



Local and National News

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The Sojourner's Truth

Volume 45, No. 6

"And Ye Shall Know The Truth..."

July 5, 2017

Carnel Smith's Football Camp



Carnel Smith and Andre Fox

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Toledo Area Candidates Seek Local 500 Endorsement

By Tricia Hall

Sojourner's Truth Reporter

Laborers International Union of North America (LIUNA) Local 500 organized a members-only political forum and invited all Toledo and surrounding area candidates on Wednesday, June 28, 2017 to their building on Ashland Ave. This first political forum of the election season provided each candidate a three-minute introductory period, immediately followed by a brief question and answer period for all candidates running in this election cycle.

This was the building trades construction union's (approximately 1,300 members) first ever "Meet the Candidates" event.

The union's Business Manager David Fleetwood served as facilitator. The forum began with judicial candidates. That was immediately followed by talks by the three Toledo mayoral candidates: Lucas County Treasurer Wade Kapszukiewicz; District 5 Toledo City Councilman Tom Waniewski and Mayor Paula Hicks-Hudson.

In years past, the Local's executive committee and/or screening committee would speak with candidates requesting endorsements and make recommendations to the membership for approval. This year, with many more county-wide candidates seeking endorsement, Fleetwood decided to widen the selection process to more members by allowing whoever wanted to come and hear the candidates to be able to do so.

Over 100 members attended representing a cross-section of demographics in the county including African Americans, Latinos, Caucasians, men, women and senior citizens. They listened as 20 candidates offered a three-minute introduction of their candidacies and then answered questions from the Local's members.

Six of the Toledo City Council at-large candidates are endorsed Democrats and their speaking order was pre-determined. The following candidates participated in the forum: Toledo City Councilwoman Cecelia Adams, PhD; local business owner Gary Johnson; community organizer Nick Komives; Food for Thought former Executive Director Sam Melden; Toledo City Councilman Larry Sykes and Toledo City Councilman Kurt Young. MLK Kitchen for the Poor Executive Director Harvey Savage, Jr. was the one non-endorsed Democrat who participated in the forum.

Sykes explained his campaign slogan and plans to continue his focus on affordable housing. "In the cases of the Alpha Towers, the old Cherrywoods, Oakwood homes, and Rivera Manor; they were all in horrible conditions. We, City Council, worked with HUD, the City of Toledo and the housing courts to deal with these properties," explained Sykes.

Adams has previously served on the Toledo Public School board and mentioned the predatory lender's legislation as a milestone for her. The legislation regulates zoning, number of vendors permitted within city limits and

lender pre-payment periods. "I come from a family of service. During this short time serving on city council, I've pass this predatory lender legislation, with the help from my colleagues," explained Adams.

"I'm Sam Melden," said the former Food for Thought executive direc-

... continued on page 3



Candidates forum



City Council Candidates during Q&A

Community Calendar

July 10-15

Greater St. Mary's MBC 2017 Church Revival: Nightly Monday through Friday at 7 pm; Guest revivalist Rev. Robert Lyons Jr, pastor of the MarketPlace Movement in Dayton (son of St. Mary's pastor and first lady): 419-536-5155

July 15

Inspiration at The Doug: Frederick Douglass Community Association; 4 pm; The Columbus State Gospel Vocal Ensemble

July 19-21

New Prospect Baptist Church Vacation Bible School: 6 pm nightly

July 22

Fifth Free Universal Health Care Fair: Wayman Palmer YMCA; 9 am to 1 pm; Free medical services – screenings, physicals, etc

July 23

True Vine Church Pastor's Aide Annual Day: 4 pm "I Must Work the Works of Him That Sent Me;" Guest speaker Pastor Robert Bass of United MBC: 419-539-9104

July 27

DBE Certification Workshop: 10 to 11:30 am; TARTA – 1127 W. Central; Designed to assist disadvantaged business enterprises in finding more opportunities with TARTA and the Ohio Department of Transportation

July 29-30

St. Paul MBC 100th Church Anniversary: Church service on Sunday at 10:45 am

August 18-19

Ninth Annual Sacred Strings Showcase Concert: Featuring African-American steel guitar players; First Alliance Church; 6:30 to 9:30 pm on Friday; 3 to 7 pm on Saturday 419-243-0564

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Local 500 Endorsement.... continued from page 2

tor. "I'm married and father of three. I think about what will our city look like when my kids are in their 20s and will they live in the city or outside the city. For me, those questions then become, are you willing to step up and do something about it."

Savage has worked with organizations including Community Shares, Junction Project, and Toledo Metropolitan Area Council of Governments. "I see City Council as a continuation of my community service, keeping the Savage legacy going. I understand this city. I believe I have the pulse of this city."

Komives worked previously for America Votes and Hillary Clinton's presidential campaign, and after years of traveling for work decided to return home. "I wanted to return to Toledo. I've worked with teachers' unions to fight for good pay and benefits. I've helped with 42 school districts in Ohio to ensure teachers are paid well for the benefits they deserve."

Johnson credits his business success with understanding the city's future vision. "We need to make sure we move Toledo to the next level. Johnson means Jobs, without jobs we can't do the social programs. We have to make sure Toledo is an aggressively friendly small-business city," he explained.

Young, who was appointed to council two months ago to fill the spot vacated by Councilwoman Theresa M. Gabriel, works full-time as an attorney. "I've represented several union members in worker compensation claims and a small business owner. I know what it means to make payroll and keep good employees. I have fought for at-risk youth, to protect collective bargaining, and work place safety," Young said.

In addition to the mayoral and City Council candidates, others in attendance running for office were: Maumee Municipal Court Judge candidates incumbent Judge Gary Byers and Maumee Councilman Dan Hazart; Sylvania Municipal Court Judge candidate Greg Bonfiglio; Oregon Municipal Court Judge candidates Lou Kovacs and Clint Wasserman; Toledo Municipal Court Judge Michelle Wagner (unopposed); Toledo Municipal Court Judge candidates (to replace Judge Christiansen) Dale Emch and Nicole Khouri; Toledo Municipal Housing Court Judge candidates (to replace Judge C. Allen McConnell) Jim Anderson and Joe Howe.

No candidates were excluded.

Local 500 is also reviewing requests for endorsement from candidates running to Toledo Public and Washington Local school boards.

Toledo's primary election is September 12, 2017 and general election is November 7, 2017.

Ed. Note: Teresa Moore, Community/Political Affairs Coordinator for LIUNA Local 500 contributed to this report.



Councilman Kurt Young

Councilman Larry Sykes

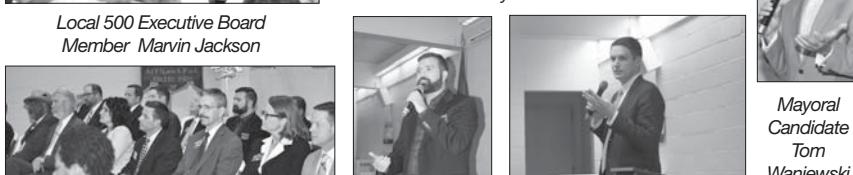
Councilwoman Cecelia Adams

Gary Johnson



David Fleetwood, Mayor Paula Hicks-Hudson, Wade Kaspukiewicz

Local 500 Business Manager, David Fleetwood

Harvey Savage
Local 500 member Wally K You

Local 500 Executive Board Member Marvin Jackson

Mayoral Candidate Tom Waniewski



Participating Candidates Nick Komives Sam Melden

Photos by Tricia Hall and Carla Thomas

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Kaptur Statement on CBO Score of Senate Health Care Bill

GOP's anti-life bill will cause 22 million Americans to lose health coverage

Special to The Truth

Congresswoman Marcy Kaptur (OH-09) released the following statement after the nonpartisan Congressional Budget Office (CBO) released its analysis of the Senate's anti-life measure to repeal Obamacare:

"Why are Republicans in Congress wasting precious time scheming in secret about how to take away health security from our most vulnerable -- our sick, our children, our seniors, the disabled and the mentally ill?

"Today's CBO estimate confirms that the latest ploy to steal health security from average Americans to further enrich millionaires and billionaires will result in 22 million Americans losing coverage. And the kicker is that not only will costs go up under this bill, but jobs and hospitals will move away from small communities and rural counties where health care is harder to access.

"Enough is enough! Republican must stop gambling with the lives of millions of Americans as their well-being is far more important than another tax cut for a select few.

"Medicaid is a lifeline to families in Ohio who care for a mentally ill or disabled family member, an elderly relative in a nursing home, or someone who is facing the tragedy of opioid addiction. This Republican plan is an attack on millions of Americans who are far too busy holding life together to see this mean-spirited cash grab coming their way.

"Let me say it again: Congress should start over and produce a bipartisan bill that expands coverage and reduces costs for all Americans."

Phillips Temple...continued from page 16

The history of Phillips CME began in 1916 when Rev. Melvin Hunt and 16 members organized a Colored Methodist Church in the home of Willie Mays in Rossford, OH. In 1917 Hunt started another church in Toledo known as the Colored Methodist Episcopal Mission, again in a family home – that of Annie Weaver on Moore Street.

In the early 1920's the church moved numerous times, from Stickney Avenue, to Nebraska Avenue to N. St. Clair. The move to St. Clair church prompted a new name – Phillips Chapel Colored Methodist Episcopal Church – in honor of Bishop Charles Henry Phillips, the eighth minister to be elevated to the office of bishop in the Colored Episcopal Church.

In 1923, a building was finally purchased at 345 Wabash. Another site was purchased in 1932 at 1406 Lawrence and for over 38 years, the building remained the home of the Phillips Temple CME Church until a fire in 1971 destroyed the church's home.

A building fund was started and plans were drawn for the construction of the new building at 565 Palmwood and the consecration celebration was held on December 21, 1975. The second mortgage for that building was burned on October 28, 1980.

The current pastor, Rev. Nicholas Betts, is the 27th shepherd during the church's first century.

The Sunday celebration was opened by worship leader, Rev. Ireatha Hollie. Rev. Carolyn Coleman offered the morning prayer and the Phillips Temple Youth Choir, the Higher Dimension Mass Choir presented musical selections.

Remarks were offered by guests, including former pastor, Rev. Charles Henry (1995-97). Pastor Betts gave the pastoral statement and introduced Presiding Elder Bruce Gibson.

First Lady Betts and Rev. Hollie served as co-chairmen of the 100th Anniversary Committee





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Cook Outside Today

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

What are you grilling this summer? Many vegetables and fruits can be cooked on the grill as well as your favorite cuts of meat, poultry and fish. A couple of the best reasons for using the outside grill include the opportunity to prepare healthy meals and also to enjoy a fresh, summer taste without heating up the kitchen! Even if you don't use an outdoor grill, you can also use these ideas in the kitchen.

Choose what works best for you. Grill fresh produce directly on a clean, oiled grill rack or use a grill basket. Use kabobs made of metal or wooden skewers. If using wooden skewers, soak them in water for a few minutes before threading on the vegetables in order to avoid burning the wood when grilling. Another option is to cover your grill rack with one layer of heavy-duty aluminum foil or two layers of lighter-weight foil. Tongs or spatulas are recommended rather than a fork to turn vegetables.

The biggest disadvantage of a fork is that it could pierce the produce and allow the juice to run out. The cooking times for each type of produce will vary. Obviously, the most tender and thinly sliced produce will take the least amount of cooking time. A few will take as little as three to five minutes on each side and most vegetables will be tender and lightly browned in 12-15 minutes (over a recommended medium heat).

Create a healthy foil packet meal to please all tastes. Choose a protein, vegetables, herbs and fruit. Use heavy aluminum foil, spray well with cooking spray. After adding all the ingredients on top of the foil, fold the foil edges together and seal well. Place the foil packets on a grill (medium) and cook for 10 – 30 minutes. The difference in time will depend on the size of the ingredients as well as the internal temperature of the meat. Make sure to open the foil packets carefully so that steam does not burn. What types of combinations of food will make your meal?

- Turkey sausage, potatoes, onions, peppers and chopped greens
- Salmon, summer squash, onions, oregano and garlic
- Shrimp, black beans, pineapple and peppers

The Partnership for Food Safety Education recommends using a food

thermometer to check the inside temper of all meat to make sure it is at a safe minimum temperature. Meat, poultry and seafood cooked on the grill can brown quickly on the outside. Use the following minimum internal temperatures for each type of meat:

- 145°F minimum internal temperature for beef, pork, lamb and veal steaks, chops and roasts
- 145°F minimum internal temperature for fish and shellfish
- 160°F minimum internal temperature for ground meats (beef, pork, lamb, and veal)
- 165°F for all poultry (chicken, turkey)

Grilled fruit can be a healthy summer dessert. Like the vegetables, you can choose to thread fruit cubes onto skewers or slice the fruit in half and place it right on a clean and greased grill rack. Hard fruits are better for grilling verses soft, juicy fruit. Try apples, peaches, pineapples or plums.

Summer Opportunities in the Community

The Toledo Farmers Market is once again offering **Double Up Food Bucks** for shoppers who use SNAP benefits to purchase food. How does it work? Go to the information booth. Swipe your SNAP/EBT card for

... continued on page 12



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Moms: Common Reasons You May be Packing on Pounds

Special to The Truth

A pizza crust here, a chicken nugget there. Can eating leftovers off your child's plate really add up? The answer is yes. Eighty-one percent of moms with kids under 18 admit to eating off their kids' plates before, during or after a meal. What's more, one in three say they eat less healthfully now than they did before they became a parent, according to a new survey conducted on behalf of Nutrisystem by Harris Poll.

Some of the top foods moms are guilty of eating off their kids' plates are chicken nuggets, pizza crust, French fries, potato chips, mac and cheese, pancakes and cupcakes.

"While those few bites may seem inconsequential, the extra calories can really add up over time, and may be detrimental to weight maintenance and weight loss efforts," says Courtney McCormick, corporate dietitian at Nutrisystem.

On average, eating those leftovers on your child's plate once a day for one week can add up to more than 400 additional calories. Nibbling at that rate equals nearly six pounds per year!

To help moms make healthier choices, McCormick is offering the following tips:

- Eat mindfully. Be aware of just how much food you're picking from your child's plate. Include this food in your daily calorie count and rethink your eating throughout the rest of the day. Consider forgoing a snack or eating less at a meal.

- Reassess your child's portions. If your child consistently has leftovers, reassess portions. Look at your child's hands for guidance -- protein such as meat, fish and chicken should be the size of their palm; fruits and veggies should be the size of two palms; healthy fats like cheese, nut butters and avocado should be the size of their thumb (from knuckle to tip); and pasta, rice and other grains should be the size of their fist.

- Be picky. If you do find yourself grabbing leftovers, go for the less caloric choices. For example, opt for the blueberries and carrots instead of the chicken nuggets.

- Save it for later. If you feel the urge to eat leftovers because you can't stand to see food get wasted, then save your child's leftovers and serve it to them later as a snack or meal.

- Eat while they eat. If you're picking at your child's plate because you're hungry, then try to have your own healthful snack or meal to eat while your child is eating. Make sure you choose items for your diet rather than just select the same foods your child is eating.

More wellness tips can be found on Nutrisystem's blog "The Leaf," at leaf.nutrisystem.com.

Parenthood doesn't necessarily need to translate to weight gain. With a few smart strategies, you can keep your calorie needs in balance and your weight in-check.

EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for the following position(s): **Maintenance Coordinator; Family Self-Sufficiency Specialist (Homeownership).** For complete details, visit www.lucasmha.org/Careers. Deadline: 07/07/17. This is a Section 3 covered position(s). HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS.** Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



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Health Section • Health Section

Universal Health Aid: Fifth Annual Free Universal Health Fair

Special to The Truth

On Saturday, July 22, the volunteers of Universal Health Aid (UHA) will be transforming the Wayman D. Palmer Community YMCA from recreation center to health center for the Fifth Annual Free Universal Health Fair.

With no cost of admission, individuals are welcomed from 9:00 a.m. to 1:00 p.m. to partake in as many or as few of the comprehensive screening services as they choose. The variety of medical specialties provided by local healthcare professionals ranges from dentistry to ophthalmology, cardiology to family medicine. Blood sugar readings, cholesterol evaluations, and even school physicals are all available simply upon request.

The Toledo Chapter of UHA is comprised primarily of student volunteers who dedicate most of their summer to ensuring the success of the Health Fair. Coming from the

local Maumee Valley Country Day School and St. John's Jesuit High School, the volunteers organize every aspect of the event from doctor recruitment to obtaining sponsorships like the Toledo Clinic and ProMedica.

"What continues to impress me is the shared vision of UHA—the commitment from the doctors, the volunteers, the sponsors, and the patients themselves to really help all and serve all," says Kashvi Patel, co-director of this year's event.

In addition to the free medical services, there will also be food and refreshments for patients to enjoy as they wait to be helped. If one is feeling more intuitive than hungry however, there will also be a spectrum of information booths offering healthcare literature and other services for the sake of holistic treatment.

Universal Health Aid strives to improve health and lifestyle through preventive medicine, health education, and leadership development.

"We believe that preemptive and educational care is the key to solving the major medical issues prevalent today," notes Haitham Maaieh, co-founder and chief operating officer of UHA, "The improvement of healthcare is a community-wide initiative that requires honest dialogue between patients and healthcare specialists. We at the Toledo Chapter believe the Health Fair to be a prime appointment for the two."

Any questions should be directed towards toledo@universalhealthaid.org. Join UHA in helping to make Toledo a healthier tomorrow.

Promedica Community Events in July

ProMedica will offer the following community events in July:

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, July 5 and 19

1 – 2 p.m.

The Victory Center

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

Blood Drive

ProMedica Toledo Hospital and the American Red Cross are hosting a blood drive. To schedule an appointment, please call Katie Prond at 419-291-5961 or visit redcrossblood.org and enter sponsor code: TOLEDOHOSP.

Friday, July 14

10 a.m. – 3 p.m.

ProMedica Toledo Hospital

Croxton Memorial Auditorium

2142 N. Cove Blvd., Toledo, Ohio 43606

Look Good Feel Better

ProMedica Cancer Institute is hosting

Look Good Feel Better, a free program from the American Cancer Society designed for women dealing with hair loss and skin changes from chemotherapy and radiation. You will learn specific techniques to help make the most of your appearance while undergoing treatment. You will also take home a makeup package valued at \$200. Registration is re-

quired. For more information or to register, call 1-800-227-2345.

Wednesday, July 26

3 – 5 p.m.

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Contact: Eugene (Pie) Holmes 419-699-2207 or Michelle McCaster 313-623-9313

Deadline for registration August. 18, 2017

Carnel Smith's 15th Annual Boys Football Camp

Sojourner's Truth Staff

For 15 years now, Carnel Smith, Ed.D, has conducted an annual boys' football camp for youngsters in grades three to eight. Each year dozens of inner-city youth – more than 100 this past year – turn out for a week to hone their classroom and football skills. Each year a host of volunteers

turn out to help Smith, principal of Scott High School School, reach out to the community and help impart life lessons to the youngsters.

"Football is just a tool," says Smith. "There are lessons to be learned in this game of football."



Carnel Smith leading discussion



Among the numerous volunteers who assist Smith is Robert "Pig" Odoms, a retired area football coach whom Smith recruited at the onset, 15 years ago, to help out.

"I can't run it without you," Smith told Odoms then. Smith, who attended Scott High School and went to the University of Pittsburgh on a football scholarship before spending time in the NFL, was all too familiar with the football knowledge Odoms could bring to the camp. Odoms, after all, was Smith's first football coach.

"I've been coaching for 35 years," says Odoms who has spent time with virtually every Toledo Public Schools football program. "I love kids and anything I can do to help keep them off the streets, I want to do it."

"Kids don't have the mentors like we did when we were coming up," he says. "As I go around the neighborhoods, I don't see adult attendants at fields, nothing is open and there are too many negative things for them to do."

Smith has been operating his camp long enough that former attendees are now part of the volunteer corps.

Not all of Smith's volunteers are football folks however. There are nurses, for example, who serve to safeguard the health of the campers. Dawn King, LPN, a childhood friend of Smith, has been volunteering since the early days also and has brought

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Carnel Smith... continued from page 8

along others to assist her.

The kids get minor injuries, of course, and they also come to the camp with issues that need monitoring, such as asthma or diabetes.

"I feel like it's a good opportunity to serve the community, to help out youth and to mentor other nurses," says King of the many reasons for her long-time involvement. "It's a good time and a great thing to be involved in."

Some of Smith's volunteers spend more than one week a year helping to put the whole thing together. Mona Bills, for example, who has also been involved for the entire 15-year run, and helps get kids registered, works with parents on time issues, gets food delivered, t-shirts arranged and all the administrative duties that such an undertaking demands. Bills also helps out year-round with critical tasks such as fund-raising.

Bills came to the project through her connections – she is Smith's sister.

"It's a good cause," she says of the camp. "There aren't many programs out here for inner-city young men."

For Smith, his summer activities – he has also conducted a girls' basketball camp – are labors of love. "I'm just pleased that I can do it," he says

For those around Smith, his dedication to the cause has inspired their involvement.

"I'm so proud of him," says Odoms, who has been astonished at what Smith, whom he has known for so many years, has accomplished in adulthood. "It shows what hard work can do."



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NANBPWC, Inc North Central District Awards and Recognitions and Achievements

Special to The Truth

The Toledo Club of the National Association of Negro Business and Professional Women's Club Inc. attended the North Central District Conference that was held in Toledo at the Radisson Hotel in May and received several awards and special recognitions for the hard work that was performed by the Club this year.

The Toledo Club received the Bertha Perry Rhodes Hall of Fame National Program Award. This is the highest award that reflects exemplary programming, service through national, district and local support of programs, projects and services.

NCD Vocal Arts Competition for Emerging Artist was awarded to Taylor Boykins, second place winner 2017 from the Toledo Club and Maumee Bay Club's Vocal Arts Program where she won first place at the Emerging Artist Competition.

NCD Awards Banner Parade and Showcase Program participation
NCD Program Showcase for Programming on Award for Women's History PowerPoint Presentation May 20, 2017

NCD Program Showcase for Get Ready Stay Ready PowerPoint Presentation May 20, 2017 on Caregiving and preparing for natural disasters

NCD Increase in Membership Award for 2016-17, May 2017

NCD Recognition for Dr. Frances Collins- NCD Educational Chair

NCD Recognition for Denise Black-Poon - NCD Protocol Chair

NCD Recognition for Barbara Tucker – NCD Parliamentarian

NCD Governors Award May 2017 to Denise Black-Poon from NCD Governor-Dr. LaTaunya V. Conley which is her 2nd North Central District Governors awards that she has received.

NCD Presidents Certificate of Appreciation to Denise Black-Poon

Certificate of Attendance- NCD Conference – May 18- 21 2017

The Toledo Club also has a youth club that actively participates

and attends the workshops, trainings and conducted their special programs and activities as well. They also received special recogni-

... continued on page 11



NANBPWC Adult and Youth Awardees



Toledo Club Members Pictured: (L-R. Youth Club Member DeJon Hill, Crystal Harris, Barbara Tucker- NCD Parliamentarian, KeVon Snodgrass- Youth Club President, Denise Black-Poon - Toledo Adult Club President and NCD Protocol Chair, Diane Topping- NANBPWC, Inc.-National President , LaTaunya Conley, PhD - North Central District Governor, Frances Collins, PhD- 1st Vice President and NCD Education Chair, Alexii Collins- Technology Chair, Youth Members Jordan and Jada Collins



Rites of Passage for Toledo Club and Maumee Bay Seniors with National President Dian Topping, and North Central Governor Dr. LaTaunya Conley

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NANBPWC... continued from page 8

tion from the North Central District on the work they have done as well.

YOUTH AWARDS

NCD Award for Participation, NCD PowerPoint Presentation on Programming, NCD Youth Club Membership, NCD Suitcase Players Award, KeVon Snodgrass was awarded \$500 Educational Scholarship from NCD Education Committee, Youth Club President Certificate of Appreciation to KeVon Snodgrass, and the Rites of Passage-KeVon Snodgrass, Youth Club president

A memorial service was held to recognize the club sisters that have passed on. Theresa Wilkins was a Toledo club member and a special tribute was given in her honor.

BJ Tucker, a new life member, was given special recognition and Sherry Reed also became a new life member as well.

LuCynthia Jones -Leadership academy participant that took part in several months of leadership training.

NCD Conference attendees included: LuCynthia Jones Crystal Harris, BJ Tucker , Barbara Tucker, Beverly Tucker, Dee Bates, Ethel Scott, Denise Black-Poon, Alexii Collins, Frances Collins, PhD. YOUTH: Jada Collins, KeVon Snodgrass, DeJon Hill, Jordan Collins



Linda Collins – Maumee Bay President and Denise Black- Poon – Toledo Club President received Awards from the North Central District Conference. Both Ladies also received the Governors Awards for their hard work and dedication throughout the year. This is the highest award given by the Governor of the District.



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July 15, 2017

The 13th Annual African American Parade

Make plans now to
Meet us on Dorr Street
Saturday, July 15th at 10AM

If you are interested in participating in this year's PARADE please call Regina @419.255.8876. Space is limited!



TOLEDO URBAN FEDERAL CREDIT UNION * 1441 DORR ST.



Toledo Club and Maumee Bay Club with Vocal Arts 2nd Place winner at the NCD Conference



NCD Presidents



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Nicotine by Gregor Hens, introduction by Will Self

Terri Schlichenmeyer

The Truth Contributor

You're always careful to set your butt down in the right spot.

That's because you're quite aware that others would prefer not to see your butt, or anyone else's, so you mash yours down and dispose of it properly before you go back inside and go to work. That's the way it goes these days, and in *Nicotine* by Gregor Hens, you'll hear of this and other things from a former smoker.

One hundred thousand cigarettes.

That's how many Gregor Hens estimates he's smoked in his lifetime, "and each one of those cigarettes meant something to me." He didn't necessarily enjoy them all – but each one "served a purpose." He doesn't

c. 2017
Other Press
\$16.95 / \$22.99 Canada
208 pages

smoke today but then, "Every cigarette I've ever smoked was a good cigarette."

Smoking was somewhat of a legacy.

Memories of Hens' grandfather are wrapped in the smoke of the cigars he consumed. Hens' Aunt Anna worked at a German cigarette factory; as part of her retirement bonus, her family receives two cartons of cigarettes, delivered by courier each week for the next half-century, even though she died years ago. Hens' father smoked, but quit cold-turkey one day. Even Hens' mother smoked; in fact, she was the first person to hand him a lit cigarette, urging him to "take a drag on it."

Without a doubt, Hens, an asthmatic, knew the risks of smoking. He had to "get [the] addiction under control" because he knew, statistically, that the more often he tried, the more likely he was to fail at subsequent attempts to quit. Once he quit, he missed tobacco so much that he eagerly walked through a phalanx of smokers, despite being afraid that it might lead to relapse. He took a cigarette apart, to determine its power: inside, there was less than a gram of "tobacco content." The filter, a "cork-brown" finely-holed paper mouthpiece, was designed to "breathe and smoke simultaneously."

He threw away the wrecked object of his addiction.

Hens says "the old hunger ambushes" him still, but his lungs have healed from the past and he's determined to remain a non-smoker.

"I listened to myself," he says, "and made a decision."

Let's start here: there's nothing even remotely resembling a how-to inside "Nicotine." It doesn't contain advice or anything step-by-step, no oughtas or must-do's. Still, if you're struggling with quitting smoking, you might find this book oddly comforting.

That's because author Gregor Hens has been there – hundreds of times, to paraphrase Mark Twain, and he writes with raw honesty about that with which he wrestles, even now, long after he gave up his smokes. There's a touch of humor here, but most of this book is serious and thoughtful; readers, in fact, who study the chapter in which Hens bums a smoke and disassembles it will never forget that emotional battle.

Certainly, this is a book for future quitters and former smokers, but loved ones who don't light up will likewise get plenty out of this book. There's no overt advice inside *Nicotine* but it could help, no butts about it.

Cook Outside...continued from page 5

the amount you choose to spend. You will receive coins to spend at the farmers market. Double Up Food Bucks must be purchased in \$2 increments. Double Up Food Bucks can be purchased and spent at both the Downtown Toledo Farmers Market every Saturday 8 a.m. – 2 p.m. at 525 Market Street and at Westgate market on Wednesdays, 3-7 p.m. from May – October at 3300 Secor Road in the Elder Beerman's Parking Lot.

Blender Bike Tour Summer 2017: As mentioned in the May article, a Blender Bike is a stationary bike with a blender in front and it's powered by the person on the bike. Here are some July dates and events where you can see the bike demonstration and sample a fresh recipe made in the blender. Look for the Lucas County Extension display in the Green Building at the Lucas County Fair on Tuesday July 11, 1:00 – 3:00 p.m. The Blender Bike will also be at Pickett Academy, 1144 Blum Street, Toledo, 43607 on Thursday July 13 from 2:00 – 4:00 p.m. as the school partners with Food for Thought for free groceries. The following week, the Blender Bike will be at the Northwest Ohio Food Council's Local Food Tuesday. See the bike, buy lunch from a food truck and buy some local produce from farmers from 11:00am – 1:30pm on Jackson Street, outside the Government Center in downtown Toledo.



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The Boss by Aya De León

Terri Schlichenmeyer

The Truth Contributor

Somebody needs to call the shots.

Leading by committee may seem equal, right? Everybody should have a voice, but there has to be a head honcho in the mix somewhere. Somebody has to make decisions and stand up, to lead with a big heart, a cool head, an open mind and, in *The Boss* by Aya de León, a solid backbone.

For Tyesha Couvillier, it should have been the best day of her life.

Newly graduated from Columbia with a degree in public health, she'd just landed a job as executive director of the Maria de la Vega Community Health Clinic, focusing on the well-being of New York's sex workers. It was a job she'd had her eye on for years, and she should have been celebrating.

Instead, there was nothing but drama: her older sister, Jenisse, was in town with her drug-dealing boyfriend and two teenage daughters. Not that Jenisse did anything specific; just her being in town aggravated Tyesha.

It didn't help that Tyesha's friend, Lily, was having trouble, too: she was a dancer at the One-Eyed King, a club that was forcing its strippers to do things they didn't want to do and one girl almost got hurt. Lily had learned that a Ukrainian mob was behind the new rules, and so she'd turned to the Clinic – and Tyesha – for help.

So much drama – and yet, it was just what Tyesha needed. Her life was uninspiring, but going to bat for the strippers was something she could totally get into. She understood their plight: in another life, Tyesha had been a dancer / escort, too.

She had also helped run a little heist ring with her friend, Marisol, but that work was behind them both. Tyesha was respectable now; a pro-

c. 2017
Kensington Dafina
\$9.95 / \$10.95 Canada
352 pages

fessional with access to legal information who could help New York's dancers form a union.

If only her love life was as clear as her work project.

Tyesha had dated rapper Thug Woofer for awhile, but he kept blowing every chance she gave him to get it right. Now Tinder wasn't cutting it and one-night stands were no good. Really, could any man handle a relationship with a strong woman like her?

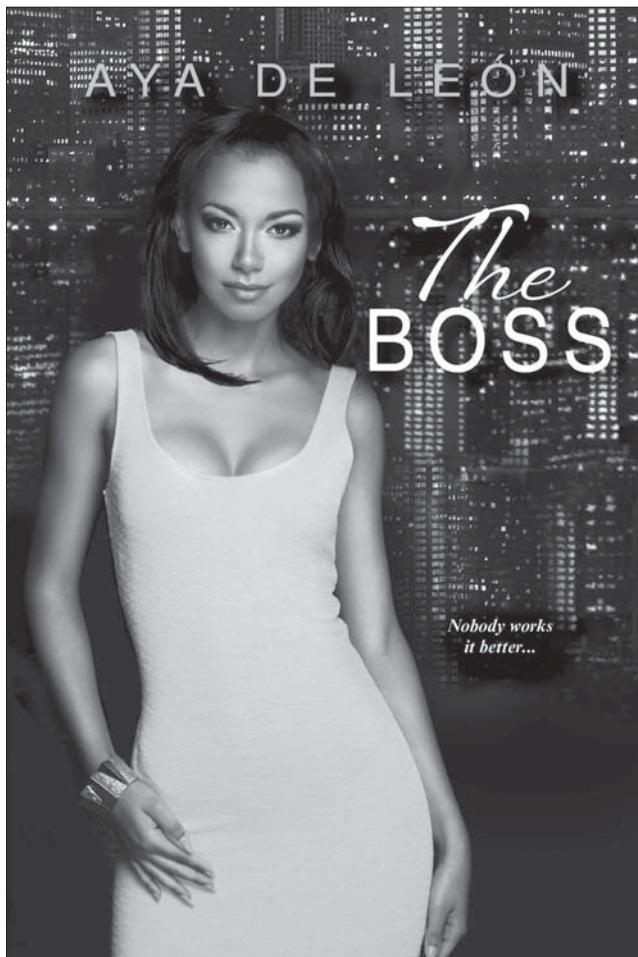
While I do have to say that it's quite far-fetched, *The Boss* is so, in a good way.

Pure escapism is what author Aya de León offers here with a story that actually has many separate plots – romance, family drama, a little espionage, and surprisingly righteous feminism – all of them appealing. Part of that appeal is with the character: de Leon's Tyesha is smart but vulnerable and even though her story is over-the-top, she's not. Real or imagined, every reader will be able to find a little of herself there, which makes this a doubly fun novel to enjoy.

This is an adult book all the way, complete with language and situations that are not for kids. Keep that in mind, and if you're looking for a great summer escape, *The Boss* is just the shot you need.



Author Aya de Leon courtesy Anna de Leon



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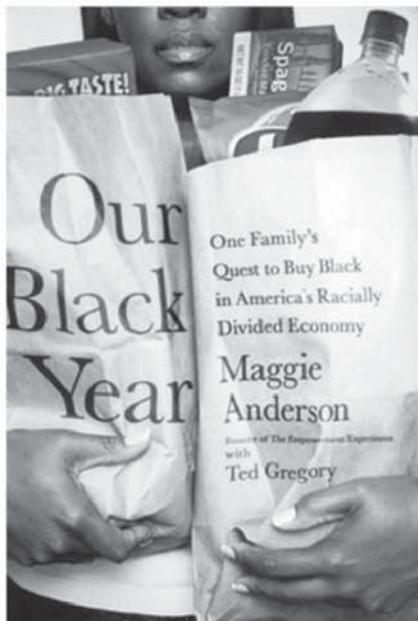
On The Edge Talk/Radio Show Sunday Afternoons 3pm - 5pm Blogspot.com/ontedge Call 347-327-6967

COZ Community Radio Show Sunday Mornings 10am - 1pm http://www.speaker.com/coz_cozy_community_show Call 419-240-0020

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Youth & Young Adult 4th Sunday

Where: Every 4th Sunday
Time: 11:00 am
Where: Crusaders for Christ Church
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Elder: Bishop Joseph Mitchell Jr., Pastor
Elder: Bishop Calista Mitchell, First Lady

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CLASSIFIEDS

July 5, 2017

Page 15

HEALTH CARE FACILITATOR

Lucas County Children Services is seeking a Health Care Facilitator to enroll children in Managed Care Organization plans; assist agency/staff/caregivers with MCO services/resources/billing. Pay \$16.17/hr. w/benefits. View requirements at www.lucaskids.net. EOE Valuing diversity

REQUEST FOR PROPOSALS BED BUG TREATMENT & INSPECTION RFP#17-R007

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for Bed Bug Treatment & Inspection. Received in accordance with law until July 26, 2017 at 3PM ET. For documents: www.lucasmha.org, 435 Nebraska Ave., Toledo, OH 43604 or 419-392-3637 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This contract opportunity is a Section 3 Covered Contract and any Section 3 Business Concerns are encouraged to apply.



The University of Toledo Department of Foreign Languages invites applications for a Visiting Assistant Professor in the area of Latin American Literature and Culture. The position will involve teaching at all undergraduate levels within the Spanish program. Applicants must have native-like fluency, and hold a Ph.D. in Spanish, although ABDs will be considered. Teaching experience of upper level courses is preferred, and interest in teaching writing is a plus. The teaching load will be a maximum of 24 credit hours. The position is a one year contract, renewable up to two additional years. Screening of applications will begin immediately and continue until the position is filled. Applicants may apply for this position at <https://jobs.utoledo.edu>. Applicants must include a cover letter, CV, three recommendation letters, and a statement of teaching philosophy. The University of Toledo is an Affirmative Action/Equal Opportunity Employer M/F/D/V.

Special Notice

RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted July 3-7, 2017 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

1. Must be 18 years of age or over,
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

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LEGAL NOTICE

Proposals will be received by Lucas County Department of Job & Family Services (LCD-JFS) until 4:00 p.m., July 27, 2017 for the selection of a Provider to provide Work Experience Program (WEP) Site Development and Client Participation Services for eligible participants. Submitted proposals must be completed according to the specifications and provisions outlined in the Request for Proposals (RFP). The contract period will be from approximately **October 1, 2017 through September 30, 2018**.

No proposals will be accepted after 4:00 p.m., July 27, 2017; proposals that are submitted via any method other than that described in the RFP will not be accepted.

The Request for Proposals will be available on **June 28, 2017**. It will be available for potential bidders to download by going to the site: <http://www.co.lucas.oh.us/bids.aspx>.

An Electronic Question & Answer (Q&A) process will be from June 28, 2017 at 8:30 a.m. to July 11, 2017 at 4:00 p.m. **PARTICIPATION IS OPTIONAL, BUT IS HIGHLY ENCOURAGED.** Questions for the Q&A must be submitted in writing via PlanetBids, which may be accessed at <http://www.co.lucas.oh.us/bids.aspx>, or the Q&A Tab for this RFP. All questions must be submitted by 4:00 p.m. on July 11, 2017; the posting of the Q&A will be on July 14, 2017. If any changes are made to the RFP as a result of the Q&A, an addendum to the RFP will be posted at the website address noted above.

This notice is posted as of June 28, 2017 at <http://www.co.lucas.oh.us/bids.aspx>.

The right is reserved to reject any and all proposals.

By order of the Board of County Commissioners, Lucas County, Ohio.

Pete Gerken - President

Tina Skeldon Wozniak - Commissioner
Carol Contrada - Commissioner

Bid: 48-18-RFP-01

ADVERTISEMENT FOR BIDS

Sealed bids for Bid Item "NECU1 – General Trades", for the necessary materials, equipment and labor to construct the Nueva Esperanza Credit Union at 1638 Broadway, Toledo, Ohio, consisting of interior building renovations and exterior improvements, and, Bid Item "NECU2 Demolition of Existing House", for the necessary materials, equipment and labor to demolish the existing house at 524 Langdon, Toledo, Ohio, will be received by ProMedica System Supply Chain Management until 2:00 PM LOCAL TIME - Wednesday July 26, 2017. A Pre-Bid Meeting will be held at 10:00AM LOCAL TIME Wednesday July 12, 2017 at the project site 1638 Broadway, Toledo, Ohio. All bids must be submitted on the provided Proposal Form. Proposals shall be hand delivered, mailed, emailed, or faxed to:

ProMedica – System Supply Chain Management
1695 Indian Wood Circle, Suite 100
Maumee, OH 43537
Attn: Thomas Snavely – Contract Analyst, Supply Chain
Fax: (419) 291-4313
Thomas.Snavely@ProMedica.org

Contract documents shall include Request for Proposal, drawings, supplementary drawings (when issued), General Requirements, specifications, and addenda issued prior to receipt of bids. Each bidder is required to furnish with its proposal a Bid Guaranty in the form of a Bid Guaranty and Contract Bond in the full amount of the bid or a certified check or cashier's check equal to 10% of the bid in accordance with Section 153.54 of the Ohio Revised Code. Bid security furnished in Bond form shall be issued by a surety Company or Corporation licensed in the State of Ohio to provide said surety. Copies of bidding documents may be obtained from Newfax Corporation 333 West Woodruff Avenue, Toledo Ohio 43614, Phone 419-241-5157. Call or place an order on their website at <http://www.newfaxcorp.com/> by navigating to this projects name under "Bid Projects and Plan Holders List". Hard copies will be available for a non-refundable fee of \$28.00 per set, plus shipping if requested. Hard copy plus Digital download is available for \$46.00 plus shipping. A list of bidding document Plan Holders will be available online via Newfax's website at: http://www.newfaxcorp.com/bid-projects-and-listings/bidder_listing_main.html Addenda will be issued to all bidders who have registered with Newfax as a Planholder of Record. Copies of the bidding documents are on file, and available for viewing only, at the office of Rudolph/Libbe, Inc. 6494 Latch Road Walbridge, Ohio 43465. Printing costs are the responsibility of the bidder. All contractors and subcontractors involved with the project will, to the extent practicable use Ohio products, materials, services, and labor in the implementation of this project. This is a prevailing wage project. Also in accordance with ORC 153.03 all contractors and subcontractors involved with this project shall participate in a drug-free workplace program.

Keepin' It 100 – Phillips Temple CME Church Anniversary

Sojourner's Truth Staff

The congregation of Phillips Christian Methodist Episcopal Church celebrated the church's 100th anniversary on Sunday June 25, 2017 with a service, a message delivered by Bishop Marvin Frank Thomas, presiding prelate of the Second Episcopal District of the CME Church and a dinner served afterwards in the Overflow Room.

"It is with great honor and a privilege to be a part of such an awesome event as this," wrote Pastor Nicholas Betts and First Lady Valerie Betts in the commemoration booklet. "To be able to celebrate a century of God's grace and mercy exemplifies that 'Jesus Christ is the same yesterday, today and forever.'"

...continued on page 4



Decorations Chairman Irene Rhodes



First Lady Valerie Betts



Pastor Nicholas Betts

Your starship awaits.

As the Toledo Symphony launches its FREE 2017 Music Under the Stars concert series at the Toledo Zoo Amphitheater, TARTA is offering round-trip Park-N-Ride service from five locations with the **TARTA Music Under the Stars Shuttle** for just \$1.25 per person each way.

All 2017 Music Under the Stars concerts are scheduled for 7:30 p.m. and have free admission with open seating:

Sunday, July 9; Sunday, July 16; Sunday, July 23; and Sunday, July 30.

Catching the Shuttle

- Arrive at any TARTA Music Under the Stars Shuttle Park-N-Ride location at 6:30 p.m. for a direct round-trip ride to The Zoo's Broadway entrance.
- Fare is \$1.25 per person each way; payable before each trip to and from the Toledo Zoo Amphitheater aboard the Music Under the Stars Shuttle.
- Return trips leave 20 minutes after the end of each concert.

Music Under the Stars Shuttle Park-N-Ride Locations

- Maumee/St. Luke's Hospital
- Sylvania/Centennial Terrace
- Toledo/Franklin Park Mall
- Toledo/Miracle Mile Shopping Center
- Waterville/Kroger

www.ToledoSymphony.com

www.ToledoZoo.org

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