In This Issue...

Perryman
Page 2

Rev. Moss
Page 4

AALC
Page 3

20 Under 40
Page 5

Health Section

Obama Health Legacy
Page 6

Pettis on Breast Cancer
Page 8

The Fitness Guru
Page 7

Smart Nutrition Tips
Page 9

Five Health Rules
Page 11

Beware Skimmers
Page 12

BlackMarket-Place
Page 14

Book Review
Page 13

Classified
Page 15

All in For Pete
Page 16
Real Talk From Within

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

It’s just a fact that if you’re a young African-American man and you do the same thing as a young White man, you are more likely to be arrested, charged, convicted and incarcerated.

- Hillary Clinton

One consequence of the presidency of Barak Obama is the intensification of race-talk in America. Ignited by the election of the nation’s first African-American commander-in-chief and the backlash of racialized opposition by those who cling violently to the old order, the discourse has been at the center of the Trump/Clinton presidential debates and will undoubtedly shape post-Obama America.

Locally, the Lucas County Juvenile Court has amplified the topic of racial and ethnic disparities in the youth justice system. International justice reform expert, James Bell of The W. Haywood Burns Institute, was brought in by the Court to spearhead a community conversation on race and the juvenile justice system.

Yet often, it is in the frank “insider” discussions which take place within the black community and where “words are incarnated by example,” that transformation is most likely to occur.

Before his presentation to the community at-large, Bell engaged in a separate discussion with a small group of teens, some of which were spending time in a local youth detention center. Bell’s approach, which highlighted shared lived experiences using common vernacular, allowed the youth to vividly view themselves as seen by others and kept them firmly engaged.

Here is a portion of Bell’s conversation:

On Racial Disparities in Youth Justice

James Bell: If you think about it, it is like circles. There will be like a big circle and then another circle and then another circle, and each one of those circles is like a protector. So, for some kids, they can do the same behaviors, but there are all these circles of protection where people say, “Oh, that’s okay. Well, we will get you this (help) or we’ll get you that (alternative).” For other kids, though, they cut right through those circles of protection and get right to you and say we need to put our hands on you and we need to put you in the court system. The same teenagers, same behaviors, but in some places, some communities, either because of money, privilege, the way you are, luck, all those little protections come into play, and what we (justice reform) try to do is in to say no matter where you are and what you do, everybody should have similar protections.

On Being A Teen

1. Adult fears:

   So first thing, as a society, adults are scared of groups of teenagers, even though those same adults were teenagers at one point, and why is that?

   One, you are hit by hormones so you feel things you don’t even know why you feel them. So you’re growing up, you’re maturing. One day you ain’t got no hair, the next day you got some hair. One day you didn’t need deodorant, now you really need some deodorant. What does that mean? It’s a stage of development.

   Two, you’re trying to find out who you are as a person, so rules you don’t like, you’re like, “wow, at some point I’m trying to be an adult, I’m trying to find out who I am.” You start finding out, you start looking at other people. You start being rebellious because you’ve been told what to do all your life, … and this is the other thing. At this stage of development, you care a tremendous amount about what other people think and you really, really, really want to be cool. Whatever cool is, because cool changes from day to day, but you really wanna be cool, and you care about what people think. Sometimes you care about what your friends think more than your parents. That’s scary to the parents. They’re listening to their friends more than they’re listening to me, and I’m the one who birthed them and raised them and they’re listening to some fool on the corner that don’t know nothing, but evidently knows something because they’re listening to them.’ That’s what is scary about a teenager. As a person, your brain is still developing.

2. Living solely in the Now:

   What else about teenagers?

   You don’t think about the future. It’s like what is happening now is immedi-
ate. “Oh my God, it’s prom night, I got a pimple. The world is horrible.” It’s just like, “Oh, I went to get my tux, they didn’t have it in purple. Oh, my life is ruined.” Everything is so exaggerated for teenagers. Everything is so bad, in your mind. You are like, “No, I have to do this now.” Fifteen years from now you won’t think like that. It’s like tomorrow, now, today, tomorrow, these are these decisions now. And all of that put together is scary.

   So this is what it is for teenagers. You get out of school, it’s 3:00, the last class was math class, you were bored out of your mind. You’ve been sitting behind these desks, your energy is pent up cause you are teenagers. You eat fast. You do everything quick, hard. It’s 3:00, there’s eight teenagers, you’re out of school, freedom. We’re gonna run to the bus stop We’re gonna run wherever. You do everything quick, hard. It’s 3:00, there’s eight teenagers, you’re out of school, freedom. We’re gonna run to the bus stop We’re gonna run wherever. What are we gonna do? So we wanna be cool, we wanna be in a group. It’s like “I don’t know what we’re gonna do. But whatever we gon’ do, it’s gon’ be stupid, and we gon’ do it together. So what you wanna do stupid today man?”

   That is why adults are scared of teenagers, because actually the stupider it is, the more sense it makes to you. “We want to test, we want to be rebellious, we wanna do stuff, we wanna just…,” and you’re strong and you’re young. That just scares people, and that’s why a lot of stuff that adults do, same kind ... continued on page 4
African American Leadership Council of United Way to host Leadership Conference

Connect * Cultivate * Impact

By Rhonda B. Sewell, Immediate Past Chairman AALC of United Way

Guest Column

The mission of the African American Leadership Council (AALC) of United Way of Greater Toledo is to positively impact the African American community by advocating effective initiatives through strategic partnerships, leadership development, and volunteerism.

So what better way to lead our mission than by hosting a powerful statewide 2016 African American Leadership Conference scheduled next Oct. 12-14 in Toledo, to tackle issues that directly impact our community. Connect * Cultivate * Impact, the overall conference theme, is designed to set the tone for three days of fellowship, advocacy, learning, diversity and inclusion topics, leadership, professional development and calls to action.

The idea for the AALC of United Way Leadership Conference was born during a past AALC Joint Council meeting where United Way of Greater Toledo President & CEO Karen Mathison shared updates, concerns and information on some of the other African American United Way affinity groups across the state of Ohio.

Post-meeting, a few Joint Council members spearheaded by Amelia Gibbon, chairman of the group’s Leadership Development Committee and 2016 Leadership Conference Chairman, came up with the idea of hosting a statewide conference for other United Way affinity groups, and locals in northwest Ohio, to come together to learn about getting involved, improving in their professions and tapping into ways to impact their communities.

After much discussion, gathering sponsors, and scheduling local and national speakers, the planning for the 2016 African American Leadership Conference was born. Last year, the AALC of United Way hosted a local conference of 75 attendees, which served as a litmus test for planning on a slightly larger scale. The 2016 statewide conference plans to host some 150 attendees from the local and state area.

Highlights of the conference include highly noted keynote speaker Candi Castleberry Singleton, founder and CEO of Dignity & Respect, Inc., which provides individuals, organizations and communities the tools to understand and practice dignity and respect.

Singleton is an experienced strategist and she is widely known for implementing successful initiatives for major companies such as Motorola, Xerox Corporation, and Sun Microsystems. Her visit is generously sponsored by AALC Conference major Keynote Sponsor ProMedica. Conference Community Leader Sponsors include Owens-Illinois, Toledo Lucas County Public Library, and the Toledo Museum of Art. Loyal Supporter Sponsor, Owens Corning, and Supporter Sponsor, The Andersons.

Conference organizers are also excited to host conference speaker Darlene Slaughter, United Way Worldwide Chief Diversity Officer, who helped to coordinate the planning of the statewide conference. One of the important session conference topics includes Diversity and Inclusion, along with Community Leadership, Work/Life Balance, Social Justice Issues, and Public Policy.

Slaughter, who formerly worked at Fannie Mae as the VP and Chief Diversity Officer, is currently responsible for advancing the U.S. and Worldwide diversity and inclusion strategy of United Way.

City of Toledo Mayor Paula Hicks-Hudson, will give greetings to conference attendees during an opening Kickoff from 5-7 p.m. on Friday, Oct. 12 at the Toledo Museum of Art. Also giving greetings and an official proclamation will be Lucas County Commissioners Carol Condra and Pete Gerken.

A host of influential local speakers are also planned. This is a conference that you don’t want to miss.

Below are a few schedule highlights:

• Thursday, October 13: Radisson Hotel at The University of Toledo, 3100 Glendale Ave.
  Breakfast and registration: 7:30 a.m.
  Sessions: 8:30 a.m.-4:30 p.m.
  Lunch will be provided.
  Networking Reception: 5 p.m.-7 p.m.
  Appetizers and cash bar will be available.

• Friday, October 14: Radisson Hotel at The University of Toledo, 3100 Glendale Ave.
  Sessions/wrap up: 9 a.m.-12 p.m.
  Breakfast and lunch will be provided.

Interested in attending? It’s not too late! Conference registrations are still being accepted, but space is limited! Many local companies and organizations are underwriting employee and member registration costs, which ranges from $50 to $125 for all three days (includes food) --- (e.g. student/intern $50 * AALC member $100 * Non-member $125). You can register online on the AALC of United Way web page, or call 419.254.4777. Visit the United Way webpage www.undewaytoledo.org for more details, or the AALC of United Way Facebook page @AALCoUW.
Civil Rights Leader Rev. Otis Moss Jr. Endorses Hillary Clinton

Last week, the Reverend Otis Moss, Jr, D.Min, one of America’s most influential theologians and civil rights leaders, endorsed Hillary Clinton for president calling her a leader with, “wisdom, sound judgment, spiritual strength and moral courage.”

Moss served as the pastor of Olivet Institutional Baptist Church in Cleveland, Ohio before retiring after 33 years of service. He was also the co-pastor of Ebenezer Baptist Church with Rev. Dr. Martin Luther King Jr. in Atlanta, Georgia.

Why Secretary Hillary Clinton Should Be Our Next President
By The Reverend Otis Moss, Jr.

Mrs. Hillary Clinton is our best hope for moving the U.S. Supreme Court out of the hands of right wing, anti-civil rights, anti-voting rights, anti-human rights judges. The next president will shape the U.S. Supreme Court for perhaps the next 50 years! By that time, the millennials will be nearing (80) years old. Their children and grandchildren will be the living with the results of the 2016 election. The next president will nominate three or four U.S. Supreme Court justices plus score of federal district and appeals court judges.

We need Hillary Clinton to be our next president because she is qualified. She is prepared. She is dedicated. She is an activist in the struggles of the common life for the common good and has the record to prove it. She did not wait 70 years to “think” about civil rights and human rights. She is committed activist nationally and globally. She is the epitome of excellence.

Let me repeat, Hillary Clinton will save the U.S. Supreme Court from political arsonists, obstructionists and destroyers of the civil rights, human rights and voting rights. All the right wing extremists know this. This is why they are endorsing and supporting Trump – including some who tend to despise him. Mrs. Clinton will fight for voting rights protection, health care for all and education for all without crippling debts.

Hillary Clinton will give extraordinary national and global leadership. Leadership anchored in reason, wisdom, sound judgment, spiritual strength and moral courage.

She has been and remains active in her faith commitment from her youth. She has embraced The Holy Scriptures from her youth and knows the names of the books of her Bible and the unsearchable riches contained therein. She knows the songs and hymns and music of her faith and does not scorn and demean other faith traditions. She believes in the total Constitution - not just one or two amendments such as states’ rights and gun rights.

She does not bully her way through life. She has the courage of kindness, the endurance of long-suffering and the joys of Amazing Grace.

She loves children of all races, colors and ethnicities, rich and poor, rural, urban and suburban, healthy and ill, victorious and vulnerable, immigrant and Native American and those whose ancestors came in chains. This includes the well housed and the homeless. She does not seek votes from one group by hating and insulting other groups.

Mrs. Clinton deserves and needs our support and votes. If her opponent should win, we all lose; children, youth and adults. We can all win with Hillary Clinton.
“20 Under 40” Recognizes Local Leaders

Special to The Truth

Brandi Carson, controller for The Anderson’s Ethanol Division; Ebonie Jackson, chief financial officer for the Lucas Metropolitan Housing Authority (LMHA); Getro Jean-Claude, financial analyst for the Toledo-Lucas County Port Authority and Will Lucas, co-founder and CEO of Classana, each received a 2016 20 Under 40 Leadership Recognition Award on Monday, September 26 at the 21st annual 20 Under 40 awards ceremony. They were selected from a field of 163 candidates.

In her role at The Andersons, Inc., Brandi Carson is tasked with ensuring that financial information reported to the public and stakeholders is clear of misstatements and reliable. Prior to joining The Andersons, she served as audit manager with PricewaterhouseCoopers Accounting Firm. In 2016 she became an IRS certified volunteer for tax preparation, helping low-to-moderate income individuals and families with their federal and state returns. She has also volunteered with the Big Brothers Big Sisters Workforce Investment Act program.

Carson was nominated by Patrick Bowe, President & CEO of The Andersons, Inc.

As the chief financial officer at LMHA, Ebonie Jackson leads the accounting, procurement and IT functions and serves as the advisor to the executive director and leadership team. She was one of 28 CPAs under the age of 35 from across the country selected by the American Institute of CPAs for its first annual Leadership Academy. She has served on the national committee overseeing the AICPA Insurance Trust, served on the governing body of AICPA, has served on other national AICPA committees.

In the community, she is treasurer of the Toledo Chapter Jack and Jill, is a trustee of the Ohio CPA Foundation, serves on the United Way Education Committee, Robinson HUB Steering Committee, and is a member of the Toledo Chapter of The LINKS, Inc.

Jackson was nominated by Tianna Anderson and Richard Jackson.

In his role at the Port Authority, Getro Jean-Claude manages the ECDI microloan program that supports entrepreneurs. A native of Haiti, he is proficient in Haitian Creole, French, Spanish and English and graduated with honors from the University of Toledo in 2014. While there, he lead the Soma Community and Model United Nations clubs, the Toledo CAN club, and made the President’s List for two consecutive years and the Dean’s List. UT awards included Best Mentor Award (twice), the best New Student Organization Award and he received honorable mention for Collegiate Council on World Affairs from Ohio State University.

He was recently recognized by the Urban Innovation Exchange national publication in “People changing Cities—Urban Innovator of the Week” and featured in the Toledo City Paper article “Doing Better in Toledo: New Locals.”

In addition, he was selected by Welcome TLC to share his story in “Love Letters to Toledo” as part of the Immigrants Heritage month celebration. He graduated from Leadership Toledo in 2014 and received the Next Toledo Mayor Award.

Jean-Claude was nominated by Dave Schlaudecker.

Will Lucas founded Classana, a software which helps people share, discover and organize educational resources for personal and professional development, as well as Creatdio, a brand-marketing firm servicing nationally recognized brands. He is founder and curator of TEDxToledo, is a University of Toledo trustee, serves as an Ohio Casino Control Commissioner and is a member of the Ohio Martin Luther King Jr. Commission.

He was among the “40 Diverse People In Tech Who Made Big Moves In 2015,” in TechCrunch, was recognized by Business Insider in 2014 in “the 46 Most Important African-Americans In Technology,” and in 2013 in “The 25 Most Influential African-Americans in Tech,” and by NBC New’s The Grio in “top 10 Blacks in tech to look out for in 2013.”

A songwriter, he is credited on the track “How ‘Bout It,” on the album Special Occasion, by R&B artist Bobby Valentino. The album has sold over 500,000 copies in the US.

Lucas was nominated by Kristian Brown, Sam Melden and Angela Lucas.

The 20 Under 40 program focuses on individuals in northwest Ohio and southeast Michigan under the age of 40 who have distinguished themselves in their career and/or in the community. An independent panel of judges selected the 20 candidates for recognition. It is intended that the program will further motivate young leaders in our area. Since 1996, 420 young, community leaders have been recognized through the 20 Under 40 program.
A Healthy Legacy

Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

For the last eight years, as Michelle Obama has served our country as the First Lady of the United States, one of her main causes has been to work tirelessly to end our country’s childhood obesity epidemic. We can all (adults as well as children) benefit from her work and her encouragement and her healthy examples!

A few highlights of her work to create a healthier country:
• January 20, 2009 – President Barack Obama was sworn in as the 44th President of the United States. By March 20, 2009 Michelle Obama was on the South Lawn of the White House with local schoolchildren to break ground on the White House Kitchen Garden! What local produce are you enjoying this fall for a healthy menu? Is half your plate fruits and vegetables?

• 2010 – the First Lady launched “Let’s Move!” with a coalition community leaders, educators, medical professionals and parents. Let’s Move has addressed a variety of issues such as providing healthier food in our schools, helping youth be more physical active, encouraging food companies to market healthier foods, and a Healthy Lunchtime Challenge competition for youth. What is currently your most important issue to address to help you eat healthier and move more?

• 2012 – Mrs. Obama hosted the first “Kids State Dinner.” This has become an annual event at the White House. Don’t you think the Obamas enjoy the titles of the dishes created by the youth? A few examples are: “Sunny’s Omelette and Bo’s Patriotic Parfait” (names of the Obama’s pet dogs), “West Wing Chicken with Secret Service Noodles,” and “Scarlet’s Southwest Barack-A-Bowl” (including both the name of our president and the young chef, Scarlet). What new healthy dish have you tried recently?

• 2016 – in celebration of the 60th Anniversary of the President’s Council on Fitness, Sports & Nutrition, the National Foundation on Fitness, Sports & Nutrition and President’s Council launched the #0to60 Campaign to inspire all Americans to accelerate their journey to living healthy. The First Lady of the United States participated in a comical video that highlighted American exercise trends over the last 60 years. The message is “the fastest way to living healthy starts right now.” What is one thing you need to do right now for healthy living? http://www.0to60fitness.org/

Some healthy events are happening this fall in Lucas County. If you or anyone you know is interested in attending the Northwest Ohio Farm to School Conference, please register online at http://nwofarm2school.eventbrite.com The conference is Friday October 14, 2016 from 8:00 a.m. – 2:30 p.m. at the Hilton Garden Inn in Perrysburg, OH. The cost is $30 to cover lunch and materials.

This one day conference is open to anyone interested in Farm to School: cafeterias, classrooms and communities. If the cost is prohibitive, please call Patrice at 419-213-2022.

Although much of the focus of “Let’s Move” focused on meals served by the school, if you have a child who packs a lunch, please join us on Saturday October 22nd from 11:30 am – 12:30pm at the Oregon Branch Library, 3340 Dustin, Oregon, Ohio for a “Lunch Box Inspiration” class. The following Saturday, October 29th will be a class on “Slow Cooker: Cook it Healthy”. Get the slow-cooker (crock-pot) out to make your fall meals easy and tasty! This class will also be at Oregon Branch Library at the same time, 11:30am-12:30pm. Both classes are free.

“Time Out 4 Health” is the title of the 2016 Fall Email Challenge. From October 17 – November 27, 2016, participants will receive educational email messages twice a week. Themes of this year’s challenge include: eating more vegetables and fruits, moving more, creating time for others, being grateful plus wellness ideas and tips. Sign up for this free on-line challenge at go.osu.edu/LucasLHLWF16. If you have any questions, please email Patrice at powers-barker.1@osu.edu

As election day nears (Tuesday November 8th), President Obama reminds American citizens of the importance of voting. He has said that even though his name is not on the ballot, his legacy and all the work that we have done together is on the ballot. In a similar way, shouldn’t we also make healthy decisions as a way to honor Michelle Obama’s legacy?

Although the Obamas will be moving out of the White House, I hope we will have the chance to follow the work they will continue to do for our country. I also hope some of their future work continues to remind us to make healthy choices!

What is your healthy legacy?

Information about Michelle Obama’s work on healthy living is from the whitehouse.gov website.
Jealousy – Let It Be Your Motivator!!!

By Angela Steward, Fitness Motivator

Have you ever looked at someone and said to yourself, “Man, I wish I had that” or “I wish I looked like that”? Of course you have, we all have!

Jealousy is the emotion that sets in when we take a look at someone or something with envy and then it whispers, “Why do they get that? Why didn’t you get that? I want that.” Sometimes this can actually be a GOOD thing! Jealousy can actually serve as a motivator and an opportunity to take a look at ourselves and how we behave in certain situations. But as we know, jealousy can also lead to bad and harmful things, clouding our minds with self-doubt and unnecessary hatred for someone else.

Mind

Guilt and shame often accompany jealousy. While we’re admiring someone else, we’re subconsciously telling ourselves that we’re not good enough, internally shaming ourselves for lack. Desiring what you don’t have can lead to guilty feelings of remorse. Sometimes this self-hatred will turn to hatred for the person(s), because now your mind has decided that THEY are the cause of your inner turmoil.

Jealousy can cloud your judgment. This cycle repeats itself as you continue to put yourself down and try to lessen them along with yourself. Without knowing it, YOU have decreased YOUR OWN SELF-ESTEEM and SELF-WORTH by allowing jealousy to take control. Not fair to you!!

Body

Jealousy can negatively impact your body and rob you of experiences, too. Seeing something (that makes you jealous) becomes a non-verbal conversation: causing your eyes to gaze in an upsetting way longer than you would usually look. (We call it that “stank” look, lol!!)

Your posture changes as you go through these conflicting emotions. Sometimes jealousy expressed verbally can be hurtful to others and ourselves. The stress caused by jealousy raises blood pressure and your heart rate, both of which are dangerous when experienced!!

Spirit

A jealous person has a difficult time being emotionally available to others, as her focus is set on a fear of someone else’s abilities or features rather than her own existing social bonds and/or circle of friends. Social bonds/friends are fundamental for human beings and the experience of exclusion from something or someone important is a stressful event.

When we withdraw from social bonds and relationships, the human connection needed to lift our spirits is diminished. Therefore, what could have been a great relationship is ruined because our focus was misplaced - your power and energy is wasted!

HOW TO CONQUER JEALOUSY
DO YOU!!! Love YOU! Know and respect your OWN worth and value, make a list of your qualities and tell them to yourself daily.

Respect HER: As soon as you feel a ting of envy, immediately say something nice to yourself. Example: Woman in small black dress walks by, say “Wow, what confidence she has.”

Share EVERYWHERE: Give compliments and praise from your heart; doing so allows your mind, body and spirit to appreciate what once made you envious, and then turn the emotion to something positive—admiration.

Your Sista In Fitness!!
Angela R. Steward
Owner & Head Instructor of FABULOUSLY FIT G.E.M.
1855 S. Reynolds Rd., Suite C (In plaza w Garden Plaza)
Toledo, Ohio 43614
Email: FabFitt@yahoo.com
Phone: 419-699-9399
Classes: Mon 9a & 6p, Tues 6p, Wed 6p, Thurs 6p & Sat 9a

PROTECT OUR LEGACY

After the economy crashed, Barack Obama stood with us.
We’ve created over 15 million new jobs since 2010, expanded health care to 20 million Americans, and defended our right to vote.
Barack Obama accomplished a lot, but more needs to be done so we can keep moving forward.
The Republicans have fought Barack Obama since Day One and have promised to destroy his legacy and move our country backwards.
We’ve all fought too hard to let that happen.
The next president will either build on Barack Obama’s legacy or tear it apart.
On November 8th, vote for Democrats so we can keep this country moving forward.

www.IWillVote.com

TAKE A STAND

VOTE DEMOCRATIC
NOVEMBER 8TH

PAID FOR BY THE DEMOCRATIC NATIONAL COMMITTEE DEMOCRATS.ORG . NOT AUTHORIZED BY ANY CANDIDATE OR CANDIDATES’S COMMITTEE
It’s that time of the year! Not fall, and its colors of red, gold, and rust – but of pink, signifying Breast Cancer Awareness Month. Breast cancer occurs when abnormal cells arise in the breast tissue and begin to grow out of control.

It affects men as well as women, because men have breasts too. Breast cancer is the most common cancer in women. Though most cases are found in women over the age of 50, about 11 percent of new cases are found in women under the age of 45.

This month, I want to focus on breast cancers in younger women – under age 45. I also want to sound the alert that breast cancers in ages 25 to 39 are rising. They tend to be more aggressive, and tend to be more metastatic – spreading to other parts of the body. A cancer diagnosis at any age can be difficult to receive, but it seems doubly unfair to a woman who may just be starting a marriage, family, or a career.

The reasons for cancer aggressiveness in younger ages is not fully understood. When breast cancer is detected early; treatment can be started early, therefore decreasing metastasis and hopefully decreasing the aggressiveness. Younger women may be less alert to signs because it may not even cross their minds that cancer could be in the realm of possibility at their young age.

Risk of breast cancer in women under age 45 increases when:
- There are close relatives (mother, grandmother, aunts, siblings) who were diagnosed with breast or ovarian cancer under the age of 45
- There are inherited changes in BRCA 1 and BRCA 2, which are breast cancer genes that suppress cancer growth, and repair DNA
- You are of Ashkenazi Jewish heritage
- You have had frequent exposure to or treatment with radiation to the chest in childhood or early adulthood
- You have had a past breast cancer; or other breast problems, such as abnormal ducts in the breast or a history of dense (thick) breasts on mammograms
- You have increased and changing hormones for five years after having a child
- You have your first child after the age of 35
- You started menstrual cycles early (ages eight or nine)

It is important to have regular screening exams every one to two years depending on your risk. The most important screening is the Breast Self-Exam (BSE) that should be performed every month about one week after a menstrual cycle is complete. Breast Self-Exam (BSE) at this time. Ask your primary care provider (PCP) to show you how to perform this exam.

When you do this exam yourself regularly, you will know when there is a change that you need to report to your PCP. You will need to report:
- Any breast pain
- New lumps in your breast or arm pits
- Irritation or ‘dimpling’ of breast skin
- Nipple pain, pulling, redness, or discharge (leakage)
- Any change in size or shape

Clinical exams by a medical professional should be done every year. Depending on your individual risk, if no signs or symptoms your PCP may recommend a first mammogram at age 35. Recommendations vary, but may include mammograms every two years until age 45, then yearly after age 45. Risk increases with age. Depending on family history, your PCP may recommend genetic testing. The results would also guide monitoring, preventive management, or treatment should it be needed.

As always, healthy lifestyle habits will help to lower your risk. Work toward a healthy weight, healthy diet, exercise four or more hours per week, limit or eliminate alcohol, and decrease exposure to radiation in medical tests when possible. Breast feeding has been shown to help decrease risk. Avoiding estrogens has also been shown to decrease risk. Discuss options for birth control or hormone replacement therapy with your gynecologist. Spread the word; remind your loved ones to “take care of the girls!”

Contact Dianne Hart Pettis, CRNP at 724-375-7519
Smart Nutrition Tips for Healthy Families

Nutrition is important for everyone, but especially for children, as it is directly linked to all aspects of their growth and development.

Childhood obesity affects one in six children and adolescents in the United States. Though associated with elevated risks of high cholesterol, high blood pressure, bone and joint problems, and sleep apnea, among other health problems, childhood obesity can usually be prevented.

“Families should focus on the importance of healthful eating and active lifestyles,” says Kristi King, registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson. “Parents can inspire kids to eat healthfully by getting them involved in shopping and preparing your family’s meals.”

**Before You Head to the Store**
Create a shopping list together, so kids feel like they are part of the decision making process.

“Include food items from each of the ‘MyPlate’ food groups from the USDA, which include fruits, vegetables, grains, protein and dairy,” says King.

Before you head out the door, grab your reusable shopping bag to reduce waste. Wash your bag regularly to prevent the spread of harmful bacteria.

**At the Store**
Once you get to the store, shop together and encourage children to pick a few new foods they would like to try.

“Talk about foods’ colors, shapes, flavors and textures as you shop,” says King. “And take time to read the food labels. This not only helps kids understand nutrition concepts, but also gives them a chance to practice reading skills.”

**Back at Home**
When you return home, involve children in putting groceries away -- especially foods that require refrigeration or freezing. Refrigerate perishable food items promptly and properly. “Explain to your kids the importance of refrigerating perishable foods within two hours,” King says. “And remember, the clock starts when you pull an item from the refrigerated case at the store, so head straight home after your shopping trip if you have perishables in the car.”

For more healthful eating tips, recipes, videos and more, visit KidsEatRight.org.

As role models, parents and caregivers play a vital role in children’s nutrition -- teaching children about healthful foods and making sure kids get enough physical activity each day. “Consult a registered dietitian nutritionist in your area to ensure your family is getting all of the necessary nutrients,” says King.

Courtesy StatePoint
Minority Health Nominations

The Toledo-Lucas County Health Department is excited to announce the Ohio Commission on Minority Health’s Health Awards Program to recognize the unsung heroes of minority health. This award aims to give recognition to those whose hard work contributes to the improvement of health of minority communities within Ohio. The Ohio Commission on Minority Health will present this award at the 2017 Health Awards Ceremony that will be held on Tuesday, March 28, 2017 in Columbus.

The Local Office on Minority Health is seeking nominations for the following health awards. The goal of the awards program is to:

• Honor those individuals at the grassroots level who give their time, talent and resources to better serve the healthcare of minority citizens.
• Recognize individuals who provide leadership in their neighborhood or ethnic community as it relates to better health.
• Honor individuals who support those less fortunate or those facing challenging health circumstances.
• Recognize those individuals that somehow made a unique and innovative contribution to narrowing health disparities.

Four separate awards will be given to an individual, organization, or coalition that represent the following communities: African American, American Indian, Asian American and Hispanic/Latino American. Please submit all nominations by November 30, 2016 to:

Celeste Smith, MA., PC
Toledo-Lucas County Office of Minority Health
Toledo-Lucas County Health Department
smithc@co.lucas.oh.us
419-213-4095-Office
419-213-4119-Fax

The Ohio Commission on Minority Health Board’s Communication Committee will review the nominations and make a decision on who will receive the 2017 Minority Health Awards and announce the awardees no later than March 1, 2017.

We look forward to partnering with the community to honor these deserving individuals who have served to make a difference in the field of minority health.

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Shades of Pink
A Tribute to Breast Cancer Survivors

Women's Day
Sunday October 23, 2016
11:30 A.M.

Center of Hope Church
1656 Dor St.
Toledo, OH 43607

Dr. Donald L. Perryman, Pastor
Rev. April Hearn, Detroit, MI
Guest Preacher

www.centerofhopebaptist.org
At school, kids are exposed to an influx of germs that can cause a number of preventable sicknesses, including cold and flu. The top germiest school-based culprits include water fountains, plastic reusable cafeteria trays, keyboards, toilets and... students’ hands.

To keep your family free from the sniffles all year long, here are five easy-to-follow tips to ensure a healthy, happy and absent-free school year.

1. Teach Kids to Wash Hands the Right Way.
   It seems simple enough, but research shows that only 5 percent of people wash their hands properly. The CDC recommends following five simple steps: wet, lather, scrub (for at least 20 seconds), rinse and dry. Don’t forget backs of hands, between fingers and under the nails. Handwashing is the best defense against germs, but if soap and water aren’t available, hand sanitizer is a good alternative.

2. Sanitize School Supplies.
   Sanitize school supplies, lunch boxes, bottoms of backpacks, etc., weekly. These items are exposed to a variety of germs lurking in places like gym lockers, on desks and in bathrooms. Use disinfecting wipes on plastic objects, and throw items like lunch boxes and backpacks in the washing machine. Send kids to school with disposable wipes so they can clean surfaces like desks, cafeteria trays and other surfaces throughout the day.

3. Set a Sleep Schedule.
   A regular bedtime and an alert morning go hand-in-hand. The National Sleep Foundation recommends a calming nighttime routine like reading a book or taking a bath to signal the brain that it’s bedtime, and leave technology like tablets, laptops and cell phones out of the bedroom. If you’re wondering how much sleep your child needs each night, it’s recommended that toddlers receive 11 to 14 hours, preschoolers 10 to 13 hours, school-aged children nine to 11 hours, and teenagers eight to 10 hours.

   A healthy, balanced diet has been proven to keep kids mentally sharp and focused, but fast-paced schedules during the school year can sometimes result in quick-fix, and often unhealthy, food choices.

Keep nutritious grab-and-go snacks like trail mix and fruit at the ready. And don’t skip breakfast. It can mean decreased cognitive performance in areas like alertness, attention, memory and problem solving.

   Germs are lurking everywhere -- school, preschool and daycare, so be prepared if sickness does strike. Tools like TempTraq come in handy for unexpected fevers, giving parents peace of mind and the rest they need to get better. This wearable, Bluetooth temperature monitor continuously senses, records and transmits body temperature for up to 24-hours. It can even send alerts to your smartphone via its free mobile app to notify you immediately if your child’s fever reaches an unsafe level. Visit Target or CVS to stock your medicine cabinet with this useful must-have, or order online at TempTraq.com.

From hectic schedules to germ-ridden classrooms, the stress and environment of school can take a toll on kids’ health. Keep them healthier with a few simple strategies and you’ll be headed to a perfect attendance record.
The Sojourner’s Truth

October 5, 2016

Lucas County Auditor Proactive in Fight Against Skimmers

Sojourner’s Truth Staff

Skimmers, as far as the Lucas County Auditor’s office can determine, haven’t yet arrived at area gas stations, but the office is determined to stay on the alert for the possibility.

A skimmer is a device that thieves can slip into a gasoline tank in order to read and record the numbers on credit and debit cards. From there the miscreants will convert the numbers onto gift cards and, ultimately, money orders.

Recently, Lucas County Auditor Anita Lopez’ staff conducted inspections of 77 stations in the area, on a total of 819 pumps, and found no skimmers. However the problem, around the nation and state is a present and growing phenomenon.

On September 13, the Auditor’s office organized a seminar for local law enforcement officials, agency officials and interested parties to review the situation of the skimmers’ art.

Lopez’ office brought together federal, state and local officials – along with those officials from counties around the state where skimmers have already been in place. Most of the activity in the state has occurred in the counties in southwest Ohio – Montgomery County in particular.

The problem of skimmers has the potential to cost gas pump customers millions of dollars. There are 120,000 gas stations in the United States and they account for $250 billion in annual sales. Self serve pumps account for 90 percent of those sales and, of that amount, between 60 and 60 percent are transacted by credit or debit card.

The first reports of skimmers were made in Montgomery County in August 2013 and customers in 16 of Ohio’s 88 counties have been victimized by skimmers since October 2015.

Officials in those Ohio counties where skimmer suspects have been apprehended have found that the operations are highly organized and operate on a national scale – training and funding operatives and setting them up in specific locales.

Officials offer these tips to avoid being victimized:

• NEVER use a debit card
• Pay cash when you can
• Use pumps close to, or within sight of, the store
• Look for the tamper-proof security card

Fundraiser... continued from page 16

As to his third issue, Gerken spoke of the major victory of bringing jobs to the area to the old Jeep plant. “There are 600 jobs coming to that plant. Six hundred jobs that will change 600 lives.”

Along with Gould, other members of the organizing committee are: Vince Davis, Donnetta Carter, Anastasia Howard, Paula Ross, Johnetta McColough, Keith Jordan and Elgin Rogers.
Today was an ordinary day.

It had its ups and downs; pleasant surprises came between the mundane and the irritating and you’ll look back at it tomorrow with clarity, perhaps, but its details will be sketchy in a decade. It was an ordinary day which, says Gary Younge, also means an average of seven kids in the U.S. lost their lives to a bullet. In Another Day in the Death of America, he explains.

On November 23, 2013, most Americans were preparing for Thanksgiving. We were marking the anniversary of JFK’s assassination and watching the weather, the news on Iraq or the Baylor/Oklahoma State game. We were enjoying our weekend. And on that Saturday, 10 random children died of gunshot wounds in this country.

That, says Younge, has become too normal. It barely even registers anymore. For awhile, there were websites that tracked this kind of thing but, for the most part, the deaths of these “kids” – coincidentally, all boys on this day: seven African Americans, one white, two Hispanic – are unmarked, except to families and locals.

The youngest, nine-year-old Jaiden Dixon, was a “giving soul” with a “valentine” he thought he might marry someday. Preparing for school on a Friday morning, he opened the door for his mother’s ex-boyfriend, who shot Dixon in the face.

Dixon died the next day.

The girlfriend of Kenneth Miller, who was “just three days shy of his twentieth birthday,” learned of his death through Twitter. Seventeen-year-old Stanley Taylor was killed over “spontaneous drama.” Legally blind, 18-year-old Pedro Dado Cortez worked for his father and dreamed of learning to drive.

Eleven-year-old Tyler Dunn was shot by a playmate, while 16-year-old Edwin Rajo was accidentally shot in the chest by his best friend. Samuel Brightmon was “conflict averse,” Tyshon Anderson had been shot several times before, Gustin Hinnant was an honor-roll student and Gary Anderson was killed because he wore a red hoodie.

One bullet tore apart a small town. All devastated families and friendships. Some were in areas where “Nobody knows where the next shot is coming from…. But everybody knows it’s coming.”

Before we get any further, there’s this: British-born author Gary Younge doesn’t overtly advocate, nor does he denigrate, gun control but astute readers can catch a clue. He also writes about parenting, particularly within the black community, about gangs, prisons and about the NRA and its influence.

And these are interesting subjects but the real power comes in the stories he uncovers in Another Day in the Death of America. Younge doesn’t just write about the demises of the ten “kids” he found; he also helps readers understand the men they might have become and what we truly lost in losing them. That kind of unflinching journalism packs gut-punching, timely meaning, and you won’t forget it.

“Pick a different day, you get a different book,” says Younge on the randomness of his research, which is perhaps the most poignant sentence you’ll ever read. So pick Another Day in the Death of America. It’s no ordinary story.
The Toledo Black Market Place

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October 5, 2016

CLASSIFIEDS

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

NOTICE TO BIDDERS
SEALED PROPOSALS for bidding on Metroparks Belt House Restoration Phase II, 5602 Swan Creek Drive, Toledo, Ohio 43614 will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 Friday, November 4, 2016 at 3:00 p.m. local time.

THE SCOPE OF WORK consists of interior restoration and alteration of a 3,976 sq. ft. former residence. General construction includes select demolition, rough and finish carpentry, concrete, masonry, drywall, insulation, doors & hardware, toilet partitions, tile, vinyl flooring, composite decking plumbing, HVAC, electric, site utilities, caulk, paint and stain. Bidders may obtain copies of plans, specifications, contract documents and plan-holder’s list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of $20 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparks Toledo.com.

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

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

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

By order of the Board of Park Commissioners

METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA
Dave Zenk, Interim Director

SPECIAL NOTICE - REQUEST FOR PROPOSAL
The Mental Health and Recovery Services Board of Lucas County is seeking proposals to provide reentry services to youth returning to Lucas County from Ohio Department of Youth Services. Additional information is available at http://www.lcmhsrb.oh.gov/publicnotice. Proposals must be received by September 15, 2016 - 4:30pm.

NORTHGATE APARTMENTS
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“Now Accepting Applications for 1 and 2 Bedroom Apartment Homes”

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EQUAl HOUSING OPPORTUNITY/EQUAL OPPORTUNITY EMPLOYER

Notice to Bidders: Inquiry # FY17-19, (Project # 1020-15-146) for Engineering Campus Chiller/Boiler Plant Improve for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, Toledo, Ohio 43606 before 3:00 p.m., Tuesday, October 11, 2016. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of $70.00 will be charged per set. Any further information may be obtained from John Koss of Design Engineers & Consulting Associates at 419-891-0022. One Pre-Bid Conference will be held on Tuesday, October 4, 2016 at 11:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: $1,000,000.00; Breakdown: HVAC: $1,000,000.00.

Notice to Bidders: Inquiry # FY17-22, (Project # 1020-15-145) for Palmere/Nitchie HVAC Improvements for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, October 18, 2016. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of $60.00 will be charged per set. Any further information may be obtained from John Koss of Design Engineers & Consulting Associates at 419-891-0022. One Pre-Bid Conference will be held on Tuesday, October 11, 2016 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: $320,000.00; Breakdown: HVAC: $332,000.00.

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A group of local business persons and concerned citizens have formed a committee dedicated to the campaign to re-elect Lucas County Commissioner Pete Gerken to a fourth four-year term in office.

Sylvester Gould, one of the committee members, introduced Gerken to attendees at a fundraiser on Thursday, September 29, at the Toledo Club and ticked off a number of Gerken’s accomplishments in office that have proved beneficial to the African-American community.

During Gerken’s tenure, Gould noted, funding has been provided to build the Warren AME Senior Center; the commissioners set a goal of 15 percent minority participation in the construction of the Huntington Center – and surpassed that goal and funding has been provided to the Toledo Urban Federal Credit Union for a new facility, among other achievements important to the African-American community.

Gerken spoke to the more than 50 guests on three subjects. First, he emphasized the importance of passing Issue 20, the ballot levy request by the Lucas County Children Services. In view of the current heroin/opiate epidemic, Gerken said, the agency is strained far beyond its financial ability to handle the additional number of children who need its services. “If this levy doesn’t pass,” said Gerken, “we are all in trouble.”

Gerken also spoke of his pride in the recent grant the Lucas County has received to help reform the criminal justice system. The grant, in the amount of $1.75 million from the John D. and Catherine T. MacArthur Foundation, was awarded to only 10 communities around the country – Lucas County is the smallest of the 10.

The purpose of the grant is to incentivize communities into reducing their jail populations by determining who should stay in jail and who should be released into treatment programs.

“We had 16 months to bring down the population by 19 percent,” said Gerken. “We did it in 36 days.”

*continued on page 12*