change, the more they remain the same.

In the last two decades, America has seen a revolution when it comes to issues of race. The generation that was born and has grown up in that time is “much more racially diverse than any other before it...” Economic powerhouses in India, China and Brazil have emerged, mixed-race relationships barely make us blink, even the government has added multiracial categories on census forms.

There’s been a lot of change, but “colorism” — a word referring to prejudices surrounding skin-color differences, particularly within the African-American community — remains. What’s worse, it’s infiltrated popular culture with a subtler, seemingly-nastier effect on its victims.

Though “...skin color has maintained an intimate relationship with class” since “the earliest times,” the issue of colorism has its American roots in the early 1500s when “mulatto” offspring of white men and black women gained power through education and social bridging between black and white populations. Later, preference was shown for lighter-skinned individuals as “house slaves,” who largely disparaged darker-skinned field workers.

Today, several decades after discrimination based on color was made illegal, colorism still exists. Some blame it on music videos and black songwriters. Others accuse fashion and movies. Others accuse the power of social media to further your cause, state your opinions, and gather support. These days, it seems that we like to pretend we live in an enlightened world that’s being “color-blind.” We have a black president, after all, and today’s youth are more accepting of racial differences. Some think we’ve gotten past colorism, though skin color has pernicious effects.

Contact television networks if you notice a lack of black journalists or actors. Let editors know that you won’t purchase their magazines until they stop photoshopping pictures of models of color. Use the power of social media to further your cause, state your opinions, and gather support.

These days, it seems that we like to pretend we live in an enlightened world that’s being “color-blind.” We have a black president, after all, and today’s youth are more accepting of racial differences. Some think we’ve gotten past skin color, but reading *The Color Complex* shows otherwise.

With great dismay and a surprising amount of quietly cynical humor, authors Kathy Russell-Cole, Midge Wilson and Ronald E. Hall re-examine the divisiveness of colorism today, in contrast to what it was two decades ago. New, eye-opening research and fresh information show readers that though there are gains in some areas, colorism is far from a dead issue; in fact, with the rise of globalization, it’s actually spread. This is a fascinating, albeit quite uncomfortable book that I recommend for audiences both black and white. Newly updated, *The Color Complex* deserves a whole new look.

**Ending Taxpayer Bailouts**

(Continued from Page 3)

reasonable standards depending on the size and complexity of the institution. Next, our bill will limit the government safety net – the assistance provided by Federal Reserve lending and Federal Deposit Insurance Corporation (FDIC) insurance – to traditional banking operations. Specifically, financial institutions would be prohibited from transferring nonbank liabilities – like derivatives, repurchase agreements, and securities lending – into federal-supported banks. This will ensure that the government safety net begins and ends at the commercial bank. If megabanks want to be large and complex, that’s their choice – but we don’t have to subsidize their risk-taking. If they fail, their executives and investors – not taxpayers – should pay the price.

Finally, our bill will provide sensible regulatory relief for community banks. Because community institutions do not have large compliance departments like Wall Street institutions, our legislation proposes commonsense measures to lessen the load on our local banks. Leveling the playing field won’t help if our community banks are driven out of business by compliance costs.

We shouldn’t wait for another economic crisis before we take action. We owe it to Ohio families – and families across the country – to guarantee that Wall Street megabanks will never again gamble away the American dream.
The Sojourner’s Truth

The Truth About Giving Local Artists an Outlet

By Michael Hayes
Minister of Culture

May 01, 2013

“How can I use this column to give local artists an outlet?”

That was on my mind in the early days of The Sojourner’s Truth.

Don’t get it twisted. I’m not a “journalist” trying to be a music critic.

I’m not some guy unattached to the entertainment scene coming down from on high to catch a scoop and throw some ink around it.

Part of why I was picked to do this in the first place is because I make music.

Longer than I’ve been doing this column, and even longer than I was known for anything (poetry, PR, writing, etc.)… I have been producing music. Longer than I was known for anything (poetry, PR, writing, etc.)… I have been producing music.

From 2003 to about 2010 I spent my mailbox at The Truth because I was already reviewing major releases and I couldn’t ignore my city’s music.

Because my partner Adonis Lavale and I produce, I had existing relationships in the local scene and I just put feelers out there asking people to send me their CD’s.

After doing one or two, I didn’t have to ask for any more submissions from then on.

From 2003 to about 2010 my mailbox at The Truth offices would get bombarded with CD’s. It started off just with Toledo and surrounding areas but then I started getting packages from all across the country; Los Angeles, Iowa (right), Philly, and of course other Great Lakes locales like Chicago, Detroit and Cleveland… it was overwhelming.

Then when I started putting my email at the end of my articles, I was once again inundated with material. Once again, since this is not a job for me… I don’t earn a living doing this… I didn’t always have the time to comb through all the music I was being sent.

Which lead to some angry emails, letters, phone calls from artists who felt snubbed.

Then when I DID actually get a chance to review a local artist’s music, that ‘Toledo-mentality’ kicked in and people ‘took it to a whole ‘notha level’ on me.

If I gave someone’s album a C+, and then I saw them at a show… it was a problem.

If I said someone’s vocals were off, someone’s drums weren’t quantized, someone’s CD cover graphics had errors… it was a problem.

And not just an "aww man, that wasn’t cool” problem.

It started to affect much more than just me doing a weekly column.

The level of maturity I encountered actually made me think twice before my partner and I decided to start our own label and recruit our own roster.

I eventually chose to stop doing reviews of local music. Maybe being shoulder-to-shoulder with people then critiquing their music was doomed to fail from the get-go.

Besides, I’m here right here in the same city… trying to make it, too.

If anyone felt “who the hell does this guy think he is?” while reading me break down some local artist’s music, in a way I can feel understand that sentiment.

Still, Toledo needed an outlet I just needed to find a less problematic way to do provide one.

LOCAL ARTIST INTERVIEWS

Once again, I just took what I was doing with established artists/celebrities and just applied it to those artists I know who still deserve exposure in this paper.

But instead of me reviewing their work, I started interviewing them and letting them do the talking.

That way it not only empowered them to promote whatever they wanted to promote, it also gave readers a more personal side of the artist.

Even better, I made sure to ask interview questions that people would be comfortable with. I’ve never been on some Wendy Williams mess. I’m not out to embarrass anyone, expose anyone’s dirty laundry, tell secrets or none of that.

I even talk about the line of questions with the artists before I email them, just to make sure everything is cool.

There’s no charge to be in my column, either.

But if anyone wants to promote their CD/event to our 70,000 weekly readers, you may not really need an interview… you need to contact me about getting you an advertising plan together. That way you control the message entirely, and you hit people for weeks at a time instead of just once.

But when it comes to shining a light on local talent, even if my methods have changed I want people to know I’ve tried to do my part.

I’ve run two open mic nights in this city, each having three-year runs.

I’ve hosted rap battles, judged talent shows and mentored young artists/producers.

There are many successful producers and artists here and the local scene is getting better and better every year in terms of talent, polish and industry access.

People here are really starting to earn a living making music now.

I can’t even call them “local” because they are actually in the major music industry but just live here.

It hasn’t happened for me yet, but I’m still here to rep for those in whatever I can.

Any door that opens is one we can all walk through.

Peace.

mercuryspread@gmail.com
Manager of Support Services
The Mental Health & Recovery Services Board of Lucas County is accepting applications to fill the position of Manager of Support Services. Applications will be accepted through May 3, 2013. Additional information is available on the Lucas County web site (www.co.lucas.oh.us). Click on “Apply for a Job” and then select “Manager of Support Services” from the list to read more. Apply on-line or send a resume and cover letter to: Lucas County Human Resources, One Government Center, Suite 450, Toledo, OH 43604, attn: Birdena Martin

DATABASE ADMINISTRATOR
Full-time position available for experienced individual to maintain data in an electronic health record. This includes creating customizations to the electronic record, creating underlying data base objects to support those customizations and creating custom reports to maintain this data. Position will also provide end user support.

Desired candidate must be proficient in computer operations, have a thorough knowledge of SQL database administration, Crystal Report Writing, Microsoft Office applications and experience with hardware/software support. Previous experience in programming and database design required. Previous experience with billing software and electronic health record is preferred.

Send resume with salary requirements or apply to:
Human Resources - DA
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Fax: 419-936-7574
Email: hr@unisonbg.org
EOE

PART TIME TELLER NEEDED
Looking for a dependable person who also has a flexible schedule and cash handling experience to work 20-25 hours per week as a Part Time Teller. Must be available to work up to 2 Saturdays per month.

All interested applicants please email your contact information and resume to syourturn@aol.com or mail to: Toledo Urban Federal Credit Union
1339 Dorr Street, Toledo, OH 43607

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FOR SALE
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THE BLACK MARKETPLACE

—END—
Great News!!
Due to overwhelming response a Second Bus has been added trip
Relax and enjoy a trip to Sweetie Pie’s Soul Food Restaurant and Casino Tour.
Departing June 8th returning June 9th. The Cost is $150.00 per person this includes
Transportation, Hotel, your meal at Sweetie Pies, also pays for Breakfast Sunday
Morning. All pricing is based on double hotel occupancy. Contact Chris for more information.
419-322-1194

Health Home Nurse
Coordinates and consults medical care with all providers. Community work required. Must be
licensed in Ohio as a RN with both medical and behavioral health experience.
Send resume or apply to:
Human Resources - HHP
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Fax: 419-936-7574

DATABASE ADMINISTRATOR
Full-time position available for experienced indi-
vidual to maintain data in an electronic health record. This includes creating customizations to the elec-
tronic record, creating underlying data base objects to support those customizations and creating cus-
tom reports to maintain this data. Position will also provide end user support.
Desired candidate must be proficient in com-
puter operations, have a thorough knowledge of SQL database administration, Crystal Report Writ-
ing, Microsoft Office applications and experience with hardware/software support. Previous experi-
nce in programming and database design required. Previous experience with billing software and elec-
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EOE

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sessment and counseling, have experience working with individuals and families with mental health and substance abuse problems and have previous man-
gagement experience.
Send resume with salary requirements or apply to:
Human Resources - cc
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Fax: 419-936-7574
Email: hr@unisonbhg.org

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, carpet-
ing included. Call (419) 729-7116 for details.

For Rent
Unison Behavioral Health Group, Inc. is now accepting applications for the following positions:
Team Leader - Provides administrative and clini-
cal leadership and oversight to the health home team. Must be licensed in Ohio as either a PCC or LI$W or be an MSN-RN.

Health Home Nurse - Coordinates and consults medical care with all providers. Community work required. Must be
licensed in Ohio as a RN with both medical and behavioral health experience.
Send resume or apply to:
Human Resources
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Fax: 419-936-7574
Email: hr@unisonbhg.org
EOE

Health Home Nurse - Coordinates and consults medical care with all providers. Community work required. Must be
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Send resume or apply to:
Human Resources
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
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Email: hr@unisonbhg.org

Lawgic Aide
Toledo City Council is seeking a qualified indi-
vidual to serve as a Legislative Aide to members of Toledo City Council. The duties include constituent services, legislative activity, staffing public hear-
ings, and general office duties. Applicants must possess skills with Microsoft Office software, out-
standing oral and written communication and orga-
nizational skills, ability to multi-task and work inde-
pendently, and must maintain confidentiality. Expe-
rience with City or other public entity operations, public policy, research or customer relations is a plus. The successful candidate must pass a pre-
medical exam, a Police background check, and be in compliance with any child support order and City
taxes. Starting rate $34,644. after 3 years $46,195.
Send resume by Friday, May 3 to: Gerald E. Dendinger, Clerk of Council, One Government Cen-
ter, Suite 2140, Toledo, OH 43604 or e-mail to
gerald.dendinger@toledo.oh.gov or fax to (419)245-
1610. The City of Toledo is an Equal Opportunity Employer. Minorities, females and individuals with disabilities are encouraged to apply.
AKA’s Hold Annual Scholarship Tea

Special to The Truth

Alpha Kappa Alpha Sorority, Inc Zeta Alpha Omega Chapter held its annual scholarship tea on April 22, 2013. The event recognizes outstanding seniors from across the community who have applied for college scholarships from the sorority. This year nine bright young women were interviewed and will be considered for assistance ranging from $1000 to $250. The fact that they all made it to the interview phase was an achievement in itself said Chapter President Deborah Washington, Ph.D. Each applicant completed an application and submitted an essay. Each maintains a minimum 3.0 grade point average or higher, has passed all OGT’s and has submitted proof of acceptance into an accredited college or university. The scholarship chairman, Lisa McDuffie, served as the event emcee. Former award recipient Lindsey Rankin-Anderson was the keynote speaker. Applicants this year were Mackenzie Apel, Brittany Bedford, Michelle Blue, Cheyenne Dye, Syndi Harmon, Deonna Murdock, Lauren Poellnitz, Dana Thomas and Christian White. Alpha Kappa Alpha was founded in 1908 at Howard University in Washington, D.C. and is the first African-American sorority with over 250,000 members in the United States and the Virgin Islands.