

Volume 41, No. 3 *"And Ye Shall Know The Truth..."* October 5, 2016

African American Leadership Council



Photo Courtesy AByrdseyephoto

<i>In This Issue...</i>		Health Section			Beware Skimmers	BlackMarket-Place
Perryman Page 2	Rev. Moss Page 4	Obama Health Legacy Page 6	Pettis on Breast Cancer Page 8	Five Health Rules Page 11	Page 12	Page 14
AALC Page 3	20 Under 40 Page 5	The Fitness Guru Page 7	Smart Nutrition Tips Page 9		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 highlights 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 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 immediate. "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. 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

The Sojourner's Truth

Toledo's Truthful African American
Owned and Operated Newspaper

Fletcher Word - Publisher and Editor

Becky McQueen - Business Manager

Tricia Hall - Reporter

Rev. D.L. Perryman - Columnist

Megan Davis - Columnist

Zahra April - Columnist

Robin Reeves - Columnist

Mary Louise - Columnist

Jennifer Retholtz - Webmaster

Jessica Crans - Layout

A Certified MBE

The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604

Phone 419-243-0007 * Fax 419-255-7700

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

Community Calendar

October 7-8

Phillips Temple CME Fish and Chicken Fry: Friday - 3 to 5 pm; Sat - 11 am to 5 pm: 419-242-7906

October 11

Last Day to Register to Vote: Lucas County Board of Elections, public libraries, public high schools, Heatherdowns AAA, UT Student Union, Bureau of Motor Vehicles

Toledo Branch NAACP Meeting: Nominations will be held for branch president, vice president, secretary, treasurer and assistant secretary; 7 pm

October 12

Early Voting Begins: 1301 Monroe Street; 8 am to 5 pm

October 15

The Cross Church Community Fall Festival: 10 am to 3 pm; Health screenings, fire safety, fun & games, free food, pop and water: 419-794-3434

October 16

Indiana Avenue MBC Youth and Young Adult Day Service: 10:50 am;

"Watch M Worship Him in Praise;" Speaker Rev. Michel Wilpon of Indianapolis

Calvary MBC 87th Church Anniversary: Guests Pastor Cordell Jenkins and Abundant Life Ministries; 4 pm

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 being 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 Contrada 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:

- Wednesday, October 12: Toledo Museum of Art, 2445 Monroe St. Conference Kickoff: 5 p.m.-7 p.m.
Appetizers and cash bar will be available.

- 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.untedwaytoledo.org for more details, or the AALC of United Way Facebook page @AALCofUW.

AFFORDABLE HOME OWNERSHIP

Get the lowdown on low down payment options.



We help make your American Dream a reality.

A new home may seem out of reach if money is limited. If you're a first-time home buyer, looking to move up, or just have limited funds for a down payment, First Federal Bank can offer you several special low and no down payment options. Contact me today and discover the options available for you.

- Home Possible® Mortgages
- MyCommunity Mortgages®
- FHA Loans
- USDA Loans
- And more!

Tasha Jacobs | Retail Lender
2920 West Central Ave. | Toledo
419-537-9312

Gwen Sackinger | Retail Lender
2565 Shawnee Rd. | Lima
(419) 221-1312

Joe Campbell | Retail Lender
2600 Allentown Rd. | Lima
(419) 338-2027



FIRST FEDERAL
BANK

Better together.

First-Fed.com

MEMBER FDIC Offer of credit subject to credit approval.

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, hu-

man 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.

Perryman... continued from page 2

of things that kids do, kids get in trouble for, because the thinking is we adults must corral that energy and that fear. And in truth, when you're a teenager you do stupid stuff and you don't think it's stupid at the time, and when somebody tells you you're stupid you just go, "Well, you're just old folk and you don't get it."

On Consequences:

1. Beginning to Think

I remember when I was a teenager; this was way before you guys. We used to have cassette tapes. I know you guys don't know what cassettes are, probably never seen them, but the music used to be on cassettes, and you could record from your record player to the cassette and make your own tapes. So, I was just going to what is now Rite Aid, a drug store. I had enough money for them, and I'm like "You know what? I'm just gonna steal these tapes." Had no idea why, I was just like "because, I think I wanna do that." And I went and I did. I didn't think I was a bad kid. That's adolescence.

So one day I'm doing my usual stealing and I got it in my usual way, the way I put it in my pants, and this time I didn't steal two, I stole six, because every time I did it and didn't get caught I would like go, "Okay, I got this down now, so I'll keep increasing." And you know what? I'm walking out the store, doing my thing and I hear (running), I'm like "What is that?" And then I realized, "Oh, I think the employee is running after me because he seen that I'm about

... continued on page 10



NATURAL HAIR CARE & APPAREL

Shop Online at TheKitchenSalon.com

Free Shipping On Orders \$40 Or More



AFRICAN DASHIKIS



Hair & Loc Products



Accessories



Tams & Headwraps

(419) 984-0395
info@thekitchensalon.com



Buckeye CableSystem

SAT 8:00 AM - SUN NOON - VOD

THE GLASS CITY GRIND

WAKE UP WITH CHERYL, LISA & CHARLIE
"TOLEDO'S FAVORITE TALK SHOW"

www.theglasscitygrind.com

Like

“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.



Brandi Carson

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.



Ebonie Jackson

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 led 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.



Getro Jean-Claude

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 Creadio, 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.



Will Lucas

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.



The 20 Recipients





Eastern Star Missionary Baptist Church
2102 Mulberry Street, Toledo, Ohio 43608
(419) 726-1180, FAX: (419) 726-6240
E-mail: EasternStarMBC@aol.com
Website: www.drjwilliams.org

Dr. John W. Williams, Pastor

DIXIE

DIXIE CARS DIV. DIXIE AUTO LEASING INC

5876 N. DETROIT AVE. TOLEDO, OHIO 43612

419-476-8678

OFF LEASE - 4 DOOR SEDANS

\$2,500

THIRTY DAY WARRANTY



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 be-

come 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.



First Lady Michelle Obama

Social Media Training

HOW TO
MULTIPLY
YOUR MESSAGE
& **GROW**
YOUR REACH
WITH
SOCIAL MEDIA

Marketing
Branding
& Managing

a FREE 30min consultation for

ORGANIZATIONS, CHURCHES,
PUBLIC FIGURES, BUSINESS OWNERS
& CORPORATIONS

REGINA WHITTINGTON

CEO of REGWHITT.COM

Regina has a passion for Christ and Social Media coaching and consulting. With years of experience in ministry and the business world, Regina can help you reach and impact the world utilizing the platforms of social media.

CALL 567-703-6272 TODAY!

www.regwhitt.com

Health Section • Health Section

Jealousy – Let It Be Your Motivator!!!

By Angela Steward, Fitness Motivator

The Truth Contributor

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: FabFitu@yahoo.com

Phone: 419-699-9399

Classes: Mon 9a & 6p, Tues 6p, Wed 6p, Thurs 6p & Sat 9a



Angela Steward

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

Health Section • Health Section

Breast Cancer: When Age is a Risk

By Dianne Hart Pettis, CRNP

The Truth Contributor

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, grandmoth-

ers, 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. Breasts are less 'lumpy' 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



Dianne Pettis

karatbars
International

Secure Your Financial Future...
With A GOLD SAVINGS PLAN!

Dianne Pettis - Independent Affiliate
724-375-7519 • diannepettis22@gmail.com
www.YouNeedGold.com

NHA
NEIGHBORHOOD HEALTH ASSOCIATION

WE'VE DONE IT AGAIN!
"The Neighborhood Health Association,
honored for being a National Leader in the
provision of Quality Care"*

- Cordelia Martin Health Center • Daisy Smith Pediatrics
- Huron Street Women's Outreach Center • Mildred Bayer Clinic
- Navarre Park Family Medical Center • NHA at Family Services
 - South Side Community Health Center
- NHA Pediatrics • Mayores Senior Center
- Troy Senior Center • Holland Health Care
- Nexus Health Care • The Access Center • NHA at Zepf

*Chosen by the Federal Health Resources Services Administration (HRSA) for being among the top nationally of all Community Health Centers for achieving outstanding overall clinical outcomes.

Health Section • Health Section

Smart Nutrition Tips for Healthy Families

Special To The Truth

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



"So this year, in this election, I'm asking you to join me – to reject cynicism and reject fear, and to summon what is best in us; to elect Hillary Clinton as the next President of the United States."

**Barack Obama
Democratic National Convention
July 27, 2016**

Protect our Progress.

Stand with Hillary and Democrats On Election Day

Tuesday, November 8

HillaryClinton.com

Paid for by Hillary for America

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

419-213-4095/419-213-4095-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.

Perryman... continued from page 4

stealing." So I took them out my pocket, threw them on the floor, walked out the store.

That was my first little sign that you need to think. And that is the critical difference in those that keep going for whatever reason and those who stop and say 'let me think about this,' as you would say. So my thing is the impulses you have, the normal teenage stuff, that's a part of life. All I can encourage you to do is think about what your actions mean to others. Think about what it might mean to your life, because even though you think you might not be here a long time, you're gonna be here a while.

2. Awareness of who and where you are

Increasingly, that fear of teenagers also has adults passing laws that criminalize normal teenage behavior. What my generation used to do as kids, fighting, was considered normal. It was called "knucks up" that's how you resolved disputes. In school, they put gloves on and let you box. Now, fighting is a felony, an assault 3. So what I'm saying is be careful because your normal teenage behavior has scared adults so much that they criminalize it. I'll bet you all the men, all the women that are working with you guys who are in detention and in high school, they can tell you that if they did the stuff today that they did back then, they'd be where you are. If I did what I did growing up now, I'd be where you are. It's so much tougher for y'all today.

You have to be more careful, because stuff that was considered normal teenage behavior, and in some cases in some neighborhoods it's still considered normal teenage behavior. If you get in a fight at a zero tolerance school where there's no touching, it's a felony. On the other hand, if you're in a rich Country Day school, it's just horseplay. So be aware of what you are, where you are, and how people are going to treat you.

So that's my best advice for you. Be careful. It's hard for you guys. It really is, and the consequences are much, much tougher. Thanks for coming out and I appreciate you guys spending a little time.

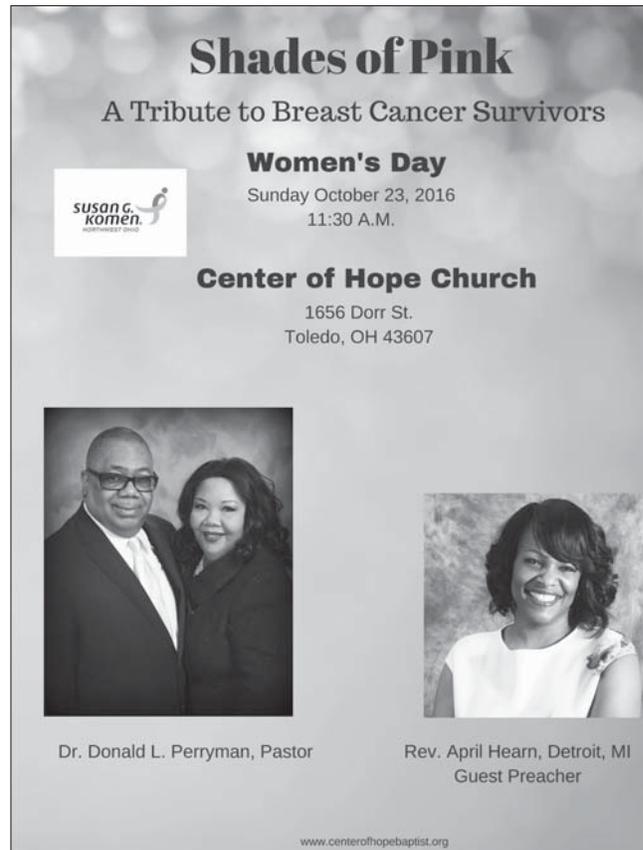
Contact Rev. Donald Perryman, D.Min, at drdlperryman@centerofhopebaptist.org



Positive Force
Christian School of Dance

You're Invited to Our
GRAND OPENING
Dedication

Parents, Students and Friends
Wednesday, October 19, 2016
5810 Southwyck Blvd. Suite 107
Toledo, Ohio 43612
From 7:00 - 8:00 pm
For more information
please call 567-315-6976



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 Dorr St.
Toledo, OH 43607

Dr. Donald L. Perryman, Pastor

Rev. April Hearn, Detroit, MI
Guest Preacher

www.centerofhopebaptist.org

Health Section • Health Section

Five Health and Wellness Rules to Live by this School Year and Beyond

Special To The Truth

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.

4. Keep Healthy Snacks and Meals on Hand.

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.

5. Nurse Kids Back to Health.

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 children 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.

LUCAS COUNTY IN-PERSON EARLY VOTING
for the **November 8, 2016 General Election** will be at the
"Ohio Means Jobs" Building (former Veteran's Services)
1301 Monroe Street (Between 13th and 14th)
Enter on the 13th Street side
Beginning **Wednesday, October 12th, 2016**

OCTOBER 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 CLOSED	11 Last Day to Register	12 8:00 a.m. to 5:00 p.m.	13 8:00 a.m. to 5:00 p.m.	14 8:00 a.m. to 5:00 p.m.	15
16	17 8:00 a.m. to 5:00 p.m.	18 8:00 a.m. to 5:00 p.m.	19 8:00 a.m. to 5:00 p.m.	20 8:00 a.m. to 5:00 p.m.	21 8:00 a.m. to 5:00 p.m.	22
23	24 8:00 a.m. to 6:00 p.m.	25 8:00 a.m. to 6:00 p.m.	26 8:00 a.m. to 6:00 p.m.	27 8:00 a.m. to 6:00 p.m.	28 8:00 a.m. to 6:00 p.m.	29 8:00 a.m. to 4:00 p.m.
30 1:00 p.m. to 5:00 p.m.	31 8:00 a.m. to 7:00 p.m.					

NOVEMBER 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:00 a.m. to 7:00 p.m.	2 8:00 a.m. to 7:00 p.m.	3 8:00 a.m. to 7:00 p.m.	4 8:00 a.m. to 7:00 p.m.	5 8:00 a.m. to 4:00 p.m.
6 1:00 p.m. to 5:00 p.m.	7 8:00 a.m. to 2:00 p.m.	8 ELECTION DAY	9	10	11	12



A Place to Call Home

If you've been looking for comfortable, secure and affordable **SENIOR HOUSING**, then look no further.

Pelham Manor Apartments

Pelham Manor is a tobacco-free, senior apartment community offering many amenities including:

- *Individually Controlled Heat/AC*
- *Laundry Facilities*
- *Appliances and Utilities Included*
- *Senior Center on Site*
- *Rent Based on Income (low income individuals encouraged to apply)*

Pelham Manor provides one and two bedroom apartments for persons 62 years of age or older and disabled persons under 62 who require the features of the accessible units.

Please call for information or stop by Monday – Friday 8:30 am – 4:00 pm. 2700 Pelham Road, Toledo OH 43606 **419-537-1515**

Equal Housing Opportunity Equal Employer Opportunity

For TDD/TTY Users Only 1-800-545-1833 x 583

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 ac-

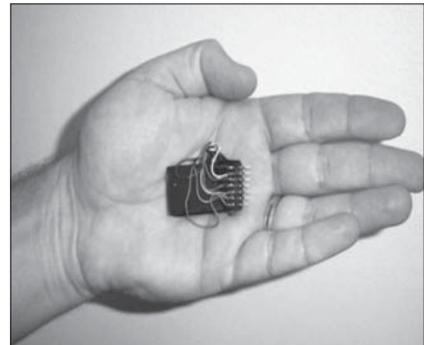
count for 90 percent of those sales and, of that amount, between 60 and 60 percent are transacted by credit or debit card.

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.

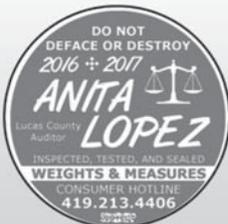
Officials in those Ohio counties where skimmer suspects have been apprehended have found that the operations are highly organized and operate on a national scale – training and funding operatives and setting them up in specific locales.

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



Contact Information



Lucas County Auditor
Weights & Measures
Consumer Hotline
(419) 213-4406

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 McCollough, Keith Jordan and Elgin Rogers.



Robin Reese and Deborah Barnett



Vince Davis, Cheryl Folsom, Sylvester Gould

African Safari WILDLIFE PARK

267 S Lightner Rd
Port Clinton, OH
43452

Only 20 minutes west of
Cedar Point!

1-800-521-2660

Drive-Thru Safari
Feed the animals and enjoy fun shows!

3/16

Some animals exhibited in pens

African Safari Wildlife Park

<p>\$3.00 Off Adult Ticket (7 years+)</p>	<p>\$2.00 Off Children's Ticket (4-6 years)</p>	<p>\$55.95 Carload (Up to 6 people)</p>
--	--	--

Provide e-mail address to redeem this coupon
Valid for up to 6 people with coupon • May not be used in combination with any other offer.

africansafarivildlifepark.com

DIXIE

Auto Leasing
Toledo, OH

5880 N. Detroit

Month to Month Leasing

419-476-8674

WE ARE A FULL
SERVICE
BUSINESS

Rev. Otis Gordon and
Suzette Cowell

Another Day in the Death of America: A Chronicle of Ten Short Lives by Gary Young

By Terri Schlichenmeyer
The Truth Contributor

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 Young, 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.

c. 2016
Nation Books
\$25.99 / \$33.99 Canada
304 pages

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 Young, 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.



Author Gary Young, photo by Linda Nyland

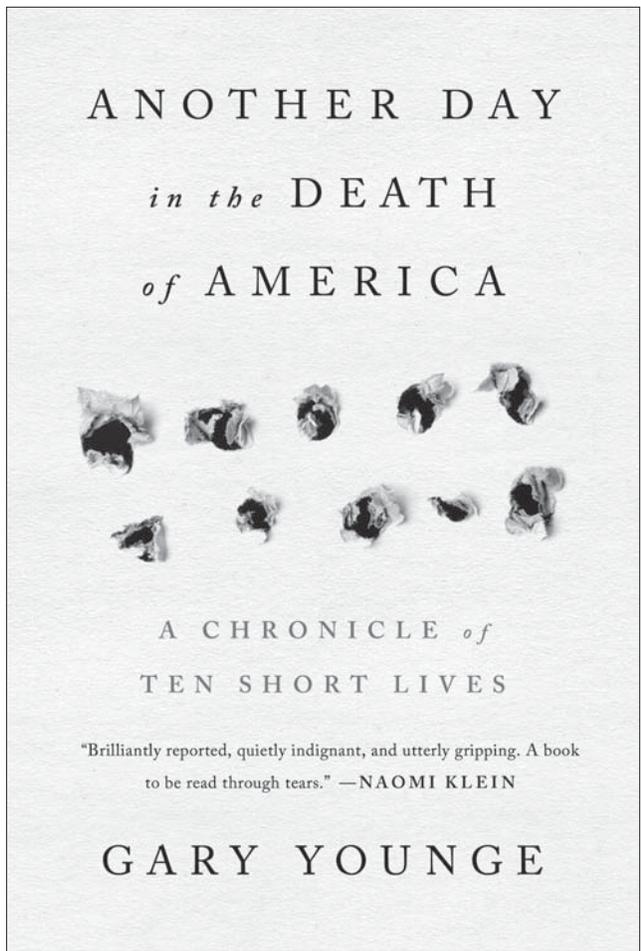
Eleven-year-old Tyler Dunn was shot by a playmate, while 16-year-old Edwin Rajo was accidentally shot in the chest by his best friend. Samuel Brightmon was "conflict averse," Tyshon Anderson had been shot several times before, Gustin Hinnant was an honor-roll student and Gary Anderson was killed because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

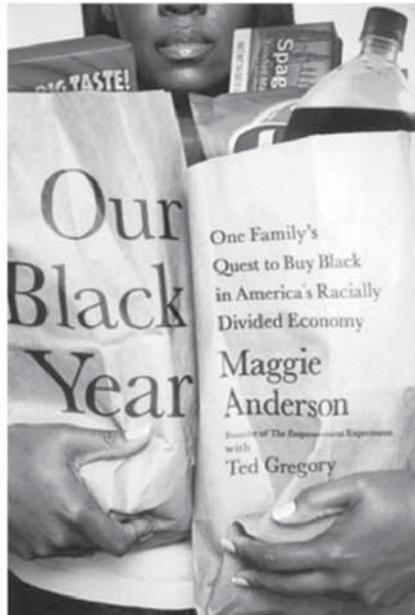
"Pick a different day, you get a different book," says Young on the randomness of his research, which is perhaps the most poignant sentence you'll ever read. So pick *Another Day in the Death of America*. It's no ordinary story.



THE TOLEDO BLACK

Market Place

Toledo's First Online Source for African-American Owned Businesses (419) 243-0007

Our Black Year

One Family's Quest to Buy Black in America's Racially Divided Economy

Maggie Anderson
Journalist of The Entrepreneur Experience with Ted Gregory

LITTLE GENERATION DAY CARE



419-724-7920

NEED A RIDE?

TRANSPORTATION COMPANY

1.855.475.RIDE(7433)

Truth Art Gallery

and Event Center

1811 Adams Street • Toledo, Ohio 43604

ADS POSTED ONLINE AT:
www.TheTruthToledo.com and
www.ToledoBlackMarketplace.com

POZATV PROMOTIONS
 Making Your Marketing Dream a Reality

Monique Ward
 Owner/CEO

c 419.870.8757
 b 347.692.8481

 Pozativ Promotions, LLC
pozativpromo@gmail.com

A-1 BONDS

Tina Butts
 BAIL BONDS AGENT

419-450-3325
 24 HOURS

ADS POSTED ONLINE AT:
www.TheTruthToledo.com

"THE GATHERING PLACE"

Nothing but PURE FUN!

5235 Hill & Reynolds @ Meadowbrook Plaza, Toledo, OH 43615
 419.320.8571 or 419.322.4462
 Hours Open Thursday - Sunday @ 7 PM

Wedding Receptions, Book Signings, Birthday Celebrations, Retirement Parties, Board Game Tournaments, Special Celebrations, and much more!

Annual Membership available and receive priority bookings, church and organizational bookings welcomed
 Free Wi-Fi, Light refreshments available, Safe and secured lighted parking, Accommodations for parties up to 45,
 Standard booking fee for Profit and Non-profit, Event Planner available upon request
 Catering Referral Services Available upon request
 Come and enjoy comedy, spoken word, music talent and more

BOOK YOUR EVENTS NOW!

Child Care

Footprints Day Care and Pre-School,
 3215 Lagrange Street, Toledo, OH 43608,
 419-242-9110



RUBY'S



4933 Dorr St. Toledo
msrubyskitchen.com

CRUSADERS FOR CHRIST CHURCH Presents **Youth & Young Adult 4th Sunday**

Have you been feeling the nudge to develop your life more spiritually but aren't quite sure how to begin? If so, this theme-enriched and spirit-filled experience is designed just for you. Visit us on Facebook - I have a special video message for the serious pursuer!

Youth & Young Adult 4th Sunday

When: Every 4th Sunday
 Time: 11:00 am
 Where: Crusaders for Christ Church
 930 Woodville Rd.
 Toledo, Ohio

 Pastor Joseph Marshall Jr., Pastor Evangelist Calvert Marshall, First Lady

 Crusaders for Christ Church • www.crusadersforchristchurch.org

Attention Seniors:
 House(s) For Rent.
 Two Bedroom
 Call (419) 708-2340

Charleston House of Toledo

A Premiere Consignment Shop for the Economical Conscious Woman

STOP BY AND SEE OUR LARGE SPRING AND SUMMER SELECTION

Sizes small to plus - excellent prices

Designer Suits and Dresses
 Elegant Hats - Name Brand Shoes
 Open 10:00 a.m. - Tuesday thru Saturday
 4055 Monroe Street - Toledo, Ohio
 419.472.4648

"THE GATHERING PLACE"

Nothing but PURE FUN!

5235 Hill & Reynolds @ Meadowbrook Plaza
 Toledo, OH 43615
 419.320.8571 or 419.322.4462
 Hours Open Thursday - Sunday @ 7 PM

Wedding Receptions, Book Signings, Birthday Celebrations, Special Celebrations, and much more!

Annual Membership available and receive complimentary Bookings Church and Organizational Bookings welcomed
 Free Wi-Fi

BOOK YOUR EVENTS NOW!

CLASSIFIEDS

October 5, 2016

Page 15

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@metroparkstoledo.com.

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

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

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

By order of the Board of Park Commissioners

METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA

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.lcmhrrsb.oh.gov/publicnotice>. Proposals must be received by September 15, 2016 - 4:30pm.

NORTHGATE APARTMENTS

610 Stickney Avenue
Toledo, Ohio 43604

Now Accepting Applications for 1 and 2 Bedroom Apartment Homes

Senior Community for persons 55 years and older. Rent is based on income. Our Activity and Service Coordinators are on site. Heat included. Chauffeured transportation to nearby shopping and banks available.



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, MS 216, Toledo, Ohio 43606 before 3:00 p.m., Tuesday, October 11, 2016. Bids will be publicly opened that same day at 3:05 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 Scott Hoffman of AGM Energy Services at 419-491-1030. 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.

RENASCENCE OTTAWA AREA RESIDENCES

3 AND 4 Bedroom Single Family Homes with attached garages. Many homes newly remodeled and available immediately.

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

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.

Notice to Bidders: Inquiry # FY17-22, (Project # 1020-15-145) for Palmer/Nitschke 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: \$320,000.00.

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.

Call to place your ad

419-243-0007

www.TheTruthToledo.com

Committee To Re-Elect Gerken Hosts Fundraiser at Toledo Club

Sojourner's Truth Staff

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



Elgin Rogers, Donnetta Carter, Keith Jordan, Paula Ross, Pete Gerken, Vince David, Anastasia Howard, Sylvester Gould



Creston Tarrant and Calvin Brown



MINORITY BUSINESS DEVELOPMENT CENTER
THE UNIVERSITY OF TOLEDO

Chance

AN EVENING OF

TO GIVE A CHANCE

Support and Celebrate Minority Business Enterprises in Northwest Ohio

OCTOBER 13, 2016 | 6 -9 p.m.

Parkway Place | 2592 Parkway Plaza | Maumee, Ohio 43537

Register or Sponsor at:
www.utoledo.edu/incubator/mbdc/
or call 419-530-3170



"Don't Give Up the Ship"

Let's return Mike to State Legislature

RETAIN

Michael SHEEHY

State Representative * District 46

"In the Ohio House of Representatives, I take great pride in serving the beautiful and historic 46th District which includes Springfield Township and the Village of Holland, the home of the Strawberry Festival, a highly regarded school district; Jerusalem Township and the City of Oregon – home of the Maumee State Park; the City of Maumee and the City of Toledo – home of JEEP and the University of Toledo.

"Our region is not without its challenges. I am committed to addressing and solving issues such as:

- More and more better paying jobs;
- Excellent and affordable education, pre-school through technical training or college;
- Solutions to the scourge of addiction and drug abuse which ravages families;
- Reforming the criminal justice system in the State of Ohio.

As Andrew Young has said: "If a person is spiritually grounded, I can deal with that person no matter what religion or how he or she worships God."

Paid for by the Committee to Elect Michael Sheehy; Sandra Sheehy, treasurer; 1129 Schmidlin Rd, Oregon, OH 43616