



Volume 27, No. 7

“And Ye Shall Know The Truth...”

April 23, 2014

# Frederick Douglass Community Association's 95th Anniversary

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Pastor Robert Culp, Sonya Harper-Williams with Dr. Romules Durant

# Oh Mary Don't You Weep

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

*... A man without ambition is dead. A man with ambition but no love is dead.  
A man with ambition and love for his blessings here on earth is ever so alive.*

- Pearl Bailey



Easter Sunday is the black church's highest and most holy day. Frilly-dressed little girls and dapper young boys along with their fashion-forward parents, friends and relatives pack into overflowing church auditoriums and sanctuaries that buzz with excitement and anticipation. The visible pomp and pageantry of the day exposes the community's unslakable need to hear the old, old story – "He is risen."

WHO is risen?

A young, ethnic minority, barely 33 years old, and who didn't "stay in his place," was executed purportedly for disturbing the peace. He died on Friday but arose early Sunday morning, claiming victory over death and the grave.

Perhaps Easter Sunday's expectant crowds inherently recognized that what the black community needs more than anything else is a resurrection.

The forces of death certainly appear to have the last word as the number of funerals for young, black, male victims of violence continues to spiral and is at epidemic levels. In addition, persistent drug abuse and domestic violence wreak devastation upon families and leave children scarred or emotionally destroyed.

The community needs a resurrection, definitely.

Perhaps, the resurrection that we need most, however, is not merely an eschatological or end of the world phenomenon but a resurrection that is a "right now" experience.

The resurrection story of the biblical figure Lazarus is relevant for today's less than perfect individuals who don't fit society's traditional molds and have had the books closed on their lives or told that they are too far gone to have a meaningful existence.

I offer a methodology to those interested in reversing this plague of young, black death and who hope to make the joy of Easter Sunday sustainable.

First, the church operates under the firm conviction that the miracle of new life is possible, even for society's most marginalized.

In the biblical account, Lazarus' name is called and he is told to come forth. When Lazarus responds to the command he transitions from death to life. The transformation of the one "who died before his/her time" requires divine, rather than human, intervention and does not happen without Lazarus' willingness to exit the environment of death.

Secondly, in the biblical miracle, the surrounding community members are all active actors and agents in the young man's resurrection. After Lazarus departs from the culture of his burial cave, the others present were instructed to participate in his resurrection by loosening and removing his restrictive burial clothing. It is, therefore, the responsibility of the community to facilitate successful reintegration into society those who have emerged from a "terminal situa-

tion." We are also called upon to repair the damage inflicted by the process of social and economic death to the identity and sense of self of the newly liberated.

Finally, and perhaps most importantly, before even beginning the process to empower Lazarus to stand on his own feet and return to life, the stone had to be rolled away.

... continued on page 8

## Community Calendar

### April 26

Casting Call for "F.A.C.E.S.:" Noon; 2727 Kenwood Blvd; All ages – male and female; Bring headshot and wear black shirt for video: 419-450-2022 or DramaticallyInspiredWorks@gmail.com

Toledo 20th Annual Take Back the Night: 7 pm; Scott Park Campus; Community rally featuring speakers address violence against women; Women's March, A Women's Survivor SpeakOut, Men's Program: 419-322-5205 and 419-464-8058

### April 28

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

### May 2-3

Pilgrim Church Flea Market/Rummage Sale: 9-5 on Friday; 9-3 on Saturday: 419-478-6012

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

### May 3

Casting Call for "F.A.C.E.S.:" Noon; 2727 Kenwood Blvd; All ages – male and female; Bring headshot and wear black shirt for video: 419-450-2022 or DramaticallyInspiredWorks@gmail.com

National Train Day Toledo: 9:30 am to 4 pm; Toledo Amtrak Station and Dr. MLK Jr. Plaza; All day, family friendly; Display, exhibits, food, music, vendors: 419-241-9155 ext 106

### May 4

Cass Road Baptist Church Pastor Installation: Rev. Ruby Radford; 4 pm: 419-893-2008

### May 9

The Movement Church "Hope for Moms:" 7 to 8 pm; For mothers who have lost children to connect with each other; "Angela's Angels" support group for mothers will attend: 419-508-2636

### May 10

St. Stephen's COGIC Annual Mother Daughter Luncheon and Style Show: Noon; Speaker Evang. Belinda Brown

### May 14

Engaging Men Forum: 9 to 11:30 am; Discussion about the issue of domestic violence; Educational Service Center; Guest speaker Gus Funk: 419-244-3053 ext 221 or dmccarty@fcapc.org

## 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

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# Help Is on the Way ...

By Lafe Tolliver, Esq  
Guest Column

If you were to gauge the reaction to my recent article entitled Cotton Comes to Toledo on the contents of its response published by Deborah Carlisle, I believe that the following should be immediately implemented with a minimum of fanfare and should be viewed as an emergency to the black community:

**I propose:** That we designate six to eight secret safe houses in the City of Toledo so that the participants in the Cotillion Ball can find a safe haven, lodging, food and the best in sympathetic educators who can swiftly deprogram those infected with the Cotillion Ball Bug (aka: CBB).

The "CBB" has no known antidote except a copious reading of black history books so the ball participant can regroup and gain their proper bearings.

**I propose:** That all area churches commit a time of earnest and intense prayer at their Sunday morning gatherings to pray for those who are still in awe and enthralled with the mystique of the Cotillion and its purported transformative powers.

Sometimes, you must invoke the supernatural in order to free people from ancient symbols of perceived wealth, privilege and status that the Cotillion Ball attempts to inculcate in its followers.

**I propose:** That funds be raised and spent to place billboards and TV ads in the black community warning any future Cotillion Ball followers of the mental and emotional dangers of falling for any sappy nonsense of they being introduced into "society." (This is introduction is one of the highlights of the Ball!).

**I propose:** That a thorough investigation is made by local, state and federal (since some participants may cross state lines to attend the Cotillion)

authorities of just what society these young black kids are being introduced into.

There is so much yammering about these kids being brought to a decorated ballroom under the pretense that when they are "introduced" into society, that doors will open for them and that life will become a bowl of Cajun fried shrimp and a bottle of cold orange soda.

We need to know if the society that they are being "introduced" into is friend or foe and where it is located and who rules in it and what are the benefits.

Surely, as a responsible parent you would not allow your impressionable child to be introduced into a "society" that you know practically little about or a society that for the most part has not been kind to your "kind."

If, as a parent you are unsure of what questions to ask about this "society", here are some starter questions:

- (1) Are their dues to enter into this society and to stay in it?
- (2) Can one leave at their own freewill?
- (3) Will it guarantee me a job

in this society?

(4) Will it provide a pass from police harassment?

(5) Will it diminish the chances of being a victim of black-on-black crime?

(6) Will it decrease the chances of becoming a teenage mother?

(7) Who runs this society?

(8) Where are its headquarters?

(9) If one's name is Do'naquata or Tywane, is that Ok?

(10) What happens if this society rejects my child?

Now, those are just some starter questions and I am sure that you may

have plenty of others to ask including the following...as examples:

(1) why are we always following after white folks and their social functions and we do not create our own without waltzes and tuxes and white formal gowns?

(2) why are the waltz and white gowns and tuxes viewed as the penultimate of

refinement and acculturation by the Cotillion organizers?

(3) don't "we" have a society

that we need to fix up so that we can introduce our kids into it?

(4) where do you see any white parents trying to imitate any black social activities for their kids so those white kids can be introduced into "black society"? Or..is "their" society regarded as first class and any "black" society regarded as questionable?

(5) if white folks went out and organized a huge gala party with German marching songs and kielbasa and the polka, would we have our kids follow suit thinking that such was the standard of civility?

I know...I know...the hidden presumption of the Cotillion is supposed to be that our kids need refinement and some of the rough edges knocked off of them and a good dosage of Eurocentric waltzes and white ballroom gowns and rented tuxes and bowing to each other should be just the ticket but.... really?

If the Cotillion organizers were so adamant about black youths becoming a walking en-

... continued on page 12

## NURTURES Sci-FUN EVENT



Saturday, May 3, 2014

9:30 AM-1:00 PM

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Minors must be accompanied by an adult. For more information, call 419-530-1630

The event is limited to the first 500 registrants. FREE parking in the Anthony Wayne Trail lot only.

EXPLORE!

DISCUSS!

THINK!

# Ed FitzGerald: Dem Candidate Expects to Overcome GOP Financial Advantage

By Fletcher Word  
Sojourner's Truth Editor

"We're going to be competitive," says Cuyahoga County Executive Ed FitzGerald, Democratic Party candidate for governor of Ohio as he projects what will happen this November. "The Republicans will certainly have a [monetary] advantage but their attacks will not go unanswered."

In a conversation with The Truth last week, FitzGerald spoke at length about the upcoming race and how the statewide Democratic slate of candidates will overcome the outside money that the Republicans will pour into the race, the traditional lack of turnout by the Democratic core constituency groups and the statewide efforts at voter suppression that the GOP has undertaken.

First, said FitzGerald, the campaign will focus on putting resources into a grassroots campaign that will start in May, rather than waiting for the traditional late summer/early fall launch. "We will invest in a grass roots campaign, we will identify our voters and we will contact them repeatedly," he said.

Secondly, "we will articulate a message that motivates them to vote" focusing on economic issues and civil rights issues, he pointed out.

In this climate of repeated Republican attempts, in both the legislative and the executive branches, to push for voter ID's, shrink the access by absentee voters to ballot and decrease the time that polls are open, FitzGerald noted that he has, by contrast, always "been very supportive of voters' rights all my career."

"We have a legislature that is shameless in its efforts to take away those rights," he said of the Republican-dominated Ohio

General Assembly.

Typically, in a non-presidential election year, Democratic core constituency groups – particularly the poor, minorities and the young – stay home in greater numbers than does the general population. FitzGerald thinks that this year might well prove an exception to that norm based upon the prospect of a backlash at Republican efforts to tamp down the vote among those constituencies. "I believe that people sometimes exercise their rights more when people threaten those rights."

FitzGerald's optimism that his party can turn tradition on its head is rooted partly in the results of last year's statewide elections in Virginia, in which Democratic candidates for governor, lieutenant governor and attorney general all prevailed led by Terry McAulliffe at the top of the ticket. "Democratic groups voted in the same percentages as in presidential elections," said FitzGerald as he praised the very effective get-out-the-vote effort of that campaign. Anticipating that there might be much to learn from Virginia, FitzGerald dispatched his chief campaign staff to Virginia to observe. After that election some of the Virginia staffers headed to the Buckeye State to lend a hand including the director of coordinated campaigns, said FitzGerald.

The November election features candidates for all of the statewide offices. The Democrats are Nina Turner for secretary of state, Connie Pillich for treasurer, David Pepper for attorney general and John Patrick Carney for auditor. FitzGerald is enthusiastic about the rest of the ticket.

"We have the strongest slate we might have ever fielded," he said. "Not because

of statewide appeal, necessarily, but this is a talented, energetic, motivated young group of campaigners. We're all on the same page. I've seen times when Democrats have had to recruit statewide candidates."

Of course the main challenge for Ohio's Democrats in getting the mes-



Ed FitzGerald

sage across early and often to voters is their effort to match the dollars from outside the state that will end up in GOP coffers. Needless to say, Ohio is prime battleground among swing states and Republican donors will be pouring money into this race led by the Koch brothers.

On the other hand, while the Democrats may fall a bit short to the Republicans in out-of-state financial resources, they will have a clear advantage in outside star power. Topping the list of stars will be the Obamas and the Clintons. President Obama was more than a bit reluctant in the 2010 elections to put his prestige on the line in races around the nation but that shouldn't be a problem this time around. The president has run his last race and the feeling in the FitzGerald camp is that he will be giving his all for national Democratic candidates.

And just try to keep President Clinton, a serial campaigner, off the trail. Hillary Clinton will be curious to test the campaign waters as she decides whether or not to run in 2016 and Michelle Obama may well be the most popular of this group of four.

"They can balance out other national interference," says FitzGerald.

So far, the polls show an even race at the top of the Democratic ticket, an encouraging sign in FitzGerald's race against the incumbent, Governor Kasich.

"If people hear both sides of the story, we win," said FitzGerald.



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# Celebration of the Pilot Program: Deep in the Heart of the City

## Re-Entry Retrofit Technician Training Program

Special to The Truth

Toledo Community Development Corporation (Toledo CDC), Owens Community College and its partners will celebrate the completion of a workforce training program called the Detroit Ave. Energy Efficiency Program (DEEP) in the Heart of the City Green Jobs Training Program! Everyone is welcome to honor the students who have completed the Green Jobs Training Program as Retrofit Technicians and Installers. The ceremony will be at the Frederick Douglass Community Association, located at 1001 Indiana Ave. on Friday, April 25, at 3:00 pm. This is the first of its kind workforce development program in the heart of the city.

DEEP in the Heart of the City (Central City) Green Jobs Training Program is for reentry citizens or

those who are hard to employ and who needs an opportunity to become self-sufficient. The partners of this program are: Owens Community College, The Frederick Douglass Community Association, Parker Energy Solutions, the Toledo-Lucas County Port Authority, the City of Toledo, Dept. of Neighborhoods, the University of Toledo- Dept. of Sociology & Anthropology, Assets Toledo, The NW Ohio Reentry Coalition and The Ridge Project. The goal is to provide workforce training as Retrofit Installer Technician.

The DEEP Central City Green Jobs Training Program is designed to complement the DEEP Revolving Loan Fund, which is a housing preservation program designed for residents whose in-

come levels are between 80 percent up to 120 percent Area Median Income (AMI) obtain a low interest loan up to \$5,000 for the purpose of retrofitting their home to make it more energy efficient.

Toledo CDC's mission is "... to foster a healthy, vibrant community through affordable housing, job creation and economic development and by utilizing green and sustainable practices." The DEEP workforce and housing program is a component of a strategic initiative to bring stability and sustainability to the central city of Toledo. The reentry population have a strong presence in the community served by Toledo Community Development Corporation (Toledo CDC) and Toledo CDC believes that providing relevant workforce training through Owens Community College is a way to meet an immediate need

for the hard-to-employee and reentry population. The DEEP program serves a dual purpose: 1). Preservation of existing housing stock and owner occupied homes through retrofits for energy efficiency and 2). Green jobs training/workforce development.

Toledo CDC was awarded a total of \$145,000 from the Toledo-Lucas County Port Authority and the Community Development Block Grant (CDBG) through the Dept. of Neighborhoods for both components of the DEEP program with the intent to create a community development model in the heart of the city to be duplicated throughout Toledo.

For more information please contact Toledo Community Development Corporation at 419-255-7500 or email at e.mickens@toledocdc.org.

# Ohio Rep. Alicia Reece Named Public Official of the Year by National Association of Social Workers

*Honored for leadership in advancing policies beneficial to civil rights, vulnerable populations*

State Rep. Alicia Reece (D-Cincinnati) was excited to receive the news that she will be honored as the 2014 Public Official of the Year by the National Association of Social Workers (NASW). Rep. Reece will be presented with the award at the NASW Ohio Chapter - Region 6 - Annual Awards Banquet on May 1st at the Cincinnati Museum Center, 1301 Western Ave, Cincinnati, OH 45203.

"I am honored and humbled to receive such special recognition," said State Representative Ali-

cia Reece. "The daily contributions of social workers makes our state a brighter place, and I am pleased to further their important work whenever possible at the Statehouse."

According to the NASW, candidates for the award made significant contributions to public service while in office, demonstrated leadership in advancing public policy in the area of vulnerable populations, civil and human rights, or social welfare, and exemplified social work values and ethics.



Alicia Reece

"I nominated her as I think she exemplifies everything in our profession that we hold dear in terms of values and advocacy work for vulnerable people," said Jean Sepate, Chief Operating Officer of Lighthouse Youth Services.

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*Dr. John W. Williams, Pastor*

# Frederick Douglas Community Association's 95th Anniversary Celebration

*Special to The Truth*

The Frederick Douglass Community Association (FDCA), located at 1001 Indiana Ave., Toledo was host to nearly 300 guests on March 27, 2014 at the Premier Banquet complex in celebration of the organization's 95th anniversary. The event was also an opportunity to say "Thank You" to individuals, businesses and other organizations that have made significant contributions to the FDCA.

Master of Ceremonies WTOL Channel 11 morning anchor Brandon Jones and Honorary event Chairman Dennis Hopson welcomed honorees Attorney Eddie M. Cole, Councilwoman Theresa M. Gabriel, Pastor John E. Roberts, corporate sponsors American Flooring Installers and General Motors and community partners Toledo CDC, Toledo-Lucas County Rain garden Initiative and Romules Durant, Ed.D, of Toledo Public Schools along with Pickett Academy administrators Martha Jude and Ward Barnett, Ed.D.

Cole, who earned both his undergraduate and law degrees from The University of Toledo worked for many years as an attorney both in public and private practice. He has been active in the community for decades and is a past president of the



*Pastor Robert Culp, Sonya Harper-Williams with Dr. Romules Durant*

FDCA.

Gabriel, who won election to an at-large

seat on Toledo City Council this past No-

... *continued on page 7*

## African Art Has Arrived!!

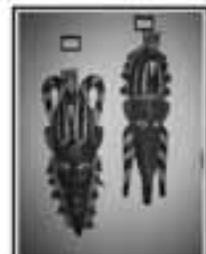
Hundreds of wood carvings from Ghana have recently arrived at The Truth Gallery – masks, statues, village scenes! All at unbelievably low prices!



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



See more art online at [www.thetruthtoledo.com](http://www.thetruthtoledo.com)



The Truth Gallery  
1811 Adams Street  
419-242-7650



2014 Honorees

Douglas... continued from page 6

member, has a long record of service with the City of Toledo and with a variety of service organizations. She is a past president of the NAACP.

Roberts will be celebrating his 50th anniversary as pastor of Indiana Avenue Missionary Baptist Church next year. During the past five decades, the flock has grown from 60 into the thousands, the church building has been re-designed, remodeled and expanded. Roberts has been involved with many community organizations including the FDCA.

American Flooring Installers donated and delivered new carpet to the FDCA in the amount of almost 3,000 square feet.

The FDCA initiated an Alternative Suspension program in partnership with Toledo Public Schools' Pickett Academy. Suspended students can be referred to the center to spend the school day.

The FDCA is the host facility for the Toledo CDC's DEEP pilot program – a unique training program offered in-class instruction by Owens Community College as well as hands on training with construction and trades professionals.

Elected officials Mayor D. Michael Collins, City Council President Paula Hicks-Hudson with fellow councilpersons Matt Cherry, Jack Ford, Tyrone Riley and Larry Sykes joined Lucas County Recorder Phil Copeland, Lucas County Auditor Anita Lopez and Lucas County Commissioners Carol Contrada and Tina Skeldon-Wozniak who were all present



Sonya Williams-Harper, Mayor D. Michael Collins, with Twyla Wheaton and David and Michelle Fleetwood

in recognition of FDCA programs, services and in tribute to the 2014 honorees.

Executive Director Sonya Harper Williams and all FDCA Board Members extended sincere thanks to the community for overwhelming support of the anniversary event and for the FDCA vision to provide quality programs and support services to Toledo residents.

“On behalf of the Board of Directors and staff, I am just so grateful for the overwhelming support of our elected officials, event sponsors and community in recognition of the Frederick Douglass Community Association and this historic anniversary,” said Williams. “We are honored to continue this rich legacy of service.”

The community is invited to visit the center or the website at [www.fdcatoledo.org](http://www.fdcatoledo.org) or contact the FDCA 419.244.6722 for more program related information.

Come join us for the **2014 Spring Health & Wellness Women's Retreat** on Sat., April 26th, 2014, 9 a.m. until noon, at **GRACE COMMUNITY CENTER**, 406 W. Delaware Avenue in Toledo, OH 43610.

This event is FREE and open to public but RSVP is required.

Enjoy continental-style refreshments and meet our delightful keynote speaker, **Cheryl Edwards-Cannon**, and an amazing panel of women who will share a wealth of wisdom on ways to lead healthier and happier lives.

Mrs. Edwards-Cannon is a published author and the Lead Consultant for **CLEAR PATH CHOICES, LLC**, a consulting company that provides direction and support for families facing elderly care challenges.

Ms. Edwards-Cannon holds a Bachelors of Science degree in Secondary Education from Central Michigan University and a Masters in Management Degree from Aquinas College.

Her writing is featured in **“Chicken Soup for the Soul: Alzheimers and other Dementias”** -release date: 4/22/14.

Our panelists include **Marian Brannon**, Strengthening Families Coordinator, Lucas County Family Council; **Mini'imah Garrett**, Domestic Violence Advocate, Lucas County Victim's Witness Assistance Program; and **E. Elaine Page**, Executive Director, Grace Community Center, Inc.

Register with Dr. Anita M. Lewis-Sewell M.D.

By PHONE: 419-386-8831 or EMAIL: [amlsewell@gmail.com](mailto:amlsewell@gmail.com)

This National Minority Health Month event is sponsored by **THE LIGHTHOUSE ROAD: A PATHWAY TO WOMEN'S HEALTH & WELLNESS**, P. O. Box 1355, Toledo, OH 43603.



# Seeking Solutions To Senior Hunger

Major Initiative by WGTE Public Media and Community Partners

Year-Long Effort Combines TV, Radio, Print and Web, Town Halls and Community Events

Seeking Solutions to Senior Hunger, a collaborative effort of WGTE Public Media and its community partners, launches on Thursday, April 24, 2014 with a live Town Hall at 8:00 p.m. on WGTE TV.

Joining WGTE in this year-long effort are the Area Office on Aging of Northwestern Ohio, Inc.; ProMedica; Buckeye Community Health Plan and The Andersons Charitable Foundation.

Seeking Solutions to Senior Hunger is comprised of a comprehensive public information campaign through TV, radio, print and the web, three live Town Hall television programs on WGTE TV; community events and a website with resources for seniors and their families at [www.seniorhungersolutions.org](http://www.seniorhungersolutions.org).

The first live, interactive Town Hall on April 24 will be moderated by veteran broadcast journalist Bill Harris. A panel of experts will define the problem and causes of senior hunger and offer solutions. A live studio audience and viewers watching at home and online will be able to call or email questions for the panel.

Senior hunger and food insecurity are big problems nationwide and in our community. In Ohio, five percent of senior citizens are at risk of going hungry. More than 250,000 elderly Ohioans receive emergency food assistance. The risk of hunger is expected to grow 50 percent by 2015, while funding for food banks, senior programs and meal delivery is being slashed.



Bill Harris

Perryman... continued from page 2

Often "stones" are placed in the way of society's "disinherited" that block the necessary voices that lead to revival. These inhibiting factors include social and economic policies and surprisingly, the black church itself.

While stellar in carrying out its internal programmatic function and taking care of its parishioners, the African-American church has been less diligent in addressing its constituencies and the relevant issues that lie

beyond its church walls. Less than 15 percent of black churches are systematically involved in public life or issues such as public policy formation and advocacy.

Not coincidentally, there has been a rapid increase in the number of un-churched African Americans at the same time that there has been a distancing between the black church and the poor due to a cultural and generational disconnect. Neither group feels comfortable because of a conflict of the norms/protocol between the regular church members, with their "poor people phobia," and

the poor, who have no prior socialization in church life.

The cloud of death, sorrow and grief that covers the landscape of the community can be transcended. But only when those who are written off by society are empowered to enter into a new existence.

That takes a collaboration of the Divine and community participation.

Contact Rev. Donald Perryman, D.Min, at [drdlperryman@centerofhopebaptist.org](mailto:drdlperryman@centerofhopebaptist.org)

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# Toledo Early College High School Students Recognized at State History Contest

Special to The Truth

Fifteen Toledo Early College High School (TECHS) students who were finalists at the regional National History Day (NHD) contest at BGSU in March are traveling to The Ohio State University in Columbus on Saturday, April 26, 2014 to compete at the state competition.

NHD is a focal point for the TECHS humanities department. Students learn the historical method and presentation techniques such as video editing and website design. Projects include exhibits, websites, performances, documentaries and formal research papers. This year's theme was *Rights and Responsibilities in History*.

Sophomore Delaina Lane, who will be portraying the mother of Emmett Till in the Individual Performance category, said, "Researching and doing a performance on the death of Emmett Till connected with me on so many levels because of this malicious murder of an innocent fourteen year old boy. I felt the excruciating pain of his mother and the African-American community".

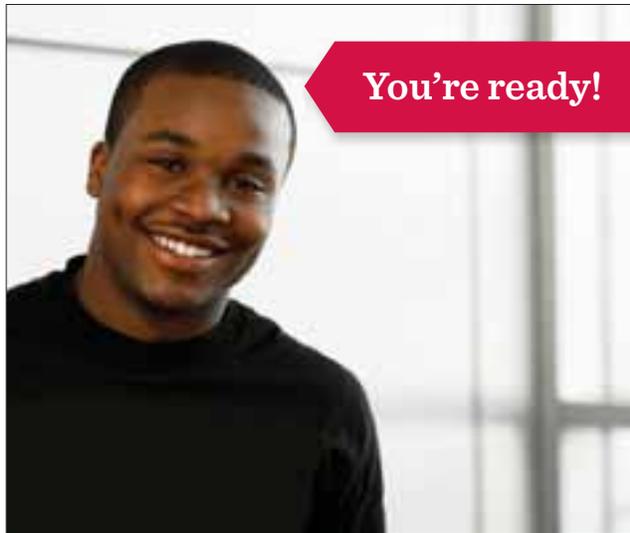
If students win at the state level they will continue on to the national contest in June. Next year's theme is *Leadership and Legacy in History*. Many students are already planning their projects.



Delaina Lane



TECHS Regional Finalists



Meet your Owens Community College advisor. Our advisors are here to help you.

Classes begin May 19 and June 2. **Apply today!** • [owens.edu](http://owens.edu)

Ready. Set. Go!  
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**Friday Night by the Tracks**  
A Season Train Day  
Season Party!  
Registration at: [www.trainday.org](http://www.trainday.org)

## NATIONAL TRAIN DAY TOLEDO

**Saturday, May 3, 2014**  
9:30 a.m. – 4 p.m.  
**Toledo Amtrak Station**  
415 Emerald Ave. and Dr. Martin Luther King Jr. Plaza

**FREE ADMISSION**      **FREE PARKING**

**Come to one of the biggest Train Day celebrations in the country!**

Amtrak Train, Model Trains, NS NYC Heritage, Great Lakes Central, and W & LE locomotives, Rail Art & History, Train Trip Drawings, Food, Music, Rides, Vendors, Prizes, Kids' Activities & "Cannonball" Paul!

**Thank You Train Day Toledo Presenting Sponsors:**

Parking is Available at Owens Corning with Free Shuttle  
**TrainDayToledo: 419-241-9155 ext. 134**

# 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% 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](mailto:LCEP@eopa.org) or by FAX 419-255-2149.



J.A.M. 2014

## Celebrate Jazz Appreciation Month with us!

**Saturday, April 26, 2014 Noon - 5 p.m.**

**Jazz Alchemy: A Love Supreme,  
pays tribute to saxophone legend John Coltrane.**

**Kent Branch Library @ccess Center  
3101 Collingwood Blvd.**

**419.259.5340**

**This free event features live music,  
crafts and a snack bar.**

**Art Tatum African American Resource Center  
Professional Musicians of Northwest Ohio, Local 15-286.**



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# College Affordability: Simplifying the Process for Ohio's Students

By U.S. Sen. Sherrod Brown  
Guest Column

Last week, Ohio students started receiving their financial aid packages, containing information about the grants, scholarships, and loans available to them. The rising cost of college tuition means that more students will have to navigate the sometimes confusing process of applying for student loans.

Many students end up graduating with costly student loans that prevent them from making other investments like buying homes, starting businesses, or going to graduate school. Some of these costs could be avoided if students and their families had clearer information about how the loan process works.

Two-thirds of student loan borrowers don't know the difference between safer, affordable federal student loans and private student loans, which carry more risk and have higher interest rates. Private student loans often have variable interest rates which can rise at any time and they are ineligible for federal forgiveness, cancellation or income-based repayment programs.

Despite these risks, most student borrowers don't exhaust their federal loan options before choosing to take out private loans.

With the average debt for 2012 Ohio college graduates totaling almost \$30,000, students and their families deserve to have clear information about their options when it comes to paying for college. That's why I cosponsored the Know Before You Owe Act.

This legislation would require colleges to inform borrowers of any available federal student aid before issuing certification for a private loan and would require lenders to clearly state the difference between students' financial assistance and their cost of attendance. Lenders would also have to send loan statements to borrowers every three months and submit an annual report regarding student loans to the Consumer Financial Protection Bureau (CFPB). The information that this act provides for students and their families will help them to make informed decisions about paying for college.

While preventing students from being indebted with costly loans when more affordable options are available is critical, we must also help graduates with existing private student loan debt. Because private loans offer fewer payment options than federal loans, many graduates find themselves overwhelmed by their monthly payments. My Refinancing Education Funding to Invest for the Future Act (REFI) addresses this problem by authorizing the Treasury Department to incentivize banks to refinance private student loans. Lowering the interest rates on private student loans would make students' payments more affordable at no cost to taxpayers.

Higher education creates economic opportunity for Ohio's students but student loan debt can create an unnecessary burden that can follow them through adulthood.

By reducing their student loan debt through clear information and lowered interest rates, we can ensure that Ohio's graduates have a fair shot at the future.

*Fitness... continued from page 16*

**Station 4: I AM SMART** – Books 4 Buddies will give away FREE gently-used and new books to young participants, coupled with Boys & Girls Clubs of Toledo staff teaching fun brain games.

**Station 5: I AM STRONG** – McDonald's (North Detroit location) has donated healthy apple slices for youth to eat on site, and oatmeal packets to take home for breakfast the next morning. I'm Lovin' It®. Boys and Girls Clubs of Toledo will also provide a healthy snack for its youth members.

**Station 6: I AM GONE/FARE-**

**WELL** – After a completed mock passport, Toledo Chapter Jack and Jill volunteers will give away a ProMedica swag fitness bag to Boys and Girls Clubs youth participants. Bags will be filled with items from McDonald's (oatmeal packets), ProMedica (coloring books), The Toledo Museum of Art (writing pens), Toledo Walleye (school folders and a team photograph), Metroparks Toledo (summer activity brochures), Books 4 Buddies (free gently-used and new books), and include customized National Day of Fitness water bottles courtesy of the Toledo Chapter of Jack and Jill.

The Toledo Chapter of Jack and Jill of America, Incorporated

would like to extend our most sincere gratitude for the generosity of the following community partners who donated time, talent, and in-kind items to make the 2014 PASSPORT To Fitness a success for our community's youth:

*Boys & Girls Clubs of Toledo (Shawna Woody and staff), ProMedica, McDonald's (North Detroit Avenue location), WJUC The Juice 107.3 FM, Books 4 Buddies,*

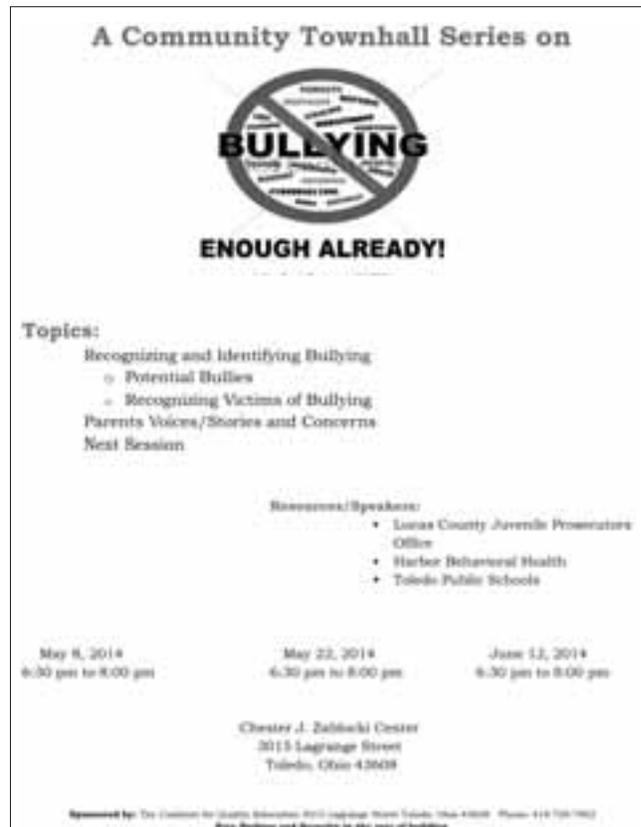
*Fabulously Fit™, BCSN, Dennis Hopson (Ohio Basketball Hall of Famer and former NBA player), Ray and Angie Freeman (former AAU Track & Field coaches), Tiffani Blackman (Lourdes University Lady Gray Wolves), Leon Kynard (Roy C. Start High School/Toledo Public Schools), The University of Toledo Rockets Football players, The Toledo Museum of Art, Metroparks Toledo, and Toledo Walleye.*



**Save the Date!**  
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 - Potential Bullies  
 - Recognizing Victims of Bullying  
 - Parents Voices/Stories and Concerns  
 - Next Session

**Resource/Speakers:**  
 - Lucas County Juvenile Prosecutors Office  
 - Harbor Behavioral Health  
 - Toledo Public Schools

**May 8, 2014** 6:30 pm to 8:00 pm  
**May 22, 2014** 6:30 pm to 8:00 pm  
**June 12, 2014** 6:30 pm to 8:00 pm

**Chester J. Zablocki Center**  
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Sponsored by: The Children's Learning Center, 2015 Lagrange Street, Toledo, Ohio 43608 Phone: 419-759-7962  
 Free Parking and Security in the rear of building.

# Tips to Make Fresh Baked Pie with Spring Ingredients

*Special to The Truth*

There's nothing more timeless than pie. Part of the appeal is its homespun essence. So rather than serve the store-bought variety, try baking one yourself. Not only will the aroma set the house astir, experts say you'll taste the difference.

"One of the best things about homemade pie is using in-season ingredients," says Teeny Lamothe, baker and author of the new, "Teeny's Tour of Pie: A Cookbook," a collection of 55 sweet and savory pies.

After traveling America to learn techniques and wisdom from the country's best bakers, Lamothe is sharing her newfound expertise in this collection.

With seasonality in mind, she offers this great spring recipe for Strawberry Basil Pie:

**Ingredients**

- 2 pints strawberries, hulled and cut into 1/2-inch thick slices
- 1/4 cup chopped fresh basil
- 1/2 cup granulated sugar
- 1/4 cup quick-cooking tapioca, finely ground
- 1 cup all-purpose flour
- 1cup white whole wheat or whole wheat flour
- 2 teaspoons salt
- 2 tablespoons granulated sugar
- 3/4 cup cold unsalted butter, cut into small pieces
- 1/2 cup cold vegetable shortening
- 1/4 cup cold vodka
- 1/2 cup cold water, plus extra as needed
- 1/4 cup all-purpose flour, for rolling out crust

**Crust Directions**

- In large bowl, thoroughly combine flour, salt, and sugar. Add butter and shortening. Cut the mixture using a pastry cutter to form pea-size crumbs coated in flour.
- Pour vodka evenly over dry ingredients, a few tablespoons at a time, using a rubber spatula to press dough together. Similarly, add the water, and continue pressing dough to form a large ball. If dough seems dry, add ice water slowly until everything comes together easily. (Work dough as little as possible.)
- Divide dough into two equal balls, press each into disks, wrap in plastic, and refrigerate for at least an hour or up to 2 days.

**Pie Directions**

- Preheat oven to 400 degrees F with rack in middle position.
- Toss strawberries and basil in a medium bowl.
- Stir sugar and tapioca in small bowl. Sprinkle sugar mixture over fruit and toss gently with hands to coat. Set aside while you roll out the crust; fruit will begin to juice.
- Prepare bottom crust: Place one dough disk on floured work surface and with a floured rolling pin, roll it into a rough 11-inch circle about 1/8 inch thick. Lay crust into a 9-inch pie dish, gently press it in, and trim excess dough from edge with a paring knife, leaving a 3/4-inch overhang.
- Give filling one last stir, ensuring everything is evenly coated. Spoon it into crust.
- Prepare top crust: On floured work surface with floured rolling pin, roll out remaining dough disk into rough 11-inch circle 1/8 inch thick. Carefully lay crust on top of filling, trimming excess dough, leaving a 3/4 inch overhang. Tuck



overhanging dough under overhanging edge of the bottom crust, and crimp the two crusts together. Cut a few small slits in top crust with a knife.

- Set pie on rimmed baking sheet and bake until filling is thickly bubbling and crust is golden brown (cover crimp with foil if it browns too quickly), 50 to 60 minutes.
- Let cool to room temperature before serving.

More information about Lamothe's book can be found at [www.Workman.com](http://www.Workman.com).

This spring, bake a pie and fill your home with delicious, seasonal flavors.

*Courtesy StatePoint*

*Tolliver... continued from page 3*

cyclopedia of Miss Manners, then open up this Cotillion to everyone in the commu-

nity and without cost or restrictions.

Is mimicking a Southern plantation era social ball the answer? Note: If white folks were "spoofing" black folks doing a catwalk dance and the Cotillion was born out of that spoof, why in heavens name would the Cotillion affirm those antics and try to palm it off as a white cultural and empow-

ering event?

Call it what it is...a chance to dress up and feel you are somebody and at the same time hoping that white society will notice you and "let you into their society."

No one is asking anyone to "resign to acting black." You can formulate your own soirees with pomp and meaning without resorting to antebellum slavery times in order to find such a bankrupt vehicle on which to express, "refinement."

At the plantation ball, aka: Cotillion... black folks were either slaving away in the kitchen fixing Massa's plate or tending the horses of the riders who came in from the outlying plantations...and for this, we emulate, desire and broadcast it about as being the refinements of a civilized society that black kids need to emulate!

Oh really? We can do better!

For those who missed it, see the March 26th edition of the Sojourner Truth @ [www.thetruthtoledo.com](http://www.thetruthtoledo.com) regarding the Cotton Comes To Toledo article.

*Contact Lafe Tolliver at [Tolliver@Juno.com](mailto:Tolliver@Juno.com)*

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# Postcards from Cookie by Caroline Clarke

By Terri Schlichenmeyer  
The Truth Contributor

Among the usual fliers, bills, and donation requests in the mail last week, there was something you haven't seen in ages: someone sent you a greeting card.

c. 2014  
Harper  
\$24.99 / \$31.00 Canada  
312 pages

It wasn't marking any special occasion. No, it was sent as a pick-me-up from a friend, a nice surprise at a time when mail usually has an "e" in front of it. But, as you'll see in the new memoir *Postcards from Cookie* by Caroline Clarke, some snail mail can make your heart zoom.

She was only looking for medical records.

As an adoptee, Caroline Clarke knew she had the right to learn at least that about her birth mother, but health data was only part of the unhidden information in the sealed records. There were lots of clues in what Clarke was told on that chilly afternoon; enough to help her figure out who her biological mother might be. The shocker was that Clarke had known her birth mother's family for years.

From the time she was almost eight years old and learned that she was adopted, Clarke told everyone that she wasn't

interested in finding her birth mother. Secretly, though, she dreamed of making the woman proud, and fantasized about accidental, happily-ever-after meetings. She loved the parents who raised her – adored them, in fact – but “all adoptees are curious about their beginnings,” and Clarke was no exception.

Her Daddy was shaken by the news. Her Mommy said to contact the woman. Clarke's husband was excited for her, but she sat on the information until she couldn't stand it any longer.

So she mustered up the courage and called Carole “Cookie” Lane.

Cookie was the eldest (adopted) daughter of Nat “King” Cole and, while away at college, had become pregnant. It was 1964 and that sort of thing was scandalous – especially since the father was a white Jewish boy. Maria, Cookie's adoptive mother, sent her away to a home for pregnant girls. Cookie was 20 years old.

As Cookie and Clarke excitedly began to erase the years they'd missed, and as they shared “synchronicities” through phone calls and huge boxes of mail, they

also got “on each other's nerves.”

Clarke craved Cookie, but they obviously irritated one another – enough to make Clarke wonder whether their experience was “going to have that fairytale ending after all.”

Though adoption-reunion stories are becoming commonplace due to social media, author Caroline Clarke's is unusual in that there were some amazing coincidences that led her to Cookie, before and after. Obviously, Clarke is awe-stricken about those and yes, I was pretty impressed, too.

And yet, *Postcards from Cookie* has a bit of a Peeping-Tom element: this is a very personal story of adoption and love. While I thoroughly enjoyed reading it, it's easy to feel un-

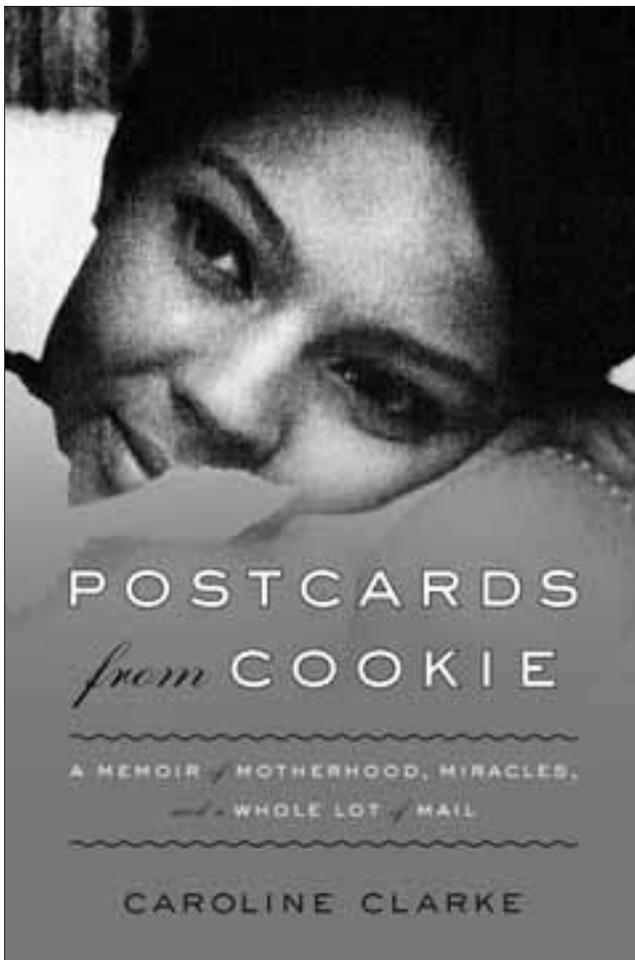


Caroline Clarke  
Photo Courtesy Chandra Lanier

comfortable watching two vastly different personalities dance around one another, trying to get along.

So, ultimately, do they?

I'm not telling. *You're going to want to read this book.* No, seriously - you're going to want to read this book because *Postcards from Cookie* will send you away satisfied.



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

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# CLASSIFIEDS

April 23, 2014

Page 15

## EDUCATION COORDINATOR

Position opening for coordinator of afterschool and summer education programming for youth K-8th grade. Minimum requirements: Bachelor of Education Degree with Ohio licensure. Understanding of remedial/developmental learning environments, curriculum development, and diagnostic testing. Must love children and embrace social/emotional learning principles. Send resume and cover letter to : Search Committee, Grace Community Center, P.O. Box 4519, Toledo, Ohio 43610

## Accounting Clerk

Full-time position available for an accounting clerk. Duties include accounts payable, data entry, financial reporting, maintaining files and other projects as assigned.

Associates degree or working on bachelor's degree in accounting or finance. Strong PC skills including Excel and Word. Prior experience with accounting software and in a not for profit organization preferred.

Send resume and salary requirements to:

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

## PSYCHOLOGICAL EVALUATOR

Part-time

Opening for an experienced Psychological Evaluator (part-time) to provide psychological testing and evaluation of children and adults with mental illness and adjustment difficulties.

Qualified candidates must have a Doctorate in Psychology and current Ohio licensure as a Psychologist.

Send resume and salary requirements to:

Human Resources - PSY  
Unison Behavioral Health Group, Inc.  
1425 Starr Ave.  
Toledo, OH 43605  
Email: hr@unisonbhg.org  
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**Notice to Bidders:** Inquiry # FY14-81, (Project # 6000-14-1517) for Building Envelope for the University of Toledo Health Science Campus. 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, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, May 13, 2014 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 Rossi & Associates, 970 S. Byrne Road, Toledo, Ohio 43609. Call 419-385-6633 for an appointment to pick up bid package. A cost of \$25.00 will be charged per set. Any further information may be obtained from Brad Rossi of Rossi & Associates at 419-385-6633. One Pre-Bid Conference will be held on Tuesday, May 6, 2014 at 10:00 a.m. in the Health Education Building, Room 227, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$195,500.00; Breakdown: General Const: \$195,500.00.

## Summer Tutor

The Padua Center is seeking a part time (15 hours a week) summer tutor to work from June 9 through July 25. The tutor will have two hours a day for preparation and one hour a day for tutoring children (grades K-6) in reading and math. The ideal candidate will be a certified teacher with a passion for helping children learn in a creative environment. Submit a resume by May 9, 2014 to The Padua Center, 1416 Nebraska Ave., Toledo, Ohio 43607, or email to: thepaduacenter@gmail.com

## Toledo Public Schools Business Division RFP/RFQ Opportunity Week May 5 - 9, 2014

Several RFP/RFQ opportunities will be posted for the 2014/2015 School Year for the following Business Division Departments: Food Service, Maintenance & Operations, Print Shop, Security, and Transportation. An informational meeting will be held on Wednesday, April 30, 2014 in the Board Room of the Thurgood Marshall Administration Bldg. beginning at 3:30 PM. RFP/RFQ information will be posted on the TPS website @ TPS.org, under District Programs, then Business Division during the week of May 5 - 9, 2014.

## 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. Premium pay rate is provided.

Send resume and salary requirements to:

Human Resources - CPST  
Unison Behavioral Health Group, Inc.  
1425 Starr Ave.  
Toledo, OH 43605  
Email: hr@unisonbhg.org  
Fax: 419-936-7574  
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## Management Aide and Maintenance Mechanic III

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for a Management Aide and a Maintenance Mechanic III position. For complete details of this position and to apply, visit our website at www.lucasmha.org. Only online applications received at the above website by Friday, May 2, 2014, will be accepted. This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. NO PHONE CALLS. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, sex, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.

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## NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Work-house Demolition, Remediation and Re-grading Project, Metroparks Blue Creek Conservation Area, Whitehouse, Ohio** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, May 9, at 4:00 p.m.** Local Time.

THE SCOPE OF WORK consists of complete demolition of a three-story masonry building & basement with a footprint of 11,815 square feet, removal of asbestos containing materials, site security, surface water controls, clearing & grubbing, select material crushing, crushed material & soil backfill, removal & recycling, grading. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:00 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$15 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

EACH BIDDER MUST FURNISH either (1) a bond for the full amount of the bid or (2) a certified check, cashier's check or irrevocable letter of credit in an amount equal to ten percent (10%) of the bid with its bid. The successful bidder must furnish a 100 percent (100%) Performance Bond and a 100 percent (100%) Labor and Materials Bond.

No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

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# PASSPORT TO FITNESS: National Day of Fitness

*Presented by The Toledo Chapter of Jack and Jill of America, Incorporated with support from Boys & Girls Clubs of Toledo (Formula for Impact)*

The Toledo Chapter of Jack and Jill of America, Incorporated is proud to announce its annual **National Day of Fitness** with support from Boys & Girls Clubs of Toledo and key community partners, scheduled from 6-8 p.m. on Friday, April 25 at the Boys & Girls Clubs facility at 2250 N. Detroit Ave.



The Jack and Jill National Day of Fitness is a fun and exciting fitness extravaganza where Toledo Chapter Jack and Jill families and the communities they serve, come together and celebrate fitness.

Jack and Jill Toledo Chapter's 2014 National Day of Fitness theme is **PASSPORT To Fitness: A Healthy Lifestyle Can Take You Places!**

For this special "evening"

event, Jack and Jill families, community partners and Boys & Girls Clubs of Toledo staff will join together to educate nearly 200 youth members of Boys & Girls Clubs and Jack and Jill youth on the value of healthy eating habits, good nutrition, kid-friendly exercise, sports fundamentals (basketball, track and football), dancing, and new this year, the importance of good brain health!



Each youth will be given a mock *Passport* to get stamped after completing tasks, participating in fitness stations, eating a nutritious snack, or playing brain games and reading books – all in an effort to stimulate fitness, and to promote health & wellness, fun, education, healthy lifestyles, and good brain health. At the conclusion of the event, youth participants will obtain a ProMedica "swag fitness bag" with items promoting good health.

"We want to stress to our young participants of Jack and Jill's National Day of Fitness that a healthy lifestyle can help them grow and keep their bodies and minds sharp for present and future success in life ... the passports remind them that a healthy lifestyle can literally take them places," said Rhonda Sewell and Katina Johnson, 2014 co-chairmen of PASSPORT to Fitness: National Fitness Day.



National Day of Fitness ties in to **AIM for Healthy Living**, a national initiative of Jack and Jill of America, Incorporated. The acronym AIM stands for **Achieving Excellence**, **Inspiring Greatness** and **Motivating Youth to Lead and Serve**.

"Boys and Girls Clubs of Toledo is proud to partner with the Toledo Chapter of Jack and Jill in their National Day of Fitness. Boys and Girls Clubs and Jack and Jill of America, Incorporated have long partnered on a variety of enriching programs and activities for our community's youth. This fun,

healthy and educational National Day of Fitness directly ties in to our own **Formula for Impact**, where we focus on **Academic Success**, **Good Character** and **Citizenship**, and **Healthy Lifestyles**," said Shawna Woody, Boys & Girls Clubs of Toledo Director of Program Operations.



Dennis Hopson

## Schedule

**Station 1: I AM FIT** – Angela Stewart, founder/owner of Fabulously Fit™ will teach kid-friendly healthy workout routines. Ray and Angie Freeman, former Amateur Athletic Union (AAU) Track & Field coaches will teach track fundamentals.



**Station 2: I AM BALLING** – Dennis Hopson, Ohio Basketball Hall of Famer and former NBA player; Leon Kynard, Roy C. Start High School Girls Basketball Coach, and Tiffani Blackman, Lourdes University Lady Gray Wolves Basketball player will together teach basketball fundamentals. Several University of Toledo Rockets Football players will teach football fundamentals.

**Station 3: I AM HEALTHY** – Chloe Berdan, MS, RD, LD, ProMedica Clinical Dietitian, will educate youth on good nutrition via a "Food Is My Fuel" activity.

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