



Volume 40, No. 4                      *"And Ye Shall Know The Truth..."*                      August 3, 2016

# Brothers United



The men of Brothers United (left to right) Trei'Von Daniels, Jeremy Hampton, Cecil Holston, Keith Cook, Edward Summers, and Joel Pollitz

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**“Our program is designed to help fathers, any fathers, from 16 years of age to infinity,” says Avis Files, Pathway, Inc. Director of Family Supportive Services. “Brothers United is investing in fathers to help them improve their children’s futures.”**

# Awkwardacity

By Rev. Donald L. Perryman, D.Min.

The Truth Contributor

*I did not run on the basis of race, but I will not run away from it. I am proud of who I am and I am proud of this (Democratic) Party, for we are truly America's last best hope to bridge the division of race, region, religion, and ethnicity.*

- Ron Brown



This past week was very challenging trying to handle parish duties, focus on the Democratic National Convention and still celebrate my daughter Tracee's PhD achievement with mutual friends and professional associates. Nevertheless, I was able to reflect upon the seriousness of a couple of peculiar situations that took place on the strange terrain of local and national politics.

Awkward Moment #1:

When former Mayor Mike Bell chose to run for Lucas County Commissioner as a Republican against incumbent Pete Gerken, a Democrat, the decision was destined to place him in a situation where he would be required to show his true colors.

Bell, who reportedly, afterwards described his presence as awkward, was chosen to lead the Pledge of Allegiance at Donald Trump's rally in Toledo last week. He was one of approximately only five African Americans among 8,000 supporters who attended the event.

Why the city's second black mayor cut short his personal vacation and re-

turned early to open for Mr. Trump, is not only disappointing, but also baffling. Trump, described by some as a "dangerous demagogue," has used extreme campaign rhetoric that seems to go against Mike Bell's general formula of seeking common ground and breaking bread with members of both Democrats and Republicans.

It also appears that Bell underestimated the consequences of being wed politically to "someone who has said that POW's aren't heroes because they have been captured, Mexicans are rapists, and that we should ban every member of a religion from entering our country," says an associate. Recent news sources also allege that Trump has close personal ties and strong business relationships with America's superpower rival Russia, which could potentially undermine the strength of our NATO alliance and national security.

No doubt, many in the black community will see Bell as a "Step N Fetchit," "Sell-Out," or "Uncle Tom." Yet, it is apparent that he may have been exploited by the Republican Party to serve as a stage prop, strategically placed to ensure that a black face would be in view of news cameras covering the Trump event. This is what Rev. Jesse Jackson has called the "Inclusion Illusion" a tactic, which gives the illusion that the Republican Party cares about inclusion. "I think that is

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### August 3-7

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### August 4

The Kwanzaa Park Neighborhood Meeting: 6 pm; The Padua Center; Speaker Sheila Roberts of Pathway: 419-241-6465

### August 5

YWCA Health Fair: 10 am to 2 pm; Mammograms, bone density testing, hearing testing, blood pressure – and many more free screenings: 419-241-3235

### August 6

Ark of Toledo Annual Back 2 School Bash: 11 am to 3 pm; YMCA Fun Bus, snacks, health screening, free backpack ad school supplies giveaway (while supplies last)  
A Teenspiration Play – "The Gold Ring;" St. Mark's Baptist Church; 6 pm: 800-851-9908

### August 7

New Prospect Baptist Church Installation Service: 4 pm; For Rev. Charles W. Ross; Guests Rev. Mayes and Macedonia Baptist

### August 3-31

Studio Fitness Free Community Fitness Classes: Every Wednesday at 6 pm; One-Hour beginner friendly fitness class – 20 mins of cardio, 20 mins of weight lifting, 10 mins of yoga: 4190870-2318

### August 12-13

8th Annual Sacred Strings Showcase "The Bloodline Continues" Concert 2016: The Ark of Toledo; Fri – 6 to 9 pm; Sat – 3 to 7 pm: 419-243-0564

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# A Tale of Two Mikes!

## *Michael Jordan Comes out of the Shoe Closet/Mike Bell Sucks up to the Donald*

By Lafe Tolliver, Esq

Guest Column

**Commentary One:** Here he is! The still reigning champion of basketball. A six-time MVP in the NBA!

A man who each year can cause shoe riots at malls when "another" issue of his overly expensive Jordan basketball shoes hits the market.

Here he is! A multi-millionaire a hundred times over from a gaggle of commercial endorsements from golf to Hanes underwear and, finally, to club ownership!

And now...for the first time in history. For the first time since time began, Michael Jordan has found his voice.

Michael Jordan has decided to come out of the shadows of being scared of losing his endorsements and has, with fear and much trembling, uttered a statement regarding current civic unrest of the police shootings of unarmed black men and the cowardly ambush of police officers by a black sniper in Dallas.

One quick question? Where have you been, Michael Jordan? Where have you been, among other cowards in the field of athletics, during the past 30 years when a commentary, even briefly, from your exalted basketball perch could have/would have made a difference in someone's thinking about the social fabric that was being rented by upheaval and racial discord?

For too long, Michael Jordan was in hiding and when asked his opinion about X, Y or Z, he would break into a cold sweat and mumble, "No comment!"

Was Michael Jordan terrified of the mere thought that he could be held accountable for his public comments and those comments would get back to his white handlers and sponsors and they would tag him with a, "bad boy" label and he would lose their pats on his head?

Was Michael Jordan so unsure of himself and his cognitive skills that he was intimidated into not even putting out bland press releases that would express something about his position on so many events that have transpired in the past 20 years in this US of A?

Well, laudie...da...da...Michael Jordan has finally said something and has donated two million dollars to the NAACP and another social organization who are fighting to mend and heal these gross acts of urban civil war.

As you can readily discern, I have zero tolerance for the Michael Jordans of the sports world and other, 'on the sidelines' entertainment giants who have made zillion of dollars and yet commit maybe 33 cents to social causes that champion human and civil rights.

Was Michael Jordan obligated to do so? Yes! Each year, with his "new" issue of a basketball shoe, Michael Jordan has made multiple millions off of impressionable black youths who buy his outrageously-priced sports gear.

Yeah, Michael "owes" those kids something besides a new shoe made each year in China. He owes them an explanation about why he is so late to the game of commentary and involvement for the very kids...his prime market...that buys his "stuff", to say something meaningful about their struggles and aspirations.

So, welcome, Michael...and a long overdue to you of, "bout time you got on your big boy pants and stepped up to the front line!"

Now, I know everyone is not a Harry Belafonte or a John Lewis or a Dick Gregory, but come on, folks, when these mega stars come into your living room via the TV or Netflix streaming and you pay money to see them act or perform, you should have a reasonable expectation that they will tip their hats to you and say a needed word...at least now and then!

**Commentary Two:** Well, well. Tell me it ain't so! Will someone please shove me and wake me up!

The word is out that good ol' Mike Bell led the audience in the pledge of allegiance at a civic event this past week.

So? you say! Well the civic event was The Amazing Donald Trump Traveling Circus that held court in downtown Toledo at

The Huntington Center.

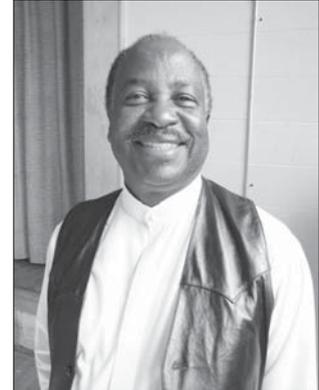
Yes, Mike Bell was there in apparently fine form, sans cowboy hat, and led the Republican presidential nominee and the gathered crowd in pledging allegiance to the flag.

Why? The scuttlebutt is that some weeks ago, Donald Trump was at a political event and the issue came up about his lack of support amongst the critical African-American voters.

Donald Trump, not one to be at a loss for words, scanned the crowd and saw one black male there and said, "That's my African American!"

That racial remark of Donald asserting ownership over that hapless black male made national news that Donald was so racially insensitive that he would politically "kidnap" this black man as his own property.

Needless to say that black man was on news shows and was asked about such a comment. He was flustered about being the object of so many jokes and commentary simply because he went to see a Trump rally and was brought into the political discourse against his will.



Lafe Tolliver

... continued on page 12

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# Judges Overturn North Carolina's Monster Voter Suppression Law in Historic Victory for Voting Rights

*A Statement from Advancement Project*

*Special to The Truth*

In a landmark ruling issued last week, the Fourth Circuit Court of Appeals overturned North Carolina H.B. 589, a monster voter suppression law with sweeping implications for voters. Presented with clear evidence that provisions of the measure would disproportionately burden voters of color, the three-judge panel struck down the law, finding that it violated the Voting Rights Act, the United States Constitution and that it was enacted with discriminatory intent. The court stated that it "cannot ignore the record of evidence that, because of race, the legislature enacted one of the largest restrictions of the franchise in modern North Carolina History."

Advancement Project, a national multi-racial civil rights organization among the groups that brought suit challenging the law, released the following statement:

"This is a victory for the people of North Carolina, who spoke up by the thousands against a racist, undemocratic, suppressive law," said Judith Browne Dianis, executive director of Advancement Project's national office. "We congratulate every organizer, resident and impacted persons on this win, as well as the courageous plaintiffs and witnesses who brought the true impact of this discriminatory law to light. In saying that the law 'targets

African-Americans with almost surgical precision' in an effort to depress Black turnout, to 'impose cures for problems that did not exist,' the court stated what is known in the Black community. Voter ID is about thinly veiled, race-based restrictions to the polls, enacted to thwart the growing political power of the rising American electorate. Advancement Project will continue to stand with partners by not only pushing back aggressively against attacks on voting rights, but by organizing alongside partners for an affirmative right to vote enshrined in our Constitution. Even as we celebrate this victory, we understand that there is much more to do."

"North Carolina voters have been held hostage since the enactment of this discriminatory, 'monster' voter suppression law almost three years ago to the day," said Advancement Project Senior Attorney Donita Judge. "The decision by the Appeals Court vindicates our claim that HB 589 was passed with racially discriminatory intent. Today, North Carolina voters can breathe a sigh of relief when they go to the polls in November since the barriers to the ballot imposed by the North Carolina legislature will not frustrate their most fundamental right--the right to vote. This is a good day for democracy."

"We are gratified that the 4th Circuit Court of Appeals recognized that North Carolina's monster voter suppression law violates the Voting Rights Act and the United States Constitution," said Denise Lieberman, senior attorney with Advancement Project. "Indeed, the court recognized the clear evidence that the law produced discriminatory effects and was enacted with discriminatory intent. This ruling validates that lawmakers cannot run roughshod over voters' rights for their own political gain. It affirms that discriminatory voting measures cannot stand. And in places like Missouri, this ruling strengthens the case that local communities are making against efforts to weaken the state's constitutional right to vote in order to jam through a restrictive voter ID initiative. In Missouri, as has been shown in North Carolina, such measures equate to a full-force attack on the voters' rights - especially voters of color, who face disproportionate barriers to acquiring photo ID. Just like the court recognized this injustice in North Carolina, we believe that voters will recognize this inequality in Missouri come November."



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# Brothers United: The Only Hood We Claim Is FATHERHOOD

By Fletcher Word and Avis Files

Over the course of the next five years, 2,500 young and low-income fathers will have an opportunity to improve their father-child and family relationship skills and gain employment courtesy of a grant from the U.S. Department of Health and Human Services to The Economic Opportunity Planning Association of Greater Toledo (EOPA) now known as Pathway, Inc.

The five-year grant will enable Pathway, Inc. through its Brothers United Program, to utilize a community-based approach in assisting fathers to develop positive family relationships. The program officially began this month after an intensive period of staff training.

"Our program is designed to help fathers, any fathers, from 16 years of age to infinity," says Avis Files, director of Family Supportive Services. "We will have a concentration on the 16 to 24 year-old group who may not be in school, who may be gang-affiliated, who may have some drug or mental health issues."

The innovative program offers services throughout the community in which the participants live and where a heavy concentration of those living in poverty reside. Brothers United is a six-week program that consists of weekly group sessions, along with robust case management services that center on the elimination of barriers, especially those barriers related to work.

"The challenges that men have had to overcome, from childhood onward, are astonishing" said Files. "Men don't just join fatherhood programs to become better dads, they join to find a place of solidarity and support. They join because they want to become contributors to their communities. Brothers United is investing in fathers to help them improve their children's futures."

Joining Files in her effort to make a difference with young and low-income fathers is a staff of 12 including seven men who will be actively interacting with the program participants as recruiters, facilitators and case managers.

Jeremy Hampton, recruiter/facilitator, has a background in criminal justice and experience in working with youth. "I am the product of a child who didn't have a voice," says Hampton. "I do this work because I believe fathers should know the voice of their children, I am here to be that voice."

"This grant will enable us to continue our efforts to reduce poverty and provide fathers with a parenting 'tool kit' that will help them become self-sufficient," said Cheryl Grice, Pathway chief executive officer.

For more information on Pathway's Brothers United Program call (419) 279-6297

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FK0087. These services are available to all eligible persons, regardless of race, gender, age, disability or religion.



The men of Brothers United (left to right) Trei Von Daniels, Jeremy Hampton, Cecil Holston, Keith Cook, Edward Summers, and Joel Pollitz-2

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# The Truth HEALTH



## Do You Feel Different after Losing Weight?

By Angela Steward, Fitness Motivator

The Truth Contributor

If there's one question I'm asked a lot, besides 'how old are you' and 'how did you lose weight,' it's— '**do you feel different after losing weight?**'

Usually the people who ask that question are asking do I feel different physically – and yes, I feel completely different. After losing 70 pounds I'm less tired. My knees don't cry out for mercy. It doesn't hurt to get out of bed or the bath. I'm comfortable in my clothes. And so on. That's all great, and having come this far I can safely say that all the pain and discomfort of the journey to get fit was worth it!

However, losing a lot of weight was strange. It took a while for me to realize that I don't wear extra large clothes and, often times, a large is too big. Occasionally, I can buy something in a medium...woo hoo!!

My struggle is daily. I'd like to say that I'm the same person I always was, overweight or otherwise, but I'm not. I still catch my reflection in the mirror and see curves where lumps used to be, and smile. But it does throw you off a little bit. It's hard to accept the size 12 person staring back at you when you've spent years looking in the mirror at a size 18/20 body!!

That's why I truly believe weight loss should be a slow-burning process. I'm sure that seeing yourself differently, because you know you've put in months and years of hard work to get there, has a very different impact on you than waking up after surgery or extreme, sudden weight loss.

I completely understand how it's easy to regain weight if you drop 100 pounds quickly, because in your head, **you're still the same person.** You haven't learned how to live in a different body, or how to maintain it – and you're not psychologically prepared for the change in yourself and those around you. I've seen it over and over again. This isn't just about how you see yourself. Having lost weight, I've found myself being treated differently by family, friends, and yes, even strangers.



Angela - Before and After

Not better...differently!!

Only now can I see how different people treat those they feel are overweight. There's a certain persona attached to being a big girl that I and so many others played up to – trying to be louder, funnier, bubblier, at least that was how I handled myself while overweight. I'm not saying I made a fool of myself, but there were plenty of events, parties, where I pretended to have a blast wearing a size 20 dress, while others dressed in the size dress I used to wear. Unfortunately, in today's world, people are quick to judge and comment on others appearances based on their own life, style, size, etc.

If you've never experienced an extra 20 or 30 pounds on your body, how could you possibly know how I or others feel or felt. That's why I love sharing my fitness story, I know how it feels to carry 70 pounds of extra weigh.

But the thing is, **I'm not skinny, nor will I ever be, or want to be.** My goal has always been to walk into a regular size store, not a plus size store, to try on a size 12 or 14 that fits comfortably (without a spanx)!!

One of the things that's really changed for me in my full-body-overhaul has been my confidence – because I've worked hard, I know my strengths, and I know that – compared to how I looked eight years ago, I look good. **I feel good!!** I'm comfortable in my own skin, and I'm happy – and while it sounds like a cliché, when things are good on the inside, it's shows on the outside too.

It does mean, though, that I now look back on my old self through new eyes – and while I think I had good reasons for getting to where I was, weight-wise, it does make me sad to look back and realize that I was so miserable before. And I sort of hate writing that, because I don't believe that everyone has to be skinny to be happy. I wouldn't argue that at all – but personally as an overweight woman, I was never really happy.

The long, painful journey to lose 70 pounds is part of the reason I'm happy today. I'm happier because, I did the work, I chose to eat less

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# How Do You Celebrate Ohio Local Foods Week?

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

In northwest Ohio, we are fortunate to enjoy a wide variety of foods that are grown or produced in our state and our local region. With all of the choices of foods on the grocery store shelves, is buying local important?

Although local food is a common and popular term, there is no single definition for "local" foods. Individual, family and community food decisions are made for a variety of reasons including, but not limited to: nutrition and health, accessibility and convenience, food safety, the environment, economics and enjoyment and taste.

Although "local" food is available in Ohio all year round like fresh, canned, frozen and dried fruits, vegetables, meats, condiments, honey, milk and baked goods, summer is the perfect time of year to recognize local foods since we can also include *all* of the fresh fruits and vegetables available from gardens and farms. Eating more fruits and vegetables is a valuable way to increase nutrition and health. At this time of year when we enjoy an abundance of variety of produce it's even easier to eat more!

All around the world, food is often used as a way to express love. Penzys Spices has two great quotes about cooking:

- Heal the World...Cook Dinner Tonight
- Love People. Cook Them Tasty Food.
- Another message from a market in Columbus, OH is "Shop Locally. Cook Globally."

Those previous messages were all about cooking – and healthy cooking and eating is one way to show love to friends and family! In addition to cooking, there are other ways to enjoy local foods and to show love.

Do you have a favorite memory or story about food? Make sure you share that with friends or family or on social media. If you share your photos and stories online use #LocalFoodsOH and be sure to follow Ohio Local Foods Week on Facebook and Twitter. In addition to your personal meals and social media, look for an event in Northwest Ohio to attend. Here are a few options.

Saturday, August 6, help celebrate Ohio Local Foods Week as well as **National Farmers' Market Week**. Stop by the table staffed by OSU Extension, Lucas County and the Northwest Ohio Food Council at the Downtown Toledo Farmers Market (525 Market Street in the Warehouse District) between 10:00 a.m. and 12:00 p.m. Check out events going on for the week, choose some easy recipes with fresh produce and **enter for your chance to win \$10 in tokens for the Toledo Farmers Market**. The tokens can be used at the Downtown Toledo Farmers Market and their satellite markets including Wednesdays at Westgate.

**Interested in home canning?** On Tuesday, August 9, OSU Extension, Lucas County will

present the Basics of home canning: Water bath or pressure canning? This class will give an Overview of food safety, the science of home canning and updated resources to help the home canner create a safe product. The class will be offered two times on this day at the Heatherdowns Branch Library (3265 Glanzman Rd, Toledo, OH 43614), first from 1:00-2:00 p.m. and again at 7:00-8:00 p.m.



**How about lunch?** Visit downtown Toledo for Local Food Fridays from 11:00 a.m. – 1:30 p.m. on Jackson Street outside of the Government Center. Grab lunch from a food truck, support local farmers and enjoy live music while you dine. Join the Northwest Ohio Food Council for a toast to Ohio Local Foods.

**Urban Farm Tour:** Like "local foods", there is no single definition for urban agriculture although the word "urban" indicates a location within the city and "agriculture" is about growing plants and raising animals. Often, urban agriculture is grown within the city and the distribution and marketing happens within or around the city. Sometimes it might be considered an "alternative farming system" since it is not located in the traditional rural area.

Are you interested in touring one of Toledo's urban ag sites? As part of the 2016 Ohio Sustainable Farm Tour Series, the University Church at 4747 Hill Avenue, Toledo, OH 43615 is hosting a Community Urban Agriculture Tour on Saturday, August 20, from 10:00 a.m. until 12:00 p.m. Everyone is welcome to visit and learn about topics such as greenhouses, hoop houses, fruit trees, fish, chickens and hugelkultur.



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Health Section • Health Section

## Universal Health Aid's 4th Annual Health Fair

*Sojourner's Truth Staff*

The Toledo Chapter of Universal Health Aid presented the fourth annual Universal Health Fair on Saturday, July 30 at the Wayman Palmer YMCA.

From 9 a.m. to 1 p.m. 15 vendors and dozens of health care professionals provided services to more than 250 patients including – dental work, back to school physicals, blood sugar and cholesterol screenings and cardiology tests, among others.

From the moment the health fair opened at 9 a.m. until close, visitors were lined up to avail themselves of the free services.

*...photos continued on page 9*



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*Angela... continued from page 6*

and to move more!! I'm stronger for my struggle.

So yes, I feel different, and I feel better, but as usual – it's not just about losing weight. Getting fit is a psychological process, it requires a 100 percent commitment – which is why diets fail. You have to go into it with the intention of changing your life, and be prepared to struggle to make it happen. You'll work hard, and – if you're like me – you'll want to throw in the towel over and over again!! But once it becomes a routine part of your life – which happens sooner than you might think – you'll realize that you know yourself, and you believe in yourself, more than you thought you ever would!!!

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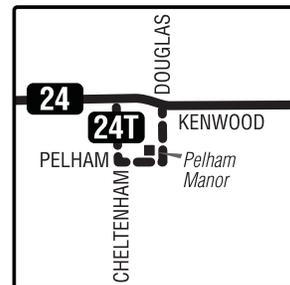
# Fall 2016 updates effective August 21.



On Sunday, August 21, 2016, TARTA's fall route schedule will begin. As most routes will be affected by time changes, new timetables and maps are available at [TARTA.com/Fall2016](http://TARTA.com/Fall2016)



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# The Danger of Zika

By Dianne Pettis, Nurse Practitioner

The Truth Contributor

Summer – time for vacations, picnics, swimming pools, cook-outs. Ants, bees and mosquitos are a fact of life. We don't think twice about them joining us for the fun...except this year. The Aedes mosquito is not new in warmer climates, but there is a current outbreak of the virus which began in May of 2015 in Brazil. Over time, it has spread to the United States, prompting travel alerts and "Breaking News" alerts throughout the day.

The Zika virus is spread by a bite from an infected mosquito, through sexual contact with an infected partner, from a mother to her baby during pregnancy and through blood transfusions. The common symptoms are mild enough that most people don't even know they have been infected. They include fever, rash, joint pain, and conjunctivitis (red eyes, like pink-eye). The danger is for a woman who becomes pregnant during her pregnancy.

The virus has been implicated in an increased risk of the baby being born with microcephaly, other birth defects or neurological conditions. Microcephaly is a birth defect in which the baby is born with a head that is smaller than normal. There have also been rare cases of the development of Guillain-Barre Syndrome (GBS). GBS is a rapid-onset muscle weakness that is progressive and can cause death.

There is no current medication or vaccine to prevent being infected. The symptoms are treated like the symptoms of any other viral illness; with drinking plenty of fluids, resting, and taking acetaminophen for joint pain or fever.

So, how do we go on with life, but still maintain vigilance to protect ourselves and others? The recommended precautions are ultimately to protect pregnant women, women who could be, or are considering becoming pregnant, and men who could pass on the virus through sexual contact with those women.

Pregnant women should avoid or postpone travel to areas where there is active transmission of the Zika virus:

-An area north of downtown Miami, Florida (the CDC has never issued a travel warning for the United States)

- Cape Verde
- Mexico
- Caribbean, including Puerto Rico
- Central America
- The Pacific Islands
- South America

\* Men who have traveled to Zika-active areas should either abstain from sex or use condoms with a pregnant partner for the remained of the pregnancy. It is not known how long the virus can be transmitted through sexual contact, but it may be six months or longer.

\* Protect skin by using DEET insect repellents. Make sure the repellent is EPA-registered; this is listed on the product label. EPA-registered repellents are safe for pregnant women and for children. Also protect skin by wearing long sleeves, long pants; and by using nets over beds when sleeping.

\* People who are already ill with confirmed or suspected Zika infections should stay indoors to avoid further mosquito bites for the first seven days of the illness to prevent local spreading of the disease. Likewise, people who have traveled to active Zika areas should also stay indoors to avoid mosquito bites for three weeks. They should also not donate blood for 30 days upon their return.

\* Remove standing water from your property to avoid attracting mosquitos.

If you have viral symptoms, or if you or your partner has traveled to any of the active areas, contact your primary care provider or county health department for a blood or urine test as some as possible.

Dianne Pettis, CRNP  
Family Nurse Practitioner  
724-375-7519



Dianne Pettis



## August is Child Support Awareness Month



- Are you struggling to pay your child support?
- Do you have barriers preventing you from making regular payments?
- Do you have substantial unpaid child support debt?
- Is your license suspended?

If you can answer 'yes' to one or more of these questions, we want to help!

Lucas County Job & Family Services, will have Child Support staff on-site at:

**Pathway**  
505 Hamilton St., Toledo, Ohio  
**Friday, August 5 & 26 10am – 1pm**



We will assist you with information on:

- Support modification
- Waiver and Compromise
- License reinstatement
- Account Correction Hearing
- Available Fatherhood and employment resources

Please plan to attend, together we can help ensure your children receive the support they need.  
Light refreshments will be provided.



Put on your red shoes and join us for the happiest of happy hours to help keep housing fair and attainable!

Call 419-243-6163 ext. 123 for Tickets

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\$10 Includes Food, Entertainment, & Donation  
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THE FAIR HOUSING CENTER

# Back-to-School Checklist for Families with Asthma

Special to The Truth

For the more than six million children living with asthma nationwide, gearing up for another school year involves much more than picking out a new pencil case and backpack. Asthma is the third leading cause of hospitalization among children in the U.S. under the age of 15 and one of the main reasons that students miss school due to illness, with more than 10 million lost school days every year.

With better asthma management, children are able to feel healthy and safe, and are ready to learn. For a full toolkit and free resources, visit [Lung.org/asthma-in-schools](http://Lung.org/asthma-in-schools).

To get ready for a successful school year, the American Lung Association also recommends this back-to-school checklist for families with asthma:

## 1. Schedule a check-up with your child's physician.

Use your yearly check-up to create or revise your Asthma Action Plan, check the effectiveness of asthma medication and dosage, and get prescriptions for back-up medications for your school nurse, coaches, after-school programs and other individuals helping with your child's care.

## 2. Assess your child's readiness to self-carry medication.

All 50 states have laws that allow children to self-carry and use their asthma inhalers at school. Use the American Lung Association's Self-Carry Assessment Tool to see if your child is ready to carry and self-administer his or her asthma medication, which can save precious time,

as well as ease concern if your child has an asthma episode at school.

## 3. Set up an appointment with your school nurse.

Remember to bring in your updated Asthma Action Plan and back-up medications. Take this time to sign all required medical forms and talk about whether your child can self-carry his or her own quick-relief inhaler, and how to manage any asthma emergencies that may happen during the school year.

## 4. Talk to your classroom teacher.

Take a moment to talk to your child's teacher about his or her asthma, what triggers might bring on an attack and what to do in an emergency -- whether that is to head directly to the school nurse or use a quick-relief inhaler.

## 5. Introduce yourself to the PE teacher and any coaches.

Kids with asthma shouldn't have to miss out on playing outside or participating in gym class! You can quickly put minds at ease by talking about exercise-induced asthma, ways to manage symptoms and what to do in an emergency.

## 6. Have fun!

There's a lot to do at the start of the school year, but it can also be exciting to see old school friends and prep for a whole new year. Make sure to take a deep breath and enjoy!

Perryman... continued from page 2

what happened to Mike, but he should've been smart enough to know that he would be exploited and that's why you don't go," adds another person close to Bell.

Awkward Moment #2:

Millions of Bernie Sanders supporters remain disgruntled as the release of hacked Democratic National Committee (DNC) emails exposed alleged DNC leadership bias toward Hillary Clinton. Politico reports that Democratic strategists are concerned about the impact on the election should die-hard Bernie or Bust supporters protest the perceived bias and Sanders' primary loss by voting for Trump, third-party presidential candidates from the Libertarian or Green Party, or just staying home altogether.

Although Sanders himself sees the big picture, has endorsed Clinton and does not appear bitter, I understand the frustration of losing on a playing field not considered to be level. However, the bottom line is that all elections have winners and losers and then we all eventually have to move on and get on the same page.

Perhaps looking back over history will provide a perspective not quite visible to the Movement's cadre of new recruits. A dynamic similar to today's Bernie or Bust movement occurred in 2000. A large number of progressive, liberal purists, who were not enamored with Al Gore, seeing him as too centrist and linked to Bill Clinton, voted not for Gore, the party's nominee, but for activist Ralph Nader, their ideological purist. This strategy quite literally led to the election of George W. Bush, producing two unnecessary wars and total destruction of the world economy.

Many of today's soldiers of the struggle also have not heard of persons such as Ella Baker, the brilliant hero of the civil rights Freedom Movement. Baker played an indispensable role in influential organizations of her time such as the NAACP, King's Southern Christian Leadership Conference (SCLC), and the Student Nonviolent Coordinating Committee (SNCC).

Baker's legacy is a lifetime of trying to change the "system." Radical change for her was recognizing that "her goal was not a single 'end' but is rather, an ongoing 'means,' that is a process. She was not a sprinter but a long distant runner." (Ransby, 2003), that understood that Movement goes back to 1619, a year before the Mayflower, when the first 20 African slaves were sold as indentured servants to settlers in Virginia but continues even today.

With Hillary Clinton's adoption of Sanders' political platform into her own, Bernie's radical progressive movement continues.

It would be foolish then, to sacrifice not only the Movement, but also

potentially lose the entire country for the sake of the immature political goal of ideological purity.

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

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# Women of Distinction Program

The Women of Distinction program honors exceptional women who have made significant contributions in key areas identified by the The Girl Scouts Research Institute to positively influence success for girls in leadership roles. Recipients and focus areas include:

### Holly Bristoll, ProMedica

Recipient for Healthy Living - *Promote the importance of emotional and physical health and understand the role it plays in living a positive life. These women are leaders in health and wellness fields.*

### Suzette Cowell, Toledo Urban Federal Credit Union

Recipient for Financial Empowerment - *Advance the roles of women in finance, empower future business leaders, and invest in the financial future of the community. These women are leaders in the financial sector.*

### Lori Hauser, Imagination Station

Recipient for S.T.E.A.M. - *Leaders in the arts and sciences who promote and advocate for the advancement and recognition of women in these careers. These women are role models, mentors, and have demonstrated leadership success in science, technology, engineering, arts, and/or math.*

### Karen Marquardt, Toledo Fire Department

Recipient for Leadership - *Exemplify unique vision and are transforming the leadership landscape for women through their achievements. These women are educators, entrepreneurs, and leaders within the community.*

### Mary Arquette, Lourdes University

Recipient for Community Responsibility - *Care deeply about making a difference in their community by helping to make the world a better place. These women are leading change through giving, service, and mission.*

"It's such a pleasure to celebrate these local leaders who are cham-

ions for community service, sustainable change, and supporting opportunities for girls," said Angela Tennaro, director of regional services for Girl Scouts of Western Ohio. "These women are inspiring role models, dedicated to making our community a better place and demonstrating Girl Scout values in all they do."



Suzette Cowell

Women are nominated by members of the community and represent a cross section of the community. All nominees will be honored at the annual Women of Distinction event held October 6, 2016, at the Toledo Museum of Art Glass Pavilion. Attendance is open to the public, but RSVP is required. Reservations can be made online at [gswo.org/wodtoledo](http://gswo.org/wodtoledo). Sponsorships are also available. For more information, please contact Casey Carper at 937-279-6509 or [caseycarper@gswo.org](mailto:caseycarper@gswo.org).

### Tolliver... continued from page 3

Well, I heard that Mike Bell was so envious and jealous of the attention that this guy got from Donald Trump that he hoped against hope that after he led the audience in the pledge of allegiance, that Donald Trump will also notice him and say again, "That's my African American!"

Since Mike Bell is running for a Lucas County commission slot, he is hoping that such a national spotlight on possibly being called out as Donald Trump's African-American in Toledo, will give his campaign a boost. If I had had a chance to ask Mike Bell about that fervent hope, this is what he undoubtedly would have said:

**Mike Bell:** It is all good! I don't mind being called out. I am used to it.

**Me:** Mike, how does being called out by Donald Trump compare with the former Mayor Carty Finkbeiner calling you, in public... King Kong!

**Mike Bell:** (a long pause). No comment.

**Me:** Michael, is it true that you plan to do outreach in the black community on the part of Donald Trump to get black voters to vote for him?

**Mike Bell:** (nervous laughter and an even longer pause). We will see what happens. I gotta get paid first!

**Me:** Michael, why are you associating with the Trump campaign?

**Mike Bell:** (yes, an even longer, longer pause!). Well, if I don't win the county slot,

Donald has promised me a great political career with him in D.C.

**Me:** (with some shock). Do you really believe that?

**Mike Bell:** (a pause so long, you wouldn't believe it!). He said, "Trust me, it is going to be huge and amazing and so incredible. Just believe me!" He is Donald. I believe everything he says!

Contact Lafe Tolliver at [tolliver@juno.com](mailto:tolliver@juno.com)

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Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FK0007. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families. These services are available to all eligible persons, regardless of race, gender, age disability, or religion.

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WE ARE A FULL SERVICE BUSINESS

# Nobody by Marc Lamont Hill, foreword by Todd Brewster

By Terri Schlichenmeyer

The Truth Contributor

Charges dropped.

You were surprised, but not surprised. Hopeful that it might be different, but only barely. You know that these days, the idea of justice can be a slippery issue that's sometimes based on all the wrong things, and in the new book *Nobody* by Marc Lamont Hill, you'll see how we've come to this.

c. 2015  
Atria  
\$26.00 / \$35.00 Canada  
250 pages

On the afternoon of May 1, 2015, when Baltimore's chief prosecutor, Marilyn Mosby, said she was bringing charges "on six... police officers involved in the arrest and detention of Freddie Gray," her pronouncement was met with "cheers." Gray's case then was the latest in a long line, nation-wide, but it wouldn't be the last of its kind.

Gray, says Hill, was Nobody.

"To be Nobody is to be vulnerable," he says in his preface. It's being "poor, black, Brown, immigrant, queer, or trans" and living in an atmosphere that's "more rather than less unsafe." Nobody is "considered disposable."

Take, for instance, Michael Brown.

By all indications, Brown was a normal guy who acted spontaneously: he stole cigarillos from a c-store and shoved the shopkeeper, who called authorities and the rest is history. The way it happened, though, the dehumanization, and the aftermath of Brown's "random encounter" with police will be talked about for generations, says Hill.

How did we get here? The answer is found in crowded, ill-maintained, depressing neighborhoods where schools are sub-par and few in charge care. It's in the way the justice system operates for those who are too poor to hire a lawyer or afford their bail. Also to blame: so-called "quotas" within police departments, a lack of differentiation between serious infraction and minor annoyance, and the relative ease of targeting minorities in all of the above.

And yet, says Hill, we cannot "individualize this crisis." We must fix housing, schools, the justice system, and the economy overall, in all corners of the country.

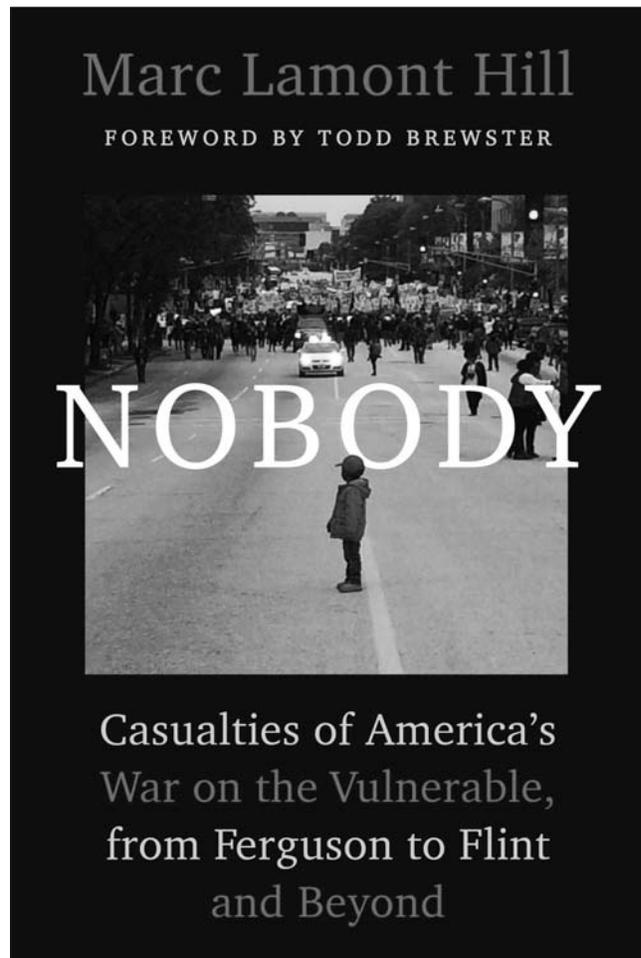
"We must reinvest in communities. We must imagine the world that is not yet."

You brace yourself, take a deep breath, unfold the newspaper at the corner and quickly peek at the headline to see if it's about yet another shooting of a young person. So begins your day. Shoulda read *Nobody* first.

Before you do, though, let's get the elephant out of the room: author Marc Lamont Hill isn't anti-cop in this book. Instead, I saw a thoughtful, balanced, thought-provoking look at how today's authorities, police departments, and government entities have evolved to be what they are, and how that can be turned around. In his examination of the past, in fact, Hill paints real solutions to the problems that put vulnerable citizens in harm's way. I also saw that those solutions

don't lie 100 percent with those in Blue.

This is not an easy book to read; it's not fun, either, and it demands that you think about what's said. Still, if you only read one book with the intention of making change, then this is what you want. Start *Nobody* today, and there'll be no dropping this one.



Author Marc Lamont Hill; Photo Courtesy Whitney Thomas

# CLASSIFIEDS

Page 14

August 3, 2016

## FAMILY AMBASSADOR

**Start date:** July, 2016

### Essential Duties and Responsibilities:

1. Juvenile Court Coaching and Support
2. Group-Based Support
3. Individual Family Support

If interested in this position, please read and fill out the job description document and employment application available at <http://www.cohfs.org/careers/paid-positions>. Next, email [jobs@cohfs.org](mailto:jobs@cohfs.org) with the subject line "Family Ambassador" and attach both files along with your most recent resume.

## CLASSROOM/RECREATION AIDE I

**Start date:** September, 2016

### Essential Duties and Responsibilities:

Assists with the daily activities of the summer and after school program including planning and implementing academic activities in core areas, providing recreational activities and assisting with field trips.

If interested in this position, please read and fill out the job description document and employment application <http://www.cohfs.org/careers/paid-positions>. Next, email [jobs@cohfs.org](mailto:jobs@cohfs.org) with the subject line "Classroom/Recreation Aide I" and attach both files along with your most recent resume.

## 21ST CENTURY ACADEMIC TUTOR

**Start date:** October, 2016

### Essential Duties and Responsibilities:

Tutors a small group of students in the content area of English, Reading, or Math; utilize scientifically research-based materials and lessons.

If interested in this position, please read and fill out the job description document and employment application available at <http://www.cohfs.org/careers/paid-positions>. Next, email [jobs@cohfs.org](mailto:jobs@cohfs.org) with the subject line "21st Century Academic Tutor" and attach both files along with your most recent resume.

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Voice/TTY 1-800-553-0300.

Equal Housing Opportunity.

Tronair, a leading manufacturer of ground support equipment in Holland, OH, seeks to hire 1st and 3rd shift experienced Welders/Fabricators. Must be able to pass weld test and read blue prints. Job description available at [www.tronair.com/careers](http://www.tronair.com/careers). To apply, send cover letter, resume, shift and salary expectations to [hr@tronair.com](mailto:hr@tronair.com). EE/AA Employer M/W/V/D

## GARDENVIEW HOMES

3 AND 4 Bedroom  
Single Family Homes with attached garages.

Many homes newly remodeled and available immediately.

All appliances included.

Please call 419-389-0096 or visit our office at 1258 Rockcross Drive,  
Toledo, OH 43615  
Voice/TTY 1-800-553-0300.

Equal Housing Opportunity.

## HOUSING PROGRAMS MANAGER

United North Corporation is now accepting applications for the position of Housing Programs Manager. This person ensures successful project development and operation of United North's housing initiatives, including staff supervision and timely completion of monthly, quarterly, and annual reports. Requires experience with project management and knowledge of federal regulations. LIHTC, HOME, housing rehab, and grant writing experience preferred. Email resumes along with salary requirements to [moien@unitednorth.org](mailto:moien@unitednorth.org). Position to remain open until filled. United North is an EOE.

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## BREAKFAST COOK

Ruby's Kitchen is seeking an experienced breakfast cook as it expands its hours in its new location. Apply in person at 805 N. Reynolds Street

## HOUSING PROGRAMS SPECIALIST

United North Corporation is now accepting applications for the position of Housing Programs Specialist. Under the direction of the Housing Programs Manager, assists with the planning and implementation of affordable housing initiatives; tracking, filing and reporting; as well as the scheduling of clients and contractors. LIHTC, HOME and housing rehab experience preferred. Email resumes along with salary requirements to [moien@unitednorth.org](mailto:moien@unitednorth.org). Position to remain open until filled. United North is an EOE

## PART TIME EDUCATION PRESCHOOL TEACHERS

### THE TOLEDO ZOO

The Toledo Zoo is accepting applications for a part-time preschool teacher. This position supervises three year old children in an early learning preschool classroom. They develop, teach, and coordinate educational programs and activities for the Zoo's Preschool programs. Position works Tues. & Fri. 8:00 AM – 3:30 PM, 15 hours a week, from Sept. – May. This position requires a bachelor's degree in early childhood education along with satisfactory classroom experience, including but not limited to student teaching, and reports directly to the education manager. Please submit a resume by **Friday, August 19th** to [resume@toledozoo.org](mailto:resume@toledozoo.org).

## PSYCHIATRIC-MENTAL HEALTH ADVANCE PRACTICE REGISTERED NURSE

### FULL-TIME

Opportunities available for Psychiatric-Mental Health Advance Practice Nurses with prescriptive authority to provide direct services to clients and prescribe psychotropic medications. Duties include conducting psychiatric/medication evaluations, prescribing medications with follow-up medication management and reviews, and ongoing treatment for clients.

Applicants must be comfortable working in a community mental health center, have two years of relevant professional experience to include previous clinical experience with demonstrated leadership ability.

Master's of Science in Nursing, certificate of authority, certificate to prescribe, DEA registration and excellent interpersonal communication skills including proficiency in computer required. Current certification as a Psychiatric-Mental Health Advanced Practice Nurse (PMHCNS-BC or PMHNP-BC) is required.

## NHA Seeks a Few Good People

The Neighborhood Health Association is hoping to acknowledge the contributions of past board members and volunteers. If you were a board member or volunteer in the past with NHA, the Cordelia Martin Clinic or the Mexican-Americans United for Health, give us a call. 419-720-7883, ext 216.

Tracee Perryman... continued from page 16

Last Friday's gathering brought together a host of acquaintances who have played an important part in the new doctor's life - as a some attested to during a portion of the night's event when many in attendance paid tribute to her various accomplishments.

Perryman, minister of music at Center of Hope Baptist Church (where her father, Rev. D.L. Perryman, D.Min is the pastor), is the executive director and co-founder of Center of Hope Family Services whose mission is to improve the lives of individuals and families living in urban settings. Under her leadership CHFS has developed an array of evidence-based programs centered around positive youth development and adult/family support.

The programs include a 21st Century Community Learning Center which has been rated a "high quality center" and a "model for other tutoring programs" by the Ohio Department of Education.

She has developed parenting education and support programs that have been utilized by the Local Fatherhood Initiative and, in partnership with Lucas County Juvenile Courts, has expanded that initiative to provide support and advocacy to parents of youth in contact with the juvenile justice system.

Perryman graduated from St. Ursula Academy in 1997 with a 4.18 GPA and earned a bachelor's degree in psychology from the University of Michigan, where she graduated with honors. She then earned her master's degree from Bowling Green State University in mental health counseling.

Perryman intends to integrate practice, wisdom and research for national presentations and to publish manuscripts on culturally-based interventions to improve African-American youth behavioral and educational outcomes.

She believes that her greatest contribution will be "building the capacity of marginalized individuals to identify, advocate for and leverage the resources and supports needed to thrive and live life with the expectation of individual, familial and community stability, dignity and respect."



Juvenile Court Judge Denise Cubbon, LC Treasurer Wade Kapszukiewicz, Juvenile Court Administrator Deborah Hodge



First Lady Sheila and Bishop Edward Cook of New Life COGIC



Rev. Calvin and First Lady Sweeney of Tabernacle Baptist



Keith Burwell, President, Toledo Community Foundation and Tracee Perryman



Washington and Yvette Muhammad



Rev. Robert Lyons of Greater St. Mary's MBC and NAACP President Ray Wood



Tracee Perryman, and Lucas County Commissioner Pete Gerken



Toledo Clerk of Court Vallie Bowman English and Judge Ian English



Center of Hope First Lady Willetta Perryman

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## BENNETT VENTURE ACADEMY

# Tracee Perryman Celebrates Her Latest Accomplishment with Family and Friends

*Sojourner's Truth Staff*

On July 29, dozens of family members, friends and associates joined Tracee Perryman at the Toledo Club to celebrate her latest accomplishment. This time, however, they addressed her as "Dr. Perryman."

Perryman earned her doctorate from The Ohio State University College of Social Work in June after completing work a dissertation entitled "Examining the Associations between Racial Socialization and Violence: Implications for Urban, Black, Young Males." Her paper explored explanations for why black youth's violence rate is profoundly higher than that of white or Latino young males.

*... continued on page 15*



Anneliese Grytafey, VP Toledo Community Foundation and Michelle Klinger, Executive Director, Partners in Education



Tracee Perryman, PhD



First Lady Louise and Rev. Randall Parker III of Canaan Manifested Word Church

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First Day of School – Thursday August 18th (half day for elementary and full day for incoming freshman)  
 Full Day of School for all Students – Friday, August 19th



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