



Volume 24, No. 15

"And Ye Shall Know The Truth..."

August 7, 2013

African American Male Wellness Walk



Walk Founder John Gregory, AALP's Robert Smith, Fire Department Deputy Chief Brian Byrd, Vito Sawyer, Local Coordinator, Lloyd Martin AUS Superintendent

"The Walk was an opportunity to address health issues that disproportionately impact black males such as kidney disease, high blood pressure, HIV and diabetes."

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Black Youth: Political Perspectives, Policies and Promises

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

As legal slavery passed, we entered into a permanent period of unemployment and underemployment from which we have yet to emerge.

— Julian Bond



It takes a precipitating crisis for societal problems to get on the radar of politicians. Yet, matters of race and policy issues affecting the well being of the black community continue to be ignored despite public disasters such as the shooting death of Trayvon Martin and the crimson tsunami of young African-American blood flooding our streets.

Has the problem of race captured the attention of Toledo's mayoral hopefuls? Are these potential municipal chieftains paying serious attention to the precarious plight of its young black citizens? Will the hopes and dreams perilously held by black youth in the face of pressing problems such as massive unemployment and unmitigated violence find a location on the policy agenda of these professed political saviors?

I held a series of conversations with several of Toledo's mayoral aspirants, including current Lucas County Auditor, Anita Lopez.

Perryman: The Trayvon Martin incident seems to be relevant to any political campaign in that it seems to emphasize the persistent problem of race. It also highlights the sad plight of black males. What is your assessment?

Lopez: It's sad, not only about the death of a child, but also of the state of our country when it comes to the perception of crime and the uncertainty felt within black communities. It's a tragedy. We have to deal with the fact that 50 percent of our children in the City of Toledo live in poverty and we need to make sure that locally we prevent any opportunity for a tragedy. We also know that there has been institutional racism. So we need to candidly talk about how we're going to change that because the future is diverse and we have to raise our babies to know what challenges come with being diverse in this country.

Perryman: Aren't we also talking, in a sense, about a racial profiling of a young person because of the way he was dressed? What do you think about racial profiling based on the type of clothes one wears, a hoodie that affected the life outcome of a young African-American male when all kids of that generation are wearing these same styles?

Lopez: I think any of us who are persons of color know that there is a certain perception that goes with stereotypes. And I think we combat that every day and

we have to keep educating our children and working with the criminal justice system to move forward by providing more training and education in building relationships within our communities. Race relations are still an issue in this country and we have to talk about them locally and how we make them better.

It's up to us locally, as leaders, to talk about those issues. And unfortunately, sometimes we do have to raise our babies to let them know that there is a perception out there of us. But that's the world we're living in. I'm going to do everything I can as mayor to make it go away absolutely.

Perryman: Trayvon Martin also represents a demographic under assault and a microcosm of what's happening to young African-American males collectively. They are disproportionately victims of violence; they're disproportionately profiled and arrested at higher rates than anyone else and we can talk on and on about the disparities. Poor black youth have to live in toxic neighborhoods polluted by high violence and poisoned by drugs. Although they often choose to respond to their circumstances in

ways we would not consider to be responsible or healthy, their situation is dire. Do you take the plight of young African-American males seriously?

Lopez: I take their plight to my heart. These are historical issues that have been compounded and continue to challenge our community. Locally, these issues have not been dealt with. The plight of black youth is nothing new for our community. What is new is that, with me, somebody's going to actively go into the communities and sit there with our churches and go door to door and house to house and say "look we need to save the babies, children must

come first."

Perryman: Much of this crisis is related to young black males not being able to enter the workforce, the result of harmful policies that have been implemented over previous decades. It's nice to talk and beat the drum on how bad things are, but what specific new policies will you put in place to actually deal with the plight of young black males?

Lopez: Well, in fact, we will be meeting with some key individuals in the African-American community to set the agenda on how we're going to address this. It has to be a community itself that

changes the future. I will use my strength and my position as mayor to bring all the entities together including Children's Services, Toledo Public Schools, Job and Family Services, and Mental Health and Recovery Services. I understand that we continue to spend millions of dollars in our community, yet outcomes and the plight of African-American young males has had no major impact.

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

Community Calendar

August 8-11

True Church of God of the Apostolic Faith 56th Annual Convention: Services nightly at 7 pm; Thurs – noon to 2 – picnic with food, fun, fellowship; Friday and Saturday – Seminars from 9 am to 2 pm; Sunday – 10 am service: 419-243-4948

August 10

Evangelical Church of God: Discipleship Training/Workshop for Christians; 9 am; Furthering the knowledge of the ministry: 419-297-3530

Soldiers for Christ Unity Picnic: Altar of New Beginning Church; Noon to 6 pm; Singers, speakers, praise dancers, etc: 419-259-2853

Annual Yard Sale at The Armory Church: 9 am: 419-509-5465 or 419-297-1314

Pilgrim Church Project Dignity: 9 am to 4 pm; Hundreds of school uniforms are available for families in need; Food and games for waiting kids; First come first served: 419-478-6012

August 10-11

New Life COGIC 25th Silver Jubilee Appreciation: For Bishop Edward T. and First Lady Sheila L. Cook; 5 pm – Saturday – musical guests Ohio North first Jurisdiction State Choir, Brian Thomas Chorale, New Life Praise Team, Linda Walker, Arma Frazier; Sunday – 10:15 am – Rev. Walter Jordan of Oasis of Love COGIC of Mansfield: 419-242-3278

St. Paul MBC American Baptist Women Mission Program: 4 pm; Speaker Rev. Jane Gibbons, regional minister for the American Baptist Association of ABC Ohio: 419-246-2886

August 12-16

Warren AME Vacation bible School: Sports clinic from 4 to 5 pm; Dinner at 5 w lessons, crafts and music til 7:30: 419-243-2237

August 17

Back to School Music Festival and School Supply Give-Away: Wilson Park; Noon to 3 pm; Free food, fun, entertainment: 419-704-6195

August 18

Dedication Ceremony for The Terriyah Porter Quinn Foundation: 6 pm; 2335 Collingwood Blvd

Beulah MBC Church Ushers' Anniversary: 4 pm; Guest preacher Pastor Tim Pettaway of Walk the Word Ministries

August 23-24

5th Annual sacred Strings Showcase Concert: Mays Chapel United Holy Church; Fri – 5 to 9 pm; Sat – 3 to 8 pm; Celebrating African American steel guitar tradition: 419-243-0568

August 30-September 1

Libbey All Classes Reunion: Sat – Dinner/Dance at Cambridge Hall; Sun – Picnic at Maumee Bay State Park

August 31

Toledo District of the Full Gospel Baptist Church Fellowship International Evangelism Explosion 2013: City of Zion, Mt Zion Church campus; 6 to 8 pm; "Do You Know Jesus Christ

The Sojourner's Truth

Toledo's Truthful African American
Owned and Operated Newspaper

Fletcher Word – Publisher and Editor
Becky McQueen – Business Manager
Folasade Oladokun – Office Manager

Artisha Lawson – Reporter
Carla Leonard – Social Editor
Michael Hayes – Entertainment Critic
Rev. D.L. Perryman – Columnist

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A Certified MBE

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Are You a V.I.P.?

By Lafe Tolliver, Esq
Guest Column

Isn't this a knockout! Can you imagine going to a "churchy" event and the tickets are in two classifications. One is for the regular pew sitter at 15 bucks a pop and the other (and the more holy [set apart] one) is called the V.I.P. ticket price and that one goes for 25 bucks a pop.

Now tell me in your most sanctified thinking, why in the devil does a "churchy" event have separate concert admission prices?

Pick one of the following answers: [1] money [2] money and [3] more money! Ever hear of a "churchy" scam? Now, it is not on the same level of shamefulness as selling indulgences but come on folks, think about it.

You go to a "churchy" event, all ready to get into a sweat, jumping up and down to the driving sounds of the Hammond B-3 organ music or the pulsating drum

rhythms and BAM!! You are asked to pay for either regular seating or the hallowed V.I.P. seating!

What a dilemma. You want to be where the action is...you know, a place where-you-can-see-everyone thing and, more importantly, to be seen and for people to know that you paid the bigger bucks to be treated as an honored guest (supposedly there to praise the Lord who is supposed to be THE honored person).

And this is when the flesh takes over. You want to be acknowledged and fussed over and for people to think that you are a person of means but yet something sticks in your craw about church events charging more for the "little guy" than the guy with the deep pockets.

As you may know, I am the regional reporter for the news network called ANNN

(All Negro News Network) where the motto is: If it is about Negroes, hear it first at ANNN!

I called the event director about the scoop on what's going on with this two-tier level of pricing and this is what I got:

ANNN: Thanks for giving me some time for this interview but my readers have a few questions about this upcoming August 14-17 event. First of all, what is the reason for two different ticket prices with one price for V.I.P. and another for regular seating?

Event Organizer (Beginning to mop her brow with paper towels): We had to make a distinction based upon the limited number of available seats and so we thought that we could do so by pricing the tickets at different prices.

ANNN: Tell me, what does a V.I.P. ticket do for me

that a regular ticket does not?

Event Organizer (Now using even more paper towels to mop both brow and hands): With the V.I.P. package, you get the following benefits: (1) you are closer to the anointing on the stage; (2) you can almost touch the performing artists; (3) you will be one of the first to be invited to the \$500 offering line; (4) the nurses will come and fan you first when you fall out under the anointing; (5) you will get a special introduction by the emcee; (6) during intermission, you will be escorted to the refreshment room especially reserved for V.I.P.'s; (7) you will be given first space in line for the book signing table (assuming that you will buy at least \$100 of signed books and albums using a Visa Card); (8) after the performances, you can go backstage and meet the

Toledo NAACP General Membership Meeting Notice

The Toledo NAACP Branch will have their General Membership Meeting Tuesday, August 13, 2013, 7 p.m.

at United Vision Baptist Church, located at 821 E. Manhattan. 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.

performers; (9) you are sent a letter of appreciation from Arch Bishop Calvin B. Cranie and, most importantly, (10) when it comes time to lay hands on the people, all V.I.P.'s will get a second touch free of charge while the regular ticket holders get only one touch from the evangelist or prophet.
ANNN: Wow! I had no idea that being a V.I.P. carried so much status and rank and privileges. Can you
— Continued on Page 5

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Michael Konwinski: Financial Background Prepared Him for Mayoral Race

By Sherese Davis
The Truth Contributor

If you want to see the entire city of Toledo you can view it from 20,000 feet and you will get the general outline of the city. From a two foot height you will know where all the cracks are located. Michael Konwinski knows where the cracks are located.

As an example, he offers, why did Mayor Carty Finkbeiner spend only \$9,900 on a shower? Because, he would need City Council approval to spend \$10,000. After spending time with Konwinski you may feel as if you have completed a class in Toledo Economics 101.

He classifies himself as a life-long Republican whose party left him and now considers himself more of a Libertarian. His associates would often joke about Kon-

winski's view of city government as "Mike's perfect world," and that he could implement this perfect world when he became mayor. Perhaps his time has come.

During his first 100 days he wants to conduct performance reviews during the transition to determine who will be kept. He will meet with the divisions, commissioners and managers to determine what we need to do better.

Can they work with less money? He wants to change attitudes from "how much can I spend" to "what do I need to spend it on." He wants to go to zero-based budgeting. He wants to review the current budget, put together a budget that is fiscally sound, achievable and will reach the goals that need

to be accomplished.

Konwinski has worked in all level of finance which has provided him the qualifications, he believes, to assume the mayoral role. Konwinski spent 30 years with the City of Toledo primarily with Water Distribution but also at Environmental Services, Fresh Water Treatment Plant and in the Finance Department (helping to implement the SAP financial module).

He has the broadest background in finance of any candidate. He does not have a need to do on the job training, he says. He will not need to hire someone to interpret for him. He can look at a payroll and know where the problems are. He has

— Continued on
Page 5



Sherese Davis, left, with Michael Konwinski.

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— Continued from Page 4

never gone over budget in 27 years. Until you can solve the finances nothing else can be done.

He does not profess to know how to be a policeman or a fireman but he does know how to find the right people to do the job. In the end it is all about being accountable, he says. If you cannot defend your actions you should not be in the position of management.

Positions are power and, in general, the more people you supervise the higher your pay. Understanding the payroll system can give you an insight into the dysfunction of the city administration. It is not that we are not doing the things we should but we can do it cheaper, he says.

With our shrinking tax base he believes we need to do a true assessment of what really needs to be accomplished to determine how many staff we need to provide the services needed. More work needs to be done

to understand what current businesses need in order to stay in Toledo. Toledo is a blue collar town and we need to attract small businesses using the assets that are attractive to the families of these businesses, he says.

He adopted the mantra "Toledo, We Can Do Better," from a very early start. A Rogers Ram, Konwinski grew up in the Sleepy Hollow area where his father still resides. Choosing to further his education at The University of Toledo, Konwinski graduated with a bachelor's degree in business administration, majoring in accounting in 1978.

With the backing of The Lucas County Libertarian Party, and the proud support of his family, Michael Konwinski is a candidate with a detailed history and the practical experience gained from working for the City of Toledo.

The first-time candidate for political office believes that the city needs more citizen officials in charge and not more career politicians.

— Continued from Page 3

show me anything or anywhere in the Bible that these privileges are supported or condoned?

Event Organizer (Now calling for cloth towels to mop her brow): Uhhhh ... well all things that we do are not in the scriptures but that does not mean it cannot be done! We are doing kingdom work and your questions are not appreciated. You are doing the devil's work by asking those questions!

ANNN: I read in the Bible that we are not to look upon the appearance of a person and give them preferences due to their income or wealth or status, so why is this event doing the exact opposite?

Event Organizer (Looking at her gold Rolex watch and clearing her throat): Listen, we gotta pay these folks who are coming in from out

of town. They charge fees, hotel expenses, food costs, limos, advance payments for their CD's and books and other things. It is all about the bucks!

ANNN: Are you telling me that when these out-of-town speakers come to Toledo, they then take those offerings and leave with them? What money stays in the local black community and why can't you simply bring in local teachers and pastors to edify the Body of Christ?

Event Organizer (Starting to get up to show me the door): Who wants to see local folks? People want pizzazz and excitement! They want to oooh and ahhh and are willing to pay for it and we are willing to take their money to give them what they want! They want to feel their faith.

They want to go home and say, "my ... didn't we have church even though they

may not have remembered a single thing said from the Bible. The important thing is that they had a chance to jump and shout and sway and cry and feel important. That is why we have the V.I.P. ticket!

Interview over!
ANNN (As I gather up my recording equipment): So, all of this hoopla and

noise making is just a churchy cover to raise some bucks and for some folks to make some money ... is that it?

Event Organizer (Leaving the room in a hurry): This is where a lot of the black church in America are seemingly heading ... get used to it.

ANNN: Well folks, there you have it. Still want V.I.P. (very impressive person) tickets?

Contact Lafe Tolliver at tolliver@Juno.com

Scott High Alumni Weekend Events

Friday August 9 - Meet & Greet

50's & 60's - The O'Zone, 1701 Lagrange St., Toledo, OH, 5pm-Until

70's - Our Brothers Place, 233 North Huron St, Toledo, OH, 5pm-Until

80's - Infinity Lounge, 5050 Jackman Road, Toledo, OH, 9pm-Until

90's - Club Evolution, 519 N Reynolds Rd, Toledo, OH, 9pm-Until

00's - Club Elysee, 317 N Superior St, Toledo, OH, 10pm-Until

Saturday August 10 - Maroon & White Ball

Infinity Lounge
5050 Jackman Road, Toledo, OH

DJ Keith Success on the 1's & 2's
Featuring performances by Scott's own Carmen Miller & Marcia Bowen

Sunday August 11 - All Alumni Picnic

GM Powertrain Park
5411 Jackman Rd. Toledo, OH, 10am-9pm

With Special Guest Leon Timbo
This is a BYOP Affair, Bring Your Own Picnic.

We will have Blow-ups for the Kids, Music, Vendors, Choir, Friends and more so come on out.

Vendors Are Welcomed.

To become a vendor please contact Tyrone Cleveland at 419-810-6077 or John Glover at 419-806-7296

Announcements

The Scott High School Class of 1973 40th Class Reunion Meeting
August 20th, 2013 @ 6:00 p.m.

Scott High School - 2400 Collingwood Blvd.
Bulldog Den, Enter Door #20

Any Question contact - Desiree Langston-Carr @ 419-671-4000
Teresa Riley-Scott @ 567-322-0396

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It's Time to Love Your Belly!!

By Angela Steward, Fitness motivator
The Truth Contributor

Most of us don't have a six-pack. In fact, most of us have a muffin top, pooch, spare tire or whatever you want to call the extra flesh around your middle.

You probably don't think your middle is flattering, but its time to give our bellies a little love. After all it is our core, the place where our babies grow, where nutrients are absorbed and where our gut feelings guide most of our decisions.

Most of us aren't genetically programmed for washboard abs, and that dream grows weaker as we get older. Unless you make an effort to maintain muscle, you lose about half a pound of it every year after age 30, and after age 50, the rate doubles. Unfortunately in our 40s, our bodies no long store fat in our hips and butt, it starts packing it on in our guts. Even the fittest women can gain a few pounds around their middle.

We can't all have flat abs, but we can have healthy bellies by giving it a little attention by making small lifestyle changes.

#1 – Exercise-Move Your Body. You need to burn calories to lose belly fat and the quickest way to burn calories is to increase the intensity of your workout. Intense means whatever feels hard for you, whether it's walking quickly or a full-out sprint.

I suggest you try to get five-to-seven hours

of cardio exercise in a week. You also want to gain muscle and of course the easiest way to do that is to strength train. It has been proven in several health studies, that people who combine strength training with intense cardio exercise lose more belly fat than those who only do cardio exercise.

So aim to fit in two to three strength training classes per week. Include upper and lower moves like squats, lunges, overhead presses and bicep curls – to make sure you're hitting all the major muscle groups.

#2 – Feed Your Belly – one of your best defenses against age-related muscle loss is to eat enough protein, which contains amino acids that helps build muscle. Try to get at least 30 percent of your calories from lean proteins such as egg whites, chicken and fish.

To get rid of belly fat, you must lose weight over the entire body. A safe rate of weight loss is about one pound a week – so try reducing your calorie intake by about 500 calories, just don't drop below 1,200 calories a day or you risk slowing your metabolism. Exercise along with eating fiber and drinking plenty of water helps melts belly fat quickly.

#3 –Get off the couch! Sitting is hazardous to the waistline, the more you sit, the bigger your waistline gets! Include physical activity in your day as much as you can! Re-

duce your television time and replace it with anything active, taking a walk, riding a bike, and jumping rope, even housecleaning. For every hour of sitting, put in 10 minutes of moving.

#4 – Let go of whom you think you're supposed to be and embrace who you really are! Lets face it, as we get older our bodies change, especially our bellies. Sure, it's hard to love our love handles but if we appreciate our midsection, lumps and all, we would more likely take the time to create healthy habits that can tighten and tone our midsection. Stop comparing yourself to the glossy models on Facebook and in the health magazines. Most of their bodies have been surgically enhanced and their pictures have been digitally enhanced as well!

Accept your imperfections - value your natural body. Stop looking in the mirror to complain about what you don't like about your body and start appreciating it! I'm not saying love your beer belly, because if you love it – you'll take care of it! Loving your belly is seeing past the stretch marks that were created from the birth of your beautiful children.

Those stretch marks reflect your strength and who you are today, so see the beauty in your imperfections. No one is perfect! Ten years from now you may really appreciate



the belly you have today, so why not just appreciate it now?

Your Sista In Fitness!
Angela R. Steward
Creator of Fabulously Fit
Certified Fitness Coach & Motivator
Certified Weight Loss and Nutrition Consultant

Fabulously Fit Studio (aka Studio Fitness)
1413 Bernath Pkwy, off Airport Hwy.
Toledo, OH 43615
Email: Fabfitu@yahoo.com
Cell: (419) 699-9399
Website: Fabfitu.com
(Free class pass available on website).

Countdown to Open Enrollment in Affordable Care Act Exchange

By Kim Phillips
The Truth Contributor

The countdown has begun to open enrollment in the Ohio Health Exchange when consumers can begin selecting plans and enrolling on October 1, 2013 and coverage will begin January 1, 2014. There are 1.5 million uninsured Ohioans who can use the marketplace to shop for health insurance coverage.

The Affordable Care Act will include a navigation program to help consumers learn about their choices and use the Exchange to obtain the insurance of your choice.

Key Points to Open Enrollment

- Everyone must have health insurance under the individual mandate. There are some exceptions to the requirement, for example:
 - Your income is below the threshold for filing taxes
 - Undocumented immigrants
 - Prisoners
 - Members of Indian Tribes
 - You would pay more than eight percent of your income for health insurance

- You can begin using the Exchange during open enrollment which begins October 1, 2013 with coverage beginning January 1, 2014.

- The penalty for people who decline to purchase health insurance is the greater of a percentage of your income or a specific dollar amount.

Year	Percentage of Income	Dollar Amount
2014	1%	\$95
2015	2%	\$325
2016	2.5%	\$695

- If you cannot afford the premiums through the Exchange you may be eligible to receive subsidies for premiums through tax credits.

- Help! If you need help with enrolling or have questions you can get information from your insurance agent. The Exchange will also have a website and a 1-800 line for individuals and small businesses for assistance. More information will be available to the public in the coming weeks.

THE 3RD ANNUAL
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Farmer's Market and Fall Vegetables

Megan Anderson, BGSU Dietetic Intern with Ohio State University Extension, Lucas County
The Truth Contributor

Farmers' markets are a wonderful source of fresh fruits and vegetables that come from local farmers. Purchasing your produce from farmers' markets can give you the opportunity to build a relationship with the farmer and learn exactly where your food is coming from. Toledo has its own farmers' market that has been a staple for our community since 1832.

The Downtown Toledo Farmers' Market is open all year, with satellite locations in the summer:

The Downtown Market is open May-November on Saturdays from 8:00 AM - 2:00 PM and December-April on Saturdays from 9:00 AM - 1:00 PM.

The Westgate Market is open May-October on Wednesdays from 3:00 PM - 7:00 PM.

Lunch Farmers' Markets – Wednesday Lunch Markets (on opposite Wednesdays):

Jobs and Family Services, Lunch Market, 11:00am – 1:00pm, 3210 Monroe Street, Toledo, OH on July 10 and 24, August 14 and 28, September 11 and 25, October 9 and 23.

University of Toledo Medical Center Lunch Market, 3065 Arlington Ave, Toledo, OH on July 3 and 17, August 7 and 21, September 4 and 18, October 2 and 16.

With August now upon us and summer coming to an end, most people believe that there is an end to our supply of fresh fruits and vegetables. However, there are so many tasty and delicious choices to still choose from through fall and the start of colder weather. Eating fruits and vegetables from all colors of the rainbow offer a balanced diet with many different vitamins and minerals. Produce from all colors that is starting to be picked and sold now include:

White: apples, cauliflower, leeks, onions, parsnips, potatoes, and turnips

Although there is not a strong color in these fruits and vegetables, they are full of many nutrients. The fiber, potassium and polyphenols present in these foods will lower cholesterol, protect against heart disease and destroy cancer cells.



Patrons at the Downtown Toledo Farmers' Market.

Orange/Yellow: cantaloupe, carrots, peaches, pumpkins, sweet corn and winter squash

The orange and yellow group helps to maintain vision and the immune system. Carotenoids, lutein and flavanones can be found within this group. There are more than 600 carotenoids, the most popular being beta-carotene that improves eye function. Very similar, lutein also helps preserves vision. Flavanones can help prevent the risk of developing can-

cer. Green: asparagus, beans, collards, cucumbers, endive, kale, lettuce, mustard greens, peppers, and spinach

The green foods help prevent against birth defects, produce strong red blood cells and keep bones and teeth strong. Folic acid, iron and Vitamin K are found in these foods. Folic acid reduces the risk of heart disease and protects against birth defects. Iron and Vitamin K keep bones strong and produce healthy blood.

Blue/Red: beets, red cabbage, eggplant, purple grapes, radishes, raspberries, strawberries, tomatoes and watermelon

The red fruits and vegetables help to protect your

heart, increase memory function, and lower the risk of developing some forms of cancer. Beta-carotene, lycopene, and anthocyanins make up the blue and red pigments. Lycopene is

strongest in fresh tomatoes and helps protect against prostate cancer. Anthocyanins help lower blood pres-

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— Continued from Page 8

sure and stop inflammation. These fruits and vegetables also contain Vitamin C which develops healthy skin, bones, teeth, gums, eyes, muscles, cartilage, blood vessels, and the immune system.

Choosing fruits and vegetables from all of these groups throughout the summer and the rest of the year will provide excellent nutri-

tion, and a brightly colorful plate. Try to choose between five and nine choices of fruits and vegetables every day, but remember, it does not always have to be raw or plain. Include a half a cup of raspberries on your cereal in the morning, pack carrots or bell peppers with peanut butter in your lunch or add in any vegetable to your casserole for dinner. Including fruits and vegetables into your diet does not always have to be extravagant, just

get creative!

Utilizing the farmers' market to purchase your fruits and vegetables can also be a great way to get your children involved. Have them choose a fruit or vegetable they have never tried before and try it all as a family at dinner. This can also be an opportunity to teach them about local foods and the importance of supporting local farms.

Remember, now that summer is coming to a close,

fruits and vegetables do not have to come to an end as well. Continue to make half your plate fruits and vegetables to reach your goal of five-to-nine servings a day and try our a new item from the farmers' market. Who knows, maybe your favorite fruit or vegetable is still out there, waiting for you to pick it up!

While you're eating that

produce from the farmers' markets, think about some other things ways to celebrate fresh, local foods! The OSU Extension, Lucas County is part of the Northwest Ohio Local Food Council, a collaborative network of organizations and individuals working together to build a healthy northwest Ohio food system.

The Northwest Ohio Lo-

cal Food Council invites you to participate in Local Food Week in the 419 from August 8 - 18, 2013. Visit some farmers' markets, take a farm tour, donate some fresh produce and sneak a zucchini on your neighbor's porch! Please visit our website at foodcouncil419.org or Food In the 419 Facebook page for a list of events.

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Senator Brown Applauds Efforts to Reduce Childhood Hunger

Provisions from Childhood Nutrition Bill incorporated into new Ohio regulations

Special to The Truth

State Senator Edna Brown (D-Toledo) is pleased by the recent changes in Ohio Department of Education and Ohio Department of Health regulations that provide easier access to fresh fruits and vegetables for children participating in meal programs. Other adjustments include allowing school buses to be used as mobile feeding sites.

Many of these changes were included in Senate Bill 11, sponsored by Brown early in the 130th General Assembly. Senate Bill 11 focuses on finding innovative ways to access summer meal programs and new rules to provide fresh fruits and vegetables to Ohio's children.

"Hunger does not end in the summer," said Brown. "That is why it is important to work with meal providers and other groups to ensure that the nutritional needs of children continue to be met when they do not have access to meals through school."

Interested party meetings were held to discuss the Childhood Nutrition Bill shortly after its introduction in February. These meetings included representatives from after school and summer meal sponsors, the Ohio Department of Education, the Ohio Department of Health, childhood hunger advocacy groups and the Governor's Common Sense Initiative.

"I was extremely pleased to see that many of the ideas discussed during the interested party meetings for the Childhood Nutrition Bill have been implemented in Ohio Departmental policies," said Brown. "These are important steps that will help meet the nutritional needs of Ohio's children. There is still more work to be done, in particular increasing access to meals during summer months and increasing the participation rate of children eligible for these programs," said Brown.

Ask Ryan: The NEW Dream Bodies

The news is you're making some changes at Dream Bodies, care to share?

Absolutely, I have taken all of my equipment and moved it upstairs and mated my whole downstairs for my Fit Camps. I spent a lot of time out of the gym traveling to various schools, churches, businesses and other organizations to hold Fit Camps. This traveling took me away from the gym and made me less accessible to clients. Now this change will give me a better chance to service more people and keep my availability in the gym for longer periods of times.

Now are you still doing your personal training?

Yes I am. Also I'm in the process of bringing a few new and reliable people on board to help with training at Dream Bodies. This will give more service to my clients and open up for more available individual training sessions.

Why do you call yours a fit camp opposed to boot camps like everyone else?

The word boot camp seems to sound negative and intimidate a lot of people and they are afraid to come and try the classes as if they will fail before they even at-

tempt. Plus, having my military fitness experience in GTMO Bay Cuba may give people the impression that I am going to try to kill them or something.

So, what makes your camps different from all these other places popping up all over?

Well, I don't want to come across as if I'm knocking any ones hustle out there because I'm not. The Difference is ME and how I conduct my classes along with my experience. I pay attention to form and I teach proper technique!

I have been doing this for a very long time, 25 plus years plus, to be exact and I have been established in Toledo since 1999. I haven't just recently gotten certified, picked up on the latest gimmicks or trends out here, opened my doors and labeled myself as a trainer. I have more than just certifications hanging on my wall.

I have trophies from competing, I have trained people to compete, I have taken peoples physiques and brought them to a point that they didn't think was possible, I have worked with several professionals in the field of bodybuilding, nutritional experts, military fitness and



Ryan Rollison

numerous other fields of fitness industry.

I do a lot of resistance training along with cardio and some plyometric exercises. I don't just make you do a lot of continuous cardio exercise till you can't do much more and call it a work! I don't just scream out new exercises for you to do and keep moving. I pay attention to form, everybody's form. I want you to do things right and get results without injury. I want to educate you on fitness and nutrition so that when you decide to go out on your

— Continued on
Page 11

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UT Medical Center Named Toledo's Best for Third Straight Year

Special to The Truth

For the third straight year, U.S. News and World Report has recognized The University of Toledo Medical Center as among the best hospitals in the Toledo metro area.

The magazine ranked UTMC as a high-performer in six clinical specialties, as many as any institution in the area for 2013-14.

"It is clear that U.S. News understands what the Toledo community already knows: The University of Toledo Medical Center offers patients superior care, a great experience and a higher degree of healing," said Norma Tomlinson, RN, interim executive director of UTMC.

"Caring for patients is a team effort, and this is an accomplishment that the entire team should be proud of," Tomlinson said.

U.S. News listed UTMC as a high-performer in:

- Geriatrics;
- Kidney Disorders;
- Neurology and Neurosurgery;
- Orthopedics;
- Pulmonology; and
- Urology.

"Hospitals across the nation look to America's top tier academic health centers to set the standards for health care and Toledo is no different. It is the blend of educational programs, innovative research and patient-centered clinical care that sets the stage for this recognition," said Dr. Jeffrey P. Gold, chancellor, executive vice president for biosciences and health affairs, and dean of the College of Medicine and Life Sciences.

"This is one more example of the incredible momentum that our UT team has created. I want to thank and congratulate everyone who works so hard to provide this quality of health care."

— Continued from Page 10

own you have the knowledge to do so in a safe and productive manner!

What about overweight people or people who are out of shape and can't handle the class?

No such thing as someone that can't handle the class, plain and simple! Everyone is able to go at their own pace and rest at any point they feel they need to. Of course as time goes on I will encourage and push you to advance past points that you been fatiguing at. Also, if it's a consistent thing we will look closer at your nutrition and make necessary changes where need be.

Overweight people need

not worry. They can jump right in or come the Dream Bodies PLUS classes. One of my jobs at GTMO was to help the overweight people in the military to pass their physical fitness exams. I have incorporated these training principles with some of my own to bring overweight/severely out of shape people up to speed with a safe, effective, rewarding work out with encouragement, accountability and results!

Will you offer any other services that people may be interested in?

I will be offering once a month nutrition classes for members to attend, along with kettle bell classes, specific body part classes, jump rope classes and different

specials every month.

When is all this taking affect and how would someone inquire about the new services?

I plan on doing a re-grand opening in September, but I am doing classes now and still do the personal training.

Join my newsletter list and get deals, updates, nutrition tips, recipes and work out tips by sending an email to MYDREAMBODIES@AOL.COM. Calls are also welcome and will be returned as soon as possible.

Ryan Rollison
 Dream Bodies
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 419-476-3494
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Tips to Get Kids to be Healthier this School Year

Special to The Truth

Childhood obesity rates have skyrocketed over the past 30 years. Right now, one-third of American kids are overweight or obese.

"Unfortunately, healthy eating for kids isn't always stressed consistently," says Debbie Blacher, founder of Wholesome Tummies, a children's food franchise devoted to bringing nutritious meals to schools. "Many kids lack access to nutritious food and good information about healthful eating and behaviors."

Since most kids consume half their daily calories at school, healthy eating habits must be addressed both at home and in the classroom, she stresses.

Blacher, a mom herself and an expert on crafting healthful school lunches, is offering these lunch packing tips for parents:

- Make a bento box: Instead of packing the traditional entrée and sides, make lunch out of small snacks in a multi-compartment box. Hardboiled eggs, raisins, an apple or other fresh fruit, crackers, tuna fish, pasta salad, veggies, dips and more.
- Travel the world: Go with an international theme each day, such as Mexican, Asian or Italian. Include an

educational note about the meal's origin.

• Include a surprise: Kids love surprises, such as favorite photos, stickers or a reminder about an upcoming event. A lunch box surprise can make your child's day extra special.

Busy parents may not have the time to pack lunch each day. But programs like Wholesome Tummies are providing schools with affordable, healthy, kid-friendly lunches. More information can be found at www.wholesometummies.com.

But nutrition is only half the equation. As screen time competes for kids' attention, active time is decreasing. And exercise is crucial to preventing obesity, improving motor skills and providing a social outlet.

Unfortunately, not all kids are receptive.

"One of the biggest challenges is getting shy kids to participate," says Jyl Camhi, co-founder of Great Play, a children's gym franchise that uses interactive technology and a progressive curriculum based on motor-skill development.

Camhi is offering tips to coax a child forward in a group fitness scenario:

- Allow spectating: The

first time in a new environment can be emotionally draining. Stay for an entire class and return the next time.

• Never force participation: Be a source of comfort for your child while he or she sits on the sidelines. Your child will feed off your energy.

• Look for peer leaders: Outgoing children are often thrilled to help another child feel more comfortable.

• Sometimes leaving helps: Oftentimes kids behave better when they don't have a parental crutch to lean on.

• Pay attention to leaders' personalities: Whether it's classes, sports or school, the leader can make or break the experience. Does the coach make kids comfortable? Look for telltale signs and find a coach that works well with your child.

More information about kids' fitness or to find a Great Play Franchise near you can be found at www.GreatPlay.com.

There are some trends not worth following — and an unhealthy lifestyle is one of them. With the right tools and tricks, you can be a positive influence on your kids' health.



The prison crisis is not someone else's problem. It affects our families, our friends, our neighbors, our society—all of us.

Come to Prison Awareness Day, to listen and learn about incarceration as a crisis and as a reality in our community. Learn how people are affected and how they respond. You will hear from:

- Community representatives of Ohio institutions
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- Ex-offenders who are witnesses to hope of rehabilitation.
- Representatives of programs that keep young people out of the criminal justice system.

Four sessions, running concurrently:

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- The System and the Community
- Support for Prisoners, Families, and Ex-offenders
- Prevention

INFORMATIONAL TABLES WILL ALSO BE PROVIDED

For more information go to:

www.toledoprisonawareness.org or contact: cynthia@toledoprisonawareness.org

Hebrews 13:3: Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering.

Prison Awareness Day

Saturday, August 17, 2013
 1:00 p.m. to 5:00 p.m.
 Bethlehem Baptist New Life Center
 1430 West Bancroft, Toledo

Remember those in prison...

Sponsored by: United Pastors for Social Empowerment and Toledoans for Prison Awareness

Toledo Restaurant Training Center Welcomes Master Chef Jerry Nottage of Detroit, MI as Director of Culinary

Special to The Truth

Toledo Restaurant Training Center (TRTC) is proud to announce its new Director of Culinary Education and Head Chef Instructor, Jerry Nottage. Chef Jerry will start at TRTC this fall semester, August 26, 2013.

Formerly of Detroit Michigan, Nottage is a seasoned master chef with more than 25 years of experience in the culinary world. Nottage's artful use of ingredients has earned him a reputation as one of the most imaginative and talented chefs on the American culinary scene.

Prior to his arrival in Toledo, Nottage led culinary teams for both the Seldom Blues and Sweet Georgia Brown's restaurants to create fabulous menus that brought diners from Detroit and surrounding suburbs in to enjoy many of his signature dishes.

Nottage has also served as executive chef at the Marriott's Parkway Grille in Pontiac, Michigan, and at the Sambucca Jazz Café in Houston, Texas.

Recognized nationally for his culi-



nary prowess, Nottage has prepared for international dignitaries and celebrities such as the Queen of England, the Duchess of York, Tavis Smiley, Sidney Poiter and Audrey Hepburn.

The Queen of Soul Aretha Franklin was accompanied by Nottage at Seldom Blues restaurant as his executive concept chef. Nottage stated "Miss Franklin was in Seldom Blues restaurant a lot, and we featured her trout amandine on the menu." Nottage has added a number of upscale restaurants in Detroit to his extensive portfolio including The Grand City

Grille at the corner of West Grand Boulevard in the Fisher Building.

"Chef Jerry has some wonderful ideas and experiences planned for the students at TRTC this year, which will set them apart from any other culinary school in this area" says Karen Everage, executive director of TRTC. She added there are some exciting times planned ahead that are going to be fabulous for the school, as well as for the community.

For more information contact Karen Everage at trtc@bex.net or at 419-241-5100.



Master Chef Jerry Nottage

Organizers Redefine the 2013 Miss Black USA Pageant to Celebrate the Rise of the African American Woman

The Miss Black USA Pageant finals are scheduled for Monday, Aug. 12 at 7:30 p.m. at the University of the District of Columbia in Washington, D.C.

Special to The Truth

The Miss Black USA Pageant and Scholarship Foundation, Inc. is redefining the 2013 edition of Miss Black USA to emphasize all attributes that contribute to today's successful African-American woman - mind, body and spirit. The Miss Black USA Pageant finals are scheduled for Monday, Aug. 12 at 7:30 p.m. at the University of the District of Columbia in Washington, D.C.

Karen Arrington, founder of Miss Black USA, said

that the scholarship pageant, with the theme "Still I Rise," reflects the American black woman's rising leadership role in leadership in America.

"For the first time in history, we have an African American First Lady, a black woman on the top of the Forbes Richest Women in Entertainment list, and African American women who are in positions of prestige and power at organizations like Xerox, Care USA, Microsoft, The Robert

Wood Johnson Foundation and The World Bank," she said.

She added that this year's 30 Miss Black USA contestants, from 28 states, the District of Columbia and the Virgin Islands, accurately represent the theme. More than 80 percent of the contestants are enrolled in graduate or professional school. Miss Black Rhode Island is pursuing a medical degree and Miss Black Arizona is pursuing a doctorate degree. It will be bittersweet for Miss Black Virginia, Natasha Stovall who is preparing to shine during the pre-

liminary competition. Her grandmother worked in the hotel's Housekeeping department for 10 years while helping to raise Natasha and her brother. She plans to shine where her grandmother once struggled.

Miss Black USA was founded in 1986 to provide educational opportunities to outstanding young African American women. To date, the pageant has awarded more than \$300,000 in scholarships.

Kalilah Allen-Harris, M.D., Miss Black USA 2010, actress and physician, will co-host the pageant

along with R & B recording artist Brian Christopher. Major sponsors include the New York Conservatory for Dramatic Arts, School of Film & Television, and Arik International Air.

The pageant will kick off with a VIP Red Dress Reception at the Sheraton Pentagon City Hotel to raise awareness of heart disease, the leading killer of women. Miss Black USA is a national partner of the Heart Truth Campaign, as well as the National Center for Missing & Exploited Children.

Leading up to the pageant, visitors to the Miss

Black USA website, missblackusa.org, may cast votes for their favorite contestants in the 2013 People's Choice contest. The winner will be announced at the pageant finals on August 12. Voting, through 11:59 p.m. August, 11, costs \$1 per vote, with no limit on votes. Tickets for the pageant are on sale now at wepay.com.

For more information about the pageant, visit <http://www.missblackusa.org> or contact Joelle Polisky at joelle.polisky@missblackusa.org or by phone (615) 516-0358.

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Raising Your Digital Voice: Social Media Conduct

By Michael Hayes
Minister of Culture

While awaiting the jury's decision in the George Zimmerman murder trial, Facebook and Twitter users across the world changed their default/main pic to a simple all-black image.

Although it has been weeks since the verdict, many people (including me) have yet to change their pic back. It is true that some people are just following a fad.

But for the most part, social media has become the place where ideas take hold and occasionally something meaningful happens.

Since we have started to post what is on our minds, every tweet or status update now exists as our digital voice and raising that voice for a cause has an impact.

Boycotts can be arranged via social media.

Important initiatives and events can gain support via social media.

From the so called "Arab Spring" to the Occupy Wall St movement and even the NYPD raid on Occupy Wall St... there is an abundance of content that not only says something took place but also provides video, audio and, at times, live streaming of an event.

And I don't mean just any newsworthy event, I mean events that are significant to many around the world. I've even seen pics and videos of people in the Middle East and Asia speaking out in support of justice for Trayvon Martin's murder.

Our ability to share information with each other has really turned every social media user into a potentially global news outlet, depending on what you consider news.

Ironically... the mainstream media news completely ignores stories of worldwide significance (such as the protests in Brazil recently) so it's no wonder that people are starting to trust their timelines and newsfeeds more than they do the 11 o'clock nightly broadcast. Our ability to update each other on what's going on has actually brought us closer in many

ways.

However, it's not yet an exact science and still hit or miss at times.

For example... the Trayvon Martin/Peace gathering that was held here in Toledo downtown at the Lucas County Courthouse .. I would have loved to attend but I knew nothing about it until I saw pictures floating through my newsfeed of people who were there already.

Of course the majority of people's activity on Facebook and Twitter is not exactly aimed at taking a stand or raising their voice.

I only have about 1,900 friends on Facebook which I would say is slightly below average.

But even on a typical scroll through my newsfeed you can see a range of humor, special interest and just straight up foolishness.

No need to go into detail, but you already know... just about anything goes on Twitter and nearly the same can be said about FB.

Personally, I use the block feature to keep my posts private from anyone on my friends' list who I feel may not need to see a certain side of me.

I also have my privacy settings at a level where no one can just search my profile and locate my posts if we aren't friends.

I never add co-workers or executives from where I work.

Depending on the nature of our relationship, I sometimes won't even add business contacts or people I may know from doing things entertainment wise.

Keeping an open mind is the best way to approach judging someone's conduct on Facebook or Twitter, and what may be seen as pushing the limits to some may be seen as harmless to others.

True, a mis-placed status update or pic upload can bring down an entire group of friends or even happily-married couple. That's why I always encourage face-to-face conversation when things get serious on these

sites with people who you actually know.

Nothing replaces that in-person interaction, I don't care what kind of improvements Mark Zuckerberg makes.

But for all the random nonsense we use Facebook for, I appreciate how so many have come together for worthy causes such as the Justice For Trayvon Martin and many others.

The Republicans in Congress keep introducing bills to begin restrictions on our internet here in the states the way they have it in China.

Some sights will just be



forever off limits if they feel the subject matter isn't acceptable, and so on. They will lie and say it's for other reasons, but it will really be to police us.

When, in actuality, we don't need any policing on

the internet.

Our online lives have become a metaphor for our real lives: random collections of us at our best and worst, foolish and intellectual and a living reminder to be more accepting of others.

But most of all, this summer has proven that social media is still the place where something positive can happen and catch on.

Use that voice of yours wisely.

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Elegant Hats - Name Brand Shoes
Open 10:00 a.m. - Tuesday thru Saturday
4055 Mantua Street - Toledo, Ohio
419.472.4648

"THE GATHERING PLACE"
Nothing but PURE FUN!
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, Special Celebrations, and much more!

Annual Membership available and receive complimentary Bookings Church and Organizational Bookings welcomed
Free Wi-Fi

BOOK YOUR EVENTS NOW!

Bus Trip

To Sweetie Pies St. Louis
 Departs 10-12-2013 & Returns 10-14-2013.
 Cost of the trip is \$195.00 per person based on double occupancy includes Transportation, Hotel, and meals for all 3 days.
 Call Chris at 419-322-1194 to secure seat.
 Don't delay the first and second trip sold out in 2 weeks.

Announcement:

The Clarence Smith Community Chorus is asking: Is there a performer in you? Do you like to sing? Do you want to learn how to sing?
 The adult choir, one of the area's most venerable singing groups for over 35 years, is directed by Clarence R. Smith, Jr., and typically performs both traditional and updated spirituals plus traditional jazz, classical music, and Broadway numbers.
 For more information and/or to schedule an audition, call 419-534-2299.

Teachers Wanted

Little Generation Day Care, 3 Star Center is looking to hire assistant and lead teachers.
 Excellent Teaching Environment, Competitive Compensation Plus Perks. CDA, Associate's Degree, Bachelor's Degree.
 For More Information Call (419) 724-7920.

**NORTHGATE APARTMENTS
 610 STICKNEY AVENUE**

Now Accepting Applications for 1 and 2 Bedroom Apartments

Mature Adult Community for Persons 55 and Older. Rent Based on Income. Heat, Appliances, Drapes, Carpeting Included.
 Call (419) 729-7118 for details.

EQUAL HOUSING OPPORTUNITY/
 EQUAL OPPORTUNITY EMPLOYER



REQUESTS FOR PROPOSAL

The Metropolitan Park District of the Toledo Area is accepting proposals for brokerage services for property and casualty insurance.

If your company is interested in submitting a proposal for this service, packets are available for pick up at Wildwood Metropark Administrative Offices, 5100 W. Central Avenue, Toledo, OH 43615, Monday through Friday from 9:30 a.m. to 4:30 p.m.

Complete proposals must be received at this address by 4:30 p.m. on August 16, 2013

For Rent

Very nice 3 bdrm house. \$550.00 a month, utilities not included.
 2457 N. Detroit
 Call 419-450-4752 or 419-250-8387

**SPECIAL NOTICE
 REQUEST FOR INFORMATION**

The Mental Health and Recovery Services Board ("Board") is seeking information regarding proposals from ODMHAS (formerly ODMH and/or ODADAS) certified agencies for the provision of recovery oriented programs and services that advance the Board's System-Wide Goals and fill service gaps in Lucas County's behavioral health system.

The Board anticipates investing up to \$2.1 million in these services. A complete description of the "Request for Information" and submission requirements, as well as copies of the "2014 System-Wide Goals" and "2014 Gaps Analysis" are found under "Quick Links" on the Board's web-site at <http://www.co.lucas.oh.us/mhrsb>.

Proposals must be received no later than 5:00 PM on September 9, 2013.

**Call to place
 your ad
 419-243-0007
 www.TheTruth
 Toledo.com**

Grants Coordinator

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for a Grants Coordinator position.

For complete details of the position and to apply, visit our website at www.lucasmha.org.

Only online applications received at the above website by Friday, August 16, 2013, will be accepted.

This is a Section 3 covered position and HUD recipients are encouraged to apply. Please note on your submittal if you are a LMA Public Housing resident or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply.



NO PHONE CALLS. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, sex, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.

**Request for Proposals
 Design Build Services – Phase I Moorish Home Ownership
 RFP #13-R014**

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for Design Build Svcs. – Phase I Moorish Home Ownership.

Received in accordance with law until Thurs., Sept. 5, 2013, 3PM ET.
 Pre-Proposal Conf.: Aug. 20, 2013, 1PM ET,
 1911 Indian Wood Circle, Maumee, OH 43537.
 For Documents: www.lucasmha.org, 435 Nebraska Ave., Toledo, OH 43604 or 419-259-9446 (TRS: Dial 711).



Proposers required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Sec. 3 Compliance Applicable.

**CLINICAL THERAPIST – FAMILY AND CHILD SERVICES
 Full-time**

Unison is seeking a Clinical Therapist to provide services to children and adults with severe emotional disorders in community settings. Duties will include completing diagnostic assessments, developing treatment plans and providing individual and family therapy.

Position is based at Starr Avenue but requires work in the community. Master's degree and current Ohio licensure as a LSW or PC required. LISW or LPCC preferred. Experience working with children and families is preferred.

Send resume with salary requirements or apply to:

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

EOE

Job listing

The Padua Center is seeking an enthusiastic, knowledgeable teacher, to work with challenging students in a rewarding environment.

The ideal candidate will have a Bachelor degree in Education or related field, at least three years teaching experience in an urban setting, excellent communication skills, administrative experience, and a passion for helping children.

Primary responsibilities include teaching and tutoring in an alternative to suspension program (K-6).

A job description is available upon request.
 This is a part-time position.
 EOE Send resumes by August 15th to:
 Search Committee,
 1416 Nebraska Ave. Toledo, Ohio 43609
 419-241-6465,
 or email to
thepaduacenter@gmail.com

Sen. Nina Turner Praises Extension of NEOCH Consent Decree

Motion will extend counting of certain provisional ballots through 2016

Special to The Truth

This week, State Sen. Nina Turner (D-Cleveland), candidate for Secretary of State, issued the following statement after learning that Judge Algenon Marbley of the U.S. District Court for the Southern District of Ohio ruled that the consent decree in the Northeast

Ohio Coalition for the Homeless v. Husted case would be extended through December 31, 2016 over the opposition of Secretary of State Jon Husted.

The decision will allow provisional voters who use only the last four digits of their Social Security

Number as identification to have their votes counted. Ohio law allows for many voters to cast a ballot using only this for ID, but is ambiguous as to whether this practice is permitted for provisional voters.

"I applaud Judge Marbley for continually standing up for Ohio's

voters. Though the extension of this order is not a permanent solution, it maintains a critical safeguard so that legitimate voters can have their ballots counted.

"I cannot understand why Secretary Husted would oppose such a common-sense fix. I encourage

him and my colleagues in the General Assembly to work quickly to address this longstanding problem by passing the Voter Protection Act. Ohio's voters deserve an election system they can be proud of, and it is imperative that we work on their behalf."

**THE QUEEN OF SOUL
FAITHFUL FRANKLIN PRESENTS**

**SUNDAY
AUGUST 25,
2013
TIME: 5:00 PM**

GOSPEL CONCERT AT NEW BETHEL
8430 LANSOOD (C. L. FRANKLIN BLDG.), DETROIT, MI

ARETHA FRANKLIN
ANDREW RAYMOND
THE SOUTHERN BRIDGES
THE SOUTHERN BRIDGES
THE SOUTHERN BRIDGES

FREE EVENT

R. J. BUSLINES TRIP TO CONCERT

**TWO-TWO PRICE: \$10.00 PER PERSON (ONE SEAT)
"TWOSE SEATS ONLY INCLUDE SEAT"**

**WILL BEAR SEAT FROM HOME TRIP TO CHURCH AND TRIP TO CHURCH AT 1:00 PM.
AND BUS TRIP AT 5:00 PM TO CHURCH. SEATING FIRST COME FIRST SERVED.
SEATING AT CHURCH 4:00 PM.**

ESTIMATED BARRAGE TIME BACK TO TOLEDO: 1:00 PM TO 4:00 PM AT HOME SEAT.

SEATS MAY BE PURCHASED AT JALM'S MEN'S WEAR (414) 554-1111.

THIS CONCERT IS FREE TO THE PUBLIC.

It's Voting Time Again — Primary Information

"Golden Week" which means you can vote and register at the same time

"Golden Week - Dates" – August 6 (Tuesday 8:30AM – 6:30PM) August 7 (Wednesday 8:30AM – 4:30PM, August 8 (Thursday – 8:30AM – 4:30PM) August 9 (Friday, 8:30AM – 4:30PM) and LAST DAY TO ADVANTAGE of Golden Week - August 12, (Monday, 8:30AM – 4:30PM)

Know someone who is not a registered voter – Take them to VOTE!

Since this is a non-partisan election there is nothing on the ballot to identify the candidates for which party they are affiliate with – but I feel you need to know – So I will help you:

- There are 7 Candidates running for Mayor. You only vote for ONE (1). Top two (2) will appear on the ballot November 6, 2013

MAYOR CANDIDATES

- Mike Bell (Independent)
- D. Michael Collins (Independent)
- Alan Cox (Democrat)
- Opal M. Covey (Republican)
- Anita Lopez (Democrat)

- Michael R. Konwinski (Republican)
- Joseph McNamara (Democrat)

- 16 candidates running for AT-Large City Council – you have the choice to Vote for SIX (6).

The top twelve (12) AT-Large City Council Candidates will appear on the ballot November 6, 2013 & you will Vote for SIX (6)

AT- LARGE COUNCIL CANDIDATES

- Joseph P. Celusta (Republican)
- William Delaney (Republican)
- Shaun P. Enright (Democrat)
- Jack Ford (Democrat)
- Joshua Fowler (Democrat)
- Theresa M. Gabriel (Independent)
- Ron Johns (Republican)
- Rob Ludeman (Republican)
- James P. Martin (Republican)
- Adam J. Martinez (Democrat)
- Alfonso R. Narvaez (Republican)
- Sean Nestor (Republican)

- James S. Nowak (Republican)
- Sandy L. Spang (Independent)
- Steven C. Steel (Democrat)
- Larry C. Sykes (Democrat)

Exercise Your Right - Voting Time Again

TOLEDO CITY Primary - Election

Starting August 6, 2013 – September 9, 2013

Early Vote Center Summit Plaza

1500 North Superior (Old Riverside Hospital)

(No ID required at Early Vote Center)

Election Day – September 10, 2013

(Must have ID & know your Ward & Precinct on this Voting Day

Toledo Community Development Corporation
1611 N. Detroit Avenue : Toledo, OH 43607 : 419.255.7500 www.toledocdc.org

**8th Annual
HEALTH
Fair**

SATURDAY - AUGUST 10TH, 2013
10am - 4pm
OPEN TO THE PUBLIC

**BACK TO SCHOOL
CELEBRATION!**

FEATURING & MORE:
• **DR. HEALTH E. HOUND**
FITNESS CHALLENGE DOG
• **SAFE KIDS - FIRE SAFETY HOUSE**

LOCATION: **Smith Park - Dorr & Lawrence** (In The Heart of The City)

SPONSORS:

SCHOOL SUPPLIES
⌘
OTHER GIVEAWAYS