



Volume 27, No. 4

"And Ye Shall Know The Truth..."

April 2, 2014

Laura Lloyd-Jenkins

In This Issue...

Perryman Page 2	Cover Story: Laura Lloyd-Jenkins Page 4
Tolliver Page 3	

Health Section

Minority Health Month Page 6	The Fitness Motivator Page 8
The Right Vitamins and Nutrients Page 7	Ask Ryan Page 8
	Portman on Medicare Page 10

Law and Leadership Institute Page 11	City Workshops Page 13
---	------------------------------

Lucas County Summer Opportunities Page 12	Classifieds Page 15
	Minority Health Month Schedule Page 16



County Administrator, Board of Lucas County Commissioners

Misleading Math and Malicious Myth

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



...Knowledge is power, and power is the key to changing things.

- Jill Nelson

The old expression “numbers never lie” and many other malicious myths concerning the public portrayal of African Americans were dispelled last week in a public lecture at The University of Toledo by esteemed historian Khalil Gibran Muhammad, Ph.D.

This community enlightenment took place on the heels of the racially-charged discourse of black pathology spewed by Congressman Paul Ryan (R. WI) and Bill O'Reilly of Fox News.

“We have got this tailspin of culture, in our inner cities in particular, of men not working and just generations of men not even thinking about working or learning the value and the culture of work,” said Ryan in a radio broadcast and citing the work of Charles Murray – a conservative who argues that black intelligence is genetically inferior to that of whites.

Muhammad is the executive director of the Schomburg Center for Research in Black Culture in New York City and author of *The Condemnation of Blackness: Race, Criminality and the Making of Modern Urban America*.

In *Condemnation of Blackness*, Muhammad traces the seeds of today's misinterpreted statistics-based racial analysis back to the turn of the century.

While preaching personal responsibility and ignoring socioeconomic conditions such as discriminatory laws, the overrepresentation of blacks in the prison system was interpreted as definitive proof of blacks' inferior nature and pathology (p. 34). Conversely, Muhammad notes, white scientists and government experts sympathetically portrayed white criminality and self-destructive behavior as “a symptom of industrial capitalism and urban life that could be ameliorated through greater public and private investment in education, social services, social programs, and public infrastructure.” Rather than acknowledging problems with the societal system itself, interpretations pointed the blame solely at black individuals.

Southerners, used the data to justify “lynching, convict leasing, and political disenfranchisement” while Northerners used the statistics to “justify black joblessness, residential segregation and municipal government neglect of black neighborhoods” (p. 153).

“The sad part,” Muhammad stressed to the guileless audience, “is that the wiring of black inferiority is also inside of black people because we have bought into this misleading story. When Bill O'Reilly asked President Obama: ‘How come you don't shame the gangsta rappers to stop encouraging black women into having ba-

bies out of wedlock?’ The president responded: ‘Every speech I've ever given to black audiences is exactly what you're calling for.’ So Obama, O'Reilly and Paul Ryan are on the same page

and that's uncomfortable for most of us to accept,” said Muhammad.

Despite the trend in public cas-

... continued on page 7

Community Calendar

April 4

Beulah Baptist Church Bar-B-Que Dinner Sale: 11 am to 6 pm; Proceeds for Oastor Ronald and Rev. Marilyn Taylor's 8th anniversary: 419-246-3571

April 4-5

Phillips Temple CME Fish and Chicken Dinners: Pre-Women's Day Event; 10 am to 5 pm each day: 419-242-7906

Toledoans United for Social Action 1st Annual Conference: Monroe St United Methodist Church; Friday – 6 to 8 pm, featuring Rev. Douglas Powe, Jr; Saturday – 9 to noon, prayer breakfast

April 6

Bethlehem Baptist 20th Pastoral Anniversary Celebration: Pastor Derek A. Arnold, D.Min; 9 am Conclusion service: 419-241-9360
Indiana Avenue MBC 49th Pastoral Appreciation: Rev. John E. and First Lady Bernice Roberts; 11 am and 3:30 pm; “Let the Works I've Done Speak for Me; Afternoon guests – Rev. John Williams and the Eastern Star MBC congregation

April 8-11

Historic Third Baptist Church Spring Revival: 7 pm nightly; “Healthy Godly Living;” Speaker Rev. Curtis Robinson, Sr, pastor of Faith Baptist of Oakland, CA: 419-248-4623

April 9-11

City of Zion, The Mt. Zion Church Conference 2014: “Let's Go Higher;” Toledo Full Gospel Baptist Church Fellowship International Interspersory Prayer Conference; 6:30 nightly; Guests – Bishop Duane Tisdale, Pastor Kim Davis, Bishop William Murphy: 419-246-1850

April 11

Indiana Avenue MBC Fish Fry Fundraiser: Noon to 5 pm

April 12

Grace Temple #424 Easter Egg Hunt: 1 to 3 pm; Ages 0 to 12 must be with parent or adult; Fun, games, food, prizes: 419-243-6409

April 13

Beulah Baptist 8th Pastoral Anniversary: 10:45 am – guest preacher Rev. P.J. Harris of United Vision; 4 pm – guest preacher – Rev. F.A. Sheares of Rossford First Baptist
Golden Rule Lodge #129 Elks IBPOE “Toledo Day;” 1 pm

April 18

T.G.I.G.F. (Thank God It's Good Friday) Lock-In: Bethlehem New Life Center: 9 and 11 pm; Ages 8-18; Youth basketball, music, video games, refreshments, health and hygiene tips: 419-241-9360
Mt. Nebo Baptist Church Good Friday Service: Noon to 3 pm; Attend the church service and fellowship. Need a ride? Call 419-246-8561

April 28

Annual Nehemiah Action Rally: Sponsored by TUSA; Friendship Baptist Church; 7 pm

The Sojourner's Truth

Toledo's Truthful African American
Owned and Operated Newspaper

Fletcher Word – Publisher and Editor
Folasade Oladokun – Office Manager

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

Jennifer Retholtz – Webmaster
Kathy Sweeny – Graphic Designer
Jessica Crans – Layout

A Certified MBE

The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604
Phone 419-243-0007 * Fax 419-255-7700
thetruth@thetruthtoledo.com
www.thetruthtoledo.com

United Methodist Church Has No Spine...None.

By Lafe Tolliver, Esq
Guest Column

Well, we here go again. A former bastion of orthodox Christianity is again selling its birth rite for a mess of pottage...and the pottage shows that the UMC in regards to its stance on gay marriage is naked and ashamed (or should be!).

If you understand that the UMC along with other major Protestant denominations are leaving their first love and are capitulating to the desire to be acceptable to the world, this article makes sense.

Nothing makes you want to avert your eyes more than a bloody car wreck or a church organization that professes a love of God but, at a moment's chance, it goes 'a whoring' after other gods.

The UMC has, on their books, the belief that marriage is between a man and a woman but in reality they winked at that creedal statement when they had a recent chance to rebuke the former dean of the Yale Divinity School who officiated at his son's gay marriage in 2012.

Rather than take this reprobate by the seat of his seats and toss him out until he repented, the NY chapter of the UMC, rolled over like a pet dog and let the world scratch its furry underbelly and, enjoying the sensation, the NY chapter dropped all charges against Rev. Thomas Ogletree.

Was it because of his status as a former dean of the Yale Divinity School or was it because the hierarchy that makes up the UMC is so liberal and caught up with themselves that adherence to Bible principles do not hold them in check?

Is the UMC on its way to apostasy? In my opinion...yes. They are not contending for the faith (Jude 3) nor are they towing the line as to the scripture caveat against same sex marriage (Note: it is not a marriage

but a union since marriage was instituted by God to be between only a man and a woman; and he has the patent, the trademark and copy right on it).

It is as if the UMC has now accepted the crusty scales over their eyes and the jellied wax in their ears as part and parcel of their new paradigm.

The NY chapter of the UMC is setting the precedent that if you violate clear scripture mandates then simply use the artifice of, "love conquers all" to mask over the factions with the UMC that are determined to usurp scripture and to impose their own way of deciding what God has already determined about who the parties to a marriage must be.

It is but a clear return to the Garden of Eden in which Satan, the adversary of God, told Adam and Eve that God must have been in error when He told Adam and Eve not to eat of the tree of knowledge of good and evil.

Satan told that gullible first family the now famous line of, "did God really say that?" The lie? If you eat of that tree, you will become like gods!

The rest is history. Adam and Eve went for the Okey-Doke and sin entered the world.

You would think that any professing Christian group would take a somber message from that act of betrayal and be on high alert for any other incursions by Satan as to he undermining other statements made by God.

But no. The NY chapter of the UMC along with many other organizations that profess a belief in the Word of God, have taken it upon themselves to reimage and rewrite holy text to suit their own

itching ears.

The UMC would rather hear the applause of man than the approval of God and so for them to tacitly condone gay marriage by their refusal to sanction this reprobate bishop, gives one cause for concern that the UMC is quickly sliding down that slippery slope wherein all of God's pronouncements regarding moral conduct are up for one's own private interpretation.

Gut check: God is sovereign and he does not rule by any majority vote done by his creation. He does not change his moral character based upon trying to be hip or cool, cultural differences or what's politically correct.

He is not impressed by the arcane and false logic of people, like this Rev. Ogletree who would, with a straight face, say that he did what he did as an act of love.

Spare me the fetid baloney! He did what he did because he knew that the feckless NY chapter of the UMC would capitulate and turn tail and not want to make a stance since they in all likelihood do not have the "spiritual backbone"

to expel this apostate from their midst.

I recently filed charges against a past local UMC bishop because he endorsed and championed the election of a person for a high level Methodist church job and which person was in a "committed relationship," aka: gay union."

For this local bishop, who, has thankfully moved on, being in a committed relationship trumps the issue of sin and therefore it is OK. Note: my charges were rebuffed after a hearing by a three bishop ruling body.

That is the kind of warped logic and thinking that is creeping in certain denominations who do not want to hold the line and nor do they have any fear of the inerrancy of scripture.

But, in closing, the above is to be expected since we are in the last days and in these last days, mockers will set up shop and try to shred the Word of God and cover their lies with intellectual gibberish...and we love it so!

Contact Lafe Tolliver at Tolliver@Juno.com

Building Trades Career Fair

The Northwest Ohio Building Trades Council and Toledo City Councilman Tyrone Riley would like to invite the community to a Building Trades Career Fair

Saturday April 26, 2014
9:00 AM to 1:00 PM
Bethlehem Community Center
1430 W. Bancroft
Toledo, Ohio 43606

The purpose of this event is to provide information to the youth and adults on how to qualify and apply for the Building Trades. We are looking for applicants, from Junior High School and up, to educate them, and put them on the path to a successful career. These successful careers will provide good wages and benefits for their families.

For more information please call

Shaun Enright
419-693-7717
senright@nwobtc.org

Or

Tyrone Riley
419-245-1050
Tyrone.Riley@Toledo.oh.gov

Early & Absentee Voting going on now for the May 6 Primary



A Lifetime of Service defines Richard Roberts, Democrat, for Judge in the Lucas County Court of Common Pleas

- ▶ Five Years as a Sylvania Twp. Volunteer Firefighter
- ▶ Seven years with the Ohio Air National Guard
- ▶ Ten years as a Toledo Police Officer — Severe injury in the line of duty ended his career as a police officer
- ▶ Twice decorated with a Heroism Award

EDUCATION
Graduated from the Univ. of Toledo with a B.S. in 1984, and from College of Law, JD — Graduated 1988

PROFESSIONAL ASSOCIATIONS

- ▶ Ohio State Bar Association
- ▶ Toledo Bar Association
- ▶ Ohio Assoc. of Criminal Defense Attorneys
- ▶ Nat. Assoc. of Criminal Defense Attorneys
- ▶ Sylvania Chamber of Commerce

Richard Roberts is licensed to practice law in Ohio. He has over 24 years practicing criminal & civil law.

Endorsed by Boilermakers Local 85 and working men & women! Learn more at www.voterichardroberts.com and "Like" us on Facebook

Paid for by Roberts for Judge Committee, Danielle Pulella, Deputy Treasurer, 1700 Canton Ave., Suite 3, Toledo, OH 43604

Lucas County Administrator Breaks Ground as First Woman, First African American

By Linda Nelson
Sojourner's Truth Reporter

Laura Lloyd-Jenkins never imagined that life's circumstances and the decisions that she made because of them would lead her from California to Ohio and to one of Lucas County's most important positions as steward of a \$500 million budget and the manager of more than 3000 county employees.

Lloyd-Jenkins, 38, took the post as Lucas County Administrator on Feb. 4, 2013, replacing Peter Ujvagi, and becoming the first black, first woman and, possibly, the first person outside of Lucas county to be



... continued on page 5

Laura Lloyd-Jenkins

African Art Has Arrived!!

Hundreds of wood carvings from Ghana have recently arrived at
The Truth Gallery – masks, statues, village scenes!
All at unbelievably low prices!



The Gallery is open Monday through Friday from 8 AM to 4 PM



See more art online at
www.thetruthtoledo.com

The Truth Gallery
1811 Adams Street
419-242-7650



Lloyd-Jenkins... continued from page 4

appointed to the position. Now she serves as the nexus between the county commissioners, and the 10 county departments that she oversees.

Her journey to here began conventionally enough. Born and raised in California, Lloyd-Jenkins was one of seven children. She received a bachelor's degree in business administration from California State University, Hayward and jumped into what she describes as "the lucrative business of the dot-com boom."

Lloyd-Jenkins clearly remembers September 2011, and how the companies who had once been on top folded. She and her co-workers were told they no longer had jobs.

"We didn't see it coming," she said. "We were escorted to our vehicles by security." It would be six months before she found employment. "I lived off of savings and unemployment until someone told me about a job opening in the Human Resource Department in Alameda County. 'I took the job thinking it would be temporary while I waited for the boom to end,'" she said. It never did. Lloyd-Jenkins now works there for 11 years.

Along the way she got her MBA in strategic management — also from Cal State — moved to the department of Budget and Finance and met her husband, Cordell Jenkins, pastor of Abundant Life Ministries in Toledo. Still, she did not see herself where she is today. Even after her husband returned to Toledo, Lloyd-Jenkins had no immediate plans to join him.

"I always thought that I would work in the private sector and recruitment," she said. "I was content with the long distance relationship with my husband, and with where I was." But eventually she started to search for job openings on the Lucas County website. She had the qualifications and the experience, but it would be two years before the administrator posi-

tion became available. Lloyd-Jenkins was chosen out of 100 applicants.

As administrator, Lloyd-Jenkins works under the direction of County Commissioners Carol Contrada, Pete Gerkin and Tina Skeldon Wozniak. Her duties are multi-faceted, and encompass the enforcement and execution of board policies that include supervising and assisting heads of departments in their job function.

"We try to make collective decisions that benefit everyone," she said.

Lloyd-Jenkins is also required to attend board meetings, give recommendations to the board concerning policies, and procedures, keep the board informed of the financial condition of the county, monitor department budgets and prepare new budgets for the fiscal year. Also, the administrator has the power to interpret county laws, rules and regulations to insure that county programs are within those laws through interactions with county prosecutor.

Currently the department is working on labor/wage negotiations, and Lloyd-Jenkins is hopeful that her team will be successful in the ability to give county employees, who have not had a wage increase in six years, raises. "Since there has been a slight uptake in county revenue we need to look at raises for employees," she said. "When an employee has not received a raise in that long morale is clearly affected. We can't forget about taking care of our employees."

Another task that the office is working to fulfill in the near future is building a more efficient county jail. Lloyd-Jenkins says she would like to see the now nine-story building transformed to a more manageable and cost effective one-story facility. Right now they are looking at all of the elements needed in order to make this happen, including location, revenue options and staffing ratios. But

the office must also decide on how funds will be allocated for counseling, re-entry programs and education.

With so much to do the hours required from her are long and unpredictable. And although Lloyd-Jenkins says she is physically in the office 50 to 60 hours a week, there is always the potential for the late evening call. She experienced this recently when the power at the jail went out. "We had generators but we still had to figure out how we were going to feed and take care of the inmates as well as maintain the safety of the employees."

Still, as first lady of her husband's church, Lloyd-Jenkins has to divide her time between her faith and politics. When asked how she balances her faith and her job Lloyd-Jenkins says "I'm not ashamed of my faith. I can separate the two. But I also, at times, have to make some tough decisions." She emphasizes that her peers know who she is and what she stands for, and in spite of her busy schedule she still wants to be an example. "I am working to change a culture around here and dispel the notion that administra-

tive government positions are only for white males."

Lloyd-Jenkins stresses that county employees have been warm and welcoming to her, but that coming from a place where diversity was normal, into Lucas County, which is structured differently, she realizes how important her presence in the community is. "My ministry and the impact that I have on people are important. It should be normal for people to see others who look like them."

And the advice that Lloyd-Jenkins gives to the coming generation is to "Be prepared, have a plan and a vision. For me college was not an option."

Her push right now is the desire for the community to know how the government works. "Many people don't know that this is not an elected position," she said. "I was appointed to this position. April is National Counties Month. Get out on social media, attend a board meeting, go to the website or pick up the phone and call."

DIXIE

DIXIE CARS DIV. DIXIE AUTO LEASING INC

5876 N. DETROIT AVE. TOLEDO, OHIO 43612

419-476-8678

OFF LEASE - 4 DOOR SEDANS

\$2,500

THIRTY DAY WARRANTY

The Toledo Unit of the NAACP will be holding its monthly meeting at a new location. The New address is 1326 Collingwood the former Ascension Church which is also home to the African American Legacy Project. The general membership meeting will take place Tuesday, March 11, at 7 pm. All are welcome to attend.



Worship EXPERIENCE Join Us! Every Sundays at 5:30 p.m.

Dr. John W. Williams, Pastor

Eastern Star Missionary Baptist Church
2102 Mulberry Street, Toledo, Ohio 43608
(419) 726-1180, FAX: (419) 726-6240
E-mail: EasternStarMBC@aol.com
Website: www.djwilliams.org



Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

Welcome Spring! Welcome Health!

Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Are you anxious for spring-time weather and the opportunity to spend more time outdoors? Are you ready to shed some extra layers of winter clothing and maybe shed a few extra winter pounds? What are your plans for a healthy springtime?

The Ohio Commission on Minority Health reminds, "Good Health Begins With You!" It's the perfect time of year to celebrate good health.

The Toledo Lucas County Commission on Minority Health Calendar of Events lists over 27 local events covering topics from health fairs, youth camp, luncheon, book clubs and a game night. The April 5 Mi-

nority Health Kick-Off is scheduled from 9:00am – 11:00am at Mott Branch Library, 1085 Dorr Street, Toledo.

At the Kick-off, the 1 Million Healthy Steps program challenges participants to log at least one million steps with a pedometer in a 12-month period. For more information about the 1 Million Healthy Steps, contact Dennis Hicks at 419-213-4095. The 30-day Minority Health wellness campaign takes place during the month of April and part of the monthly goal is to support on-going efforts to improve minority health year round. The calendar of local events for the month of April can be found at <http://minority-healthtoledo.org/> and on page 16 of this issue.

Are you are parent or guardian looking for a class to learn more about nutrition for your family? The Ohio State University Extension's Expanded Food and Nutrition Education Program (EFNEP) is partnering with the Martin Luther King Kitchen for the Poor starting on Friday April 4 from 1:00 p.m. -2:00 p.m.

EFNEP is a free, eight-week nutrition education series for caregivers with children in the home and limited resources to learn about how to make healthy food choices, manage food dollars, and balance a healthy diet with physical activities. Participants will receive take-home tools, food samples and graduate with a Certificate of Completion from OSU Extension. For more information about the classes, contact Kelsey Johnson, 419-213-2018.

The Ohio State University Extension is also offering an online wellness challenge for the springtime. This is free to any adult with an email account and participants will receive educational email messages twice a week from April 7t – May 18, 2014. The themes for the 2014 email challenge are vegetables and fruits, physical activity, sun safety, local foods, herbs and gardening. To sign up online please visit <http://go.osu.edu/SPLucas>. For more information, contact Patrice Powers-Barker at powers-barker.1@osu.edu or 419-213-2022.

Make a plan to attend at least one of the healthy events throughout April and celebrate your health! It's important to take care of your health, learn more about wellness and join with others to make healthy lifestyle changes. Good nutrition is one key element of good health and it goes along well with physical activity and updated health screenings. Good health begins with you! Use these tips all year long to meet your health goals.

Enjoy your food but eat less. Add in physical activity throughout the day. Use a smaller plate for your meals and take the time to enjoy the smell and taste of your food. When adding physical activity to your day, make sure you're doing at least 10 minutes at a time. Those 10 minutes will add up during the day and during the week. For adults, set a goal of at least 2 ½ hours of moderate physical activity a week. For teens and youth, make time for 60 minutes of physical activity every day. Remember, it all counts – walking places, active games, swimming, dancing, biking, etc.

Strengthen your bones with calcium-rich foods and activities such as lifting weights, walking or running. Foods like low-fat milk, yogurt, and dark leafy greens are naturally high in calcium and other foods may be fortified with calcium like orange juice or bread (check the nutrition label for added calcium). Any physical activities that are weight bearing are great for your bones!

Limit foods high in fat and added sugar. Limit time sitting. Limit fatty meats like ribs, bacon and hot dogs. Sweets like cakes, cookies and ice cream should be an occasional treat. Choose smaller portions of high fat foods and choose them less often. Don't sit for hours at a time. If you have a job that requires sitting, plan stretch breaks for your health and wellness. Do a few desk exercises and stand up occasionally.

Limit foods high in fat and added sugar. Limit time sitting. Limit fatty meats like ribs, bacon and hot dogs. Sweets like cakes, cookies and ice cream should be an occasional treat. Choose smaller portions of high fat foods and choose them less often. Don't sit for hours at a time. If you have a job that requires sitting, plan stretch breaks for your health and wellness. Do a few desk exercises and stand up occasionally.

ROCK THE YACHT CLUB

FRIDAY, MAY 2, 2014

CITY OF THE A.N.G.E.L.S.

FEATURING DETROIT LIVEMORE

DO YOU BELIEVE IN A.N.G.E.L.S.?

FOR EXPERIENCE DURING CHILDHOOD AND
YOUR CAREER TO MAKE A POSITIVE IMPACT
ON YOUR COMMUNITY. THIS POSITIVE IMPACT
IS THE MISSION OF THE CITY OF THE
A.N.G.E.L.S. OUTREACH, AN ORGANIZATION THAT
PROVIDES SUPPORT TO YOUTH AND FAMILIES.
ON MAY 2, THE COMMUNITY WILL CELEBRATE A MISSION THAT
HAS BROUGHT POSITIVE CHANGE TOGETHER TO
HELP THOSE IN NEED OF AN ANGEL.

Local story has inspired youth and
through the years. Love and love, laughter,
gratitude, and service to others.
Remember, organizations, and resources,
have been in their mission to provide
and support to families living in our
community and children.

Now, the organization has reached
another milestone in their mission.

CITY
OF THE
A.N.G.E.L.S.

FRIDAY, MAY 2, 2014
TOLEDO YACHT CLUB
700 N. BLAINE ST.
TOLEDO, OH 43603
DOORS OPEN AT 7 PM

Admission: \$15
Includes: All of the food, drink,
entertainment, and
all of the fun!

Specialty: - A.N.G.E.L.S. is ready to
grow and expand. The organization
has several locations. City of the
A.N.G.E.L.S., will take place at the
Toledo Yacht Club on May 2, 2014.
- City of the A.N.G.E.L.S., the
organization's premier fundraiser, will
not only provide the funds needed to
allow A.N.G.E.L.S. Outreach to continue
to provide food banks, it will help the
organization as it seeks to expand its
services.

- A.N.G.E.L.S. Outreach will seek the
local community and business leaders
to help with the event. The event will
also feature a silent auction, special
guests, a professionally crafted keynote
address, and a special presentation
to the community.

FOLLOW US AT WWW.FACEBOOK.COM/ANGELSOUTREACHTOLEDO

Are You Taking the Right Vitamins and Nutrients?

Special to The Truth

If you eat a healthful diet, you may think you're in the clear when it comes to supplying your body with vital nutrients. But some experts say that even the most well-rounded meal plans fall short.

"To get the amount of nutrients you need to thrive, you can't rely on food alone. You really have to turn to dietary supplements," says Michael A. Smith M.D., host of "Healthy Talk" on RadioMD.com and senior health scientist with Life Extension in Fort Lauderdale, Florida.

If you've ever walked through the supplement section of a natural foods store or done a quick search online, you know it can be easy to become overwhelmed by the choices. Making matters more confusing, everyone has different nutritional needs.

"With the exception of a few foundational nutrients, there's no such thing as a one-size-fits-all supplement regimen," says Smith, whose new book and educational tool, "The

Supplement Pyramid," seeks to help readers design a nutritional regimen that meets their unique needs. "Like food, it's helpful to think of your supplement needs in a tiered pyramid structure: the foundational supplements we all need, personalized supplements based on your needs and optimal supplements for living healthier, longer."

Smith is offering guidelines for getting started:

- Bootleg products on the market can do more harm than good. Invest in high-quality nutritional supplements. Stick with a company that has an established track record of using only pure, potent raw materials.

- There are essential foundational supplements that should build the base of most people's plans, no matter what their unique needs are, Smith says. These include an ideally dosed multivitamin/mineral, omega-3 fatty acids, coenzyme Q10 (as ubiquinol) and probiotics. Check with your

doctor before starting a supplement regimen.

- Everybody has their own personal medical history and health needs. With do-it-yourself detective work, you can arm yourself with the facts you need to personalize your supplement plan for disease prevention.

Beyond taking a personal and family medical inventory, certain laboratory tests can help you discover out what's going on inside your body. Additionally, "The Supplement Pyramid" contains a series of medical quizzes based on clinical risk assessments in different areas including heart health, cognitive function and immune strength.

- After providing your body with core, foundational nutrients for survival and custom-tailored supplements to help prevent disease, consider optimizing your supplemental regimen with "anti-aging supplements" such as antioxidants, proteins

and amino acids. These supplements form the top of your pyramid, and if you need to cut back on expenses, should be the first to go.

Getting started is simple. And the sooner you do, the faster you can begin properly nourishing and protecting your body from health risks.

For free tools to build your personal supplement regimen and for more information about Smith's new book, visit www.MySupplementPyramid.com or call 1-855-870-0687.

Even if you juice every morning and hit the salad bar at lunch every afternoon, don't be lulled into nutritional complacency. By learning more about your body's needs, you can live a longer, healthier, happier life.

Courtesy StatePoint

Perryman... continued from page 2

tigation of poor blacks for their alleged cultural failures by self-serving and moralizing blacks attempting to protect their "privileged status as gatekeepers of the race," the truth is that the out-of-marriage births for single white women are now at exactly the same rate as when Daniel Moynihan's jaw-dropping research on the black family mislabeled single black mothers "the bane of black America's pathology."

White unwed birth rates have increased 10 times since the Moynihan report while black unwed birth rates have but doubled. "But have you seen anybody on TV saying 'What's wrong with white women having all these babies out of wedlock?' You will not hear it discussed in this country because it doesn't square with the ideology of white superiority," he adds.

Muhammad also pointed out the fact that there are large numbers of black children who outperform white children in educational settings yet it is missing from public discourse.

"Why do we insist on comparing black youth to white youth? As long as we compare blacks to whites, blacks are going to lose because it is tied to historic in-

equality," he asserted. "Why don't we look at black kids as low, middle and high achievers and study what works when black youth succeed and excel in school? The answer is that we don't have that kind of data. We don't collect black vs. black data. We only collect data versus whites, which was designed as a losing proposition from the beginning."

Of the performance gap that exists between Asians and whites, he said: "We don't view that gap as an indicator of white failure, only as a commentary on our national lack of educational achievement. It is because the problem of public education is narrated through a lens of black underachievement.

"The reality is that there is also a huge failure rate on the part of our white children that cuts to the core the story that we tell about ourselves and our destiny. And until we own the counter narratives and articulate them, that's not going to change."

The question is: How can we "bust" the malicious rumors and conservative trafficking in myths of black pathology?

Several challenges greet any attempt to change the public narrative or implement quality pro-

... continued on page 11

April is National Minority Health Month

Minority Health Month Kickoff

Saturday
April 5, 2014
10:00am-Noon

Mott Branch Library
1085 Dorr St,
Toledo, OH

Learn about health and fitness for all ages and fitness levels.

FREE HEALTH SCREENING

Take the
1 Million Healthy Steps
challenge. Log at least 1 million steps with a pedometer in 12 months

For more information: (419) 213-4095, or www.minorityhealthtoledo.org

Take Action and Get Healthy

By Angela Steward, Fitness Motivator
The Truth Contributor

Are you ready to make a change???

I have worked with women of all ages and sizes to help them lose weight, to regain self-confidence and to help them believe their fitness goals can be accomplished if they make decisions with their heart and take action. To stop talking about getting healthy, to take action and get healthy. In other words: **DON'T TALK ABOUT IT, BE ABOUT IT!!**

Too often we want, we wish, we yearn to get healthier, but soon self-doubt clouds those thoughts. Our minds hold us captive! Distractions then enter into our thoughts, and soon the desire of a healthier new lifestyle becomes impossible!

If this is you, are you ready to make a change? Are you ready to step out of the uncomfortable shell that holds the healthier new "you" captive! Then join me and so many other women who once felt those same feelings! Join a program that's designed especially for you!

My fitness program is designed

for women only! We don't exercise to get skinny; we exercise to get healthy! I don't teach living your life to be skinny, I teach living your life to enjoy all things, one of which for me happens to be food....yum! I know there are many fitness instructors out there who teach and live the "skinny" life, and I applaud and support them whole-heartedly. But for me, it's not realistic! It's just not for me! I like a little junk in my trunk and so does my husband....lol!! But I also know that by exercising daily, and by eating the foods I love in moderation, while exercising three to five days per week, I'm happier, healthier, and 70 pounds lighter!

All of my clients have lost unwanted pounds, some over 130 pounds! I encourage them to make small adjustments in their eating habits. Drink more water. To enjoy their favorite food 20 percent, but make healthier food choices 80 percent. In other words, make healthier choices five days a week, and eat the foods you love twice a week! This doesn't work for everyone, but it works for me, and the majority of my clientele. Small changes can become lifestyle changes. Drastic changes

are usually short-term!

So are you ready to make a change? From the calls, emails and text messages I receive daily, I'd be willing to bet you or someone you know is ready to not talk about it, but **BE ABOUT IT!**

Yes, a healthier like is going to take some work, yes it's going to be inconvenient; yes you are going to be uncomfortable and sore. But you're going to love the results, the feeling of accomplishment, the increase of energy, the easiness of zipping your favorite pair of pants. Take control of how you want to live the rest of your life - which could possibly be the best years of your life!

So come on, there's nothing to it, if you're read. I'll be waiting to see you at the brand new Fabulous Fit! Yes, we've made some changes too. We've moved from a space that held 35 women, to a space that accommodates 70+ women. More classes, more space, more choices! So you see, I had to stop talking about it; I had to do the dang thang!!!



Angela Steward

So jump in! I'm not saying it's going to be easy, I'm saying you're worth it!

I'll be looking for your face in our new space!!

Angela R. Steward
Creator of Fabulously Fittm
Certified Group Fitness Trainer & Healthy Living Motivator
Certified Weight Loss & Nutrition Consultant
FABULOUSLY FIT tm
1855 S. Reynolds Rd.
Toledo, OH 43614
Email: Fabfitu@yahoo.com
Website: Fabfitu.com
Cell: (419) 699-9399

Caring, Supportive Homecare for your loved ones.

A family, nurse-owned and operated agency with over 35 years of home health care experience. Professionals are available to assist your healthcare needs so that you can remain safely at home. Our services may be requested directly by the doctor, patient, family, friend, the hospital or extended care facility.

Parrish HomeCare offers:

- Registered Nurse
- Physical Therapist
- Occupational Therapist
- Medical Social Worker
- Speech Therapy
- Licensed Practical Nurse
- Nutritional Counseling
- Home Health Care Aides
- IV Therapy
- Bariatric Services
- Diabetes Education
- CHF Management
- Procrit & Aranesp Therapy
- Wound V.A.C.
- PT INR via INRatio Machine



Parrish HomeCare

3361 Executive Parkway, Suite 101
Toledo, Ohio 43606
Phone: (419)389-1020 • Fax (419)389-1300

Now Hiring for our Toledo location:
RN's • LPN's • STNA's

www.parrishhomehealthcare.com



The 10th Annual African American Festival JULY 19 - 20, 2014

FREE RIDES FOR KIDS *Sponsored by State Farm

**Festival Parade
July 19, 2014**



**STOP BY TOLEDO URBAN TODAY TO GET YOUR
10TH ANNIVERSARY FESTIVAL WRISTBAND
ON SALE NOW FOR \$5.00**

For more info please contact DeLise @ 419-255-8876
TOLEDO URBAN FEDERAL CREDIT UNION * 1339 DORR ST.

Portman Expresses Concern over Proposed Medicare Advantage Cuts for 2015

Special to The Truth

U.S. Senator Rob Portman (R-Ohio) last week sent a letter to Centers for Medicare and Medicaid Services (CMS) Administrator Marilyn Tavenner expressing concerns over the proposed Medicare Advantage (MA) cuts for 2015. On February 21, 2014, CMS proposed payment and policy changes for MA plans. These payment changes include cuts in MA payments. These reductions come on top of cuts made just last year to the MA program and even more cuts included in Obamacare. The Administration's historic strategy of provider cuts has always backfired and in the end does not reduce excess costs but only limits access to seniors.

Marilyn Tavenner, Administrator

Centers for Medicare & Medicaid Services

U.S. Department of Health and Human Services

200 Independence Avenue, SW
Washington, DC 20201

Dear Ms. Tavenner:

I am writing to express my concerns with the deep funding cuts CMS has proposed for the Medicare Advantage (MA) program for 2015.

The MA program serves approximately 780,000 seniors and disabled persons in Ohio, accounting

for 38 percent of the Medicare beneficiaries in our state. These individuals have chosen MA plans because they appreciate the coordinated care, disease management services, wellness and prevention programs, and other innovative benefits offered by their plans.

I am deeply concerned, however, that the funding cuts proposed by CMS would undermine the high quality, affordable coverage that currently is available to seniors through the MA program. A new report by international management consulting firm Oliver Wyman estimates that implementation of the proposed cuts would leave MA enrollees facing pre-

mium increases and benefit reductions of \$35-\$75 per month in 2015, or \$420-\$900 for the entire year. These numbers translate into a 5.9 percent total cut to MA payments in 2015. Considering that MA funding cuts in the range of 4 to 6 percent are already being implemented in 2014, I am concerned that a second consecutive year of sharp cuts would be harmful to MA enrollees in Ohio.

I strongly urge you to reevaluate the proposed cuts and protect MA enrollees by maintaining current payment levels in 2015. I would appreciate hearing back from you regarding steps you will be taking to stabilize the MA program for seniors in Ohio and across the nation.

Four Things that May Help You Maintain Digestive Balance

Special to The Truth

Around this time each year, New Year's resolutions get lost amidst busy schedules and unexpected obligations. Even if your resolutions are a thing of the past, it's possible to get back on track by identifying

easy to follow changes that don't require huge alterations in lifestyle.

Sherri Shepherd knows a thing or two about busy schedules and how they can

complicate healthy intentions. Shepherd, actress, comedienne, Emmy award winning co-host of "The View" and Align spokeswoman, is constantly on-the-go and has developed a few health resolutions that fit into her already packed life.

tive system as well as maintain natural balance. But these bacteria are fragile and common issues such as changes in diet and schedule, stress, and travel can disrupt them.

"Juggling my busy schedule and the stress that sometimes comes with it can throw my body out-of-sync. Taking a probiotic supplement regularly is an easy way to maintain my digestive balance and keep me in my groove," says Shepherd.

To learn more about how to naturally help build and support digestive health with probiotics, visit www.AlignGI.com.

Get Active

With life constantly throwing us curve balls and unexpected turns, it's important to recognize the need for balance in life. Take time to relax and adopt healthy hobbies like meditation and exercise. Get gutsy and try something you've wanted to do, but never had the confidence to try -- then bask in the sense of accomplishment you feel.

These steps, combined with small lifestyle changes, like staying hydrated and adding a probiotic supplement to your diet, can help contribute to overall health and well-being and keep your healthy goals attainable.

Courtesy StatePoint

MIGHTY MONDAY



VOTE EARLY

2014 Primary Election

Tuesday, April 7, 2014



African American Leadership Caucus (AALC)

8:30am - 9pm

Lucas County Early Vote Center

Register to VOTE and VOTE at the same time

"MY VOTE COUNTS"

Voting begins April 1, 2014
Voting ends May 6, 2014

In House

Hydrate

Hydration is key to overall health and wellness and is a simple substitute for any unhealthy beverages already being consumed. Water can help your body fight constipation and is great for your skin. Next time you have a soda craving, try water with lemon added for a healthy, flavorful hydrator.

Stay Healthy On-The-Go

Staying healthy when you are constantly away from home or running around town can prove to be challenging and stressful. After a long day, unhealthy options can seem more appealing and derail our healthy intentions. Preparation is the key to avoiding diet pitfalls. Carry a healthy snack with you or pencil in a stop at a healthy restaurant before you leave the house for the day.

Fortify Your System

Probiotics, the healthy bacteria found naturally in our bodies, are essential for many vital body functions and can help to build a healthy diges-

April 15 Deadline Approaching for 2014 Law and Leadership Summer Institute!

Special to The Truth

The Law and Leadership Institute (LLI) is accepting applications from **current eighth grade** students in Akron, Cincinnati, Cleveland, Columbus, Dayton and Toledo! The 2014 Summer Institute will take place at the law schools in six cities across Ohio including **Capital University Law School, The Ohio State University Moritz College of Law, The University of Cincinnati College of Law, The University of Dayton School of Law, The University of Toledo College of Law, Cleveland State University's Cleveland Marshall College of Law, Case Western Reserve University School of Law and the University of Akron School of Law.**

The 2014 Summer Institute for **current eighth grade** students in

Toledo will be held for five weeks Mondays-Fridays, June 23 – July 25, 2014 from 9:00 a.m. until 4:00 p.m. at The University of Toledo College of Law. Supplies, meals and transportation (Metro bus pass) are provided **FREE** to participants. In fact, current eighth grade participants who successfully complete the five-week summer program will receive a stipend of up to \$150!

What is the 2014 LLI Summer Institute? LLI is your opportunity to sharpen your skills while learning the secrets to thinking, writing, and speaking like a lawyer! You will learn techniques to improve your reading, writing and public speaking while learning how to deliver a persuasive statement like a real attorney in a fun and fast-paced environment. If you want to learn about being a lawyer or just want

to improve your leadership skills and confidence, then this is the opportunity for you! Meet new legal professionals each day, attend field trips, enjoy games and participate in a mock trial.

Why LLI? LLI students are placed on the path towards success! LLI builds knowledge of the law while developing critical skills such as: analytical thinking, problem solving, writing, professionalism, leadership and public speaking all with a focus on college preparation. LLI programming introduces diverse youth to the legal profession and helps to prepare them for academic and career success. Students receive free ACT/SAT preparation and assistance with college planning. Last year's graduating class had a 100 percent college acceptance rate and many with scholarships!

Space is limited! Applications are available on the LLI website: www.lawandleadership.org or from your school guidance counselor. Complete and return your application as soon as possible to secure your spot in this summer's class. Completed applications may be returned by mail **postmarked by April 15, 2014** to: LLI Selection Committee, 1700 Lake Shore Drive, Columbus, Ohio 43204; by fax: 614-485-3075 or by email: lli@lawandleadership.org.

Please visit the Law and Leadership Institute website for more information (www.lawandleadership.org) or call us with any questions: 614-485-3503. Our Program Director, Rachel Wilson, may be reached at rwilson@lawandleadership.org.

The Democratic Business and Professional Women's Club

Special to The Truth

The Democratic Business and Professional Women's Club of Lucas County will embark on leadership with a civic and political mode in making a difference.

On Saturday, April 19, 2014, State Senator Nina Turner,

Democratic candidate for Ohio Secretary of State, will be the club's guest speaker at a monthly luncheon at the Toledo Club. All women elected officials will be honored, including U.S. Representative Marcy Kaptur, who bears the honor of being the lon-

gest serving woman in Congress.

The event is open to the public due to the importance of this election year. For ticket information, contact Gail Austin 419-536-9554 or Lillian Scalia at

419-385-2072. Former County Commissioner Sandy Isenberg is club president. The organization was founded in 1975 by June Boyd and Sandy Isenberg.

Perryman... continued from page 7

gramming that is not based on the black deficit model.

Like Muhammad, black scholars, social workers and activists before him such as W.E.B. Du Bois and Ida B. Wells used statistics and cutting-edge social research to defend blacks against popular racist assumptions by identifying white supremacy and discrimination as mediating factors. More black scholarship, although often not taken seriously until validated by respected white scholars, is needed.

As are vital but scarce financial resources.

"This work cannot be done on the cheap," Muhammad insisted. "The work done by the sympathetic advocates for white criminals and their

families was not free work but white philanthropy and government keep telling black people to pay for your own uplift because society can't afford it. That's the game we're playing right now to obtain the type of critical programs that get inside the heads of our young people so their identities are strengthened and so they can speak truth to power."

Finally, noted Muhammad: "Every civil rights leader and all of the first generation of anti-colonial leaders of free African nations were educated people. The Black Panther movement began on college campuses and in study groups. You have to be informed. The only way you're going to authentically engage and create change is with more study and more analysis."

Contact Rev. Donald Perryman, D.Min, at drdlperryman@center-offhopebaptist.org

In Honor of Minority Health Month

The Toledo Community Coalition Healthcare Task Force and the Philistine Rivers HealthCare Initiative presents:

GIRL TALK

An Informational About Uterine Fibroids



Presenter: Women's Health Nurse Practitioner & University of Toledo Assistant Professor
Dr. Temeaka Gray

Location: Fusion House, 3136 Markway Rd. Toledo, Ohio (Directly behind Red Sky in the Cracker West plaza)

Time: 4:00pm

Date: April 17, 2014

Please join us as we promote awareness of this issue which affects women of color.

There will be chair massages, free gifts and valuable information.

For more information please contact Michelle at 313-622-9313

More than 60 Organizations to Offer Employment Positions During Job Fair at Lourdes University

From the Collegiate Employ-Net consortium of 20 colleges and universities in northwest Ohio and southeast Michigan, students and alumni as well as job seekers with certificates, bachelor and associate degrees are encouraged to attend an upcoming job and internship fair at Lourdes University. The fair will be held on Friday, April 4 from 10 a.m. to 2 p.m., in the Franciscan Center, and features more than 60 organizations offering positions in a variety of fields and career levels such as:

Internship positions

- Everdry Waterproofing* – marketing, special events
- Northwest Mutual – business, management
- ProMedica* – healthcare, nursing
- United Way of Greater Toledo – business, community outreach, computer technology

Summer employment

- Girl Scouts of Western Ohio* – summer camp positions
- iScribe – nursing, medical scribe
- Small Sprouts Center For Care & Learning – learning specialists positions

- The Toledo Zoo* – hospitality services

Professional employment

- Educare Academy Child Development Centers – education
- Hantz Group – accounting, business, finance
- HCR ManorCare – nursing
- Kaufman Engineered Systems, Inc. – design technology, engineering
- New York Life – business
- Sauder Woodworking* – business, engineering, technology
- Unison BHC – social/human services

* Companies offering multiple types of positions (full-time, part-time, internships, etc.)

There is no cost for job seekers to attend. Participants are asked to bring updated copies of their resume* and are asked to arrive in professional attire. Employers wishing to participate can visit www.collegecentral.com/employ-net.

For more information, contact Andrea Domachowski, Director of Lourdes University's Career Services at 419-824-3704 or career@lourdes.edu.

Collegiate Employ-Net is a consortium of two- and four-year colleges and universities located in Northwest Ohio and Southeast Michigan. The consortium represents approximately 75,000 students, and provides a valuable link between employers and potential employees. Annual events include a professional networking seminar, an internship academy for businesses and organizations, and an annual career fair for area students and graduates. For more information visit <http://www.cenconnects.net/>.

Rooted in the Catholic Franciscan tradition, Lourdes University offers baccalaureate degrees in more than 30 academic majors as well as graduate degrees in business, education, liberal studies, nursing, organizational leadership, and theology. Community outreach programs include the Appold Planetarium, the Center for Science Education & the Environment, and Lifelong Learning. A member of the National Association of Intercollegiate Athletics, Lourdes students can also compete in a variety of men's and women's sports. Named a "Best in the Midwest" college by the Princeton Review, Lourdes University is a nationally accredited, veteran and transfer-friendly institution offering a variety of student scholarships. Discover us online at www.lourdes.edu or by phone at 419-885-3211.

Employment Workshops for Youth Offered

Special to The Truth

City of Toledo and Lucas County Public Library will host youth employment workshops.

The below workshops are being held for Toledo youth to help with employment related skills such as creating a resume, employment interviews and job retention.

Students can register for these workshops by contacting the City of Toledo Youth Commission at 419-245-1417.

The workshops being offered are:
Let the Words Speak for You

Teens, get help learning how to create a resume that stands out from the rest. This workshop is one of three offered as preparation for the Teen Job Fair to be held at the Seagate Convention Center Saturday May 3, 2014 from 10am to 2pm. Registration for workshops is recommended as seating is limited. Participants should bring a flash (USB) drive to save their workshop materials.

Instructor: Amy Wexler, Herzog University

Locke Branch Library: Tuesday, Apr 01 2014 3:00pm-4:30pm

Main Library Teen Area: Saturday, Apr 12 2014 2:00pm-3:30pm

Kent Branch Library: Tuesday, Apr 15 2014 6:00pm-7:30pm

Interviewing 101

Learn the basic elements of an interview and key tips for teens to help them impress employers. This workshop is one of three offered as preparation for the Teen Job Fair to be held at the Seagate Convention Center on Saturday May 3, 2014 from 10am to 2pm. Registration is recommended at workshops as seating is limited.

Instructor, Kris Ward, Toledo-Lucas County Public Library

Locke Branch Library: Tuesday, Apr 08 2014 3:00pm-4:30pm

Main Library Children's Library: Saturday, Apr 19 2014 2:00pm-3:30pm

Kent Branch Library: Tuesday, Apr 22 2014 6:00pm-7:30pm

I've Got the Job, Now How Do I Keep It?

Employers expect some of the same basic behaviors from their employees. Learn how you can be the kind of employee they want to keep! This workshop is one of three offered as preparation for the Teen Job Fair to be held at the Seagate Convention Center Saturday May 3, 2014 from 10am to 2pm. Registration for workshops is recommended as seating is limited.

Instructor: Mary Plews, Toledo-Lucas County Public Library

Main Library Children's Library: Saturday, Apr 05 2014 2:00pm-3:30pm

Locke Branch Library: Tuesday, Apr 15 2014 3:00pm-4:30pm

Kent Branch Library: Tuesday, Apr 29 2014 6:30pm-8:00pm

For additional questions concerning this release, please contact Lisa Ward, Public Information Officer at 419-936-2408.

BUNK AND JUNK BAIL BONDS LLC.
"Why Get Comfortable If You Don't Have To?"
4201 Madison suite 205
Toledo Ohio 43604
CONNIE SEXTON
BAIL BOND AGENT
DIANNA JONES
OFFICE MANAGER
PHONE: 419-275-2888
(419) 275-7861
Serving Ohio
WEB: www.getcomfortablebail.com

Welcome Home To Beautiful Sylvan Lakes Apartments
A vibrant community features spacious bedrooms with private storage, high ceilings and breath-taking views! Stop in today to see why our residents love our beautiful, landscaped grounds, resort-like swimming pool, and clubhouse with fully equipped fitness center and laundry facilities. Located just west of the heart of downtown. And... Stop in today!
4004-A Lexington Place, Sylvan, Ohio 43082
419-842-8882 • www.sylvanlakesapartments.com

Midwest Dental & Dental Definition
3 Locations to serve you
2915 Lagrange - Phone 419-244-1691
240 W. Alexis - Phone 419-475-5450
5350 Airport Hwy - 419-382-8888
We accept every insurance including Medicaid

DIXIE Auto Leasing
Toledo, OH
5880 N. Detroit
Month to Month Leasing
419-476-8674
WE ARE A FULL SERVICE BUSINESS

Lucas County Empowerment Program

Special to The Truth

The Economic Opportunity Planning Association (EOPA) is now taking worksite and participant applications for the Lucas County Empowerment Program (LCEP) to provide approximately 700 Temporary Assistance to Needy Families (TANF) eligible youth and young adults ages 16-24 paid training and work experience during eight week program sessions. Nine sessions are anticipated.

Each participant in the program will be assessed for computer skills and job aptitude. The training will encompass business communications, professional demeanor, conflict resolution, goal setting and basic financial management.

Utilizing a rolling schedule LCEP plans to give participants more case management and job coaching than had been possible in past years. Additionally, partnerships with the public and private sector will include topics of civic responsibility such as voter registration, volunteerism and the Toledo Lucas County Public Library for

access to materials and employment searches.

EOPA currently provides community services such as GED training, Home Energy Assistance Program (HEAP), Senior Emergency Repair, Financial Literacy, and adult Employment Readiness Training. LCEP is a natural extension of these programs and case managers will work with the families of participants to provide needed wrap-around services.

EOPA encourages potential employers to provide opportunities for these young people for what is often their first work experience. Good work habits are formed early and supervisors at the worksites are absolutely the key to putting young people on the right path.

Throughout the program, evaluations will be undertaken of the participant's employment growth. Measuring their punctuality, work ethic, task completion and other basic work skills, LCEP will utilize these evaluations to encourage

participants to improve their opportunities for future employment.

To be eligible to participate in the program participants must be between the ages of 16-24, have a minor child in the family household and be under 200 percent of the Lucas County Poverty Ratio. For example the income of a family of four must be under \$3,975 monthly. Eligible applicants will be selected on a first-come, first-served basis.

Registration ends May 1, 2014 and openings are limited and will be considered by the date they are received. Applications should be completed and returned as soon as possible. To register please complete the Online application at: <http://www.eopa.org/LCEP/home.html>. Forms can be downloaded and sent to LCEP@eopa.org or by FAX 419-255-2149.

For additional information: Contact Tomeka Rushing at EOPA 419-242-7304 Ext. 1254

Juvenile Offenders Can Reclaim Their Futures

Special to The Truth

Lucas County juveniles who have been or who are in the court system or who may be at risk of being in the system can find assistance to change their futures by enrolling in the Face Forward program operated by WSOS in partnership with the Lucas County Juvenile Courts CITE program.

Enrollment is ongoing now and may be made by calling Amanda Sharp at 419-244-7608 or Byron Wynn at 419-213-2599.

This program serves young adults between ages

16 and 24 years old with GED classes (if needed), mentors, work experience, job placement, post secondary assistance, financial literacy classes, case management, and they are required to participate in community service.

The program helps the youth to develop the competencies that young people need to be successful in their lives and contribute to their community, according to WSOS Employment and Training Coordinator Roger Fisher.

In addition, program staff will work with the youth and the courts to expunge their juvenile court records and divert their efforts to more productive activities. Some youth will be enrolled in the AmeriCorps volunteer program, which provides all enrollees with an educational stipend.

For information on how to participate in this program, call Roger Fisher at 419-334-8911 or email him at rafisher@wsos.org.

Rep. Ashford Remembers SB 5, Remains Vigilant of Policies that Hurt Working Ohioans

Three year anniversary of Gov. Kasich signing SB 5 into law sees new challenges

COLUMBUS — State Rep. Michael Ashford (D-Toledo) reflected on the GOP-led passage of Senate Bill 5 today, marking the three year anniversary of Gov. Kasich signing the bill into law. The law ended the rights of Ohio employees—educators, firefighters, police officers, prison guards, school employees, healthcare professionals and others—to collectively bargain for fair wages and safe work conditions. Ultimately, SB 5 was overwhelmingly overturned by a citizen-led repeal.

“Three years ago, Gov. John Kasich signed into law one of the most dangerous and unfair attacks on the rights of workers—SB 5,” said Rep. Ashford. “The Governor believed that he could successfully break the backs of middle class Ohioans by stripping away collective bargaining, but through the efforts of concerned citizens, volunteers and employees a successful repeal eliminated this unsafe law.”

Senate Bill 5 was widely panned as a politi-

cally driven attack, using the GOP's stranglehold of state government to push through the attack on workers' rights even in the face of vast public opposition. During the bill's consideration, mounting public scrutiny of GOP motivations behind SB5 resulted in large Statehouse protests and impromptu closures of the Statehouse to the public—leading Democratic lawmakers to threaten legal action to reopen the Statehouse.

This General Assembly, the Ohio GOP has revived attacks on workers' rights to collectively bargain with two so-called “Right to Work” bills.


Research has shown that so-called “Right to Work” restrictions strip workers of their rights and actually bring down wages and living standards in states where they are enacted. Aside from employees' voices being collectively weakened, so-called “Right to Work” restrictions have been widely criticized as giving unchecked power to large, multinational corporations.



THE TOLEDO BLACK

Market Place

Toledo's First Online Source for African American Owned Businesses (419) 243-0007



Our Black Year

One Family's Quest to Buy Black in America's Racially Divided Economy

Maggie Anderson
with Ted Gregory



LITTLE GENERATION DAY CARE

419-724-7000



NEED A RIDE?

TRANSPORTATION COMPANY

1.855.475.RIDE(7433)

Truth Art Gallery

and Event Center

1811 Adams Street • Toledo, Ohio 43604

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

PEZZATI PROMOTIONS

Making Your Marketing Dream a Reality

Monique Ward
Owner/CEO

419.876.8757
347.692.8481

Facebook icon: Pezzati Promotions, LLC
pezzatipromos@gmail.com

"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, Retirement Parties, Board Game Tournaments, Special Celebrations, and much more!

Annual Membership available and receive priority bookings, church and organizational bookings welcomed

Free Wi-Fi, Light refreshments available, Safe and secured lighted parking, Accommodations for parties up to 45.

Standard booking fee for Profit and Non-profit, Event Planner available upon request

Catering Referral Services Available upon request

"Come and enjoy comedy, spoken word, music talent and more"

BOOK YOUR EVENTS NOW!

Child Care

Footprints Day Care and Pre-School

3215 Lagrange Street, Toledo, OH 43608
419-242-9110



Ruby's

4933 Dorr St. Toledo
marubyskitchen.com



A-1 BONDS

Tina Butts

BAIL BONDS AGENT

419-450-3325
24 HOURS



READERS OF CHRIST

Youth & Young Adults 4th Sunday

Have you been looking for a safe to develop your life more spiritually but aren't sure how to begin? If so, the Bible workshop and group Bible study is designed just for you. Visit us on Facebook - I have a special video message for the service period!

Youth & Young Adults 4th Sunday

When: 10:00 AM - 11:00 AM
Where: 3215 Hill & Reynolds @ Meadowbrook Plaza, Toledo, OH 43615
Admission: Free



Attention Seniors:
Home(s) For Rent:
Two Bedroom
Call (419) 788-2348

Charleston House of Toledo

A Premiere Consignment Shop for the Economical Conscious Woman

STOP BY AND SEE OUR LARGE SPRING AND SUMMER SELECTION

Sizes small to plus - excellent prices

Designer Suits and Dresses
Elegant Hats - Name Brand Shoes

Open 10:00 a.m. - Tuesday thru Saturday
4055 Monroe Street - Toledo, Ohio
419.472.4648



ADS POSTED ONLINE AT:
www.TheTruthToledo.com

"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!

CLASSIFIEDS

April 2, 2014

Page 15

Request for Proposals Geotechnical Investigation, Construction Testing, Inspection & Reporting Svcs.

RFP #14-R005

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for the above services. Received in accordance with law until Thurs., Apr. 10, 2014, 3PM ET; Pre-Proposal Conf., Thurs., Mar. 27, 2PM ET. For Documents: www.lucasmha.org, 435 Nebraska Ave., Toledo, OH 43604 or 419-259-9400 (TRS: Dial 711). Proposers required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Sec. 3 Compliance Applicable.



AOD Therapist

Opportunities are available for experienced AOD Therapists to provide individual, family and group counseling and case management services to children, adolescents, adults and families in various treatment programs.

Candidate must have a minimum of two years experience working with adults with mental health and chemical dependency issues. Dual mental health (LSW, LISW, PC, PCC) and chemical dependency licensure (CDDA, LCDC II, LCDC III or LICDC) required. Independent licensure preferred

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

EOE

CLINICAL THERAPIST – FAMILY AND CHILD SERVICES

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 significant 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.

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

EOE

Scott Class Reunion

The Scott High School Class of 1969 is having our 45th class reunion on July 25 and 26 2014 here in Toledo. We are looking for classmates who we have not and cannot locate. These are the people and numbers to use for contact, Mary 419-536-9544 / Tommy 419-704-1835 and Evelyn 419-490-6851..

System Analyst (System Administrator) Lucas County

Lucas County Emergency Medical Services is accepting applications to fill the positions of System Analyst (System Administrator) through April 10, 2014. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "System Analyst (System Administrator)" from the list to read more or apply.

An Equal Opportunity Employer



Toledo Refining Company has an immediate need for a Maintenance Instrument Supervisor. This position is responsible for the execution of Instrument PM's and repairs as well as ensuring quality is a priority for the crew members under his/her direction for continued quality results.

Principle responsibilities for this position include but are not limited to following:

- Provide technical assistance, direction and supervision to Instrument Mechanics to meet day-to-day maintenance requirements of the refinery.
- Coordinate and communicate issues and daily progress with schedule.
- Attend daily schedule update meetings.
- Report job status and next day resource needs including equipment, support crafts, and contractor needs.
- Coordinate other groups/crafts and contractors as required.
- Work to overcome and eliminate barriers to effective field execution including coordinating unplanned craft steps.
- Work with all levels of the organization to ensure safe, quality, efficient and effective Maintenance Instrument execution is achieved.
- Other duties include but are not limited to: conducting business in the Maintenance Team environment and interacting closely with peers and supervisors to optimize the maintenance effort as well as having the responsibility for quality of repairs and quantity of work performed by crew.

Candidates must have a minimum of 5 years of refinery Instrument maintenance experience as well as 3 years related supervisory experience. A two year Instrument Technology/Technician certificate and Instrumentation, Systems and Automation Society (ISA) Level 1 or higher is preferred. Candidates should have knowledge of the four primary process variables and a basic understanding of Honeywell TDC. Please note, this position will require the ability and willingness to respond 24/7 to unscheduled call-ins, holiday and/or weekend work.

All interested candidates may apply by going to www.pbfenergy.com and selecting the Career tab. Once on the career page, candidates can view current job opportunities and apply to desired position.

EOE/M/F/D/V

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



Notice of Public Hearing

The Board of Commissioners of the Lucas Metropolitan Housing Authority (LMHA) is preparing to submit an Amended Annual Plan 2014 to the Department of Housing and Urban Development (HUD) for the fiscal year beginning January 1, 2014.

The Amended Annual Plan 2014 is available for review at www.lucasmha.org. LMHA invites you to submit comments during the next 45 days to rlake@lucasmha.org.

You are invited to a public hearing on Wednesday, May 21, 2014 at 12:00 p.m., Glendale Terrace Community Bldg., 3200 Glendale Ave., Toledo, OH 43614. Interested citizens will be provided pertinent information regarding strategic goals and program activities of the LMHA. Citizens are encouraged to attend this public hearing and provide additional comments on the Amended Annual Plan 2014.

Should attendees require auxiliary aids due to a disability, please contact LMHA at 419-259-9457 or TRS 711, at least one week prior to hearing date.



William J. Brennan, Chairman
Linnie B. Willis, Executive Director

Psychiatrists

Unison is seeking full-time and part-time Psychiatrists to work with adults, adolescents and children with a mental illness or substance abuse diagnosis. In addition to performing diagnostic assessments, psychiatric medical treatment and medication management for adults and children related to their behavioral health or substance abuse issues, our psychiatrists work as part of an interdisciplinary treatment team of case managers, therapists and nurses.

Current Ohio medical license with psychiatric specialization and DEA registration required. Board certification and experience in community mental health is preferred. Excellent interpersonal communication skills and proficiency in computer use are essential.

Unison provides a competitive wage and benefit package. Send resume with salary requirements to hr@unisonbhg.org. Please feel free to call with any questions regarding this opportunity at 419-936-7560.

or:

Unison Behavioral Health Group, Inc.
Human Resources - P
1425 Starr Avenue
Toledo, Ohio 43605
Fax: 419-936-7574
hr@unisonbhg.org

EOE

Call to place your ad

419-243-0007

www.TheTruthToledo.com

