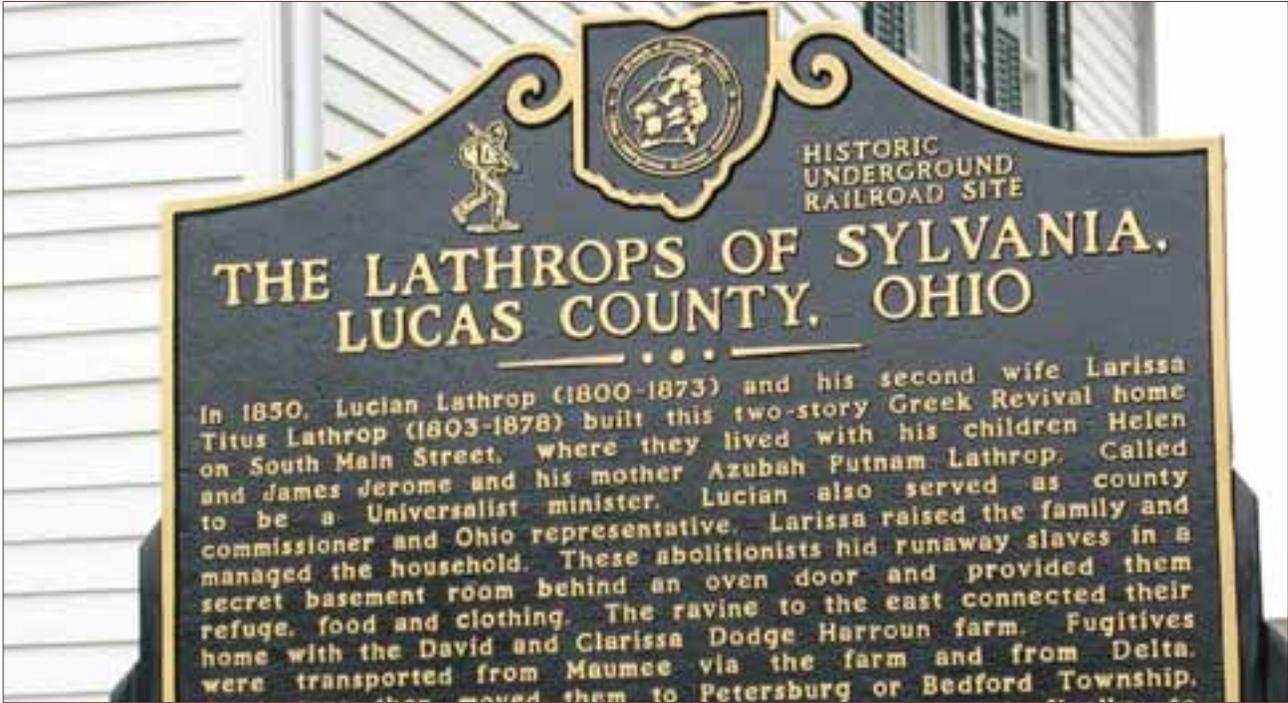




Volume 29, No. 4 *"And Ye Shall Know The Truth..."* August 6, 2014

Lathrop House Restoration Complete



<i>In This Issue...</i>	Health Issue			
	Perryman Page 2	Benefits of Seafood Page 6	ACA Enrollment Figures Page 10	County Auditor on Veterans' Benefits Page 13
Cover Story: Lathrop House Page 3	Exercise for Kids Page 7	Book Review		
Trazon Harris Funeral Page 5	The Fitness Motivator Page 8	Getting Waisted Page 11	Classifieds Page 14-15	Bishop Mitchell Ordination Page 16

"This house had to be saved. I can't image this house would have been torn down. A higher power is the reason why the house is here." - Cathy Nelson, president of Friends of Freedom Society, Inc.

Dialoging Across Borders

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

Far beyond the blame-shame game that is being played out, how do we deal with the crisis at hand? Questions of race, ethnicity and class must be addressed.

- Walter Fluker



Just prior to last week's water crisis, I caught up with Lucas County Commissioner Carol Contrada just before she entered the Detroit-Windsor tunnel while traveling on business. Contrada, the endorsed democrat for the November 4 election, is from Sylvania Township but has a depth of knowledge and sensitivity to the urban crisis disproportionately affecting Toledo's minority community. This crisis, much like Toledo's water/environmental problem, is one that has been ignored or put on the back burner by most politicians. The following is part of a dialog with Contrada about her efforts to respond to the unacknowledged emergency in Toledo's African-American community.

Perryman: Do you have a point of emphasis that addresses the needs of Toledo's African-American community?

Contrada: One of the things that we really want to address is minority business expansion. We have been working with the City of Toledo to establish a Minority Business Council and we're committed to having minority representation on all of our county building projects including the jail.

We have also reached out to the University of Toledo to partner with minority businesses. We need to all work together so that

all entities – the cCity of Toledo, the university, the Chamber of Commerce – have the same information, and when there is minority business certification it's transportable, and good for everyone.

Perryman: Increasing economic opportunity in the African-American community is an excellent focus.

Contrada: Another project, that impacts the African-American community, probably more than any other community, is the summer youth employment. I'm very excited about the future of that program, specifically, and the opportunities for workforce training with our new ACT program will have a profound impact on people seeking jobs. By going through the ACT program individuals will receive a certificate that's recognized by employers. So, this is really giving people a tool to be prepared to be hired, and to be matched with employers.

Perryman: Who are some of the employers that have signed onto the ACT pilot?

Contrada: Chrysler has signed on, and I think maybe Campbell's Soup, also. I think we're up to about 30 employers and we continue to receive recognition by employers that are outside our community who might be looking to move here, and make an investment, because

they see that we will have a ready workforce.

Perryman: What are you think-

ing about along the lines of youth, which is a demographic

... continued on page 12

Community Calendar

August 9

TUSA First Justice Musical Concert: 6 to 8 pm; St. Paul MBC: 419-870-4365 or 419-246-2886

Flanders Road Church of Christ Free Clothing Giveaway: 10 am to 3 pm
New Birth Christian Fellowship "Change for Kids Ministries" 2nd Annual Back to School Music Festival: Noon to 3 pm; School supply give-away; Free food, fun and entertainment: 419-704-6195

August 10

United Church of God "Bless the Children Day:" 10 am morning service; Bless your child and dedicate him/her to the Lord
New Bethel COGIC "Sermon on the Mount:" 4 to 8 pm; Ottawa Park Amphitheatre; Guests – Rance Allen Group, New Bethel Choir

August 11

Look Good ... Feel Better: Free workshop for women who are in treatment for cancer and need to understand and care for changes in hair and skin during treatment; 9:30 to 11:30 am; Hickman Cancer Center at ProMedica Flower Hospital

August 12

NAACP General Membership Meeting: 7 pm; 1322 Collingwood

August 13

Unison Career Job Fair: 3 to 7 pm; Starr Avenue location: 419-926-7576 or 444.unisonbhg.org

August 16

Flanders Road Church of Christ Free Clothing Giveaway: 10 am to 3 pm
United Vision Baptist Church Community Day & Fun Day: BBQ dinners, yard sale, free hair cuts, school supplies, horse rides, games, free food: 419-720-0050

August 18-22

Second Baptist Church Vacation Bible School: 6 to 8 pm: 419-944-8106

August 23

Second Baptist Church Youth Outreach Festival: 419-944-8106

August 24

United Church of God "Friends and Family Day:" 10 am service; Prizes for those bringing in guests

August 29-31

The Latter Rain Conference 2014: The Armory Church; Guest speakers Carolyn Showell, Pat McKinstry, Donnie McClurkin: 419-537-9736

August 31

Second Baptist Church Outreach/Mission Sunday: 4 pm: 419-944-8106
New Prospect Baptist Church Pastor's Aid Program: 4 pm; Guests Rev. Sylvester Rome and Tabernacle Baptist Church

September 14

Prince Hall and Acceptor Masons of Amazon Lodge #4 and Composite Lodge #108 Celebrate Americanism Day: In honor of founder Prince Hall; 4 pm; St. Paul MBC: 567-258-9319

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Lathrop House Supporters Celebrate Grand Opening and Historic Marker Dedication

By Tricia Hall
Sojourner's Truth Reporter

After more than a decade of planning, fund-raising and collaboration, The Friends of The Lathrop House finally organized a community celebration to unveil the historical marker and opening of Lathrop House basement, the rest stop for untold numbers of runaway slaves on their way to freedom during the early 1800s.

The August 2, 2014 event marked a turning point in a 12-year-long struggle which included the initial relocation of the Lathrop House and securing of funds for historical renovations.

Mike Lieber, the Sylvania Town Crier, opened the program and delivered a proclamation. "The Lathrop House is the only Northwest Ohio station opened to the public. August 2 is now and forever known as Lathrop House Day."

Invocations were delivered by Deacon John Algee of St. John the Baptist Church and Sr. Virginia Welsh of St. Martin De Porres. "This day reflects our legacy. I thank God for our ancestors' undying desire to seek freedom and those selfless leaders who helped their freedom journey. Amidst those who tried to destroy this house, I thank God for this day," shared Algee.

Event volunteers and supporters became play-actors and portrayed the Lathrop House owner Lucian Lathrop, Underground Railroad conductor Harriet Tubman and runaway slave Anderson Harper.

"We're here to unveil this historic marker, the first in northwest Ohio and Lucas County. This house had to be saved. I can't image this house would have been torn down. A higher power is the reason why the house is here," said Cathy Nelson, president of Friends of Freedom Society, Inc.

... continued on page 4



Actors and Re-enactors at the Ceremony



Friends of Lathrop House members

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Rosary Cathedral
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Toledo, OH 43610
419-243-4396

Lathrop House... continued from page 3

According to the City of Sylvania, Ohio website, the Lathrop House Project tab explains the project timeline which dates back to summer of 2001, when two parties inquired about purchasing the house and property.

St. Joseph's Parrish closed on the purchase for \$350,000 and applied for a demolition permit. In November 2001, local citizens protested the demolition, organized a collection of \$15,000 and Sylvania City Council passed a resolution asking St. Joseph's not to demolish the house. Negotiations and legal action continued until an agreement was reached, the house relocated and a basement reconstructed at the current location.

The Friends of Freedom Society confirmed the Lathrop House as a historic location of the Underground Railroad with marker number 47. The Underground Railroad was a series of hidden safe havens utilized by runaway slaves. The Lathrop House provided safety and food for slaves on their way to Petersburg or Bedford Township in Michigan.

Friends of the Lathrop House invite the community to become a member, dues are \$10.00 and meetings are bi-monthly beginning in September. Mail payment to 6751 Convent Blvd; Sylvania, Ohio 43560.



Harriet Tubman (K. Laverne Redden), Sue McHugh, and Cathy Nelson



Larry Sykes and supporters unveil historic marker



Play actors of Anderson Harper and Harriet Tubman

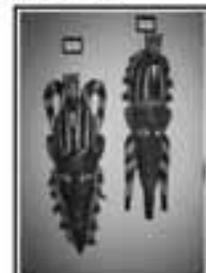
African Art Has Arrived!!

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



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Community Gathers to Mourn Trazon Harris

By Tricia Hall
Sojourner's Truth Reporter

JJ Express Drill and Drum Corps' founder and director, community leader and youth mentor, Trazon Harris was laid to rest following a funeral held at Friendship Baptist Church on Saturday, August 2, 2014.

A garden of floral arrangements and sea of mourners gathered to pay their final respects to Harris who died on July 20. She dedicated over a decade to uplifting and educating youth in the Toledo area.

The family dressed in white and various shades of purple accessories as tears, memories, condolences, smiles, laughter and hugs were shared among over 750 attendees of the funeral.

The non-traditional funeral quickly turned into a celebration of her impact through JJ Express. Loud drums and high stepping movements from JJ Express members, which ranged from the original group to most recent members, paid tribute by executing their well-known high energy performances in the Friendship Baptist sanctuary.

Artina McCabe attended the funeral. Three of her children were

members of J.J. Express. "The funeral was a true tribute to her memory and gave each kid some peace because they were able to participate. We all could visually see how many children she impacted. Look at how many came from out of town and travelled, just to pay their respects. I know she's smiling in heaven," said McCabe.

JJ Express alumni Crystal Harris and Andre Pearson shared memories during the service, and countless community leaders offered condolences.

Trazon Harris graduated from Start High School and was employed by The University of Toledo for over 20 years. She earned several community recognitions including the Youth Humanitarian Award in 2007 and Toledo Unity Award in 2012.

"Three of my boys, Arnez, Delano and Demetrie, plus boys from our church participated. She wasn't just the director, but became a friend, a friend that I trusted my children with, no question. She had hundreds of kids that she mentored, I knew she personally loved each child," said McCabe.

Social Media websites, including Facebook have dozens of posts and photos, expressing condolences to the Harris family. The family requested no photos during the funeral. Visit this website for past photos of J.J. Express Drill and Drum Corps https://myspace.com/jje_1



Trazon Harris and Daughter NaTasha Nunn



Trazon Harris

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Health Section • Health Section

The Importance of Eating Fish and Seafood Twice a Week

Carly Steed, BGSU Dietetic Intern with Ohio State University Extension, Lucas County
The Truth Contributor

The 2010 Dietary Guidelines for Americans (the most recent, science-based recommendations) recommend that we eat at least eight ounces of fish/seafood (approximately two servings) per week in order to obtain heart healthy omega-3 fats that can help to prevent heart disease. Omega-3 fats from seafood can also help to improve nervous system development in infants and children.

Pregnant women or women who are breastfeeding are highly encouraged by the FDA (Food and Drug Administration) and EPA (Environmental Protection Agency) to consume a variety of seafood at least two times per week for nutritional health. An FDA study showed that on average, pregnant U.S. women are not eating adequate amounts of seafood. The FDA and 2010 Dietary Guidelines for Americans recommend pregnant women consume eight-12 ounces per week to enhance fetal growth and development.

Many women are under the assumption that they should not eat seafood during their pregnancy, and that it is dangerous. Instead of avoiding seafood, pregnant and breastfeeding women should consume lower mercury options. Make sure to eat fish that are highest in omega-3 fatty acids and lowest in mercury. The fish on this list includes salmon, trout, oysters, Atlantic and Pacific mackerel, herring and sardines. Clams, mussels and calamari also contain omega-3 fats. These are all good options to meet the nutrition recommendations of two servings a week.

Some types of fish should be limited due to their higher level of mercury. The types of fish that should be limited by pregnant and breast feeding women, as well as young children in diets due to higher mercury concentrations include: tilefish from the Gulf of Mexico, shark, swordfish and king mackerel.

Fortunately, these types of fish are not very common in the grocery store. The types that are popular on the market are usually low in mercury. A recommendation has also been made that no more



than six ounces per week should come from white albacore tuna. Canned, light tuna is a better option since it has less mercury.

The rule of thumb with eating fish/seafood is to vary the types you are eating throughout the week to ensure safety. To get a better idea of the portion size recommend, remember that a drained can of tuna is about three to four ounces, a salmon steak ranges from four to six ounces, and one small trout is about three ounces.

Creative Ways to Prepare Seafood

Lean ways of preparing fish and seafood include grilling, broiling, roasting or baking. For seafood, discard oysters, mussels, and clams that do not clamp shut when you tap them before cooking, and discard the ones that do not open after cooking—they may not be safe to eat.

Cook lobster, shrimp, and scallops until they are opaque looking (milky-white). Use spices or herbs such as dill, chili powder, paprika, or cumin, and lemon/lime juice to flavor dishes without adding fat or salt. Breading, frying, or adding cheese and cream sauces adds a lot of unnecessary calories and fat. Keeping canned fish on hand such as tuna, salmon, or sardines makes a quick and easy meal!

On a salad try substituting scallops, shrimp, or crab for chicken or steak on a salad. Substitute canned salmon or tuna for deli meat in wraps or sandwiches. Other ideas for incorporating more seafood include: buying or making salmon patties, making shrimp stir-fry with vegetables and brown rice, making oyster stew, grilled fish tacos, oven-baked Pollock with asparagus, clams or scallops with whole wheat pasta and marinara sauce,

... continued on page 13

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Regular Exercise Can Help Kids Do Better in School

Special to The Truth

Physical activity may not be the first thing parents or teachers think about when they want to boost a child's academic performance, but evidence supports the notion that a bit of exercise for the body is beneficial to the brain as well.

In fact, kindergarteners who participated in Build Our Kids' Success (BOKS), a free before-school program involving physical activity and nutrition education, had significantly improved memory skills as rated by teachers, compared to their peers who did not participate. A study of the children's performance also concluded that those who participated in the program exhibited good behavior in the classroom.

"A sedentary life and poor eating habits can lower kids' performance in the classroom and start a cycle of health problems later in life," says Kathleen Tullie, Founder and Executive Director of BOKS and the Director of Social Responsibility for Reebok. "Simply stated, a healthy body and a healthy brain go hand in hand."

So how can you incorporate more healthy

habits into your family's routine?

- **Active weekends:** Instead of a lazy Saturday or Sunday, get outside and get moving. Take a soccer ball to the park for a pick-up game or hike a local trail. Make exercise on the weekends a regular habit for your family, and those habits will extend to the rest of the week as well.

- **Fuel throughout the day:** A hearty breakfast sets kids up for a great day. Follow that up with a healthful, satisfying lunch and snacks such as nuts and fruit, to help kids avoid the pitfalls of the junk food machines.

- **Cook together:** Take-out is great when you're crunched for time, but be sure to cook at home at least a few times a week. Not only are homemade meals one of the only ways you can be exactly sure of what you're feeding your family, but the act of cooking together is a great opportunity to impart some lessons about nutrition and eating right.

- **Bed time:** Adequate sleep is crucial for a healthy, functional mind and body. Setting a

regular bedtime and sticking to it is best to ensure kids get a full night's rest.

- **Volunteer to get your school involved:** Children should have one hour or more of physical activity daily, according to the Centers for Disease Control and Prevention. Unfortunately, physical education class may not be sufficient. Investigate what other opportunities your child's school has for physical activity, such as before school programs like BOKS or after school sports. If your school doesn't have such a program in place, look into starting BOKS at your school.

BOKS, for example, can be run by anyone -- parents, teachers, the school nurse or a community activist. To learn more, visit www.BOKSKids.org.

Healthy habits will not only reduce your child's risk for such problems as obesity, diabetes and heart disease, they can help prime children for more success inside the classroom and beyond. So give your children a leg up and encourage them to get moving.

Courtesy StatePoint

HHS Awards \$54.6 Million in Affordable Care Act Mental Health Services Funding

221 Health Centers nationwide will expand behavioral health services using funds from the health care law

Health and Human Services Secretary Sylvia M. Burwell announced last week \$54.6 million in Affordable Care Act funding to support 221 health centers in 47 states and Puerto Rico to establish or expand behavioral health services for over 450,000 people nationwide. Health centers will use these new funds for efforts such as hiring new mental health professionals, adding mental health and substance use disorder health services, and employing integrated models of primary care.

"These awards will further reduce the barriers that too often prevent people from getting the help they need for mental health problems," said Secretary Burwell. "Health centers with these awards are on the front lines of better integrating mental health into primary care and improving access to care through the Affordable Care Act."

The Affordable Care Act expanded mental health and substance use disorder benefits for approximately 60 million Americans. Today's announcement gives those with newly expanded health coverage additional opportunities to access high quality care.

"These Affordable Care Act funds will enable community health centers to better meet the needs of people with mental health conditions in communities nationwide," said Health Resources and Services Administration (HRSA)

Administrator Mary K. Wakefield, Ph.D., R.N.

Today, nearly 1,300 health centers operate more than 9,200 service delivery sites that provide care to over 21.7 million patients in every state, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and the Pacific Basin. In 2013, health centers saw over 1.2 million behavioral health patients.

For a list of awardees, please see: <http://www.hrsa.gov/about/news/2014tables/behavioralhealth>.

To learn more about the Affordable Care Act and Community Health Centers, visit <http://bphc.hrsa.gov/about/healthcenterfactsheet.pdf>.

To learn more about HRSA's Community Health Center Program, visit <http://bphc.hrsa.gov/about/index.html>.

To find a health center in your area, visit <http://findahealthcenter.hrsa.gov>.

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Put Yourself First – Make Yourself a Priority!

By Angela Steward, Fitness Motivator
The Truth Contributor

When most women walk into my gym for the first time, they are extremely nervous. It's a group setting that tends to make most newcomers tense. There's something about witnessing 40+ women in a space, jumping, sweating, and shouting words of encouragement to each other that makes some women very uncomfortable. At times, newcomers are excited and they jump right in, while others run for their cars and speed out of the parking lot.

However, those who stay and actually immerse themselves into my fitness program see healthy results quickly. They then begin to make exercise a priority. They realize that getting healthy by stepping into fitness is what they really want for themselves – FabFit is the first step in the right direction.

One thing most of us do is say one thing while doing another. From my experience as a fitness professional, I hear this statement regularly. Just think of how many times you or I've heard someone say, (or even heard yourself say) "I really want to lose weight...I should start exercising."

However, if that person really wanted to lose weight, wouldn't she do everything possible to make that happen, including exercise? If that sounds familiar, what actually happens between what that person says she wants and what that person would actually do is two different things. Most times, it usually comes down to priorities.

One of the reasons we don't follow through sometimes is our expectations aren't realistic. When we expect one thing and get something entirely different, we wonder why we bother at all and we often have unrealistic views of what exercise can do for us. Unfortunately, most of us expect: (1) To lose weight quickly. We expect to see results after only a few weeks of exercise, even though for most of us that isn't realistic. (2) Exercise is temporary. We think we can exercise for a few weeks or months, quit and it will somehow stick. (3) Exercise to change our bodies the way we want. Where we store fat is based on genetics, doing certain exercise will not reduce problem areas. (4) To see results on our timetable, not our body's. Weight loss involves many factors, some beyond our control. Once you begin to burn more calories than you're eating, your body will respond in its own time.

(5) To be motivated every day. Believe me, you won't always feel like exercising. It's up to you to keep yourself motivated. (6) Exercise to be easy. Changing your body takes hard work on a consistent basis.

Take a look at Ronda Jacobs!! Ronda walked into my gym with an attitude of intention. She wanted to get healthy. She worked hard every class, she was loaded with sweat every class, and she never complained! She stayed focused and look at what 90 days of consistent exercise made. She made her health a priority!

Her "ah-ha" moment? A friend showed Ronda a picture of herself and



Angela Steward, Owner of Fabulously Fit

Ronda couldn't believe how she looked in the picture! But look at her now, 90 days and down two dress sizes!! I'm truly excited to see what the next 90 days will bring.

... continued on page 10

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- Phillip Jackson—Founder & CEO of The Blackstar Project, Chicago, IL—
- Frank Perez—National Director of Cure Violence

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Ronda Jacobs

Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,

I have a couple of issues to ask you about and I hope that you can help me in any way. I have a 16 year old child that is overweight and I am scared for her health. I have been over weight my whole life and we are trying to lose weight together. We started walking in the spring and for the last few months have been at a complete stand still. Neither one of us has lost any more weight, we don't seem to be toning up much at all and our motivation is lacking because of it. What can we do to see some changes again?

Defeated

Dear Hopeful for Change,

First I refuse to address you as "Defeated!" You have a little set back, a hump you need to get over. You are in no way defeated. You are making an effort and as long as you are working towards a worthy goal that word shouldn't even be in you vocabulary.

You and your daughter have come to a place where either your body has gotten used to the work or you haven't been as conscious of your food choices as you were in the beginning. There are a few things you could do to get you past this plateau. Increase your walk time, add resistance training, keep a food journal or walk the distance in a shorter amount of time.

By increasing your walking time or distance you will start to push your body past what it is used to doing and increase calorie burning. You can either keep the distance and work to shorten the duration or just simply increase the distance. Whichever you prefer.

Adding resistance training to your walk will add variety, incorporate more muscle involvement, increase calorie burning as well as create muscle density. It can be simple things.

Start out doing 20 repetitions of just push ups, squats lunges and crunches, but break them up along your walk. Every 100 yards do five push ups, your next 100 yards do five squats, 100

yards 5 crunches, 100 yards five lunges then repeat till you hit 20 reps. It doesn't have to be 100 yards apart. I just used that distance so you have an example to use.

Food journals are important. You may think you are eating pretty well but once you look back at your food choices you may not be eating as well as you thought you were.

It is important to consume lean choices of protein every time you eat. Good carbohydrates that are high in fiber will also play a large part of your fat loss results. Don't give up.

Understand you must keep moving forward to be able look back to see where you were. Stay positive and focused. If you need more help feel free to email me again. I have fitness camps and personal training that will help you to prog-



Ryan Rollison

ress as well. Good Luck

Ryan Rollison
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New Study: 10.3 Million Gained Health Coverage During the Marketplace's First Annual Open Enrollment Period

Special to The Truth

Health and Human Services Secretary Sylvia M. Burwell announced last week the release of a new study, published in the *New England Journal of Medicine*, estimating that 10.3 million uninsured adults gained health care coverage following the first open enrollment period in the Health Insurance Marketplace.

The report examines trends in insurance before and after the open enrollment period and finds greater gains among those states that expanded their Medicaid programs under the Affordable Care Act.

"We are committed to providing every American with access to quality, affordable health services and this study reaffirms that the Affordable Care Act has set us on a path toward achieving that goal," said Secretary Burwell. "This study also reaffirms that expanding Medicaid under the Affordable Care Act is important for coverage, as well as a good deal for states. To date, 26 states plus D.C. have moved forward with Medicaid expansion. We're hopeful remaining states will come on board and we look forward to working closely with them."

According to the authors' findings, the uninsured rate for adults ages 18 to 64 fell from 21 percent in September 2013 to 16.3 percent in April 2014. After taking into account economic factors and pre-existing trends, this corresponded to a 5.2 percentage-point change, or 10.3 million adults gaining coverage.

The decline in the uninsured was significant for all age, race/

ethnicity, and gender groups, with the largest changes occurring among Latinos, blacks, and adults ages 18-34 – groups the Administration targeted for outreach during open enrollment.

Coverage gains were concentrated among low-income adults in states expanding Medicaid and among individuals in the income range eligible for Marketplace subsidies. The study finds a 5.1 percentage point reduction in the uninsured rate associated with Medicaid expansion, while in states that have not expanded their Medicaid programs, the change in the uninsured rate among low-income adult populations was not statistically significant.

Today's study also looks at access to care, and finds that within the first six months of gaining coverage, more adults (approximately 4.4 million) reported having a personal doctor and fewer (approximately 5.3 million) experienced difficulties paying for medical care.

Today's study does not include data from before 2012, as coverage was changing rapidly during this period. This means the results do not include the more than three million young adults who gained health insurance coverage through their parents' plans.

The analysis builds on previous studies by reviewing a larger sample size and taking into account changes in the economy and pre-existing trends in insurance coverage. Using survey data from the Gallup-Healthways Well-Being Index for January 1, 2012, through June 30, 2014, the authors analyzed changes in the uninsured rate over time. This is also the first study to associate reductions in the uninsured rate with state-level statistics on enrollment in the Marketplaces and Medicaid under the Affordable Care Act, as described in HHS enrollment reports, and to assess the impact of the improved coverage on access to care.

To read the article visit: <http://www.nejm.org/doi/full/10.1056/NEJMs1406753>

Fitness Motivator... continued from page 8

If you want a healthy lifestyle, you have to be willing to make your health a priority! You have to be willing to change how you live. It doesn't mean changing everything overnight, but simply being open to a new and different way of living. Get realistic about your health! Being unrealistic as to what exercise can do for you is just one way of sabotaging yourself, sending exercise to the bottom of your to-do list. You can start your life over again, just like Ronda. She took action, she made a commitment to her health, she made exercise a very important part of her life – Ronda became a priority!

Are you ready to commit? Give me a call, text or email me!!!

Angela R. Steward
Owner/Creator of Fabulously Fittm
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Certified Weight Loss & Nutrition Consultant
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Getting Waisted: A Survival Guide to Being Fat in a Society That Loves Thin by Monica Parker

By Terri Schlichenmeyer
The Truth Contributor

Up and down.
Up and down.

c. 2014
HCI
\$15.95 / \$19.95 Canada
278 pages

When your children were infants, you did it for them all night. You do it now with the remote, clicking through when you're looking for something good on TV. You're up and down while cleaning, working, exercising, and weighing yourself – and on that note, if the latest diet doesn't work, maybe the next one will.

Or, maybe, as you'll see in the new book *Getting Waisted* by Monica Parker, it's time to break this yo-yo string.

Born in Glasgow, Scotland, Monica Parker was six-and-a-half pounds at birth but an hour later, "I weighed sixty-two pounds." That's a slight exaggeration, she admits, but the point is that, for as far back as she remembers, Parker was overweight.

Her mother, whom Parker calls Queen Elizabeth (resemblance in attitude only), was a Viennese refugee from Hitler's regime who'd been forced to leave her two eldest children

behind during the war. The family was reunited when Parker was a small child, but the damage had already been done: she grew up lonely, picked-on, self-conscious, and believing that her mother barely noticed her. Subconsciously thinking that being larger would mean being seen, Parker ate.

She was chubby when the family – which now included Parker's estranged father – immigrated to Toronto. She was chunky as a teen when she learned that her size gave her "power" - but not enough to keep her from being raped. She tried to flirt, tried to date, hoped to find a boyfriend, and ended up being little more than a sidekick to her two svelte roommates as a young adult.

Men didn't like Parker's body. She didn't like it, either.

Parker tried every diet that sounded workable. She starved herself, then binged; rewarded and punished herself; and almost ruined the relationship she always wanted. And then, in one of those only-in-Hollywood moments, Hollywood called and Parker was offered a job she dreamed of. It meant moving to Beverly Hills, though, an atmosphere that didn't exactly nurture Parker's body image...

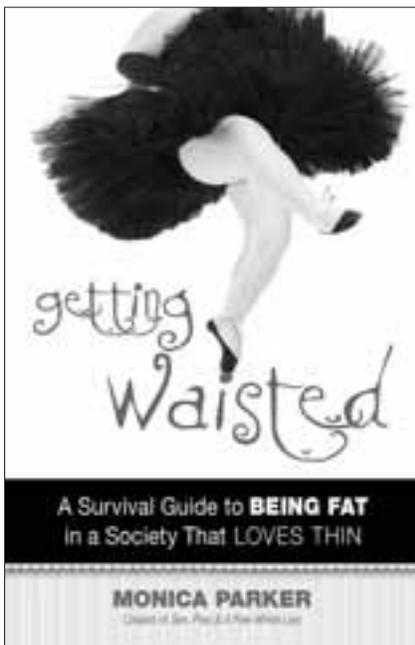
Getting Waisted is a nice surprise. It's funny in the right places, sad where sad belongs,

and supportive in a Sisterhood kind of way. However, there's a big but...

In this memoir, author Monica Parker takes us through her personal ups and downs – a lot. Reminiscent of yo-yo dieting, we read about highs and lows that happen repeatedly, details that start to seem like more of the same. I didn't mind that at first – or fourth, or fifth – but I quickly lost my appetite for it. It just made the book feel padded.

But then – literally on the penultimate page – we get the nugget we've waited for, the *raison d'être*, the thing every woman needs to know. I wish it had come sooner, but angels sang when I read it and that's good enough for me.

Watch for copious amounts of (justified) (and charming) name-dropping when you read this book – and if you're a mirror-avoiding, diet-trying woman who hates her thighs-arms-stomach-chin, you should. For you, *Getting Waisted* is one to pick up.



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THURS	4-6 pm	wxut • 88.3fm
FRI	4-6 pm	wxut • 88.3fm
SAT	2-6 pm	wxut • 88.3fm

HUGH ROSS

facebook.com/hfactorjazzshow

Perryman... continued from page 2

that really needs to be reconnected?

Conrada: Well, so many of the projects that I think are critical to our community touch on a whole series of different needs, and so youth employment is one where we work with young people to prepare them to be long-term members of the workforce. I'm really proud of our partnership with Pathways and I think that that's something that we can continue to work with Pathways to help achieve. And, as a former teacher, I know how talented young people are, and how much they have to offer their community if someone just reaches out to them.

Perryman: Absolutely, which leads me into the next area. What are your thoughts as far as solutions to the shootings and homicides that are really problematic in the inner-city?

Conrada: Well, one of the things I think is the most important thing that any government can do is make sure that neighborhoods are safe, and a fundamental principle of having safe neighborhoods is having police on the streets. They have to be visible, and they must be present at all times, and easily accessible. Fundamental to safe communities is to have a visible, active police force.

Perryman: But Carol, if we were to get to the root of this issue, wouldn't we ask why is this happening? It's not happening just because African-American young people are so much worse than other people, but there's got to be some problem at the root. Maybe that problem is hopelessness; maybe it is the lack of jobs; maybe it is because their schools have fewer resources than others, and they've just given up. They've been disappointed over and over, so they just say the hell with it, and so they have no value for human life. What about trying to get to the root of this issue of inner-city black on black violence

which appears to be to be a manifestation of something deeper?

Conrada: I am not a psychologist or a sociologist, but certainly having looked into root causes, I think that the breakup of the family unit is significant. When there is instability in a young person's life, they're looking for validation, for friendship, for love, for approval in anyplace they can find it. And if there aren't parents at home, or if there is a parent who is there and caring, but because that parent is having to hold down two jobs just to put food on the table, it's the breakup of that family unit, or the changing family unit. Society has not provided a good support system for families that are different than the traditional family with a mother and father at home all the time. I don't know that society can entirely address that, but we certainly can address the majority of the issues, where young people need to feel safe, and they need to feel loved, and they need to feel cared for. And I see this over and over again in the literature, and then in real situations where there's no one to turn to.

Perryman: The breakup of the family could be traced back to mass incarceration, where thousands of young inner-city men have been exported to prisons because of their "employment" - nonviolent drug sales. And then when they go to prison they're not rehabilitated. Instead, they're educated to become more intense criminals. So -

Conrada: Well, let's dive even deeper. I can say it possibly in one word, which is poverty - when you have people struggling, and just trying to survive. You're trying to stay warm; you're trying to find food. You're trying to find shelter, and you're trying to maintain those things. And poverty is crippling. I think that most people want to be able to provide for themselves, but if the possibility of getting a job is hopeless, and if they're struggling with maybe some form of mental illness or addiction on top of that, sometimes the life on the street, and by that I mean criminal activity is your only chance of survival, they may feel. It doesn't mean it's right, but what we need to do is we need to help people get out of poverty.

And then, as you know, the criminal justice system is one my major areas of focus, and it has been throughout my term. The new jail is, I think, symbolic of many, many changes that we have to do, but I've been working on addressing critical needs of the system from the very beginning - from really pre-arrest, all the way through to re-entry. When you look at pre-trial services, what happens when someone gets arrested? Well, do they really need to be in jail, or do they really need to be - like you said - if it's a nonviolent drug offense? What we need to do is help those individuals be able to stabilize their lives, so that they, number one, don't re-offend, and number two, have a chance to live a productive life in their community. I chaired a re-entry subcommittee of the Criminal Justice Coordinating Council, and concluded that the most important thing is to make sure that when someone is released to the community they have an opportunity to get a job, because that is the single most important factor, but there are a whole lot of wraparound services that are absolutely necessary also.

Perryman: Well, quickly, one other thing,

that's the jail. I believe that if the new jail is built in a low-income area that it could build up that area economically, offering jobs to people who live there, and businesses that are around it. What are your thoughts?

Conrada: I agree. And I also want to tell you that yesterday I spoke with the U.S. Secretary of Labor, Mr. Thomas Perez, and I told him that I have a trip scheduled to the Cook County Jail. Mr. Perez told me that the Cook County Jail provides a one-stop employment opportunity. And I thought, "What a great idea! Oh, boy, I can't wait to go."

First of all, the jail is very secure, so it makes the neighborhood where it is built more secure. It is not intrusive; it's clean; it's safe, and it tends to lift the surrounding areas. And it also brings employment to the area, because there are people that are visiting the jail, or employees of the jail that they need to stop and have lunch; they need to maybe go to the laundromat, and so services go up near the jail, and it really can invigorate a neighborhood.

I also visited the Washtenaw County Jail just south of Ann Arbor, and they had an entire justice complex, and it was lovely. It was beautifully landscaped, and there were all kinds of services, and restaurants around it and nearby. It was quite an active, vibrant place, and there were people coming to visit the jail, and they were also going to transact other business with the government, like maybe make a child support payment, or pay their taxes, and it really invigorated the neighborhood also.

Perryman: Well, you've been very insightful and have some brilliant ideas.

Conrada: I'm very, very excited about the things that we're doing, and I feel like it's imperative that low-income people, African Americans, young people, really, really have a future in Toledo in a positive way. We're fighting on all fronts to help accomplish this, and I feel like we've got strong partnerships with the safe spaces community, with the health community, with educators, and with the business owners. We're all pulling on the same oar going in the same direction, and it's going to help everyone.

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

Banquet... continued from page 16

organized a formal banquet and give God the glory," explained Harrison, pastoral installation banquet co-chairman.

The banquet featured a booklet and included congratulations from Third Baptist Church's Deacon's Ministry, Georgia Miller Circle, Kitchen Ministry, Liturgists, Men's Ministry, Ministers' Lyceum, Scholarship Ministry, Trustee Ministry, Usher Board, Women's Ministry, and also All American Screen Printing, Congresswoman Marcy Kaptur, InstaCopy Printing.

Progressive Baptist Church of Illinois and Rev. Kevin Bedford, St. Paul Missionary Baptist Church of Toledo and Rev. James Willis Sr, Toledo City Councilwoman Theresa Gabriel and Wesley United Methodist Church.



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Lucas County Auditor Releases Senior and Veteran Notification

Anita Lopez attends senior luncheon at Local 912.

Special to The Truth

Lucas County Auditor Anita Lopez spoke at a luncheon for area seniors and veterans on Wednesday, July 30 at noon. Her main topic was about the recent changes to the Homestead Exemption for disabled veterans. The lunch and learn were held at Local 912, located at 2225 Consaul Street. Additionally, Auditor Lopez shared information the recent changes in property tax exemptions for VFW and American Legion Posts. These organizations may now qualify for beneficial tax exemptions.

According to Lopez, 100 percent disabled veterans, as deemed by the Department of Veterans Affairs, can begin to apply for the benefit starting in January 2015. This exemption is even more beneficial than the current homestead exemption because there is no age requirement and no personal income means test. The exemption shields up to \$50,000 of the taxable value of a home which is significantly more than \$25,000 for the current homestead exemption.

Amended Substitute House Bill 85, re-

garding disabled veterans and the Homestead Exemption, was signed by Governor John Kasich on June 12.

The State of Ohio will now grant real estate tax exemptions to VFW or American Legion Posts as long as they make less than \$36,000 annually. As this is a recent change, veterans are encouraged to check with their VFW or American Legion Posts to see if they have already applied for the tax exemption.

The Homestead Program was designed to provide seniors and the disabled savings on their property taxes. According to Lopez, "there may be people in the county who qualify for the tax break but do not take advantage of the program."

Auditor Lopez urges anyone who thinks they qualify for the program to contact the Education and Outreach Department at 419-213-4406. Additional information about the Homestead Program, including a downloadable application form, is available online www.co.lucas.oh.us/auditor.



Anita Lopez

Seafood... continued from page 6

or adding tuna to a salad with a lemon-olive oil dressing.

Shopping Smart

Many people avoid purchasing seafood and fish because it can be costly. Following these tips can help to make incorporating seafood into your diet much more affordable. Tilapia, sardines, canned tuna and salmon, and frozen seafood and fish are usually lower-cost options. Look at the newspaper or the grocery store weekly advertisements for store sales, coupons, or specials

that will help you to save money.

Recipe: Spicy Baked Fish

- 1 pound Cod (or other fish) fillet
- 1 Tbsp Olive oil
- 1 tsp Your favorite spicy seasoning, salt free
- 3 Tbsp Lime juice

1. Preheat oven to 350° F. Spray a casserole dish with cooking oil spray.
2. Wash and dry fish. Place in dish. Mix oil, juice, and seasoning, and drizzle over fish.

3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with brown rice and vegetables.

*Makes 4 servings--Serving size: 1 piece (3 oz)

Mitchell... continued from page 16

Bishop Mitchell is a graduate of Crisp County High School in Cordele, Georgia and an honorably discharged Vietnam War veteran with four commendations for extraordinary service - including the venerable Purple Heart. He developed a love of ministry while actively serving at Rose of Sharon Holiness Church for seven years prior to becoming deacon. Soon after in 1970, he was ordained to elder by Bishop Charles Flournoy and Presiding Bishop J. R. Hobson in South Bend, Indiana.

Once in Ohio and prior to pastoring Crusaders for Christ Church, Bishop Mitchell attended Toledo Bible College. Later, Bishop Mitchell returned to Cordele, Georgia and transported his entire family of seven to Toledo, Ohio where he was blessed with the ability to purchase them a home. His father passed just before taking this courageous leap of faith.

Bishop Mitchell's dedication to family continues to be nurtured through his beautiful partner and wife of 45 years, Evangelist Celeste Blue Mitchell. They are the proud parents of a son, Carlos A. Mitchell, and daughter, Tiffany L. Reynolds.

As a retired real estate property owner and professional meat cutter, Bishop Mitchell stays involved in the family owned business, Celeste Burial Garments Manufacturing & Distribution Company established in 1988.

A congratulatory dinner will be held in Bishop Mitchell's honor on September 19. Tickets are available calling Sandra at 419-699-6742.



CLASSIFIEDS

August 6, 2014

Page 14

Account Executive Position - Toledo, OH (June 13, 2014)

Radio Station Marketing Consultants

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

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

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

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Toledo, Ohio 43605

Bring your resume, complete an application, and speak with hiring managers.

Open Positions Include:

AOD Therapists

Master's degree, independent mental health license and chemical dependency license required.

Care Managers

Bachelor's degree and current Ohio licensure as a social worker or counselor required.

Clinical Therapists – Child and Family
Master's degree and current Ohio licensure as a social worker or counselor required.

CPST Clinicians

Bachelor's degree in social work or psychology and a valid driver's license required.

Partial Hospitalization Program Therapists

Master's degree and current Ohio licensure as a social worker or counselor required.

Qualified Health Home Specialists

Bachelor's degree in mental health related field required.

Program Manager Home Health Team Leader

Must be licensed in Ohio as either a PCC or LISW or be an MSN-RN, supervisory designation preferred.

Program Manager Home Health Team Leader- Child & Family

Must be licensed in Ohio as either a PCC or LISW or be an MSN-RN, supervisory designation preferred.

Psychiatrists

Current Ohio medical license with psychiatric specialization and DEA registration required.

Intake Screener

Experience in admissions/intake with individuals with mental health/substance abuse issues required.

Medical Records Clerk

Experience working with medical records including working with records in an electronic format required.

For additional information regarding position requirements, please visit our website at www.unisonbhg.org. If you are not able to make our Career Fair and are interested in these or other employment opportunities, please contact us directly at 419-936-7576 for an application or submit your resume by visiting our website at www.unisonbhg.org

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Operations Officer Lucas County

Lucas County Emergency Management Agency is accepting applications to fill the position of Operations Officer through August 11, 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 "Operations Officer" from the list to read more or apply.

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NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Metroparks Hall Addition, Wildwood Preserve Metropark, Toledo, Ohio** 43615 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, August 15, 2014 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of a rest-room addition for Metroparks Hall located in Wildwood Preserve Metropark. General construction includes select demolition & masonry cleaning; installation of new structural systems including footings, floor slabs, foundations, roof trusses, etc.; installation of new floors, walls, doors, ceilings, etc.; installation of new roofing and all associated components; installation of new finishes including flooring, painting, laminates, etc.; installation of new bathroom fixtures and accessories such as partitions, dispensers, etc.; installation of new systems and/or tying into existing systems including HVAC, plumbing, power, lighting, security, technology and communications. 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 4:30 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 \$20 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.

By order of the Board of Park Commissioners
METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA

Stephen W. Madewell, Director

CLASSIFIEDS

August 6, 2014

Page 15



Lab Technician

Parker Hannifin, a Fortune 500 Company, has an immediate need for Lab Technician at its Hydraulic Filter Division located in Metamora, Ohio. As an integral part of product development, the Lab Technician provides technical applied support to engineering programs, processes and product development. The Lab Technician conducts and ensures accuracy of research and tests of component parts, processes, or systems. Qualifications: Associate's degree in a technical field, 1 to 3 years of experience in an engineering or science technical support role, fundamental knowledge of mechanical/electrical or software principles, concepts, and techniques and ability to read hydraulic, pneumatic, and electrical schematics. If qualified, please visit www.parker.com/careers to learn more and apply. US citizenship required. EOE M/F/D/V

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Blue Creek Conservation Area Wetland Improvements & Mosquito Creek Ditch Improvements Project, 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, August 15, 2014 at 4:00 p.m.** local time.

THE SCOPE OF WORK consists of Blue Creek wetland improvements & 1 and 2 stage ditch improvements to Mosquito Creek within Metroparks Blue Creek Conservation Area, Whitehouse, Ohio. General construction includes layout, excavation / embankment / site grading, demolition and replacement of drainage control structures and piping, erosion control, riprap / bank-armoring, seeding and mulching. 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 4:30 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 Joe Fausnaugh @ 419-460-1284, joe.fausnaugh@metroparkstoleledo.com.

EACH BIDDER MUST ATTEND a mandatory pre-bid walk-through meeting on-site at 10:00am, Wednesday, August 13th. Meet at the parking lot located at 7776 Schadel Rd., Whitehouse, Ohio 43571.

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.

By order of the Board of Park Commissioners
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Prior experience working in admissions/intake and with individuals with mental health or substance abuse issues is required. Licensure as a Social Work Assistant (SWA) in Ohio is preferred. Position will work varying hours/days including evenings and Saturdays and will work at various locations based upon agency need.

Send resume and salary requirements to:
Human Resources - IS
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Website: unisonbhg.org
Fax: 419-936-7574

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Request for Proposals HVAC/R Services – Agency Wide RFP #14-R012

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for **HVAC/R Services – Agency Wide. Received in accordance with law until Tue., Aug. 19, 2014, 3PM ET. Pre-Bid Conf.: Aug. 6, 2014, 2PM ET**, 425 Nebraska Ave. For Documents: www.lucasmha.org, 435 Nebraska Ave., Toledo, OH 43604 or 419-259-9446 (TRS: Dial 711).

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



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Send resume and salary requirements to:

Human Resources - PMCF
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Website: unisonbhg.org
Fax: 419-936-7574
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Urban Radio Broadcasting is offering internships for eager and dynamic individuals. This position at WIMX and WJZE (Urban Radio Broadcasting, LLC), will require the interns to perform the following duties:

1. Production Dept. - Learn how to record radio ads, download the ads and put them on the station logs. You will also be required to learn how to operate different production equipment; learn the day-to-day requirements of the DJ's by observing them while on the air; take part in any station events, (ie...remotes, concerts, shows, etc...).

2. Sales Dept. - Sales Dept. - Ride along with the sales staff and observe them while on calls; learn how radio is sold; help assemble sales packages and presentations.

3. Administration - Assist in answering and routing telephone calls; work with the traffic department to schedule the station logs; observe the Business Manager to learn the overall administrative duties required to run a radio station.

To apply, please email your resume' and cover letter to:

Brandi Brown, Program Director at brandi-brown@urbanradio.fm

Historic Third Baptist's Pastoral Installation Banquet

By Tricia Hall
Sojourner's Truth Reporter

Congregation members, community supporters, and faith-based leaders gathered on August 2, 2014 for the pastoral installation banquet for Rev. K. David Johnson, D.Min, of Third Baptist Church.

The lower level of the historic building hosted the banquet. White daisies, black and white decorations and catering by Three Sisters were enjoyed by all guests.

Rev. Johnson was called to preach at age seven, accepted at age 16 and preached his first sermon at Solid Rock Church in Oakland, California. In 1976, he received his Baptist License to preach, and ordained as Baptist clergyman in 1981. He served as a Navy chaplain for 19 years and achieved the rank of Lt. Commander. Rev. Johnson has provided ministerial leadership for Southern Baptist, National Baptist, American Baptist Churches in several states.

"This installation banquet expressed the love from the church, we're moving forward into the next century and plan to remain a loving partner in this community," explained Rev. Johnson.

Deacon Alice Courts presided over the banquet, Deacon Percy Rankins delivered the welcome, Deacon James Dunn shared the scripture and prayer. Minister Pamela Knox read a poem called "The Occasion," Rev. James Willis was the guest speaker and Minister Barbie Harrison delivered the closing remarks.

"Today we're embarking upon the installation of our pastor. He's blessed us already for one year. He is chosen by God, because we prayed for a pastor and God delivered. We're walking in faith and

... continued on page 12

Bishop Joseph Mitchell Jr. Ordained

Special to The Truth

Joseph Mitchell, Jr was ordained bishop on July 4, 2014 by the International Bible Way Church of Jesus Christ, Inc. The ordination was conducted by Bishop Cornelius Showell during International Bible Way's national convention in Baltimore, MD.

For 40 years, Bishop Mitchell has served as founder and senior pastor of Crusaders for Christ Church located in Toledo, Ohio. Thirty-eight of those years have been spent as a member of International Bible Way under the administration of Bishop William C. Latter, Ohio Diocesan. Currently, Bishop Mitchell serves as district elder of Northwest Ohio where he continues to win many souls to Christ through a beloved blend of humor and insight.

... continued on page 13



Bishop Mitchell, Apostle Floyd E. Nelson, Sr., Evang. Celeste Blue Mitchell



Deacon Alice Courts, Deacon Percy Rankins, Rev. James Willis, Rev. Johnson, Rev. Geoffrey Geuns, Rev. Barbie Harrison, Co chair Caroline Lewis



Bishop Mitchell and daughter Tiffany Reynolds



Third Baptist Church installation banquet planning committee with Rev. Willis, Rev. Johnson, and Rev. Geuns



Rev. K. David Johnson and Banquet Guests