



Volume 24, No. 8

"And Ye Shall Know The Truth..."

June 05, 2013

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Ohio House of Representatives Minority Whip



**State Rep. Michael Ashford
(D - Toledo)**

"People vote for leaders because you have the skills to get the job done. It's not a homecoming contest. The whip has to be clear cut with the caucus, and I have to work with Republicans to see what can be accomplished in a non-partisan manner."

Racisms Without Racism II

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

The Truth Contributor



Education in the U.S. can be greatly advanced vis-à-vis other nations by simply providing the resources, curricular and financial, to African American, Hispanic, and Native American schools – as we already provide for other schools. -Molefi Kete Asante

We seldom hear much about racism anymore, except perhaps of those made by majority citizens protesting “preference” given to minorities or people of color with “inferior credentials.” Minority claims of racism, on the other hand, have become passé and met with sighs of exasperation and looks of incredulity despite widening racial economic and social disparities.

Racism, however, is alive and well despite the fact that for the first time in history, the White House is occupied

by a black First Family.

It is the premise of David Theo Goldberg, PhD, that although seemingly disappeared, racism has assumed new forms and therefore taken on new significance in new contexts and contemporary social conditions.

I discussed with Goldberg, his concept of “Racisms without Racism,” which he identifies as the mechanism, which permits structural racism to flourish despite the absence of explicit racial language. This is part II of our conversation.

Perryman: You told me that racisms “proliferate” as black or brown persons continue to be excluded, degraded and humiliated in the same ways as in the past. Yet, “exonerating explanations and rationalizing legitimations,” you stated, “are crafted to mask the racial grounds of the injustices, making them seem more natural and inescapable than they are.” That’s a very powerful perspective. You also applied this insight to the immigration issue.

Is “racisms without racism” also relevant to learning institutions, particularly inner city public schools and poor

youth of color and their educational performance such as high school graduation rates or college retention? Can you see a specific application of your theory to this context?

Goldberg: Say that for both long-standing historical reasons on the one hand and more specific, more recent manifestations of those policies on the other, the fact of the matter is, that schools in poor neighborhoods, in particular in the City, have, both historically and contemporarily, far fewer resources available to them to support their education than those kids who go to public schools in more middle class and in particular, wealthy areas. And so there’s a perpetuation of the very undermining of the capacity to make lives, from the outset, more equal. So if we’re talking about education in the inner city, again, it’s not that people are explicitly being targeted because of their racial profiles. Even though the effect of the policy over time, and quite explicitly, is such that the people who continue to be worse off in terms of schooling are those who are racially characterized as black and brown.

So the impact of

seemingly “neutral policies” - schools should be funded from the property taxes in the neighborhoods in which their schools are located - has that effect. It’s the intention of reproducing racially-driven class distinctions that runs very, very deep in this country. Now add to that the fact that those who can afford it increasingly are sending their kids to private schooling plus the fact that there’s an aging population, the overwhelming makeup that is white, and the younger population the large majority of which is not white.

And the pressures produced by tax policy on the fact that people are unwilling to pay taxes for public goods including schooling and that those in a position to pay more taxes are the wealthier, older and whiter public and what you have is a quite volatile mix of decreasing funding for public schooling where the public schooling is increasingly identified with kids of color. And so when you throw all those things together you see the perpetuation of racism without racists

on the one hand, but in that more enigmatic expression, racisms without racism because you can’t even identify it as racism because it appears that what you’re really talking about is neutral tax policy.

Perryman: Are there other contemporary issues where the racism is implicit but has an explicit effect? We’ve talked about immigration and we’ve talked about education. Where else does this phenomenon manifest itself?

Goldberg: In California, almost a decade ago, there was the introduction of a civil rights initiative identified as the Racial Privacy Act. You see it more explicitly in affirmative action both in hiring, for example, as well as in college admissions. Though ultimately defeated, the State was precluded from paying any attention to race or gender. And there has been in the State of California and a couple of other states, a prohibition on using race as an identifier as one among other criteria for both hiring and admissions to publicly-

funded employers or public institutions of any kind.

Perryman: We’re seeing the same thing in the lawsuit against the University of Texas that will soon come before the Supreme Court. The plaintiff, a white female, alleges that she was denied admission because the university gave “preference” to minority candidates with “lower academic credentials.”

Goldberg: I strongly suspect that it’s quite likely when affirmative action gets ruled on, probably this summer, that the court will be more skeptical about it than when it came up the last time when Sandra Day O’Connor wrote the majority opinion. If it doesn’t get completely undone it will be somewhat curtailed relative to its recent past. Increasingly, you’ll see the effective erosion of the possibility of affirmative action in public institutions in this country.

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

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Community Calendar

June 8

St. Stephens COGIC Father & Son Luncheon: Noon to 2 pm;
Speaker Elder Pierre Taylor

Rainbow Tea: UAW Hall; 2 to 5 pm; Sponsored by the MSVMC Cultural Diversity and Civil Rights Committees: 419-350-3232

Gun Buy Back: 10 am to 4 pm; People's Baptist Church;
Working guns bought for \$50; No questions asked

June 9

New Prospect Baptist Church 48th Anniversary: 4 pm; Guest speaker Rev. Stanley Clark of United Vision

June 15

3rd Annual Fatherhood Walk: Central Catholic High School;
Guest Speaker Bill Harris: 419-377-1488

June 23

New Prospect Baptist Church 48th Anniversary: 4 pm; Guest speaker Rev. Taylor of Beulah Baptist

Mayor Announces Federal Funding Awards for 2013

Special to The Truth

Toledo Mayor Michael P. Bell last week announced the federal funding awards to the City of Toledo from the U.S. Department of Housing and Urban Development (HUD). The federal awards are allocated annually and must be used to address three national objectives across the community: benefiting low and moderate income persons; preventing or eliminating blight, or meeting other community development needs having a particular urgency because existing conditions pose a serious and immediate threat to the health or welfare of the community and other financial resources are not available to meet such needs.



The Department of Neighborhoods estimated receiving just more than \$6.8 million in CDBG funds for the funding year beginning July 1, 2013. Toledo will actually receive \$7,008,842, an increase of \$169,378. In addition, it was expected Toledo would receive \$579,850 in Emergency Solutions Grant funds, but only \$498,959 was allocated.

The funds will be used to support local activities for community and neighborhood improvement including, but not limited to remediation of nuisance properties; removal of graffiti; demolition of blighted structures; job creation efforts, and elimination of homelessness. Funds are also used to fund emergency repairs and housing renovation, and to support food bank and food kitchens.

Until a formal allocation is made by HUD, the city must estimate the funds it will receive in Community Development Block Grants, HOME funds and Emergency Solutions Grant (ESG) funds in order to submit adequate planning documents to the federal government indicating how funds will be spent to aid the community. Planning for the federal allocation began in January 2013 and included a series of meeting and application procedure with third party community partners and citizen committees to make funding recommendations.

Members of Toledo City Council were invited to attend and observe the process, including more than 16 meetings and forums held over five months across the city. Public forums were held in accordance with HUD regulations to gather citizen input on the community needs and priorities.

City, Community Partners to Hold Gun Buy Back, Safety Education Event

Special to The Truth



The City of Toledo will partner with community groups from 10 a.m.-4 p.m., June 8, 2013 to offer a gun buy back program at People's Missionary Baptist Church , 1101 Heston St .

The "no questions asked" program will offer \$50 per firearm and accept up to two handguns per person. Weapons must be unloaded and money will only be exchanged for operable firearms. Officials will also accept unwanted ammunition as well as shotguns; rifles; BB guns; starter pistols; pellet guns and visibly inoperable firearms that citizens wish to properly dispose of, however no payment will be offered for these.

The event will also feature education and prevention programs regarding gun safety. Gun locks will be available at no cost. Community partners will provide information about programs available in the city to reduce violence and provide economic and educational opportunities as an alternative to gangs and violent lifestyles.

Event participants include the Re-entry Coalition of Northwest Ohio; Toledo Police Safe-T-City; City of Toledo Department of Neighborhoods, City of Toledo Youth Services Commission , City of Toledo Board of Community Relations; Toledo Community Initiative to Reduce Violence (T-CIRV); Mayor's Coalition for Hope, and Ohio Coalition Against Gun Violence.

Funding for the buy back will be provided from the Toledo Police Department's law enforcement trust fund. The collected firearms will be destroyed by the Toledo Police

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Ashford Named Minority Whip by his Legislative Democratic Colleagues

By Fletcher Word

Sojourner's Truth Editorial

The historic description of a legislative "whip" is that of an officer of a political party who maintains discipline, an enforcer who makes sure that party members in a legislature vote and vote according to the stance the party takes on issues. Historically a whip has been thought of as someone who uses the carrot and stick method – inducements or punishments – to keep party members in line.

Rep. Michael Ashford, now in his second term in the Ohio House of Representatives, has been voted minority whip by his Democratic Party colleagues – the number three position in the Party's hierarchy. Whips, however, are not what they used to be in this modern era of politics.

Ashford sees his responsibilities as being more of an educator than an enforcer.

"I'm supposed to be the most informed person on the floor about a bill," says the District 44 representative. "Being number three in the leadership means that bills have to go through me, all the bills."

Ashford then will be the point man on legislation, examining proposed ordinances and helping the Democratic members of the House understand the merits and consequences. That's why he was elected to this particular position, says Ashford, a former Toledo City Councilman.

"People vote for leaders because you have the skills to get the job done," he says. "It's not a homecoming contest." Those are skills he honed, says the minority whip, during his days on City Council where he learned to work effectively not only with members of his own party but also with



Tracy Heard



those on the other side of the aisle.

"The whip has to be clear cut with the caucus," says Ashford. "And I have to work with Republicans to see what can be accomplished in a non-partisan manner."

Ashford's election as minority whip, he notes, continues a pattern of leadership by Democratic representatives from the northwest Ohio area. "We're not the biggest delegation," he says pointing to the fact of the six Democrats from the greater Cleveland area, the five from Cincinnati and the four from Columbus. Only three are from greater Toledo – Teresa Fedor who represents the 45th District and whomever is appointed to replace Matt Szollosi in the 46th.

Szollosi has resigned in order to move to Columbus and take a position there as executive director of the new Affiliated Construction Trades. Szollosi had most recently been the assistant minority leader – the party's number two post in the legislature.

Fedor has recently announced that she will not seek to move from District 45 to 46. She is a long-time resident of the 46th but when the Republicans re-drew district lines several years ago, she became a resident of the 45th in order to stay in Columbus.

Ashford observed that the Toledo area has a history of bucking the odds – and the numbers – by placing area legislators in leadership positions in the House – members such as the late James Bernard "Barney" Quilter, Jack Ford and Szollosi.

"It's a testament that people of other regions will vote from those in northwest Ohio," says the newly elected whip.

He also observed that with the new leadership, African Americans have achieved some unprecedented success. Rep. Tracy Heard of Columbus, an African-American legislator, replaces Rep. Armond Budish of Beachwood (the Cleveland area), as leader. "Normally there is no more than one African American in the leadership," says Ashford.

That result will enable the black members of the House to address certain issues more effectively, he believes.

Rounding out the new Democratic leadership team is Debbie Phillips of Athens as the assistant minority leader.

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Congratulations to the class of 2013!



This year's Valedictorians and Salutatorians: pictured from the left, back row: Chantal Suzanne Crane, Naketa Rae McKinney, Nichole Lynn Williams, Melissa Ann Willward, Samuel Matthew Park, Jose Martin Ruiz, Megan Kaymarie Bengela, Tymeshia LaJoyce Childress.

Pictured from the left, front row: Mara Joy Momenee, Corey Michael Fink, Akia Takara Williams, Alex Glenn Duncan, Erica Brittany Lee, Marwan Jamal Mohamed, Talia Mazie Ulrich, Devin Palmer Devore.

Toledo Public Schools congratulates the Top 10 students from each of our high schools and extends best wishes to the entire Class of 2013 – your accomplishments stand as another shining example of why we are TPS PROUD!

Bowsher High School: Mara Joy Momenee, Chantal Suzanne Crane, Samantha Mason, Allison Rearick, Shawn Giffin, Rebecca Katherine Sheets, Ashley McLaughlin, Joel Douglas McGorty, Anthony James Dodge, Kayleigh Ariel Lecurgo

Rogers High School: Corey Michael Fink, Naketa Rae McKinney, Tailyah Jones, Mykalah Tarree' Anderson, Emily E. Aosse, Brandon Eric Jackson, Callie Stull, Cameron Wade McKelvin, Brittney Jaielyn Boykin, Bianca Germany

Scott High School: Akia Takara Williams, Nichole Lynn Williams, Keyshyra L. Reid, Carmela Nichole Hill, Shunquez Jeniece Spears, Charleigh Samantha Lemley, Samantha Louise Conner, Bryan L. Pinkney, Rishard Jay Ticey, Lakendria Ny'cola Tisdale

Start High School: Alex Glenn Duncan, Melissa Ann Willward, Brian Robert Hibbard, Travis Lance Kominek, Casey Rene Greenawalt, Haylee Ann Liska, Judith Marie Brockman, Lauren Michell Hyttenhove, Ashley Elizabeth Marie Crawford, Christopher Jon Solly, II

Toledo Early College High School: Erica Brittany Lee, Samuel Matthew Park, Christian D. White, Daniel Masters, Joseph D. Heidenescher, Noor Hassan, Jemila Noni Council, Jenna Riahi, Kristian Franklin, Tanasio Loudermill

Toledo Technology Academy: Marwan Jamal Mohamed, Jose Martin Ruiz, Alexander Foulke, Aaron Joseph Magdich, Reghan James Boyd, Courtney Spain, Jordan Ahrendt, Nathan Thomas Kosak, Shawn Charles Loofbourrow, Caleb James Neeper

Waite High School: Talia Mazie Ulrich, Megan Kaymarie Bengela, Katelyn Elizabeth Parker, Anastasia Angeli Martinez, Sarah Ann Patterson, Sydney Anderson, Joshua James Murphy, Marissa Hunsaker, Candice Patterson, Mariah Clark

Woodward High School: Devin Palmer Devore, Tymeshia LaJoyce Childress, Dazhane McCaleb, Sabrina Johnson, Vanessa Vazquez, Marion Hester, Tracy Ann Campbell, Ricca Eugena Turner, Demarkus Darrington, Donchelle C. Payne

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The Truth HEALTH



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Have You Eaten Any Soil Lately?

Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

After enjoying a soup and sandwich at a local coffee shop recently, I picked up a bookmark with the question “Have you eaten any soil lately?”

Sound tasty to you?

The point of the bookmark was that all “food gets its start in the soil” whether it’s plants such as fruits, vegetables and grains or foods that come from animals that eat plants. Have you worked in any soil lately to grow some food?

Through “Let’s Move”, Michelle Obama has actively promoted, “America’s Move to Raise a Healthier Generation of Kids.” One of the many initiatives includes using and highlighting the vegetable garden at the White House.

With the weather in northwest Ohio, most vegetable gardening is an annual project although there are many plants that “overwinter” like garlic and others that are perennial and come back year after year like asparagus and rhubarb. Let’s Move has a Kitchen Garden Checklist, provided by the USDA’s People’s Garden Initiative to help families add fresh garden vegetables to their meals.

Involve Your Family.

Although “Let’s Move!” is a campaign aimed towards youth, gardening is an activity that can be enjoyed at any age or ability level. “Let’s Move!” encourages gardening as a way for families to spend quality time together outside in the garden and inside at the dinner table.

With supervision, children as young as two to three years old can dig in the soil and play with water. They might not do a lot of garden chores but they can start to learn. Children ages four to five can water plants, learn to harvest or pick the produce and pull weeds, with help. As they get older they can grow in their own garden space and they can help with tasks in the kitchen like washing the vegetables in clean, running water and making some easy recipes with the fresh produce.

Choose a Site. Most vegetables do best with at least six hours of sunlight each day so rule out the shady spots. Gardens can grow in the ground, in raised beds or in containers. Try a community garden if you don’t have a sunny space. Make sure water is available for hot summer months when we don’t have enough



rain to provide moisture for the plants.

Garden Healthy. A soil test is recommended for all gardens. To help improve the growing conditions, consider using mulch around the plants to hold in moisture and block out weeds. Vegetable garden mulch could be as simple as un-treated grass clippings. Contact the OSU Extension, Lucas County Horticulture Hotline at 419-578-6783 on Mondays,

Wednesdays and Fridays from 10:00am – 1:00pm or email richter.71@osu.edu for more information about a soil test. Just like the bookmark asked, “have you eaten any soil lately?”, healthy soils produce healthy foods.

Design Your Garden. The White House Kitchen Garden is 1,500 square feet! That is a large vegetable garden! Don’t worry, it’s recommended to start small. Talk with your family and

see what they would like to try to grow to eat. If you have a small space, look for plants that do not need a lot of room to grow. If you don’t grow all of your favorite vegetables, visit a farmers’ market or farm stand to purchase those vegetables when they are in season.

Get Growing. Although northwest Ohio has a long winter, there are many vegetable plants that grow well in the heat of our

summer and others that will grow in the cooler fall temperatures. If you need help with information about how to grow any vegetables, contact the Horticulture Hotline listed above. The Horticulture Hotline is staffed with Master Gardener Volunteers and OSU Extension staff. In addition to information about plants and insects, there is information about specific garden topics such as growing vegetables in containers. The Kitchen Garden Checklist recommends “Don’t give up! If you are having trouble with your garden, don’t get frustrated. Trial and error is normal in gardening – your garden will get better over time, year after year”.

Enjoy Your Harvest. Not only is vegetable gardening an enjoyable activity, you get to eat the results! Enjoy your vegetables at the family dinner table. If you have extra vegetables, share it with a local food pantry, kitchen or shelter. Suggested menu items from “Let’s Move!” are grilled pizza, fresh chopped salad, fruit pie pockets.

MY MOM IS BATTLING CANCER. I NEED TO WORK FULL TIME. I WANT TO BE THERE EVERY DAY. HOW CAN I DO IT ALL? MY MOM IS BATTLING CANCER. I NEED TO WORK FULL TIME. I WANT TO BE THERE EVERY DAY. HOW CAN I DO IT ALL?

MY MOM IS BATTLING cancer.

I need to work FULL TIME.

I WANT TO be there EVERY DAY.

HOW CAN I do it all?

I am here every day.



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The Kitchen Garden Checklist can be found at <http://www.letsmove.gov/kitchen-garden-checklist>

The Affordable Care Act: In 2014 A New Health Insurance System Begins

By Kim Phillips

The Truth Contributor



The Affordable Care Act began changing the country's healthcare system as soon as it became law in 2010. It allowed children to stay on their parent's plans until they turned age 26 and gave access to free preventive care to name a few provisions.

The next big change will come in 2014 when almost all US citizens will have access to affordable health insurance that covers essential benefits. A set of rules that take effect Jan. 1, 2014, will make shopping for health insurance a completely different experience for those who buy it on their own—or are uninsured today. These are the biggies:

The change most are looking forward to from the ACA is that health plans must sell coverage to everyone, including those with pre-existing conditions and cannot charge more based on a person's health status or gender.

By Oct. 1, 2013, every state will have an Insurance Exchange—an organized marketplace where individuals and small-business owners can select from among the qualified private health plans available in their marketplace.

Afraid you won't be able to afford insurance? If you buy on your state's Insurance Exchange as an individual, you may qualify for a subsidy if your household income is between 100 and 400 percent of the federal poverty line. The subsidy will be a new kind of tax credit that you can use right away to lower your premium costs:

For example, a family of four with a household income of 200 percent of poverty line, or about \$46,000, will pay no more than \$235 a month for health insurance. People with household incomes of less than 250 percent of poverty line will also get subsidies to reduce their out-of-pocket costs, such as deductibles and coinsurance. You'll learn whether you qualify for a subsidy when you shop on your marketplace, and if you do the amount you have coming to you.

You will be required to have health insurance or pay a penalty. There are many sources of coverage that will satisfy the mandate: private insurance obtained on your own or through a job, Medicare, Medicaid, CHIP, Veterans Affairs, the Indian Health Service or Tricare.

If you don't have health insurance, you'll have to pay a tax penalty, starting at \$95 per individual, \$285 per family, or one percent of income, whichever is greater, for 2014. (That rises to \$695 per individual, \$2,085 per family, or 2.5 percent of income in 2016.) The good news for some is that you won't have to pay it if you make too little money to file a federal tax return or would have to spend more than eight percent of your household income on the cheapest qualifying plan, even including subsidies. Americans living outside the United States, and those in prisons, are exempt from the mandate and associated fines.

Medicaid Expansion. The intent of the health care law was to expand the government-run health program for low-income Americans to cover up to 16 million more people with household incomes up to 133 percent of the poverty line (\$14,856 for an individual and \$30,657 for a family of four). That includes many at or below the poverty line who aren't currently eligible.

However, the decision on whether or not to expand Medicaid in this way was handed back to the states as part of the Supreme Court's 2012 ruling upholding the constitutionality of the health reform law as a whole. While many states have announced they will go ahead with the Medicaid expansion, others are still deciding and some have definitely

turned down the expansion (although any state can change its mind at any time). In states that decline to expand Medicaid, households with incomes below the poverty line may be left without a source of health coverage.

Small Businesses – What Do You Need to Know

Small businesses have more affordable options for health coverage for your employees. As a small business owner, you know the value of providing health insurance to your employees. The Affordable Care Act provides tax credits and the ability to purchase health coverage on your state's Insurance Exchange.

If you have up to 25 employees, pay average annual wages below \$50,000, and provide health insurance, you may qualify for a small business tax credit of up to 35 percent (up to 25 percent for non-profits) to offset the cost of your insurance.

Beginning in 2014, the small business tax credit goes up to 50 percent (up to 35 percent for non-profits) for a qualifying business.

In 2014, small businesses with generally fewer than 100 employees can purchase insurance on their states Insurance Exchange.

The Exchange will offer a choice of plans that meet certain essential health benefits and costs standards.

Small employers with less than 50 employees are exempt from new employer responsibility policies. They are exempt from having to pay a fine or assessment if their employees obtain tax credits through the Exchange.

To see if your small business qualifies for the small business tax credit go to www.irs.gov.

Kim Phillips is the owner/agent of the independent insurance agency The Benefit Station. Please contact her at 888.558.8764 or Kim.Phillips@TheBenefitStation.com.

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Jump Start To a Healthier, Slimmer YOU!

By Angela Steward, Fitness Motivator
The Truth Contributor



I'd like to thank every one of you that emailed me, texted me, left voice messages in response to my May article: "Are You a Sugar Addict?"

In actuality, this sugar-free diet is a nutrition certification I'm currently participating in, that's designed for women of all ages, but focuses especially on women between the ages of 35 and 65 – who exercise, eat well, but find it complicated to become healthier and leaner.

I'm in that particular age category and was intrigued by the idea of not only being a certified weight-loss counselor but to also be certified in program that focuses on women of a particular age group!

I'm a firm believer that before I share it with others, I try it for myself – so here I am! After beginning the program, and actually living the program - I fell in love with the sugar-free concept of living a healthier life while not only losing weight, and ridding my body of inches (fat), I also felt more energetic!

I became so excited about the program, I created a simple Jump Start plan to become healthier and leaner to share with my fitness sisters and it has totally changed the way we read food labels! We now look at food as fuel for our body!

This Jump Start has helped us to lose weight without making drastic changes to our diet. As a result, a lot

of people have taken notice of the changes in our bodies and have asked for copies of my Jump Start program!

In fact, I had such a large response to my Sugar Free Addict article and Jump Start plan, a lot of people have stopped by my studio to request copies of the plan. So, I decided, why not share some of it with you in my article.

Before you say to yourself, this is just another crazy diet, please continue to read what makes absolutely no sense ... lol!!!

What if I told you that you don't have to stop eating any of the crappy food you're currently eating? Yep, my fitness sisters and I were apprehensive about that, reluctant but excited!

So for four weeks, you will be ADDING FOOD to your diet, yes I said ADDING FOOD – so don't change your normal eating habits! Stop worrying about depriving yourself, start getting excited about nutrition.

Think of my Jump Start as the first "nondiet" diet you've ever been on. I don't care if you're eating fried chicken, pizza or ice cream every night of the week right now. I know it sounds crazy, but there is a method to my madness! All you have to do is add in certain foods every

day. When you do this, you will change your body chemistry and satisfy your physical and your emotional hunger cravings.

By following this Jump Start, you'll be adding foods to your diet that will weaken your cravings for junk food. In fact, within two weeks, your desire for junk food will decrease drastically! Here's how it works:

Every day for the next four weeks, ADD the following foods:

***Eggs (2 daily)** – hard-boiled, soft boiled, scrambled or poached – without added fat, and of course – NO CHEESE! Eggs are a great fat-burning food – they contain lecithin, which breaks down body fat. Eating eggs also curbs your appetite – you'll feel full longer. [Tip: I boil my eggs a dozen at a time, I peel them, put pepper on them and put two eggs in six ziplock bags, and stick the bags in the fridge. You'll have your eggs ready for the entire week!]

***Oatmeal (1 cup daily)**
Oatmeal is another fat-burning food. It's one of the healthy carbs and fills you up and kills your cravings. Instant oatmeal is fine, but make sure it has less than five grams of sugar. Quaker Oats now offers instant oatmeal that's low in sugar! If you're using original or unflavored oats – add fresh fruit or cinnamon to enhance the flavor without

adding butter or sugar.

***Vegetables (2-3 cups daily)** Stuff yourself with vegetables. Vegetables are natural fat burners. They fill you up without filling you out because they're loaded with fiber and water. You can eat all the vegetables you want and still lose weight. Your body uses veggies for nutrition, rather than storing them in fat cells.

Fix a salad and load it up with your favorite veggies and eat steamed or broiled veggies at lunch and dinner. I recommend asparagus, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumbers, green beans, lettuce, mushrooms, greens (all varieties), onions, peppers (all varieties), spinach, squash, tomatoes, and zucchini. I eat all of these vegetables, except the brussel sprouts – yuck!!!

***Fresh Fruit (2 servings daily)** Adding more fruit to your diet will cut down your cravings for sweets. So begin trading your daily bread or candy fix for fresh fruit, like watermelon or mango slices. Fruit takes up a lot of space in your stomach, it digests slowly and fills you up. Loading up your diet with fruit will help your weight drop. Suggested fruits are apples, watermelon, mango, pears, apricots, bananas, berries (all varieties), cherries, citrus fruit, kiwi, peaches,

pineapple and plums. (A serving is one piece of raw fruit (whole) or a cup of chopped fresh fruit). Eat whole fruit, never juice.

***Drink Water and Lemon Juice.**

Drink a lot of water with lemon juice – two to three liters each day. Water with lemon juice is a bile thinner. This means it helps bile do a better job of processing fat. It also prevents cravings which means fewer snack attacks during the day. Sipping water fills up your stomach, and with more water in your system expect to feel more energetic. (Tip: I wake up and drink a bottle of water before I have my morning coffee.)

***Whey Protein Shake (8-ounce serving daily)**

Whey Protein powder mixed with 8 oz of water is a great detoxifier. Whey is a natural fat burner and great muscle builder. I bought my chocolate-flavored protein powder from Wal-Mart and it's low in sugar! I just add water, a few cubes of ice, and a tablespoon of crushed flaxseed to my protein powder, I shake it up and I guzzle it down on the way to work! I then eat my two eggs while I'm at my desk. You can also drink your shake as a meal replacement.

So, why does this Jump Start work?

This plan is designed to control your appetite and cravings while balancing

(Continued on Page 9)

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Dear Ryan,



I have been doing abs for about three months now and I'm not seeing to many results. What are the best ab exercises to do to get my abs in for summer? Thanks

J.R.T

Dear J.R.T.,

If you are doing ab work and are not seeing any results it's your nutrition. You could not do another sit up or crunch and clean up your eating and your results will come faster.

The trick to a beautiful six pack is great nutrition!

Read that again.

When you do your ab work you are working the mid-section but you are not burning the fat in just that area. A good six pack comes from the absence of body not from the constant work of the area. There is NO SUCH THING AS SPOT REDUCTION!

You cannot make your body burn fat in one area just by working it. Your body burns fat all over and there is no way to control

where you burn it from. There is no machine that is going to give you a six pack if you use it for just five minutes a day for five weeks. You can forget about the magic pill everyone tries to sell you so that you can have that six-pack.

Yes, some supplements do help you to burn body fat but it's just an extra push not a solution to the fat problem. You need to be more conscious about what you are eating so that your body burns fat and not gains it.

You want to feed the muscle and starve the fat. This comes from a higher protein low carb no sugar eating plan and a good exercise regimen. A lot of people eat the wrong proteins when trying to eat like this. You want to consume lean cuts of meat such as; chicken breast, turkey breast, sirloins, tops, rounds (beef <10 percent fat) and protein drinks.

Make protein 50-60 percent of your meals, all five of them. Water is also a key factor in burning fat. It helps with protein synthesis, hydrates the cells so they function properly, helps with the skin, raises your metabolism and helps to burn and flush fat.

Sprints are an excellent way to burn body fat and give you a great workout at the same time. You don't have to run far, just do 30 yards to start out with the go up to 40 then 50 yards. Do five to 10 sprints after you weight train to help you burn more calories and harden up.

Sprints help to work your

legs, glutes, abs and lower back. Remember be as conscious, or more, of your eating as you are your training. Good luck and great health to you all.

Also, starting the second week in June I will be starting the Dream Bodies Fit Camps at the park again. Please call or email for more information

Ryan Rollison
419-476-3494

Dream Bodies
mydreambodies.com

1240 W. Sylvania ave
Toledo Ohio 43612

Jump Start

(Continued from Page 8)

your body chemistry. As you adjust to the addition of healthier foods, the compulsion to pig out on the junky stuff disappears.

Within two weeks, you'll be eating less junk food automatically, loving healthier food more and you'll start losing weight. Your body will no longer be in "fat mode," it's now in "fat-burning mode!" Stick with the Jump Start plan - it works!

I'll meet you here next month, same paper, probably the same page number, with same picture.. lol - we'll go into the details of what we're going to do next! Your body is a perfect machine and it wants to work for you - Give it the right fuel and it will! FabFit Jump Start!!

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HHS Announces the Winners of the Reducing Cancer Among Women of Color Challenge

Apps help underserved and minority women take control of their health

Special to The Truth

HHS Deputy Assistant Secretary for Minority Health J. Nadine Gracia, MD, MSCE announced the winners of the Reducing Cancer Among Women of Color Challenge. A first-of-its-kind effort to address health disparities among racial and ethnic minorities, the winning apps will help women of color prevent and fight cancer.

The winning apps, Big Yellow Star, Broadstone Technologies, Appbrahma, HW-Technology, and Netzealous, are designed to help women of color prevent and fight cancer by linking them to information regarding preventive and screening services and locations, including support groups and care services.

The apps all focus on providing high-quality health information in different languages to women and community health workers about screening and preventive services. The apps were developed to interface securely with patient health records and strengthen communication across a patient's care team in an effort to better coordinate information and care.

"This challenge created an innovative opportunity to use new technologies and new platforms to engage women in communities that have too often been dismissed as 'hard-to-reach,'" Dr. Gracia said. "Through these innovative tools, we are addressing disparities by reaching women where they are – and taking an exciting step forward in implementing the HHS Action Plan to Reduce Racial and Ethnic Health Disparities."

"The Reducing Cancer Among Women of Color Challenge is a great example of the positive impact health information technology can make. Getting timely cancer preventive and treatment information to patients has always been an effective strategy. The winners of this challenge increase our capacity to empower women across a broad socioeconomic spectrum," said David Hunt, M.D., F.A.C.S., medical director of health IT adoption & patient safety at the Office of the National Coordinator for Health IT (ONC).

In the United States, breast and gynecologic cancers are responsible for more than 68,000 deaths each year with over 300,000 new diagnoses made each year. Women of color are disproportionately affected due to various reasons, including the inability to access health care and preventive information, services, referral, and treatment.

The Reducing Cancer among Women of Color Challenge is a partnership between HHS' Office of Minority Health and ONC. It challenged innovators and developers to

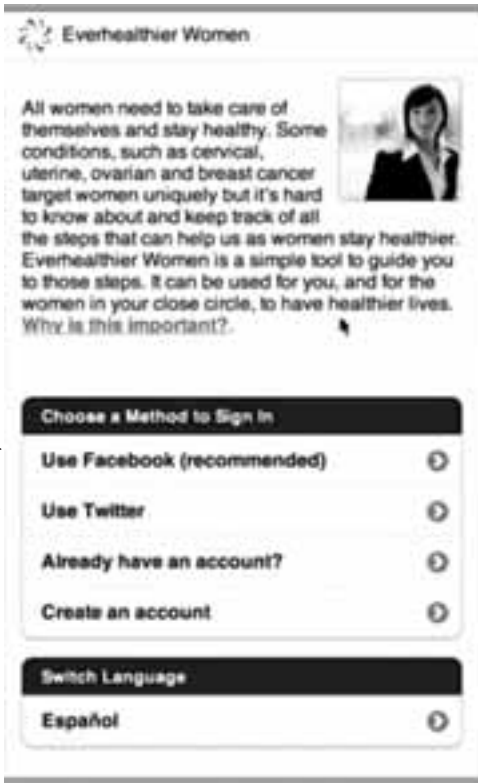
create a mobile device-optimized tool that engages and empowers women to improve the prevention and treatment of breast, cervical, uterine, and ovarian cancer in underserved and minority communities and that can interface with provider electronic health records.

Submissions were reviewed and judged based on:

- Patient engagement
- Quality and accessibility of information
- Targeted and actionable information
- Links to online communities and/or social media
- Innovativeness and usability
- Non-English language availability

To learn more about the app challenge, the winners, and information on how to download the winning apps please visit:

<http://challenge.gov/ONC/402-reducing-cancer-among-women-of-color> and <http://www.health2con.com/devchallenge/reducing-cancer-among-women-color-challenge/>



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Local Food Week in the 419

Special to The Truth

Help us celebrate local foods! Because of our fertile soils, temperate climate and agricultural heritage, the 419 has a wealth of local food. August is the beginning of the peak of our season. The Northwest Ohio Local Food Council invites you to participate in Local Food Week in the 419 from August 8 – 18, 2013.

We invite you to use the tagline, "Local Food Week in the 419", post on our Food in the 419 Facebook page or submit information to us at education@foodcouncil419.org about what you do to celebrate local foods and how we can collaborate. We are starting to put together a calendar to publicize the great things going on with Food in the 419. We will be sending email updates every other week with details. Here are a couple examples of scheduled events: "Sneak a Zucchini on Your Neighbor's Porch" by OSU Extension, Lucas County August 8, Jazz at the Market at the Toledo Farmers Market, August 10 and an Urban Community Garden Tour at Magyar Gardin, August 17 as part of the 2013 Ohio Sustainable Farm Tour and Workshop Series Presented by: Coalition of Ohio Land Trusts, Ohio Ecological Food and Farm Association, Ohio State University Sustainable Agriculture Team.

Although "locally grown" food does not have one definition, many people are considering where their food was grown or raised and make the effort to develop personal connections with growers and producers to find the freshest, safest and most local food. Please share what "local food" means to you or your establishment and how you celebrate it. If you have a source of locally raised vegetables, fruits, meats, eggs, cheese, honey, bread or other artisan products, we invite you to highlight and promote your local producer all year long but especially this week.

This is what produce might be in season if you are planning a menu: beans, beets, blackberries, blueberries, cabbage, cantaloupe, carrots, collards, corn, cucumbers, eggplant, endive, kale, leeks, lettuce, mustard greens, okra, onions, peaches, peppers, potatoes, summer squash, tomatoes, turnip greens and possibly fall raspberries, spinach, apples and everbearing strawberries.

The Northwest Ohio Food Council is a collaborative network of organizations and individuals working together to build a healthy Northwest Ohio food system. Please visit our website at <http://foodcouncil419.org> or Food In the 419 Facebook page. If you have any questions, please email education@foodcouncil419.org

Happiness Could be Key to Good Health

Special to The Truth

Everyone knows that proper diet, regular exercise and avoidance of bad habits like smoking are crucial to great health. But some experts say that a truly positive outlook on life can be just as powerful a factor in improving overall wellness.

In fact, possessing “emotional vitality” and a sense of hopefulness, was found in a Harvard School of Public Health study to reduce the risk of coronary heart disease. And many other studies have yielded results with similar implications.

“An internal dialogue that is filled with negative, judgmental or self-defeating thoughts can be a self-fulfilling prophecy,” says Sean Meshorer, a spiritual teacher and author of the new book, *The Bliss Experiment: 28 Days to Personal Transformation*. “Bringing bliss into your work, relationships, family and service, no matter what your personal struggles may be, can help you live a more focused, stress-free, fulfilling life.”

Meshorer, who sustained an injury seven years ago that left him with severe, disabling and incurable chronic pain, believes your circumstances in life don't need to define your happiness. In his new book, he offers readers science-based spiritual solutions to changing the way one thinks.

With that in mind, Meshorer shared a few ways to get started:

- **Have compassion:** You can't be genuinely happy while you're indifferent to the pain of others. Compassion reinforces our feeling to the world around us and breaks down barriers of loneliness. Make a conscious decision to act compassionately toward others -- including strangers and enemies -- without the expectation of receiving anything in return.
- **Dispute negative thoughts:** Don't suppress your negative thoughts or paint them over with pretty colors. Running from reality can be counterproductive. Instead, recognize that not all your negative thoughts are rational or justified.
- **Analyze your thoughts for how they began and why they may not be entirely accurate.** Attempt to think about the people or things that are making you unhappy in the most objective light possible.
- **Be optimistic:** Optimism is a practical and effective life strategy. Let go of your fears that being positive leads to disappointment.
- **Don't place material conditions on happiness:** To place your happiness at the whim of complex economic conditions out of your control is like playing Russian roulette with your soul. Don't let your bank account define your happiness.
- **Practice affirmations:** Our words are extremely powerful. What we say to ourselves and how we say it are vitally important, impacting our bodily health and mental well-being.

While often viewed as dubious New Age musings, there is scientific evidence that doing affirmations can avert depression, according to a study by the American Psychological Association. Other studies have found affirmations can substantially improve body image, bolster business success and reduce stress. Sit somewhere quiet and repeat your affirmation out loud.

By pursuing your happiness, you can live a more functional, fulfilled life.

Fast-Food Restaurants Near Schools Affect Black and Hispanic Students More Than Asian and White Students

Special to The Truth

When their schools are near fast-food restaurants, black and Hispanic adolescents are more likely to be overweight and receive less benefit from exercise than Asian or white students, according to a study published in the current issue of *Journal of Public Policy & Marketing*. The study underscores the importance of understanding how adolescents respond to fast-food availability near school.

“Our study demonstrates that fast food near schools is an environmental influence that has magnified effects on some minority children at lower-income urban schools,” said Brennan Davis, Ph.D., assistant professor of marketing at Baylor University, who co-authored the study with Sonya Grier, Ph.D., associate professor of marketing at American University.

Students attending lower-income schools on average have a higher body mass index (BMI) and consume more soda. Likewise, urban schools have students who on average have higher BMI and consume more soda. To put these results in perspective, the study found that for all students, having a fast-food restaurant a mile nearer to school almost entirely cancels the body weight benefits of exercising one day per week. However, for black and Hispanic students in lower-income urban neighborhoods, having a fast-food restaurant a mile nearer to school may cancel the benefits of up to three days of exercise per week.

“The findings imply that it is important to examine the behaviors and contexts associated with low-income and ethnic minority status in urban areas,” said Grier. “These populations not only are the fastest growing but also have the highest rates of obesity, and research is relatively limited.”

According to the study authors, the school environment is, more often than many other settings, one in which adolescents make food choices free from the family structure and parental control and can occur during lunch or before and after school. The study highlights the need to understand local targeted marketing strategies and outcomes according to income, ethnicity, and geographic segmentation. Many of the ethnic groups that are increasing in size and purchasing power, and are increasingly of interest to marketers, are also geographically concentrated.

“As mobile geo-demographic location targeting increases, fast-food promotions will likely target those adolescents nearest to fast-food outlets and who are at greatest risk for obesity. Voluntary industry actions, or policies that support healthier food near schools, can contribute to healthier school food environments,” Davis said.

The current study builds on previous research (*American Journal of Public Health*, 2009) by Davis and Christopher Carpenter, Ph.D., associate professor of economics and public policy at The Paul Merage School of Business, University of California, Irvine, which found that students with fast-food restaurants within one-half mile of their school consumed fewer servings of fruits and vegetables, consumed more servings of soda, and were more likely to be overweight than were youths whose schools were not near fast-food restaurants.

In a study not yet published (*Association for Consumer Research Conference Proceedings*, 2009), Davis and Cornelia Pechmann, Ph.D., professor of marketing at the Merage School, found that adolescents with higher social identification with people at school perceived restaurants near school to be socially closer, were more likely to have friends, and eat there more often. In contrast, students who were relatively low in social identification were not affected by the nearness of a fast food restaurant. In other words, low social identifiers were relatively immune to nearby fast food, while high social identifiers were highly vulnerable to it.

Student demographics, and information on students' body weight and height, which was used to determine BMI, came from their responses to the 2003/2005 California Healthy Kids Survey, an anonymous, school-based survey. More than 36 percent attended school in a large suburban area, and 55 percent attended school within a half-mile of a fast-food restaurant. Respondents reported their age in years by category: 21 percent were 12 years and under, 11 percent were 13 years, 24 percent were 14 years, 12 percent were 15 years, 23 percent were 16 years, and nine percent were 17 years or older. Slightly more than half of the students were

(Continued on Page 13)

Age-Related Macular Degeneration

Special to The Truth

Today, more than two million Americans have age-related macular degeneration (AMD), including 92,424 in the state of Ohio. AMD is an eye disease that causes central vision to deteriorate over time, making simple pleasures such as driving and reading increasingly difficult. Unfortunately, there is currently no cure for AMD.

The good news is that with early detection and treatment, vision can be preserved. Prevent Blindness Ohio is joining the national “AMD: Awareness Makes a Difference” program to educate adults on the disease and the steps that can be taken today to protect vision in the future.

Prevent Blindness Ohio will post an AMD question on our Facebook page (www.facebook.com/pbohio) and Twitter feed (https://twitter.com/#!/PB_Ohio) each day from June 3-9 and provide additional information on the website.

For more information:

<http://ohio.preventblindness.org/prevent-blindness-ohio-declares-june-3-9-%E2%80%9C9Camd-awareness-makes-difference-week%E2%80%9D-effort-educate-public>

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Watoto Children's Choir Travels from Africa to Inspire Thousands in Ohio

Special to The Truth

The Watoto Children's Choir traveling from Africa kicked-off their six month U.S tour in Tomball, TX on Sunday January 13, 2013 and are continuing their tour through Holland, OH on June 11, 2013. Exact locations and times of the performances entitled Beautiful Africa: A New Generation can be found at the end of this release. All performances are free and open to the public.

The Watoto Children's Choir acts as Watoto ambassadors to raise awareness about the plight of the orphaned and vulnerable children of Africa. Watoto is a holistic child-care solution initiated to serve the dire needs of

Africa and her people.

Each of the children in the choir has suffered the loss of one or both parents. They live in Watoto Children's Villages where they receive the care and nurture they need to grow up as productive citizens of their own country.

With vibrant, original African music; dance routines; life-transforming stories, the tours is indicative of the new generation of leaders emerging out of Watoto.

"Through the choir's Concert of Hope, we share a message of transformation by telling the story of Africa's rescued orphans and women. We hope to

reach out to audiences with the message of Christ's healing power," says Gary Skinner Watoto Founder.

With its genuine appeal, accompanied by music and dance – an energetic fusion of contemporary gospel and traditional African rhythm – the globally acclaimed Watoto Children's Choir has traveled internationally since 1994 as ambassadors for the millions of children in Africa, orphaned as a result of HIV/AIDS, war and poverty.

Since its inception, 60 choirs have traveled globally, providing the children with a bigger worldview, an unusual opportunity they would otherwise never get.



The choirs have been to Australia, Brazil, China, Europe, Hong Kong, Japan, Germany, France and the U.S. among others. Their audiences have included royalty, presidents, ministers, and the ordinary

person, capturing many hearts wherever they go.

The Children's Choir will be appearing Tuesday, June 17 at the Holland United Methodist Church, 6605 Angola Rd, at 7 pm.

To preview a performance of the choir visit: www.watoto.com/the-choir

For the full choir schedule in the U.S. go to <https://www.watoto.com/the-choir/sec-the-choir>

Little Generations Day Care Graduates 61 Preschoolers

(Continued from Page 16)

to enhance learning. Periodically providing ongoing education training for teaching staff, and conducting itself in a Christian manner."

The ceremony continued with several festive presentations by the graduating class. This included the song, "Hello in Many Languages," in which the children sang hello in various languages including American Sign Language. They also performed the Pledge of Allegiance, spelling words and counting, singing in Swahili, and used American Sign Language for the alphabets.

Reverend Benjamin Green, pastor of The New

Covenant Church verbalized the excitement that parents and family felt on this graduation day, and shared words of encouragement. "These young minds are wonderful. This is just your first of many graduations, you will graduate from junior high, high school, and then college. You're going to graduate, again and again. We are so proud of our graduates today. Thank you to the teachers for spending time with our babies, and thank you parents for making the decision to send your precious child to Little Generations Day Care Center."

Little Generations Day Care Center focuses on Ohio's Pre-K standards,

which includes but not limited to: alphabets and numbers, colors and shapes, Spanish and American Sign Language, phonics, science experiences, also arts and crafts.

Little Generations has two locations in Toledo and both are rated three stars by the State of Ohio. That is the state's top ranking and the day care centers are among the few in the northwest Ohio area to earn such an achievement.

Call 419-534-3195 to schedule an interview and learn more about enrollment.



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Black Music Month Music Industry Topic: Should You Sign A Contract?

By Michael Hayes
Minister of Culture



Last week I wrote about the song "New Slaves" by Kanye West and in one of the lines he spits: "Y'all throwing contracts at me, ya'll know that ni**as don't read."

Lauryn Hill has been very vocal about feeling trapped and exploited by "devices of control" used by the recording industry. She even goes in greater detail discussing "limited funding," "blackballing" and how individual growth falls victim to label concerns of "marketing and politics."

You know what Q Tip said back on that old Tribe classic:

"Industry rule number 4080, record company people are shady."

I've spoken on this subject, written on this subject and dealt with this subject in my own musical career enough to see various angles on it.

Plus, I keep a close eye on situations involving many of the popular artists who have had contract/label disputes in recent years. From Mase and Jill Scott to newer acts like Chief Keef.

Let's take Chief Keef for example.

Teenaged rapper from Chicago gets an insane buzz around his city and online.

Starts getting big name cosigns before he and his manager even land a deal.

They eventually sign with Interscope (which, if you know your stuff you know how huge that is).

Chief Keef, who is under 18, and his manager receive an unprecedented three-tiered recording deal which plots out Keef's solo career as well as official backing for their imprint, G.B.E.

But, there's one catch. One serious and all-important catch.

If Chief Keef doesn't move a certain number of

units by this December, Interscope can drop him and walk away from the deal...no questions asked.

In all of this, Keef and Dro Manuel (his manager) received nearly half a million dollars as funding for the project's production and promotion budget. They each also got six-figure advances.

Chief Keef's criminal activity landed him in a juvenile detention center for a couple months, so right after his album dropped he wasn't even able to promote it.

Sales of "Finally Rich" aren't anywhere near the reported number they need to hit.

Which may be why Chief Keef is supposedly signing with Gucci Mane.

But the interesting part of all this is when his manager was asked about the details of that all-important catch in their deal with Interscope his response was: "I'd imagine they would have some kind of clause like that..."

He gave a decent answer but he didn't seem to be well versed on what he signed.

The more I think about it, that seems to be a common thread with most of these situations.

People are completely fine taking the label's resources, getting that budget, lining their pockets, and benefiting from the positions a new deal can put an artist in... but DID YOU READ THE CONTRACT?

How about this. Is Chief Keef's situation even fair to Interscope?

They gave him a deal most established artists never see and most aspiring artists can't even fathom. With his low sales numbers,

have they recouped their own costs of signing him? If he signs with Gucci Mane's Brick Squad label, what does Interscope have to show for their investment?

Same with other situations, you've got artists signing deals to deliver five albums but then want to jump ship before completing the deal and don't want to return the money.

Even in Lauryn Hill's case, this is a woman who signed a deal knowing what she was getting into. Lauryn Hill was not broke. No one stole her money.

Columbia records allowed The Fugees to executive produce their own album, which was unheard of for a mostly underground act in the 1990s.

The Score sold 17 million copies worldwide. Lauryn Hill's solo debut sold another five million. Not even counting publishing, that's a lot of money for someone who was credited as writer, co-producer and executive producer!

But then, when the label that placed Lauryn Hill in that position wants input in her creative output, it becomes a problem?

Consider this. If you can sign a cell phone contract and understand how that works, you can understand a recording contract.

There is an exchange taking place, simple as that.

What if you didn't know the terms of the contract you currently have with T Mobile or Sprint or whoever? Would it be T Mobile or Sprint's fault or yours?

You pay money, you get service. You leave before your terms expire, you get

penalized. In a way, the mobile company has given you an advance.

That phone you got for \$200 or less would have cost you at least double that amount if you weren't signing that contract to let them be your mobile carrier.

But since you signed, you get to pay a much lower price for that phone you wanted in exchange for your one or two-year agreement.

You wouldn't even KNOW THE PHONE EXISTS if the company didn't do marketing and promotion.

So in Lauryn Hill's case, how can she complain that the industry powers are concerned with marketing and promotion?

That's not politics, that's business.

I say it time and time again to artists, if you don't want to be thought of as a product then don't even consider a career in music.

Yes, the music is art but the music BUSINESS makes it also a product.

Products have costs involved. It took someone's

resources, time and expense to see that music go from ideas and concepts to actual completed work.

Not only should the parties responsible for the aiding that process be able to recoup their investment, the artist themselves should willingly embrace the reality that they will be subject to all the marketing, promotion and other treatment that sells products.

Kanye West had no problem calling himself The Louis Vuitton Don, or spending millions of Def Jam's money.

Lauryn Hill had no problem collecting Grammys, gracing magazine covers and being catapulted to a level where fans know her music and hang on her every word.

If a record contract is SHADY and unfair (like that mess that seems to be brewing between Stevie J and Joseline on Love and Hip Hop ATL)...then yes, by all means avoid it and get out of it.

But if you are getting a fair exchange, don't front like you are being exploited just because the corporation whose money you took wants some control in the

final product. The music industry has many pitfalls, like any other industry.

But the old saying goes "you don't get what you want, you get what you negotiate for".

If you want to have a career in entertainment, don't just be an artist.

Learn how things work, learn what the terms are, learn how things are structured or get someone in your corner who will break it down for you.

Don't sign your life away, watch the term limits.

Don't sign your rights away, pay attention to the use of image and name clauses.

Don't EVER sign your money away, watch the percentages stipulated and how your publishing catalog will be handled.

A contract is meant to offer an outline for how the artist and the entity behind the artist approach working together, because in the end...the music business is a business.

And remember, the entity who takes a risk investing in your artistry has a lot to lose, too.

TOLEDO NAACP GENERAL MEMBERSHIP MEETING NOTICE

The Toledo NAACP Branch will have their General Membership Meeting Tuesday, June 11, 2013, 7 pm at Third Baptist Church located at 402 Pinewood Ave. If you would like to become a member of the branch please send your check or money order payable to the Toledo NAACP, P.O. Box 9388, Toledo, Ohio 43697.

Adult Memberships are \$30 (includes a Crisis Magazine), Youth 20 and under is \$10 without the Crisis, \$15 with the Crisis.

For more information please call 419-407-6486 or email us at info@toledonaacp.com.

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
 Email: hr@unisonbhg.org

EOE

Contract Compliance Monitor

The Mental Health & Recovery Services Board of Lucas County is accepting applications to fill the position of Contract Compliance Monitor. Applications will be accepted through June 11, 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 "Contract Compliance Monitor" 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


Community Engagement and Outreach Manager

The Mental Health & Recovery Services Board of Lucas County is accepting applications to fill the position of Community Engagement and Outreach Manager. Applications will be accepted through June 11, 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 "Community Engagement and Outreach Manager" 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

THE TOLEDO BLACK

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Our Black Year
 Our Family's Quest to Buy Black in America's Racially Divided Economy
 Maggie Anderson
 with Ted Gregory

LITTLE GENERATION DAY CARE
 419.574.7000

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TRANSPORTATION COMPANY
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Truth Art Gallery and Event Center
 1811 Adams Street • Toledo, Ohio 43604

ADS POSTED ONLINE AT:
www.TheTruthToledo.com and
www.ToledoBlackMarketplace.com

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

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

Annual Membership available and receive priority bookings, church and organizational bookings welcomed
 Free Wi-Fi, Light refreshments available. Safe and secured lighted parking. Accommodations for parties up to 40.
 Standard booking fee for Profit and Non-profit. Event Planner available upon request
 Catering Referral Services Available upon request
 "Come and enjoy comedy, spoken word, music talent and more!"

BOOK YOUR EVENTS NOW!

Child Care
 Footprints Day Care and Pre-School
 3215 Lagrange Street, Toledo, OH 43608,
 419-242-9110



Ruby's
 4933 Dorr St. Toledo
marubyskitchen.com



419-450-3325
24 HOURS

CLASSIFIEDS

Page 15

June 05, 2013

ACCEPTING APPLICATIONS

Accessible Country Trails I and II
One (1) and Two (2) bedroom
accessible units (wait list)
and
Ottawa River Estates
One (1) bedroom units (wait list)

Qualifying physical or developmental
disability required.
Rent based on income.

John H. McKissick Senior Apts.
One (1) bedroom units (wait list)
Must be 62 years of age or older.
Rent based on income.

Applications taken on a FIRST COME,
FIRST SERVE BASIS
on Tuesday, June 11, 2013 at Lott Industries,
3350 Hill Ave., Boardrooms A and B, Toledo, OH
For further information call (419) 389-0361
Monday through Friday, 8:30 AM – 4:30 PM



Bus Trip

To Sweetie Pies St Louis Departs 8-31-2013 &
Returns 9-2-2013. Cost of the trip is \$195.00 per
person based on double occupancy includes Trans-
portation, Hotel, and meals for all 3 days. Call Chris
at 419-322-1194 to secure seat. Don't delay the first
trip sold out in 2 weeks.

Sell Jewelry That Sells Itself

Not a salesperson? No problem! Make extra
income as a Silpada Representative selling
Sterling Silver Jewelry so beautiful it sells itself.
You'll earn free jewelry bonuses and trips, not
to mention 30% commission on your sales.
Become a Silpada Representative today! Call
419-290-1832.

For Rent

Duplex, 3020 N. Detroit Spacious 2 bedroom 1
bath upper unit with balcony, washer/dryer hook
ups, large eat-in kitchen area, ADT sec, totally
remodeled last 3 years.

Must See! Rent \$435 mon, tenant pays, elec/
gas, \$835 moves you in!! Available Now!!!

Visit urgrentme.com or call 419-410-1119 for
more info.

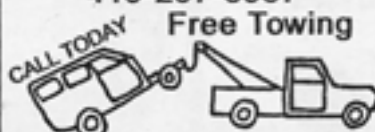
WANTED

DEAD OR ALIVE
WRECKED, OLD,
RETIRED VEHICLES

Call Us Last,
We Pay the Best!

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Free Towing



CLINICAL COORDINATOR, PRE- REFERRED CHOICE PROGRAM

Full-time position available for experienced indi-
vidual to manage Preferred Choice Program. Re-
sponsibilities will include processing referrals, pro-
gram marketing, diagnostic assessments, insuring
appropriate documentation and reporting, group and
individual counseling, consultation with and supervi-
sion of staff, maintaining ODADAS certification,
development of relationships with external sources
and other related projects as assigned.

Qualified candidates must possess a current
LISW or LPCC and Chemical dependency licen-
sure. Must be competent in substance abuse as-
sessment and counseling, have experience working
with individuals and families with mental health
and substance abuse problems and have previous man-
agement 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

EOE

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-
ence in programming and database design required.
Previous experience with billing software and elec-
tronic 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@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, car-
peting included. Call (419) 729-
7118 for details.



Attention Seniors:

House(s) For Rent.
Two Bedroom
One level just renovated.
Call (419) 708-2340

NOTICE IS HEREBY GIVEN by the Board of
Directors that Sealed Bids will be received by the
Toledo-Lucas County Port Authority for:

PHASE 3.3 WAREHOUSE BUILDING
LAKE ERIE PORT MANUFACTURING & IN-
DUSTRIAL CENTER – IRONVILLE TERMINAL
2863 FRONT STREET, TOLEDO, OH 43605

This contract is for all labor, equipment and
materials necessary for the above-referenced project
at Ironville Terminal, 2863 Front Street, Toledo, OH
43605, in accordance with the plans and specifica-
tions, for the Toledo-Lucas County Port Authority at
One Maritime Plaza, Toledo, OH 43604.

Bids will be received at the Port Authority's ad-
ministrative offices at One Maritime Plaza, Toledo,
OH 43604 until Friday, June 14, 2013, at 2:00PM, at
which time and place all bids will be publicly opened
and read aloud. An optional pre-bid meeting will be
held on June 5, 2013, at 2:00PM at the Port Authority's
administrative offices. Questions will be entertained
until June 7th at 10:0AM and shall be submitted in
writing to sway@dgl-ltd.com – answers will be dis-
tributed in writing to all plan holders and Becker Plan
Room's website.

The project is located at 2863 Front Street,
Toledo, OH 43605. This project consists of the
construction of a 19,290sf warehouse building and
related site work. The warehouse building consists
of a 75' clear span with basic support mechanical/
electrical/plumbing utilities. A 390sf office area and
restroom will also be constructed. The site work to
accompany the building construction consists of
concrete pavement, track construction, utilities
brought to the building and overall site drainage.
The Engineer's Estimate for the base bid items is
\$2,400,000.

Plans, Specifications, Instructions to Proposers,
and Forms of Proposal and Contract are on file, and
may be obtained by either (1) obtaining hard copies
from Becker Impressions, 4646 Angola Road, To-
ledo, OH 43615, phone 419.385.5303, during nor-
mal business hours; or (2) ordering and paying
through Becker Impressions' plan room at
www.beckerplanroom.com at a non-refundable price
of \$40.00.

This advertisement may be read in its entirety at
[http://www.toledoportauthority.org/en-us/
publicnotices.aspx](http://www.toledoportauthority.org/en-us/publicnotices.aspx).

ADS POSTED ONLINE AT:
www.TheTruthToledo.com

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-
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with hardware/software support. Previous experi-
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quired. 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

Indiana Avenue Missionary Baptist Church Hosts Annual Senior Citizens Weekend

Special to the Truth

The Indiana Avenue Missionary Baptist Church celebrated its 32nd annual Senior Citizens "Special Weekend," beginning on Saturday, May 18 until Sunday, May 19. Saturday's celebration included the annual Senior Citizens Prayer Breakfast, starting at 9:30am.

The program was held at the Stephenson-Roberts Fellowship Hall. The breakfast honored six, who were inducted into the Indiana Avenue Missionary Baptist Church's Senior Citizens Hall of Fame. Recipients were: Trustee Larry Jones for education, Sister Linda King for care-giving, Sister Mary Ann Adams for mentoring, Sister Susan Lee for religion, Mother Annie Byrd for volunteerism and Sister Denise Cardwell for business.

The prayer breakfast speaker was Sidney Sparks of Indiana Avenue Missionary Baptist Church. The special weekend continued Sunday with the morning service dedicated to senior citizens, and featuring speaker Rev. William Smith of Indiana Avenue Missionary Baptist Church.

The weekend was organized by Rev. John E. Roberts, D.Min, general Chairman Sister Clara Jackson, and committee members: Sister Wilma Brown, Mother Florence Butts, Sister Maxine Forney and Sister Jean Williams.



Committee members with guest speaker and Rev. John E. Roberts, Pastor of Indiana Ave



Honorees Sis. Adams, Mother Smith, Mother Byrd, Sis. King, Sis. Lee with guest speaker Starks and Pastor John E. Roberts

Little Generations Day Care Graduates 61 Preschoolers

By Artisha Lawson

Sojourner's Truth Reporter

The months of May and June are usually filled with graduations; in keeping with that tradition Little Generations Day Care held their graduation on May 29 at the New Covenant Church on Jackman. The eighth annual ceremony served as a celebration for 61 preschool students who will attend kindergarten this fall.


The ceremony opened with a procession of the graduating class, and welcome address by Administrator Gladys Green. She publicly thanked the parents, grandparents and extended family for attending the ceremony and then recited the Center's mission statement.

"Little Generations Day Care is committed to investing its best in little minds that will one day grown up to be great minds," said Green. "We accept this challenge by creating learning experiences that will prepare young students spiritually, socially, emotionally, intellectually and physically. We provide a safe environment for your children to learn, keep parents informed of the progress of their child. Updating and using a variety of technology resources to

(Continued on Page 12)



BOOK RELEASE...



PASTOR TALMADGE J. THOMAS

if you are looking for a devotional guide to help you grow and mature in the word, *Early Will I Seek Thee*, by my friend and brother, Pastor T. J. Thomas is the one for which you've been looking. This inter-actional devotional not only allows you the opportunity to meditate on the word but also it includes time and space for you to journal, reflect and navigate where you are in your walk with God. This devotional is a must for those who are willing to go deeper into the wells of wisdom. I highly recommend *Early Will I Seek Thee* for your use as you move through Proverbs, the Book of Wisdom.

-Pastor Tyrone D. Gordon
Transforming Life Christian Church
Dallas, Texas

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2PC \$4.49 sm. mashed potatoes & biscuit
mixed meal



10PC \$14.99 2 lg. sides & 4 biscuits
legs & thighs meal



ADD HALF GALLON TEA
\$1.50

Offer good for Church's Chicken at
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Toledo, Ohio