

June 1, 2017

Published by The 912 Group, Ltd.

Ronda Watson Barber—Publisher/Editor-in-Chief

Volume 8—No. 11

Small Business is Good Business

Advocating, Informing and Promoting Small & Minority Owned Businesses

Columbus Urban League begins construction on Huntington Empowerment Center



Restoration Day 2017 - Columbus Mayor, Andrew Ginther, and Huntington Bank CEO, Stephen D. Steinour, joined CUL CEO Stephanie Hightower and members of MICA (Minority and Independent Construction Alliance) in “nailing down” the rebuilding of 780 Mount Vernon Avenue, turning it from an abandoned property into a hub for workforce development and entrepreneurship.

The Columbus Urban League recently held a Restoration Ceremony for the building on the corner of Mt. Vernon and St. Clair Avenue. The property will be known as the Huntington Empowerment Center after an estimated \$1.7 million in renovations are completed. Restoration is underway including preserving the building’s front architecture.

Built in 1930, 780 Mt. Vernon Avenue housed retail shops and apartments in the heart of the King-Lincoln district. It was in disrepair and empty when CUL acquired it in 2017.

In August 2018, the 6,500 square foot Huntington Empowerment Center will open. It will include the Urban League’s social enterprise My Brother’s Closet, a suiting boutique for low-income men. It will also house a high-tech learning lab and additional business incubation initiatives.

STOP THE VIOLENCE NOW

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Ronda Watson Barber,
Editor-in-Chief & President
www.OhioMBE.com
rbarber@ohiombe.com

P.O. Box 533
Granville, OH 43023
614-522-9122
news@ohiombe.com

OhioMBE welcomes letters to the editor from readers. Typed letters of 200 words or less are preferred; all might be edited. Each letter must include name, home address and daytime phone number. Some letter may appear on our website.

The 912 Group is an Ohio certified Minority Owned and EDGE business. The 912 Group is a certified FBE with the City of Columbus.

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About 700 attend Ohio Business and Career Expo

COLUMBUS — The 2017 Ohio Business and Career Expo attracted approximately 700 business representatives and job seekers.

This free networking and learning opportunity, held May 17 at the Ohio Expo Center in Columbus, was geared toward minorities, women, veterans or those otherwise socially and economically disadvantaged. The purpose of the expo was to support the efforts of the State of Ohio and its partners to support equal employment opportunities and efforts to expand access to state contracts for small, minority- and women-owned businesses.

Participants included nearly 60 state agencies, public colleges and universities, and other government entities as well as construction firms, trade unions and apprenticeship programs.

In addition to one-on-one networking opportunities, the expo offered nearly 50 workshops and participation in The Big Table discussions, which were held throughout central Ohio on May 17 in partnership with the Columbus Foundation.

The expo was sponsored by the Ohio Department of Administrative Services, Columbus Regional Airport Authority and Ohio Department of Transportation.

City of Columbus hosted community meeting to discuss disparity study



The City of Columbus recently held two community meetings regarding a Disparity Study being conducted for the City of Columbus by Mason Tillman Associates, Ltd.

The study is being conducted to determine if statistically significant disparities exist in city contracts. The study will also ascertain practices affecting any documented disparity; assess effectiveness of race and gender-neutral programs and prepare a study that is legally defensible. The study will take a year to complete.

Eleanor Mason Ramsey, Ph.D. is pictured at the podium. Dr. Ramsey is the president of Mason Tillman Associates. As a nationally recognized authority on

disparity studies, Mason Tillman provides public policy research and social marketing services to governmental entities. The firm has a long history of designing and executing disparity studies since 1990.

publisher's note

Advocate! Resist!

By Ronda Watson Barber - Publisher

This struggle may be a moral one, or it may be a physical one, and it may be both moral and physical, but it must be a struggle. Power concedes nothing without a demand. It never did and it never will. Find out just what any people will quietly submit to and you have found out the exact measure of injustice and wrong which will be imposed upon them, and these will continue till they are resisted with either words or blows, or with both. The limits of tyrants are prescribed by the endurance of those whom they oppress. – Frederick Douglass.

The fight for respect and unbiased treatment in the purchasing practices will Columbus City Schools is not over. Actually, it is being kicked into overdrive. We have to continue to advocate for our businesses. We have to resist the blatant disrespect from district administrators and demand inclusion.

While the retire/rehire issue of Columbus City School's Purchasing Director Dennis Carney, is unclear at OhioMBE's press deadline, I strongly encourage you to make your voices heard. Email the Superintendent Dan Good at superintendent@columbus.k12.oh.us with your concerns and expectations. It was reported in the Columbus Dispatch recently that Dr. Good is in favor of retaining Carney as purchasing director. Carney has failed to meet the board of education's mandate of a 20 percent purchasing goal with LEDE certified businesses for more than four years. Is this acceptable to the superintendent?

Challenge and question the incumbents on the School Board who are asking for your powerful vote in October. Ask why the District is unable to meet purchasing goals. Ask what is their remedy to the lack of inclusion is in the purchasing scheme of the district. Ask what they have done to improve the economic opportunities for Black businesses within the district. Don't accept the answer that they don't participate in purchasing decisions. They sign legislation for purchases. They actively play a part the purchasing goals. When Stephanie Hightower was board president if legislation didn't have LEDE inclusion she would send it back and demand that inclusion was included.

I am extremely disappointed in this board and the administration. OhioMBE will continue to hold them accountable for their lack of action in mandating that the LEDE goals are being met. I question whether current board members should retain their elected positions when they are doing NOTHING to support economic development and empowerment for Black businesses. They have had their chance and it appears that they have blown it. Nothing has changed for Black businesses under their

Ohio Rep. Alicia Reece responds to US Supreme Court accepting case on Ohio voting rights

WASHINGTON— State Rep. Alicia Reece (D-Cincinnati) recently responded to the U.S. Supreme Court's announcement that it will hear a case regarding last year's cancellation of voting registrations ordered by Ohio Secretary of State Jon Husted.

"Because the right to vote is our most fundamental freedom as Americans, it is deeply troubling that elected officials charged with upholding our freedom have fought for the exact opposite, blocking over one-million people from having their voices heard," said Reece. "By taking away their chance to go to the polls, these Ohioans were denied their guaranteed constitutional right. The ugliness of this issue is clear: purging voters is anti-American, and it needs to be stopped once and for all. I hope the highest court in our country agrees and rules in favor of the people – against the politicians."

In 2015, according to Reuters, 144,000 voters were purged for infrequent voting or moving in Cuyahoga, Franklin and Hamilton counties alone. Statewide figures for the 2015 purge are not yet available.

Reece, who represents parts of Hamilton County, is a long-time voting rights advocate and spoke at the 50th Anniversary of the March on Washington.

She also leads the ongoing push for a Voter Bill of Rights, a grassroots effort to amend the state constitution to protect all Ohioans' right to vote. The Voter Bill of Rights would amend the state constitution to define the right to vote as a fundamental right, establish early voting dates and times, allow the legislature to prescribe proper training and staffing for polling locations, create an online voter registration system, protect against voter ID requirements and voter registration tests, and include safeguards that ensure provisional ballots are counted.

tenure. Perhaps new board members who will enforce board policies and demand the inclusion in purchasing are needed.

It cannot continue to be business as usual with Columbus City Schools. Black people supported a permanent tax levy. Ironically, the same privileged white man who feels he is owed a job upon retirement according to The Columbus Dispatch believes the tax dollars brought into the district from its overwhelmingly student of color population and property taxes from Black home owners should not have equal purchasing opportunities within the district. Should we not expect to participate in the purchasing scheme without barriers or biases? Our dollars help fund the district. Should we not benefit from our economic support of the district? Columbus City Schools willingly accepts the tax dollars derived from people of color but is disrespectful and imposes unrealistic obstacles that pre-

See Publisher on page 4

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Be the *Change* you want to see in your community, Join the Network!



The Ohio Black Barber & Beauty Network was formed in 2016 as a nonprofit organization under Making A Difference, Inc located in Columbus, Ohio specifically dedicated in providing barbers and hair stylists with opportunities to highlight their talents

and interests in their local communities. While maintaining the ethical and Professional standards of our profession, we will foster youth mentorship, Legislative awareness and Health Wellness initiatives to impact families in the greater Ohio.

Initiatives:

- Health & Wellness
- Youth Mentorship
- Legislative Awareness



Ohio Black Barber & Beauty Network

1.614.427.3226

OhioBBnetwork@gmail.com
www.obbbn.org



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Publisher from page 3

vent some businesses from competing for contracting opportunities. If district officials and staff are biased against or afraid of Black people they should not be working in an urban school district.

We must be steadfast in the battle for economic opportunities, particularly from those who receive our tax dollars. Taxation without participation is no longer acceptable.

Just my thoughts....rwb

Ohio Certification Center

The Ohio Certification Center is here to help you get your business certified as a:

Minority Business Enterprise (MBE)

State of Ohio
City of Columbus

Female Business Enterprise (FBE)

City of Columbus

Disadvantaged Business Enterprise (DBE)

Columbus City Schools (LEDE)
Ohio Department of Transportation

EDGE (Encouraging Diversity Equity and Growth)

www.OhioCertificationCenter.com



Visit OhioMBE.eventbee.com for upcoming class dates.

bid opportunities

To post a bid notice, call 614-522-9122 or email news@ohiombe.com



REQUEST FOR PROPOSALS

The Akron Metropolitan Housing Authority is requesting qualifications from Architectural/Engineering firms for consideration in the competitive selection for professional services to provide full Architectural and Engineering Services for Undefined Projects, which may require professional and/or technical services.

Those interested in submitting a response to this Request for Qualifications (RFQ) may obtain the instructions/information package by contacting SE Blueprint, 540 South Main Street, Suite 211, Akron, Ohio 44311. (330) 376-1689 sebluc@seblueprint.com

All responses to this RFQ, to be considered, must be submitted in accordance with the requirements of the RFQ and received by AMHA no later than 4:00 p.m. (local time) on Wednesday, June 21, 2017.

Akron Metropolitan Housing Authority
Anthony W. O'Leary
Executive Director



Columbus City Schools issues solicitations on a regular basis for goods & services related to food, construction, technology, curriculum, & transportation. Interested vendors should periodically check our website at <http://www.columbus.k12.oh.us/rfp>



COLUMBUS METROPOLITAN HOUSING AUTHORITY
COMMUNITY. COMMITMENT. COLLABORATION.

INVITATION FOR BIDS

Columbus Metropolitan Housing Authority
East Annex Building Interior Renovations

The Columbus Metropolitan Housing Authority (CMHA) will receive bids from qualified contractors for the Interior Renovations at the East Annex Building, 1407 Cleveland Avenue, Columbus, OH 43211. All bids will be received and publicly opened on **Thursday, June 8, 2017 at 11:00 a.m.**, at CMHA Central Office, 880 E. 11th Avenue, Columbus, Ohio 43211, Conf. Rm. A, Attn: Mr. Mike Wagner. A pre-bid meeting is scheduled on **Wednesday, May 31, 2017 at 11:00 a.m.**, at the East Annex Building, at the address listed above. Contract Documents may be viewed at www.cmhanet.com/DoingBusinessWithUs/Development. Contract documents may be obtained from Cannell Graphics, 5787 Linworth Road, Columbus, Ohio, 43085; Phone: 781-9760; Fax: 781-9759, starting **Tuesday, May 23, 2017**, upon receipt of a **refundable company check or money order for \$50.00**, payable to CMHA. Bidders must agree to comply with Davis-Bacon Labor Standards of the U.S. Department of Housing & Urban Development, and Section 3 of the U.S. Department of Housing & Urban Development Act of 1968, as amended, and are asked to assist CMHA in meeting their Minority Business Enterprise goal of 20%. A 5% bid bond must be submitted with bid.



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Cathy R. Holloway
President

EDGE, FBE, & LEDE Certified

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#bidnotices

How to Raise Prices Without Losing Customers



You've been tracking your small business's numbers regularly, and you know it's time to raise prices. But how will your customers react? While it's natural to be concerned that a price increase may cost you clients, that doesn't have to be the case.

Follow these five do's and don'ts to raise prices with-

out losing customers.

Do study what your competitors are doing. How have their prices changed in the past few years? If everyone in your industry has been raising prices, customers will be more amenable to the change. If you're the only one doing it, however, you'll need to offer something unique that your competitors don't.

Don't be sneaky. Retail or restaurant businesses can often raise prices without customers noticing. However, if you own a service business or B2B company, don't try to sneak a price increase into the bill after the fact. Let customers know in advance when you plan to raise your prices. This can actually be a good tactic for retaining customers: Give them the opportunity to stay at the old price for six months or a year if they renew their contract before the price goes up.

Do explain your reasons. It's not necessary to go into excruciating detail about your profit margins. Simply share the basics as to why you are raising your prices, with a focus on the benefits to the customer. For example, "In order to provide you better service by offering 24/7 live customer support, we will be raising our monthly subscription rates by 20% beginning in June."

Don't apologize. If you come across as tentative or nervous about your price increase, customers may try to negotiate. Instead, focus on the benefits to customers that accompany the price increase, such as expanded product offerings or additional services.

Do expect to lose some customers—but expect to gain some, too. Customers who are solely price-focused may stop doing business with you, but are those really the customers you want? Often, small business owners discover that raising prices actually attracts new, more profitable customers who are willing to pay a higher price for better quality.

Here are some ideas for different ways to structure your price increase in ways that customers will accept.

- Increase prices by adding fees. Instead of raising prices for your actual product or service, consider adding fees to cover rising costs. This works best if one specific cost, such

See Pricing on page 8

The Ohio Marketing Association to assist non-profits

The Ohio Marketing Association is a member-based nonprofit. Its mission is to strengthen nonprofit impact through education. We offer online courses, customized training, webinars, workshops, events and professional consulting – we empower nonprofits to market their missions, programs and services more effectively.

Ohio Marketing Association (OMA) is registered as a nonprofit corporation with the State of Ohio effective 4/30/2017 and is located at: 57 Jefferson Ave. Cols. Ohio 43215

Member-based: The Ohio Marketing Association offers memberships in the following categories: Nonprofit, professional and corporate.

Online courses: OMA offers online courses so members can increase their knowledge and ability to do or effectively manage marketing activities.

Customized training: Nonprofit members receive customized training to suit specific needs.

Webinars: Members have access to the many educational webinars provided by OMA and its professional members.

Workshops: OMA offers informative and skills building workshops covering a variety of marketing topics.

Events: OMA produces networking, fundraising and award events for OMA members annually.

Professional Consulting: OMA works together with its professional members to provide consulting services to its member organizations.

For more information contact Mark Cardwell at cardwell777@gmail.com



Got some business news to share? Send it to news@OhioMBE.com.

It may appear in an upcoming issue of OhioFBE or OhioMBE.

Ohio Diversity Network

Get a weekly email from
OhioDiversityNetwork.com
notifying you of upcoming events.

Sign up online!

Saturday, June 3, 2017 at 10:30pm
[OhioMBE Certification 101 at the WBC](#) - Columbus

Saturday, June 10, 2017 at 11:00am
[Sisters Connecting](#) - Columbus

Wednesday, June 14, 2017 at 1:00pm
[Financial Wellness with Fifth Third: Preparing for Homeownership](#) - Columbus

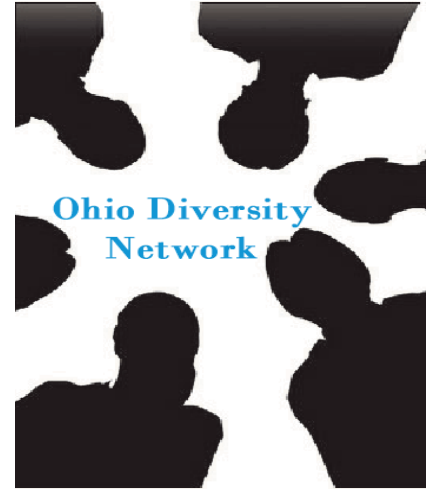
Saturday, June 17, 2017 at 10:00am
[BCWN – Lead Her Empowerment and Mentor Summit](#) - Columbus

Saturday, June 17, 2017 at 10:30am
[OhioMBE Certification 101 at the WBC](#) - Columbus

Monday, June 19, 2017 at 9:00am
[ODOT – DBE Orientation](#) - Columbus

Thursday, June 22, 2017 at 6:00pm
[Broken Wife Broken Life](#) - Columbus

Friday, June 23, 2017 at 12:00pm
[Google Friday: Tips for Measuring Online Success](#) - Columbus



Hosting a business event?

Did you know you can post it on
www.OhioDiversityNetwork.com

Email: news@ohiombe.com for
login information

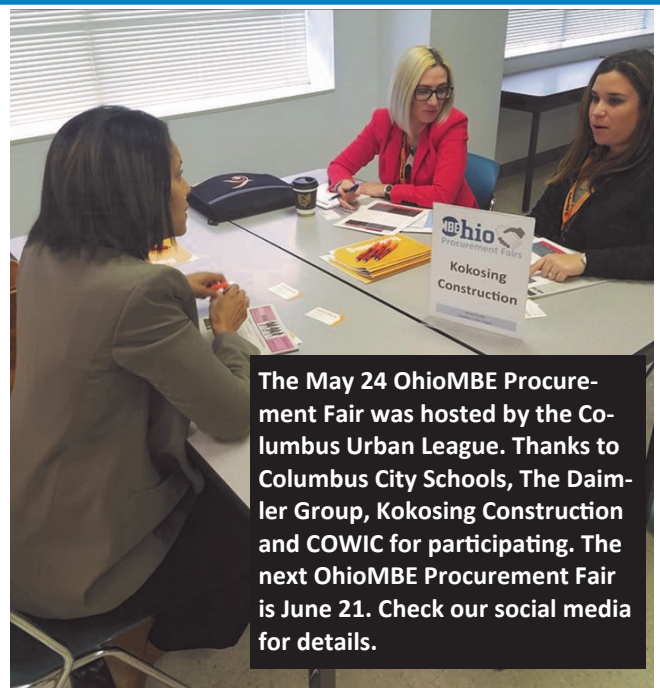
2017 Ohio MBE Awards

Save the Date! October 25, 2017

We will recognize minority businesses & their advocates.

Sponsorship opportunities are available.

www.OhioMBEAwards.com



The May 24 OhioMBE Procurement Fair was hosted by the Columbus Urban League. Thanks to Columbus City Schools, The Daimler Group, Kokosing Construction and COWIC for participating. The next OhioMBE Procurement Fair is June 21. Check our social media for details.

www.OhioMBE.com

14 Tips to Protect Your Business from Ransomware Attacks

Ransomware attacks are the fastest growing malware threats. On average, more than 4,000 ransomware attacks have occurred daily since January 1, 2016.



Ransomware, a type of malicious software that infects and restricts access to a computer until a ransom is paid, affects businesses of all sizes. The good news is that there are best practices you can adopt to protect your business.

1. Implement an awareness and training program. Because end users are targets, employees should be aware of the threat of ransomware and how it is delivered.
2. Enable strong spam filters to prevent phishing emails (an attempt to obtain sensitive information electronically) from reaching employees and authenticate inbound email using technologies like Sender Policy Framework (SPF), Domain Message Authentication Reporting and Conformance (DMARC), and DomainKeys Identified Mail (DKIM) to prevent email spoofing.
3. Scan all incoming and outgoing emails to detect threats and filter executable files (used to perform computer functions) from reaching employees.
4. Configure firewalls to block access to known malicious IP addresses.
5. Patch operating systems, software, and firmware on devices. Consider using a centralized patch management system.
6. Set anti-virus and anti-malware programs to conduct regular scans automatically.
7. Manage the use of privileged accounts based on the principle of least privilege: no employees should be assigned administrative access unless absolutely needed and those with a need for administrator accounts should only use them when necessary.
8. Configure access controls—including file, directory, and network share permissions— with least privilege in mind. If an employee only needs to read specific files, the employee should not have write access to those files, directories, or shares.
9. Disable macro scripts (tool bar buttons and keyboard shortcut) from office files transmitted via email. Consider using Office Viewer software to open Microsoft Office files transmitted via email instead of full office suite applications.
10. Implement Software Restriction Policies (SRP) or other controls to prevent programs from executing from common ransomware locations, such as temporary folders supporting popular Internet browsers or compression/decompression programs, including the AppData/LocalAppData folder.
11. Consider disabling Remote Desktop protocol (RDP) if it is

Prices from page 6

as raw materials or transportation, is rising. Just be aware that if those costs go down again, customers will expect the fees to go away, too.

- Introduce the higher prices in stages. If you're really worried about losing customers, try raising prices for a small group of clients first to see how they react. If most of them accept it, you can expand the increase to your entire customer base.
 - Keep existing customers at the current price level but charge higher prices for new customers. Be sure to make existing customers feel special by telling them they're getting preferential treatment: "Effective January 1, we will be raising our prices. However, because you are a valued longtime customer, your price will remain the same for the next 12 months."
 - Add value. Create product or service bundles by adding features that don't hurt your profit margins, but make a big impression on the customer. For example, a business that
 - sells consumer electronics could add an extended warranty at no extra charge or offer longer customer support hours. A nail salon could offer every customer a free set of manicure tools that are kept on-site and used only for her.
 - Raise prices on some products or services and not others. Try raising prices only on your most popular products and services. Since they account for most of your sales, this will have a dramatic effect on your revenues.
 - Create a lesser option for customers who don't want to pay higher prices. Suppose your lawn-care customers currently get weekly mowing, edging and weeding service for \$75 and you want to raise the price to \$100. Create a lower-level service package (mowing, edging and weeding every other week, or weekly mowing and edging with no weeding) for \$75.
- With careful planning and a tactful approach to informing customers, you'll discover that a price increase not only boosts your sales, but can also transform your business.

Source: www.score.org

12. Use application whitelisting, which only allows systems to execute programs known and permitted by security policy.
 13. Execute operating system environments or specific programs in a virtualized environment.
 14. Categorize data based on organizational value and implement physical and logical separation of networks and data for different organizational units.
- Visit the [U.S. Computer Emergency Readiness Team](http://www.usa.gov) website for additional information on how to protect your business from ransomware attacks.

Source: www.sba.gov

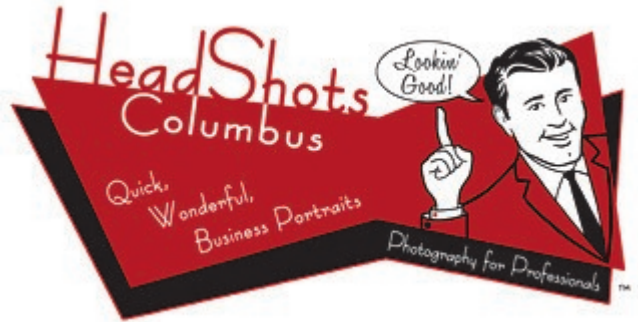
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Choosing The Best Business Bank Your Business Can Rely On

Most businesses today are offered by banks with different services and features to help their business expand and grow. Organizations are enticed to open an account with these banks. From business loans and credit facilities to other financing services, banks are continuously introducing new solutions that can help organizations increase or sustain their funds which they can use for various purposes. Because of this, it has become more difficult to choose the best business bank that can live up to its claims and promises. Certain qualities and features, however, can help you identify a good, reliable, and trustworthy business bank. This will be your guide to ensure you have chosen the right one.

First, choose a bank with sufficient security for your funds. A good business bank will have adequate coverage. It will be properly insured to help protect the interest of all their depositors and clients. This will also lead to ease of deposit. The best business banks will enable you to deposit cash or checks, even if they don't have a branch near you. They will allow you to do this through their mobile app or website. Another option would be through home or office deposit services which can make check deposits quick and simple.

Another thing to consider is the reasonable minimum balance requirements. Most business bank accounts require depositors to maintain a minimum balance. Failure to do so will result in additional charges you will have to pay. The best bank will only call for a minimum balance requirement that people can comfortably afford. Additionally, this will lead to low fees or charges. The most sought-after banks won't charge you any fees for basic account transactions.

Check if the bank you choose has good interest rates. The best bank will offer attractive rates for the amount of money you will deposit with them. They will also charge reasonable rates for the money you borrow via credit card or loan. Ideally, the bank should pay higher-than-average interest on your deposits and charge lower-than-average interest on your debts.

A bank with modern and convenient online banking features is also a good choice. There is no doubt that the different online services of banks today provide a lot of ease and convenience to account holders. The best business bank will allow you to pay your bills and transfer money online for free. It will also be equipped to process these transactions quickly and easily.

Source: http://EzineArticles.com/expert/Mike_Timothy_Hawk/1735222

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Opponents Of Drug Ballot Issue Launch Campaign

“Ohioans Against the Deceptive Rx Ballot Issue” Attracts Broad-based Coalition

Columbus, OH – Ohioans Against the Deceptive Rx Ballot Issue kicked off its campaign recently by announcing that a diverse and broad-based coalition of Ohio organizations and associations will oppose and seek to defeat the deceptively worded “Ohio Drug Price Relief Act.” The proposal (technically called an “initiated statute”) will be on the November 2017 ballot.

Authored and promoted by controversial California activist Michael Weinstein, the initiative would prohibit Ohio’s state government from paying more for prescription drugs than the lowest price paid by the U.S. Department of Veterans Affairs.

Another provision would give the ballot issue’s four named co-sponsors an unprecedented right to intervene—at taxpayer expense—in any post-election legal challenges that may be filed against the initiative or its implementation.

A virtually identical version of this ballot issue, called “Proposition 61,” was soundly defeated in California last year (53%—47%), and was also opposed by every major newspaper in the state. Said Coalition Campaign Manager Curt Steiner: “While everyone agrees that Ohioans need access to affordable medicines, this deceptive and vaguely worded initiative won’t fix the problem or do what it promises. In fact, experts who have studied the proposal—including three former Ohio Medicaid Directors and a former state Budget Director—say it’s not only unworkable, but could actually increase prescription drug costs for the majority of

Ohioans and reduce patient access to needed medications. The so-called Drug Price Relief Act is a Trojan Horse we can’t afford to let into our state.”

Added Campaign Communications Director Dale Butland: “That’s why more than 30 Ohio organizations and associations so far—representing doctors, nurses, patients, veterans, organized labor and the business community—have joined together to oppose this misguided ballot initiative. Starting today, we’ll be supplementing our voter education efforts with a robust paid media campaign that will run on broadcast and cable TV all across the state, as well as on mobile and digital platforms. We urge all Ohioans to get the facts at www.DeceptiveRxIssue.org. Once voters know the truth, we’re confident they will give this ballot issue the defeat it so richly deserves.”



Winners: Jim Henderson, (second from the left) a partner with HH&M Masonry, recently won \$10,000 in Bosch Professional Power Tools and Accessories. Jim and his business partner Cathy Holloway, a 2015 OhioMBE Top FBE, attended the World of Concrete conference in Las Vegas last winter. “We thank HD Supply and Bosch for having a drawing which enabled my partner, Jim Henderson to win \$10K in fabulous tools. Their generosity is greatly appreciated by Jim and all of us at HH&M, Cathy said.



Support Women-Owned Businesses

Time Out

By Megan McGeary

Whether you are just starting out in your very first venture as an entrepreneur, or you're starting up biz #5 or #9, you know you need good tech tools and plenty of support to make it all happen.

But here's a business tool you may not normally get excited about or associate with being an entrepreneur in the most unpredictable, most unusual and chaotic time in our human history. But it's a tool that has the greatest potential to boost your business strategies and make you an entrepreneur who is out there on the leading edge.

It doesn't require attending an expensive workshop or installing another new app. And it's so accessible, in fact that you can never leave home without it.

It's a daily practice called "breathing."

Stepping back from the endless to do lists, the projects and the phone calls, 5 minutes of deep, conscious breaths not only relaxes the nervous system and improves the health of the body but

allows the entrepreneur mind the space it craves to come up with more creative ideas and impulses.

The answers we need to navigate this new world we are now entering into will have to come from a place that's not found "out there," but inside our quiet minds.

For some of us this sounds like prayer. Just taking the moment to be aware of your breathing is a nod to our higher being, to our Source, to God, from which all the intuition and inspiration comes.

Whatever that may be for you, take that time to let everything else go. Take moments throughout your day to get quiet, or "bookend" your morning and your evening with this attention to filling your lungs and your body with relaxation.

Let this quiet space move you and your business to a place that is completely new.

I used to love to read stories of courage. From the words of the mythical magician, Merlin, who once said to his young student, the future King Arthur: "What I know is in the air. Breathe, and it will



be there."

Entrepreneurs--you are on the leading edge. You are our history's new leaders. Take time and breathe.

Megan McGeary has been a yoga teacher, and wellness presenter for Ohio-health, Nationwide Children's Hospital, and Headstart Columbus, and is now looking for coaching volunteers for her coaches' training. If you are looking for health support, you can email her at mcgearym@gmail.com

Need FBE/WBE or EDGE Certification?

Attend Certification 101 at the Columbus WBC
Saturday June 3 or Saturday June 17

Register at www.OhioMBE.eventbee.com