



Volume 44, No. 6 *"And Ye Shall Know The Truth..."* May 3, 2017

Keith Jordan, Sr.



Vice President, Director of Development JLJ Vision Outreach

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When the Music Stops: The "Soul" of Gary Johnson

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

The Truth Contributor



You really can change the world if you care enough.

- Marian Wright Edelman

The game of campaign musical chairs has begun in earnest, as the City of Toledo will hold elections for mayor and six at-large city council seats on November 7. A primary election will take place on September 12, 2017.

With voters tired of the same ole-same ole and looking for fresh perspectives, this current high stakes game of elimination could bring monumental change to city government.

I had a conversation with Gary Johnson, business owner and candidate for one of the at-large council seats.

Perryman: Let's talk about some of Gary Johnson's favorite things. What are your favorite Toledo landmarks?

Johnson: The lighthouse on Summit Street over in Point Place is my newest favorite. I recently spent some time there doing a photo shoot and just really enjoyed the history. They've got the World War I, II and Vietnam War and the Iraq War monuments.

Then, the courthouse has always been a favorite because I heard the story of the war that never took place right down there at the courthouse, and so that's some good history. And finally, Dorr Street, knowing that that's where the landmark African-American community really was a mecca for social and economic life where blacks were able to establish businesses and put black small businesses on the map.

Perryman: How about your favorite ethnic foods?

Johnson: Favorite ethnic foods would have to be Mexican food. I love my soul food and I don't get enough of it because my wife doesn't cook soul food, so every now and then when somebody tells me they got collard greens and cornbread and candied yams, then I'm there. And if you put the chicken with it, I'm in there. I also like Greek food.

Perryman: What particular dishes? You mentioned from soul food you like the collard greens and cornbread and chicken. What about Mexican food?

Johnson: For Mexican food, it's the rice, beans, chorizo, it's a good breakfast food, and then getting some quesadillas is always good and I especially love seafood tacos. If you go to San Marcos on Broadway right down from the High Level Bridge, they sell the fish tacos and they're just fantastic.

Perryman: Who are your favorite Civil Rights figures, past or present,

local or national?

Johnson: I would say that Dr. Martin Luther King has to be my favorite because when I was in elementary school in Cleveland, I actually had the opportunity to meet him. He and his convoy, and it was just three or four cars, and I remember the old black Cadillacs that they had and they pulled up right in front of school, and Dr. King came out and the teachers had us all lined up in a semi-circle and he came in through the school, right through the main doors and we were all there, spoke to us for about 10 minutes and that was my first exposure to him and civil rights.

And as I got older in 1965, '66, I was living in Chicago with my mom and I actually got to go down and be a part of the SCLC (Southern Christian Leadership Conference) on 47th and South Park Drive, it's called Martin Luther King Drive now. But we were licking and stuffing envelopes and doing things to just keep that movement going. And then, obviously hanging around with my mom's family I got to understand a little bit more of my Hispanic heritage, which was good for me so I just started learning more about things like that, and also Cesar Chavez.

Chaves was a phenomenal leader. He actually starved himself and got the attention needed so that Mexican people would start getting some civil rights, and they were really being treated like second class citizens for a long, long time and he kind of brought that to the forefront and made sure that people understood that they had human rights that they were entitled to that they were not getting, so I kind of took him on as another hero.

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Community Calendar

May 6

13th Annual Toledo Plant Exchange: Drop of at Main Library between 8:30 and 10 am; Distribution between 10 and 11 am: 419-578-6783

May 6-7

Phillips Temple CME Last Mass Reunion Choir 100th Anniversary Concert Celebration: Rehearsal at 1 pm on Saturday; Concert on Sunday at 4 pm: 419-270-2248

May 7

Young Voices of Greater Toledo Spring Concert: 3 pm; "100 % Chance of Rain;" Story of Noah and the flood; Monroe Street UMC: 419-473-1167 ex 230

May 9

NAACP Election of Delegates to 2017 National Convention: General membership meeting; 7 pm; African American Legacy Project building

May 15

Blemished Butterfly Lupus Foundation's Peer Support Group Ice Breaker: 6 to 8 pm; Celebrating Lupus Awareness Month; Kent Branch Library; Refreshments will be served; Free & open to the public; Minorities are strongly encouraged to attend. Blemished Butterfly Lupus Foundation is a local charitable organization committed to confronting Lupus in the minority community through raising awareness, providing education and peer-to-peer support.

May 20

Josh Project Splash Bash: 10 am to 2 pm; St. Franis de Sales; Lots of activities including Ohio DNR Jet Ski simulator and Toledo Safekids Fire Prevention Smoke House: 419574-2799

May 21

Braden UMC 93rd Annual Women's Day: 10:30 am service and luncheon

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Mailbag Time...!

By Lafe Tolliver, Esq

Guest Column

Yes, yes. It is that time wherein I break out my email messages and relate some of the questions that my dear readers have for me to answer.

Sometimes, I feel like the editor of a Lonely Hearts newspaper section or a Dear Abby sociologist who tries to give brief but good answers to a myriad of problems that people seemingly can not find answers to.

So...below are some of the questions presented and my answers to them.

Tamekia asks: What can I do to avoid "daddy" issues and "mommy" issues that I see everywhere where I live. I am 19 and want to avoid all of that drama!

Answer: Tamekia: Good question. Simple answer. Tell your "daddy" boyfriend to keep his zipper up and for you to keep your dress down until you or both of you are married and employed and have some money in the bank. Don't start off life being single with kids if you can help it or just married but broke. Plan your life...don't let life plan you!

If this advice doesn't cool off your Romeo, tell him to hit the road until he wises up...and if he doesn't, you are better off without him.

Demarcus asks: I am 20 and want to get some cool tats like the guys I see on ESPN. What's your opinion on tattoos?

Answer: Stay away, far away from tattoo parlors. Don't scribble on your skin or draw pictures on it. You are not a toddler with a bunch of crayons writing on a wall! Think more highly of yourself and tell your home boys...no thanks...don't want it or need it!

My pet peeve about tats? If you are dark skinned, why do you use blue or black ink? After a few years, you can not see or read the tat and after so many years, the tat can spread out and be one dark inky mess!

You want to stand out with your tat? Use yellow, red, white green and orange inks on your bod. You will be surely noticed and what stuff you scribble on your skin will at least be readable!

Lo'tavia asks: My employer is treating all of us employees to a real ritzy meal at a snooty restaurant. I am at a loss as to proper dining manners at such places. What do I do? You can tell that I do not go to "top shelf" restaurants!

Answer: Hi Lo'tavia. Simple. Follow the mannerisms of the host. Always start with the utensils from the outside and work yourself inward towards the entree plate. Don't chew with your mouth open. Place your napkin in your lap and when they pass the bread basket, take one piece...not three! If you order beef, don't ask for ketchup!

Don't ask for seconds and when you get up from the table, leave the napkin in your seat. Lastly, do not order the most costly thing on the menu; and do not order a double scotch if the boss only orders a light wine. It is a case of monkey see...monkey do...when you dine out on someone else's dollar. Enjoy! Yes, it is OK to take home your leftovers!

Justin asks: Who should I do when I see crime being done in my neighborhood? Do I report it or let it slide.

Answer: Justin, if the crime was done against a family member by someone else, would you remain silent? Of course not. This is your neighborhood, your community.

You need to stand up and report crime to the anonymous crime stopper line. Criminals and thugs depend upon people like you being shy or scared and that is one way neighborhoods become a "no man's land" and with decreasing services and no retail stores.

Crime is a disease and you are the local doctor. Being a "snitch" is what the criminal says to you. Snitches, to me, are the real heroes. Don't be lame...get in the game and report wrongdoing.

You can do it without confronting the thug or making a scene about it. Quietly gather the facts and report it in secrecy.

Zerizobia asks: My apartment is next door to two people with three kids (ages about two, four and six). Noises all day long! Sometimes I hear what I think are the kids being abused and when I do see them come out, they look fearful and scared. Something is just not right. What do I do?

Answer: Not to sound too alarming, but the life or welfare of those kids are at stake.

You need to report what you have heard and seen to the children services bureau and demand, not ask, that they make a home visit to that apartment.

You can do this anonymously but for the sake of the kids and their future, you need to step up and make a difference in their lives. Don't wait! If you were one of those abused kids, you would want someone to bail you out of a bad home life.

Manny asks: I am 77 and I have lived with my woman (age: 31) in my house (paid up) for the past six years. I have two cars and get a pension and SS benefits. Lately, I noticed that some of my collectible sports memorabilia

have turned up missing along with "loose" money that I may absentmindedly leave around the house. I ask Sybil about it but she denies taking it or seeing it and now she wants me to put her name on my accounts.

Lately, she has been taking one of my cars (2016 Mercedes Benz) on long road trips and will not tell me who is going along for the ride!

What should I do?

Answer: From your answer, I will presume that you are not married to Sybil. What you must do right now is the following: (1) make out a will; (2) execute a power of attorney and give it to a trusted family member or friend "in case" something happens to you.

Do not under any circumstance allow her name on your accounts. Never! If you still believe that Sybil is stealing from you, you need to evict her from your home. No second chances. If she does not leave, call the police because she is now considered a trespasser.

Ohio does not recognize common law marriage so Sybil has no legal right to claim any of your property. You are Sybil's sugar daddy but tell her, it is about to turn sour up in here!

Brennandia asks: I am 57 and my dad just died without a will. I have five brothers and sisters. My dad left his house, five rental properties, various bank accounts and some valuable antique furniture. All of my brothers and sisters live in Arizona and I am here in Toledo. I was told that I have to probate his estate. What is that about?

Answer: My condolences for your loss. But back to business. Since you are an Ohio resident and your siblings are not, you, by law, have the right to be appointed his administrator of his estate to the exclusion of your siblings.

Immediately, either contact a lawyer or go down to the local probate court

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Keith Jordan Sr. – JLJ Vision Outreach Giving Others a Second Chance

By Linda Nelson

Sojourner's Truth Reporter

It has been more than a decade since Keith Jordan Sr.'s life came to a crossroad that compelled him to back away from a life of drug dealing, gang association, and bouts with the law, and revisit the early lessons he learned from his parents.

Today Jordan, vice president and director of Development of JLJ Vision Outreach – a nonprofit organization that works to reposition young people to a path of success – is an advocate and public speaker for youth, sits on the boards of several community organizations, is a recipient of this year's Jefferson Awards, which places him among former winners such as Justice Thurgood Marshall, Secretary Colin Powell and Oprah Winfrey and remains steadfast about his efforts to teach young people how to serve others.

Jordan, who grew up in Toledo, attended Start High School and earned a bachelor's of science in organizational management from Spring Arbor University in Michigan, is quick to say that the story of his achievements and the road to the success of his organization hasn't always been easy- but was essential for him and for his children.

He remembers the transformation. "I had cried out to God and said if you give me one more chance I'll never sell dope again. I was trying to find work and I couldn't make ends meet," Jordan says about those difficult times when the job he had still wasn't enough to cover his expenses, and the ghosts of his past continued to haunt him.

"I remember I was washing cars and the dope boys would make sure to come into this carwash. They'd drive up with the girls that I thought I was going to be with, and start talking," he said. "I couldn't even pay my phone bill. I was sitting in the car with my oldest daughter, she had to be five or six at the time, and I started to cry. When I started to cry she looked me straight in my face and asked me 'Dad why are you crying? Didn't you tell me that Jordans don't cry?'"

"We locked eyes and I said that's right honey. I dried my tears and told myself that I would do whatever it takes to succeed so that my baby won't have to see her daddy cry again."

What he did was roll up his sleeves and get busy. "I shoveled snow and cut grass," Jordan says. "I even started doing window repairs even though I didn't know anything about it. I got a book and read how to do them."

Eventually Jordan got a job at Ford Motor Company where he sharpened his community outreach skills working within the union. "We would go out and

feed families in need, help with community restoration projects, and give out Christmas baskets to kids," he says.

Jordan says it was these projects that helped fill a niche he'd always had and made him feel spiritually fit.

And after the factory left the area, and he was given the option to transfer or take a company payout, he chose the latter.

"I took the buyout because I felt as though there was something more in store for my life then working in a factory and on a line," he says. "I started feeling the need to become more invested in my community, and even when our union wasn't doing those projects I would still volunteer my time in some aspect. I became more creative inside of my church family and started thinking about how I could help the young men in the area."

It was the same niche that Jordan had seen demonstrated by his father, Jimmie L Jordan – the former pastor of Ebenezer Missionary Baptist Church – and his mother, Rosie Jordan.

"I would watch them do it," he says. "I grew up watching them give sacrifices of themselves. I remember times when we would go without electricity or go without gas because we paid somebody else's gas bill or somebody else's light bill."

When he looks back, Jordan says he understands that what his parents did then was not out of ignorance but because of the blessings that they had. But as a young man he didn't see what they saw and he attributes some of his "falling away" to that misunderstanding.

"My dad always taught me that it's about what you do on the earth that allows us to be the salt of the earth," Jordan says. "And now I believe in giving back without any recognition. That's why I move the way I move in the position that I move in. I believe that's part of what we are on the earth to do. That

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Keith Jordan Sr.



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Keith Jordan Sr.... continued from page 4

it's God's mission work, and everyone's mission on earth – to be an example, to give of your time and your spirit and your energy.”

After leaving Ford, Jordan says he continued for another 10 years serving in the community giving haircuts, buying books, sneakers and sports equipment for kids in the area. And in 2005 JLJ Victory Outreach began as a pilot program at Robinson Junior High School.

“The school believed that if they had someone to consistently work with the kids the culture of the school might change,” Jordan says. “We actually recognized a group of gang members that were inside of the school at that time, and one of the guys, who was a chronic gang member and was heavily involved in drugs, became an honor student and actually got a write-up in a local newspaper.”

JLJ soon expanded to Libbey, Scott and Woodward High Schools. “We took those kids on trips to Washington D.C., to Detroit and Cincinnati, so that they could look and see that other kids weren't much different than they were,” says Jordan.

He says there came a time when the momentum of the program was threatened because of funding and he was faced with the need to restructure. “As you move forward there are always setbacks,” Jordan says. “And one of those setbacks was the financials. So the grant ran out. And one thing that breaks the development of these kids is the inconsistencies of services. I knew that if I'm falling these kids are falling and the kids can't fall.”

So Jordan began reaching out to businesses, friends and families in order to create the necessary connections he needed to make in the community. “My message to them was, ‘hey, we need to do something about our community,’” he says. “It's not just the crime-ridden inner cities, but these are the kids that our kids meet at the mall, and the kids who our kids sit in the same school building with. These are the same kids who go home without electricity and without food while we go home to a refrigerator full of food and spoiling. So how can we meet that need?”

Jordan says that it was those types of conversations that created an understanding about what he was trying to do. “These were the like-minded people who would say ‘Keith you're right. I don't like seeing kids coming to school with clothes that haven't been washed or poor hygiene. You know what here's a bag of hygiene products or here's \$150 let's see if we can get this kid something.’”

“And instead of giving that money to one kid or one family, I did like Jesus did and took the two little fish and the five loaves of bread and I expanded it,” Jordan said. “I'd get \$50 gift cards for three families and then ask someone else to donate vegetables and fruit and then I'd go to grocery store owners and ask them could you match that?”

That was then. Today JLJ Victory Outreach operates on a \$250,000 annual budget and serves more than 2,000 kids a year through its various programs, says Jordan

The Buddy Program is an alternative placement program that works to keep kids in school during a suspension or an expulsion.

“You know statistics show that a certain amount of school days missed by kids in third and fourth grade can actually determine if they will graduate from school or if they will fall behind in classes,” says Jordan. “So we keep these kids in the building, supervised, where they can do their school work and at the same time we work on character development practices instead of them sitting at home not learning anything and getting into criminal mischief in the community. When other schools start to see the expulsion rates and the suspension rates going up, they call and say we need JLJ inside of our schools.”

Another arm of the organization is its Men of JOEB program, an eight-week workforce development program for ages 16-24. The program runs during the summer and places those who demonstrate excellence and commitment onto entry level job sites. Jordan says that the program encourages positive work ethic and instills, in young adults, a penchant for community service. Successful participation in the program can lead to permanent employment.

In addition to its ongoing programs, JLJ Outreach also hosts its yearly Summer Extravaganza. The day camp runs from June-August and is open to 45 kids ages five to 16. And like other programs in the organization, students who are committed are given priority.

“We will take up 70 kids on an on call basis,” says Jordan. “If kids don't come and aren't consistent with attendance, we will put someone else in that slot. The emphasis is on having a safe place and an educational enrichment zone for these children during the summertime. The brain is like a muscle and if we don't work it out it gets flabby and doesn't stay in shape. So these kids keep exercising so that when they go back to school in the fall they are already on task.”

The summer camp offers three focused areas that are structured to help prepare campers for a favorable future: The educational component that works in partnership with TPS and includes onsite STEM based curriculum and weekly college tours to those ages 13-16.

The behavior modification section features a “Breakfasts with Leaders” event and a structural organization session to help students understand how community systems function and the role the student can play within the community. Then there is the physical fitness section, because Jordan says, “We know that our community struggles with hypertension and juvenile diabetes issues.”

Through it all Jordan emphasizes the need for reliability when it comes to community services.

“The successes of JLJ are in its stability,” he says. “Our programs are customized to each individual so we must be consistent in implementing and developing models for these emerging leaders. So through good and bad moments we never throw up our hands and quit. Instead we ask can you help me and how can we do better?”

He wants the community to know that he will continue to move forward in serving and teaching others how to serve. And he says that he is always looking for new ideas in order to be better. “Right now I'm looking for new methods of educating our young black men, who are coming out of detention, and through life cycles,” he says.

In his phone, Jordan carries a picture of a single flower emerging out of a crack in the pavement- evidence that he can identify with those who have gone through some challenges in life and confirmation that there is always hope.

“This is me. This flower grew through that rough foundation,” he says. “Whatever is in my past, yeah I did it. I owned it and I moved on. But the thing is that I didn't let that story be the story they told on me- I told the story. And the people that I come in contact with are down. Like me, people have told them that their lives are nothing. People have told them ‘you're a fake and a phony and you're never going to be anything.’ “So you're right, I've got a chip on my shoulder because I've been through the fire. I tell people that I'm like a bull in a china shop. I only can be one kind of way. I can only be me. But guess what? I'm college educated I've got a degree and I'm about to finish another one. I'm opening up these kids' eyes and their parents' eyes and letting them know that if I can do it they can do it. And though I don't make nearly as much money as I made when I was working at Ford, at the end of the day I am so happy. I love what I do and I am honored to give back.”

For more information about JLJ Victory Outreach or the Summer Extravaganza visit the website: <http://www.jljvisionoutreach.org/>

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Boost Your Nutrition With A Smoothie

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

The Truth Contributor

Smoothies can be created with ingredients you likely have on hand if you have fruit and milk or yogurt. What ingredients do you already have in your freezer, refrigerator or in the fruit bowl? Smoothies are one way to add a snack or side “dish” to the meal and increase your nutrition.

Before focusing on all the easy ways to make smoothies at home, it's important to check that you *are* increasing your nutrition and not just increasing calories. For example, a quick comparison of two menu items at a fast food restaurant show many differences in the nutrition content of a fruit smoothie and a fruit-flavored milk shake.

On one hand, the milkshake does offer more calcium than the smoothie but the flip side is that the milkshake offers no dietary fiber and it has many more total calories as well as calories from fat. Check your size of the smoothie, the ingredients and the nutrition label to make your best choice. These same tips can be used for making your own smoothie.

In order to keep the calories down use low-fat or soy milk rather than whole milk. Try nonfat yogurt instead of ice cream. Don't add

extra sugar or sweeteners until you sample the smoothie first. Common ingredients in smoothies include combinations of fruit and often either milk or yogurt. Ice might or might not be added. If someone does not usually drink milk, other options include soy milk or silken tofu. There is no wrong way to make a smoothie although some tips help make it easier:

- Any fruit can be used from canned or fresh to frozen. One advantage of frozen fruit is that it helps thicken the smoothie as it adds flavor and sweetness. Purchase frozen fruit or freeze your own.
- Bananas are a common ingredient to add sweetness as well as to thicken a smoothie.
- To increase the amount of calcium in the smoothie, use milk or yogurt and add nonfat dry milk powder when mixing.
- To increase the fiber content, some choose to add ground flaxseed, wheat germ or wheat bran.
- For different flavors, consider adding mint, vanilla, cinnamon or cocoa. Start with a small amount, sample and add more if needed.
- Vegetables! Although fruit is a more common ingredient, some vegetables to add to a smoothie are spinach and other fresh greens, red beets, sweet bell peppers and carrots.

The only kitchen equipment needed to make a smoothie is a blender. There are smoothie blenders on the market and have a couple features to make the job easier but they are not a requirement. One difference in a smoothie blender is that they tend to have a narrower bottom on the blender jar. This makes it easier to make a single serving compared to a traditional blender with a fairly wide bottom.

A couple other tips include using smaller pieces of ice and frozen fruit. Large pieces of ice and fruit might make the blending harder. Also, it is fine to make a smoothie and store it in the refrigerator to drink later but the color might change if it stands too long. Most smoothies look nicest immediately after they've been blended.

As you try different combinations of ingredients, they might not always look beautiful but they might taste great! The following recipe from Super Healthy Kids (online) is a great example of using fresh fruit that might be just beyond its peak for fresh snacking. Instead of sitting in the refrigerator, toss the grapes in the freezer and then pull out later for this easy, sweet treat.

Sweet and Sour Grape Smoothie Recipe from Super Healthy Kids

- 2 cups frozen grapes
 - 1/2 cup vanilla yogurt
 - 2/3 cup water
- Blend until smooth. Enjoy!

Smoothie Samples in the Community! Have you ever seen a Blender Bike in action? A Blender Bike is a blender in front and it's powered by the person on the stationary bike. Join students, family and community members at Pickett Academy at 1144 Blum Street, Toledo, 43607 on Saturday, May 13, from 11:00 a.m. – 1:00 p.m. as the school partners with Food for Thought for Free Groceries and with Ohio State University Extension, Lucas County and the Pickett Elementary School Cooking Club for a Blender Bike demonstration and smoothie samples.

Information from NC Cooperative Extension, Randolph and University of Nebraska Lincoln, Extension, Super Healthy Kids and Food Hero by Oregon State University Extension.

MORE PINK SYMPOSIUM

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PrEParing to Decrease HIV Risk

By Dianne Pettis, CRNP
The Truth Contributor

The first cases of what has become known as HIV (Human Immunodeficiency Virus) were reported in June of 1981. This viral illness that causes the dreaded AIDS (Acquired Immune Deficiency Syndrome) became a worldwide epidemic.

In those early days, a diagnosis of HIV was known as a certain death sentence. Today, there is still an epidemic, but there is treatment for those who become infected; and medication available aimed at preventing becoming infected with HIV.

With these advancements, a patient being diagnosed with HIV is treated similarly to patients being diagnosed with any other chronic disease: like heart disease, diabetes or lung disease. Life expectancy is not much different from that a person who does not have HIV if the person remains on their daily medication and maintains good lifestyle habits – like those other chronic diseases.

We know much more now about the cause, treatment and prevention of HIV than we did in the 1980's. Though stigma and fear continue, it exists at a much lesser degree. HIV used to be thought of as a gay male disease; and the number of cases are in fact highest in the gay male population, especially African-American gay males. No one is immune, though. The disease affects all races, ages and sexual orientations.

Statistics from 2015 report that there are 1.2 million people living with HIV in the US. Racial disparities continue with this disease, as with other chronic illnesses. African Americans make up 12 percent of the population, yet are 45% of those diagnosed with HIV. Hispanics are 18% of the population, and make up 24 percent of those with HIV. Sexual orientation continues to matter. Gay and bisexual males make up 82 percent of those infected; of which African-American gay males are the largest group. This group is followed by white gay and bisexual males.

Between 2005 and 2014, HIV infection decreased in white gay males, increased in Hispanic gay males, and leveled off in African-American gay males 25 years and older. A disturbing statistic is that HIV diagnosis has risen 87 percent in young African-American gay males, ages 13-24.

During this same period; rates have decreased in women, all heterosexuals and in injection drug users. Another disturbing statistic is that 13 percent of the population is positive, but

they don't know it. They haven't been diagnosed yet, and are out there having unprotected sex and sharing needles – thus continuing to spread the virus to others.

Geographically, the highest rates of HIV diagnoses are in the South. In 2015, rates of HIV per 100,000 were 9.5 in Ohio, 10.7 in Pennsylvania, 8.7 in Michigan, and 11.5 in Indiana.

The good thing, is that of the 1.2 million people living with HIV; 55 percent are virally suppressed. This means that the 'viral load' in their systems is 'undetectable'. 'Undetectable' means that HIV is still present, but it is so low that the risk of infecting someone else is very low. That is the goal of the antiviral (antiretroviral) medications; to suppress the ability of the virus to be spread, and heal/preserve the functioning of the person's immune system. So, what about prevention?

Despite the education about safe sex, safer sex and abstinence – especially if one has a sexually transmitted disease; HIV continues to spread. Since sex is not likely to stop; there must be another way.

After much research, in 2012 the FDA approved the use of two of the HIV medications to be used as HIV prevention. PrEP was born. PrEP is short for Pre-Exposure Prophylaxis.

The two medications are combined into one tablet – Truvada, taken once per day. When



Dianne Pettis

... continued on page 10

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Health Section • Health Section

Spring 2017 Business and Health Expo

Dozens of agencies, vendors and health care providers offered hundreds of visitors a glimpse of their services at the sixth annual Spring 2017 Business and Health Expo on Saturday, April 29 at the Indiana Avenue Missionary Baptist Church Stephenson-Roberts Fellowship Hall.

Organizer Donnetta Carter once again assembled a blend of businesses and health providers for screenings, shopping and networking for the general public.



... photos continued on page 10

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Three Tips to Quit Smoking

Special to The Truth

May 31 is World No Tobacco Day, and a good time to think about quitting smoking and the use of other tobacco products.

Here are three tips for calling it quits.

- Take baby steps. When trying to quit any habit, thinking in the long-term can make your goal feel like an insurmountable challenge. Start with smaller, bite-sized challenges, such as a tobacco-free hour, day or weekend, before tackling longer-term goals.

- Find a replacement. It's helpful to have new habits you can fall back on to help expunge cravings and

... continued on page 11

Health Section • Health Section

Potential:

Latent qualities or abilities that may be developed and lead to future success or usefulness.

By Ryan Rollison
The Truth Contributor



The failure of most individuals comes from their lack of knowing their own potential.

Aside from athletes, a majority of people have never been pushed or needed to take themselves to new levels of accomplishment. Settling for mediocrity has plagued the lifestyles of many individuals. I believe this leads to a lower sense of self esteem and the lessening of standards of personal demands growth and achievements.

To see one's own potential is both a blessing and a curse. The blessing is in accomplishing new heights in personal goals but the curse is due to seeing the new potential and never being satisfied with less than what you have now become.

You do not have to be a competitor in anything other in life in order to take your potential to new heights. This can be applied in any aspect of your life, from eating, exercising, work, being a parent, a child etc..

Of course I will use physical potential because this is what I do. It can be applied to any area of your life. Being a competitive bodybuilder, I have had my body fat down to three percent and this is no easy task. I personally cannot stay that way all year around but just knowing I can get that lean has instilled a knowledge of my own achievable potential in my mind.

My point is that once you reach a certain level of success in some area then you know you can achieve it again with effort, dedication, conviction and discipline! Little adjustments in your daily lifestyle or habits make a big difference in your end results. The changes do not have to be great. They can be subtle.

Instead of eating two donuts from the office break room only eat one. Eat it slow and enjoy it. Get off the elevator a flight or two before your floor and

take the steps. Then the following week take half a donut and find something you like and replace it. Now take three flights instead of two and progress.

Believe in yourself and make no excuses. If you did it yesterday you can do it today but better and more effectively. Use affirmations, "I am a healthy eater!" Say it with conviction and believe it.

Keep negative words out your affirmations. Words such as don't, can't, won't. Use will and can! Change "I don't eat bad foods" to "I do eat healthy foods!" These are just a few simple things you can do on a daily basis.

You must grow your potential daily and make it better than it was yesterday. Understand that your ability to do or not do something contributes to your potential.

Where do you want to be in a week, a month, a year? See it, visualize it, affirm it and be it! Doubt has no place in your life right now nor do negative people, comments, thoughts or past self limitations. Every self doubt you release and move past is one step closer to you goal and improved potential.

This is one thing in life that YOU have control of. I believe the only limits we have are the ones we place on ourselves. Even people with physical ailments reach newer levels of potential. The only one that can hold you back is you, so...LET GO Unleash your hero and your potential!

UNLEASH YOUR HERO!

Ryan Rollison
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Health Section • Health Section

Community Health and Mental Health Resource Fair

Special to The Truth

Thomas M. Wernert Center For Mental Health Recovery and Support: 21st Annual Health Fair on Friday May 12 from 10 a.m. – 2 p.m. at 208 West Woodruff Avenue, 43604. This is event is open to individuals living in Lucas County with a mental health diagnosis age 18 and over.

This free event will include health screenings and resources from Mercy Hospital (blood pressure, blood sugar, cholesterol, oral cancer screening), breast health, Toledo-Lucas County Health Department (vision screening, smoking cessation), Equitas (HIV/AIDS testing and resources), NAMI of Greater Toledo, Harbor, Unison, Zepf, and chair massage (limited spaces available, first come-first serve).

“Adults in the U.S. living with serious mental illness die on average 25 years earlier than others, largely due to treatable medical conditions” (National Association of State Mental Health Program Directors Council. (2006). Morbidity and Mortality in People with Serious Mental Illness. Alexandria, VA: Parks, J., et al.). Thomas M. Wernert Center has been focusing on whole health and wellness for several years. A healthy lunch will be served and a raffle will take place at 2p (must be present to win).

For any questions or more information, contact Lisa Stewart at (419) 242-3000 ext. 104 or at lstewart@wernertcenter.org.

HIV Risk...continued from page 7

taken consistently every day, AND with correct and consistent condom use; the chance of becoming infected with HIV is lowered by over 90. Truvada works by blocking an enzyme that prevents HIV from making more copies of itself and establishing infection in the body. It should be noted that Truvada (commonly known as PrEP) does not protect against other sexually-transmitted infections.

Who may benefit from taking PrEP? Keep in mind the statistics I just reviewed. Men who have sex with men (MSM), including transgender women is the largest priority group. Other high-risk groups are people who inject drugs, those involved in prostitution, heterosexual men and women who have partners who are at high risk for becoming infected with HIV, and anyone who self-identifies a need for taking PrEP. PrEP is also an option for those couples who want to have children, but one partner is HIV positive.

PrEP can be obtained by prescription by your Primary Care Provider

(PCP), but not all PCP's are knowledgeable about the management and follow up required. Search on-line for PrEP providers or clinics in your area. PrEP is expensive, but with insurance or special programs for the uninsured; it is accessible.

You need have initial blood work to make sure you do not already have HIV, and screening for kidney function, Hepatitis C, other sexually transmitted diseases, pregnancy, and bone density. Follow up will need to take place every three months initially.

Begin with a discussion with your intimate partner and your PCP. Though science has made tremendous strides, HIV is still nothing to play with. The bottom line is that other than abstinence the greatest protection from HIV will come from combining prevention strategies like consistent and correct condom use, plus PrEP.

Contact Dianne Hart Pettis, CRNP
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Business and Health Expo... continued from page 8



Health Section • Health Section

Natural Tips to Beat Seasonal Respiratory Health Challenges

Special to The Truth

Spring and summer can be particularly difficult times of year for those with respiratory health challenges, when simple activities like gardening, walking the dog and reading a book on the patio can cause itching, wheezing, sneezing and trouble breathing.

“It is all about improving one’s immune function in response to environmental factors, which can mean the difference between perpetual discomfort and a happy, vital spring and summer,” says Kelly Heim, PhD, senior director of Scientific Affairs at Pure Encapsulations, a leading manufacturer of dietary supplements.

Whether you are looking to make your garden the envy of the neighborhood, or you simply want to stay active and comfortable while enjoying the outdoors, consider the following treatments and tips.

Something Sweet

Honey isn’t just delicious; it can be therapeutic, potentially helping you to alleviate seasonal symptoms. However, it is important you select honey produced in your local area for this strategy to work. You should also know that this immunotherapeutic approach won’t protect against all the causes of respiratory health challenges.

Dietary Supplements

Your nutritional intake can have a large impact on the way you feel in spring. Consider a dietary supplement designed to support both innate and adaptive immune response. For example, Pure Encapsulations Aller-Essentials with EpiCor contains a blend of nutrients and herbal extracts designed to promote healthy immune function in response to environmental factors.

Research suggests that it enhances natural killer cell activation, B cell and T cell function, and salivary IgA levels; and that the quercetin, hesperidin and vitamin C in the supplement provide additional support for stabilizing mast cells which can release histamines and exacerbate respiratory issues. More information can be found at PureEncapsulations.com/alleressentials.

Practical Considerations

While building up your immune response is crucial in the battle

against respiratory problems, you can make your home a healthy oasis from with a few practical considerations. Create a makeshift mudroom or landing zone in your foyer. Remove shoes and outer layers when you get home, and ask your guests to do the same upon arrival.

Keep your bedroom particularly protected from the outdoors, for example, don’t toss the same jeans and clothing that have been on a picnic blanket on your bedspread. Wash your hair in the evening before going to sleep, particularly after a day in the garden, and remember to change and launder your pillows and linens regularly.

Ask a Doctor

When it comes to health, there is no one-size-fits all solution. Talk with your health care provider, who can help you pinpoint the exact source of your suffering, in order to determine the best treatment options for you.

With a few lifestyle changes, you can look forward to a season of breathing easy.

Courtesy StatePoint

Quit Smoking... continued from page 8

put your mind towards something more positive -- whether that’s keeping your hands busy with a crafting project, or keeping your body active with running or yoga.

- Seek help. Free online resources and telephone phone hotlines can provide health facts and tools to help you quit. These programs often include tools for friends of smokers who want to help someone quit.

Smoking is the leading cause of preventable death in the United States, according to the Centers for Disease Control and Prevention. Stay healthy, longer by saying “No” to tobacco.

Courtesy StatePoint



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Tolliver... continued from page 3

and get the forms you need to have yourself appointed so that you can safeguard his "estate".

If your siblings think that they can raid his house and take what they want, you have the legal authority to say no and as the administratrix, you can make sure that the bank accounts and other valuables are protected and safeguarded until there is a division by the court of the assets of your late father.

Whatever you do, do not delay because you must continue to collect the rents from the tenants, pay any bills, pay any funeral expenses and maintain his assets in a reasonable and safe manner. You will have to get a probate bond over you.

Yes, you can be paid for your services at the end of the probate proceedings. Keep records of everything and pay all bills by check from a newly set up estate bank account. Inventory all assets and if needed, have them appraised for their value. Keep in touch with your siblings but let them know that you are legally liable for the proper distribution of all known assets.

Well, there you have it folks, the latest from my mailbag and my answers. Keep the emails coming and I will do this again in the near future.

Contact Lafe Tolliver at tolliver@Juno.com

Perryman... continued from page 2

Perryman: So you have dual heritage?

Johnson: Yes. My great-grandmother was Puerto Rican and I grew up in an African-American neighborhood, grew up in the African-American culture, and never really knew much about the Hispanic culture and so when I moved to Toledo and started doing things in the Hispanic community, I started getting back in touch with some of those roots and it was just neat to kind of see some of the things and that, and I can remember my grandmother, but I really was too young to have a whole lot of contact or get to know that culture, so it was kind of neat getting to know it in a later age in life.

Perryman: So your grandmother was Puerto Rican and your parents

were?

Johnson: My mom was African American and Puerto Rican and my dad was African American and he was Irish and Indian.

Perryman: So who is Gary Johnson? What is the "soul" of Gary Johnson?

Johnson: Gary Johnson likes to think of himself as Gary Johnson, first and foremost. I'm not the type of person that likes to be pigeonholed one way or the other. I believe in trying to help those that need the help the most and that's why I spend a lot of my time in the African-American community, I've kind of taken on the task of working with the Frederick Douglass Center any chance that I get and I support the initiatives that they do.

I also spend a lot of time over at the Sofia Quintero Center, I'm a member of Latinos United, and so I try to give back to both communities. I feel that I'm a better person for it, and rather than having somebody label me as being black or Hispanic, I'm Gary. I'm going to continue to work to try to make life better for the people in Toledo. I moved my business here. I'm going to continue to grow my business here in Toledo and I want to try to help other people and I try to identify people that I think would ever get an opportunity to do anything and try to show them the way to get it done, try to give them opportunities that they wouldn't have gotten.

Perryman: Please tell us a little about your business.

Johnson: It's called AFI Contractors, which stands for American Flooring Installers and it is a flooring company and also a painting company.

So we try to tackle commercial jobs and right now we are having some really good fortune. We got the contract to do ProMedica's downtown facility. We are also doing the towers out at Toledo Hospital. We're doing the Dana Facility, and so we've got some real high profile projects, but we've also got some smaller projects that we're doing. We work for a lot of different direct contractors. We do a lot of work at the University of Toledo. We do a lot of work with a company called Ridgestone, which is actually a residential builder, but he does a lot of commercial storefronts. And so we'll do anything as small as \$1500 and we've gotten contracts for over \$1 million dollars.

Perryman: How long have you been in business?

Johnson: We started in 2005 and then moved from Sylvania Township to Toledo in 2008, and have been here ever since. We have 50 employees.

Perryman: So please tell us why Toledo voters should elect Gary Johnson to City Council?

Johnson: I think City Council and Toledo in general needs someone who realizes that it takes money to administer a lot of the programs that we all desire. I want to make sure that we have programs that address the poverty situation. I want to make sure that the City of Toledo addresses the opiate situation, crime and things like that, but it takes money. You can't do these things if you haven't got money and so you when you sit there and want to pass laws, nobody asks where the money's coming from. And I think if you put some people that have some business acumen, put some people that have some leadership acumen in there to start asking some of these questions, we'll go a lot further.

And I have a plan that I'd like to introduce to Toledo and work with the mayor to bring more small business to the City of Toledo by making Toledo a city that is friendlier to small businesses. And if we do that, then we can attract more small businesses to come into the underserved areas, open up in the empty storefronts, and that's going to create job opportunities in those underserved neighborhoods, and will invigorate our economy. If we only build a great downtown and don't push upward to try to help the underserved neighborhoods, then we will just be a city that has a great downtown. And then people will continue to bypass the underserved areas to get there and then go back out to the suburbs, and we're not really going to be that strong, friendly city that we wanna be.

And I've seen this happen in Cleveland, I've seen it happen in Detroit, I've seen it happen in Boston and Dallas, where when they work in these underserved neighborhoods and build them back up, that their city is very, very invigorated and there's just a lot more activity going on in the cities. I mean, look what we're doing on Adams Street. How many more young people could we attract to the downtown area if we make it a little safer, we light up the neighborhoods, we work with the landlords to make affordable housing available to people who want to move down here, but can't afford to live at Tower on the Maumee.

So I just see an opportunity to take advantage of the momentum and the synergy that we've got going by building our way out instead of trying to work our way in from the suburbs.

Perryman: Thank you for your time.

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



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Finding Gideon by Eric Jerome Dickey

By Terri Schlichenmeyer
The Truth Contributor

It wasn't where you put it down.

The last time you saw it, it was over there where you laid it. You remember doing that; you even gave yourself a brain-nudge so you wouldn't forget but now it's not where it should be, and that bugs you. Now, as in the new novel *Finding Gideon* by Eric Jerome Dickey, you'll have to chase it down.

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372 pages

At an age when most boys are focused on their little toy cars, Jean-Claude was busy saving his mother's life.

The French prostitute known as Thelma (or was she Margaret, or Cathrine?) had crossed the wrong Johns, gotten pregnant, and told their wives. She hinted that Medianoche was a father. She hinted that the Beast was a father. She was lying to one or both, and the Beast told Medianoche to kill her. He was swinging Thelma around by her neck when her "snotty-nosed" seven-year-old son picked up Medianoche's gun... and shot the assassin in the face.

That was the first man the boy gunned down. Thelma set him on the second one, too, which changed him, and made him a killer. He was a sought-after, talented assassin when he learned that Medianoche had lived, and Gideon (his professional name) knew he had to finish that long-ago job.

Medianoche hadn't planned on killing his best friend, but when he learned that the Beast had been lying for years about Thelma, there was no other choice. Once the Beast was gone, Medianoche could assume leadership of the Four Horsemen, the group that ruled Buenos Aires, and that's how it always should've been.

But this young assassin, Gideon, complicated things. Medianoche heard that Gideon was looking for him, to settle a dubious score. It wasn't enough that he'd taken Medianoche's eye, and destroyed his face.

No, Gideon was looking for Midnight, and there would be war. Which only meant that Midnight had to find Gideon first...

I have to admit, I spent the first thirty pages of this book hating it.

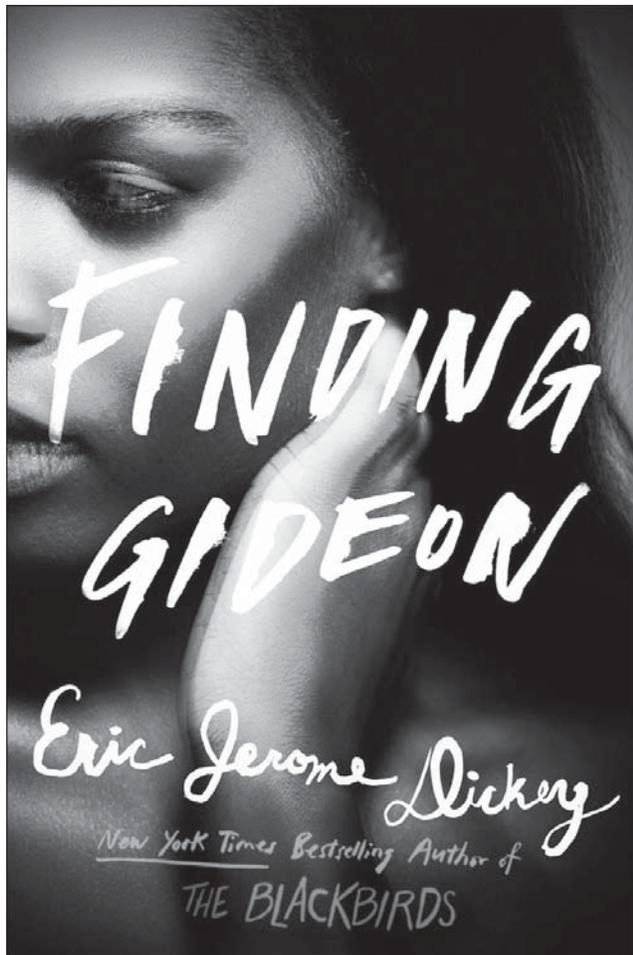
As he often seems to do, author Eric Jerome Dickey jumps feet-first into his novel by letting the characters jump feet-first into bed. There is a bit of prelude this time, but it's strangely fixated on dog waste before we get to tiresome erotica.

Usually, I'd recommend skipping that and starting the book several pages in, though with *Finding Gideon*, you really shouldn't. You need that beginning; it's nasty, but it sets up a first-rate thriller and a surprise: this latest Gideon tale has character development that makes many of the killers human, almost likeable. Readers get a better understanding of who Gideon is, and what drives him. We meet his "brothers" and lovers old and new and, because this book screams toward an unsettling cliffhanger, we can only hope to see them again.

Certainly, you can read this novel alone but I'd recommend starting with *Sleeping with Strangers*. The overall tale relies on it, so enjoy that book first. Won't be long before you'll beg to put *Finding Gideon* in your hands.



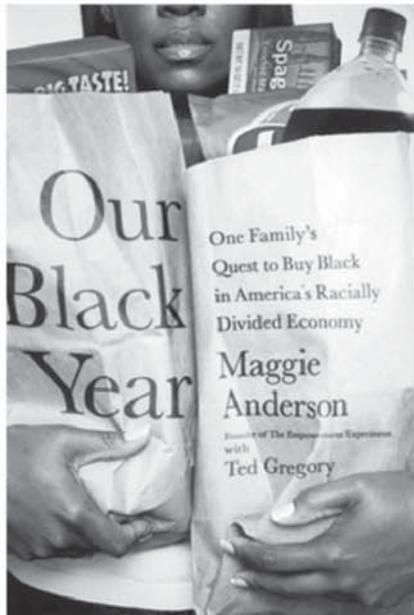
Eric Jerome Dickey - courtesy Joseph Jones Photography



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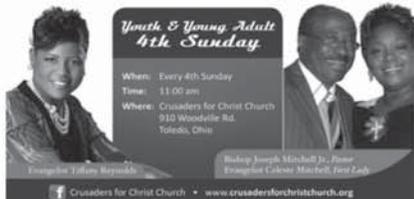
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CLASSIFIEDS

May 3, 2017

Page 15

REQUEST FOR PROPOSALS MARKETING AND PUBLIC RELATIONS SERVICES (RE-ISSUED) RFP#17-R004

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The Person-Centered Care Project Ombudsman must be an Ombudsman Specialist or qualified candidate for specialist certification. The Project Ombudsman must work as a full-time equivalent employee for the regional program. Salary depends on relevant legal experience. Excellent fringe benefits.

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Subject: Person-Centered Care Project Ombudsman

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Once you arrive at this website, the **Ohio Hiring Management System**, click on search for **State Government Jobs**, then filter by **Department**, then scroll & click on Transportation District 2. Click on the job title **Highway Maintenance Worker 1 - Apprentice**. You will also find information on **How to Apply**. Should you have additional questions, please call the **ODOT District 2 Human Resources Office at 419 353-8131**.



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Rev. Jerome Graham's Third Anniversary Celebration

Sojourner's Truth Staff

Rev. Cecil Jerome Graham, pastor of True Vine Missionary Baptist Church, and his congregation celebrated his third pastoral anniversary on Sunday April 23, 2017 during a service in Graham's mentor, Rev. John E. Roberts of Indiana Avenue Missionary Baptist Church, delivered the message.

The theme of this year's celebration was "Where he leads me I will follow," from Psalms 25:5.

"Now in my third year of pasturing I have been truly blessed by the manifestation of God's anointing and how True Vine as embraced the spirit of giving and outreach," wrote Graham to his flock.

"The growth of the ministry has blessed me, the opportunity and career fair, going into the fourth year, the second year of food distribution of food and the launch of an STNA career development ministry has truly encouraged me to fight faithfully onward in enriching and empowering of the body of Christ. God is continually adding to the church weekly through Candidates for Baptism and Christian Experience."

An annual Vacation Bible School, the purchase of a new van and new kitchen appliances and collaborations with community partners have also been implemented at the church during the three years of Graham's leadership.

Sunday's service was opened by Sis. Sharon Lee of the Pastor's Aid Committee. After the devotion presented by the True Vine and Indiana deacons, the Voices of True Vine led the processional, greetings were offered by Bro. Thomas Lee and the first of several selections were sung by the Voices.

The message by Roberts was followed by words of gratitude by Mother Georgia Trigg, president of the Pastor's Aid Committee and Rev. Graham made the closing remarks.

Other members of the Pastor's Aid Committee are: Bobbie Beasley, vice president; Mother Mattie McAlister, treasurer; Nate Frazier, chaplain; Mother Vivian Smith; Denise Graham-Banks; Yvonne King; Audrey Starks; Janice Baker; Glenda Brown and Ora Bell

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Seated: Sister Bobbie Beasley (Vice President of Pastors Aid) and Mother Georgia Trigg (President of Pastors Aid)

Standing L to R: Brother Thomas Lee, Mother Janette Stinson (President of Mothers Board), Deacon John Baker (Deacon Board Chairman), Pastor Cecil Jerome Graham, Deacon Nate Frazier, Sister Bellzora Duhart and Deacon Willie Chears (Vice Chairman of Deacon Board)

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