



Flu Shot Time!

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"Vaccination will not only protect you, but also protect those who are too young to be vaccinated and those who cannot receive the flu vaccine. It's good for you and it's good for your community."

Street Talk

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

Exercising power, and not just settling for symbols, is difficult. It requires that we sometimes be tough with our friends and punish our opponents.

– Michael K. Fauntroy



With turnout figures of approximately 70 percent, black voting power in Toledo operated at near capacity during the 2012 presidential election. Conversely, at 20 percent, the black voting machinery was close to being idle for the 2013 mayoral election. With the U.S. Supreme Court's 11th hour decision on Tuesday to once again, effectively reduce early voting in Ohio, the community's largest political asset will be inactive even longer. As with most large assets, the process of ramping up the black vote in a midterm election, cannot be turned on and off at a moment's notice without potentially causing damage.

How do we promote and embrace the type of voting behavior that is most meaningful? What action, particularly in the black community, represents responsible use of the ballot in the election to be held November 4?

I took to the streets, churches, barbershops and cafes to explore the community's thinking about the upcoming election and to learn how our latent power to achieve real change can best be exercised. The following represents a portion of the dialog.

Perryman: Why are African Americans not showing up at the polls for non-presidential elections?

We the Peeps: Nothing ever changes. In fact, things continue to get worse as far as disparities widening. So it seems futile just getting black folks out there without changing people's lives and not affecting anybody positively, except for the ones that are getting the votes. Why should we vote for certain people? Are we just going to continue to put the same old people in office, because they're black or brown? Because they've already been there? Or are we going to start requiring some results? Support, like respect is earned and not given. People are looking for results.

Perryman: You won't get any argument from me. As you said, the days of supporting black people just because they're black are over, or need to be over. I agree that we've got to stand for black excellence and support those people or causes that generate benefits to African Americans and those who have been traditionally left out of the priorities of mainstream policy. So, these particular politicians that we need to get out and vote for, have they been accountable? Have they generated benefits that improve the day-to-day living of African Americans?

What are the issues and who are the candidates you consider to be important?

We the Peeps: There's a Toledo Public Schools levy on the ballot. There's a Mental Health and Recovery Services levy on the ballot. Depending upon where you live there are some other issues on the ballot, countywide. Also, there's a governors' race; there's State Senator Nina

Turner, who's out of Cleveland and running for Ohio Secretary of State. There are also some local races. Commissioner Carol Contrada, Lucas County Auditor Anita Lopez, State Representative Michael Ashford, and a host of other candidates are running.

Perryman: Let's talk about each one of those in turn: What is your view on the TPS levy?

We the Peeps: It's an investment. So the schools, themselves, they're working to turn things around with [Superintendent Romules]

... continued on page 4

Community Calendar

October 3-4

Shelter N-A Storm Ministry Holy Convocation Revival: 7 pm nightly; Guest revivalists Johnny and Danielle Bonds; "Breaking Down the Walls"

October 4

Calvary MBC 85th Anniversary: "Don't Forget to Remember;" 6 pm; "Memorial Musical"

October 5

Spring Street Baptist Church 81st Anniversary: 4 pm service; Guest speaker Pastor Clayborn Arnett of Greater Harvest
St. Mark MBC 59th Annual Women's Day: "Christian Women Seeking Their Destiny;" Sunday School at 10 am; 11 am service with guest speaker First Lady Betty Johnson: 419-385-5468

October 11

United Church of God Women's Breakfast: 9 to 11 am; Open to all women
Center of Hope Annual Women's Empowerment Celebration: 11:30 am; Speaker April Hearn: 419-304-5693

October 12

Calvary Baptist Church 85th Anniversary: 4 pm Service; Guest speaker Pastor Lorenzo Edwards of Holy Cross
Indiana Ave. MBC Quartet Musical Concert: Presented by No 1 Nurses Guild; 5 pm; The Sensational Bentley's of Louisville, KY and various Toledo quartets; Stephenson Roberts Hall: 419-470-0616
Servant's Heart Christian Church 10th Anniversary: 5 pm; "Pressing Towards the Mark;" Guest Pastor William James of St. James (The Armory) COGIC
United MBC 31st Church Anniversary and Blessing of "Mortgage Burning;" 10:45 am service – guest Rev. Robert Lyons of Louisville; 4 pm service – guest Rev. Derek Arnold of Bethlehem Baptist

October 14

NAACP General Membership Monthly Meeting: 7 pm; 1326 Collingwood

October 19

Calvary Baptist Church 85th Anniversary: 4 pm service; Guest speaker Pastor Donald Newsom of Mt. Zion Baptist Church
Center of Hope Women's Empowerment Celebration: 11:30 am; Speaker Rev. April Hearn of Detroit; Presented by COH Bodacious Women's and Women Ministries: 419-304-5693

October 25

First Church of God Ceremony of Consecration by the College of Bishops for Rev. Robert Culp: Noon: 419-214-0530 or fcogconsecration@gmail.com

October 26

Spring Street Baptist Church 81st Anniversary: 4 pm service; Guest speaker Pastor Cecil J. Graham of True Vine
Calvary Baptist Church 85th Anniversary: 4 pm service; Guest speaker Pastor Stanley Clark of United Vision Baptist
First Church of God 80th Birthday Celebration for Rev. Robert Culp: 10 am service; Guest speaker Bishop Timothy Clarke of Columbus: 419-214-0530 or fcogconsecration@gmail.com

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Kaptur Statement on Ohio Republicans' Efforts to Limit Voter Access

Congresswoman Marcy Kaptur (OH-09) released the following statement on Ohio Republican officials' efforts to curtail early voting and on the stay issued by SCOTUS on Monday:

"This afternoon Republican Supreme Court appointees have sided with Ohio Republicans who have again and again tried to make it harder for Ohioans to access the ballot. Rather than supporting the spirit of the Voting Rights Act and more voter participation, Republicans have again sent our election process into a state of confusion. It isn't coincidence that the same Supreme Court that gave corporations free reign in campaign spending is now limiting voting hours for individuals.

"One thing is clear: The Republican Party is laser focused on making the voting process less inclusive and harder for working men and women, seniors, and disabled Ohioans.

"Voting rights advocates have already won six court battles surrounding access to the polls and we will win again. Meanwhile, vigilance will combat efforts to suppress voting in Ohio. Every citizen can register their disappointment and register to vote before October 6th at local libraries, Bureau of Motor Vehicles offices, and Boards of Elections to name a few."



U.S. Rep. Marcy Kaptur

Ohio State Rep. Alicia Reece Disappointed with US Supreme Court Early Vote Decision

Announces voting rights action summit

Cincinnati, OH- Ohio State Representative Alicia Reece, Chair of Ohioans for a Voters Bill of Rights, issued the following statement in response to the US Supreme Court ruling to block early voting:

"I am not shocked. This is a prime example of why we need a constitutional amendment for a Voters Bill of Rights. This will only get done

by the people, for the people. We are calling on everyone to take action by signing the petition. It's time to mobilize!" says Rep. Reece, who announced today a statewide Voting Rights Action Summit to be held October 11th, at Trinity Baptist Church, 461 St. Clair Ave, Columbus, Ohio.



State Rep. Alicia Reece

The Voter Bill of Rights is a nonpartisan, grassroots effort to protect voting rights in Ohio by putting a state constitutional amendment on the ballot before Ohioans. The movement has already collected over 100,000 paper signatures statewide, and has launched a voting rights hotline: 1-800-611-3371.

Rep. Reece will be the featured speaker at Elyria and Toledo NAACP Freedom Fund Dinners on October 4th and 25th to gather petition signatures and talk about the importance of voting.

Brown Statement on U.S. Supreme Court Ruling on Ohio Early Voting

WASHINGTON, D.C. – U.S. Sen. Sherrod Brown (D-OH) issued the following statement after the U.S. Supreme Court, in a 5-4 vote, blocked early voting scheduled to begin in Ohio on Sep. 30:

"It is disappointing that the partisan effort in Columbus to make it harder for some Ohioans to vote has found five allies on the U.S.



Sen. Sherrod Brown

... continued on page 6

Perryman... continued from page 2

Durant. We've seen some changes: the report card came out and there are ways, I guess, to measure progress and growth, and I think one of the things that I read recently is that the number of suspensions are down. And, I know they have recently added Ward Barnett over the Leadership Academy at Jones. So, I think they're moving in the right direction, and we have to give them the support that they need at this point in time.

I think what this says is that TPS is attempting to think outside of the box in the sense of looking at what the community needs and where there are some deficiencies. And so, putting people in position who students can model, and mimic, and learn from in a positive way is very important.

Perryman: I would agree with you that under the present leadership, TPS appears to be forward-thinking and contemporary as far as seeking solutions to the challenges of providing a quality education product in an urban setting. And that, their performance compares very favorably to their urban peers in Ohio. I have a tremendous respect for the Board, and the leadership with Cecilia Adams, and Bob Vasquez, as well. And I think that they really have the interests of these students at heart. That's my feeling, and so I think that if they continue to engage with the people who live and work with these children on a day-to-day basis, I am certain that they will be successful.

We the Peeps: I also think that the branding "TPS Proud" has been effective at letting

students know that Toledo Public Schools is somewhere where you can be successful. They also have some great ideas about the things that they are doing and ways to challenge today's youth.

Perryman: County Commissioner Carol Contrada is running against Republican candidate Kevin Haddad. What are your thoughts on Contrada's candidacy?

We the Peeps: Well, one thing that I know the commissioners have done, and I think it's very important, and Commissioner Contrada as a part of that, and it was "Ban the Box," which is an attempt to foster reentry and find ways to employ ex-offenders. I do believe she's a person who is going to do what she says, and I know that she has supported and donated to events in our community such as Smith-fest. That event gave away about 70 bikes, free food for the neighborhood, and provided swimming, basketball, tennis, and soccer lessons. There was also horseback riding, music, games, face painting, a smokehouse, and several other various projects.

Perryman: What are your thoughts about other candidates?

We the Peeps: Ian English is a candidate for judge, having done a great job in the Lucas County Prosecutor's office.

Perryman: Can you describe his effectiveness?

We the Peeps: There's only so much he can do outside of that job other than do what's right for the people that come before them in that court - for victims. He has cutting edge ideas about creating a drug court, along the lines of restorative or community justice that he can

make happen if elected. But Ian's done a good job and done it well for a very low amount of money. He's not paid like some of those prosecutors over there. He does a great job; he works hard for that court. He has gotten results in his courtroom, and not been rewarded for it. In fact Ian's been a little oppressed over there, not being what they call, the FOJs or the Friend of Julia's.

Perryman: Ohio Representative Michael Ashford is running unopposed. What are thoughts on his past performance?

We the Peeps: He does a good job of getting information to the citizens, letting them know who the candidates are. He has also been out front in standing up for minority contractors and he's the Minority Whip in the Ohio House. In Columbus, though, he's a small voice in a crowded Republican legislature- trying to raise money for the Ohio Black Caucus. He is a great fundraiser. My problem is his process of raising money off the backs of people in the neighborhood used for those operating elsewhere.

Perryman: Thoughts on Senator Edna Brown?

We the Peeps: Brown's probably got one more term left. She's worked hard on sex trafficking issues. She's a small voice in a big arena - it's hard. Our guys are little voices because they are so outnumbered in a legislature that the democrats don't control, and that's the problem. We don't control it so they don't have much of a voice.

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

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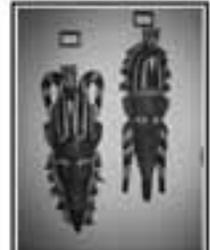
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Health Section • Health Section

Preparing for the Winter: Flu Vaccines and Snow Shovels

Toledo Lucas County Health Department

Just like snow and cold weather, the flu season will be here before we know it. Don't wait to buy your snow shovel and don't wait to get a flu vaccine. The Centers for Disease Control and Prevention recommends everyone six months of age and older gets the flu vaccine each year to help prevent this contagious respiratory illness.

Typically, the flu season peaks in December, but it will start earlier and can last into May. The most important point is that everyone should be vaccinated against the flu beginning in October. Vaccination will not only protect you, but also protect those who are too young to be vaccinated and those who cannot receive the flu vaccine. It's good for you and it's good for your community.

If you hate needles, you are in luck, because the flu vaccine is available in a nasal mist for those who qualify. The FluMist nasal flu vaccine is available for those who are two – 49 years old. Introduced in 2003, it is now the preferred method for children ages two – eight years. However,

if FluMist is not available, it is important that you still receive a traditional flu shot.

If you're worried that getting vaccinated will give you the flu, you can rest easy because no study to date has shown an increase in flu or flu-like symptoms after the flu shot when compared to placebo. In fact, you may be surprised that when the flu vaccine is given with a needle it does not contain any live virus. The virus has been treated so it cannot be infectious. Not only that, but some shots do not contain flu vaccine virus at all! The most common side effects after the flu are tenderness, redness or swelling at the injection site. Less commonly, you may have a low-grade fever or muscle aches.

Just like you prepare for the snow season, you should prepare for the flu season. Getting a flu vaccine now helps you be prepared.

For more information, contact the TLC Health Center at 419-213-4209.



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Farm to Institution

By Patrice Powers-Barker, Ohio State University Extension, Lucas County

The Truth Contributor

Farm to Institution is the term used to describe the opportunity for urban and rural farmers, ranchers and food businesses to meet the needs of tens of millions of Americans who eat their meals outside of the home every day at schools, colleges, work and hospitals.

Another term is Farm to Food Service and the focus on the connection between the food origins and where it is served offers the opportunity to deliberately make choices about healthy food environments and healthy food choices.

One very important food service provider across the nation for our children is at school where they might be eating breakfast, lunch or snacks. October is the celebration for National Farm to School Month. Farm to School programs can be at any educational institution in Ohio from pre-kindergarten through college.

This article will focus on schools but imagine how this concept can also be utilized at other institutions such as work sites, hospitals or places of worship. Let's all learn about the food from the farm and make some healthier choices about what we put on our plates.

What is Farm to School? Although there is an emphasis of serving local food like fruits and vegetables, meat and milk and grains on the school menu, that is one of three parts of a Farm to School Program.

In addition to serving local food, two other aspects of Farm to School Programs

are School Gardens and Education about food. According to a 2011-2012 Farm to School survey, the top five local foods served in Ohio schools were apples, tomatoes, lettuce, peppers and milk. The following foods were also commonly served: cucumbers, watermelon, bread products, cantaloupe and carrots.

Don't these foods sound tasty for lunch or snack time or a salad bar in the cafeteria?

School Gardens provide hands-on learning about plant science and nutrition. Students learn about what grows in Ohio and parents and community members have the opportunity for volunteering at the garden.

What is the value of a Farm to School program? Some of the advantages of a Farm to School program are improved child nutrition, the support of local economies and helping children learn about the origins of food. Because food is such an important as well as broad topic, lessons on food can align with classroom lessons on math, science, health, nutrition, language arts and social studies.

In addition to education for the students, Farm to School educational programs can also meet the needs in the local community.

Question: what is local food? What does it mean to you? There is no one definition of local food for schools, other institutions or even personal households. The example of local foods as part of the Farm to School Program might be as close as the school

garden on the school grounds or it might be farther away in a neighboring state.

The definition of "local" for Farm to School is defined by the school district. One common way that "local" food is described includes a distance of miles between where the food is grown or produced and where it's served like a 50 mile radius, a 100 mile radius or 200 mile radius.

Other descriptions include food produced within a day's drive or food produced within the state. There's a local food campaign called Ohio Proud, look for products with this label at the grocery store. Local food might also be food produced within the state and neighboring states.

Just like a school decides their own definition, these different examples of "local" are also common at grocery stores or restaurants. Go ahead and ask the question the next time you are purchasing food, "How does your institution define local?"

Following Farm to School Month in October is Ohio State University Extension's Live Smart Ohio Month in November. Not only should children be eating healthy and learning topics of healthy finances and relationships, adults should also be practicing smart habits in all those areas. A new website will be unrolled in November at <http://go.osu.edu/livesmartohio>. Right now that website address currently hosts the Family Consumer Science programs' "Eat, Save, and Be Healthy" blog but it will be beautifully updated in November!

Brown... continued from page 3

Supreme Court," Brown said. "We should be removing barriers to the ballot, not creating them. The attack by state leaders on early voting is a cynical effort to obstruct access to the polls for working Ohioans, minorities, and seniors. As a former Secretary of State of Ohio, I believe that our democracy is strengthened when more eligible voters

can vote."

Earlier this year, Brown applauded a decision by the U.S. Department of Justice (DOJ) to challenge attempts by Ohio's Secretary of State (SOS) to restrict early voting and same day registration. The DOJ filed a statement of interest in NAACP v. Husted, contesting that Ohio incorrectly interpreted Section 2 of the Voting Rights Act in setting election guidelines.

In May 2012, Brown and Senate Majority Whip Dick Durbin (D-IL) held an official hearing of the Senate Judiciary Subcommittee on the Constitution, Civil Rights, and Human Rights at the Carl B. Stokes United States Federal Courthouse in Cleveland. The hearing examined the impact of Ohio's repealed voting law, H.B. 194. The law would have reduced the number of early voting days from 35 to 17, eliminated voting on the weekend before an election, removed the requirement that poll workers direct voters to their proper precinct, and prohibited county boards of elections from mailing unsolicited absentee ballots.

In June 2011, Brown raised concerns over highly restrictive photo identification voting laws that were under consideration or already signed into law in several states across the country. In a letter sent to DOJ, Brown asked the agency to use its full powers as enacted in the Voting Rights Act to review these laws and their implementation.

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Traumatized Youth Take Unhealthy Risks

By Jerry Kerr

HIV/STD Prevention Coordinator, Toledo-Lucas County Health Department
Guest Column

If someone told you that bullied young people are more likely to get a sexually transmitted disease, you would probably think they were kidding. Recent studies prove that young people who are emotionally or physically abused are much more likely to take risks that cause many health problems, including sexually transmitted diseases.

The "Rise Sister Rise (RSR)" study of 400 African-American girls in Ohio showed that girls who experience mental and emotional abuse are much more likely to have risky sex that may lead to sexually transmitted diseases, or unwanted pregnancy. The study also showed that most black girls experience the kind of trauma that leads to risk-taking behaviors: "...most Black girls live with some kind of trauma every day: divorced parents, single parents, missing- in-action fathers, death and loss, unreported molestation, witness to domestic and street violence, mental and emotional abuse, "living while Black", alcoholism, drugs, gangs, guns...this unresolved and prolonged trauma produces the negative and aggressive behavior manifested in Black girls today." (RSR study)

It works something like this: when young people are physically, or emotional traumatized, they often feel worthless and unloved, and begin to think their health isn't worth protecting. Such risk-taking can include: not trying in school, breaking the law or having unprotected sex with multiple partners. On the other hand, young people who have a lot of support from parents, family and friends, will feel valued and accepted and will be strong enough to fight off the effects of childhood trauma. They develop "an inner power." (RSR study)

All of this is also true for young, African-American men who are gay, bisexual, or transgender, and they have the highest rates for HIV infection and suicide in the nation. These young men may hear very few positive messages that affirm who they are, and this almost guarantees they will be less interested in protecting their health. An article about HIV prevention, published by the Fenway Institute, says that gay youth who feel beaten-up by the world, may become careless with their health:

"HIV is just one of many health disparities affecting gay youth. Many correlate with experiences of being bullied or socially isolated. LGBT youth are at greater risk than their heterosexual peers for violence and victimization, self-harm, substance abuse, sexually risky behavior and school absences because they feel unsafe."

This is especially true for African-American gay men who have the triple challenge of being black, poor and gay, in a world where some people discriminate against all of those things.

The good news is...we know that young people are better able to avoid unhealthy behaviors when they have plenty of support and positive role models. Research makes it clear that we can help them make healthy choices by making sure they know they are valued. Here is a short list of just some of the things you can do to give children the inner strength they need to stay healthy:

- Support anti-bullying programs in schools.
- Set limits for your children. Clear, fair boundaries make

them feel safer.

- Accept and affirm LGBT sexuality. Gay people are a minority population in search of justice.
- Take time to build communication with your child. Help them find their gifts and talents.

Give the gifts of respect and justice to our young people, and we can have a profound effect on their lives and our community.

Rise Sister Rise Study: <http://maccinc.org/documents/ThursdayAfternoonB.pdf>, page 5.

Rise Sister Rise Study: <http://maccinc.org/documents/ThursdayAfternoonB.pdf>, page 5.

FenwayHealth.org, Jan 3, 2013

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Find Your Motivation!!

By Angela Steward, Fitness Motivator
The Truth Contributor

During the summer months we're all busy and active! We're motivated by the warmth of sun, blue skies, swim parties, outdoor barbecues, concerts by the river, inhaling fresh air and absorbing Vitamin D.

Well, fall has arrived! The leaves are falling off the trees and the sun is setting sooner by the minute. Soon it will be dark when you go to work and dark when you get home from work. How can you stay motivated? How can you stay as active in the colder months as you are in the warmer months? Exercise!!

But, before exercise can motivate you, you have to be motivated to exercise and that, unfortunately, is the crux of the issue. There are many reasons why we should all be physically active. But if those reasons don't really matter to you, and I mean really matter deeply-then chances are, you're not going to stick with exercise! It's critical that you... YOU...find a reason to exercise, any reason that speaks to your spirit! Motivation doesn't come from your husband, not your kids or friends, not even from your doctor. Motivation comes from within! It's something that only YOU can acquire! IT HAS TO INSPIRE YOU AND ONLY YOU!

What I've prepared for you is a list of 13 reasons to exercise. Some of them you'll probably read and think to yourself, "Yeah, I should probably try to exercise for that reason." That's not the reaction I'm looking for. I want you to find the reason that inspires you to say, "That's what I care about." That's when you'll know you're on the right track.

THIRTEEN REASONS TO EXERCISE (Pick at least one)!!!

1. You're worried about getting a debilitating and even deadly disease. This is a big one. Exercise greatly reduces the risk of just about every health problem, from stroke and cancer to diabetes and osteoporosis. Exercise is also a great weapon in fighting type 2 diabetes. If you have a family history of diabetes, heart disease, or any of the other diseases physical activity helps prevent, that's your good reason to exercise right there!

2. You want to not just lose weight but keep it off. People who maintain their weight loss exercise regularly. They don't exercise until they

take off the pounds, then go back to sitting in a chair. Exercise has become a part of their lives! It's something they do regularly, like brushing their teeth. It's a part of their daily routine! If you really, really want to be thinner and healthier, there is no way around being physically active.

3. You want to look better. This doesn't mean that your motivation to exercise should be the cover of a fitness magazine. It's important to be realistic and take your "natural" body into consideration. There's nothing wrong with wanting to look your best. It's a great reason for exercising, as long as you keep in mind the limits of your "own" body and the limits of exercise to change it. Let's not forget that exercise not only helps to reduce weight, it also firms the body, improves posture and gives your skin a healthier glow.

4. You feel grumpy, constantly annoyed and sapped of energy. Just one session of exercise, it doesn't have to be extreme, can put you in a better mood for at least three to four hours. People constantly tell me "I feel so good after your class - it's addicting." Exercise can become addictive because of how you feel afterwards. There's nothing like the after burn of a good hour of fitness and fun at my studio, Fabulously Fit. If you exercise regularly, you become more energetic, less easily irritated, and much calmer. It works, believe me!

5. You're depressed. It is a well-known fact that exercise helps lower depression, especially when exercising with a group of men/women who will uplift your spirit. Reach out and allow others to help feed your spirit with good, positive, soulful energy.

6. You take too many sick days. If you're looking for ways to reduce colds and upper respiratory infections, a good fitness program is it. Regular exercisers are 50 percent less likely to call in sick.

7. You have muscle and joint pain. The right kind of exercise: low impact exercise such as swimming, water aerobics, riding a stationary or outdoor bike, and walking. Most people with arthritis can handle resistance training. In fact, it will strengthen the muscles around your weakened joints and help you function better.

8. You have a bad back. There was a time when people with bad backs were urged to avoid physical activity. But that was long ago. In most cases, the best thing you can do for a bad back is move. Of course, recognize your limits, and work with your doctor's permission to get moving!

9. You don't sleep well. Even though exercising is energizing, it can wear you out...lol!! But believe me, eventually you'll feel more vibrant during the day and sleep better at night.

10. You want to slow down the effects of aging. Exercise is one of-if not the-most effective way to fight aging. Muscle and bone loss is drastically reduced by exercise, and regular workouts improve circulation, helping to prevent lines and wrinkles in skin. Exercise also helps reduce inflammation and causes chemical changes in the body to fight off age-related diseases. Exercise is the natural magic potion to fight aging!

11. You're concerned about staying mentally sharp. Physical activity helps improve memory and helps fight dementia. One Harvard University researcher has even referred to exercise as "Miracle-Gro for the brain."

12. You have asthma. It may seem crazy, that the huffing and puffing of exercise can reduce asthma symptoms, but research shows that it's true. Physically-active people with asthma also have fewer emergency room visits.

13. You care about your kids. When you care about yourself, and exercising is a sign that you do care about yourself, you're doing your



Angela Steward

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Ask Ryan

By Ryan Rollison
The Truth Contributor

Ryan, I am serious about losing weight over the winter time. Every year I gain 5-10 pounds and this must stop. I am not a motivated person and honestly I lack discipline to carry on with a consistent diet. What would be an easy starting point for someone such as myself to get going. I do not belong to a gym yet but I have a few dumbbells at home that my husband bought me (as a hint I think). Also, I have a lot of people trying to get me to do certain weight loss products like Herbalife, Body by VI and a few others I can't even remember. Is one better than the another? What do you suggest?

LAQ

I commend you on wanting to get started sooner than later. So many times I get people coming to me 3 weeks before an event and want to lose 20 pounds. Or it's May and they want to get ready for summer and expect miracles. It just doesn't work like that. I suggest to people that are not motivated or that want to lose weight that they set a one pound a week goal. It is possible to lose more than that but the reality is if you are not an avid exerciser or conscious of your diet then more than one pound is setting yourself up for disappointment and failure. It's about changing your lifestyle and becoming a healthier eater and more active. I hear people say, "It's not about losing weight it's about being healthy." Ok, that's fine and all but you should be losing body fat if you are maintaining a good exercise and eating regiment. So shoot for that one pound per week.

As far as all the products you mentioned. I feel anything you change that will help you change your eating habits will make a difference. Here's the thing, Some products are nutritionally more sound than others. In reality if you start eating a can of tuna and veggies for lunch you will see a difference. So now will you become a spokesperson for starkist tuna? Not Likely! It's just the fact that you made a change, cut some calories and some weight loss was the outcome. I suggest that if you are going to take a product that you make sure the sugars are low, the protein is higher than the carbs and it has a complete protein makeup. If you are unsure of what any of that is, email me again and I will send you some very useful information. Some helpful strategies for weight loss are to eat breakfast everyday, consume lean protein every meal, increase your water intake and taper your simple carbohydrates down as you day progresses eating only meat and veggies for your last meal.

As far as lack of motivation goes, I suggest you take baby steps. If you work in a building, take the steps for a few flights each day. Start

Motivation... continued from page 8

kids a favor by setting a good example. Kids emulate their parents' behavior. If you're active, there's a better chance that your kids will be active too. Plus, you'll be doing your kids a favor if you stay healthy (see reason number 1) and are pleasant to live with (see reason number 4).

There are so many reasons that most people don't exercise – believe me, I've heard them all! But I've given you 13 reasons why you should! Get up off the couch! We were meant to move. Start living your "no excuses life" today. Join me in becoming healthier and happier!

Please feel free to join me at my fitness *gem* (Fabulously Fit) where your first visit is free (see schedule below).

Beginning October 12 meet me every Monday evening at Scott High

School at 6:00 for a "free" hour of FabFit fitness and fun!!!

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with one floor for the first week then two the next. When you are home watching t.v. get up during the commercials and do 5 push-ups. Then the next commercial do 5 squats, then 5 sit-ups, jumping jacks for the next and repeat the cycle until your show is over. pick 5 or six exercises to do during the your television watching. before you know it you will be using the weights your husband purchased for you. (I'm sure it wasn't a hint..WE ALL KNOW BETTER THAN THAT!) You can also come and join Dream Bodies Fit Camps and we can work with you to get your weight down and help you with you nutrition. If you start now, realistically you can drop 30 plus pounds by summer time. I hope this helps and good luck. if you have anymore question feel free to email me.



Ryan Rollison

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Tips for the 2015 Medicare Annual Enrollment Period

Guest Column

If you're 65 or older, you probably know that the Medicare Annual Enrollment Period runs October 15 through December 7. Generally, this is the only time you can make changes to your coverage.

According to Herb Fritch, president of Cigna-HealthSpring, a leading health service company and Medicare insurance provider, here are some things to consider:

- Determine priorities. Make a list of priorities -- such as lowering out-of-pocket costs -- and use it to compare plans.
- Understand the different parts. Part A refers to hospital insurance. The amount of the deductible depends on the length of the hospital stay.

Part B refers to basic medical insurance for doctor visits and other health care services. Medicare pays 80 percent of approved charges while you pay 20 percent in addition to a monthly Part B premium and annual deductible which will vary based on your income. Supplemental plans like Medigap and Medicare Advantage can help cover the 20 percent gap and most offer extra benefits.

Part C refers to plans operated by private companies that combine Part A and B benefits. Most include Part D prescription drug coverage, offer no or low monthly premiums, and extras like vision, dental and gym membership benefits.

Part D refers to Prescription Drug Plans offering at least a standard level of coverage set by Medicare; some are available as stand-alone plans.

- Do your research. Benefits differ from company-to-company and even state-to-state, so do your research. Look beyond premium cost to ensure there aren't hidden copays or fees that will end up costing you more. Pay close attention to medication quantity limits and make sure your plan offers adequate drug coverage.
- Pay your Medicare Part B premium. Even if you're enrolled in a private Medicare plan, you must continue paying your Part B premium. If you're having trouble, contact your local Medicaid office to see if you qualify for a Medicare Savings Program.
- Don't settle. Priorities change, so the plan that worked when you were 65 may not be best when you're 75. Plans also change year-to-year so review before renewing.
- Know your network. Many plans offer choices with a network of doctors. If you visit a doctor out of network, you could be responsible for

out-of-pocket costs. However, networks offered by Medicare Advantage choices, such as Cigna-HealthSpring, can foster better coordination among doctors, leading to better care. Ask your doctors what plans they accept or check your network directory.

- Don't worry about the Exchanges. With a few exceptions, Medicare will be a better option than the Exchanges (also called "Marketplaces"). In fact, it's illegal for someone to sell you an Exchange plan if they know you have Medicare.

- Use free resources. The Centers for Medicare & Medicaid Services' Plan Finder helps you compare costs, covered medications and other items. Many insurance plans offer free seminars with no obligation to sign up. You can also check companies' websites or call their Customer Service number for more information. Local agencies on aging can also be helpful.

This open enrollment period, make sure your health plan works for you.

Courtesy StatePoint

New Report: Health Insurance Marketplace Will Have 25 Percent More Issuers in 2015

77 new health insurance issuers means greater choice and competition for consumers

Special to The Truth

A report released last week by the Department of Health and Human Services shows that consumers will have more choices as they shop for quality, affordable coverage on the Health Insurance Marketplace in 2015, because there will be a net 25 percent increase in the number of issuers offering Marketplace coverage in 2015. In total, 77 new issuers will offer Marketplace coverage.

"When consumers have more choices, we all benefit," said Secretary Sylvia M. Burwell. "In terms of affordability, access, and quality, today's news is very encouraging. It's a real sign that the Affordable Care Act is working."

Today's report examines preliminary data from 36 states run or fully supported by the federal government (Federal Marketplace) plus eight states operating State-based Marketplaces, and finds that a larger set of insurance issuers will offer plans in the Marketplaces in 2015. Specifically:

In the 44 states for which we have data, 77 issuers will be newly offering coverage in 2015.

The Federal Marketplace states alone will have 57 more issuers in 2015; a 30 percent net increase over this year.

The eight State-based Marketplaces where data is already available will have a total of six more issuers in 2015, a ten percent net increase over this year.

Four of the 36 states in the Federal Marketplace will have at least double the number of issuers they had in 2014.

In total, 36 states of the 44 will have at least one new issuer next year. And some of the nation's largest insurance companies will be offering coverage in more than a dozen new states, joining the hundreds of insurance companies already participating in the Marketplace.

The report's findings are preliminary.

Last week's report demonstrates that the Marketplace is working to increase competition and lower costs for consumers. Previous estimates have found a correlation between greater competition and lower costs. Specifically, an increase of one issuer in a rating area is associated with a 4 percent decline in the second-lowest cost silver plan premium, on average. In 2014, consumers in regions with larger numbers of issuers were able to access a wider range of choices.

To read last week's report, visit: aspe.hhs.gov/health/reports/2014/New-Entrants/ib_NewEntrants.pdf

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Harbor and ProMedica to Partner to Meet Growing Community Mental Health Needs

More than 35 percent of adults in Ohio report their mental health status as poor

Special to The Truth

Today ProMedica and Harbor announced plans to form a joint operating company (JOC) to address a growing community need for mental health services in northwest Ohio and southeast Michigan. The JOC will help increase access to much needed behavioral health services and enhance care through a more integrated, coordinated model.

According to the Centers for Disease Control and Prevention, mental illness is a "serious and growing problem" that affects about a quarter of American adults. In Lucas County, nearly 30 percent of adults have a mental health disorder. More than 35 percent of adults in Ohio report their mental health status as poor.

ProMedica offers comprehensive behavioral health services with a key focus on inpatient intensive care. Harbor offers significant expertise in a wide range of outpatient mental health programs and services. In July, Harbor and Behavioral Connections of Wood County, Inc., merged. Together, the two agencies have 23 locations and more than 650 employees in Lucas, Wood and Defiance counties providing treatment for mental health and substance abuse.

ProMedica and Harbor already collaborate in behavioral pediatrics and autism at Children's Safe Harbor on the campus of ProMedica Toledo Children's Hospital and the Great Lakes Collaborative for Autism.

"This is a natural evolution of our relationship and we see a tremendous opportunity to build on existing synergies and strengths," said Lee Hammerling, MD, chief physician executive and chief medical officer, ProMedica. "Now area patients will have access to a full spectrum of high-quality, convenient and coordinated behavioral healthcare services."

Harbor and ProMedica will focus on clinical integration where appropriate to respond to healthcare reform by implementing standard care protocols, guidelines and best practices around the

Free Mammograms and Pap Tests through Ohio's Breast and Cervical Cancer Project

Qualified individuals can receive free screenings for breast and cervical cancer

The Breast and Cervical Cancer Project (BCCP) offers free services to many women in the northwest Ohio area. If you live in a household with limited income, have no health insurance and are 40 years of age or older, you may be able to receive free medical services. Women who have been screened through BCCP that are found to need treatment for breast cancer, cervical cancer or pre-cancerous conditions will be covered by BCCP Medicaid for their cancer treatment and other healthcare needs. Contact the

... continued on page 13

management of behavioral health disorders.

There will also be an increased effort regarding wellness, prevention and education aimed at reducing the stigma of a behavioral health diagnosis and the empowerment of patients through awareness and outreach.

"The most exciting and beneficial part of the agreement is how much it will benefit our clients and their families," said John Sheehan, Harbor's CEO. "The affiliation will make us stronger. We will have more staff resources, and we will have additional program and service opportunities for our patients."

In addition, there will be a focus on increased recruitment of behavioral health specialists to the region. Research shows a severe shortage of psychiatrists and behavioral health providers in northwest Ohio and southeast Michigan.

ProMedica and Harbor will explore new and innovative ways to treat children and adults. One example is the use of Telehealth technology to expand care to patients in rural communities.

The JOC will have a six-member board that will include representatives from both ProMedica and Harbor. The Harbor name will remain and it will operate as an affiliate of ProMedica.

For more information about behavioral health services at ProMedica and Harbor, visit www.promedica.org/mentalhealth and www.harbor.org.

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We will view *WE ARE NOT GHOSTS*, which tells the stories of Detroiters remaking their city with vision and spirit: from community businesses, to place-based schools, to thriving urban gardens and spoken word artists.

This will be followed by discussion of our own Toledo issues as we work together on THE JUNCTION neighborhoods and their revitalization.

Health Section • Health Section

Glimpsing Heaven: The Stories and Science of Life After Death by Judy Bachrach

By Terri Schlichenmeyer
The Truth Contributor

For most of your life, you've been told that you must be good.

There's an eternal reward, a Promised Land for those who behave. Mind your elders, be good, stay out of trouble, and you'll go there. If not, well...

So what will that wondrous place be like? Religions teach various things, all of them paradisiacal, but what's the truth? Science has theories, says Judy Bachrach, but in her new book *Glimpsing Heaven*, the once-dead have *knowledge*.

For much of her life, **Judy Bachrach** was afraid of death and the dying. It wasn't much of a problem when she was younger but when her mother was diagnosed with Alzheimer's, Bachrach

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\$15.00 / \$18.00 Canada, paperback
256 pages

near-death experiences (a term that's fallen somewhat out of favor), a person's heart stops, they travel through a tunnel toward a beautiful, bright light but are told they must return. It seems clichéd, but it's not: of patients who've had death experiences, that's the format most often reported by those willing to discuss it. Perhaps not surprisingly, the majority of experiencers prefer to keep mum.

Though medical professionals, too, are often discouraged from talking about their patients' death experiences, Bachrach says that science increasingly ruminates on the subject. It's already known that organs die at different rates, and that some senses linger long after the heart has stopped. That the brain may live even after blood

knew she needed to face her fears. She began researching death, and what happens after we die.

According to the Hollywood version of what used to be called

flow ceases could explain a lot, and could also raise big ethical questions.

Scientists admit, however, that there's plenty they don't know; for instance, death travelers (as Bachrach calls them) often inexplicably encounter after-effects such as precognition. They report "un-asked-for gifts" that may seem new-agey, but are real and documented. They also have higher-than-expected divorce rates.

Death experiences (or lack thereof) aren't predicated on how death occurred. Travelers may encounter people they knew on their journeys, but are equally likely to see strangers. Belief in God is not always necessary for a blissful death experience.

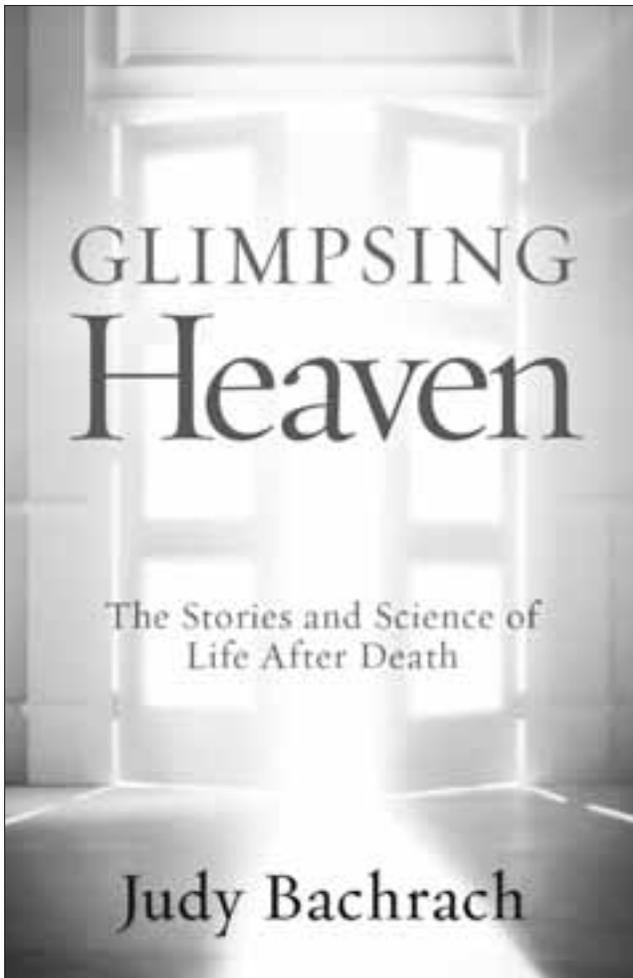
And, truth be known, not all experiences are blissful...

We are all dying, right now, a little bit, every day. So what are we afraid of? That's just one of the intriguing questions that author Judy Bachrach poses.

But first, I found *Glimpsing Heaven* to be a bit stiff (no pun intended) and not unlike myriad other books on this subject. I was, quite frankly, somewhat bored until Bachrach started throwing

some interesting stats around and, by the time her narrative turns a little dark, I was hooked. Because it shows both the upside and downside to death experiences, I ended up liking this book quite a lot.

What allows me to recommend it, though, is that it doesn't profess to have the definitive answer to "What happens after we die?" The words "We don't know" resonate strongly through *Glimpsing Heaven*, leaving readers to draw their own informed conclusions – and that makes this a very good book.



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TPS Announces Anti-Bullying Initiatives

Special to The Truth

Toledo Public Schools is committed to providing a safe learning environment for all of its students. October is National Bullying Prevention Month and the District has a number of events planned to bring awareness to this most troubling of issues. Superintendent Romules Durant, Ed.D, and other speakers will outline what is being done to prevent bullying in all TPS schools (including the launch of a special anti-bullying section on www.tps.org) and students at Longfellow Elementary will be treated to appearances by Jim "Basketball" Jones, a Maumee-based motivational

speaker who combines basketball showmanship with his message of tolerance for everyone.

TPS anti-bullying efforts in October include:

- A Candlelight Vigil at 5 p.m. on Wednesday, October 8, at Toledo Early College High School on the campus of the University of Toledo designed to bring awareness to the issue.
- Three days of concerts (October 13, 14

and 17) by After Romeo, a national band with an anti-bullying platform. All students in grades six through nine will be treated to a concert and afterwards, will be given information about bullying prevention to bring home to discuss with their parents and guardians.

- Having all school counselors conduct presentations in each classroom so all students get the information they need; they will then ask the students to take a pledge that specifies each of their roles in preventing bullying.

Heartbeat has Need for Baby Items

Special to The Truth

Heartbeat of Toledo, a local agency that provides assistance to families with small children, is in need of baby items. Most urgently needed are size 4, 5 and 6 diapers; Similac Advance and Similac Sensitive Isomil Soy powdered formula; and new and gently used winter clothes, sizes 0-2T.

"With the opening of our East Toledo location, our demand for baby items has greatly increased," notes Patricia Todak, executive director.

In addition to diapers, Heartbeat is currently in need of baby wash; lotion; diaper rash ointment; new and gently used outdoor, especially coats, snowsuits, boots and mittens (up to size 2T); receiving blankets; and gently used high chairs and strollers including the umbrella type. Heartbeat also needs donations of bus tokens and \$5 gas-only gift cards to assist families trying to get to their offices.

The baby items are used primarily in Heartbeat's Earn While You Learn program, Mrs. Todak explains. New and expectant moms and dads complete parenting classes and earn points for each class they complete. These points can be used to acquire needed baby items.

If you can help, please call Heartbeat at 419-241-9131. Items can be dropped off at their office at 4041 W. Sylvania Ave. Suite LL4 (across from Westfield Franklin Park Mall) Mondays through Fridays from 9:00 a.m. to 4:30 p.m., or at their East Toledo office, 101 Main St., Suite 4, Mondays, Tuesdays, Thursdays and Fridays from 9:30 a.m. to 4:30 p.m.

Heartbeat of Toledo offers free pregnancy tests, ultrasounds, options counseling, and prenatal and parenting classes. Heartbeat also offers emergency assistance to families in need. Heartbeat has been serving Toledo-area families since 1971.

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Cervical Cancer... continued from page 11

local BCCP enrollment agency at 1-800-929-6626 to see if you qualify for free services.

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BCCP is funded by the Centers for Disease Control and Prevention and state revenue funds, administered by the Ohio Department of Health, and operated by its 11 Regional Enrollment Agencies (REA). BCCP's clinical services are available through a large network of medical providers throughout the State of Ohio. Once a woman is enrolled in BCCP, she will be scheduled for services by staff at her REA, with clinical providers in her area. BCCP is committed to serving Ohio women in a convenient, accessible, respectful and culturally competent manner. For more information, please visit <http://bit.ly/Ohio-BCCP>.

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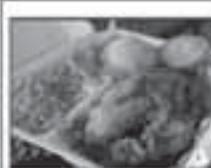
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Have you been feeling the urge to develop your life more spiritually but aren't sure how to begin? If so, this dinner/workshop/spirit-filled experience is designed just for you. You'll see Facebook - I have a special video message for the women present!

Youth & Young Adult 4th Sunday



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CLASSIFIEDS

October 1, 2014

Page 15

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Renovation Specialist

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for a Renovation Specialist position. For complete details and to apply, visit www.lucasmha.org. **Only online applications received at the above website by Friday, October 3, 2014 will be accepted.** Please note on your submittal if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. This is a Section 3 covered position and HUD recipients 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.



Notice to Bidders: Inquiry # FY15-23, (Project # 5015-15-1814) for NWT - Lucas County Veterans Service Commission 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, October 14, 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 Becker Impressions, 4646 Angola Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$80.00 will be charged per set. Any further information may be obtained from William Souders of Moody Nolan, Inc. at 614-461-4664. One Pre-Bid Conference will be held on Tuesday, October 7, 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: \$210,945.00; Breakdown: General Const: \$119,295.00; Fire Protection: \$9,400.00; HVAC: \$42,300.00 & Electrical: \$39,950.00.

SNOW PLOW OPERATORS WITH VEHICLES

The City of Toledo, Streets, Bridges & Harbor Division is interested in contracting with owners/operators of snow plow vehicles for plowing on residential streets during heavy snow conditions. All bids must be received by 3:30 PM October 24, 2014. For a copy of the bid proposals and specifications contact:

STREETS, BRIDGES & HARBORS
1189 W. Central Ave, Toledo, OH 43610
Phone: 419-245-1575

Special Notice

RE: Examinations for Journeyman Wireman Applications for the Journeyman Inside Wireman test will be accepted October 6-10, 2014 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

1. Must be 18 years of age or over,
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

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EOE

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African American Legacy Project's Emerging Leaders Facilitates "A Conversation Amongst Leaders"

By Robert Smith, CEO AALP

The African American Legacy Project of Northwest Ohio's **Emerging Leaders Class of 2013** is hosting "A Conversation Amongst Leaders" a roundtable discussion, on **Friday, October 3, 2014, from 11:30 a.m.-1:00 p.m., at The Toledo Club.** Brunch will be served and there is no cost for the special guests including past and present African American Honorees and Emerging Leaders.

This event is a precursor to The AALP's 2014 *Legacy Weekend*. Along with a panel of past AALP Honorees and Emerging Leaders, this is an opportunity for leaders to participate in meaningful dialogue, exchange ideas and create opportunities for continued growth and interactions among generations of leaders within the African-American community.

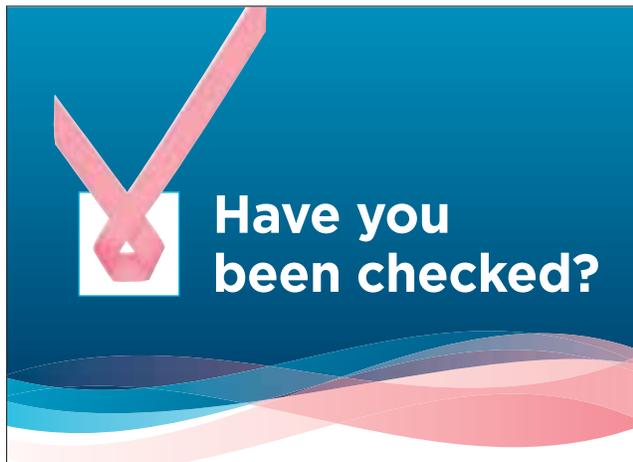
The AALP pledges to stimulate the intellectual, socioeconomic and participatory growth in communities wherein African Americans reside. The mission of the 2013 Emerging Leaders is to convene the group to discuss the imperative of bridging the gap between generations of leaders and evoking sustainable community interaction among community leadership.

Organizers and members of the Emerging Leaders Class of 2013 are Hope Bland, PhD., Rodney Eason, Joshua Peterson, Alicia Smith, Keith Jordan, William Pierce, Kenyetta Jones and Mérida Allen.

Unveiled in 2004, the African American Legacy Project (AALP) of Northwest Ohio, (a 501(c)(3) organization, has been documenting and preserving the history of northwest Ohio's African-American community and its impact and influence far beyond Ohio's borders.

This year marks The African American Legacy Project's 10th Anniversary. The 2014 Legend's Weekend, October 3-4th, is bound to be another sell-out event. The theme is 10 years Celebrating Community. The 2014 Emerging Leaders class will be recognized on Friday, October 3rd at 5:30 p.m. at The Toledo Club at the Hospitality Reception. The 2014 Legends Honorees will be celebrated at the Legends Luncheon on Saturday, October 4th, 11:30 a.m. at the Hilton Garden Inn in Perrysburg, OH. Tickets for the Reception are \$25 and the Luncheon is \$50. Tickets for both events can be purchased by contacting AALP by phone: +1 419 720.4369 or via e-mail: info@africanamericanlegacy.org

For more information regarding the "Conversation Amongst Leaders" contact (419) 530.3824 or email aalpemergingleaders@gmail.com



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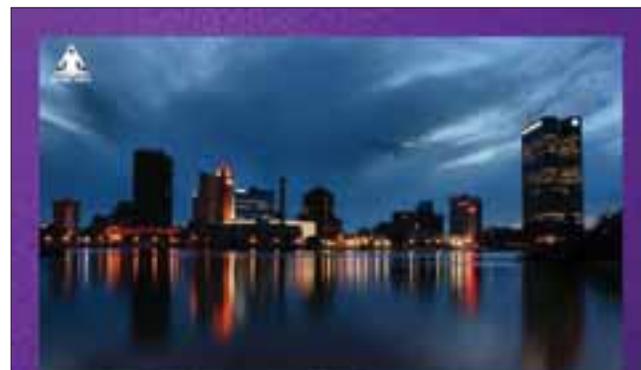
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