



The Sojourner's Truth

Volume 46, No. 1

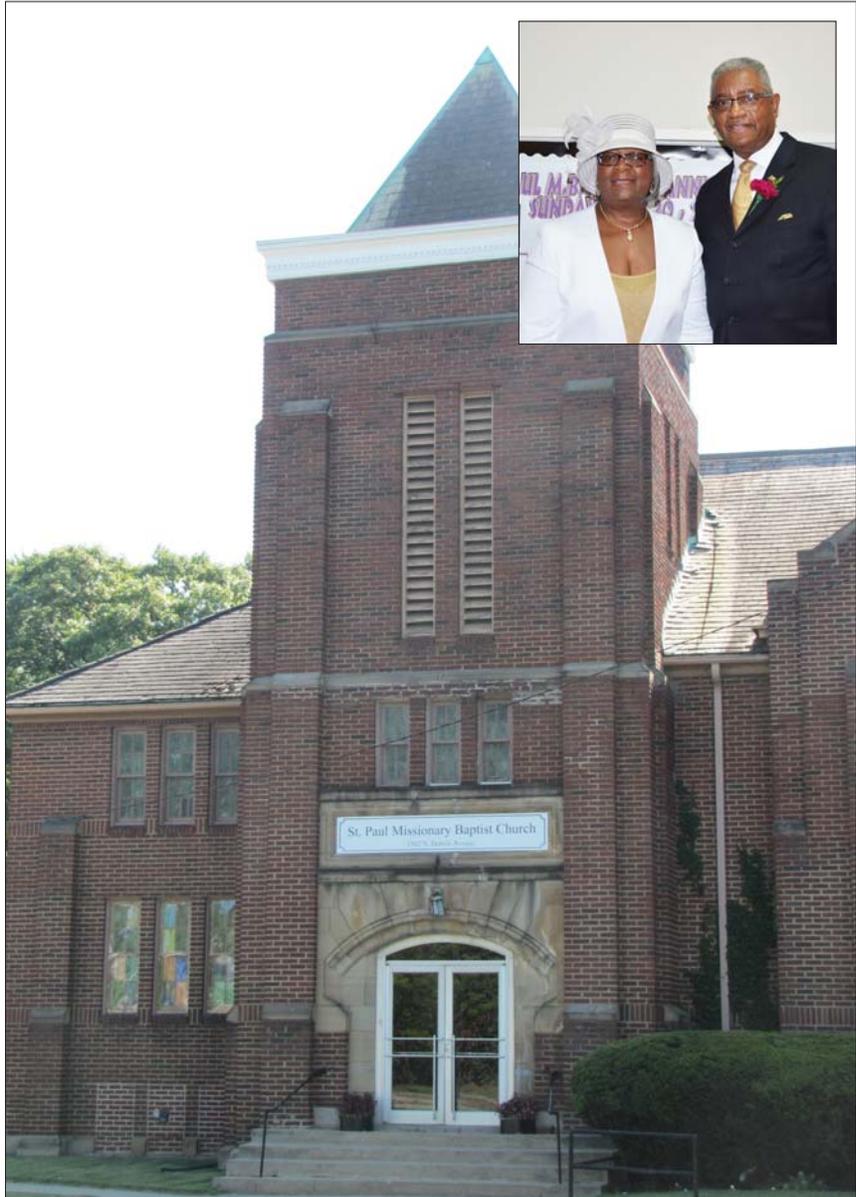
“And Ye Shall Know The Truth...”

August 2, 2017

St. Paul MBC's Centennial

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First Lady Linnie Willis and Pastor James Willis Celebrate St. Paul's 100 Years

St Paul Celebrates a Century of Ministry in Toledo

By Tricia Hall

Sojourner's Truth Reporter

The congregation of St. Paul Missionary Baptist Church, gathered with family and friends to celebrate 100 years of impacting the lives of Toledo residents. Over 200 people, including past congregation members, politicians, and friends enjoyed a formal banquet on Saturday, July 29, 2017. The Garden Lake Banquet Hall was filled with purple and white center pieces, carnations and pearls, and delicious food for all attendees.

"I would like to express my sincere gratitude to the committee and to all of you for your efforts in contributing to the success of this great celebration," said Rev. James Willis, pastor of St. Paul since 2003.

The centennial theme, "Proclaiming the Will of God for 100 years," was from the Bible, Acts 20:28. Saturday's banquet program began with a welcome and official recognition of special guests by banquet Mistress of Ceremonies Yvonne Gayle. The invocation was delivered by Rev. Ruby Radford, and Total Praise presented a dance ministry. Several local, regional and state entities presented proclamations to the congregation in honor of their accomplishment.

Immediately following dinner, congregational members with over 50 years of membership were publicly acknowledged and Rev. Joseph Smith's granddaughter Sandra Joldstick delivered words of encouragement.

"This congregation showed me so much love when I was little. God is love. As the worship styled changed, it enlarged my views on religion and began my spiritual journey. Over the years, I've worked in difference churches as a pianist, and each church broadened my horizon, but it all began with St. Paul's. I love this church and thank you for continuing to be proof of God's promise," shared Joldstick.

Willis introduced the banquet speaker Toledo Mayor Paula Hicks-Hudson. "We thank God for her. She is leading this city of ours, right now, and will continue for another term."

Hicks-Hudson has been a member of St. Paul's for over 30 years and joined almost immediately upon arriving in Toledo. She shared memories from her first years at St. Paul's and how the congregation has continued the legacy of service to the community over the years.

"St. Paul still impacts our community and opens many doors for adults who became teachers, politicians, business owners, and mechanics. I remember the Thursday Night Kids Ministry. I know many ministers and leaders came out of that faithful program for teens. Our pastor, Rev. Willis continues the legacy of service with his involvement with TUSA (Toledoans United for Social Action) and leading the way with the lead ordinance. Some people believe that a church should only focus on spiritual matters, but a church is supposed to cover spiritual and physical matters."

St. Paul Missionary Baptist Church started as a mission in the home of Mamie Porter on Howard

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Back Row: Jan Scotland; Yvonne Gayle; Deacon Christopher Gayle, deacon board chairman; Rev. Ruby Radford and Lu Cooke, representative from Governor Kasich's office. Front Row: Carol Contrada, Lucas County Commissioner; Marelen Cook; Rev. Jane Gibbons, American Baptist Churches of Ohio regional minister; Mayor Paula Hicks-Hudson; First Lady Linnie Willis and Pastor James Willis.



First Lady and Pastor Willis



Mayor Hicks-Hudson addresses attendees



Congresswoman Marcy Kaptur with congressional acknowledgement



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Is It Holy Toledo...or...Dumb Toledo?

By Lafe Tolliver, Esq
Guest Column

Well, you may have seen the one of the headlines on the digital billboard as you drove into the downtown from the Trail.

It was a game stopper and if you read the signage and did not watch the traffic, you could have been in a fender bender!

The gaping billboard said that Toledo is one of the dumbest cities in the nation.

The saving grace was it said, "One of the dumbest...not THE dumbest!"

As if that is any consolation to the populace, the still failing school system and the tens of thousands of people who call Toledo home.

This glaring report was completed by the group called WalletHub and according to their various indices, Toledo is ranked 134 in the nation as to head smarts.

In other words, "Dummies are in Toledo and they stay in Toledo!" Ouch! And to think that we have several colleges and universities in this area but yet Toledo is tabulated as a haven for those whose IQ's are ranked sketchy at best. Ann Arbor was rated number one.

Now, can you imagine trying to sell Toledo with the refrain, "Oh, by the way, we are a city of dummies and it appears that we may continue to be dummies."

That is really encouraging news for a business seeking to locate to a city whose population is apparently not comfortable with reading, learning and solving brain teaser puzzles.

Could that be a reason why Toledo Public Schools are in dire straits insofar as they are churning out graduating classes nearly chock full of dummies?

Maybe, just maybe, there is a direct correlation between academic smarts and social ills and Toledo is home to too many people opting for video games and 24/7 texting as opposed to wearing out their library cards or knowing the difference between hegemony, hedgehog and hedge fund.

As many of you may know, I am an astute social scientist with the ability to discern "ignut" (short hand word for ignorant) people whenever they cross my path.

So, I thought that I would call and ask some of my dear readers about their level of sophistication and their ability to solve complex problems. In other words, to see if such a headline about Toledoans is rightly deserved.

The following questions are those that I deem important for any person to answer correctly and not be pigeon holed as being a "Toledo Dummy":

(1) If you were a minority mayor and had five minority members on a city council out of a total of 12 council members, could you forge a progressive plan to

benefit the minority community? a/ Yes. b/No. c/Only if you had the vision and courage to do so. d/ Would first need permission from The Blade editorial board.

(2) If Jack had three brothers and four sisters and each person had two children, how

many nephews or nieces did Jack have? a/14. b/ 7. c/unable to determine. d/ don't understand the question.

(3) How many halves are in a whole? a/1. b/2. or c/what "hole" are we talking about?

d/ how did the halves get into the whole?

(4) Do you drink skim milk? a/ what was skimmed off of it? b/ that is a good question...

I will get back to you on it. c/ is this a trick question? d/ does drink include using a straw?

(5) What country is bigger in land mass: a/ Canada. b/ Australia. c/ Africa. d/ Ireland. (Note: yes, this is a trick question!).

(6) What is the square root of nine times the square root of 16 minus three? a/ 11. b/ 9. c/ 12. d/ sorry, I don't do squares!

(7) If you were called "obtuse," would you consider that a compliment? a/ yes. b/ no. c/ I'm not clear on what you are asking. d/ is the person bigger than me?

(8) If you opened a savings account and it stated, "interest compounded daily as opposed to being compounded yearly," would you object?

a/ no. b/ yes. c/ why is my money being, "pounded" to begin with anyway? d/ how much are we talking about?

(9) If I were selling you some candy and you said, "I want some of dis and some of dat," what should I do? a/ stop selling candy! b/ pick out pieces of several items c/ tell the buyer that you do not sell, "dis" and you don't sell, "dat." d/ see his money first.

(10) How many days does it take earth to circle the sun? a/ one week. b/ about three months. c/ 365 days. d/ the sun circles the earth, not visa versa.

When I summed up the responses from the 73 volunteers, only three persons gave acceptable answers to all of the questions! Just three.

Regrettably, I had to think to myself, that maybe, just maybe there was something to this report about Toledo.

However, you would hope that the Toledo Federation of Teachers would be outraged about this report since it was a direct salvo upon their credibility as teachers. But, to date, there has been no push back against this report by WalletHub. None.

It is as if the teachers and the superintendent have, by their deafening silence, been co-opted by the report and have accepted its findings as true.

You would think that the corporations and businesses in Toledo would be up in arms about such a hit on their employees that they would spend some bucks and air ads refuting this report. But, to date, nothing has emanated from corporate Toledo.

Now, don't get me wrong. There are some advantages of being seen as being a city being reported as filled with dunces. First of all, there are low expectations for the dunce city so that when the dunce city achieves anything noteworthy, there is much jubilation that progress is being made.

Second, being a dummy can generate the "pity" factor with various do good charities. They will throw a wad of money at the problem and if you write a convincing grant, you could be the recipient of some free money which can be used to make the problem last longer!

Lastly, being seen as a city which is populated by a lot of dummies, can be a good thing for national publicity since everyone would want to know how dumbed down

Toledo is faring after this expose airs across the nation.

What is the best cure for being labeled a dumb city? Get the mayor,

... continued on page 4

Community Calendar

August 2-5

Ark of Toledo Vacation Bible Camp and Back to School Bash: Bible and arts program 6 to 8 pm; Back to school bash on Saturday 11 am to 4 pm: 419-536-8357

August 3

Kwanzaa Park Neighbors Meeting: 6 pm; Featured speaker Jodie Summers , poet, author, activist: 419-241-6465

August 12

Elegant Beauty Salon 4th Annual Bookbag Extravaganza: 9 am to noon; Free bookbags, free haircuts, food, games, school supplies: 419-930-5823
Calvary MBC Community Bookbag Giveaway: Noon to 3 pm: 419-464-6703
Change 4 Kids and End Time Christian Fellowship Music Fest and School Supplies Give Away: Noon to 3 pm; 2902 Auburn; Games, refreshments, music

August 13

Warren AME Praise and Worship Funday: Free community picnic; 11:30 am to 3 pm; Drawings, bouncy house, face painting, musical performance: 419-450-0165 or 419-243-2237

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

Housing Court Candidate Seeks to Tackle Toledo's Blight Issue

Sojourner's Truth Staff

Republican Jim Anderson, an attorney in private practice, is running to replace Judge C. Allen McConnell on the Toledo Municipal Housing Court. For Anderson, election to the Municipal Court would bring his legal career full circle – back to the place where he first received practical experience in the law and to the court where he has returned so often as an advocate.

Anderson, who earned his undergraduate degree from the University of Connecticut and graduated from the University of Toledo College of Law, was hired by McConnell in 2007 to serve as the court's Law Clerk and Bailiff during his first year in law school. He held the position until after the completion of his law degree, through the bar exam and his admittance to the Ohio State Bar in 2010.

In private practice, Anderson has been involved in virtually every kind of case seen in Municipal Court – disputes between landlord and tenants and those individuals before the Court for Housing Code violations of various sorts.

"I have multifaceted experiences of handling cases in [Municipal] Court," says Anderson pointing to his opponent's deficiencies in the same legal arena. His opponent, Joe Howe, is the endorsed Democratic candidate and a prosecutor with Municipal Court, a background, says Anderson – with all due respect he adds, that has not prepared him for Housing Court. "Joe Howe's tool bag has only one tool – a hammer. As a prosecutor he has no experience in landlord/tenant stuff."

Toledo Municipal Housing and Environmental Court was established in 1987 in order to consolidate all criminal and civil housing and environmental cases into a single session of court. McConnell has served as the judge there for the past 18 years and is barred by his age from running for another term.

One of Anderson's chief concerns about the Court is its handling, now and in the future, of cases involving blight or potential blight caused by vacant buildings and lots. He applauds the progress that the Lucas County Land Bank has made in clearing vacant houses.

Most recently, however, with respect to vacant lots, he has voiced his concerns about the way the case of Thomas Jackson has been handled by the City.

Jackson, an urban farmer, has been cited and fined for the manner in which he has handled mulch – wood chips – on his lots.

"What do we do about vacant lots? That's blight also – it's a situation where the lot is not serving a function, not helpful to youth or the beautification of a neighborhood. Folks like Thomas Jackson, who have taken those abandoned properties, getting them cleaned up – it's my position that they should be encouraged and supported and applauded – that is exactly the type of energy we need to be doing city-wide."

The Housing Court under Anderson's direction – should he prevail in November – would be generally supportive of those efforts to improve property "and would not be looking to be punitive," he says.

Nevertheless, he would fully expect no one to be "disrespectful of the process."

"I'm hoping to change hearts and minds about our properties and neighborhoods and our city. I want to bring a contagious love for our neighborhoods and city. It's going to take everybody to do their best and be their best – I don't think we are getting that now.

"Some things are being over-enforced, some things are being under-enforced.

"If a mom and pop don't understand that they need a permit to fix the back railing and he's out there with his circular saw and an inspector rolls up, puts a stop work order on it and says 'you



gotta go get a permit' ... I'm not crazy about that.

"On the other hand, if a contractor who's not getting licenses and is doing those kinds of nickel and dime jobs for neighbors and not holding up his end, I want him to do it the right way too.

"We have to find that sweet spot."

Tolliver...continued from page 3

city council, the corporations and teachers union on the same page and work to get the rating of the public school system up from their chronic "D" and "F" evaluations to a "C" or a "B" rating.

Will this happen? Answer: Do snakes have hips? Do chickens have lips? Why? For decades, this problem of under-educated Toledoans has been a silent embarrassment and the dismal ratings of the public school system attests to it.

Remember, there is money to be made off of "ignut" folks.

Someone has to flip the burgers and do the hard and heavy work that people with a two-year or four-year degree would not stoop to do.

You need an oppressed poor and "ignut" working class to carry the water, feed the chickens and hoe the fields.

So, if this scathing report causes educational heartburn and people wise up and demand changes in the educational system, that means the in control fat cats, like the proverbial Humpty Dumpty, could fall of the wall and things would never be the same again.

Anyone for a game of chess?...I mean checkers!

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Two Weeks to Register

Mayor Paula Hicks-Hudson and the slate of six endorsed Democratic candidates for Toledo City Council came together on Monday morning to encourage people to register to vote, and to check their registration before early voting starts on Tuesday, August 15 for the September 12 Primary Election.

During this election cycle, noted Joshua Hughes, chairman of the Lucas County Democratic Party, voters can register online at olvr.sos.state.oh.us.

Hicks-Hudson said that "every person has the right to vote," adding that votes count "beyond election day" itself. She urged citizens to check their registration and to vote early particularly because early voters do not have to bring the same identification as they do on Election Day itself.

"Voting is such an important part of participation," she added. Stressing that every vote counts, Councilman Larry Sykes noted that he won his race in 2013 by five votes.

"People have died for the right to vote," said Councilwoman Cecelia Adams, PhD. "It is the duty of an engaged citizen to vote."

"Your vote is your voice," said candidate Gary Johnson. "Don't let a small number of people dictate [what happens in our city]"

Candidate Nick Komives recounted that his political activity started with get out the vote drives around the country, particularly in those states where such rights have been restricted in recent years.

"My campaign is about finding new solutions to old problems," said candidate Sam Melden, who advised voters that they can register or check their registration through a link on his site.



Sam Melden, Councilwoman Cecelia Adams, PhD; Party Chairman Josh Hughes, Mayor Paula Hicks-Hudson, Gary Johnson, Councilman Larry Sykes, Nick Komives

This year voters will be able to cast their ballots either at the Early Voting Center by September 11 or at their own polling places by Primary Election Day on September 12.

Councilman Riley Introduces Legislation to Complete Bancroft Street Resurfacing

The City of Toledo recently started a long-needed street construction on Bancroft Street from Secor Road to Parkside Boulevard, near the University of Toledo and St. Francis de Sales High School. There has been much discussion regarding the condition of Bancroft Street and the need for this resurfacing project.

The decision to end the project at Parkside Boulevard on the east has been a major concern for Councilman Tyrone Riley, the District 1 Councilman. "It is obvious that Bancroft Street between Auburn and Parkside is in dire need of repair and has been for quite some time," said Riley. "It would be unfair to the residents in the area and motorists. It would also send the wrong message, if the construction ended at Parkside. This stretch of road is a vital corridor between the University of Toledo and downtown Toledo, it should

be included in the construction plan."

Riley has introduced legislation to be considered at the August 8, 2017, Toledo City Council meeting appropriating \$2,500,000 from a city fund designated for street construction, maintenance and repairs. This fund contains revenues from the city's share of the state fuel tax.

It came to the Councilman's attention that there is currently an unappropriated balance in that fund and he is asking his colleagues on council to support using some of that fund to complete the work needed on Bancroft Street between Parkside Boulevard and Auburn Avenue. If approved, funding would be immediately available to begin planning for the project.

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Kaptur Statement on Senate Rejection of Harmful Health Care Bill

Congresswoman Marcy Kaptur (OH-09), dean of the Ohio Delegation, released the following statement after the Senate voted down the latest push to repeal the Affordable Care Act:

"Let's hope this partisan driven chaos that was causing so much anxiety for the American people, is finally over. I am relieved the Senate rejected this ill-conceived ruse and all the Ohioans who gained the security of health

insurance thanks to the Affordable Care Act can have peace of mind.

"The American people need Congress to fight for them on health care instead of appeasing special interests and catering to partisan politics.

"We still have work to do, and as I have said from the beginning of this debate, Congress should work on a bipartisan solution that lowers costs and ensures everyone has good quality health care."

Portman Statement on Health Care

U.S. Senator Rob Portman (R-OH) issued the following statement on health care after the failed vote in the Senate last Friday:

"I am disappointed that the Senate was unable to proceed towards a House-Senate conference. Throughout this debate, I've consistently fought for a better health care system that lowers the cost of coverage and provides access to quality care, while protecting the most vulnerable in our society.

"Obamacare isn't working for Ohio families and small businesses, many of whom have seen their premiums and deductibles skyrocket, and they need relief. That's why I supported legislation earlier this week to repeal and replace this law. That legislation included a number of proposals I fought for, including \$45 billion to address the opioid epidemic, a glide path to avoid pulling the rug out from under Ohioans on Medicaid expansion, and \$100 billion for an innovative

approach to providing low-income Americans with access to affordable health care.

"I know some may want to throw in the towel and do nothing, but I don't believe that is the responsible course of action. Doing nothing would leave tens of thousands of Ohioans stranded without health insurance and everyone with higher costs.

"We can do better, and I'm not giving up. I will continue working with my colleagues on both sides of the aisle on common-sense solutions on behalf of Ohio families who are suffering under the failed status quo. I hope the Senate Finance Committee, on which I serve, will announce a series of health care hearings.

"People are rightly frustrated on both sides of the aisle. We must come together as an institution and do better for Ohioans—and all Americans."

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Access to Health Insurance Restored in 19 Ohio Counties

Insurance Department and Five Health Insurers Announce Plan to Restore Health Insurance Coverage for 2018

Ohio Department of Insurance Director Jillian Froment this week joined five major Ohio health care insurers to announce that health insurance options have been restored on the federal exchange in 19 Ohio counties following the withdrawal of other insurers earlier this year. Buckeye Health Plan, CareSource, Medical Mutual of Ohio, Molina Health Care of Ohio and Paramount Health Care are helping ensure coverage is available in these counties on the exchange in 2018. Announcements made earlier this year would have left Ohioans in 20 Ohio counties without access to health insurance. The department is working to restore coverage to the 20th county before insurers must enter contracts with the federal government in late September.

"Knowing 20 counties might not have access to health insurance on the exchange in 2018, our team went to work with the companies to find a way through the challenge, and together we have identified a solution," Froment said. "Ohio has long had a strong insurance system and once again our insurers stepped up at an important time for thousands of

... continued on page 10

Health Section • Health Section

Can You Can?

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Are you a home gardener who has too many veggies to count? Do you see the great deals on fresh produce at the store or farmers market when different produce is in abundance? Do you ever think about canning any produce?

While home canning might seem like something you'd read about in history books, this is the time of year when many people practice this type of home food preservation. In the distant past, people had to can food if they wanted enough to eat throughout the year. We are fortunate to have access to all types of food all year long at the grocery store. Most people who can their own food now do it for enjoyment and as a way to know what is in their food.

When using an **updated, researched recipe and following the directions exactly**, canning foods is a safe, economical way to have local produce throughout the winter in a product that maintains many of the nutrients of fresh produce.

Due to safety concerns, recipes must be followed exactly, so no substitution of ingredients or personal substitution should be used in the canning procedure. The National Center For Home Food Preservation reminds, "Please be safe when canning foods for you and your family! Knowledge and recommendations change over time with scientific developments.

You should use up-to-date recommendations and methods and not just rely on practices of past generations." nchfp.uga.edu The National Center for Home Food Preservation is a great resource to look up recipes and specific steps for each type of food you are interested in preserving. If you are someone who prefers to make many changes and updates to recipes, you may want to consider another form of home food preservation such as freezing.

As far as safety concerns, it cannot be overstated to only use tested recipes from a reputable source. There are two types of canners used in the home; (1) a pressure canner and (2) a water bath canner. A pressure canner must be used for all low-acidic foods. There is a risk of botulism (a rare but very serious food-borne illness) in improperly canned low-acid foods. Examples of low acid foods are vegetables, meats, fish and poultry. The risk of botulism is why low acid foods, like vegetables need to be processed according to the recipe in a pressure canner.

High-acid foods like jellies, jams and pickles are at a low risk of botulism, although mold can occur if they are not canned properly. These types of recipes (with high-acidic levels) can be safely canned in a water bath canner, when using an updated, researched recipe and following the directions exactly. The best way to know if you're using a quality recipe is to find it from a reputable source, like those mentioned in this article.

One of the most popular companies that sells equipment, supplies and canning recipe books is the Ball Canning Company. A few years ago they created a new product with a variety of tested recipes from salsas to chutneys that are designed to make and can three-pint jars in boiling water canner. The advantage of these recipes is to allow a sample of new canning recipes for a minimal amount of ingredients and time compared to canning large batches of pints and quarts. For more information, their website is www.freshpreserving.com and that specific product is called the six-piece canning beginners kit.

OSU Extension is here to help with updated, researched information. Here are some resources that we utilize. There are two books that can be found at the Toledo Lucas County Public Library and online. The titles of the books are, *So Easy To Preserve* and *The USDA Complete Guide to Home Canning*. If it is easier to access the information online, the *So Easy to Preserve* information is available at <http://nchfp.uga.edu> (National Center for Home Food Preservation). Online, you can also visit The Ohio State University Extension Lucas County site at <https://lucas.osu.edu/home-food-preservation> Here you will find links to videos on canning, factsheets

and local information.

In Lucas County, OSU Extension promotes "from plant to plate." From Plant to Plate covers the following topics: basic, edible gardening, food safety from the garden to the kitchen, promotion of eating more fruits and vegetables and updated, research-based information for home food preservation to enjoy the produce throughout the year! We want people to enjoy the garden and market produce whether it's fresh and in-season or preserved safely for other times of the year. For more information visit <https://lucas.osu.edu/localfoods>



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Health Section • Health Section

More Weight Gain in the Summer ... Why?

By Angela Steward, Fitness Motivator

The Truth Contributor

Why do we love summer so much? Maybe it's the hot lazy days, the bright blue skies, the time spent outdoors walking, running, riding a bike or playing tennis. Or, could it be the food? Yes, the food. IT COULD, QUITE POSSIBLY, BE THE FOOD!!!

Summer is the season of picnics, BBQs and social events that evolve around food and, let's not forget, summery fruity drinks. Delicious, colorful dishes and cold refreshing cocktails with decorative mini paper umbrellas. Summer cookouts normally include high fat, calorie-filled foods and drinks that are super hard to resist: bbq ribs, bbq chicken, potato salad, butter covered corn on the cob, hamburgers, hot dogs, etc. Even the most disciplined eaters find themselves reaching for another helping or two. It's not surprising then that summer eating can lead to summer weight gain.

Whenever we consume (eat) more energy (food) than we expend, our bodies store the extra calories as fat. You would think that in summer we can afford to eat more because we are more active. True, we do tend to participate in more outdoor physical activities in the summer, but a jog in the park may not burn the thousands, yes thousands, of extra calories we devoured at last night's party. Losing track or underestimating the number of calories we consume at our summer functions, is the reason why we start to see the num-



ber on the scale move upwards.

The good news is we don't have to sacrifice summer socializing to keep our bodies at a healthy weight. By using a few simple strategies we can still enjoy summer festivities without packing on the pounds.

1. Keep a Food and Exercise Journal. Recording your physical activity and everything you eat and drink every day is an excellent way to help maintain your weight. It's easier now than ever, thanks to hand-held computer devices and cell phones that offer software apps (ex. My Fitness Pal) to help you keep track. Review your app before you go out to a summer party. If you've already eaten more than you should for the day AND missed your morning workout, you might be more conscience of what you eat at the party or event. Likewise, if you have been particularly careful about your food choices all week, you might decide it's okay to indulge just a little. Either way, journaling will make you more mindful of what you eat and this will help you choose what is right for you.

2. Socializing Should Be Your Focus. Before you head out to your party or event, mentally prepare yourself to be sociable. Be prepared to mingle and converse with everyone. By putting your energy into socializing rather than what's on the buffet table you might have less time to grab a second helping or pick at the party chips—after all, it's hard to socialize with a

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... continued on page 11

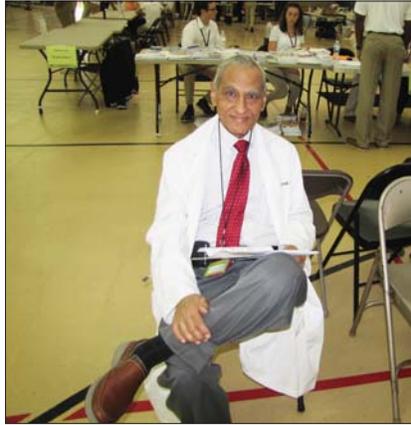
Health Section • Health Section

Universal Health Aid's Annual Health Fair

On Saturday, July 22, 2017, from 9 a.m. to 1 p.m., the Toledo Chapter of Universal Health Aid held its fifth annual free health fair at the Wayman Palmer YMCA. Approximately 300 patients came to the fair to avail themselves of assorted 15 free services including: dental screenings, blood sugar and cholesterol readings, pediatric tests and optometry evaluations.

The purpose of the Universal Health Organization is to build a social movement based on improving health standards. Some examples of the organization's projects include: implementing health workshops across the country; designing extracurricular programs in schools; educating communities, leaders organization on current health issues and the ways to tackle them.

This year's fair was sponsored by The Toledo Clinic, St. Luke's Hospital and Becker Impressions



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Owens Degree: Dental Hygiene, AAS



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- Projected Change: +17.4%
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Owens Degree: Practical Nursing Certificate/ology, AAS



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- Edit moving images on file, video, or other media
 - May edit or synchronize soundtracks with images
 - Review assembled films or edited videotapes on screens or monitors
- Projected Change: +15%
Average Annual Earnings: \$42,495
Owens Degree: Broadcast Media Technology, AAS

Source: Career Coach and Bureau of Labor Statistics Buckeye Top 50



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Health Section • Health Section

Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,

My name is Marcus and I'm a junior in high school. I play football and I want to get bigger but some of my friends and my dad think it will slow me down. Right now I am 5'9 and I run a 4.54 -40. Is there a way to improve my size and strength without losing my speed?

Dear Marcus

I'm not sure what position you play but I'm assuming that you're either some sort of back or a receiver. I don't know of any lineman at your age with that kind of speed.

Let's look at a few names here: Ezekiel Elliot, Le'Veon Bell, Carl Lewis (track). Ben Johnson (track) and the list can go on. Now these guys may be older and this is even better to make the point I am about to prove to you.

Look at their physiques and athleticism. Practically flawless: muscular, fast, agile and extremely great at what they do. Ask yourself if you have ever seen a small, successful football player or track star.

NO, you have not and I doubt you ever will! Yes, tight large muscles will slow you down and the more muscle you put on the tighter you may get. Staying flexible, stretching and running after your workouts can easily control this. Your consistency with your conditioning will also keep you flexible and fast

Now for you to get bigger and better you are going to have to start lifting heavier. I recommend that you do two good warm-up sets and then start to put the weight on. You should do a lot of power exercises such as: squats, dead lifts, bench press and cleans. You should do three-to-four good working sets of these exercises.

Weight train every other day (M, W, F), run your sprints on your off day (T, T.) and rest on the weekend. If you are not sure how to do these exercises, find a book, google, you-tube, or seek out a professional for this information. I can't stress enough to you the importance of proper technique instead of just heavy lifting.

I stress technique to all my clients because it's about results and injury prevention. You want quality not quantity! If you squat 300 pounds but are doing it wrong then you may as well not ever do them. You will get better results doing 150 pounds correctly than 300 pounds wrong. Another thing is that a lot people don't want to

work is their legs. Strong legs, along with a strong mid-section, are your foundation for you strength, stability, balance, speed and agility. So please do not avoid your leg work.

Drink plenty of water and be sure to consume enough quality calories and protein so that you build muscle tissue and do not destroy it. I hope this will help you to develop the physique and athleticism that you are seeking. Train hard and smart and get your rest.



Ryan Rollison

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Health Insurance... photos continued from page 6

Ohioans, taking unprecedented action to provide access to health insurance for Ohioans who otherwise were without options."

The 19 counties are: Coshocton, Crawford, Guernsey, Hancock, Harrison, Hocking, Holmes, Jackson, Knox, Lawrence, Logan, Morgan, Muskingum, Noble, Perry, Van Wert, Vinton, Williams and Wyandot. Approximately 11,000 Ohioans purchase coverage through the health care exchange in those counties.

In light of this announcement, insurers are still in the process of finalizing filings at the Department of Insurance, including the types of plans that will be sold in these areas and the rates that will be charged. The department's review must be completed later this summer and insurers must sign contracts with the federal government by late September to sell coverage on the federal exchange.

The department continues to look at coverage options in Paulding County where no insurer is presently planning to sell an exchange product in 2018.

"There is more work to do as we try to secure coverage options in Paulding County while also making sure this plan can be finalized in the fall," Froment added. "We will continue working with the industry, but those efforts are heavily dependent on market stability and clarity from Washington. We encourage Congress to work on ways to stabilize our health insurance markets."

... continued on page 11

Final White Party of the Summer | Labor Day Weekend

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Health Section • Health Section

Angela Steward... continued from page 8

mouth full of food. Believe me, I'm not suggesting that you shouldn't eat anything, just be mindful of how much you're eating! And, if the event calls for dancing, swimming, or a sport activity of some kind, get moving once you have given your food time to digest.

3. Do Your Homework.

We all have our weaknesses or trigger foods. For some it may be ice cream, for others it could be fried chicken or pizza. Whatever your secret indulgence is, find out how many calories, fat and sodium is contained in a single serving. Armed with this knowledge, you may decide one helping is enough, or you might even skip the ice cream or fried chicken altogether, or choose a healthier option instead.

4. Be a Healthy Host. Planning, cooking and

Health Insurance... photos continued from page 10

Consumers with questions can contact the Ohio Department of Insurance at 1-800-686-1526.

COMPANY COVERAGE BREAKDOWN BY COUNTY

Buckeye Health Plan: Harrison, Logan, and Van Wert

CareSource: Guernsey, Jackson, Lawrence, Morgan, Muskingum, Noble, Perry, and Vinton

Medical Mutual of Ohio: Crawford, Knox, Hocking, and Hancock

Molina Health Care of Ohio: Coshocton, Hancock, and Holmes

Paramount Health Care: Williams and Wyandot

STATEMENTS FROM OHIO HEALTH INSURERS

"We are pleased to expand Ambetter from Buckeye Health Plan from 9 to 27 Ohio counties in 2018. Working in partnership with the state to include three of the bare counties helps ensure that Ohio residents will continue to have access to high-quality, comprehensive health care."

Bruce Hill

Buckeye Health Plan President & CEO

"At CareSource, we are proud to be a part of this collaboration to maintain health care options for thousands of working Ohioans. Our commitment to the Marketplace has been unchanged from the very beginning. As a result of our 28-year history of serving uninsured populations, we see firsthand the value affordable health care coverage offers to families in Ohio."

Pamela Morris

CareSource President & CEO

"We're fortunate to be able to play a part in the solution, but it shouldn't be overlooked that the willingness of local providers to come to the table is what allowed us to get to this point."

Steffany Larkins

Medical Mutual of Ohio Executive Vice President and Chief Sales and Marketing Officer

cleaning up before and after an event can be a lot of work. But, the single best benefit about hosting a summer party is that you get complete control over the menu. Create mouth watering dishes using seasonal fruits and vegetables, low fat protein and smart healthy fats. Even traditional BBQ favorites like potato or pasta salad can be modified to decrease the fat and calorie content by simply switching to a homemade oil, vinegar and herb dressing rather than prepared mayonnaise. Be sure to lay out platters of fresh fruits and vegetables instead of chips or crackers for an easy low calorie grab-and-go snack. Your table will look spectacular with all the season's brightly colored foods, and hopefully your guests will love the variety.

5. Bring a Dish. If you are invited to a backyard BBQ make sure you create something you like and it's healthy: a veggie tray, a fresh fruit bowl, etc. This way, you can load up on at least one healthy option and take smaller amounts of the not so healthy choices.

6. Portion Control. Summer eating should be enjoyable. But, nothing can put a kink in your party spirit more than pulling out your measuring cups at the event to make sure haven't exceeded your portion sizes or using your hands to measure size. I would suggest filling your plate with plenty of vegetables, a quarter of your plate should be a lean protein, and the remaining quarter with whole grains.

7. Don't Drink Your Calories. Outdoor summer events can become uncomfortably hot, so it's important to stay hydrated. Instead of drinking alcoholic drinks, fruit juices, soda pop or creamy frozen drinks, reach for water instead. One or two of these other drinks are all right, but anything more than that will add up in the calorie department. Water should be your main drink of choice. If the taste of water is too bland for your party spirit mode, add a squeeze of fresh citrus, some fresh mint or a few handfuls of berries or cucumbers.

8. Employ the 80:20 Rule. The aim of summer eating (and eating all year round too) should be to eat well at least 80 per cent of the time and only 20 per cent of the time for not so healthy options.

9. It's okay to indulge once in a while!! Don't beat yourself up if you eat a little more than you should have at last night's party—guilt is a useless emotion! Besides, with an active lifestyle and a healthy eating program, you shouldn't see any change in your weight. Today is a new day, enjoy the summer sunshine and have fun.

10. Stay active. Most weight is gained during the summer! Why? We're in Summer-party mode! We're eating foods slathered in bbq sauce! Our plates are loaded with burgers and hot dogs covered in mustard, ketchup and relish and our sides are potato salad, macaroni salad and potato chips...lol! We're indulging in fruity alcohol drinks and/or sugary sodas and juices! So with all that being said... EXERCISE IS A PRIORITY DURING THE SUMMER!

Fabulously Fit classes are especially full beginning in September.....Why? Because SUMMER WEIGHT GAIN IS REAL!!!!

Angela R. Steward



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This is How We Do It by Matt Lamothe

Terri Schlichenmeyer
The Truth Contributor

This morning, you woke up to a big day. Like most days, you'll eat breakfast and get ready to leave the house. Every hour is then packed with fun and excitement before you go to sleep in a comfortable bed tonight. Do kids like you live like that in other countries? In *This is How We Do It* by Matt Lamothe, you'll see.

c. 2017
Chronicle Books
\$17.99 / \$24.99 Canada
52 pages

Meet Romeo from Italy. He's eight years old and lives with his parents and siblings in a house with a vineyard out back. There, he has rock-throwing contests with his friends after school. Romeo loves to eat lasagna for dinner, he likes working on model cars with his father, and he goes to bed covered with a warm down blanket.

Meet Daphine, whose nickname is "Abwooli." Daphine is seven years old and lives in Uganda "in a house made of wood and mud." At private school, she wears a red t-shirt and green shorts, just like every other student there. Because her school is very far from home, Daphine lives with her grandmother during the week; even so, she walks a half-hour to get to class.

Meet Ananya, who is called "Anu." Eight years old, Anu lives in India and helps her mother after school by hanging laundry outside on a line to dry. Dinnertime for her family is at nine o'clock; afterward, Anu likes to play with her sister before bedtime; then, the entire family sleeps together in one huge bed.

Meet Kian, who is seven years old. Living in Iran in an apartment near the Caspian Sea, Kian wears a uniform to his all-boys school, where he studies Farsi and the Quran. One of the things Kian likes to do after school is to go horseback riding, and he enjoys helping take care of his baby brother. He also loves to watch cartoons on TV

before going to sleep beneath his favorite blanket.

Now meet you. What is your life like?

Based on seven real families living in countries around the world, *This is How We Do It* is a nice introduction to other cultures and a "typical day" that the worlds' children might experience.

"The world is a huge place..." says author Matt Lamothe, and though he indicates that his book doesn't necessarily represent how each culture is, as a whole, it's still a great way to show your child similarities and differences. Simply-hued pictures allow young readers to see where and how other kids live, what their teachers are like, and what can traditionally be found at the table – and though some of those things may be markedly dissimilar to what your child is used to, variations are noted matter-of-factly. The book ends on a note that ties up its whole meaning nicely.

Great for upper-elementary school kids, this book is also a smart reference and a nice start-off point for a school report. Or, if your child merely wonders how the other half of the world lives, *This is How We Do It* gives them a big story.

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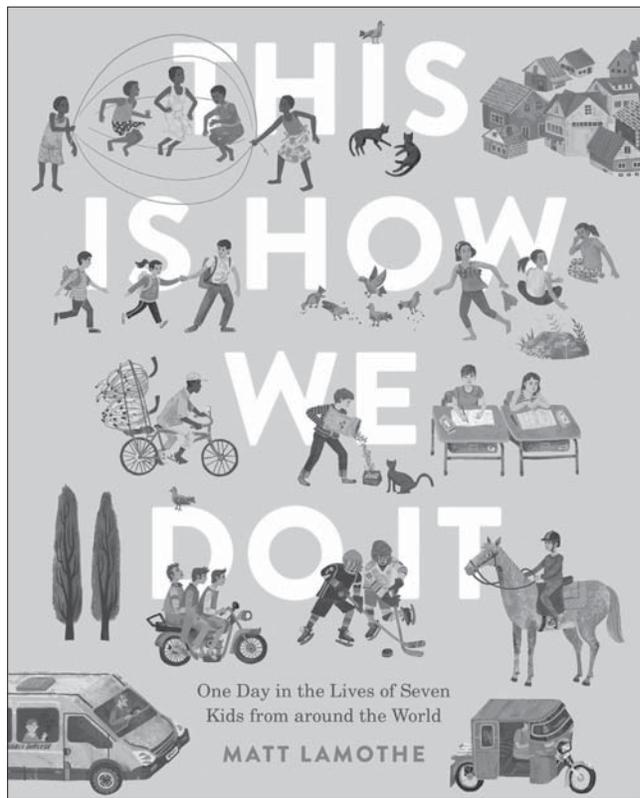
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The Praise Break
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CLASSIFIEDS

August 2, 2017

Page 13

SPECIAL NOTICE REQUEST FOR PROPOSAL

In continuing efforts to foster activities that promote positive mental health and prevent substance abuse, The Mental Health and Recovery Services Board (MHRSB) of Lucas County is pleased to announce an opportunity for funding. The Board is seeking to provide up to \$5,000 in funding to grass roots organizations that are providing programming that offer skills, strengths, resources, supports, or coping strategies for the population that the MHRSB serves. A complete description of the "Request for Proposal" can be found at <http://www.lcmhrsb.oh.gov/publicnotice/>.

Proposals must be received no later than **4:30 PM on Monday, July 17, 2017.**

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TOLEDO LEGAL AID SOCIETY

Several Assistant Public Defender positions are now available. In addition, the newly created Toledo Legal Aid Society Fellowship Program is now accepting applications. Please see <http://www.nlada.org/node/10696> for more detailed descriptions.

Also, two Opportunity Project Case Manager positions are available. LCDC II, LSW, LISW, LPCC, preferred. Please see <http://www.nlada.org/node/10996> for more detailed descriptions.

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.

TO APPLICABLE AGENCIES

Toledo Lucas County Homelessness Board will release and review grant project applications for FY 2017 Department of Housing and Urban Development Continuum of Care Program for NEW projects at 10 am and for RENEWAL projects at 1 pm both on Wednesday, August 9th in 4th Floor Conference Room B at 1946 N. 13th Street, Toledo, OH (Toledo Business Technology Center). ATTENANCE IS MANDATORY FOR PROJECT APPLICANTS. More details at www.tlchb.org. Contact Sue Brown, Grants Administrator, at sbrown@tlchb.org to register.

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WGTE Public Media seeks an experienced accountant for diverse general accounting tasks in non-profit environment. Job is full-time with excellent benefits with primary focus in processing accounts payable. Minimum associates degree in accounting and exceptional spreadsheet skills required. Extensive experience in accounting may be considered in lieu of a degree. Send your letter and resumé to: Human Resources, P.O. Box 30, Toledo, OH 43614, or employment@wgte.org. EOE/ADA

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PUBLIC NOTICE NOTICE OF 2ND PUBLIC COMMENT PERIOD

43rd Year Community Development Block Grant (CDBG), 31st Year Emergency Solutions Grant (ESG), 26th Year HOME Investment Partnerships Program (HOME), and the Neighborhood Stabilization Programs (NSP).

To all interested agencies, groups, and persons:

The City of Toledo solicited input from citizens on the 2017 Draft Action Plan through a 30-day comment period that commenced on March 30, 2017. In addition, two public hearings were held on April 3 and April 10, 2017 in the City of Toledo Council Chambers to inform the citizens about various programs and how allocations will be utilized for Program Year 2017. Lastly, the 2017 Draft Action Plan was available for review at the various locations throughout the City of Toledo and on the Department of Neighborhoods website.

The City of Toledo received notice from the U.S. Department of Housing and Urban Development (HUD) for the Program Year 2017-2018 Allocations, which are listed below:

- Community Development Block Grant (CDBG): \$6,735,978
- HOME Investment Partnerships Program (HOME): \$1,611,011
- Emergency Solutions Grant (ESG): \$610,022

Recently, the City of Toledo received notification from the U.S. Department of Housing and Urban Development (HUD) that an additional allocation of **\$363,033** was awarded to the City of Toledo. This allocation is from a Supplemental Emergency Solutions Grants (ESG) Program award.

A second public comment period will commence on Monday, July 24, 2017 on the Draft One-Year Action Plan to be submitted to the U.S. Department of Housing and Urban Development (HUD) on or before August 16, 2017. The One-Year Action Plan is based on the HUD-approved Five-Year 2015-2020 Consolidated Plan submitted by the City of Toledo for housing, community and economic development.

The City of Toledo will also receive comments from the public in writing at the following address:

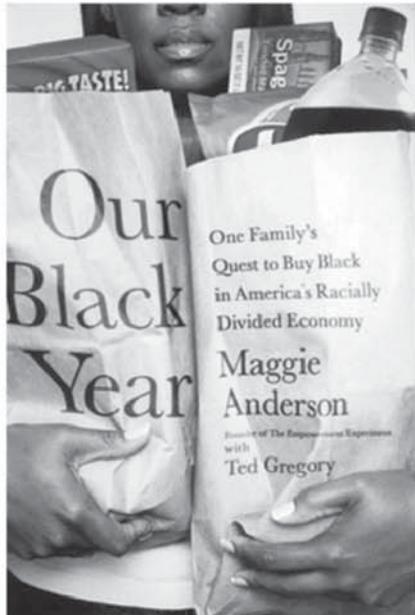
CITY OF TOLEDO
DEPARTMENT OF NEIGHBORHOODS
ONE GOVERNMENT CENTER, SUITE 1800
TOLEDO, OHIO 43604
ATTN: 2017-2018 ONE-YEAR ACTION PLAN

For additional information, please contact Monica Brown, Administrative Analyst II, Department of Neighborhoods at (419) 245-1400.

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Maggie Anderson
Journalist of The Entrepreneur Magazine with Ted Gregory

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Youth & Young Adult 4th Sunday

When: Every 4th Sunday
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BOOK YOUR EVENTS NOW!

St. Paul... continued from page 2

Street on July 12, 1917 when the Westley Davises, Robert Christian and Sally McElya met for worship. A year later the growing congregation organized a church and gave it the name that is holds today.

After three locations, the church was housed at 654 Hamilton Street where it remained until 1958 when the current location was purchased from the United Brethren Church.

For 41 years of the church's life, Rev. Joseph Smith served as pastor, dedicating himself to the leadership in 1928. After his death in 1969, Rev. John Simpson served as interim pastor until Rev. John McKissick assumed leadership. During his tenure, a Watch Care Program was established, a department of education was formed, a credit union was started and an annual week-end Youth Seminar began.

McKissick retired in 1985 after 16 years of service and in 1987 Rev. Irece Bradley was installed as pastor and the church continued to grow. Bradley left to pastor a new church in Akron in 1990 and Rev. Floyd Smith became St. Paul's pastor in 1991 serving until 1996.

In 1998, Rev. James R. Glover became pastor serving until 2003.

Under Pastor James Willis' leadership, many programs have been established to enrich the spiritual growth including: Noonday Prayer Service and Bible Study with a bus ministry for those unable to drive, a Young Adult Ministry for ages 18-40, a Young Adult monthly "Faith Friday" Program, a



State Rep. Michael Ashford presents General Assembly congratulations



Councilman Tyrone Riley and City Council congratulations

Oooops! Let's Try This Again ... David and Jessica Ford Perkins, Elgin Rogers, Ashford

... From Michael and Ruth Ashford's Picnic Last Week

Young Adult Praise Dance Ministry, a Young Adult Usher Board and a revitalization of the Tape Ministry for the sick and shut-in.

The congregation continues to grow and numerous improvements and repairs have been made to the building while technology has enabled a live streaming of Sunday sermons to the online community.

The centennial celebration continued during the Sunday morning and afternoon worship service at St. Paul Missionary Baptist Church. The Celebratory Message on Sunday morning was delivered Ernest Jones, D. Min, executive minister of American Baptist Churches of Ohio. Re. Charles Tatum of Good Shepherd Baptist Church delivered the afternoon service's Celebratory Message.

The two-day celebration was primarily organized by committee chairs and committee members: Committee Chairman Marelen Cook and Co-chairman Jan Scotland; Dawn Scotland, Book Committee chairman; Mildred Schley, Banquet Committee chairman; Norma King, Homecoming Committee chairman; First Lady Linnie Willis, Program Committee chairman; Beverly Beasley, Decorating Committee chairman; Mary Leggins, Evening Service Food Chairman.



Denise Smith Jones, Rev. Ernest Jones, Marelen Cook, Rev. James Willis, First Lady Linnie Willis



Centennial Chairman Marelen Cook and Co-chairman Jan Scotland



Rev. Charles Tatum and Pastor Willis



African American Leadership Caucus (AALC)



Brotherhood Breakfast
Saturday
August 12, 2017

10am – 12pm
at

UAW Local 12
2300 Ashland Ave.



Join us for...
Fellowship, Good Food & Good Music

For more information please call 419-309-7549. To RSVP email aal419@gmail.com. There is no charge for this event.

Thank you to:

St. Vincent Mercy Medical Center, UAW Civil Rights & Cultural Diversity Committee
In House Labor

MAUMEE | OTTAWA HILLS | ROSSFORD | SYLVANIA | SYLVANIA TWP | TOLEDO | WATERVILLE

Fall 2017 updates effective August 20

On Sunday, August 20, 2017, the TARTA fall route schedule will begin.

As some routes will be affected by routing and time changes, new timetables and maps are available at TARTA.com/Fall2017



- **3 North/South Crosstown**
- schedule adjustments
- **10 Rossford Call-A-Ride**
- downtown Toledo routing changes
- **10L Rossford via Hollywood Casino**
- Rossford and downtown Toledo routing changes
- **16 Alexis via Meijer**
- routing and schedule adjustments
- **27H Nebraska/Hill-Reynolds**
- **27N Nebraska/Angola-Wenz**
- weekday schedule adjustments; weekend timepoints clarified

- **28 Indiana/Smead**
- **28/30 City Park/Indiana/Oakwood**
- weekday schedule adjustments
- routing adjustments include the use of S Summit St, Broadway St, and Newton St via downtown Toledo and Martin Luther King Jr. Plaza
- direction change of the City Park/Hamilton St/Collingwood Blvd/Tecumseh St loop at the Hamilton Building



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TARTA route schedules for Toledo area parochial, private, and public schools are available online at TARTA.com/Schools

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NEVER cross the street in front of the TARTA bus! **Let the bus go... then you go.**



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