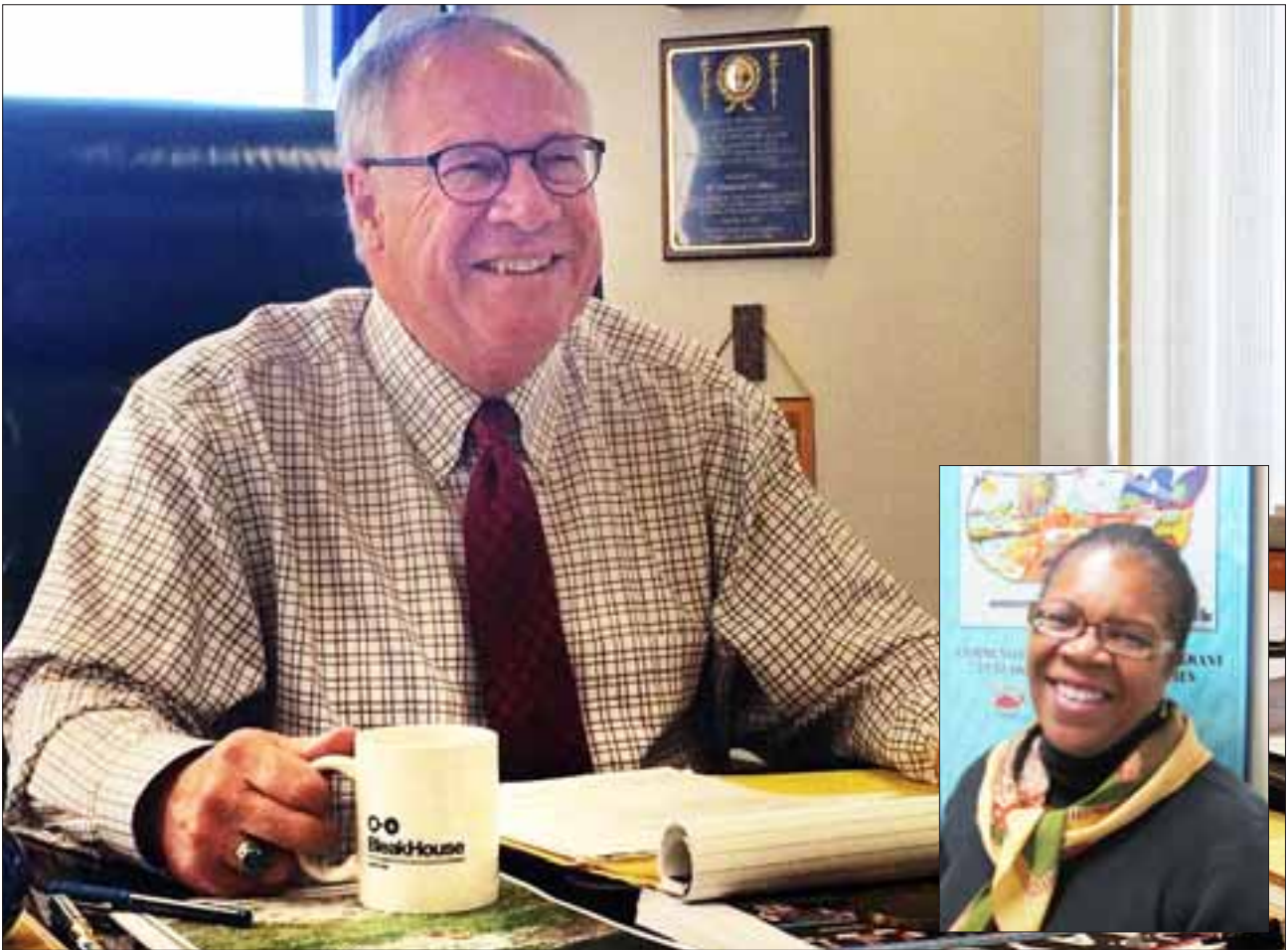




Volume 31, No. 9 *"And Ye Shall Know The Truth..."* February 4, 2015

Collins In Critical Condition



Paula Hicks-Hudson Takes Over

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One Day at a Time

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

The leadership is there. If you go out and work with your people, then the leadership will emerge.

- Bob Moses



Mayor D. Michael Collins is in the hospital in very critical condition and at the time of this writing, the prognosis for his recovery is undetermined. City Council President Paula Hicks-Hudson, after a few hours earlier appearing publicly with Collins, finds herself unexpectedly serving as interim mayor at a time of unprecedented uncertainty, not to mention a level three emergency, which simultaneously produced 12 inches of snow.

Our sincere and heartfelt prayers go out, along with thousands of others, on behalf of Mayor Collins, wife Sandra Drabik and family, for his complete recovery.

Special intercessory prayers and pleas for community support also go out on behalf of Hicks-Hudson, the second African-American female Toledo city council president and first female African-American mayor, as she inherits several critical challenges in her new position.

Besides the snowstorm, Hicks-Hudson faces Fiat Chrysler's option to relocate production of its profitable Jeep Wrangler out of Toledo, a decision, which could have a catastrophic effect on Toledo's employment and economy.

Then there is the water problem. This past summer, Toledo's drinking water contained toxins in excess of safe consumption levels, triggering a no-drink mandate and near public panic. In addition, a recent performance audit has identified a multitude of severe problems in the city's Department of Public Utilities or water department. Most notable is a neglected sanitary sewer system that has become old and decrepit and has the potential to facilitate another wide spread crisis.

Another critical issue is reform of the criminal justice system with the city being accused of not paying its fair share of costs to operate the regional jail and court system.

Yet, possibly, the interim mayor's most critical challenge is that the city of Toledo does not yet have an approved operating budget, which by law they have until March 31 to complete but are just getting started in the process.

Hicks-Hudson, not a proponent of Collins' strategies, is likely to think about putting a different set of strategies and policies in motion. Imagine potential thoughts going through her ambitious mind: "I can't continue to take funds out of the CIP budget to fund salaries, raises or labor settlements. If I back a regional water authority or increase water bills to raise the capital to repair the sanitary sewer system does, that do anything for the people who live in

Toledo other than raise their rates? Should I reform the Department of Public Utilities (DPU)? None of these staff are mine. Should I bring in new blood to help? What's going on with Jeep? Should I talk with the Lucas County commissioners? How can I repair the relationship with the county?"

However, the biggest mistake the interim mayor can make at a time like this is to start racing before she can walk. In order to overcome this subtle temptation, Hicks-Hudson will have to understand the difference between leading and managing. The function of leadership, say business experts, is to create change while the function of management is to create stability. Management anticipates change and adapts to it, but its function is not to create change.

Hicks-Hudson's task, in this time of uncertainty is to bring stability and thus is a management rather than a leadership function. Her task involves the allocation and control of resources to achieve certain objectives by directing people to achieve specific goals. The only goal of City Council and the mayor's office during this period should be to ensure that the city's core services are delivered until we get some signal of Mayor Collins' recovery.

Rather than one person with a title, stability will be achieved only by many people working collaboratively as a team to support the interim mayor. This requires cooperation between the interim mayor and city council to get through the process of budget hearings. It requires leaning on those, who, like temporary Council President Jack Ford, have knowledge of how a municipal budget is put together and those with diverse skills and expertise to offer their help in order to sustain the work until the mayor returns or a new mayor is elected.

At this point, all we can do is pray, make sure that core city services are delivered, and move one day at a time. If we focus on these, true leadership and opportunities for change will emerge.

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

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Community Calendar

February 5

Kwanzaa Park Neighbors Meeting: The Padua Center; 6 pm; Guest speaker Cindy Geronimo of the Department of Neighborhoods: 419-241-6465

February 8

UT's Peace Education Initiative's "Peace Education Brunch:" Noon to 2 pm; Frederick Douglas Community Association; "Community Engagement for Social Justice – Developing Green Infrastructure Projects for Stormwater Abatement;" Discussion led by Alicia Smith, a doctoral student at UT: 419-530-2552

February 21

Shelter in a Storm Ministry: Seeking people with a miracle testimony; 4 pm: 419-270-2261 or 419-244-7458

February 22

Calvary MBC Culinary Heritage Food Taster: Sponsored by the Roses of Calvary Flower Ministry; 4 pm; "Safe in Jesus;" Speaker Min. Sheree-Madison Emery: 419-531-9443

February 25

Lourdes University "Celebration of Black History Month:" 5:30 pm; Lourdes Chorus and Good Company Ensemble, guest choirs, Alma Drum & Dance Ensemble: 419-824-3772 or kbiscay@lourdes.edu

April 17-19

Calvary MBC Women's Ministry 18th Spring Retreat: 419-531-94

State Rep. Ashford Announces over \$6.1M for Small Business Expansion in Toledo, UT Updates

Special to The Truth

Last week, State Rep. Michael Ashford (D-Toledo) announced the release of state funding for projects at Rocket Ventures, LLC and the University of Toledo (UT). \$4.18 million will go to Rocket Ventures to help support small businesses, entrepreneurs and local start-ups. \$1.97 million will be used for IT updates and infrastructure projects at UT.

\$4,188,000 is slated to go to northwest Ohio's Entrepreneurial Signature Program through Rocket Ventures, LLC. Rocket Ventures is the regional lead for the program, which provides technology and networking help to start-ups, small business entrepreneurs and innovators in the region. The program provides support to technology-based companies to help them grow. Rocket Ventures assists with planning services, networking opportunities, management services and a number of other initiatives to help jumpstart local businesses.

"Entrepreneurs inspire ideas that drive job growth. We need to do everything we can to make sure these industry innovators get the support

they need," said Ashford. "I am excited we can give local companies a head start so they can grow and create the jobs of the future right here in our backyard."

\$1,599,996 will go to UT for the school's Backbone Core Router Replacements project to update outdated computer network equipment on all three campuses. The university will also receive \$376,920 for campus infrastructure improvements, including updating steam and chilled water lines. UT will contract with JDI Group of Maumee for the infrastructure projects.

"The University of Toledo continues to pioneer in areas of research and scholarship, graduating some of the best minds in Ohio," said

Ashford. "Improving campus infrastructure, both in terms of the technology and buildings, puts the university ahead of the curve, leading in innovation in Ohio and across the country. These funds will help UT adapt and continue to thrive."

Toledo Branch of NAACP Celebrates 100 Years

The Toledo-Lucas County Public Library is proud to observe Black History Month by celebrating the 100th Anniversary of the Toledo Branch of the historic National Association for the Advancement of Colored People (NAACP). The Toledo Unit is noted as one of the oldest branches in the United States.

The celebration will take place on Saturday, February 21 at 2-3:30 p.m in the McMaster Center of the Main Library, 325 Michigan St.

Special guest Kenneth Goings, Ph.D., of The Ohio State University, is scheduled to speak on the accomplishments and leadership of the Toledo Branch NAACP over the last 100 years. Dr. Goings is a professor of African American history and is considered an expert on NAACP history in Ohio. He received a BS in Education from Kent State University and a Ph.D. in American History from Princeton University.

A question and answer session will follow his talk. This FREE program is open to the public. Light refreshments will be served.

The program has been generously funded by the Library Legacy Foundation.

Visit toledolibrary.org or call 419.259.5200 for more information on upcoming events and programs in honor of **Black History Month**.

The annual observation of Black History Month was originated in 1926 by African American historian Carter G. Woodson, as "Negro History Week." Woodson chose February because it marked the birth-days of President Abraham Lincoln and abolitionist Frederick Douglass, two Americans who Carter believed influenced the lives of black Americans.

Discover more on Black History Month at Your Library.



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Free, Separation and Divorce Support Group Begins February 17

First Presbyterian Church of Maumee (FPC) will offer a free, public 13-week separation and divorce recovery support group beginning Tuesday, Feb. 17. The group meets weekly from 6:30 to 8:00 p.m. A free meal is offered weekly at 6:00 p.m. prior to the meeting.

If you are separated, going through a divorce, or have been divorced for any period of time, this class can help. The class is a video program based on Biblical teachings and covers a different topic each week. Most individuals who have taken the class feel that the lessons and discussions are very helpful.

Weekly topics include the road to healing and finding help, facing anger, depression, and loneliness, new relationships, financial survival, child care, forgiveness, reconciliation, and moving on and growing closer to God.

Any adult can join the group at any time during the 13-week period, said FPC pastor, Clint Tolbert.

He added, "You do not have to be a church member to attend. Everyone is welcome."

To pre-register or for more information, call First Presbyterian Church of Maumee at (419) 893-0223 or visit www.fpcmaumee.org.

Grief Recovery and Support Group Begins at Maumee church in February

Community members who have experienced the death of a family member or friend are invited to register for the 13-week GriefShare program to be held at First Presbyterian Church of Maumee beginning Tuesday, February 17 at 6:30 p.m. The program will run through May 12.

This nondenominational program features Christ-centered, biblical teaching that focuses on grief topics associated with the death of a loved one. The DVD seminar features nationally respected grief experts and real-life stories of people, followed by a small group discussion about what was seen on the DVD.

Many grieving people find they are only beginning the work of heal-

ing when friends or family have returned to their daily life routines. Past participants have related how helpful the information and follow-up discussions were to them.

Each two-hour session begins with a light 6:00 p.m. dinner, followed by the program. It is led by Elder Vickie Secord, whose profession involves care for seniors in the greater Toledo area. GriefShare is open to any member of the community.

To learn more call First Presbyterian Church of Maumee at (419) 893-0223 or visit www.griefshare.org. The church is located on the corner of E. Broadway and Gibb Street in Maumee.

African Art Has Arrived!!

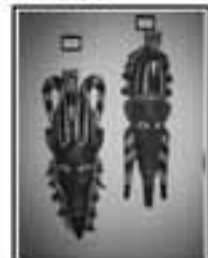
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Black History Month SOUL FOOD LUNCHEON

Special to The Truth

The Toledo Chapter of The Links, Incorporated, The University of Toledo and The Study Hour Club will celebrate **Black History Month** by hosting its second annual **Soul Food Luncheon** on Saturday, February 7 from noon to 2:00 p.m. at the Student Union Auditorium on the campus of The University of Toledo (UT).

Donations of new and gently-used children's books featuring multicultural characters will be collected at the luncheon for the Real Men READ-y program, founded by the African American Leadership Council of United Way of Greater Toledo in partnership with Read for Literacy. This powerful initiative coordinates adult male volunteers who read to African American early literacy-aged boys in Toledo Public Schools. Please bring a book/s to the luncheon.

The program's guest speaker will feature UT's Willie L. McKether, PhD, anthropologist, historian, oral history expert, associate dean in the College of Languages, Literature and Social Sciences, associate professor in the Department of Sociology and Anthropology. The keynote address will focus on his work in Toledo, Ohio as founding member of the Edrene Cole African American Oral History Collection housed at the Kent Branch Library of the Toledo-Lucas County Public Library, whose namesake is in honor of late educator and Toledo Links member Cole.

Willie L. McKether, Keynote speaker

In addition to McKether's address and a soul food lunch, musical selections are scheduled to be performed by the **University of Toledo Gospel Choir**.

Tickets to attend the Soul Food Luncheon are available for purchase at \$20 per person.

For more information or for ticket information, please contact **Erin Thomas** at 419-530-5214 or via email erin.thomas@utoledo.edu

To learn more about the Toledo (OH) Chapter of The Links, Incorporated visit us online at www.toledolinks.net

To learn more about The Study Hour Club, please email jackcrook@yahoo.com

(Tickets are also sold via individual Links and Study Hour members)

The Toledo Chapter of The Links, Incorporated

The Links, Incorporated celebrates 69 years as a women's volunteer service organization committed to enriching, sustaining and ensuring the cultural and economic survival of African-Americans and other persons of African-American ancestry. A premier international service organization with more than 12,000 members in 274 chapters

located in 42 states, the District of Columbia, and the Commonwealth of the Bahamas, its legacy of friends providing service that changes lives, established by the original circle of nine friends in Philadelphia, Pennsylvania in 1946, is alive and well. The Toledo Chapter was founded in 1972.



Edrene Cole



Willie McKether

The Study Hour Club

On October 3, 1933, sixteen women met at the home of Mrs. Leo V. English (Elizabeth), under the leadership of Mrs. Bessie Marsh with the avowed purpose of reading, studying, reviewing and/or discussing books, current events and topics of interest which might enhance the cultural and mental development of the group. This group named itself "The Study Hour Club" and adopted "Strive to Excel" as its motto. Not content simply to broaden their own horizon through the pursuit of excellence, from the beginning members of The Study Hour Club sought to enrich the life of the community by sponsoring public meetings, featuring such notables as Langston Hughes, Arna Bontemps, Countee Cullen's, E. Simms Campbell, Phillipa Duke Schuyler and Camilla Williams. The club also presented talented local individuals and groups.

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Expanding Health Coverage for Ohioans

By U.S. Sen. Sherrod Brown
Guest Column

Since its creation in 1965, Medicaid – a joint federal and state program – has provided low-cost health insurance to Ohio's most vulnerable, including the elderly, physically disabled, and children.

Beginning in 2014, the health law gave each state the opportunity to expand its Medicaid program to also cover working families and individuals with incomes up to 138 percent of the federal poverty level. Thanks to Ohio's decision to expand Medicaid, more than 2.8 million Ohioans now have health insurance. But that health coverage is being threatened.

If the Ohio legislature doesn't agree to include Medicaid expansion in its budget this June, more than 450,000 Ohioans could immediately lose their health care coverage and Ohio could miss out on more than \$2.5 billion each year in federal funds.

Medicaid expansion comes at a low cost to Ohio. For states that opted-in, beginning in 2014, the government began paying 100 percent of the costs for newly eligible individuals. Ohio won't pay a dime for the expanded program until 2017 – at which point the federal share will never fall to less than 90 percent of the costs. Because the federal share of the costs of the expanded Medicaid program is so generous,

it costs states less to cover newly eligible individuals than it does to cover those individuals who sign up for Medicaid under traditional standards.

Already, Ohio has saved \$350 million because of Medicaid expansion and we're on track to save even more. We can't afford to let this program disappear.

When people don't have health insurance, we all end up paying for their medical costs. Without the preventive care covered by health insurance, low-income Ohioans can face expensive emergency room visits that they can't afford to pay. The cost of this care is usually passed on to taxpayers in the form of a "hidden tax" that costs Ohioans \$2.3 billion every year – approximately \$1,000 per insured family. Expanded Medicaid coverage helps reduce this burden on insured Ohioans while keeping healthcare affordable, saving lives, and saving money.

We all benefit from expanding health coverage to those that need it most and I urge the Ohio state legislature to include Medicaid expansion in the budget.

We should be helping Ohioans gain health care – not cutting them off.

Three Easy Changes You Can Make Today to Meet Your Long-Term Diet Goals

Special to The Truth

The biggest hurdles to sticking to a new diet are convenience and flavor. Who wants to eat food that doesn't taste good or is hard to make? You and your family are more likely to stick to your commitments if the changes you make suit your schedule and your palate.

Here are three easy changes you can make to your diet today:

Hydrate Yourself

Water reigns supreme as the health drink of choice among nutritionists and dieticians. Most diet plans include the following crucial advice: Stay hydrated, but avoid sugary beverages.

In addition to all of the critical functions water performs in your body, staying hydrated will help you feel fuller so you eat less over the course of the day.

But water doesn't have to be tasteless to bestow benefits. There are many virtually calorie-free ways to dress up water and add a hint of nutritional value: Add slices of strawberry or cucumber, wedges of lemon, lime or orange, chunks of watermelon or several sprigs of fresh mint or basil. Refrigerate until you're ready to drink. Or get hydrated with green tea, which is loaded with antioxidants.

Snack on Bold Flavors

Whether you're on the go or at home, snack time can be a dieter's downfall. Rather than buying full-sized bags of high-fat snacks like chips, which are easy to binge on, opt for single-serving snacks that are wholesome and full of flavor. For example, olives in ready-to-go cups are a fuss-free way to punch up the flavor profile of a meal or snack.

Pearls Olives to Go! single-serving Black Pitted Olives in a cup can be just as satisfying as a serving of chips, but they're gluten-free, dairy-free, sugar-free, cholesterol-free, trans-fat-free, GMO-free and vegan. They're easy to open and stay fresh until you're ready to eat them, which makes them perfect to stow in a gym bag or desk drawer.

Pearls recently added three new flavors to their Olives to Go! portion-controlled cup line, including Kalamata Pitted Greek Olives, Pimiento Stuffed Spanish Green Olives, and Sliced California Black Ripe Olives. Add to salads or sandwiches for bold flavor without a lot of extra calories. Read more about incorporating olives into a healthy Mediterranean diet at www.Olives.com.

Make Friends with Fat

A major mistake many dieters make is trying to cut all of the fat from their diet. Fat is a necessary component of any healthy diet. Monounsaturated fat, polyunsaturated fat and Omega-3 fatty acids should comprise the majority of the fat you eat. Great sources of healthy fat include olive oil, salmon, tuna, avocado, olives, seeds and nuts. Olives and avocados are fruit, so they also boost your fruit intake.

Try tossing olives, canned tuna or avocados into a salad; sprinkle almonds or walnuts over oatmeal; swap commercially made salad dressings and marinades with good-quality olive oil and flavorful herbs and spices.

To make your commitment to healthy eating a long-lasting one, be sure the changes you make are sensible, sustainable and, above all, delicious.

Courtesy StatePoint

How to Comparison Shop for Medicare Coverage

Special to The Truth

If you are eligible for Medicare, you should start exploring your options before you need to select coverage. Many Medicare medical and prescription drug coverage options are available for comparison shopping.

There is much to compare, particularly for health plans offered through private health insurers, called Medicare Advantage (MA). These plans often offer additional benefits -- like dental and vision coverage -- as well as things like gym memberships, online doctor visits and care coordination for people with certain chronic conditions.

"Premiums and benefits are different depending on the plan, so it's important for people to look at these differences to make sure their plans meet their needs," says David McNichols with Anthem Blue Cross Blue Shield, which serves many MA members.

According to Mr. McNichols, here are the basics when it comes to comparison shopping for Medicare coverage.

Examine the plan's list of covered drugs. Different plans have different lists of covered drugs, called formularies. Check to see if your drugs are covered and at what cost, particularly if you've gotten new prescriptions since you last picked your health insurance plan. The drug coverage in Medicare -- called Part D -- now includes more coverage for those with a "coverage gap" and supplemental gap coverage is available in some plans. The coverage gap is a temporary limit on what Part D plans cover for prescription drugs. The gap starts after both member and plan have paid a certain amount for covered drugs. And different plans offer different benefits. For example, in most of its plans, Anthem Blue Cross Blue Shield offers drugs at a lower cost to those who use a pharmacy network that Anthem Blue Cross Blue Shield recommends because of its specially negotiated, lower drug costs.

Review the provider network. Are your favorite hospitals, doctors and pharmacies included in the network of your Medicare Advantage plan? You should check, especially since, in some plans, costs generally increase when you go outside the network. And in other plans, to receive coverage you need to stick solely with providers in that plan's network.

Consider the extra costs. When making your decision, weigh not only the plan's monthly premium, but other out-of-pocket costs, like copays, coinsurance and annual out-of-pocket maximums.

Look for bells and whistles. One of the pluses for Medicare Advantage plans is the extras, such as gym memberships, nurse health lines, online doctor visits, dental and vision coverage, and care coordination for people with certain chronic conditions. Compare plans to see what they offer.

Explore the possibility of extra help. Those with limited income

may qualify for financial assistance. Ask your plan for more information. Additionally, you can visit www.socialsecurity.gov/extrahelp or call the Social Security Administration at 1-800-772-1213 (TTY 1-800-325-0778) for details.

To learn more, visit www.Medicare.gov. You can also contact individual plans like Anthem Blue Cross Blue Shield at www.anthem.com/shop or (888) 900-4537 to learn about Medicare Advantage and other options, including Medicare Supplement and Part D prescription drug plans. Those needing help choosing a plan may contact a State Health Insurance Assistance Programs counselor by visiting <https://shipnr.shiptalk.org/shipprofile.aspx>.

Anthem is a PPO plan, an HMO plan and a PDP with a Medicare contract. Enrollment in Anthem depends on contract renewal. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium.

This plan is available to anyone who has both Medical Assistance from the State and Medicare. Premiums, co-pays, co-insurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details.

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How Get Fit & Stay Fit - Despite a Busy Lifestyle!

By Angela Steward, Fitness Motivator
The Truth Contributor

Before I discovered my "love" of fitness, and lets face it, you wont really fall in love with exercise until you begin to see results...lol! I always thought I was "too busy", or I "had no time" to fit exercise into my busy life. I didn't truly understand the physical or mental benefits of exercise and how it could help me.

After gaining 100 pounds over a period of time, and using every excuse ever known to justify being overweight, I realized that exercise wasn't important because "I" wasn't a priority. My priority was to supply everyone else's needs and to suppress my own! It was far easier to focus on everyone else instead of focusing on myself.

We all have that friend, co-worker, or family member who is full of suggestions about how "you" should raise your kids (yet she has none of her own), or how you should lose weight (he's overweight too), or how to handle your marital or relationship issues (yet, they're unattached). We all know someone like that. Let's face it -pointing out our imperfections in the mirror is a hard thing to do! It's far easier to point out someone else's imperfections. There is little to no risk in suggesting how someone else should handle their brokenness, there is a high level of risk and courage in helping ourselves.

I had to take control of my brokenness by acknowledging - Yes, I'm overweight! Yes - I'm tired of being tired! Yes - I want to become a shopoholic again! Yes - I want to reclaim my life and I want to make myself a priority again.

It took a while for me to figure out how to fit exercise into my busy life. I knew it wouldn't be easy, but I did it. If I did it, so can you. So how do

you balance a busy work schedule, your family's needs and your own needs? Here are a few tips to help you.

MAKE A SCHEDULE AND STICK TO IT. One of the most used reasons to skip a workout goes something like this: "I'm just too busy, so I can't make it to class." I call that BS!! If you were at work and you unexpectedly had to leave to pick up your children and had no back up plan, how would you deal with it? Adjust your lunch hour? Take some work home with you? Arrange to come to work early the next day, or stay late? The truth is that when we really need to - we make arrangements to do what is truly necessary. So, make a schedule (write it down if it helps), stick to it, and remind yourself that working out is a priority worth keeping. When I decided to gain control of my health, I went straight to the gym every day after work and exercised for one hour, because I knew that if I went home right after work, I wouldn't leave my house again - so to the gym I went straight from work, every day.



Angela Steward

CATER TO YOUR OWN LIKES AND DISLIKES. Be realistic! If you hate running, don't run. One person's running is another person's yoga, weight training or dance. Self discipline is necessary when it comes to exercise, so make it easier on yourself by choosing a form of exercise that fits your lifestyle, personality and taste. Not sure what you love to do? Don't be afraid to experiment with different forms of exercise until you find what works best for you. If you spend time doing something you like to do, it could potentially turn into something you love to do!

CHOOSE SOMETHING OVER NOTHING! You don't need an hour - or even 30 minutes - to get a complete, effective workout. Some exercise is far better than nothing! Heck, even 8 minutes can make a difference. We can all find a few free minutes in our day to do some form of fitness (yes, we can). I have fitness sisters who are FitBit owners - they create goals of taking so many steps per day. Some of them set goals of 10,000 or more steps daily and they create small competitive groups to challenge, encourage and support each other. Short and speedy workouts can do wonders to both the body and mind. So squeeze in fitness wherever you are and no matter how much time you have, bodyweight exercises, short walks, going up and down a flight of stairs every few hours or so, and bodyweight exercises can all be accomplished even at your job.

Lets face it; we all make arrangements to do the things we love to do. Although exercise may not be something you love to do - it's something you should do. Only by taking care of ourselves do we stand a chance of being the best person we can be on our job, at home with our loved ones and friends. I'm not saying it's going to be easy, I am saying, believe it or not, "You're Worth It!"

Thank you all for taking the time to read my articles and allowing me to be a part of your fitness journey, I'm honored!!

Angela R. Steward

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DASH for your Heart

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

February is Heart Month and nutrition and exercise are two very important ways to build a healthy heart. Although DASH sounds like a physical activity, it also stands for a top rated diet for health and wellness. The DASH Diet is the Dietary Approach to Stop Hypertension (DASH). In addition to the word "diet," it is also referred to as an "eating plan" and sometimes it's called the DASH Diet Eating Plan.

Every year the US News and World Report uses a panel of health experts and ranks 35 popular diets in the country. For each diet, they look at the following:

- Relatively easy to follow
- Nutritious
- Safe
- Effective for weight loss
- Protective against diabetes and heart disease

The DASH has proven itself! In the past five years the DASH Diet has ranked as the number one overall diet for the US News and World Report. It has been around for a long time and studies show that those who follow it have benefited in the following ways: lower blood pressure, increase "good" HDL cholesterol and decrease "bad" LDL cholesterol.

For some people, getting used to the taste of less salt is a challenging part of the diet but they are encouraged to use more herbs to flavor food. The diet does not have special foods to eat but is based on getting a variety of foods from fruits, vegetables, lean protein, milk and whole grains. It was not designed as a weight-loss diet, the emphasis was on reducing hypertension or high blood pressure.

Weight loss is often an additional benefit for many people who choose to follow the recommendations. The DASH eating plan is considered safe but with any new diet and physical activity, it is advised that you talk with your doctor. It would probably make most of our doctors happy to hear that we are interested in the DASH Diet.

If you are interested in following the DASH Eating Plan, there are a couple ways to get more information. One way is online at the National Heart Lungs and Blood Institute website. There is a booklet that explains the benefits of the diet, gives a seven-day menu plan and recipes for all the days of the week.

The recipes are as easy as, chicken and rice, potato salad and turkey meat loaf. The booklet can be found at http://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf. If you are interested in a brief, six-page overview with a one-day menu plan, visit http://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf

There have also been a variety of DASH Diet cookbooks written by Marla Heller, MS, RD (registered dietician) through the years. The most recent one was published on December 30, 2014 and is titled, *The DASH Diet Younger You. Shed 20 Years – And Pounds – in Just 10 Weeks*. Can you picture 10 weeks from today? If we all started following the recommendations in the book today, we could shed 20 years by the middle of April!

You do not have to use their cookbooks to follow a DASH diet but if you are looking for inspiration for easy, tasty food you might want to check one of the DASH Diet books out from the library. The DASH Diet promotes any recipes that focus on lean poultry and fish, beans, seeds, nuts, whole grains, fat-free or low-fat milk, vegetables and fruits. It also promotes low-sodium recipes and also decreasing amounts of sugar and saturated fat.

Just like the new DASH Diet book looks ahead 10 weeks, the 11th Annual Toledo GROWs Seed Swap is scheduled this month and will look ahead to springtime! Whether you are an experienced gardener or have never gardened before, everyone is invited to this community event. The focus is on gardens, especially vegetable gardens and you will find workshops, gardening advice, children's activities and more! Stop by the OSU Extension, Lucas County table to learn about the horticulture hotline as



well as pick up some easy, healthy recipes. Gardening is good for our overall health from eating to exercising.

The Toledo GROWs 11th Annual Seed Swap is on Saturday February 28, 2015 from noon until 3:00pm at Woodward High School, 701 East Central Avenue, Toledo, OH 43608. Don't worry if you are new to gardening and don't have seeds to swap. Don't worry if you don't have a lot of space to garden. There are options for everyone. Last year, over 1,000 people of all ages attended.

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Four and a Half Million Young Adults Have Gained Health Care Coverage Since 2010, Improving Access to Care and Benefitting Our Economy

By Jason Furman and Matt Fiedler

Guest Column

Young adults historically faced unique challenges in obtaining health insurance coverage. In 2009, nearly one-third of young adults ages 19-25 lacked health insurance, more than twice the rate for Americans overall. But the nation has since made dramatic progress in expanding coverage among young adults, thanks to the Affordable Care Act's provision allowing young adults to remain on a parent's plan through age 26 and its broader expansion of coverage through the Health Insurance Marketplaces and Medicaid.

From the time the first of these provisions took effect in 2010 through the second quarter of 2014, the uninsured rate among young adults dropped by more than 40 percent, corresponding to 4.5 million additional insured young adults. These large gains among young adults are a major reason that the nation's overall uninsured rate was at or near the lowest level ever recorded as of the second quarter of last year. Moreover, there is evidence young adults' expanded access to coverage is increasing their access to health care, improving their health and financial security, and potentially generating long-term benefits for our economy.

Even with this progress, almost one in five young adults remains uninsured. But many of these young adults are eligible for financial assistance to obtain coverage through the Health Insurance Marketplaces or eligible for coverage through Medicaid. This year's Open Enrollment period ends on February 15th, so those still without insurance should visit HealthCare.gov or call 1-800-318-2596 to get covered now.

Young Adults Historically Faced Challenges in Obtaining Health Insurance

Before the Affordable Care Act, young adults faced particular challenges in obtaining health insurance. Working-age Americans typically get health insurance coverage through an employer. But many young adults are still in school full-time, and even those who are employed are less likely to be offered health insurance than their older counterparts (for example, because they are working part time or in sectors less likely to offer health benefits). Historically, young adults were also much less likely than children and seniors to qualify for coverage through public programs like Medicare and Medicaid.

This landscape left many young adults with few affordable, accessible options. Some could seek coverage under a parents' plan, but non-students and older students frequently were not eligible for dependent coverage. Others could seek to purchase coverage on the individual market, but such coverage was often unaffordable or outright unavailable before the Affordable Care Act, particularly for individuals with pre-existing health conditions. It is thus unsurprising that young adults had the highest uninsured rate of any age group. As of 2009, 32.7 percent of young adults ages 19-25 were uninsured, more than twice the 15.4 percent uninsured rate for the population as a whole.

Cumulative Coverage Gains for Young Adults Total 4.5 Million Since 2010

The Affordable Care Act has greatly expanded the insurance options available to young adults. Starting in late September 2010, the law allowed young adults to remain on a parent's health insurance plan until turning age 26. Following that change, the uninsured rate among young adults ages 19 to 25 -- the age group affected by the expansion -- fell sharply, even as the uninsured rate among other non-elderly adults remained basically flat. On the basis of this contrast, multiple groups of researchers have concluded that the coverage gains for young adults during this period were directly attributable to the Affordable Care Act provision.

The law's broader coverage provisions, including the opportunity for states to expand their Medicaid programs, insurance market reforms, and financial assistance for eligible individuals purchasing coverage through the Health Insurance Marketplaces, took effect at the beginning of 2014. As CEA has noted previously, thanks to these provisions of the law, 2014 saw the sharpest decline in the nation's uninsured rate in four decades, with further declines likely in the years ahead. Young adults were no exception and, in fact, experienced larger gains than other age groups over this period.

In total, from the four quarters preceding the Affordable Care Act's dependent coverage expansion through the second quarter of 2014, the uninsured rate for young adults has fallen by 14.8 percentage points, a reduction of more than 40 percent that translates into 4.5 million additional young adults with health insurance coverage. These gains have eliminated more than two-thirds of the gap in uninsured rates between young adults and other non-elderly adults, even as other non-elderly adults also experienced large coverage gains during 2014.

Expanded Coverage Improves Access to Care, Health, and Financial Security

An extensive body of economic evidence demonstrates that having health insurance improves access to health care, financial security, and health. Researchers have now begun to look at the Affordable Care Act's dependent coverage expansion specifically and have found evidence that it is generating all of these benefits. To do so, researchers have generally compared trends for young adults ages 19-25, who were affected by the early dependent coverage expansion, to trends for slightly older adults, who were not.

This work has found strong evidence that the dependent coverage expansion increased young adults' access to health care. In particular, the expansion reduced the likelihood that young adults had delayed or forgone care due to cost in the last 12 months, a finding illustrated by the sharp reduc-

... continued on page 11

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Portman and Bipartisan Group Introduce Bill to Help Children with Complex Medical Conditions

Special to The Truth

Last week, U.S. Senator Rob Portman (R-Ohio) joined U.S. Senator Chuck Grassley (R-Iowa) in introducing bipartisan legislation to help coordinate care and improve health outcomes for children with medically complex conditions in Medicaid.

"This is a commonsense bill that will help to ensure sick kids have better access to quality care," Portman stated. "By improving coordination among pediatric providers, we will begin to make life easier for these children and their families."

"Cincinnati Children's is grateful to the U.S. Senate and its leadership for introducing a bill today that will make a profound difference in the lives of complex and chronically ill children in this country," said Michael Fisher, president and CEO of Cincinnati Children's Hospital. "The ACE Act for Kids will give children's hospitals more flexibility to coordinate care at a lower cost, providing the right care at the right time in the right environment. We look forward to working with Senate leaders such as Senator Portman and others to see this bill through to passage."

"This bill is a creative idea to provide high quality, more efficient care for really sick kids through networks of providers who are willing to take responsibility for coordinating their care," Grassley said. "I look forward to advancing this bipartisan bill through the legislative process."

The Advancing Care for Exceptional Kids Act of 2015 would improve care coordination, quality measures and cost containment for children in Medicaid who need specialized care and often have to cross state lines to get it. The bill would allow for the creation of nationally designated networks in Medicaid, making it easier for the children with medical complexity to get needed care. The children in need have complex illnesses and conditions including cancer, congenital heart disease, cystic fibrosis, Down syndrome and other chronic health challenges. Specialized care can mean the difference between high mortality rates and thriving into adulthood. The bill is popular with medical professionals at dozens of children's hospitals across the country who treat children with complex medical needs.

Easing barriers to care through Medicaid is important because about two-thirds of the three million children with medical complexity are covered by Medicaid, representing nearly 40 percent of Medicaid costs for children.

The bill will be referred to the Finance Committee, which has jurisdiction over Medicaid.

Portman and Grassley were also joined by U.S. Senators Michael Bennet (D-Colo.), Bill Nelson (D-Fla.), Roy Blunt (R-Mo.) and Sherrod Brown (D-Ohio).

Health Care... continued from page 10

tion in this measure for 19-25 year olds relative to slightly older adults. Other work has concluded that the expansion increased young adults' ability to obtain inpatient and mental health care, while possibly reducing emergency department utilization.

To date, less research has examined the consequences for young adults' health and financial security. One study that did examine these outcomes found, however, that the expansion increased the share of young adults reporting excellent mental and physical health, while reducing young adults' exposure to out-of-pocket costs.

Reduced "Job Lock" May Generate Major Labor Market Benefits for Young Adults

Before the Affordable Care Act, many people's only source of health insurance coverage was through their workplace. This could trap workers in jobs that offered health insurance, rather than allowing them to make the employment choices that best matched their career and life plans, reducing economic efficiency. This phenomenon is often referred to as "job lock." The economic consequences of job lock may be particularly serious for young workers, both because young workers are particularly likely to want to take time out of the labor force to pursue schooling and because early-career job matches may have a large effect on long-term career trajectories.

Intriguing evidence on the labor market effects of expanding coverage to young adults comes from a recent study

that examined pre-Affordable Care Act state laws that allowed some young adults to remain on a parent's plan at older ages. These state laws were typically narrower than the Affordable Care Act provision since they generally did not apply if the young adult's parent received coverage through a large employer. However, these laws have been in effect for a much longer period, making it possible to examine longer-term labor market consequences.

This study concluded that living in a State with a dependent coverage law during young adulthood increased educational attainment, at least for men, and boosted men's and women's wages later in adulthood by more than 1.5 percent on average. A 1.5 percent wage increase translates into about \$650 per year for the typical full-time, year-round worker. Because the Affordable Care Act's coverage expansions benefit a broader swath of young adults (including young adults whose parents work at large employers and young adults whose parents do not have coverage), its long-term labor market benefits could be even larger. While this study is not the last word on this topic, the results imply that the long-term economic benefits of expanding young adults' coverage options are an important area for further research.

Jason Furman is the Chairman of the Council of Economic Advisers. Matt Fiedler is a Senior Economist on the Council of Economic Advisers.

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National Postal Museum Announces New Exhibition Opening

Exhibition Devoted Entirely to African American History

"Freedom Just Around the Corner: Black America from Civil War to Civil Rights," opening Feb. 12 at the Smithsonian's National Postal Museum, is the museum's first exhibition devoted entirely to African-American history. Marking 150 years since the end of the Civil War and the abolition of slavery throughout the United States, the exhibition chronicles the African-American experience through the perspective of stamps and mail.

The exhibition includes letters carried by enslaved Americans, mail sent by and to leaders of the civil rights movement and original artwork for numerous stamps issued by the United States Postal Service. More than 100 items from the museum's collection are on display, augmented by outstanding pieces on loan from other institutions and private collections.

"The exhibition is powerful and presents a distinctive perspective to the history that unfolded during this important period of time," said Allen Kane, director of the museum. "Our hope is that visitors will learn more about this historic period, connect emotion-

ally to the stories and objects we are presenting and continue to have meaningful conversations beyond the museum visit."

Before the introduction of home mail delivery, slaves often carried letters to and from the post office. Slave-carried mail was usually identified by a notation—called an endorsement—that also served as a travel pass. These mail messengers could be an important source of news if they overheard discussions during their travels. Slaves sometimes carried letters directly to the recipient, bypassing the postal system entirely. This was often the case when the letter was accompanied by a parcel, since post offices did not handle domestic package mail until 1913.

The exhibition, in part, presents examples of slave-carried mail, including one carried by a slave named Susan, dated April 17, 1850, with the message, "I send to you my negro girl Susan aged 16 all rite and a first rate girl big limbs and muscles please sell her and remit..."

Susan was probably unaware that the letter she carried to the Eastville, Va., post office contained arrangements for her to be sold to a slave dealer in Richmond.


Martin Luther King's "I Have a Dream" speech was commemorated in the Postal Service's Celebrate the Century stamp series issued at the end of the 20th century. Original artwork for the stamp, by Keith Birdsong, reflects a trace of brightness on the hori-

zon to represent hope, while King wears the March's official badge, in one of many stunning paintings on display from the Postal Service's Black Heritage stamp series. Most of the artwork is exhibited for the very first time.

"Freedom provides a unique take on African American history, exploring the subject through stamps and mail," said Daniel Piazza, exhibit curator. "We hope this approach inspires new audiences to visit the National Postal Museum and William H. Gross Stamp Gallery."

Selected pieces in the exhibition will include interpretation presented through audio recordings of curators, conservators and guest speakers, adding significance to individual objects. A special website and catalog will augment the exhibition as well, providing additional access to the rich content presented.

The National Postal Museum is devoted to presenting the colorful and engaging history of the nation's mail service and showcasing one of the largest and most comprehensive collections of stamps and philatelic material in the world. It is located at 2 Massachusetts Avenue N.E., Washington, D.C., across from Union Station. The museum is open daily from 10 a.m. to 5:30 p.m. (closed Dec. 25). For more information about the Smithsonian, call (202) 633-1000 or visit the museum website at www.postalmuseum.si.edu.



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Spaghetti Dinner Fundraiser to Benefit Helping Hands of St. Louis

Helping Hands of St. Louis will host an All You Can Eat Spaghetti Dinner to raise money for services provided to people in need in East Toledo. The fundraiser will be Sunday, February 22, from 11 a.m. to 3 p.m. at Helping Hands of St. Louis, 443 Sixth St., Toledo, Ohio.

The outreach center provides life transformational services, including a soup kitchen, food pantry and clothing center. Each month, Helping Hands serves an average of 6,000 hot meals and provides an average of 250 households with groceries and 500 households with free clothing.

All food for the spaghetti dinner fundraiser has been donated by local organizations and

businesses. Donors include Michael's Gourmet Catering, Inc., House of Meats, Soffo Foods, The Andersons and Toledo Seagate Foodbank. All proceeds will benefit Helping Hands of St. Louis.

Adult tickets are \$8, senior tickets are \$6, and children's tickets for ages 10 and under are \$5. Tickets are available in advance or at the door. To purchase tickets or for more information, please call Paul Cook at 419-691-0613, ext. 2.

Catholic Charities serves people of all faiths in the Diocese of Toledo by providing food, shelter, prescription and emergency rent assistance as well as adoption services, jail and prison ministries and guardianship services to the elderly.

The Case for Loving: The Fight for Interracial Marriage by Selina Alko, illustrated by Sean Qualls and Selina Alko

By Terri Schlichenmeyer
The Truth Contributor

Your best friend's Mom never minds if you make too much noise.

She takes you places and gives you snacks, too. She's a really nice lady.

Your best friend's Dad shows you how to do things, and he makes you laugh. You like spending time at their house.

But what if there was a rule somewhere that said they couldn't be a family? In *The Case for Loving* by Selina Alko, illustrated by Sean Qualls and Selina Alko, there was once such a law, and the reason was black and white.

Falling in love was very easy. Richard Loving and Mildred Jeter did that right after they met, and it didn't take long for them to decide that they wanted to get married and raise a family.

But there was one problem: Richard was

c. 2014
Arthur A. Levine Books /
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\$18.99 / \$20.99 Canada
40 pages

white. Mildred was "colored." They didn't think that was any big deal but in Virginia in 1958, it was illegal for them to get married. Yes, a simple wedding could land them in jail!

So Mildred and Richard went to Washington, D.C. and tied the knot there. Family and friends went to the wedding, and everybody was happy. The Lovings "couldn't wait" to start their new lives back home.

Not long after they were back in Virginia, though, the police came in the middle of the night and said that the Lovings' marriage certificate was no good. They put Richard and Mildred behind bars because their marriage was unlawful – and that "was just awful!"

In order to stay out of jail for good, Richard and Mildred had to leave their families and move to another state.

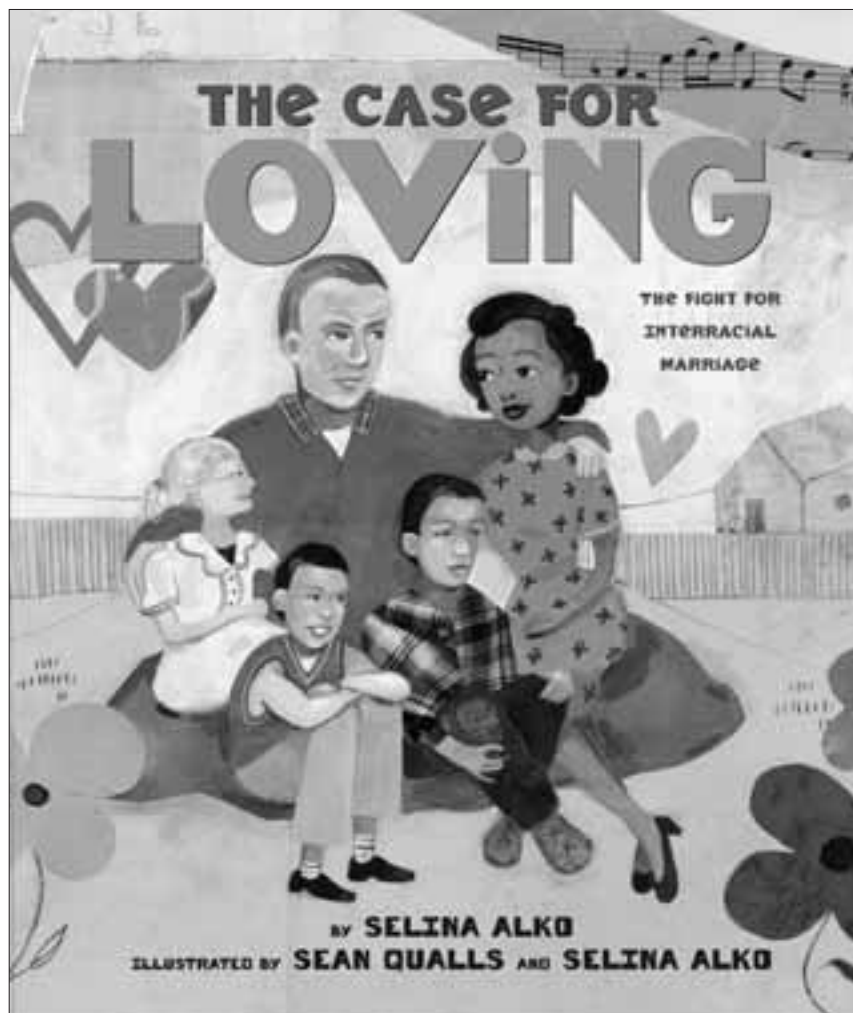
In Washington, D.C. again, the Lovings tried to settle in. Richard got a job. Mildred had three children in "three different shades of milk-chocolate brown." But the city wasn't a good place for the Lovings. They missed their families. They weren't happy so, nine years after that late-night visit by the police, because times had changed, they hired lawyers to fight for the right to live in their beloved Virginia...

For any adult who's too young to remember *Loving v. Virginia* (or any child who wasn't born then), *The Case for Loving* is a very informative, eye-opening book.

Author Selina Alko says in her notes that, as a Jewish white woman, she finds it "difficult to imagine" that her marriage (to illustrator Sean Qualls, an African American) might've been illegal, fifty years ago. Kids might find that notion to be almost "unbelievable," too, given that they've never known a world like one described here.

What parents will want to understand, however, is this: for its four-to-eight-year-old target age group – particularly for those on the younger end – this book *could be scary*, especially the "taken away and locked up in jail" part. For toddlers, that's the stuff of nightmares, so be warned.

Still, if you're prepared to explain and you keep the youngest audience members in mind, this could be a great read-aloud book. *The Case for Loving* may become one your kids will make noise for.



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jobs@ablelaw.org
Subject: LTCOP Position

Equal access to ABLE's office is available. Applicants requiring accommodation to the interview/application process should contact the email address listed above.

EOE

Black History Extravaganza

The Ohio Association of Colored Women's Club and Youth Affiliate, the GLADettes Federated Club presents its annual "BLACK HISTORY EXTRAVAGANZA AND SOUL FOOD BUFFET" featuring DJ Ice Jr. Sunday, February 15 from 2 to 5 pm at Local 14 UAW Hall 5411 Jackman Road. For tickets and information contact Gail at 419-537-9042; Leslie at 419-893-2228; Barb at 419-535-5960

PROGRAM ASSISTANT

OSU Extension, Lucas County is hiring for a Program Assistant position with the Expanded Food and Nutrition Education Program (EFNEP). The Program Assistant, EFNEP will work 40 hours per week. This position will work in the Lucas County communities teaching nutrition education to diverse adult audiences. This person should be indigenous to the community.

For complete position description and on-line application instructions, please go to www.jobsatosu.com and search by Job Opening Number **405464**. To assure consideration you must apply by **February 15, 2015**. The Ohio State University is an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation or identity, national origin, disability status, or protected veteran status.

DIRECTOR, NURSING SERVICES

This is a management position responsible for planning, directing, supervising and evaluating all psychiatric and physical health nursing services provided at all sites. Primary duties will include insuring quality nursing care is provided in accordance with federal, state, and local regulations, standards and practices, developing and implementing nursing policies and procedures, insuring compliance with certification standards, overseeing the infection control program and monitoring the budget to insure department fiscal goals are met.

Qualified candidates must possess a Bachelor's degree in nursing, (Master's preferred), current Ohio RN license, both psychiatric and physical health nursing experience and a minimum of five years supervisory experience. Position must be able to work a flexible schedule and will travel to various locations where services are provided.

Human Resources -DNS
Unison Behavioral Health Group, Inc.
2310 Jefferson Ave.
Toledo, OH 43604
Fax: 419-936-7574
Website: unisonbhg.org

EOE



ROTATING EQUIPMENT MAINTENANCE PLANNER

Toledo Refining Company LLC has an immediate need for a Rotating Equipment Maintenance Planner. This position will develop job planning packages with timely materialization which allows for Maintenance to effectively execute Area Business Team work.

Principle Responsibilities

- Plan work per the prioritized list provided by the ABT.
 - Field review work orders to develop job packages complete with accurate well-defined job steps, estimated man-hours, correct material and necessary documentation.
 - Attend and participate in weekly scheduling meetings.
 - Utilize the completed job package feedback forms to improve future planning.
 - Review the validity of the running maintenance backlog with appropriate members of the ABT on a weekly basis.
 - Continue development, improvement and implementation of electronic work packages.
 - Communicate planning backlog status with ABT and management.
 - Maintain communication with management during work execution for job step clarification and significant scope changes.
 - Communicate to the ABT any issue such as material delivery, QA/QC, and schedule and cost difference from the original estimate. Ensure required material delivery dates by working with Materials Management.
 - Work with ABT members to comply with the Planning Process document regarding RCFA follow up and future repair plans.
 - Communicate with management on issues that would prevent the execution of the jobs to start in the appropriate time frame set forth.
 - Plan all jobs in compliance with OSHA, refinery standards, policies, procedures, best practices and guidelines.
- Short-term shutdown planning and scheduling.
- Formulate timelines and manpower estimates to determine course of action in emergency situations
 - Initiate material and equipment purchases as needed and work with the procurement department to ensure accurate ordering and suitable delivery.

Requirements

- High School Diploma or equivalent.
- 5+ years' maintenance background, specifically in the areas of estimating, scheduling or materials management.
- Must have the ability to communicate effectively through written and verbal methods. Have ability to accomplish work within required timelines, including short, long, and emergency timeframes.
- SAP work order and purchase order experience is preferred.

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

EOE/M/F/D/V

The Lathrop Company Honored with United Way's Spirit of Caring Award

Company recognized for charitable efforts in the Toledo area

Special to The Truth

The Lathrop Company was honored with the Spirit of Caring award by the United Way of Greater Toledo for its ongoing leadership, service and commitment to the Toledo community. The award was presented on Jan. 29.

Lathrop has been actively involved in supporting The United Way through donations and volunteerism over the years. The company has continued to have 100 percent participation by its employees for its United Way campaign, with efforts such as providing payroll-deducted donations.

"It is an honor to be recognized for our efforts to make our community a better place to live and work," said Tom Manahan, President, The Lathrop Company and Senior Vice President, Turner Construction Company. "Lathrop encourages a culture of giving, but we wouldn't be able to make such an impact without the participation of our employees who truly care about

this community."

During the 2014 United Way Day of Caring, over 20 volunteers from Lathrop assisted with renovations to Soul City Boxing and Wrestling Gym, a facility that offers training classes to children and teens in the Junction corridor of Toledo.

In addition to volunteer projects, Lathrop provides incentives to its employees to donate financially by holding events for staff such as kickoff breakfasts with guest speakers and a campaign wrap-up party with a penny war. There are also incentives such as gift cards given to those who turn in early donation cards. In 2014, Lathrop's employees' average gift to the United Way was \$709 per person, with 23 percent at a leadership giving level.

Calling ALL Team Captains, Walkers and Volunteers!

Special to The Truth

Have you registered as a Team Captain for our 2015 NAMIWalks online yet? www.namiwalks.org/greatertoledo

Be a Team Captain!

Ø **ASK.** Reach out to friends, neighbors, and fellow workers to join you in walking.

Ø **Talk about it.** Tell your teammates why this WALK is important to you and ask them to do the same with their network.

Ø **Lead by EXAMPLE.** Create a team and a personal web page and encourage your teammates to do the same. Make a donation to yourself and the WALK.

Ø **Promote it.** Use posters, personal letters, e-mails, and social media tools to build your team and secure donations NAMI has plenty of

walk posters, just let know you want some delivered to you – mfinch@namitoledo.org.

Ø **Brand Your Team.** Create a team name, design a team t-shirt or some other distinctive clothing accessory to create a visual impression.

Support friendly competition among departments or companies and friends, plus offer incentives.

Ø **WOULD YOU LIKE TO BE A CORPORATE TEAM THIS YEAR?** No problem...Ask your team captains to register their teams and let your Walk Manager (mfinch@namitoledo.org) know you have registered your teams and send a list of teams that should be incorporated into a **CORPORATE TEAM**. The Walk Manager will take it from there and post a link to your corporate team page on our Walk webpage.



presents

Eddie B. Allen & Sheila McCauley Keys

Thursday, February 12, 2015 • 6:30 p.m.

McMaster Center, Main Library, 325 Michigan St.



A collection of 43 essays written by the civil rights icon's close relatives, this book is the first ever published by Rosa Parks' family members. The essays take readers behind the freedom fighter facade into the transitional days when Mrs. Parks re-established herself as a struggling private citizen, following the notoriety of her involvement in the Montgomery bus boycott, and examines the relationships she developed with loved ones during forty years that followed.

Detroit-based writer **Eddie B. Allen, Jr.** is a published author, award-winning reporter and freelance journalist who has covered such national figures as President Bill Clinton and Rosa Parks. A graduate of Wayne State University, his published contributions include the *New York Times*, *Associated Press*, *ThomsonReuters*, *BET.com*, *Detroit Free Press*, *Orlando Weekly*, *Toledo Blade* and the *Philadelphia New Observer*, among others.



Sheila McCauley Keys is the seventh niece of civil rights heroine Rosa Parks. Born in Detroit, Sheila has been a Michigan resident for most of her life and was employed at Phillips Service Industries corporate world headquarters for almost thirty years. In 2013 Sheila was featured in PBS Television's live broadcast of the "National Day of Courage" to celebrate Mrs. Parks' 100th birthday anniversary.



For information call 419.259.5370

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Answer the Call

Apply online:

January 24– February 7, 2015

www.toledopolice.com



Minimum Requirements:

- High School Diploma
- Applicants must be 20 years of age and no older than 34 years of age on or before February 28, 2015
- Must be eligible to work in the United States
- Must possess a valid driver's license upon appointment



Examination Date: February 28, 2015

Find us on Facebook

Toledo Police Department, Toledo, Ohio

The City of Toledo is an Equal Opportunity Employer