



Volume 25, No. 3

*"And Ye Shall Know The Truth..."*

November 6, 2013

# Toledo NAACP: A Century in Search of Social Justice



*Outgoing President Kevin Bedford and Incoming President Ray Wood*

**"This table holds a place of honor, sacrifices made for civil rights and equality to change society."**

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# Eleventh Hour Reflections

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

*There are three things that if one does not know, one cannot live long in the world: what is too much for one, what is too little for one, and what is just right for one.*

— East Africa (Kiswahili)



Although there is no such thing as a sure thing in life, Toledo's 2013 mayoral race was much too close to call. That, however, did not did not stop me from late-night ruminations on the eve of the election. Actually, it was the question "Why was this mayoral campaign waged so fiercely?" that grabbed my mind's center stage. I found myself having to ask three other questions in order to arrive at this core issue. They were:

### Why Should Anyone Be Led by You?

"I've done what I said I was going to do," said Bell. In the midst of a terrible economy he eliminated a \$48 million budget deficit, tore down a multitude of abandoned and dilapidated properties, hired more police than his predecessors, reduced crime, paved miles of roads and put Toledo on the national and global map as a model city. In addition, Bell has an impressive resume, serving as former chief of the Toledo Fire Department and leader of the Ohio Department of Commerce's eight bureau Division of State Fire Marshall.

Collins, perhaps because he did not have the advantage of incumbency, points, not to his accomplishments, but to a class-based critique of Bell's leadership style. "Mayor Bell seems to find more time for the affluent than he does for the average man and that's my observation. My vision will be people-oriented as opposed to status-oriented. Collins has been

a police officer, police union president and taught university courses.

### A Race and Class Backlash?

Everything in society is affected by race - either implicitly or explicitly, intentionally or unintentionally. This political contest was no exception. "When my family immigrated to this country from Ireland, my very first address that I remember was 711 Fernwood, apartment one," said Collins. "My first school was Roosevelt and we were the only white family in the neighborhood. That gives you a sensitivity because those were your formative years and, in those formative years, I knew what the pressures were of being white in a black neighborhood. I'm not going to dismiss that and say it didn't exist," he added.

However, what has not been mentioned in this mayoral campaign is that, of the 18 highest positions of power in the Bell administration, African Americans occupy seven and four others are held by Hispanics.

Not only is the CEO of Toledo black, but African Americans also control the City's finances, command its safety forces, lead the police, Affirmative Action and Public Services departments but an African-American female also heads all of the city's Information and Communications Technology.

### Failing to Follow the Leader?

Even the biblical figure of Jesus failed to make an impact in his

hometown because of the citizens' refusal to follow. While we assign blame to leadership, the outcomes of their good purposes or intentions are ultimately decided by the values of the voters and not the leaders' own.

Although revenge for Bell's position on SB 5 and his lack of a stance on the right-to-work issue served as the hyped storyline, the race and class-based subplot of vulnerability, situational fear of change and anxiety were perhaps the true foci for labor union employees, a group still struggling for survival in a turbulent economy.

Resentful poor and working class whites along with middle-class blacks fearful of potential social demotion have historically been vulnerable to buying into racially-coded propaganda around crime, safety and blight or political promises that are incapable of being filled.

Ironically, I never heard from Collins either how he himself would have handled the budget deficit or labor union negotiations faced by Bell nor a plausible plan to improve Toledo's economy while continuing

... continued on page 11

## Community Calendar

### November 6

Christ Congregational MBC Special Prayer and Worship Celebration: 7pm: 419-535-1324

### November 9

Evangelical Church of God - Understanding Prayer Seminar: 9:30 to 11:30 am: 419-297-3530

Southern MBC Holiday Shopping Day: 9 am to 4 pm; Mary Kay, jewelry, fragrances, books, gift sets, clothing and more

Christ Congregational MBC Prayer Brunch: Mott Branch Library; 11 am to 1 pm: 419-535-1324

### November 10

Mt. Nebo Baptist Church 83rd Church Anniversary: 4 pm service; Guests The Worship Center and Pastor Pat McKinstry  
First MBC 74th Anniversary: 4 pm service

### November 11

Christ Congregational MBC Annual Men and Women's Day: 11 am Women's Day Celebration - Sis Elaine Burton, speaker; 4 pm Men's Day Celebration - Pastor Garland Files and Morning Star Baptist, guests: 419-535-1324

### November 15

Indiana Avenue MBC Men and Children Clothing giveaway: 4:40 to 7 pm  
"The Power in One Village:" 6 to 8:30 pm; Zablocki Senior Center; Bringing past, present and future generations of the One Village community together: 419-490-3895

### November 16

Evangelical Church of God - Working Through Un-forgiveness Seminar: 9:30 to 11:30 am: 419-297-3530  
Calvary Baptist Church Annual Cancer Awareness Luncheon: 10 am - agency resources; 11 am - programs; Noon - lunch; J.A. Dotson Fellowship Hall  
Indiana Avenue MBC Fish Dinner Sales: 9 to 11 am; Men's fellowship breakfast and door prizes; Wellness seminar by Rite Aid - 11:15 am to noon

### November 17

First MBC 74th Anniversary: Speaker Rev. Everett of Zion Hill: 4 pm  
Indiana Avenue MBC Men's Day Service - 10:45 am to 1 pm; 5 pm - Men's Day Musical - "Old Ship of Zion"

### November 24

First MBC 74th Anniversary: Women in Red; Wanda Dorn speaker

## The Sojourner's Truth

Toledo's Truthful African American  
Owned and Operated Newspaper

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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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Kathy Sweeny - Graphic Designer

### A Certified MBE

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# Reversing the Poverty Trend

By Jay Black, President TAACC  
The Truth Contributor

In this week's article we begin the discussion of why our community is amongst the poorest communities in America and what we can do to reverse the trend. I will deal with this issue in a series of articles over the next few weeks.

## TAACC Mission Statement

The Toledo African American Chamber of Commerce (TAACC) advocates and promotes the economic growth and development of African American owned businesses by focusing on the development of business opportunities, business alliances, and legislative advocacy.

The Top 10 Reasons the African-American Community is Economically Challenged – here are 10 through eight:

Number 10. We don't understand the power of our vote and we give our vote away for little to nothing in return. For instance, we continue to vote for levies and politicians who do not support our interest. They don't use their economic resources to help stimulate business activity in the black community, nor do they hire people from our community in meaningful numbers.

We helped pass the last Toledo Lucas County Public Library and Imagination Station levies by overwhelmingly supporting them as a community. In the aftermath, we've asked both organizations to support us by implementing business diversity policies similar to that of The University of Toledo.

Neither organization has such a policy and, in fact, the Library has declined to adopt a formal policy. It looks like business as usual once they get what they want from us. As a community we must remember such non-reciprocal support when they have future levies on the ballot.

What would happen if we acted as other communities and simply stop voting for candidates and levies that do not reciprocate by supporting our community economically? We believe that things would change.

Number 9: There is too much unnecessary division within our community. Let's take a look at a successful community from an economic perspective (just about any other immigrant community, in fact). They tend to practice two things that we don't: power and control.

I said practice, by the way, I

did not say they have two things that we don't have.

Power: Their power comes from their willingness to stick together above all else by supporting each other in promoting their community's interests and agenda. As it relates to public economic resources, they don't let petty disagreements get in the way of achieving their ultimate goal and, that is, the control of the economic resources.

They then decide who gets those resources by distributing them utilizing the FBI method (doing business with friends, brothers and in-laws). It doesn't matter whether they are Democrat, Republican or independent, they will work together to control the public economic resources (and many times to our detriment).

We have the some of the same elements of power and control within our community if we would only practice them. How?

Support your own first. Support black-owned businesses first and foremost. By doing so, we will help them expand and prosper and they will in turn hire some of the folks from our community whom mainstream America will not hire (folks in our families and churches) and they will support other black-owned businesses.

As a result, our dollar will turn over (recycle) multiple times in our community before it leaves rather than the .07 times that it does today. The dollar turns over in the Caucasian community five to seven times (on the national average) before it leaves.

The benefits of recycling our dollar multiple times before it leaves in our community should be obvious. If it is not, please contact me and I will explain what they are to you.

We will only become an economic force to be reckoned with when we learn to use the power and control that we do have, and by putting petty differences aside for the greater good.

Number 8. Our unwillingness to pool our economic and political capital together for the greater good. For instance, every member of our community should have an account with the Toledo Urban Federal Credit Union.

Our businesses must ban together to become larger, stronger, and better capitalized and form a leveraging mechanism to the benefit of our community. A text book example is the oldest and most successful business in

the black community – the black church.

We would like to see the 10-12 largest black churches in the city create a common pool of capital to form a revolving loan fund. Since they all preach the tithe, they could commit to contributing 10 percent of their monthly take to this loan fund. This fund would in turn be used to make business loans to worthy black businesses to help them grow and expand.

The payments from the loans made would go back into the fund to be "re-loaned." This loan fund would be used for making business loans only and would not conflict with what the Urban Federal Credit Union



Jay Black

does. As a result, we would begin to address the chronic lack of access to capital problem that plagues our business community. I have some thoughts on how to make this concept work.

Contact me if you would like more information.

Please join Toledo Urban Federal Credit Union at our  
*Annual Meeting  
and Appreciation Banquet*

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# Toledoan Turns 100 This Week

## Special to The Truth

Longtime Lucas Metropolitan Housing Authority resident Elise Gillard is turning 100.

The soon-to-be centenarian celebrates birthday No. 100 on November 5.

Born in 1913, Gillard has called Glendale Terrace home since Sept. 25, 1996. She previously lived at TenEyck Towers during modification relocations.

"I feel honored to have Mrs. Gillard for a resident," LMHA official Kim Whickum said. "She was also my resident when I was assigned to TenEyck Towers in 1991."

Gillard's late husband, John, whom she was married to for 40 years, served as a maintenance mechanic for LMHA.

They raised five boys, Carl Bryan, Darrell (deceased), Steve (deceased), Frank and Clark.

Gillard, an All Saints Episcopal Church member, believes her long life is attributed to her "trusting in God" and keeping active.

She walks without any assistance of a cane or walker and makes walking to the local store a daily practice. She's also self-sufficient at home, doing her own cleaning and cooking.

Gillard's weekly schedule also includes a visit to her hairdresser.

And getting her hair done is a practice she intends to continue long after birthday No. 100.



Elise Gillard

"ARROW CREATOR HITS ANOTHER BULLS-EYE"  
— SAN FRANCISCO CHRONICLE

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# Harvest Celebration at the Fernwood Growing Center

*Special to The Truth*

Toledo Community Development Corporation (Toledo CDC) honored its community garden volunteers and partners at its Fernwood Growing Center, located at 1646 Fernwood, on Saturday, October 26. Over the past two years Toledo CDC has diligently engaged residents and partners to develop the Fernwood Growing Center as a sustainable urban agribusiness in the heart of the city.

The Fernwood Growing Center was awarded a Brownfield Remediation grant from the US EPA through the City of Toledo's Department of Environmental Services. The clean-up was completed in September 2010.

In 2012, Toledo CDC received a \$100,000 economic development grant through The Ohio Community Finance Fund to begin the first phase of this urban agriculture project. Toledo CDC redeveloped and transformed a former brownfield site into a sustainable, urban agriculture social enterprise as part of a neighborhood strategy to address the lack of healthy, affordable produce in this central city neighborhood. The Center for Innovative Food Technology (CIFT) donated a 2100-pot Vertical Growing System (VGS). The VGS produces a variety of greens such as kale, spinach, cabbage, peppers, herbs and strawberries. The Fernwood Growing Center now also has an industrial size hoop house that makes possible the growing of seasonal produce nearly year-round.

The Fernwood Growing Center just become one of 10 pilot gardens to participate in the City of Toledo's Community Garden Water Program, making water available to the site through a City-provided tap, curb stop, meter pit, new remote-read meter.

The Fernwood Growing Center makes real Toledo CDC's mission

*"...to foster a healthy, vibrant community through... economic development and by utilizing green and sustainable practices".* The Fernwood Growing Center's objective is to provide a viable outlet where access to fresh, affordable and healthy produce is available. This growing center will also generate jobs in the areas of food production, distribution and education. One full-time, permanent position has been created which is the Urban Farm Manager. Fourteen temporary construction jobs have been created to date. As this center progresses, Toledo CDC anticipate more jobs to be developed.

Toledo CDC has partnered with ToledoGrows, CIFT, Martin Luther King Jr. Elementary School, Robinson Elementary School/Community Hub, The Erie Street Farmer's Market & Your Community Store, City of Toledo's Department of Environmental Services, Congresswoman Marcy Kaptur, Parker Energy Solutions, The Toledo-Lucas County Port Authority, Ohio Community Development Finance Fund and is also most appreciative of its numerous neighborhood volunteers and community stakeholders.

The Fernwood Growing Center has a presence at the Erie Street Farmer's Market every Saturday and sells produce to a few restaurant owners who are looking to purchase affordable, organically grown produce locally. Toledo CDC is in the process of finalizing the second phase of this project which will include an educational/ storage and distribution facility with office space. The estimated development cost of this project is \$1.2 million dollars.

For more information please contact Toledo Community Development Corporation at (419) 255-7500 or email at [e.mickens@toledocdc.org](mailto:e.mickens@toledocdc.org)



University of Toledo's Rubin Patterson, Ph.D., Toledo CDC Executive Director E. Mickens, Toledo Mayor Mike Bell

Imagine their future with you.



November is National Adoption Month. Consider adopting a sibling group from Lucas County Children Services. To learn how, call 419-213-3336 or visit [www.lucaskids.net](http://www.lucaskids.net).



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*Dr. John W. Williams, Pastor*



# NHA Navigator Program Assists Customers with Obamacare Enrollment

By Fletcher Word  
Sojourner's Truth Editor

By no means are the “glitches” that provided such frustrations for potential customers on the Affordable Care Act’s website – HealthCare.gov – a thing of the past ... yet.

Moreover, opponents of Obamacare, both nationally and in various locales, still insist on trying to use such problems or certain distasteful provisions in the Act to delay, disrupt or deny its complete implementation.

Obamacare, however, marches on. Slowly, to be sure but it marches on.

The website was to be, and will be if and when the glitches are eliminated, the main instrument for enrolling clients in a Health Insurance Marketplace plan. However, it was always meant to be only one of four ways in which clients could enroll. Inquiries and enrollment can also

be handled by telephone and snail mail.

In addition, the Act also provides for the training of individuals or agencies to assist those wishing to enroll in a Marketplace plan. Around the nation they may be known as application assistants, certified application counselors or, as in the case here in Ohio, navigators.

There are two agencies here in Lucas County training navigators. CareNet – funded by the Ohio Food Banks – will be placing four navigators in the field and the Neighborhood Health Association, managing the second largest group of such assistants statewide, will have 19 navigators available for clients, says Brad Clark, a hospital management professional and social welfare advocate, who has been brought aboard NHA as the agency’s navigator project director.

“Navigator may be the best title

for the job,” says Clark when asked what might be the mission of the program. “They are going to navigate the uninsured and underinsured through the marketplace. They are not picking a package – that’s up to the customer.”

As Clark notes, the role of the navigator is merely to guide customers through their options not advocate for one plan over the other.

The goal of getting the uninsured and underinsured signed up here in Lucas County is formidable. “There are almost 50,000 uninsured to reach,” says Clark. “We want to reach all 50,000 and get them to the coverage they need.”

There are several key dates to be considered as one begins the search through the marketplace. The marketplace opened on October 1 and will be open for enrollment through March 31, 2014. Coverage obtained

through the marketplace can begin as early as January 1, 2014 if enrollment is completed by December 15, 2013.

Enrollment online happens at HealthCare.gov although the site is still likely to be inconsistent through November, the government now tells us. By telephone, one can enroll at 1-800-318-2596, 24 hours a day, seven days a week.

If you have Medicare, Medicaid, CHIP, any job-based plan, any plan that you bought yourself (as long as it meets the new standards), COBR, retiree coverage, TRICARE, VA health coverage, as examples, you have met the guidelines set forth in the Affordable Care Act and are properly covered.

In the Toledo area, you can call the NHA Navigator program for assistance at 419-720-7883, ext 204. The Navigator program has been funded through August 2014.

## What to Know this Benefit Open Enrollment Season

Special to The Truth

The end of the year is benefit open enrollment season for most Americans -- your annual opportunity to change, elect, or renew benefit coverage offered through your employer for the upcoming year.

With the cost of health care continuing to rise, health care reform is changing the insurance landscape and often the benefits employers provide. And with these changes, consumers face added costs and

new decision-making responsibilities. In fact, in addition to healthcare decisions, four-fifths of employers have already adopted voluntary benefits to provide employees with new nonmedical benefit choices, according to the Employee Benefit Research Institute.

“Employers once selected and paid for a specific set of nonmedical benefits for their employees, such as short-term and long-term disability, dental,

and term life insurance,” says Rob Grubka, president, Group Protection at Lincoln Financial Group. “Today, that’s changing; decisions and funding of healthcare and many nonmedical benefits are now in the hands of the employees themselves.”

If you’re a bit confused by the details, here are some simple things to consider when choosing your benefits:

- Health insurance coverage is certainly a valuable benefit, but don’t overlook how other important benefits – such as dental care, vision coverage, disability insurance, life insurance and critical illness insurance – also play a big role in protecting your financial future.

Even if your employer doesn’t contribute toward the premium cost, these can be more cost effective and you may be able to conveniently pay premiums via pre-tax payroll deduction if you purchase them at work. You’ll likely need more protection than just medical, and the majority of employers do sponsor other options. So review your enrollment materials to determine what’s being offered.

- Figure out your biggest risks today and make protecting them a priority. If you’re healthy, single, and relatively young, you have different

needs than someone who is married with three kids in high school.

- A lot of companies and benefits providers have tools, videos and even games on their websites to help make understanding benefits easy. For example, [www.LincolnforLiving.com](http://www.LincolnforLiving.com), an innovative free website, features a wide array of tools and resources to help you make smarter decisions about protecting your future based on your lifestyle.

- Every year you should consider your life changes and re-evaluate your needs. Whether you’re about to walk down the aisle, expand your family, or buy your first home, protecting your assets with the right kinds and amounts of insurance coverage is key.

- With a voluntary benefits program, you get an opportunity to purchase specific benefits. But there are a lot of details so take advantage of benefit educational webinars, one-on-one meetings or group meetings provided through your employer.

It’s the important things in life that are worth protecting. Insurance benefits offered in your workplace play a role in how you plan for that protection. Be sure to make informed choices this open enrollment season.

Courtesy State Point

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# Zero Weight Gain Challenge

By Patrice Powers-Barker, OSU Extension, Lucas County  
The Truth Contributor

Do you have a pile of Halloween candy sitting on the counter? Around this time of year, many people celebrate a holiday "season" because of so many celebrations happening from now until January.

Many of the celebrations and get-togethers focus on food and often those foods are high in sugar, sodium, fat and calories. Those celebrations often go hand in hand with extra gatherings and shopping which can sometimes cause more stress and less time for healthy lifestyle habits like exercise and healthy meal planning.

Although we may have good intentions to loose weight, it has been found that weight gained during this busy time of year usually does not come off later on. This is the reason many people work on "weight maintenance" or "zero weight gain" by committing to focus on healthy eating and physical activity during the busy season. Not only does this help our waistline, but it also helps our stress level as well as other health conditions.

### Halloween Candy

- Limit the amount of candy that the children (and you) eat every day. It's OK to save that candy for a while. Save it in the freezer, if you must keep it.
- Store the candy out of sight. Having it in a candy jar makes it too easy to snack on all day long. Use a bowl to keep fresh fruit on the counter in plain sight.
- When enjoying candy for a snack, partner it with a healthier option like nuts or fruit for a larger, more balanced snack

### Holiday Meal Planning

- Think about what changes can be made in your recipes to use less sugar, fat or sodium
- Think about what meals you will eat throughout the day and balance healthy choices with some of the higher fat choices
- It's OK to enjoy holiday foods but keep in mind the serving size. Choose the smallest option for high fat and high calorie foods.
- If you are attending a pot-luck bring a healthy dish that features fruits or vegetables or whole grains

Extension.org has a page on Healthy Holiday Cooking. They share the following list of "Healthy Appetizer Suggestions Besides Raw Vegetables and Dip":

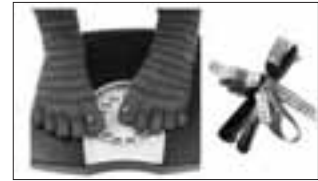
- Hummus and grilled pita triangles. Roasted red pepper or toasted pine nuts adds huge flavor to hummus.
- You can also make bean dips similar to hummus using different beans like black beans, navy beans, pinto beans etc.
- The avocado in guacamole has a lot of good health qualities.

Grilled or roasted vegetable kebabs present vegetables in a whole new dimension.

- Baba ghanoush is a dip made with eggplant (try roasting your eggplant to give the dish more flavor) and add tahini (toasted sesame seed paste)
- Skin, marinate and grill chicken wings. These are much healthier than fried wings and guys still love them because they are grilled. Serve them with grilled vegetables or pineapple for a lot

of food at a relatively low cost.

- Fresh fruit is also a great appetizer, especially for the kids.
- Baked tortilla chips and salsa. Also try mixing black beans into your salsa.



### Add Some Activity

- Don't just watch the football game – toss the ball around!
- Welcome the winter weather! Check out a local ice skating rink, even if you are not a professional ice skater or take a sled ride down the hill and walk back up.
- Plan a walk or other activity with friends and family following the meal.
- Use the mall for walking, not just shopping.

- Who: Any adult with an email account
- Included: twice weekly educational messages, personal tracking log for programs and pre-post online survey to show participant's knowledge gained and behaviors changed
- Why? To improve overall health and well-being, especially during this busy time of year!
- How: sign up at <http://go.osu.edu/ZWGLucas>
- Questions about 2013 Zero Weight Gain Challenge – email [powers-barker.1@osu.edu](mailto:powers-barker.1@osu.edu)

Join the 2013 Zero Weight Gain Challenge by OSU Extension, Live Healthy, Live Well! Looking for more reminders and tips to stay healthy this time of year? Sign up for the Zero Weight Gain Email Challenge for Lucas County.

- When: November 25 , 2013 – January 5 , 2014
- Cost: FREE

Busy times of the year can be challenging for healthy habits, but making an effort to continue eating healthy and including exercise through the end of the year will go a long way in helping you stay happy and ready to enjoy the New Year!

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# What is Shingles? Are you willing to take the risk?

By Angela Steward, Fitness Motivator  
The Truth Contributor

Shingles – It introduced itself to my mother on a sunny September day while working the primary election. It started with a migraine headache where the pain was so severe she asked us to take her to the emergency room.

After running several tests, the hospital treated her for a severe migraine and suggested she see her doctor if the pain continued. She felt fine for a few days, but soon the headache returned and became so severe she became weak, her vision blurred and her speech slurred.

We immediately rushed her back to the hospital, for more tests. We were told she wasn't having a stroke, which is what we were all afraid of, or a heart attack.

Meanwhile my mother's eye began to swell (much like hives), then the entire side of her face began to swell and sag. If you know

my mother, she is healthy, active and extremely independent and is our family's caregiver. So to see her in this weak state was horrifying for my family. We had no idea what was wrong and neither did the doctors.

After almost a week of hospitalization, a doctor stopped in to see my mother and in a matter-of-fact voice told us she had shingles. Almost immediately after being diagnosed, the virus went into overdrive.

Imagine fluid-filled blisters that would normally spread over your entire body in a giant mass over your entire eye area, eyelids, forehead and scalp, followed by excruciating nerve pain that had my mother asking for God to take her life! I'm being truly honest when I say these past six weeks have been my mother and family's "hell on earth."

I'm sharing this story with you so that none of you have to live through what my family has experienced, and that no one in your family has to feel the pain my mother has felt.

The shingles virus is very real and extremely painful. Over half a million people in the U.S. are diagnosed with shingles yearly. Most people recover from shingles but for 20 percent to 30 percent of them, the pain never goes away. The pain can last for months, years or even for the rest of their lives!

Most of us had chickenpox (zoster virus) as children. However, after the chickenpox has gone the virus stays in our nervous system in a dormant state. The virus doesn't become active because our immune system keeps it in check. In most cases it stays that way but in some people, especially people with weakened immune systems, it is reactivated.

Shingles is a viral infection of the nerve roots. Its symptoms are headaches, itching and/or burning, flu-like symptoms without a fever, light sensitivity, followed by itching, tingling and/or ex-



Angela Steward

treme pain where the rash is developing, where the pain (quick stabs of agonizing pain) can be moderate to severe.

In most cases after one to two days, but sometimes weeks (as

... continued on page 10

## Frostology

The Science of the Season

November 16 – January 5

Join

Imagination Station for fun, science festivities after The Toledo Blade Holiday Parade. Explore the science of the season, meet special guests and get your photo taken with Santa Claus.

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# Dear Ryan

Ryan Rollison, Dream Bodies

Dear Ryan,  
I have been doing so well with my eating and exercising that I want to thank you for all of your help. I look forward to reading your articles in The Truth. My question is that I want to take my workouts to the next level and I don't know what to do. I train three days a week, total body, but it's getting easy for me to do. How can I make it more challenging?

Kelly

Dear Kelly,  
I'm very glad that you are getting help from my articles and that you are making improvements in your physique. It's a great feeling to look in the mirror and see all your hard work is not in vain.

Well there are a couple of ways that you can handle this. You can either increase the amount of work you do on the days you train

or you can add another day of training. If you want to increase the workouts that you are doing now just simply increase your weight for a hard 8-15 reps or you can simply add another set to what you are doing.

If it is still easy just keep adding weight until it is difficult for you to get your reps but with good form. NEVER sacrifice form for weight!

Your other option is to add another day. Train two on, one off, two on, two off. Start separating body parts, adding other exercises and stop doing total body workouts. This will give you more exercise per body part and give you a chance to work on lagging areas. Make sure that you don't work the same body part two days in a row. Also, stop in for some fit camps, the change of work out will do you

good and it will give you a little variety.

Keep your nutrition clean and stay on your water. I hope this helps you and if you are unclear about anything just e-mail me.

### Here's a little nutrition tip for the holidays:

Instead of using cream cheeses in a recipe, take cottage cheese rinse it off and puree it in a blender with a LITTLE water. This decreases the calories and increases the protein in your food resulting in a lower insulin spike.

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# Medical Innovations Could Make Diabetes Management Easier

Special to The Truth

Most people don't think about their sugar intake, insulin and blood glucose levels, but for those with diabetes, these are aspects of everyday life. There are more than 24 million people in the United States living with the disease, according to the American Diabetes Association, and this number is on the rise. For these individuals, managing the disease can be a stressful, time-consuming and even painful process.

As diabetes can result in serious health complications including eye, kidney and nerve disease, and can lead to premature death, optimal treatment is crucial. But for this to take place, frequent measuring of blood glucose levels is required.

While conventional blood glucose monitoring involves drawing a blood sample from one's finger, hand, thigh or forearm with a needle, medical innovations on the horizon are promising to make diabetes management easier

on patients.

"Blood glucose monitoring, the crucial tool for controlling diabetes, is soon going to be more cost-effective and less painful," says Avner Gal, CEO of Integrity Applications, a medical device company working on solutions for diabetes patients.

While at this time there are virtually no viable devices for the non-invasive measurement of glucose levels on the market, this soon will change.

For example, GlucoTrack, by Integrity Applications, is a patented product in development that uses ultrasonic, electromagnetic and thermal technologies to non-invasively measure glucose levels in the blood. The device is battery-operated and includes a main unit, which contains display and control features, as well as transmitter, receiver and processor, and a personal ear clip, which contains sensors and calibration electronics, and is clipped to the earlobe.

If you have Type 1 or Type 2 diabetes, here are some things to consider about the new technology that soon may help to make life less painful and more cost efficient:

- **Convenience:** About the size and weight of a smartphone, these new monitoring devices are small, light and easy to carry. Results are given both visually and verbally.

- **Cost:** Compared to a finger prick device, over the long-term, GlucoTrack will have a reduced life cycle cost, saving patients money.

- **Data:** Blood glucose readings over time give healthcare providers useful data that helps determine proper treatment for patients. The new devices store up to 1000 past readings, and have a USB port for downloading data for off-line analysis, simplifying the logging process for patients.

More information can be found at [www.Integrity-App.com](http://www.Integrity-App.com).

Take steps to make your diabetes more manageable. Talk to your doctor about innovations in blood glucose monitoring.

Courtesy State Point

## Shingles.. continued from page 8

with my mother), the initial phase is followed by the skin rash. The most common pain and rash show on the torso but can also appear on the face, eyes and other parts of the body. The blisters eventually become cloudy and dark as they fill with blood and scabs over within seven to 10 days, usually the scabs fall off and the skin heals, but sometimes after severe blistering and scarring, discolored skin remains.

Most people with mild to moderate pain can be treated with over-the-counter pain medicines. But occasionally, as with my mother, the pain was so severe she was treated with opioid medications such as morphine, steroids and oxycodine. She also had to endure three nerve blocks (one through the eyebrow and two through the neck) to reduce the pain.

Though people who haven't had chickenpox can catch chickenpox, the shingles itself isn't contagious. There is no cure for shingles, but there is a vaccine that considerably reduces the risks and severity of the disease, it does not provide 100 percent immunity. Experts recommend that people over 60 get the vaccine regardless of whether or not they have had shingles before. The vaccine is preventive, not to be used to treat people are infected.

In my beautiful mother's case, our family immediately went into action. For the first two weeks, while our mother was so highly medicated and going through the worst of it, my sister and I spent every night and day in the hospital.

Truly if you have a loved one in the hospital someone has to be

willing to be her voice, to ask the hard questions, to assist the understaffed and often unappreciated nurses, to make sure your loved one is being treated with respect and to make sure your loved one knows you will be there for them and to encourage them to keep moving forward!

When I began to talk with others about shingles, almost everyone I talked with either had shingles or had family members or friends who had the virus.

By God's grace and mercy, my mother is home recuperating and slowly returning to her active, independent life. But know this, my faith was truly shaken. I prayed and cried many nights, but one night a voice whispered to my soul your mother will be okay, you can't believe in me, yet doubt me! After that night, I have no doubt; I live by faith - not fear!

Please talk with your parents and friends about the devastating effects of shingles, and then contact your physician for vaccination information. I never paid attention to the shingles television commercials, I do now and you should too!

Angela R. Steward

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# The Affordable Care Act and Medicaid Expansion in Ohio

By Kimberly Phillips  
The Truth Contributor

Republican Governor John Kasich made a big splash by circumventing his own party-led legislature and succeeded in a year-long fight to expand Ohio's Medicaid program under the Affordable Care Act.

As a result, nearly 275,000 low-income Ohioans — mostly working adults living near or below the federal poverty level — will qualify for basic health coverage starting January 1, 2014. In a landmark ruling in the summer of 2012, the U.S. Supreme Court ruled that states could opt out of expanding the Medicaid program.

The breakthrough came on a Monday afternoon, when the Ohio legislature's seven-member "controlling board" voted 5-2 to let Governor Kasich spend the \$2.5 billion the federal government has approved for his expansion plan. Ohio is the 25th jurisdiction to commit itself to expanding health care for the poor. By the Advisory Board's latest count, 28 states and the District of Columbia are now moving toward expansion.

"Governor Kasich will join a number of other Republican governors in putting aside partisan politics, and recognizing the practical and economic benefits of supporting Medicaid expansion," Obama aide and Ohio native Chris Jennings wrote in a White House blog post Monday night. "This is great news for the 270,000 previously uninsured residents, the state's health care providers, and [the] Ohio economy, [which] will benefit from this expansion."

According to the Co-

lumbus Dispatch, some are considering suing the state. Many are opposed to the principle of the expansion as it represents an expansion of the size of government.

Kasich decided that Ohio could not afford to turn down the federally-funded health care coverage assistance for residents who cost the state millions in unpaid emergency medical bills. The Republican legislators stripped the expansion out of the budget proposal when it was initially proposed last spring.

Kasich did not back down and his administration continued to work on a detailed blueprint for expansion. Research from the Health Policy Institute of Ohio and others predicted huge benefits to the state's economy as well as its health, and public support was high.

The support led to a statewide ballot initiative was in the works last summer. Groups and supporters from the Ohio Poverty Law Center to the chamber

of commerce, the state medical association and Catholic Diocese — were speaking out in support of the expansion.

Given enough time, the legislature or the voters might have cleared the way. But rather than wait for them, Kasich found a way around the politics.

This month, when the federal government for-

mally approved his administration's Medicaid expansion plan, he asked the legislature's controlling board to authorize use of \$2.5 of the available funds.

The board members didn't have to approve the governor's entire plan to expand Medicaid. They simply signed off, in a 5-to-2 vote, on the transfer of a pending federal disburse-

ment into the state's Medicaid account.

More than eight million Americans are expected to receive health care coverage under the new expanded Medicaid definition. The expanded definition will help the working poor.

Contact Kim Phillips, The Benefit Station, Kim.Phillips@TheBenefitStation.com 419-754-3579



Kimberly Phillips

### Perryman... continued from page 2

Bell's positive fiscal results. Neither has Collins, admittedly lacking cultural sensitivities or multicultural knowledge, demonstrated how he would move the needle forward on social issues that currently overwhelm the poor and people of color. The community certainly will hold Collins accountable, should he win.

Likewise, should Bell emerge as victor, a second term would be far from a walk in the park and he will need to address a perceived cultural sensitivity gap of his own. "This is a business," he says. "It's

almost like a 5 to 600 million-dollar business that runs on the ability to give services to the people that we serve from the standpoint of their tax base. I think sometimes people get outside of that."

While Bell has been successful in convincing major corporations such as Owens Corning, Hickory Farms and others to remain or invest in the city, many of his own employees feel left out. "He (Bell) doesn't care about us. He'll seem to be interested until a white person or someone wealthy comes along, and he'll drop you in

mid-sentence," said one African-American municipal employee. In addition, many inner-city residents perceive little difference in the candidates, are indifferent and likely to have sat out the election. Perception becomes reality therefore Bell will have to deal with his followers' feelings of disconnection and abandonment.

Despite his positive record of performance, Bell concluded the arduous campaign feeling spent and as the underdog. Referring to the biblical account of David and Goliath, he pondered, "Why should it be this hard?"

It shouldn't have to be this hard! I'm trying to think logically. I can't out-commercial them because they've got money from the national unions and the national Democratic Party. So I've just got to make sure that I've got my one smooth, shiny rock, because I may only get one shot at it."

Bell is correct. It may take a miracle. In this race, he certainly cannot afford to make a single misstep that might cause him to miss the target.

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

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# Furious Cool: Richard Pryor and the World That Made Him by David Henry & Joe Henry

By Terri Schlichenmeyer  
The Truth Contributor

Dirty, nasty, filthy.

That's what your mother claimed "those words" were. You said them once... and were never allowed to say them again in her presence. They were bad words.

They were dirty – unless, of course, Richard Pryor said them. Then they were hilarious, fall-down-funny, and in the new book *Furious Cool* by David Henry and Joe Henry, you'll read a few of them, and more.

Peoria, Illinois is like "[w]hatever you think of when you hear the name," Richard Pryor once said to an audience in 1966. He was born there, the son of a vaudevillian and a prostitute, and was raised in his grandmother's bordello. There, as a small boy, he learned to get laughs – though his childhood was overall rough and marked with things little boys should never see.

When he was just 19, Pryor married his pregnant 16-year-old girlfriend, the first of his many marriages. He was unemployed then, but "soaked up everything" he saw while lounging around, watching TV. Shortly after his son was delivered prematurely, he left his young wife, moved back to his father's house, and began performing at local Peoria clubs.

From there, Pryor bounced around between To-

Algonquin Books of Chapel Hill,  
\$25.95 / \$32.95 Canada  
400 pages

ronto, New York and Las Vegas. He played the "Chitlin Circuit," performed on The Ed Sullivan Show and learned to mimic Bill Cosby's act. For a time, Pryor left the stage and moved to California to live a "flower children" existence with his second wife then. Following a brief separation from her, he moved to Berkeley where he spent his days reading the works of Malcolm X.

It blew his mind. It also changed his act.

Embracing the "N" word and inspired to "speak truth," Pryor revolutionized comedy with the "raw language of the streets." People flocked to concerts and comedy clubs where he performed. His genius poured forth.

But though his stage career soared, Pryor's personal life was in shambles. He loved cocaine, cognac, women and guns, but the four together was a bad mix and his behavior "grew increasingly bizarre." His addictions out of control, he sought help and entered a hospital in 1979.

Later, he insisted to everyone that he was "off drugs for real this time."

He lied.

*Furious Cool* is a wonderful, wonderful book. But I was wrung out when I finished it, as if I had watched a car accident in excruciatingly slow motion.

That's a testament to authors David Henry and Joe Henry, both of whom had a relationship with Pryor at the end of his life, and who had access to his story. Here, Henry & Henry give us a sense of the once-in-a-lifetime genius that Pryor was, but because we know how this tale unfolds, it's painful to read. We watch his self-destruction through these

pages, and feel powerless.

And yet – *Furious Cool* is impossible not to enjoy. It's filled with history, memories, laughs and, yes, an abundance of profanity - but if you want to read a story of a complicated comedy genius, it would be a dirty shame to miss it.



NAACP... continued from page 16

in NAACP logo colors, and incoming president Ray Wood served as master of ceremony.

The celebration, over 300 in attendance, opened with the presentation of colors by the Military Color Guard, national anthem led by first lady of Mt. Nebo Church, Debra Brock, invocation by new Phillips CME Temple pastor Rev. Antonie Shyne, Jr., remarks by Toledo Mayor Mike Bell and proclamations by elected officials.

Outgoing NAACP Toledo Unit president Rev. Kevin Bedford continued the tradition, a presentation of a

table in front of attendees. The table, decorated with fine china and gold accessories, represented those who did not enjoy the freedoms that African Americans do today. "This table holds a place of honor, sacrifices made for civil rights and equality to change society."

Michael Alexander, current membership chairman and future first vice president encouraged attendees to join the NAACP. Memberships are \$30 for adults and \$10 for youth. The Roy Wilkins Award is an annual honor awarded each banquet.

The 2013 honoree was out-going president Bedford. "Rev. Bedford's decision to get involved in the community, led him to become the president of the Toledo Unit NAACP from 2011 to 2013. He took this challenge by making significant contributions in the area of civil and human rights, race relations, equal opportunity, affirmative action, and human resource

treatment," explained Freedom Fund Chairman Yvonne Harper.

Bedford received a standing ovation upon accepting his award and publically thanked the God, his family, committee and NAACP membership. "It's been a pleasure to serve you as president. May God bless and keep you."

First Lady Brock led the Negro National Anthem as all attendees stood and recited in unison. Ohio House Representative Michael Ashford introduced the guest speaker, Ohio Representative and Minority Leader Tracy Maxwell Heard.

NAACP Toledo Branch officers include: Bedford, outgoing president; Wood, incoming president; Alexander, first vice president; Wayne Blanchard, treasurer; Elbert Collier, Jr, secretary; Harper, Freedom Fund chairman; WilliAnn Moore, assistant secretary; Sharon Roach, WIN Chair; Darlene Sweeney-Newbern, Civil Rights chairman. Banquet major sponsors were: General Motors, the Hollywood Casino, Laborers Local 500, Mayor Mike Bell, and Ohio State Cap UAW.

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# Album Review: Amel Larrieux *Ice Cream Every Day*

By Michael Hayes  
Minister of Culture

To revere Amel Larrieux for having one of the most sublime voices in all of music, the only requirement is that you have a pair of ears.

To appreciate her albums, you need only an attention span.

But to truly absorb the layers, you have to know something about being a Pisces.

Pisces are known for indulgence. Even though every person of every sign falls in love and can love hard, Amel discusses love AND the love of her life with the kind of rampant and un-ending indulgence that is typical for a Pisces.

It's not the song, it's the sounds. It's not just the food, it's the taste.

We Pisceans willingly play with the limits of obsession and overdose on our favorite things.

For Amel Larrieux, one of her favorite things in this world is her husband and sole music producer, Laru Larrieux.

It's also clear that Amel Larrieux can sing about pain and troubles that extend beyond her own experience. From the social narratives of her writing on Groove Theory's debut to the title track on Infinite Possibilities, she takes the injustice she observes in the world around her as personal (another Pisces trait). You put all that together and every album covers much ground. An Amel Larrieux album is a conversation touching on such subjects as romance, destiny, inspiration and self-reflection.

So many music lovers are still clinging to the early 2000's when neo-soul ruled the day.

Those types haven't always been able to hang with Amel over the years as some of her music has ventured into soft-trance, alternative and other genres.

But she has found a way to be consistent yet experimental every time out.

Every album features a piano-driven ballad as an ode to her husband.

But every album also explores multiple genres that won't be tied down to any one definition. It just sounds like Amel and Laru Larrieux.

Two songs from Ice Cream Every Day have been on Youtube for over a year.

"Orange Glow" crosses the line from funky

to slightly clumsy and may be one of my least favorite Amel songs ever. But "Don't Let Me Down" is pure perfection in every way down to the minor inflections of her voice as she scales notes soaked in a vulnerability that is impossible to escape.

The first four songs that open Ice Cream Every Day are refreshing and sweetly familiar.

"Afraid" is everything you love about Amel Larrieux but updated and current.

"A Million Sapphires" is her way of exploring sensuality, and the music is among the best production on the entire project.

"I Do Take" ... yo ... I kid you not, I have listened to this song probably 30 times already and I'm nowhere near sick of it.

"You Don't See Me" is Amel Larrieux like you may have never heard her before, on a slightly raucous track that stomps and bounces like some old juke-joint soul and it totally works on every level.

I must admit that the title led me to expect the collection of songs like "Weather" or "Magic," but Ice Cream Every Day is much more dense than it is whimsical.

At 16 tracks, it's the longest Amel Larrieux original album... and two of the songs are reprints with only minor changes that most people may not even notice.



Michael Hayes

There are songs on here that will rank up there with fan's all-time Amel favorites even though not every song is as memorable as the one that it sits next to in the track list.

Listen when you have time to listen. You can't preview an Amel Larrieux album with your finger ready to click to the next song, you have to sit with it and let it speak to you. Do that and your love of great artistry will thank you!

The true grade for Amel Larrieux's Ice Cream Every Day is B+.

It's available on iTunes but I bought my through the Google Play store.

## TOLEDO NAACP GENERAL MEMBERSHIP MEETING NOTICE

The Toledo NAACP Branch will have their General Membership Meeting Tuesday, Nov. 12, 2013, 7 pm 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.

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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  
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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!"

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msrubyskitchen.com



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[www.TheTruthToledo.com](http://www.TheTruthToledo.com)

**CRUSADERS OF CHRIST** Present **Youth & Young Adults 4th Sunday**

Have you been looking for a safe-to-choose your life more spiritually for what you see here tonight? If so, this theme-oriented and spirit-filled experience is designed just for you. Visit us on Facebook - I have a special video message for the entire parish!



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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!**



# CLASSIFIEDS

November 6, 2013

Page 15

## Canine Care Center Supervisor Lucas County

The Lucas County Dog Warden is accepting applications to fill the classified, FLSA- Exempt position of Canine Care Center Supervisor. Applications will be accepted through November 6, 2013. Additional information regarding the duties and responsibilities is available on the Lucas County web site ([www.co.lucas.oh.us](http://www.co.lucas.oh.us)). Click on "Apply for a Job" and then select "Canine Care Center Supervisor" 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.

An Equal Opportunity Employer

## Notice to Bidders:

Inquiry # FY14-31, (Project # 1130-13-872) for Campus Energy Cost Reduction for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, November 19, 2013. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$75.00 will be charged per set. Any further information may be obtained from David Desjardins of JDRM Engineering at 419-824-2400. One Pre-Bid Conference will be held on Tuesday, November 12, 2013 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$1,741,000.00; Breakdown: Electrical: \$1,741,000.00.

## COMMUNITY PSYCHIATRIC SUPPORTIVE TREATMENT CLINICIAN

Unison Behavioral Health Group, Inc. is seeking full-time Community Psychiatric Supportive Treatment Clinicians to provide community support services to adults with serious and persistent mental illness. Duties will include assessment of client needs, assisting in the development of the treatment plan, coordination of the treatment plan, crisis management and stabilization, advocacy and outreach, education and mental health interventions addressing the mental illness.

Bachelor's degree in social work or psychology and a valid driver's license required. Master's degree preferred. Current Ohio LSW or PC license and experience preferred.

Send resume or apply to:

Unison Behavioral Health Group, Inc.  
Human Resources - CPST  
1425 Starr Ave.  
Toledo, OH 43605  
Fax: 419-936-7574  
Email: [hr@unisonbhg.org](mailto:hr@unisonbhg.org)

EOE

## Public Notice

The public is hereby invited to review and comment on the proposed Community Services Block Grant for the Economic Opportunity Planning Association of Greater Toledo, Inc. (EOPA). The plan may be reviewed at EOPA's office located at 505 Hamilton Street, Toledo, OH. Friday, November 8th, and Tuesday, November 12th, 2013 between the hours of 8:00 am - 5:00 pm. Comments should be submitted to the above office before 5:00 pm. November 25th, 2013. All comments will be kept on file and will be open for public review. For further information, contact Eric W. Slack, Director of Planning at (419) 242-7304 ext. 1402.



## Building Automation Technician - Posting 16496

Performs skilled building automation system installation and calibration on various systems and components; includes the installation, operation, corrective, preventative and predictive maintenance of such systems.

Requirements: HS diploma or GED. Three (3) years field experience working as a Building Automation Technician for a Building Automation Company, or four (4) years documented experience working as a Building Automation Technician for "end user" (customer) is required. Starting pay rate is \$17.62.

For more information and to apply please visit <https://jobs.utoledo.edu>. Only online applications are accepted. Applications must be completed by Thursday, November 21, 2013 at 5pm. **UT is an EEO, AA Employer and Educator.**

## CARE MANAGER Full-time

Accountable for overall care management and care coordination of the consumer's care plan, including physical health, behavioral health and social service needs and goals. May provide health home services as needed.

Must be licensed in Ohio as an LISW, LSW, PCC, PC or RN. Prior experience as a care manager preferred.

Send resume or apply to:

Unison Behavioral Health Group, Inc.  
Human Resources - CM  
1425 Starr Ave.  
Toledo, OH 43605  
Fax: 419-936-7574  
Email: [hr@unisonbhg.org](mailto:hr@unisonbhg.org)

EOE

## Night Personality for URban Radio Broadcasting's WJZE-FM

URban Radio Broadcasting Toledo Ohio has an immediate opening for a Night Talent for WJZE-FM (HOT 97-3 Blazing Hip Hop and R&B). This position requires an experienced person who can motivate the Toledo audience while enhancing our street presence and overseeing Web presence. You must be very organized, extremely motivated, driven and have a burning desire to win. Working knowledge of digital equipment is a must. This position is now available and we will start an immediate interview process. Please get us all the details about yourself immediately, including an air check. You can overnight this information to:

Rockey Love  
Program Director  
URban Radio Broadcasting  
720 Water St., 4th floor  
Toledo OH 43604

or email your presentation along with your air check to [rockeylove@urbanradio.fm](mailto:rockeylove@urbanradio.fm)

(419) 244-6354

Fax: (419) 244-8261

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## 9-1-1 Training Officer Lucas County

Lucas County Emergency Services is accepting applications to fill the position of 9-1-1 Training Officer through November 8, 2013. Additional information regarding the duties is available on the Lucas County web site ([www.co.lucas.oh.us](http://www.co.lucas.oh.us)). Click on "Apply for a Job" and then select "9-1-1 Training Officer" from the list to read more or apply. An Equal Opportunity Employer

## Account Executive Position - Toledo, OH (September, 2013)

### Radio Station Marketing Consultants

Radio Station Marketing Consultants Enjoy an exciting career in radio broadcasting at Urban Radio Broadcasting stations-WIMX 95.7 FM ([www.Mix957.net](http://www.Mix957.net)) and WJZE 97.3FM ([www.Hot973.net](http://www.Hot973.net)) in Toledo, OH. If you are ambitious, self-motivated by results and understand and enjoy the sales and marketing process, then you should investigate this career opportunity. You will be selling advertising and marketing programs to businesses to help them generate new customers and sales. Prior advertising sales experience is A+.

You should possess polished verbal and written communications skills and be computer literate. You enjoy developing strong client relationships and helping others reach their business goals. Only confident, career-minded individual who possess a professional image and a capacity to work well in a fast-paced environment will be considered.

We offer healthcare benefits, and the best training anywhere. Our managers are committed to helping you become successful and earn big \$\$\$\$. Our environment lends itself to success, and one that rewards those with a solid work ethic. If you want to be a part of our exciting, growing Urban Radio Broadcasting TEAM, call and email Director of Sales, John Guzan, at 419-244-6354 ([johnгуzan@urbanradio.fm](mailto:johnгуzan@urbanradio.fm)). Women and minorities are encouraged to apply.

## HUMAN RESOURCES ASSISTANT

Part-time (20 hours per week) HR Assistant needed to provide professional and secretarial support for the Human Resources function. Position will perform duties such as answering HR phone line, placing ads, conducting pre-employment meetings, responding to requests for information, verifying references/credentials, typing letters/minutes/reports, creating forms/databases/charts, writing and issuing agency newsletter, maintaining personnel files and professional development files, completing requests for professional education credits, and scheduling appointments. Position provides secretarial support to agency committees as assigned.

Candidate must be able to work a flexible schedule as needed including evenings and weekends. Qualified candidates must have excellent customer service skills and the ability to maintain confidentiality. Must be proficient in using computers and software such as Word, Excel, Powerpoint and specialized software for Payroll/HR systems. Working knowledge of employment and wage and hour laws required. An associate's degree and previous experience in HR is preferred.

Send resume or apply to:

Unison Behavioral Health Group, Inc.  
Human Resources - HR  
1425 Starr Ave.  
Toledo, OH 43605  
Fax: 419-936-7574  
Email: [hr@unisonbhg.org](mailto:hr@unisonbhg.org)

EOE

# Toledo NAACP Unit Celebrates a Century of Social Justice

By Artisha Lawson  
Sojourner's Truth Reporter

In 1909, according to the National Association for the Advancement of Colored People's website, the NAACP was formed after years of lynching, race riots, violence against blacks and overall discrimination against blacks. In just a few short years, the Toledo NAACP Unit was formed. Elected and appointed officers, community leaders, and supporters gathered to celebrate the 100th annual Freedom Fund Banquet, held on Friday, October 25, 2013. The hall was decorated ... continued on page 12



Petee Talley and Wilma Brown



Board of Education Member Larry Sykes and Councilman Steve Steel



Executive Board of NAACP



Councilman D. Michael Collins and UAW's Ray Woods



Mayor Mike Bell and Councilman Adam Martinez



Former president Rev. Kevin Bedford and incoming president Ray Wood

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- ★ 5 Ways to Earn College Credit in High School
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- ★ Thousands of Volunteer Hours

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Sunday  
November 10  
11 a.m. – 2 p.m.

**HIGH SCHOOL PLACEMENT TEST**  
December 7  
8 a.m.

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