



Tracee Perryman, PhD

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"If you can wake up and feel that you have been just, responsible, reliable, and fair and are doing what God wants you to do, then you have a good chance at success."
- Tracee Perryman

Where Do We Go From Here?

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

The Truth Contributor

I would unite with anybody to do right and with nobody to do wrong.

- Frederick Douglass



In the twinkling of an eye, it seems, a new congress and administration have bulldozed decades long progress on race relations, the acceptance of others' differences and the building of an efficacious safety net for the most vulnerable.

In less than a month, conservative and extreme right ideologues have launched an aggressive legislative assault, leaving racial and ethnic minorities, low and moderate - income citizens, the LGBTQ community and women, on shaky political ground and facing an uncertain future.

I spoke with 2017 MLK Unity Speaker, Donzaleigh Abernathy, about fighting back and how to keep our heads above water in these perilous times. Abernathy, an acclaimed actress, author and activist, is the daughter of Reverend Dr. Ralph and Juanita Abernathy, King's "closest friends" and co-founders of the Civil Rights movement.

This is the finale of our three-part interview.

Perryman: Well, America seems to be at quite a crossroads today much like when your dad and King valiantly fought for justice. Where do we, as a nation, go from here and how do you unite black and brown and poor whites together with others to ensure justice and equality?

Abernathy: Well, we begin one by one, but right now we've got to unite black and brown people regarding the issue of immigration because we cannot allow the government to deport those who have been here and are part of the backbone of the nation. America is a land of immigrants, whether documented or not, so we need to figure out how to embrace those that are here, love them and find a language that we can all speak together. We have to also understand that they're not taking our jobs, because they're not.

And I also know that Cesar Chavez and my dad could, and did, work together. So then, we must also work together today.

Perryman: In what ways should we work together?

Abernathy: Certainly we need to get our young people to put down their weapons and extend that olive branch to each other and figure out how to stop fighting over nickels and dimes and quarters and determine how we can arm ourselves to fight the big fight, which is for millions of dollars that's being passed on to Wall Street or Silicon Valley, things like that.

We can and should, organize constructive boycotts and take to the streets again and march so that voting rights are protected, so that organizations like Black Lives Matter - it's more than just black lives - so that we understand it's black lives, it's brown lives, it's all lives. And without the Affordable Care Act or with the privatization of Social Security and Medicare, our se-

nior citizens won't have income and won't have healthcare. So, we're going to have to figure out how to take care of them. Those things should unite us. When the government cuts food stamps - the majority of people on food stamps are white women, we're going to have to figure out how to feed them.

One of the best things we can do, in my opinion, is to reject drugs and alcohol. The people that are infiltrating our communities with drugs and alcohol are billionaires, and when we stop drinking and stop doing drugs, we cut into their profits. We need to stop spending our money in these stores where people don't care about us. So we need to boycott the stores again like we did in the 50's and the 60's. Keep our money in our pockets and not eat food that's unhealthy for us out of these fast food establishments. Instead, have our own little gardens and grow our own greens and go to the farmer's market, directly to the farmer and pay the farmer for whatever it is that we get.

We're going to need to be healthier to endure because we won't have healthcare. They're not interested in what's happening to the masses of the people in America. So we need to figure out how to protect ourselves, and that's something that will unite us. And we need to take our neighbor in, whether that neighbor looks like us or not, just take them in and let them know that we are a friend to all mankind.

Perryman: Well, you mentioned a collective need for spirituality. You were a child of the black church and you talked earlier about your experiences in that venerable institution. Where are you currently on your spiritual journey and what is your view of the contemporary black church that played such a prominent role in the Civil Rights Movement back in the day?

Abernathy: I wish that we had the powerful black church today that we used to have back then, that espoused the Social Gospel. We don't have that today.

... continued on page 3



Rev. Donzaleigh Abernathy

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Community Calendar

February 2

Kwanzaa Park Neighbors Meeting: 1 pm; The Padua Center; Trained senior volunteers and the Toledo Fire Department present SAFE program

February 3

Phillips Temple CME Fish and Chicken Fry: 10 am to 5 pm; Pre-100 anniversary event: 419-242-7906

February 12

True Vine Baptist Church Annual Open House Program: The Lucille Best Guild and Senior Mission; 4 pm; Guest speaker Rev. Bobby Welborn and the Charity Baptist Church; "Don't worry, be thankful and trust in the Lord:" 419-539-9104

February 19

Indiana Avenue MBC 71st Church Anniversary: Speaker Rev. Jerry Boose of Second Baptist; 4 pm; "Make yourselves ready, busy doing the work of the Lord, for He is soon to return"

February 23-26

Restoration Free Ministries Fifth Church Anniversary and Dedication Service: Thur-Sat - 7 pm nightly; Sun - 4 pm

February 26

Indiana Avenue MBC 71st Church Anniversary: Speaker Rev. WL Perryman of Jerusalem Baptist; 4 pm; "Make yourselves ready, busy doing the work of the Lord, for He is soon to return;"

Quit Crying and Roll up Your Sleeves!

By Lafe Tolliver, Esq

Guest Column

If you are a person wondering out loud how my proposal (it's been proposed for many, many years) regarding the local black churches banding together and sharing their financial resources for the good of the community from which they draw their sustenance and membership, below is a snapshot of how that enterprise would or could work:

First of all, you must understand the underpinnings of this appeal to self and for the benefit of "selves." The Toledo minority/black community is economically adrift without a rudder or a paddle. The dollars that we spend with purveyor of goods and services in the "inner" cities do not recirculate amongst us as consumers.

As such, that dollar is not doing double or triple duty by staying within the black community and alas, it is quickly taken out and serves the white purveyors of goods and services including banks, restaurants, clothiers, mortgage companies, pay day loan companies, liquor stores, car dealers, insurance companies and a host of other suppliers whose only goal is to transfer your dollar from your pocket to their pocket.

Pure and simple. That is the name of the economic game that we as black people are playing with a stacked deck, one eye closed and one hand in a sling! We simply do not "count" when it comes to the power of the dollar working its benefits in and amongst us.

On any given payday, those earned funds bounce around in our community for a few "minutes" but those dollars land and make a home at white-owned and controlled malls, car dealers, restaurants, clothiers, loan companies, grocery stores, and on line shopping, just to name a few outlets that gladly accept "our" dollars in exchange for their goods and services.

Since we apparently do not respect ourselves enough to band together and make our dollars do double and triple duty for us, those dollars find ways to leave our communities and go elsewhere, where they are put to hard labor.

That is the nature of money. It will go where you tell it and do what you tell it to do.

"Money," you say, "go and get me a car!" And that money obeys you and

finds a car dealer that will charge you hundreds of dollars a month for X car and you gladly pay it!

If you say, "Money, go and buy me some groceries!", that money bundle will seek out a local Kroger store or a Meijer's or a corner carryout and it will bring back to you bread, milk, bacon, lotion, aspirin, batteries, baby food, fruit, fried chicken wings and anything else that you want or need.

Money does not care if its handlers are white, yellow, pink, purple or black. Money listens and obeys. If you have the bucks, you can call the shots!

Arguably, we as black people have forgotten that vital lesson in this 21st century. If you tell money to go find its sister or brother (sound investments), more money will come to you so that you can have a family of greenbacks doing your bidding, be it funding a political campaign, funding a scholarship, vacationing in Aruba, buying a rental unit to make money or having a re-do of your kitchen.

The Bible says, "Money answereth all things!" (Ecclesiastes 10:19).

Yet, we as a people are seemingly tone deaf to that message by the way that we spend or do not wisely spend our money.

The so called, "inner" city is called that because oftentimes, the goods and services that are made available to those "inner" city residents is not as appealing or cost effective or top shelf as the goods and services in the "outer" (where white folks live and shop) cities.

Tony Brown once said that we as black people have conducted the most effective boycott against ourselves than anyone in the world! That means, we do not intentionally choose to engage with ourselves and for ourselves but rather go elsewhere and spend our dollars and then wonder why we have inner cities that economically resemble war zones after a cluster bombing!

White folks know the above. Do you see them coming into the "inner"

... continued on page 12

Perryman... continued from page 2

Instead, we don't hear our church voicing political statements like we used to. We don't see churches as the foundation of the black community. We don't see churches going out into the community stopping the gang violence, and that's what we need now more than ever. We have mega churches, and these mega churches need to become meccas within our community so that we can house our homeless and address alcohol and drug addiction. We can create afterschool centers within these churches so that when the children come from school they go to the afterschool program that the church provides, and then feed those children so that when their mother's come home from their jobs or if the mother doesn't have a job, the mother is free to go get a job because she knows that there's going to be an afterschool program at the church that she doesn't have to pay for, and then pick her child up and take her child home to rebuild our community. I can only hope

and pray that our churches will get to that place.

And, spiritually? I'm so glad that I was raised by my dad. He used to say to me, "Do you think that God loves us more because we are Christian than our brothers and sisters who are Jewish or Muslim or those who worship the sun." He said, "We all serve the same God. We may call God by different names, but we all serve the same God, and we should not allow religion or religious organizations to create a difference between us."

My dad also used to tell me, "We hate each other because we fear each other; we fear each other because we don't know each other; we don't know each other because we won't sit down at the table together. Let's sit down at the table together."

So I sit down at the table and I live in a Jewish community where they worship differently from me, but have embraced me and my little Christmas tree and my little Christmas lights. And I also have Catholic friends, Muslim friends, Buddhist friends and Hindu friends. I have atheist friends, so I feel that I have grown and evolved and I'm glad that my parents sent me to Quaker School and to Quaker Camp. In the Quaker faith, there's no one preaching down on or at you. It's a spiritual place where, when the spirit hits you, you can stand and rise and say something.

So I'm accepting of all faiths and that's what I think being a minister's child has taught me. I don't think that one is any better than the other. Why? Because religion is a creation of man but we are all a creation of God. So I look for God in everyone that I meet and everything that I encounter, whether it is a dog or a bird, those are all creatures of God, so I respect them all.

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

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A Letter From State Rep. Alicia Reese (Dem. Cincinnati)

Dear Supporters and Friends:

As President Barack Obama's term comes to an end so has my term as PRESIDENT of the OHIO LEGISLATIVE BLACK CAUCUS. I am proud to have been elected and serve two terms and lead our amazing African American legislators. I am also proud and thankful to have been re-elected for a fourth term as STATE REPRESENTATIVE of the Fighting 33rd House District and I am looking forward to serving in this general assembly to continue to fight for jobs, justice reform, small business inclusion, and voting rights.

During my term as OLBC President I am proud of our record of success, including but not limited to electing the most African American legislators in decades and maybe in the history of the Ohio General Assembly in a tough year where Trump won the state of Ohio and the Presidency.

In addition we have laid a strong foundation with the following:

- Creation of Ohio's first African American Lobby Day at the Statehouse, entitled DAY OF ACTION, where hundreds of citizens from across the state participated in workshops, seminars and briefings.
- Increased African American representation in the Ohio General Assembly.
- Embarked on a seven-city OLBC Voter Action Bus Tour, resulting in the election of the most African American legislators elected to the Ohio General Assembly - many in non-African American majority districts in a Trump victory year.

- Fought off Stand Your Ground in Ohio by increasing public awareness through statehouse rallies, press conferences, and delivering 10,000 signatures through our on-line petition



State Rep. Alicia Reese with Pres. Barack Obama

- Achieved and exceeded the 15 percent minority business set aside law, resulting in the largest spending in Ohio's history - almost \$300million.
- Fought for millions in funding for historically black university-Central State University, which was once slated for \$0 for their land grant line item.
- Fought for millions in funding for Infant Mortality and Early Childhood Education.
- Partnered with Ohio Dept of Transportation resulting in funding for urban training programs with the Urban League and Community Action Agencies.
- Partnered with clergy and civil rights groups to launch the first ever Constitutional Amendment for Voting Rights; successfully collected over 100,000 signatures from all 88 counties for a Voter's Bill of Rights.
- Supported African American businesses and vendors for our events (caterers, golf course fundraiser in Canton, restaurants during Bus Tour, Convention, etc.).
- Hosted OLBC Power of the Black Vote Convention with Congresswoman Sheila Jackson Lee, Vernon Jordan and the National NAACP Convention.
- Developed a comprehensive Criminal Justice Reform Agenda.
- Hosted first meeting with Supreme Court Justice O'Conner regarding Grand Jury Reform.
- Played a role in the Governor's Community Police Taskforce, which has resulted in statewide use of force standards.
- Hosted conference call interviews with both Democratic Presidential Candidates, Hillary Clinton & Bernie Sanders.
- Hosted OLBC Town Hall Meetings across the state.
- Got a commitment from the Speaker of the House to work on a comprehensive justice reform bill this GA
- OLBC was successful in getting the Governor to veto restrictive voting language in the Transportation Budget
- Increased partnerships with civil rights, labor, clergy, and progressive groups and organizations around important issues.

I am proud that OLBC will start the next General Assembly with more members and a solid track record of success at a time when our state needs us the most. I look forward to working with the next president and leadership. In the meantime, I will focus on taking the voting rights fight we started in Ohio to the nation, while continuing to represent and focus on the needs of my "fighting 33rd district."

Thank you again for your support, partnership, and prayers over the years!



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Tracee Perryman: Helping Others Define Their Greatness

By Linda Nelson

Sojourner's Truth Reporter

Some things about Tracee Perryman, Ph.D., have changed since our first interview 13 years ago. Her Big Sister/Little Sister program, which she began in her church, has now expanded into a burgeoning nonprofit organization and her quest for entrepreneurship, through a janitorial franchise and a women's retail hat shop, has now transitioned into a directive toward community leadership through her strategic programs, academic research and music. But there is one thing about Tracee Perryman that has remained unchanged over the years: her message of resilience.



Tracee Perryman in 2004

Perryman, executive director of Center of Hope Family Services, Inc., graduated from Toledo's St. Ursula Academy in 1997. She completed her undergraduate degree in psychology at the University of Michigan, earned her master's in mental health counseling from Bowling Green State University and, in 2016, received a doctorate from Ohio State University College of Social Work.

She talked about some of the principles behind her evolution. "When I came out of school I was aggressive about my career," Perryman said. "Thirteen years ago I wanted to be great, and a for-profit entrepreneur. Today I want to help people define their own greatness."

Today, Perryman describes herself as a social entrepreneur working to offer youth, women, and people of color access to fundamental tools that can help them achieve their own goals. Whether she is implementing expedient procedures for the Center of Hope youth development and family support programs, developing best practice models and creating policies through her academic research, or bringing messages of endurance through the songs she writes and performs, she says that her central objective is to reduce the achievement gap by exposing navigational supports to those who have been marginalized due to race, gender and class.

"Society tries to put you in one box," Perryman said. "When people don't understand you and you don't fit into that box with which they are comfortable, you can face dismissal or isolation. This can often stunt your growth."

Perryman knows first-hand some of the obstacles in society that can obstruct one's course for success. "Being born a woman of color can be challenging," she said. "In our society, women are likely to hear continual messages that contribute to feelings of inadequacy and a sense of being less than."

She credits her tenacity, in part, to early affirmations she received from her parents: DL and Willetta Perryman, pastor and first lady of Center of Hope

"From the time I was a little girl I was raised to believe that I could," said Perryman. "I always heard the messages that countered what society was telling me." She said those messages reminded her to never take no for an answer, to always stand up for herself, and to never cower away because she had nothing to be ashamed of.

"I'm one of the one's who has had the audacity to think outside of the box, and now I want to transfer those same messages to those who may not have heard them before," she said.

But despite the accolades she's received, because of her education and social status, Perryman believes that the true markers for success are not always visible.

"I appreciate recognition, but it isn't so much about what my title might be," she said. "But it's also about what happens when those external measures of success cease to exist. Success emerges when you determine your path and you're comfortable with who you are. So be upfront and unapologetic about what you want in life, and then begin to hone and shape that path, then once you're there pay the way forward for someone else."

Some of her markers for success include: "If you can wake up and feel that you have been just, responsible, reliable, and fair and are doing what God wants you to do, then you have a good chance at success," she said.

For now Perryman says that her plate is full as she continues to work toward building on existing framework and establishing new programs at Center of Hope. She said that her future academic work will include collaborations with other professionals and contributions to publications. And she will continue to write songs that translate her message to a wider audience. The lyrics to her recent release, 'Fight Song', embody her beliefs of persistence and determination and are among the things that she wants to be remembered for.

"I want people to remember me as someone who pushes the paradigm, and helps to translate dreams into realities," Perryman said. "I want people to push the envelope in their lives and to do things that society may not acknowledge that you can do. People said it was crazy for me to start a nonprofit and be successful. Today, I am proud that I have been able to do things that others said I shouldn't try to do. Going after the impossible can be possible for you."



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2017-The Year of the Mushrooms

By Angela Steward, Fitness Motivator

The Truth Contributor

Recently, I was part of a discussion about the good old days of playing old school video systems and games: Paddle Ball, Pac Man, Super Pac Man, Tetris, Centipede, and one in particular.....Super Mario, featuring the crazy little Italian-American Plumber! Super Mario always looked fun to play, but I could never get used to using the fang dangle joy stick (lol) so I would sit back and watch my kids play for countless hours.

Super Mario seemed difficult to advance from one level to the other. I always grew frustrated when I couldn't collect the mushrooms that made them bigger to give them the ability to throw fireballs. So I always quit.... (...in real life something else happens...)!

While talking about those fun times, it dawned on me....Life is somewhat like a Super Mario game! We're all Mario – we're all on a quest to find our own “mushrooms,” which helps us to grow and excel!

You might ask.....“Where do I start”? It really doesn't matter. What matters is that since you have 24 hours in front of you every day, for the rest of your life, you have to gather your mushrooms and use them in the best way possible.

But keep in mind, with every day that passes, the game changes! Nothing stays the same, everything changes. So if you aren't changing or evolving with the times, there's a pretty good chance that you're stagnant or possibly moving backwards!

In 2017, let's focus on gathering our “MUSHROOMS”!

1. Be Self-Aware. In order for us to grow in our relationships, our jobs, our self-confidence, we have to understand our life story. Who or what events shaped you into the person you are today? Take stock of what you've learned from your past and put those life lessons to work to win this game called LIFE.

2. Recognize Your Personal Values. Most of us make decisions by using our internal compass. Either something feels right to us or it doesn't! For example, I've always loved to read, write and learn new things. But it wasn't until I understood my values that I realized this stemmed from my value of GROWTH.

How do you determine your personal values, ask yourself these questions:

What do I value in _____ (relationship, work, friendship, life, etc.)?

What negative beliefs do I have? Is it.... “Ohhhh, it's Monday again. Shit.” Or is it “Oh yea baby, it's Monday! Let's get busy!”

3. Discover Your True Calling. I believe we are all placed on this earth with a purpose. I believe that throughout the life, we discover what we're good at and what we love to do. If you're willing and bold enough to put some effort into it, the two can be combined to discover what you truly enjoy doing and be

successful in doing it!

What are your Talents (what are you good at?)

What's your Passion (what do you love to do?)

4. Set Goals. Goals work like a lens of a camera. If you set the lens and focus properly, you will be able to take a clear picture. If the lens is out of focus, your picture will be blurry.

Here's an example:

“I want to lose weight.” (Even though it is positive, it's not specific)

A better version would be: “I want to lose five pounds by February 15.”

So write your goals down and start.

5. Form Habits. If I think that I have to exercise - It becomes hard, tiring and I lose interest quickly. But if I think: I'm a healthy person, and by going to the gym I'm maintaining my health and I'm able to fit into my jeans that I love.... Now it becomes easy for me to work out!

Of course forming healthy habits isn't easy, it will take some practice until you change your perception and start thinking this way. Just start small and start with one habit at a time.

6. Create a Healthy Regime (Diet + Physical Activity)

Of course, the end goal is to be healthy - Right?

For me, it is to be healthy and have a high level of energy. Plus, to look good!!

It took me years to lose weight! I had to find the right diet and the right physical activity to do regularly to maintain it. Of course, maintaining a certain weight is ridiculously hard! The older you get the harder it gets – but figuring out what my minimum amount of food intake should be and the minimum amount of activity needed helps me maintain my weight! I'm confident in my body, I'm healthy and I have a high level of energy throughout the day. So, set your goal, build an action plan and start!

7. Find your own Flow. Every person has something that can get them in the ZONE.

Oh man, when you're there - Nothing else exists. Just you and your goal.

Ask yourself: What can help me focus on my goal?

For me, it's playing good music either on my headphones, at home or in my GEM, it helps me to immerse myself, focus on my goal and get busy!

8. Manage Time and Productivity. This goal is the hardest for me! I work hard.....some may not think so, but I really do. So, after a day of work and teaching a 70 minute class, when I get home I shower, eat and sit my butt in my Lazy Boy chair and turn on the boob tube! I promised myself in 2017 to be time sensitive. Time is a resource that we'll never get back. To be more productive, I have

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Health Section • Health Section

Deltas Offer Cancer Education and Awareness Program

Special to The Truth

Toledo Alumnae Chapter of Delta Sigma Theta Sorority, Inc. is working in collaboration with Susan G. Komen Northwest Ohio & YWCA Northwest Ohio- EncorePlus to present "Cheers to Your Health... A Celebration of World Cancer Awareness Day".

The Celebration of World Cancer Awareness Day program is scheduled for Saturday February 4, 2017 from 9:30 a.m to 1:00 p.m. at Mercy Senior Wellness Center, 545 Indiana Avenue. This program is expected to provide cancer education, cancer contact information, breast health educator training, free health screenings, and outreach opportunities in Lucas and Wood Counties.

This year the Physical and Mental Health Committee of the Toledo Alumnae Chapter of Delta Sigma Theta Sorority, Inc. will work with community members and health agencies to develop and deliver an informational campaign on cancer awareness and prevention. This program will occur on World Cancer Day, whose campaign represents a unique opportunity to draw attention to what can be done to address cancer, save millions of avoidable deaths and, in turn, support global economic growth and development.

The purpose of the "Cheers to Your Health" program is to increase the public's awareness on the importance of regular medical screenings and early detection of breast, colon, lung, prostate, and rectal cancer. The focus of this program is to begin to have ongoing educational and informational opportunities that will increase the rate of early detection of cancer (breast, colon, lung, prostate, and rectal) in the residents in Lucas and Wood Counties. In addition, this program will include a panel discussion of cancer survivors and medical personal from our area who will share their experiences with cancer.

Toledo Alumnae Chapter of Delta Sigma Theta Sorority, Inc.

In 1937, the first chapter of Delta Sigma Theta Sorority, Inc. in Toledo, Ohio was formed by seven young women. They were Louise Burgette, Mamie Duffy, Lillian Duffy, Constance Heslip, Mayola Senior, Ella P. Stewart, and Frances Wade. Beta Lambda Mixed Chapter consisted of undergraduates at The University Toledo, Mary Manse College and graduates residing in the city.

On February 12, 1972, Lillian P. Benbow, the national president of Delta Sigma Theta, came to Toledo to establish the Alumnae Chapter. The graduate members formed the Toledo Alumnae Chapter and Beta Lambda became the city-wide undergraduate collegiate chapter.

Delta has been involved in numerous activities that emphasize scholarship, public service, and international involvement.

Breakfast for M'Lady has been an annual fundraiser for years where graduating high school seniors are awarded scholarships. The chapter has also sponsored a Habitat for Humanity house in Africa. Voter registration activities, mentoring and tutoring children through Delta Academy programs, sponsoring and participating in mental and physical health awareness events are just some of the ways members have given back to the community.

Susan G. Komen Northwest Ohio®

Susan G. Komen is the world's largest breast cancer organization, funding more breast cancer research than any other nonprofit outside of the federal government while providing real-time help to those facing the disease. Since its founding in 1982, Komen has funded more than \$920 million in research and provided more

than \$2 billion in funding to screening, education, treatment and psychosocial support programs serving millions of people in more than 30 countries worldwide. The Northwest Ohio Affiliate alone has invested more than \$11 million in local breast cancer programs and more than \$3 million in national research. Komen was founded by Nancy G. Brinker, who promised her sister, Susan G. Komen, that she would end the disease that claimed Suzy's life. Visit komenw ohio.org or call 1-877-604-2873.

ENCOREPLUS - YWCA

EncorePlus targets women over the age of 40 who are either underinsured or underserved and provides them with education and free screening services for both breast and cervical cancer. EncorePlus has provided education to over 31,000 women and 937 women have been documented as receiving clinical screening service. Fatalities resulting from women's cancers can be directly linked to income. This program provides education to underprivileged women to help in early detection of these cancers.

A breast cancer education, screening, and support program that links medically underserved women age 40 and over to no-cost mammograms. Services include transportation, language translation, advocacy, and referral to community resources.



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Health Section • Health Section

Healthy for Good

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

The Truth Contributor

February is Heart Month and the American Heart Association is sponsoring Healthy For Good, a movement to inspire people to create lasting change in health and life, one small step at a time. They share a simple four step approach: **Eat Smart, Add Color, Move More** and **Be Well**. All four of these topics work together for a healthy heart. Eat Smart and Add Color focus on food choices and Move More and Be Well promote physical activity as well as other healthy life habits to complement healthy eating.

Eat Smart

Want more energy in your life? One important way is to make smart food choices. In order to make smart food choices, there are some things to do more often. Instead of focusing on “no” and “don’t” and “can’t have” foods, concentrate on healthy foods. Eat your favorite fiber-rich foods as a way to fill up and increase nutrients. Fiber-rich foods include whole foods, legumes, fruits and vegetables. When you look at the foods you should limit, concentrate on smaller portions. Try to limit empty calorie drinks and foods that don’t offer the healthy energy your body craves.



Add Color

Often, when talking about food and nutrition, “add color” is an advertise-

ment for eating more fruits and vegetables. As you eat more color – a wide variety of fruits and vegetables, you might be trying new ones or new ways to serve fruits and vegetables. Skip the added sugar and salt. Don’t add it yourself and if you’re purchasing canned or frozen fruits or vegetables, be sure to check the nutrition label for sodium and sugar. Fruits and vegetables have natural sugars but we don’t need to add more. Some ways to increase the flavor of fruits and vegetables is to roast, grill or lightly sauté, in addition to eating raw or steaming in the microwave.

Move More

The most important thing about exercise is to find what works for you. What do you enjoy? When exercising, warm up your whole body. It can be a five – 10 minute warm-up of walking or doing your planned physical activity at a slower pace. For a weekly exercise routine, a good starting goal is at least 150 minutes a week. Cool down for about five minutes. After cool down time is a great time to stretch, while your muscles are still

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... continued on page 12

Health Section • Health Section

Lose Your Final 15 by Rovenia M. Brock, PhD

By Terri Schlichenmeyer

The Truth Contributor

Somebody passed you a plate of cookies.

It was the holidays so, of course, you had to take one. Or three, because they were good; and when the fudge came around, you had that, too. And some pie, cheesecake, punch, homemade candy, now your pants are tight, you feel lazy, and your bathroom scale is screaming. Yep, it's time to step back and step toward *Lose Your Final 15* by Rovenia M. Brock, PhD.

c. 2016
Rodale
\$26.99 / \$31.50 Canada
285 pages

When she was just nine years old, growing up in Washington, DC, Rovenia Brock had a dual life-changing experience: she lost her mother to cancer and she met her mother's friend, a dietitian who taught Brock the "relationship between diet and health."

Remembering the woman's words, Brock went to college to be a "nutrition educator" but, like many women of color, she "worried that men wouldn't find me attractive unless I put a little more meat on my bones." That was unhealthy and she knew it, so she created her Final 15 program.

To begin, take the "Self-Assessment Test" and put yourself in the "F-15 Mindset." This will help you make better choices when faced with cravings. Also, remember that some hunger is emotional, and that you can understand the difference.

In the planning phase of the Final 15, Brock recommends that you eliminate sugar, sodas, and alcohol. Eat breakfast early, and then "eat often." Get lots of sleep, and "take special care" if you're a nightshift worker. Understand that buying dairy products, vegetables, fruits, and fish is not merely a matter of going to the grocery store.

Phase 1 teaches readers the basics of eating and exercise. Phase 2 adds more choices to both. Phase 3 of the Final 15 diet is the "Coast and Maintain" phase for lifelong health, but that doesn't mean letting your guard down.

"You can't declare victory," Brock says, "and then return to your old habits."

Those last 15 pounds, as they say, are the hardest to lose when you're dieting. But "Lose Your Final 15" helps the first pounds go, the last pounds go, and every ounce in between.

It won't be easy, but author Rovenia M. Brock offers step-by-step

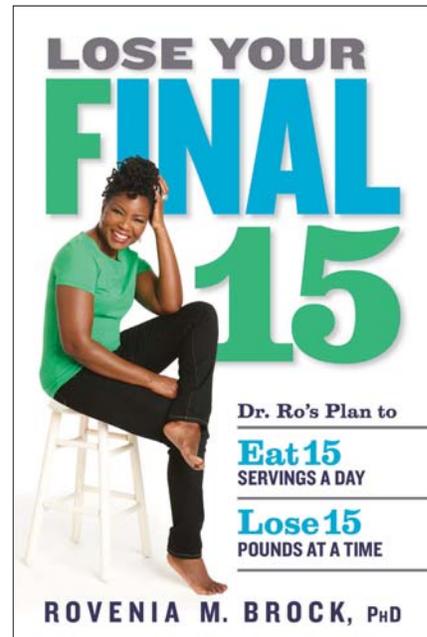
handholding and useful advice, as well as fat-burner exercises. There are lots of charts inside this book, but nothing too scientific; you'll also find simple recipes that don't require a Food PhD to make. For a little added encouragement, "Dr. Ro" includes success stories from people who've shed their poundage and kept it off.



Rovenia M. Brock

Readers, however, should know that some chapter sub-headings may seem misleading: you shouldn't, for instance, "Drink Half Your Body Weight in Water," but you should read the section. The actual page on eating snacks "That Are No Larger Than Your Closed Fist" has more succinct meaning. Read. Carefully.

You might read a little repetition while you do, but it will underscore what's inside this book. If those holiday cookies went from lips to hips and you're walking them off now, *Lose Your Final 15* is a book you shouldn't walk past.





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Thursday, Feb. 9: 6 P.M.

Celebrated artist Kehinde Wiley takes the stage in conjunction with the exhibition *Kehinde Wiley: A New Republic*.

Reserved seating available at kehindewiley.eventbrite.com.



Health Section • Health Section

Shaping the Future of Community-based Health Services.

Special to The Truth

Unison Behavioral Health Group, the community's recognized leader in the care of individuals who face mental health and substance abuse disorders, has announced their name has changed to Unison Health.

"Changing the name to Unison Health from Unison Behavioral Health Group represents how the organization is looking forward in the continuing delivery of community-based health services," explains Jeff De Lay, President/CEO of Unison Health. Unison Health has a nearly 40 year history of providing integrated health and substance abuse services to adults, children and adolescents. Moving forward, the agency will focus even more on the complementary and primary health needs of the community including a primary health clinic.

"As a community-based organization, our role is to support the needs of the community," says Jeff. Unison Health will continually look for ways to enhance that level of support, that outstretched arm, by adding services and programs that bring new confidence and optimism to the residents of our community.

Unison Health is a not for profit integrated community health care organization. With three locations in Toledo, Unison is dedicated to providing quality services that are accessible and affordable. Unison Health accepts Ohio Medicaid and most private insurances. Any Lucas County resident, regardless of their ability to pay, can come directly to Unison for services. Please call 419-693-0631 or visit www.unisonhealth.org to learn more.

Tolliver.. continued from page 3

city to spend their monies with our providers of good and services? (Except possibly for clandestine drug trafficking and prostitution).

Truth be known, there is practically nothing for them to come to the inner city for since what they have accumulated in their outer cities means there is no need for trips to, "Darktown" (also a name of a novel at the public library).

So, where does that leave us? It means that if we want to (and that is a BIG if...) we can slowly reverse this economic bedevilment by banding together and start making sound economic plans for our inner city communities.

So, where is the largest storehouse of accumulated wealth in the in-

ner cities? No, it is not the drug houses! It is where Black America goes each week and sometimes during the week and at those times and places, they pay, tithe, offer and donate huge amounts of monies.

Answer: The Black Church! The Black Church in Toledo is the collective and local but temporary depository or bank of hundreds of thousands of dollars per WEEK.

I say temporary because as you know, when those dollars are deposited at the glad and smiling white banks, those funds stop working for the very black people who initially deposited those funds at their respective place of worship.

God does not keep or get those funds except for minor head nods to missionary causes or feed your neighbor programs.

No, the overwhelming bulk of those collected funds go to white institutions for their benefit since those funds allow those white banks to lend out those "black" dollars to others and they in turn, the white banks, make a nice profit off of black folks giving at their black church! What a racket! Somebody buy me a bank...quick!

So, what is the answer you say? Give to self for self. Simple. Each week, have your church, along with other churches, give 10 percent of their weekly take into a common fund. That common fund would be headed by an elected board of directors who will be bonded and who would have expertise in investing those funds in your community or in money making projects that would fund what the inner city residents would decide is important.

Each church would "tithes" their weekly take to this fund. The mechanics to set this up is child's play. What is missing is the concerted will to do it.

This is a very simple concept. Oh, so simple but yet, the overwhelming majority of black pastors are totally clueless on this age old concept of collective economics. The Koreans do it. The Asians do it. The Mexicans do it. The Dominicans do it. The Jamaicans do it.

But, black Toledoans sit on the sideline and wonder why everyone is leapingfrogging over them in economic advancement.

There is no wonder and awe to this concept. Books by the dozens have been written about this age old concept but somehow, in Toledo, black people and black pastors are in a fog as to how to get, "that donkey to plow this field!"

The longer we wait, the more dollars will go to the outer cities and the inner cities will be famished and we sit and wonder why we can't make our own bread and draw out our own water! Shame on us!

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NHA Community Health Workers Provide Invaluable Care

By Neighborhood Health Association Staff

The Truth Contributor

Community health workers are often the unsung heroes of the medical field. At Neighborhood Health Association (NHA), we are 10 community health workers strong and growing. It may surprise you, but NHA has one of the longest-running, established patient care coordination programs in the region.

Our first community health care workers were hired in 1993 to help perinatal patients and their children successfully navigate the healthcare system. This program is still in existence today, and our perinatal outreach workers are responsible for everything from making home visits to ensuring mothers attend their OB/GYN appointments, as well as connecting families with additional care, including mental health services and substance abuse recovery programs.

Every community health worker is trained and certified through a college program where they learn the ins-and-outs of their important role in healthcare. Community health employees work tirelessly and behind-the-scenes to ensure healthy outcomes for patients. They have a clear understanding of the barriers—financial, social, and cultural—that each individual faces when it comes to good healthcare, and may have experienced these obstacles firsthand. One of the greatest assets they bring to the job is their sense of empathy and compassion.

Just ask Tamara Bumpus, FNP-C at Mildred Bayer Clinic for the Homeless. Bumpus recalls a time when a gentleman arrived with ill-fitting clothes, no coat and shoes that were too small for his feet and full of holes in the middle of winter. The Mildred Bayer clinic is outfitted with a necessity item pantry full of clothes and personal hygiene products for patients to take with them. However, when our community health workers realized they didn't have shoes in his size, they immediately started a collection for the patient, who had recently found himself without a home.

"He was crying and had nowhere to go," Bumpus recalls. "Our staff contacted a shelter, collected a bag of toiletries, and found a coat and clothes for him, but we didn't have shoes in his size. A collection was taken up to buy him a pair of nice, warm snow boots. One of our nurses soaked and washed his feet, and our care coordinator kept in contact with him and helped him get back into a safe situation."

It's hard to put into words how these seemingly simple acts impacted the patient, but if you can put yourself in his place and imagine walking to a health center in the snow without functional footwear, you can start to understand

just how important this work is. Of course, this is just one of many examples of our staff going above and beyond to provide care with dignity and respect to our patients.

Whether a person needs a new pair of boots or assistance with applying for health insurance, community health workers are there every step of the way. NHA employees are well-connected to community resources too, such as job training, nutritional help through the WIC program, and financial counseling through a partner credit union. Many of these services are now available at NHA's newest facility, Nexus Health Care, a new, patient-focused approach to quality care.

"Our care coordination team members are truly patient advocates," says Audra Kurek, temporary lead for Care Coordinators. "They don't just listen to patients and their needs, they understand them."

It is our mission to ensure accessible healthcare and related resources to everyone, regardless of their ability to pay, which is why NHA believes community health workers to be an essential component of the medical team. We've been a proud Toledo-area staple for nearly 50 years, and look forward to serving even more of our neighbors.

To learn more about care and community health workers at NHA, please contact our Social Services Department at 419-720-7883.

SOULFUL MUSIC AND ROMANTIC SPOKEN WORD!

Join us on Friday, February 10 at 9 p.m. for an intimate evening of SOULful music and romantic spoken word poetry that is sure to groove and move your SOUL. Featuring playwright John Scott and other amazingly gifted artists. Those in attendance will be entered into a drawing to win tickets to Valentine's Love Affair featuring Joe, Ro James, Chrisette Michele, and Vivian Green at Fox Theatre (Detroit, MI) on Tuesday, February 14 at 7:30 p.m. This is a night for lovers of self and significant others. Save the date and plan on attending this SOULful and romantic candlelit Valentine's Day weekend event. Log on to www.eventbrite.com, type "Art & SOUL at The Truth Gallery: For Lover's Only" in the search bar, and purchase your tickets in advance.

**Friday, February 10 at The Truth Art Gallery,
1811 Adams Street.**

Tickets: \$10

Light refreshments will be served.

Share the post. Spread the word. Bring your lover. Bring a friend. Be there!



"Cheers to Your Health... A Celebration of World Cancer Awareness Day"

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&

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Place: Mercy Senior Wellness Center

545 Indiana Ave.
Toledo OH 43604

Date: Saturday, February 4, 2017

Time: 9:30 a.m.–1:00 p.m.

Continental Breakfast and Light Lunch Provided

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Health Section • Health Section

Healthy For Good... continued from page 8

warm from the workout. Small, frequent sips of water during exercise is a good way to hydrate the body.

Be Well

Even if someone eats right and exercises, if they don't get enough sleep, manage stress or connect socially with others, they will have a hard time keeping the mind and body fit. Self-care is important. Get enough sleep, manage your stress, practice mindfulness and if you have vacation days, use them! Just as we would go to the doctor with physical pain, if you are in need of emotional and mental help, please utilize the services of a professional.

The American Heart Association offers an online sign-up to commit to join the movement to be Healthy for Good. On their website, they explain, "you don't want another crazy fad diet, miracle exercise machine, fancy juicer or expensive workout outfit. You want to be Healthy For Good." If you are interested in signing up by email on line, they will help keep you on track with encouragement, resources and a little humor along the way. Visit their website at <https://healthyforgood.heart.org/>

If people choose to make small changes and follow the "healthy for good" statement, what other "good" things could this lead to? This is not part of the American Heart Association's healthy promotion but I wonder how people would fill in the blank if there was a blank at the end of their statement? Healthy for Good _____. What words or phrases would be a "good" reminder to you? Is it Healthy for Good Family Moments? Healthy for Good Vacations? Healthy for a Good Career? Healthy for a Good Long Time? Healthy for Good Reason. As we tune into our health and commit to be "healthy for good" it will very likely help all of the things and times we most enjoy in life be a little bit better and last a little longer.

Garden for the Health of It

The annual Toledo Botanical Garden's Seed Swap is scheduled for Saturday February 25, 2017 from 12:00pm – 3:00pm. It is at Scott High School, 2400 Collingwood Blvd in Toledo. Everyone is welcome. Each attendee receives five free packets of seeds. Bring additional seed packets

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to swap for more. Seeds must be dated 2015 or later and labeled in individual envelopes (not bulk seeds please). No seeds to swap? Extra seed packets are available for a fifty cents donation.

Heartbeat Needs Volunteers

Heartbeat of Toledo needs volunteers to serve as nurses, parenting instructors and advocates. Volunteers are needed for Heartbeat's two physical locations: 4041 W. Sylvania Ave., Suite LL4, in Toledo and 101 Main Street in East Toledo; as well as at its new mobile women's center.

Heartbeat is a pregnancy resource center whose mission is to be the best source of information and support to women facing pregnancies and to help moms, dads, and babies in need. All services are free and confidential.

Volunteer RNs and LPNs do health assessments and pregnancy tests for the women who come to Heartbeat, according to Pat Todak, executive director. Parenting instructors meet one-on-one with new and expectant moms and dads to facilitate prenatal and parenting lessons. "We use a national curriculum called 'Earn While You Learn' as part of our lessons, Todak says. "Using DVDs, workbooks, and worksheets, we help new and expectant parents learn how to be the best possible moms and dads. With each lesson they complete, the parents earn points that they can use to get the baby items they need, including clothing, diapers, formula, car seats, and more."

Advocates will be primarily on Heartbeat's mobile unit, according to Mrs. Todak. "Working with our nurses and sonographers, our advocates will meet with women facing unplanned pregnancies to provide information on options, emotional support as well as resources that are available to help them," she says. "Our mobile travels to different locations in Toledo, depending on the day of the week."

Volunteers are asked to commit to working four to six hours per week, either weekly or every other week. Day, evening, and Saturday volunteer opportunities are available.

For more information or to attend a volunteer orientation, call Heartbeat at 419-241-9131. Information is also available on their website, www.heartbeatoftoledo.org.

Promedica Community Events in February

ProMedica will offer the following community events in February:

Aromatherapy

Discuss the special ways that essential oils can be used for everyday health and wellness. This program is free to people with a cancer diagnosis and is sponsored by ProMedica Cancer Institute. Aromatherapy takes place the first and third Wednesday of each month. Call the Victory Center at 419-531-7600 for details.

Wednesdays, February 1 and 15

1 – 2 p.m.

The Victory Center

5532 W. Central Ave., Suite B, Toledo, Ohio, 43615

ProMedica Weight Loss: Scale Down Information Session

This is a free informational session to provide details on ProMedica Scale Down, an easy-to-follow meal replacement diet with delicious foods and the support of dedicated healthcare professionals. For more information, visit promedica.org/scaledown.

Wednesdays, February 1, 8 and 15

11 a.m. – 12:30 p.m.

ProMedica Health and Wellness Center

...continued on page 13

Year of the Mushrooms... continued from page 6

to figure out:

How to get more time:

- One of the ways is to adjust my sleep schedule (I try to sleep eight hours, but really I function better with six to seven)

How to use my time efficiently:

- Reclaim dead time (time you are spending on commute or watching TV (TV - that's a hard one for me - I love HDTV)!!
- Focus on high leverage activities (implement 80/20 rule: 80 percent of results come from 20 percent of activities) - I already do this, how about you?
- Focus on things that can help you grow (reading, socializing with inspiring people and working on your goals) - I already do this, are you?
- Don't procrastinate!

9. Decision-Making & Critical Thinking. The reality is not every decision you make will be a good one, but that should never stop you from taking action. Even if you make a mistake, learn from it and use it for the next situation.

10. Quiet Time - Take Time to Be Alone.

We are constantly working on something, interacting with people and spending a bunch of time on the internet.

We need to stop, relax and enjoy our inner self.

Since birth, we've been surrounded by people. Because of that, it becomes uncomfortable when we are alone for a couple of hours, without human interaction. In these rare moments, just try to be present and reflect on your inner thoughts. You will be amazed, how much you will learn about yourself and how much it will help you process certain things.

11. Discover Your Creativity.

"But, I am not creative!" You've probably thought this to yourself at one point in your life.

Welcome to the club. But let me tell you. That's a lie. We are all creative in our own way. Maybe some of us are not in conventional ways (drawing, painting, singing, playing instruments, etc.).

You don't have to be conventionally creative.

Ask yourself the following question: "What was the last time I did something and amazed not only everyone present but myself as well?" See if these things tend to repeat, and go with it.

12. Communication. I hate meaningless chit-chat. Nothing drains my energy like talking about the weather. And I know I'm not the only one who thinks this way. But fortunately, I'm a people person, so I try really hard to change the conversation from something general to something more personal. First, I focus on what's being said. The quality of a good conversation is not only what you say, but how well you listen to what the other person is saying. Chit-Chat is easy, but creating a meaningful conversation can be just as easy over time!

13. Develop the Power of Persuasion. The main purpose of persuasiveness is to place the opposite part in agreement with your point of view without being a jerk in the process...lol

90 percent of quarrels start by using the wrong tone of voice. Only 10 percent of the quarrels are due to differences in opinion. We must all learn to remain calm in a heated discussion, and for a win-win situation - be sure to respect the needs and benefits of the other party.

14. Learn to Say NO.

Sometimes you need to say NO!!

Think of saying NO like this: You're not saying NO to others, you're saying YES to yourself and to the things that are important to you."

I learned the hard way! Don't ever feel guilt tripped into doing something you really don't want to do. Always chose to instead focus on doing something you love.

Believe me, I know this list of mushrooms is long and I'm sure you're wondering...."Where should I begin"?

Answer is: Just pick one and start. Some of these can be learned within several hours while some require more than that. But, so what, you've got the rest of your life to get it right -so get out there and find those mushrooms!!

Happy 2017 - I wish you - health, wealth and peace in every area of your life!!

Sisterly yours,

Angela R. Steward

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ProMedica Events... continued from page 12

Community Room

5700 Monroe St., Sylvania, Ohio, 43560

Mondays, February 13 and 20

4 - 5:30 p.m.

ProMedica Health and Wellness Center

Community Room

5700 Monroe St., Sylvania, Ohio, 43560

ProMedica Surgical Weight Loss Seminar

ProMedica Weight Loss Surgery invites you to attend a free surgical weight loss seminar. Our program provides surgical weight-loss options for adults facing severe obesity and related health issues like diabetes, hypertension and sleep apnea. You can register online at promedica.org/bariatricseminar or call 419-291-6777.

Tuesday, February 14

Wednesday, February 22

Monday, February 27

ProMedica Health and Wellness Center

Community Room

5700 Monroe St., Sylvania, Ohio, 43560

Heart Healthy Fair

ProMedica is hosting a heart healthy fair sponsored by Paramount and the ProMedica Ebeid Institute for Population Health. There will be heart healthy desserts, a cooking demo, AED demonstration, free flu shots, and more. A cardiac specialist will be onsite to answer questions. This event is free and open to the public. For more information, email ebeidinstitute@promedica.org.

Saturday, February 18

10 a.m. - 1 p.m.

ProMedica Ebeid Institute for Population Health

1806 Madison Ave., Toledo, Ohio, 43604

Stroke Support Group

This monthly support group is for stroke survivors and their caregivers. The topic for this month is Brace Yourself! - Update on advances on Orthotics with William Holt from the Orthotic Prosthetic Center, Inc. Our support group provides an opportunity for stroke survivors and supporters to share their experiences with one another and receive guidance from clinical stroke specialists. By participating, you will also have access to the many different community resources available. To learn more about ProMedica's stroke support group, call 419-291-7537 or email stroke.support@promedica.org.

Thursday, February 23

4 - 6 p.m.

ProMedica Flower Hospital

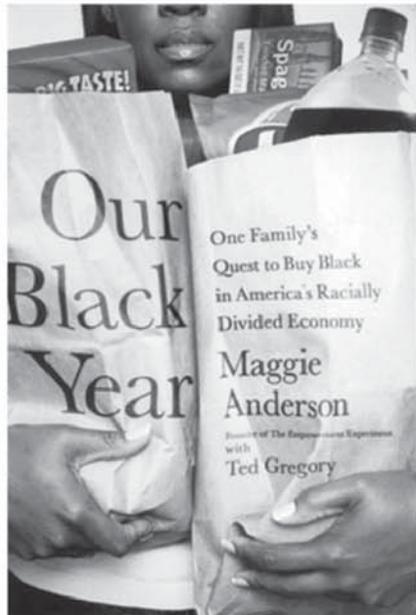
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Maggie Anderson
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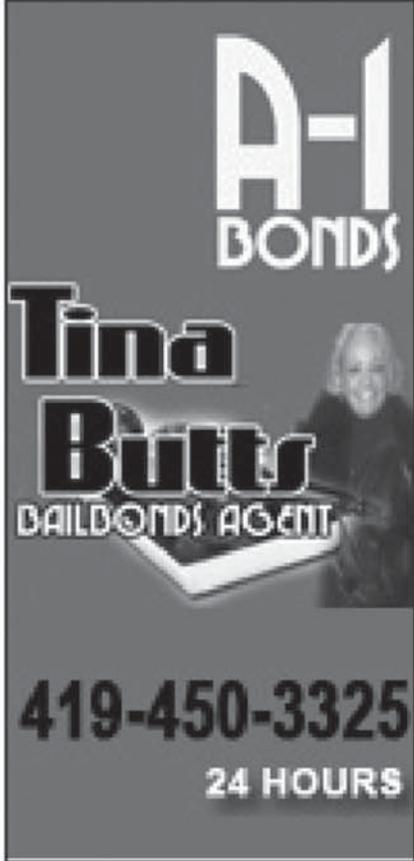
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ADS POSTED ONLINE AT:
www.TheTruthToledo.com

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 Woodruffe Rd.
Toledo, Ohio

 Pastor Joseph Marshall Jr., Pastor Evangelist Culture Mitchell, First Lady

 Crusaders for Christ Church • www.crusadersforchristchurch.org

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

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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
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4055 Monroe Street - Toledo, Ohio
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"THE GATHERING PLACE"

Nothing but PURE FUN!

5235 Hill & Reynolds @ Meadowbrook Plaza
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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

February 1, 2017

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FOR RENT

Two bedroom apartments for rent – plus Move-In Special.

419-708-2340

PART-TIME JOB OPPORTUNITIES

Braden United Methodist Church has two part-time job opportunities – a secretary/treasurer and a music director. For more information call the church office at 419-386-2700 or go to the church's website at bradenumc.org

ASSOCIATE DIRECTOR OF ADMINISTRATIVE SERVICES

Lucas County Children Services is seeking a proven leader to provide leadership in the management of the agency's financial resources and oversight of the Administrative Services Department. Requirements can be viewed at www.lucaskids.net. Equal Opportunity Employer Valuing Diversity.

Please No Phone Calls

ADDITIONAL LOCAL LEAD INSPECTORS REGISTER WITH HEALTH DEPARTMENT

The Toledo-Lucas County Health Department (TLCHD) is pleased to present an update regarding the City of Toledo Lead Ordinance passed in August 2016. TLCHD is currently offering Local Lead Inspector Courses for those interested in becoming a Clearance Technician. The Health Department has successfully trained 167 individuals since the inception of the course in November 2016. Thirty-three of these individuals are now registered inspectors and another 33 are awaiting certification pending successful completion of the state test.

The Health Department maintains a database of all local registered lead inspectors and encourages property owners who have not yet scheduled a lead inspection for their rental property(s) to do so. A list of inspectors can be found under Resources for Property Owners at: <http://www.lucascountyhealth.com/environmental-health/lead-prevention-2/>

For further information about the Lead Ordinance, please visit: <http://www.lucascountyhealth.com/> or call 419.213.4100 option 3.

CERTIFIED INSPECTOR 1, PLUMBER LUCAS COUNTY

Lucas County Building Regulations is accepting applications to fill the position of Certified Inspector 1, Plumber until the position is filled. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "Certified Inspector1, Plumber" from the list to read more or apply.

An Equal Opportunity Employer

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 # FY17-43, (Project # 0003-17-167) for Snyder Memorial HVAC Systems Replacement 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, February 14, 2017. 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 \$65.00 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, February 7, 2017 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: \$1,300,000.00; Breakdown: HVAC: \$1,225,000.00; Electrical: \$75,000.00.

TOLEDO URBAN FEDERAL CREDIT UNION JOBS

Come work at Toledo's first community development credit union, where we are growing and our membership is exploding. We are looking to fill the following positions:

Bookkeeper - Assist in managing our day-to-day accounting and finance requirements. Confidentiality, excellent organizational skills, and accuracy are important qualifications for this position, as well as good customer relations and the ability to communicate clearly. The ideal candidate for this position is skilled multi-tasker, is reliable and is committed to consistently meeting deadlines. 3-5 years experience required. Apply in person or email resume toleourban@gmail.com

Head Teller-Coordinate and supervise all aspects of teller operations within the branch ensuring the daily activities of the tellers are performed in a timely, accurate and courteous manner. Well versed in all branch operational procedure. Customer Service & Banking experience required. Apply in person or email resume toleourban@gmail.com

Teller (Part-Time) -Greet and welcome members to the credit union in a courteous, professional and timely manner, providing prompt, accurate and efficient member transactions, and answering questions in person or on the telephone. Customer Service experience required. Apply in person or email resume toleourban@gmail.com

Notice to Bidders: Inquiry # FY17-45, (Project # 1020-17-183) for Network Edge Distribution Replacement, Phase 1 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, February 21, 2017. 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 \$75.00 will be charged per set. Any further information may be obtained from David Desjardins of JDRM Engineering at 419-824-2400. One Pre-Bid Conference will be held on Tuesday, February 14, 2017 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: \$106,350.00; Breakdown: General Const: \$Electrical: \$106,350.00.

AKA Members Celebrate Founders' Day and 109 Years of Service

Special to The Truth

The members of Alpha Kappa Alpha Sorority, Incorporated®, Zeta Alpha Omega Graduate Chapter, along with undergraduate chapters, Alpha Lambda at the University of Toledo and Iota Iota at Bowling Green State University, hosted their annual Founders' Day celebrating "109 Years of Service to All Mankind" with activities beginning on Friday, January 13.

This year's Founder's Day theme was, "Celebrating the Roots of our Sisterhood."

On Friday, January 13, members gathered at the movies for the film Hidden Figures that featured three brilliant African-American women who worked at NASA and were the brains behind one of the greatest space missions in history. The three women were members of Alpha Kappa Alpha Sorority, Inc®.

On Sunday, January 15, members gathered for a church service at United Missionary Baptist Church, followed by a luncheon program featuring speakers Martha Cotton, Clara Petty and Kimberly Fisher who represent three generations of Alpha Kappa Alpha women. Our

celebration culminated on Monday January 16, with a MLK Day of Service Blitz, with members volunteering at the University of Toledo Unity Celebration; The Monroe St. Neighborhood Center; and Kitchen for the Poor.

Alpha Kappa Alpha Sorority, Inc® is a non-profit, service-oriented organization, which was founded at Howard University in Washington D.C. in 1908, and has a current membership of more than 250,000 throughout the world. The sorority's current multi-faceted goals are to promote education enrichment, health promotion, family strengthening, environmental ownership and global impact in communities worldwide.

The 2017 Founders' Day Committee were: President Felicia R. Dunston; Vice President Morgannia Dawson; Chairman Lisa McDuffie; Co-Chairman Deborah Washington, PhD; Lenora Barry; Donnetta Carter; Frances Collins, PhD; Mary Dawson; Dr. Debra Fulton, DDS; Julia Holt, Margaret Huntley; Theo Simmons-Hampton and Pamela Wilson.



Lisa McDuffie, chairman, and Deborah Washington, co-chairman



Katina Johnson, Morgannia Dawson and Treva Jeffries



First Row (l. to r.): Frances Collins, PhD; Lenora Barry; Sheri Saka, president, Alpha Lambda Chapter, The University Of Toledo; Felicia Dunston, president Zeta Alpha Omega Graduate Chapter; Diamond Spartling, president Iota Iota Chapter Bowling Green State University; Theo Simmons-Hampton; Lisa McDuffie, Founders' Day chairman and Deborah Washington, PhD, co-chairman. Second Row (l. to r.): Donnetta Carter, Pamela Wilson, Mary Dawson, Desiree McGee, Debra Fulton, DDS and Julia Holt



Katina Johnson and Denise Black-Poon



Clara Connor-Petty; Debra Fulton, DDS; Felicia Dunston; Richelle Watkins



Theo Tucker, Felicia Dunston and Ann Marie Holden - Tucker and Holden are charter members of AKA



Pamela Green-Jones and Ethel Files