



Volume 22, No. 19 *"And Ye Shall Know The Truth..."* September 05, 2012

President Barack Obama at Scott High School



Photo courtesy Monique Ward

"We need jobs that pay bills, health insurance, enough income to retire and have vacations, and provide our children with an education. That's what we're fighting for, that's why I'm running for a second term."

Inside This Issue

Message from NAACP
Page 2

Tolliver
Page 3

President Obama at Scott High School
Pages 4-5

The Health Section

Fruits and Veggies
Page 6

Ask Ryan
Page 7

Angela Steward
Page 8-9

Seniors at the Zoo
Page 10

Book Review
Page 12

Minister's Musings
Page 13

BlackMarketPlace
Page 14

St. Paul MBC
Page 16



If Our Vote Doesn't Matter ... Why is it Under Attack?

They say you never really know how important something is until someone tries to take it away from you. We know instinctively that voting is important, but it's easy to forget. It's easy to be fooled into believing that your vote doesn't count, that your voice is insignificant when compared to the millions of other voices out there.

But that's a lie.

Now more than ever, our vote does count. Your vote is your voice and your voice matters, so much so that powerful people are trying to silence you. The voice of our community is growing. In 2008, the number of African Americans who voted grew by over 16 percent, adding an

additional 2.4 million votes to the presidential election.

In the 18-44 age brackets, African-American voters had a higher turnout rate than all other racial groups for the first time in history. Let me repeat that, just in case you've been told that young that young African Americans are apathetic and disengaged. More African Americans age 18-44 voted in the 2008 election than their white counterparts.

In fact, the 2008 election had the most diverse participation of any in the history of this nation and that participation had a direct effect on the result. Politicians were paying attention. They got the message and not everyone was happy to

minorities voting in such large numbers. Politicians love to tell you that they want everybody to vote. What they really want is for you to vote for them. If you plan to vote for someone else, they'd prefer if you just stayed home.

Some of these politicians are afraid of a motivated, educated African-American community that makes their voice heard at the polls. What they saw in 2008 scared them so badly that they've spent much of the last year attempting to make it harder and more confusing for you to vote.

In key states all over the country, states like Ohio, Pennsylvania and Florida, legislatures have been hard at work with

the clear goal of reducing the number of African-American and minority votes. Not all African Americans are Democrats, but it's a fact that many supported Barack Obama in 2008. Many are expected to do so again in 2012, and that's a good enough reason for them to come after all of us.

Here's an example:

Have you ever gone to the polls after work or over the weekend to cast your ballot early? If you have you're not alone. In fact, you're probably one of 200,000 other Ohioans who cast their 2008 ballots during early voting hours that no longer exist.

See, once the people in control learned that most of these early voters were African Americans and Democrats, they slashed hours and took away the weekend days many of us used to cast our ballots.

They want you to be frustrated.

It didn't stop there. Until they were threatened with a lawsuit, our state government attempted to pass a law requiring photo ID for voting, a form of identification that more than 900,000 Ohioans, including many African Americans, do not have.

They want you to give up.

The fact is you don't need a photo ID to vote in Ohio. A utility bill or paycheck will work just fine. That's one of the many things some people would rather you not know. Here's another. Did you know that in Ohio you can vote if you have been convicted of a crime, even a felony? Many folks in our community don't know this, and there are very few powerful people interested in telling them.

The writing on the wall is clear. If you're not voting for them, the people in charge would rather you just stayed home on November 6.

They're doing whatever they can to make sure you do. But voting is a fundamental right, a right our ancestors fought and bled and died for. They can make it harder for you, but in 2012, no one can deny you access to the vote unless you let them!

Empower yourself! Empower your friends and your family!

In the coming weeks you will see more of these messages, messages aimed at helping you navigate the confusion. But first you must be registered to vote.

If you're already registered, call your local board of elections to be sure your information is correct and still on file. If you aren't registered, you can register in person at your local board of elections. You can also do it at the nearest public library, DMV, or public high school. Wherever you get your registration form, mail it or better yet, hand deliver it to your local board of elections. However you choose to register, do it soon. The deadline is October 9.

Remember, no one can take away your fundamental rights if you stand up and claim them. Be proud of the direction we are going. Better yet, be a part of the journey.

VOTE

Rev. Kevin J. Bedford, President, Toledo Chapter, NAACP

Community Calendar

September 6

UT Africana Studies Brown-Bag Lecture Series: Noon; "Tea Party/Neo-Redeemers: Race, Class and the Assault on the Obama Presidency;" Prof. Carter Wilson; Student Union Rm 3016

September 8

West Toledo Bereavement Meeting: Bethlehem Baptist Church; 10 to 11:15 am: 567-249-7470

September 9

United Church of God Family and Friends Day Fellowship Service: 11 am: 419-729-3236

Robinson Elementary School Parent Power Hour: 8:30 to 9:30 am; Meet the community partners and student families: 419-672-4200

September 14

The Friendly Center Community Talent Show: 6 pm; Youth between ages 6 - 20 - dance, voice and poetry: 419-243-1289

September 16

Mt. Zion Church Praise @ Scott Park: 10:30 am to 3 pm; Musical concert, picnic, games, crafts: 419-389-3953

Toledo Bikers for Babies: 11 am; 60 mile ride along the Maumee: 567-298-4819
Beulah Baptist Women's Day: 11 am service featuring speaker Min. Desiree Rayford; 4 pm service featuring speaker Bishop Marjorie Holt
Roses of Calvary Flower Ministries Anniversary: 4 pm Guest speaker Rev. Charles McBee of Family Baptist

September 18

Candidates' Forum: Sponsored by the League of Women Voters and the American Association of University Women; Scott Park Campus of UT; 7 to 9 pm: 419-787-8258

September 20

UT Africana Studies Brown-Bag Lecture Series: Noon; "Bringing Light in Ohio 2012: 'Coon' Davis Finds His Place at a True the Vote 'Voter Integrity' Meeting;" Prof. Ben Davis; Student Union Rm 3106

September 21

Northside Family Reunion: 5:30 to 11:30 pm; Sullivan Center Gesu Parish: 419-464-2727, 419-205-1735 or 419-535-9567

September 30

Friendship Baptist Church Celebrates the Recovering Community: 419-531-3242

October 2-3

St. Paul's Episcopal Church Rummage Sale: 9 am to 7 pm on the 2nd; 9 am to 1 pm on the 3rd; Many departments, 3 floors, 2 tents



The Sojourner's Truth

Toledo's Truthful African-American
Owned and Operated Newspaper

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Becky McQueen - Business Manager

Artisha Lawson - Reporter
Candice Harrison - Reporter

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A Certified MBE, 2009

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This Is Not a Drill!

By Lafe Tolliver, Esq
Guest Column



and after we pledged allegiance to the flag, he or she would announce a safety drill to occur sometime during that day.

When we finally heard the sirens (I was at Ryder Elementary at the time in the early

60's), we lined up and went into the hallways waiting for the all-clear signal. If we laughed or made fun of it, the teachers would growl at us or come back and grab us and shake us (back then, teachers could put their hands on you without fear of your parents storming the school asking for the hide of the offending teacher).

Those drills were important. They taught us that you need to stay alert and take some things very seriously.

Now, the current drill of 2012 is not one of nuclear attack but of offensives by certain Republican-controlled state legislatures that are seeking to launch another type of devastating attack. This attack has the deadly consequences of assigning its intended victims to the scrap pile of being an invisible citi-

zen. It is about evil people who believe that you do not deserve the right to vote because they want to project the false image that there is rampant vote fraud in the land and you are a part of it.

Their evidence? Nil. None. Nada. They bring forth scant statistical evidence that results in a revelation that any alleged voter fraud is so drastically minimal that it is sheer fancy to say that America is under siege from legions of voter miscreants.

The Republican Party has fed itself a diet of tomfoolery of seeing visions of fraudsters in the polling places, that they have passed or are in the process of passing legislation that may have the intended results to confound and confuse voters about their voting rights.

Many of the states (between nine-12) are on record as passing restrictive legislation that if you appear at a polling place and do not have your ducks lined up, you can be and will be denied the right to vote. Regardless if you have voted without prob-

lems in the past.

Such things as a change of address or not having a picture ID or not having evidence of a utility bill to show residence or not having the right name on the polling list, can have a poll watcher complain and you could be challenged and subsequently denied the right to vote.

Folks... this is not a drill. This is the proverbial incoming nuke that will strike on election day in November when people go to the polls expecting that all is right and they will be able to vote.

Not necessarily so.

The powers that oppose President Obama want to do all that they can to minimize the vote for President Obama because they fear (and rightly so) that if minorities, college students and the elderly come out in sufficient numbers, their candidate, Mitt Romney, is toast.

Never mind their nice-sounding mumbo-jumbo about democratic rule. If you do not have your "credentials" in order before you go to your normal polling place,

you could be in for a rude shocker.

What you do not want, is to be engaged in the following scenario:

Poll worker: I am sorry, ma'am, but it seems that we do not have you on our current roll of registered voters.

You: What do you mean! I have been voting here for the past 15 years. Of course you have my name down. Check again (you beginning to get slightly elevated in your speech).

Poll worker: I checked and so did my supervisor. Your name of Shauntae Cordell is not showing up on our precinct rolls.

You: My name is Shauntae Cordell-Washington. I married last year.

Poll Worker: Well, that explains it. Did you change your name down at the Board of Elections?

You: No. Why should I? No one said anything about changing your records so you can vote!

(now, you are really pumped up!).

Poll Worker: (looking tired but with the obligatory

fake smile). Sorry Ms. but I am not permitted to allow you to enter the booth until we can confirm you are who you say you are. Do you have a picture ID?

You: (neck muscles beginning to bulge). Listen here! I don't drive. I caught the bus here and I wanna vote!

Poll Worker (clicking her teeth). Sorry, but don't yell at me. If you would have called ahead of time to the elections bureau, they would have told you what you needed to do. Don't blame me for this. I only work here.

You: (starting to hyperventilate and ready to thro' down... if needed). Listen, you! I was voting before you was born. Gimme my ticket and let me vote!

Poll Worker: (sees a crowd growing around her). Ma'am, if you do not calm down, I will have to call security to escort you out of the building.

You: (placing purse on the floor and taking off shoes.). You and what army!

Poll Worker: (yelling into walkie-talkie)

(Continued on Page 11)



IMPORTANT PUBLIC NOTICE

Office of Anita Lopez, Lucas County Auditor

Real Estate Division * One Government Center, Suite 670 * Toledo, OH 43604-2255
Call: (419) 213-4406 * E-mail: outreach@co.lucas.oh.us * Web: www.co.lucas.oh.us/reval12

As Auditor, I am committed to providing the citizens of Lucas County the best customer service possible and issuing fair and equitable property values.

This summer, the Lucas County Auditor's office mailed value change notices and detailed information about individual properties throughout the county. When you receive your notice, please review it thoroughly.

To ensure the best possible customer service, appointments for one on one assistance are available in your area. You are encouraged to call our office at (419) 213-4406 to discuss your value or to schedule an *optional* appointment in your neighborhood.



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IF YOU HAVE QUESTIONS ABOUT YOUR VALUE, PLEASE DO NOT WAIT.
CALL (419) 213-4406 BEFORE THE OCTOBER 1, 2012 DEADLINE!

President Obama's UAW Labor Day Rally Thrills Supporters at Scott High School

By Artisha S. Lawson
Sojourner's Truth Reporter

Labor Day for many includes the downtown parade and a day off from work, but its true meaning is to acknowledge and celebrate the contributions of workers. The Obama campaign's "Road to Charlotte: Highlighting America's Heroes" collaborated with UAW Local 12 for a Labor Day rally at the historic Scott High School.

Signs, shirts, chants and American flags filled the streets surrounding Scott High School and continued into the gymnasium as supporters gathered to hear from

President Barack Obama. The commander-in-chief was preceded by leaders who addressed the energetic crowd. Addresses were delivered by Ohio U.S. Senator Sherrod Brown, Ohio Congresswoman Marcy Kaptur, Obama for America Ohio Director Derek Steck, UAW President Bob King, AFL-CIO President Richard Trumka and the Honorable Hilda Solis.

The elected officials focused on the auto industry, union labor and the history linked to Scott High School. "Before the auto rescue only

50 percent of the components for the Jeep wrangler were made in the U.S. now its 75 percent." said Senator Brown.

"In 1990 Rosa Parks spoke in this room, in 1967 Rev. Dr Martin Luther King spoke in this room. So today we celebrate the purpose of America for all at this school," said Congresswoman Kaptur.

The program also included Toledoans. Stephen Simkus Jr led the Pledge of Allegiance, Pastor Larry Vriezelaar of First Congregational Church offered the invocation and Summer Conley sang the national anthem.

In accordance with the campaign theme, Kenyetta Jones was named the American Hero and introduced President Obama. Jones is a 26-year veteran at General Motors Powertrain in Toledo. This mother of two was laid off for 18 months in 2009 and was confident of her return to the work force because of President Obama's



fight for the auto industry and middle-class families, she said.

"While I was laid off times were tough, it's not about just a paycheck but about our dignity. I started to train people, because I knew the jobs

would come back because of President Obama," Jones shared with the enthusiastic audience.

Children, community leaders and elected officials chanted throughout the program "four more years," and

"we are the 99 percent." Additional chants led by ordinary citizens echoed from one side of the gym to the other, the chant "Obama" and "we have your back" even caused the president to pause during

(Continued on Page 5)



African Art Has Arrived!!

Hundreds of wood carvings from Ghana have recently arrived at The Truth Gallery – masks, statues, village scenes! All at unbelievably low prices!



The Gallery is open Monday through Friday from 8 AM to 4 PM



See more art online at www.thetruthtoledo.com



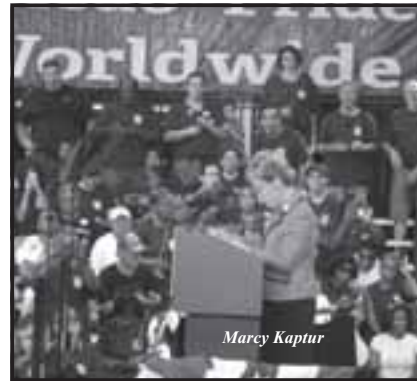
The Truth Gallery
1811 Adams Street
419-242-7650

President Obama's UAW Labor Day Rally

(Continued from Page 4)



Sherrod Brown



Marey Kaptur



his speech. At 12:30pm President Obama took the stage to address the 3,000 supporters from northwest Ohio.

His speech focused on benefits for working-class American families, categorizing them as a community cornerstone. "We need jobs that pay bills, health insurance, enough income to retire and have vacations, and provide our children with an education. That's what we're fighting for, that's why I'm running for a second term," said President Obama.

President Obama went on to mention the October early vote in Ohio. "October second Ohioans will have their first say when early voting begins. Choose which path we take, massive new tax increases, or my plan that keeps taxes the same."

Crowds of people continued to cheer as President Obama made his exit at 1:15pm. Local Pastor Rev. Robert Culp, an Obama supporter, offered his prayers and finances. "My real believe is that his reelection is a necessity. A destiny, my destiny, our destiny is bond with him. I give him my money and my prayers, said Culp, pastor of

First Church of God which is located blocks from Scott High School.

The City of Toledo Council members Paula Hicks-Hudson and Tyrone Riley, attended the rally and were proud.

"It's an honor to be here, and have the president speak

it's labor day and honoring the work of men and women given and of a lifetime. Second, President Obama is in the city of Toledo, it's always a great occasion to get the president of the United States into the city of Toledo.

Immediately following the



at Scott high school. District 4 is the heart of Toledo, you can't do anything in this city without someone from district 4. So many people were energized today and another great accomplish to add to the great legacy of Scott High school," said Hicks-Hudson.

Said Riley: "Today is great for two reasons. First

campaign delivery at Scott high school, President Obama will travel to New Orleans where the president will meet with local official about response and recovery efforts attributed to Hurricane Isaac, and then address the New Orleans press.

This was President Obama's 27th trip to Ohio.



"To protect the workers in their inalienable rights to a higher and better life; to protect them, not only as equals before the law, but also in their health, their homes, their fire-sides, their liberties as men, as workers, and as citizens; to overcome and conquer prejudices and antagonism; to secure to them the right to life, and the opportunity to maintain that life; the right to be full sharers in the abundance which is the result of their brain and brawn, and the civilization of which they are the founders and the mainstay... The attainment of these is the glorious mission of the trade unions."

- Samuel Gompers, 1898

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Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

Back to the Kitchen this September!

Patrice Powers-Barker
Ohio State University Extension, Lucas County
The Truth Contributor

One in three American children is overweight or obese. They are at greater risk of heart disease, bone and joint problems, sleep apnea, mental and emotional problems, bullying and more. In addition to those challenges, the financial cost is more than 14 billion dollars a year in health care costs.

This is a serious problem for our nation, our communities and our families. September is National Childhood Obesity Awareness Month with the goal of reversing the rise of childhood obesity. Every person in the United States of America can take small steps to add up to a big difference. Even if you do not have children in your home, think about how you can support families in raising healthy children.

From the national level, the First Lady's *Let's Move!* initiative has brought together Federal agencies and

some of the biggest corporations and nonprofits from across our country, working to meet our national goal of solving the problem of childhood obesity within a generation.

Let's Move! aims to help ensure we can make healthy choices about the foods we eat and how much exercise we get, while building the habits necessary to tackle one of the most urgent health issues we face in this country. Schools also have an important role in ensuring our children live full and active lives. Last December, the president signed the Healthy, Hunger-Free Kids Act into law, enacting comprehensive change that will allow more children to eat healthier school lunches.

In the home, families who prepare meals and eat together tend to be healthier, happier — and thinner. But half of all meals are now eaten

away from home, and many meals that are eaten at home aren't prepared in the kitchen and enjoyed around the kitchen table—they're take-out meals or fast food eaten in front of the TV.

To help busy families find easy, practical ways to adopt healthier habits, Ohio State University Extension's family and consumer sciences program is launching a "Back to the Kitchen" social media campaign during the month of September. Throughout the month there will be a series of tips on Facebook and Twitter. You can "Like" the FCS program's Facebook page at <http://www.facebook.com/osuefcs> or follow the hashtag #backtothekitchen on Twitter.

"Families are busy, but many parents are online at work every day, or they're on their smart phones when they're sitting at their kids'

such as the child's sex, race or family socioeconomic status.

A 2010 study in the *Official Journal of the American Academy of Pediatrics*, conducted by Ohio State University researchers, found that 4-year-old children who slept at least 10.5 hours a night, watched under 2 hours of TV on weekdays and ate an evening meal with the family more than five times a week were 40 percent less likely to be obese than children in other families.

A 2011 study in JADA showed that families who ate more meals together tended to eat more fruits, vegetables, grains and calcium-rich foods.

"The 'Back to the Kitchen' message is for everybody, but it's especially important for families with small children," Seger said. "If they can develop healthy

ball game or practice, or they're on their tablet when they're watching TV late at night after the kids have gone to bed," said Jamie Seger, program coordinator with FCS who's coordinating the campaign. This way the information is where they are already at, and that's online through social media outlets.

The campaign is taking place during National Childhood Obesity Awareness Month, and for good reason, Seger said. Research on the benefits of cooking and eating as a family is plentiful:

According to a 2007 study in the *Journal of the American Dietetic Association* (JADA), children who eat fewer meals with their families during kindergarten and first grade are more likely to be clinically overweight by the third grade. The importance of the "number of meals eaten as a family" eclipsed demographic factors

eating habits at a young age, that will hold and follow them throughout their lifetimes." For more about Back to the Kitchen, see a promotional video Seger produced at <http://go.osu.edu/Bk2KtchVid>.

Whether you have young children in the house or not, use this month to get back to your kitchen! Which of the following will work for you?

- Make some easy meals as a family and eat together!
- Choose vegetables and fruits for snacks.
- Find a physical activity your family and friends can enjoy together.
- Find a new favorite, healthy recipe.
- Enjoy each other's company. Turn off the television when you sit down to eat together.

Small Adjustments Can Make A Big Difference

Here's news many parents may care to keep an eye on: At schools around the country, teachers are increasingly incorporating 3-D imaging, digital devices and the latest computer applications into their teaching tools. What's more, according to the American Optometric Association's (AOA) latest American Eye-Q survey, 60 percent of parents estimate their child spends up to four hours a day looking at the screen of a computer, video game, MP3 player or handheld electronic device.

The Problem

Unfortunately, prolonged use of these technologies can cause eyestrain, headaches, fatigue, burning or tired eyes, loss of focus, blurred vision, double vision or head and neck

pain. The AOA calls this condition computer vision syndrome (CVS).

What To Do

Parents and teachers can help students avoid CVS by encouraging them to follow the 20-20-20 rule. When using technology or doing near work, take a 20-second break every 20 minutes and view something 20 feet away. Studies show that people need to rest their eyes to keep them moist. Plus, staring off into the distance helps the eyes from locking into a close-up position.

Additional ways to reduce CVS include:

- Position the computer monitor or handheld device slightly below eye level. Ideally, a screen should be 15 to 20 degrees below eye level (about four or five inches) as measured from the center of the screen and 20 to 28 inches from the eyes.
- Avoid screen glare, particularly from overhead lighting or windows.
- Blink frequently to keep the front surface of the eye moist.

• Most importantly, students should see a doctor of optometry for a comprehensive eye examination prior to or early in each school year to ensure their eyes are healthy and functioning properly. Early detection and treatment are key in correcting vision problems and helping students see clearly.

Learn More

To find a nearby optometrist and for additional information on children's vision and the importance of schooltime eye exams, visit www.aoa.org.



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Dear Ryan

Q. Ryan,

I am trying to build my arms bigger and I'm a little confused on which exercises are the best for me to do. I've read the magazines and they all say something different. What should I do to increase the size of my arms? It seems that there are also a lot of different routines, how do I know which is the best one to follow?

Thank-u,
Unarmed

A. Unarmed? That's a good one.

First I would like to thank you for your question. I haven't received many training questions lately. It means a lot knowing that you would still ask me after reading all the magazine hype.

I believe if you stick to the basics that you will get the results that you desire. Yes, the more you read in the books the more confused you can get. I tend to stay away from all of that confusion. I only read the research and nutritional information in those books.

If it's not backed by science and/or college testing I really don't pay much attention to it. It's nice to see other workout routines to give you a change but what works for one person may not work for another. Like I just said, if you stick to the basics you can't and won't go wrong!

The biceps are two different muscles. You have the long head (outside) and the short head (inside) muscles that give you your size and thickness. Straight bar curls are the best for building size on your arms.

Taking a wide grip works mostly the short head and a narrow grip works the long head of the biceps. Take a grip that's shoulder width and hit both heads of the bicep at the same time. Start out with a light weight and do 20 reps to make sure that you can feel the muscle work and a nice little burn in the bicep. Then raise the weight progressively throughout four sets so that your last set ends with hard six to eight reps.

The next good exercise is alternating curls. Start with your palms facing each other. Then as soon as you clear your thighs, supinate (turn) your wrist so that your pinky is heading towards the outside of your shoulder. Squeeze the bicep and return to the starting position. Then begin your rep with the other hand.

Continue to alternate hands in this fashion until your desired repetitions are completed. The last bicep exercise I will suggest is the hammer curl. This works part of the forearm and the tiny muscle between the bicep and tricep, giving you thicker arms.

You start the same way as you do with alternating curls except you do not turn the wrist.

Now, onto your triceps. Your triceps are three different muscles and should be worked no less than the biceps. Triceps pushdowns are an excellent exercise for the triceps. Be sure that when doing this exercise you do not move your shoulders. Only the elbow joint should move and you don't want to go much higher than your chest.

Kickbacks are another great exercise for this muscle group. Bend over at the waist, keep your back flat and your elbows up. Straighten the arm into the locking position so that you contract the muscle then release slowly and repeat.

Lying dumbbell extensions are also good and very beneficial to the triceps. Lying face up on a bench, take two and hold them above you to ceiling. Keeping your elbows arms perpendicular to the lower the weights to the sides head. Raise the weight back up. Be sure to keep your shoulders your arms from swinging.

Good luck in achieving your ies out there and keep the ques-



Ryan Rollison
Dream Bodies
1240 W. Sylvania ave
Toledo Ohio 43612
419-476-3494
mydreambodies.com

We're making a difference.

We're foster parents through Lucas County Children Services.

Lucas County Children Services salutes the hundreds of foster families in our community. They have opened their hearts and homes to children who have suffered abuse or neglect.

We need you to join them and become foster parents yourselves. LCCS currently need foster parents for children of all ages, especially groups of brothers and sisters. Foster parents can be married or single; own or rent your home or apartment, and just need to earn enough to support yourself.

Our next sessions of free information and training classes are **Tuesdays & Thursdays, 6-9 p.m., Sept. 4-Oct. 11** and **Saturdays, 9 a.m.-4 p.m., Oct. 13-Nov. 17** at LCCS offices, 705 Adams St. in downtown Toledo. To learn more, call 419-213-3336, or visit us at www.lucaskids.net.

Lucas County Children Services

My Fitness Journey: From 140 to 240 in 30

By Angela Steward, Fitness Motivator
The Truth Contributor



began at age 46 and continues today. The journey hasn't been easy. I began my journey by myself, because if I failed, I had no one to blame for my failure. I was tired of making excuses for being overweight. I was tired of carrying excess weight on my body. I felt tired and lifeless. Frankly, I was disappointed in myself.

From 140 pounds to 240 pounds in 30 years is MY STORY! I gained 100 pounds over a 30-year period. I was so busy taking care of my family's needs, I forgot about ME. I forgot about the things I used to do like riding a bike, dancing, skating, etc. Somewhere, somehow, I lost track of ME.

My fitness journey

How did this happen?? How did the weight leap onto my body so quickly and so easily?? I made a promise to myself—I will lose weight, I will not let anyone distract me from my fitness journey, the weight had to GO. I was 46 years old, my kids were grown and my husband was supportive when I told him "It's

time to take care of ME." I wanted to look and feel good again. **I WANTED THE REST OF MY LIFE— TO BE THE BEST YEARS OF MY LIFE!**

I stepped out of my comfort zone and took control of my life. I prayed on it and moved forward in God's grace. I began to eat healthier and move more. I knew it took 30 years to gain 100 pounds, but I promised myself it wasn't going to take me 30 years to lose it, so I adjusted my lifestyle, I exercised for one hour five to six days a week; I made better food choices.

I didn't follow any particular diet, nor did I measure my food. I drank very little soda and juice. I increased my in-

(Continued on Page 9)

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My Fitness Journey: From 140 to 240 in 30

(Continued from Page 8)



passionate about becoming Fabulously Fit! My classes are packed wall to wall with women of all ages and fitness levels with stories just like mine. They are drawn to my classes because I've walked the walk. I've been in their shoes – I was overweight and uncomfortable in my clothes. I avoided looking into a full-length mirror for many years.

Motivating and inspiring others to do what they never thought they could or would ever be able to do - is what I love about being a fitness instructor, coach, motivator and now certified weight loss consultant. I share my fitness journey with you because my success can be easily accomplished by women of all ages and fitness levels - without weight loss or cosmetic surgery, without weight loss pills, shakes or expensive meal programs. I completely changed my life to get healthy – not skinny and you can too.

I can't make you eat the right foods, I can't make you exercise, but I'm qualified and certified to motivate you and to help you reclaim the person

YOU were meant to be – happy, healthy, fit and looking and feeling better than ever.

STOP living your life as a SPECTATOR, and become a PARTICIPATOR!!

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 Certified Weight Loss Consultant
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take of water. I started eating less by eating from smaller plates. I ate until I was comfortable and satisfied, not until I was full I ate fresh vegetables and fruit. I prepared most of my meals on a George Foreman grill. Today I'm on grill number six because I use it almost daily. If you don't have one – GET ONE AND USE IT – IT WORKS!

I AM NOW 54 YEARS OLD AND PROUD OF IT! Weight loss and exercise has helped me mentally and spiritual. My outlook and purpose in life is crystal clear. I feel good about ME and I'm comfortable in my own skin. I surround myself with people I love and who love me. I avoid negativity – its toxic and contagious. When joy enters your life –no man or woman can take it away from you – I have joy in my spirit –I'm that person I always knew I should be – happy, healthy and blessed.

While moving forward in my fitness journey I became a certified fitness instructor and have motivated others to move forward in their own fitness journey. I've been blessed to co-own a fitness studio that is growing daily. I'm in need of a larger space to accommodate the women in my classes who are on their fitness journey and have become



Entrepreneur Tea

Indiana Avenue Missionary Baptist Church is sponsoring a Pre-Women's Day event - Entrepreneur Tea - on Saturday, September 8 from noon to 3 p.m. Vendors are welcome - the event is free.

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Psst ...Quit Smoking? Then Pass "Quit" On!

When it comes to good health, peer pressure can be a positive thing. For example more than 55 percent of smokers who quit have influenced someone else to quit. I

Former smoker Dan N.* from Wyoming, says that since quitting he can't help but tell smokers his quitting story. Dan finds that being a non-smoker is liberating.

Another former smoker, Joe M.* from New Hampshire, was influenced by his wife to quit. She quit three years before Joe did and was committed to making their home smoke free. Out of respect for his wife, Joe stopped smoking in the house, but the smell followed him inside. Finally, he realized that since his wife was no longer his smoking partner, it was time for him to quit.

It's not generally easy but it can be done: The average smoker tries to quit six to nine times in their lifetime.² In fact, Dan had multiple quit attempts, but was only able to quit smoking after seeking help from his doctor and being dedicated to making a lifestyle change. Dan found that he benefited from a pre-

scription medication, a quit-smoking support program, and counseling.

If you are a smoker who has tried to quit, or have a friend or family member whom you would like to encourage to quit, you may be glad to learn there's help online. One website, called "PassQuitOn," which is sponsored by Pfizer, provides useful tools to help jump-start a smoker's quit plan and offers resources for friends and family members to encourage smokers to quit. It also offers information on a prescription treatment option and money saving offers.

On PassQuitOn.com, a free "Quit Kit" is provided for smokers, which includes motivational videos and a customizable quit plan. The kit is designed to help smokers stay motivated through their journey. The quit plan includes:

- Tips on how to increase a smoker's chances of quitting by using "quit cards"
- Quit plans which help map out a smoker's day-to-day activities and awareness of times during the day that are most risky for them and

why

- Encouragements for smokers to allow them to track their successes

Quitting can be particularly tough for those who have been smoking for a large part of their life. Joe's wife had a powerful ability to inspire and encourage her husband to quit. You can also inspire loved ones by encouraging them to visit the website. Joe quit smoking after almost five decades with the encouragement of his wife and the help of his doctor. Now, Joe says that he loves that he is able to go out and travel more with his wife without having to plan around smoke breaks.

You can also try to help by suggesting these five common quit strategies:³

1. Identify Smoking Risk Situations—Part of preparing to quit smoking is knowing what these situations may be. Be aware of specific times of day, people, places and feelings that may trigger an urge to smoke.
2. Create a Cigarette-Free Zone—Go through every place cigarettes may be kept in the home and get rid of them. Check the kitchen, bed-

room, laundry room, garage, and living room for cigarettes. Also, be sure to clean the house to remove any smell of smoke.

3. Get Past Urges—Some simple ways to create distractions at times when someone would normally smoke, include playing a game on a cell phone or calling a friend, organizing one's wallet or

desk, taking a quick walk or writing a letter to someone.

4. Create an Emergency Kit—A kit is something to turn to help make healthier choices if there is an urge to smoke. Some things to pack in the emergency kit are: a small bottle of water, a pack of sugarless gum, a small pack of toothpicks or coffee stirrers to chew on and a

healthy snack.

5. Add Up Successes—Calculate the money and time saved since being smoke free.

So remember, if you are or know a smoker, you can take a step toward committing to a smoke-free lifestyle by visiting www.PassQuitOn.com. This article was sponsored by Pfizer Inc.

Healthy Eating with The Andersons, UT Medical Center

Special to The Truth

What you put in your grocery cart has an important impact on your health and well-being.

University of Toledo Medical Center and The Andersons are partnering to provide the store's customers with an interactive guide to living a healthy lifestyle.

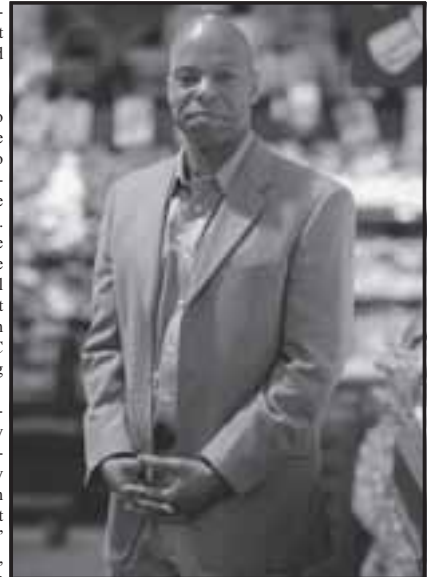
The Eat Healthy, Be Healthy campaign inside The Andersons stores will give shoppers tips on what items are good for them with signs and access to UTMC health experts, including physicians and dietitians.

"Eating a healthy, well-balanced diet is the best way my patients can help themselves stay healthy. So many medical problems in life can be prevented by eating that fabled 'an apple a day,'" said Dr. Lawrence Monger, UTMC internal medicine physician. "That apple, along with lots of other fruits and vegetables, and reasonable portions of proteins and complex carbohydrates are the cornerstone of a healthy lifestyle."

The campaign kicked off Saturday, Aug. 25, with the UTMC Wellness Expo at The Andersons, 4701 Talmadge Road. The event included information on healthy eating and overall health and wellness with UTMC health experts on hand; an ask-the-expert hour with Monger; and shopping tours with Kate Ormiston, UTMC clinical dietitian.

Each month, there will be healthy living presentations from a UT physician and UTMC clinical dietitian. Presentations will rotate through The Andersons store locations. Shoppers will find a series of healthy living tags throughout the stores to identify what a UTMC clinic dietitian recommends.

Upcoming events for the Eat Healthy, Be Healthy campaign include an ask-the-expert session with Monger Wednesday, Sept. 12, from 6 to 7 p.m. at The Andersons, 4701 Talmadge Road.



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Deadline Extended For Free Foreclosure Review

There's good news for some victims of foreclosure. They now have until December 31 to request a free review and could receive compensation if errors are found.

Ordered by federal bank regulators-the Office of the Comptroller of the Currency and the Board of Governors of the Federal Reserve System-consultants will review each file to identify borrowers who suffered financial injury as a result of foreclosure errors. Where financial injury is found, regulators have directed mortgage servicers to fix the errors and provide compensation or other remedy. Regulators are overseeing the reviews and will approve plans to compensate affected borrowers.

Can I Request a Review?

To be eligible, the mortgage must have been in the process of foreclosure in 2009 or 2010, involve your primary residence, and serviced by one of the companies listed at independentforeclosure review.com. You do not need to have lost your home to participate.

What Kind of Errors Result in Financial Injury?

- Some examples include:
- Foreclosing in violation of the Servicemembers Civil Relief Act or federal bankruptcy laws;
 - Foreclosing on a borrower not in default;
 - Failing to convert a qualified borrower to a permanent modification after successfully completing a written trial plan;
 - Foreclosing prior to expiration of a written payment plan, while the borrower was meeting the terms of that plan;
 - Rejecting a loan modification application that should have been approved;
 - Charging a higher interest rate in a loan modification than should have been charged; and
 - Failing to provide proper notification during foreclosure.

What Could I Get?

In June, regulators published possible compensation. For certain errors, compensation may include payments from \$500 for smaller errors involving improper fees to \$125,000 plus equity for the worst cases involving the loss of the home. Other remedies may include suspending or rescinding a foreclosure, reimbursing fees, modifying a mortgage loan and correcting credit reports.

How Can I Participate?

Borrowers can check eligibility and request a review at independentforeclosure review.com or call (888) 952-9105 to request a form and return it by mail.

How Long Do Reviews Take?

More than 225,000 people have requested a review. Reviews are detailed and will take several months to complete. Not all foreclosures involve errors and not all errors lead to compensation. You give up nothing by requesting a review and do not waive any rights to additional action by accepting compensation through this program. Remember, reviews are free, fair and impartial.

Get more information at independentforeclosure review.com or www.occ.gov/independentforeclosure review, from the Office of the Comptroller of the Currency, a bureau of the U.S. Department of the Treasury.



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This Is Not a Drill!

(Continued from Page 3)

Security...!security!, crazed black woman at Precinct R table. Come quickly! Bring plenty of pepper spray! (note: as this screaming woman is being carried away, a photo of a laughing Mitt Romney with a gleeful Newt Gingrich mysteriously appears on all of the overhead TV monitors).

Moral of the story: Don't be a victim. Do your homework now and check with the Board of Elections to see if your voting location has changed and to see what ID or other information you need so that when you go to vote, you will not have to...thro' down.

Don't be embarrassed or intimidated by allowing a poll watcher or a poll worker to stop you because you do not know your voting rights. Do not wait until the last day or week before the elections and then decide to get your voting house in order. Do it now!

Watch the local papers for community forums on voting rights. Attend one of these sessions and ask questions. Whatever you do, do not rely upon urban legends or wives tales about what you need or don't need when you go to vote.

Get the facts and get them early. Do not be anyone's fool.

And whatever you do and above all else, please keep your shoes on and do not thro' down!

If you need information, call the Board of Elections at: 419-213-4001 and remember...vote early and vote often!

Contact **Lafe Tolliver** at tolliver@juno.com



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Fire in the Ashes by Jonathan Kozol

c.2012, Crown Books

\$27.00 / \$32.00 Canada

355 pages, includes index

By Terri Schlichenmeyer
The Truth Contributor

Everybody looks different, but they haven't changed a bit.

The classmates at your reunion got older, that's for sure. Some have gotten a little wider, a bit grayer, too, and more lined than they were decades ago.

What's funny, though, is that while you were reminiscing with these former-classmates-cum-friends, you didn't notice gray hair. You didn't see extra pounds or new wrinkles. You only saw children, the way they were in school.

Author **Jonathan Kozol** had children in his mind's eye as he reconnected with interview subjects from 25 years ago. They were so little then - but in the new book *Fire in the Ashes*, you'll meet the adults he found.

For the average New Yorker, the winter of 1985 was brutal. Temps stayed low, snow rose high, and winds were relentless.

For the poor and homeless staying at the Martinique Hotel in the shadow of

Macy's Department Store, though, winter was particularly challenging: heat was iffy at the Martinique, and busted windows often went unfixed.

Though he had worked on behalf of the poor in years past, Kozol said, "I had never seen destitution like this in America before." Nearly every child he met that winter was hungry.

For two years, Kozol visited the Martinique, until the City relocated the hotel's residents to housing units in The Bronx. Undaunted, he followed the families across the river. He still follows some of them.

Since the release of the books that resulted from those interviews, Kozol says that his readers have wondered about the people - particularly the children - he wrote about so many years ago. In this book, he tells us.

With assistance from the priest at the local church ("an extraordinary woman"), Kozol watched one family escape the city, though they



couldn't escape the crime. He watched a family fracture due to a mother's death and a son's drugs, while another family fractured because of immigration laws. He comforted a friend dying of AIDS, helped two children get out of the 'hood and into boarding schools, and he served as godfather for another boy, folding into family after family...

School started recently and the children in your neighborhood returned there

with bright clothes and brighter smiles. But for some kids, the education system has failed and author Jonathan Kozol tackles that subject, among others, in his book.

Opening with a story of triumph that turns tragic, Kozol grabs his readers by the collars and forces us to see that which we'd rather

ignore: drug abuse as a normal part of life, murder too-common, lackadaisical schools, lack of food, lack of appropriate clothing, lack of safety.

We can't look away, nor do we want to: Kozol then tells of the tragic-turned-triumphant, children that adapted, adults who moved mountains to help, academics

that opened their doors, and donors - like his readers - who've opened their hearts.

So check your wallet. Check your soul. Then check out this magnificent book, because I think you'll like it. For anyone cares about his fellow human, *Fire in the Ashes* burns bright.

Political Expert Dr. George C. Edwards III To Provide Free Talk at Owens Community College, Sept. 6

Special to The Truth

Area residents interested in gaining insight into the presidential political process involving the Electoral College are invited to a free lecture featuring internationally-known presidential scholar George C. Edwards III, Ph.D., at Owens Community College on Thursday, Sept. 6.

Sponsored by the College's Department of Social and Behavioral Sciences, Edwards' lecture presentation, titled "Evaluating the Electoral College", will occur at 12:30 p.m. in the Center for Fine and Performing Arts Mainstage Theatre on the Toledo-area Campus. Admission to the event is free and the public is encouraged to attend. In addition, a reception for Edwards will take place prior to his lecture presentation at 12 p.m. in the Center for Fine and Performing Arts Rotunda.

Edwards serves as a University Distinguished Professor of Political Science at Texas A&M University. He also holds the Jordan Chair in Presidential Studies and has served as the Olin Professor of American Government at Oxford and the John Adams Fellow at the University of London, and has held senior visiting appointments at Sciences Po-Paris, Peking University, Hebrew University of Jerusalem and the U.S. Military Academy at West Point.

A leading scholar of the U.S. presidency, Edwards has authored dozens of articles and has written or edited 25 books on American politics and public policy making. He is also editor of "Presidential Studies Quarterly" and general editor of the "Oxford Handbook of American Politics" series. Among his recent books, "On Deaf Ears: The Limits of the Bully Pulpit" examines the effectiveness of presidential leadership of public opinion, "Why the Electoral College Is Bad for America" evaluates the consequences of the method of electing the president and "The Strategic President" offers a new formulation for understanding presidential leadership.

Edwards has served as president of the Presidency Research Section of the American Political Science Association, which has named its annual dissertation prize in his honor and awarded him its Career Service Award. A member of Phi Beta Kappa and a Woodrow Wilson Fellow, he has received the Decoration for Distinguished Civilian Service from the U.S. Army and the Pi Sigma Alpha Prize from the Southern Political Science Association. He is also a member of the Council on Foreign Relations.

Additionally, Edwards applies his scholarship to practical issues of governing, including advising Brazil on its constitution and the operation of its presidency, Russia on building a democratic national party system, Mexico on elections and Chinese scholars on democracy. He also authored studies for the 1988 and 2000 U.S. presidential transitions.

For additional information about the lecture presentation, call (567) 661-7180 or 1-800-GO-OWENS, Ext. 7180.



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A Reasonable Doubt: How Much Power Does the President Have?

By Michael Hayes
Minister of Culture



Who does a "job" belong to?

Does it belong to the person who built the business that created the job?

The one who has brought the company to the position in which it can hire someone?

Or does it belong to the person doing the work?

The individual who labors in time and energy to build or provide whatever it is that keeps the company operational?

Who does a job really belong to, the company or the worker?

One more question for you...

Where exactly did all the jobs go?

My dad always talks about when he was a young man and there would be HIRING signs in windows

of some company and you could walk in and be hired on the spot and have a secure job just like that. And if you didn't like that one, you could drop it and find another with relative ease.

As someone who was entering the job market during George Bush's first term, I have never known such a reality. But I've seen enough to wonder, again...

Where DID all the jobs go?

So there we have it, two questions.

What is a job and where did the jobs go?

How are they all connected and what do they have to do with who is President?

I am just as Pro-Obama as anyone, and for a multitude of reasons.

I'm not caught up in the star power or hype of the man, but I have to admit... he seems to be one likeable person. Even those who I know who were students of his in Chicago say that he is a warm and genuine person. I am supportive of the Democratic platform and the Obama/Biden ticket. I also see the good he has done since taking office.

I'm not so satisfied with my president because he is

black. I see the novelty, I applaud the social impact.

But the main reason I am proud of the job he has done is because of my expectation level remaining reasonable. I didn't expect him to keep every campaign promise, that's not reasonable for today's political climate. I didn't expect him to pander to black people, I didn't expect him to fix the economy entirely or even get us free healthcare.

I expected him to make more progress in those areas than any Republican would have done. I expected him to improve matters, not to solve matters.

Because I deeply believe that the office of President of The United States of America is NOT the highest office in the land. There is a place where his power and influence stops and someone else's begins. Not Congress or any politician, but someone more powerful than politics.

It is important to observe that... no one can fully disapprove of President Obama's "policies" when MOST of the policy changes he has tried to make have been voted down by a Republican Congress that

publicly vowed to intentionally kill all his legislation without even reading it. I mean, that's ONE GIANT reason things haven't improved greatly... but it's not the main reason.

There is an agenda at work that remains in effect regardless of who is in the White House.

There is a plan in motion that operates above the entire political game of musical chairs.

The Republican Party is an instrument of this entity, while the Democrats are mostly opposed to it but not always strong enough to defy it.

Large corporations benefit from this plan, while average citizens lose big.

Call customer service, for ANYTHING... you are likely to get a call center in India or some foreign country. Look in the door frame assembly tag of your GM, Chrysler or Ford car and you are likely to see that it was built in some part of Mexico you have never

heard of. Do you think that's coincidence??

NOW do you see where all the jobs went?

A Republican politician will give special incentives and other breaks to large companies that allow them to re-locate part of their operation or outsource to other countries for cheap labor. That's right. Not only are our products made overseas, but the hotline to call about the product and even the warranty card for the product were all outsourced to other parts of the world where work is plentiful.

Instead of the U.S.A. being where an average person can find a decent job, the companies who need the employees now pay foreign workers FAR LESS than what they would pay you or me which allows them to make record profits while screwing the American worker.

Look at the statistics... the middle class is shrinking while the largest company's profits have

been exploding nearly non-stop since Ronald Reagan.

Reagan, by the way, was a Hollywood actor... just like Clint Eastwood.

I want you all to vote for President Barack Obama this November.

I want you all to get the Republicans out of our local, state and congressional seats.

Not because you love the Democrats so much, but because you understand that there is much here than meets the eye and you are simply making a choice.

You need to re-elect President Barack Obama, not because you think he is some miracle worker with un-checked power who just hasn't made all the changes happen yet... but because his plan and vision is the best we've seen.

Just keep in mind that there are unseen hands at work.

Peace.

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CLASSIFIEDS

Page 14

September 05, 2012

Under Siege

The Reverend Perryman submitted a stirring article, "Children Under Siege." My initial reaction was to consider the expression, "under siege." In reviewing the definition of "siege," I found, "The act or process of surrounding and attacking a fortified place... for the purpose of lessening the resistance of the defenders and thereby making capture possible." - then, "a prolonged period of trouble or annoyance."

To the Reverend, no more true words were ever written or spoken, our children and our communities are, indeed, "under siege." This is a disturbing community phenomenon! What is most hurtful is, though loss of life and property is mournful, the fact that the carnage being perpetrated is being done by our own - we're destroying ourselves.

What has caused young men to become ruthless purveyors of mayhem against their own communities? Reverend Perryman categorized the recent Moody Manor shootings as, "a tragedy... the mourn-

ful incident..." It not only affected the individual family, but "many residents and others are crying out, almost out of desperation..." When is enough, enough?

So-called gangs have staked locations and neighborhoods as "their territories." However, the housing complexes and the blocks belong to "the people" who live there and pay their taxes to provide basic services; they are not to be held captive by some who otherwise contribute nothing for the well-being of others.

In offering some suggestions for resolution, the article's author reported that some have suggested "curfews and other high-profile measures" to stem criminal activity in certain areas. The article continues to offer, "a more effective strategy... a coordinated diverse set of approaches... on preventing the cycle of conflict..." Amen, Reverend! I say, all of the above. However, my deepest sense for "prevention" is "parenting".

As a youth, my "curfew" was implemented by dad and mom. It was what the comedian Sinbad calls, the "street-light" curfew - "You better be on the porch by the time the street lights come on." No police officer or other government official needed to make sure I was off the streets.

My parents, as well as extended family members (the neighborhood) served as "auxiliary police." Neighbors watched out for each other and provided guidance for the youth (I guess it took a village after all).

While I don't argue against "building hope," I propose that hope is borne from positive, nurturing experiences. Parents are obligated to build a positive sense of self within their children. The Reverend Jessie Jackson has proclaimed the expression, "I am somebody."

Having self-confidence lends itself to a respect for the worth of others and an appreciation for community.

Ronald E. Burel

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September 05, 2012

Page 15

Request for Proposals Building Exterior Renovation Services RFP #12-R021

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for Building Exterior Renovation Svcs. **Received in accordance with law until Wed., Sept. 26, 2012, 3PM ET.** For Documents: www.lucasmha.org, 419-259-9446 (TRS: Dial 711) or 435 Nebraska Ave., Toledo, OH 43604. Proposers required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Sec. 3 Compliance Applicable.



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INTERESTED BIDDERS: TOLEDO PUBLIC SCHOOLS -Leverette Junior High DEMOLITION

Sealed bids will be accepted by the Board of Education of the Toledo Public School District until **1:00 p.m. on Wednesday September 19 2012**, at the Toledo Public Schools Treasurers' Room 3, 420 E. Manhattan Blvd., Toledo, Ohio 43608, for all labor, material and supervision necessary for the Demolition Leverette Junior High as more fully described in the drawings and specifications for the project prepared by Munger, Munger Architects and Associates opened publicly and read immediately thereafter.

Bid Documents for the project may be examined at the F.W. Dodge plan room in Columbus, Builders Exchange in Toledo, University of Toledo - Capacity Building, E.O.P.A. - Hamilton Building, Northwest Ohio Hispanic Chamber of Commerce, and The Plan Room in Ann Arbor, Construction Association of Michigan, Toledo Regional Chamber of Commerce and Ohio Construction News.

Bidders may obtain copies of the documents starting **September 04, 2012 which can be purchased from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615, phone: (419) 385-5303. Drawings may be obtained on CD-ROM for no cost with the purchase of the specifications.**

A **PREBID CONFERENCE** is scheduled for **Wednesday September 12, 2012 at 9:00 a.m.** at the Leverette Junior High Site, 1111 E. Manhattan Blvd., Toledo, Ohio 43608. Site walk-throughs at the schools will commence after the pre-bid meeting.

If you have any questions or a need for additional information, please direct all questions in writing Patrick.Stutler@lgb-llc.com, by phone at (419) 776-5600, or fax at (877) 281-0784.

Bid Package - Leverette Junior High:
Bid Item No. 1 East Toledo Junior High Building Demolition \$
405,552.00

Lucas County Auditor's Office is seeking a COMPLIANCE ACCOUNTANT to join the Accounting and Financial Reporting team.

MINIMUM QUALIFICATIONS: Bachelor's degree in Accounting; 3 yrs + experience in accounting or financial auditing; Internal audit experience and/or Certified Internal Auditing (CIA) designation preferred.

Ability to demonstrate knowledge of taxation, payroll, finance, accounting, budgeting, and cost control principles including Generally Accepted Accounting Principles as well as financial and accounting software applications (PeopleSoft/Oracle).

SALARY RANGE: \$45K - \$55K
Interested and qualified applicants - please send a resume and cover letter to: auditorjobpostings@co.lucas.oh.us by September 7, 2012.

Please access the following link for the full posting: <http://www.co.lucas.oh.us/jobs.aspx?isEmployer=False> HYPERLINK "http://webmails.hosting-advantage.com/horde/services/go.php?url=http://www.co.lucas.oh.us/jobs.aspx?isEmployer=False&jobID=234"&HYPERLINK "http://webmails.hosting-advantage.com/horde/services/go.php?url=http://www.co.lucas.oh.us/jobs.aspx?isEmployer=False&jobID=234"jobID=234

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Send resume with salary requirements or apply to:

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St. Paul MBC Congregation's Annual Fellowship

By Artisha S. Lawson
Sojourner's Truth Reporter



The fourth Sunday of August usually marks the close of summer and beginning of school, yet for the members of the St. Paul Missionary Baptist Church congregation, this day celebrates their annual church picnic. This year, members and guests began the day with a 10:30am service, praise and worship songs, and thought provoking scriptures.

"Today's message is inspired because people get weak and turn to anything other than God. The devil sets out ways to destroy whatever the people of God have. As people of God we have to have faith, God is always right on time," said Rev. James H Willis Sr, pastor of St. Paul.

Immediately following the service, members and guests dined on a feast prepared and donated by church members, while soft gospel music played. The menu included black eye peas, corn, corn bread, pasta and fruit salad, peach cobbler and pound cake, hot dogs, fried chicken, barbeque ribs, deviled eggs, bread and rolls, punch, water, and soda.

"Every year on the fourth Sunday the American Baptist Men put the service on and barbeque the meat. Each church circle was responsible for different donated items," explained Joyce Wilson.

A member for over 40 years, Wilson is active in several ministries including nursing, kitchen committee and Thursday night kids. "I love the fellowship, and we always have fun."

The fellowship service and picnic was held at Wildwood Metro Park's Ward Pavilion, surrounded by nature, fresh air, warm weather and cool breeze.

St. Paul Missionary Baptist Church's history dates back to 1917, continued through different pastoral leaders and buildings. In January 2004, current pastor, Rev. James H. Willis Sr, was installed.

Sunday school is 9:25 a.m., Sunday worship 10:45 a.m., and Wednesday Bible study 11:30 a.m. And 6:30 p.m. at 1502 North Detroit Ave, Toledo, Ohio. Call 419-246-2888 for further details.



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The Toledo Zoological Society plans to begin work on the project soon, and representatives from the Toledo Zoo and Rudolph/Libbe will discuss opportunities for local subcontractors and suppliers during the construction phase of this project. Don't miss out - make your reservation today.

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