We are very serious about getting business to minority contractors. We know there is an opportunity for growth.
This Strikes Us …

A Sojourner’s Truth Editorial

If you blinked, you missed it. Never underestimate the power of the presidency.

Once a controversial issue splitting families, companies, political parties and congregations, gay marriage, over the course of less than a year, evolved – especially as President Obama stopped “evolving” and came out in favor – into an “all hands on deck” moment in history.

And it all happened in the blink of an eye. “Gay marriage will be legal. Period,” says Newt Gingrich demonstrating just how much the average conservative Republican has evolved too recently.

Before the U.S. Supreme Court, awaiting decision, are two laws restricting gay marriage. One is the Defense of Marriage Act (DOMA), signed into law during the Clinton Administration, which codifies the status of marriage as that between a man and a woman, giving non-recognition of same-sex marriage for federal purposes and informs the states they do not have to recognize same-sex marriages of other states.

The other is Proposition 8, a constitutional amendment in California banning gay marriage and overturning that state’s Supreme Court previous ruling that gay marriage was a constitutionally protected right.

The cases have brought to the U.S. Supreme Court an unusual amount of attention. Friend of the court briefs have been filed – in support of gay marriage – by 100 prominent Republicans, 300 major corporations such as Apple and Marriott and even two players in the National Football League. It’s not the type of frenzied activity that might turn around the opinion of conservatives on the Court such as Antonin Scalia or Clarence Thomas, but Anthony Kennedy, who never likes to be too far out in front of public opinion, will probably take a close look at such pleadings.

“We have to take care of our people, regardless of their sexualorientation or anything else,” says Bill Marriott, the CEO of a staunchly conservative, Republican Mormon controlled corporation.

Marriott, in fact, sums up the reasoning behind such growing support for gay marriage – LGBT folks are everywhere so it’s a good business to do the right thing. It’s a lesson perhaps grudgingly learned after decades of corporate indifference, if not antipathy, to the aspirations of people of color and women.

It’s entirely possible, not probable, that the Supremes will uphold DOMA and Prop 8, but it won’t make a difference in the long run. If Prop 8 is upheld, the amendment will be quickly overturned by the California electorate that passed it just a few years ago.

The latest polling shows that 61 percent of Californians now support gay marriage, across all ethnic and racial lines and among all age groups except for senior citizens. And 48 percent of senior citizens now support the issue – a figure certain to rise as baby boomers age.

Amazingly, African Americans, traditionally the group most opposed to gay marriage, have jumped on the bandwagon in startling numbers. Black voters were the group that was most responsible for Prop 8’s victory in 2004 even as they voted overwhelmingly for President Obama. Now they have clearly reversed numbers on this issue.

In Maryland, one of the three states whose voters approved same-sex marriage in last November’s elections – the first time any state-wide election had granted such approval, one of the keys to victory was support among black voters. In those counties with huge numbers of black voters – Baltimore and Prince Georges – support for the measure was overwhelming.

Again, why the turnaround?

You cannot dismiss the impact of President Obama’s evolution on the issue. Forced as he was by Vice President Joe Biden’s precipitous announcement in support of gay marriage, the president finally stepped forward last spring to lend his own support.

At that time, pundits wondered if his support in the black community would erode. A group of black pastors, led by Memphis Rev. William Owens and his Coalition of African American Pastors, sought to do just that – persuade black voters to turn against the president.

That movement failed aysmally.

President Obama’s leadership, however reluctant, seems to have been an important factor in moving the needle on public opinion – especially helping voters in Washington, Maryland and Maine make the decision to legalize such marriages.

But why have so many Republicans jumped on board?

Part of the reason has to be a growing familiarity with those in the LGBT community – family, friends, colleagues – who are living a much more open lifestyle than in previous decades.

The other reason, as with the big corporations, is that it’s good business. The Republican tent has shrunk to an unacceptable size these days as the GOP discovered in the aftermath of an election in which the party’s presidential candidate earned historic low vote totals in the black and Hispanic communities.

Votes in the gay community were similarly out of reach for Republican candidates in general.

As Republicans try to regroup, one of their first tasks is to decide how to convince voters why economic conservatism should appeal to all “no matter what they look like or who they love” – as the president said in his recent State of the Union address.

Slowly, perhaps, the GOP has started questioning some of the social issues that have taken the party hostage in recent years.

After all, “gay marriage will be legal. Period.”

Community Calendar

March 12
Councilman Tyrone Riley Community Forum: 6:18 pm; Eleanor Kahle Senior Center; Assisting residents in accessing city services; Also present – police, Department of Neighborhoods, Land Bank, Department of Inspections: 419-245-1050

March 16-17
St. Paul MBC Men’s Day Weekend: Saturday Kick - off breakfast at 9 am; Sunday – Sunday School at 9:25, morning service at 10-45 with Pastor James Willis, afternoon service at 4 pm with guests Rev. Robert Birt and the Glass City Church of God: 419-246-1886

April 9
Support for Family Caregivers: 7 to 9 pm; Relationship building, staying safely at home, housing options and more; care4you2 facilities: 419-517-7300

April 10-12
Toledo District Full Gospel Baptist Church Fellowship International Intercessory Prayer Conference: City of Zion, Mt. Zion Church; 6:30 pm; Speakers – Bishop Duane Tisdale, Overseer Lanier Twyman, Bishop William Murphy: 419-246-1850

April 16
Support for Family Caregivers: 7 to 9 pm; Relationship building, staying safely at home, housing options and more; care4you2 facilities: 419-517-7300

The Sojourner’s Truth
Toledo’s Truthful African-American Owned and Operated Newspaper
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Ensuring Ohio Taxpayers Don’t Pay for Wall Street’s Failures

By U.S. Senator Sherrod Brown

Guest Column

Most Ohioans would be surprised to know that the same Wall Street megabanks which received bailouts from taxpayers in 2009 also receive taxpayer-funded advantages today simply because of their “too big to fail” status. This taxpayer-supplied subsidy is wrong, and it puts community banks in Ohio at a competitive disadvantage. This gives them access to cheaper funding and more favorable borrowing terms than dependable Main Street institutions—like Huntington Bank or The Peoples Bank in Coldwater, Ohio—simply because the market knows that the government would choose to bailout the Wall Street megabanks if they again reach the point of collapse. A few Wall Street megabanks have become so large and so complex that no one—not their executives, nor their shareholders, nor their regulators—truly understand their financial health. Should these institutions fail, they would take the rest of the economy with them. But instead of failure, these megabanks would ask taxpayers to cover their losses, to bail them out as we did five years ago. When even the architect of the “too big to fail” banking model, former Citigroup CEO Sandy Weill, agrees that the biggest banks should be broken up, we should all realize it’s time to act.

Although the biggest megabanks were too big to fail before the crisis, they have only gotten bigger. The four largest behemoths, now ranging from $1.4 trillion to $2.3 trillion in assets, are the result of 37 banks merging 33 times. In 1995, the six biggest U.S. banks had assets equal to 18 percent of GDP. Today, they are about 63 percent of GDP. They now have twice the combined assets of the rest of the top 50 U.S. banks. I’ve visited several community banks throughout Ohio recently and have talked to community bank executives about the disadvantage they face competing against Wall Street megabanks. Millions of families and small businesses depend on their community banks for their savings accounts, home mortgages, and business loans. Community banks help create countless jobs and provide safe and reliable financing options to Ohio’s families.

Taking the appropriate steps will lead to more mid-sized banks—not a few megabanks—creating competition, increasing lending, and providing incentives for banks to lend the right way. Just about the only people who will not benefit from my plan are a few Wall Street executives. That’s why my Republican colleague, Senator David Vitter from Louisiana, and I are working on bipartisan legislation to address this “Too Big to Fail” problem. We have pressed regulators to require the biggest banks to have more of their own capital on hand to cover their losses, so taxpayers won’t be asked to do so again. We have asked the government watchdog group GAO to quantify the annual subsidy that megabanks receive from the U.S. government. And now we are taking action to prevent economic collapse and taxpayer-funded bailouts in the future.

American taxpayers don’t want us to wait until another crisis develops. They want us to ensure that Wall Street megabanks will never again monopolize our nation’s wealth or gamble away the American dream. We cannot wealth or gamble away the American dream. We cannot. We must prevent economic collapse and taxpayer-funded bailouts in the future. American taxpayers don’t want us to wait until another crisis develops. They want us to ensure that Wall Street megabanks will never again monopolize our nation’s wealth or gamble away the American dream. We cannot wealth or gamble away the American dream. We cannot.
Toledo Housing Corporation Appoints New Executive Director

Special to The Truth

Preferred Properties, Inc., a Toledo-based not-for-profit corporation that provides accessible housing for persons with developmental disabilities, has named Yvonda Bean as executive director succeeding Lew Ellis. Ellis, who had been executive director since the corporation was organized in 1992, retired at the end of 2012.

Bean was hired as deputy director in June, ending a nationwide search for an heir apparent to Mr. Ellis.

“She has been doing an excellent job as deputy director,” said John Root, chairman of the Preferred Properties Board of Directors. “We have been impressed with her dedication and focus.”

Root said the Preferred Properties Board was impressed with Bean’s years of experience in housing.

Bean’s resume reflects more than 13 years of experience in programs administration, housing development, organizational and asset management. In her most recent role as the director of operations for the Housing Authority of the City of Aiken, she successfully managed the United States Department of Housing & Urban Development’s Low-Rent Public Housing and Capital Fund and Section 8 Housing Choice Voucher Programs, the United States Department of Agriculture’s Summer Food Service Program, the Corporation for National and Community Service AmeriCorps’ VISTA Program, the United States Department of Labor Workforce Investment Act Program, and several Business Enterprises through its subsidiary not-for-profit organization, Community Development & Improvement Corporation. Other experience includes the administration of a statewide $5 million Community and Economic Development (CED) grant program for SC not-for-profit organizations.

“I am grateful for the opportunity to join a mission driven organization whose track record is outstanding.”

Bean’s passion is serving the underserved and she’s proud to have once helped 30 low-income families with different barriers realize their dreams of homeownership within 18 months. “I believe in the mission of Preferred Properties to provide quality, accessible housing opportunities to persons with disabilities and others in need, and look forward to continuing to serve and spearhead efforts that will advance the organization.”

Bean has earned a master’s in education with emphasis in counseling and psychology from Troy State University, Georgia and a Bachelor of Arts in Psychology from Augusta State University, Georgia. She also holds several national certifications, and has served on local and state boards. Bean came to Toledo with her husband and two children from South Carolina.

Preferred Properties, Inc. was created in 1992 through a combined effort by the Lucas County Board of Developmental Disabilities and the Ability Center of Greater Toledo. The corporation now boasts 530 housing units.
Calling all minority contractors and suppliers! Lucas Metropolitan Housing Authority (LMHA) is once again assembling local contractors and suppliers as part of its ongoing series of workshops in how to do business with the agency.

That series – LMHA Works – will swing into action again this Saturday, March 9 on The University of Toledo’s Scott Pack Campus with a workshop featuring a panel of local experts.

This current effort began in May 2011 when Cynthia Tetterton-Williams was hired as manager of Procurement and Contracts. “The objective was to build an effort, cast a wider net, build a data base, support and strengthen contractors,” says Tetterton-Williams who quickly found herself immersed in the local contracting culture.

It’s a culture, says Tetterton-Williams, that was requesting more information, more resources, more ideas about how to grow the capacity of hundreds of local minority contractors and suppliers. And, not coincidentally, LMHA was immersed in that culture as a result of its Collingwood Green project.

In early 2012, LMHA announced plans to raze its Albertus Homes and Brand Whitlock projects, both over 70 years old and among the oldest such housing projects in the nation, in order to replace them with Collingwood Green, a three-part, $46 million project.

LMHA is now in the first phase of Collingwood Green – a 65-unit, senior citizen housing project on Division.

LMHA Works, under Tetterton-Williams’ guidance, held its first workshop in December, 2011. The thrust of that first event was how to do business with LMHA, says Tetterton-Williams. “We talked about our expectations, laid out the guidelines, noted common mistakes made,” she says. The agency reached out for and brought together partners such as the Toledo Lucas County Port Authority and the Toledo Area Chamber of Commerce. This weekend’s conference will be more of the same “but also connect with resources to get contractors and suppliers ready to work with LMHA,” says Tetterton-Williams.

This week’s forum is one that the agency expects will lead to a regular, ongoing series of events – perhaps one per quarter, on a slightly smaller scale – frequently in a roundtable format for maximum give-and-take on the part of attendees.

Tetterton-Williams, a native of Greenville, NC, earned her undergraduate degree (business management – finance and marketing) and her masters of business administration from Hampton University. She and her husband, a chemical engineer, and their children moved to the Toledo area from Connecticut about 12 years ago for an employment opportunity.

Tetterton-Williams is involved with the Jack and Jills, Inc; the Toledo Chapter of The Links, Inc; Alpha Kappa Alpha Sorority, Inc and the Boy Scouts of America – Erie Shores Council.

For more information on LHMA Works, call 419-259-9438 or email lmhaworks@lucasmha.org.
The Truth Health
Page 6

Welcome March! This is the month that The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) celebrates National Nutrition Month. The theme for March 2013 is “Eat Right, Your Way, Every Day.”

The Academy recognizes that there’s no one-size-fits-all for everyone when it comes to eating. On their website www.eatright.org they make recommendations for different lifestyles:

**Career:** Busy work days and business travel can lead to on-the-fly meals.
- For desktop dining, keep single-serve packages of crackers, fruit, peanut butter, low-sodium soup or canned tuna in your desk.
- Always on the go? Tuck portable, nonperishable foods in a purse, briefcase or backpack for meal on the run. Try granola bars, peanut butter and crackers, fresh fruit, trail mix or single-serve packages of whole-grain cereal or crackers.

**Athletes.** Whether you are a competitive athlete or just enjoy working out, what you eat will affect your performance.
- Your body needs fuel to function, so eat a light breakfast or snack before you exercise. Try low-fat yogurt, graham crackers with peanut butter, a banana or cereal with low-fat milk.
- Before, during and after exercise, replace fluids with plenty of water or a sports drink, if you prefer.

**Student.** The student lifestyle can be fast-paced and low-budget. Students can eat right on a budget with some savvy food shopping tips. Stock smart snacks that are quick and easy to prepare:
- For desk munching, freeze grapes, pretzels, olives or nuts.
- For quick and easy snacks for grab-and-go, pack a sandwich, apple, celery and dip, rice cakes, baked chips, a fruit cup, or low-fat cheese and crackers.

Here are just a few pointers from some of the tipsheets:
- *To reach a goal of eating two cups of fruit and 2.5 cups of vegetables each day, try adding sliced pineapple, apple, peppers, cucumber and tomato to your sandwiches. (Find more ideas in the tipsheet “20 Ways to Enjoy More Fruits and Vegetables.”)*
- For a kid-friendly healthy snack, peel a banana, dip it in yogurt, roll it in crushed cereal and freeze it. (More in “25 Healthy Snacks for Kids.”)
- Add some variety to your salad by adding corn, peas, sugar snap peas, water chestnuts or a variety of other vegetables. (More in “Color Your Plate with Vegetables.”)
- *Triy to lose weight? Slow down: It takes about 20 minutes for your brain to get the signal that your body is getting food. Don’t wait until you feel full before you stop eating. (More in “Eating Right for a Healthy Weight.”)*
- On days when you’re planning a dinner out, plan ahead. Have a light breakfast and lunch. (More in “Healthy Eating on the Run: A Month of Tips.”)
- *If you’re tired of the same old breakfast options, make your own morning sandwich with a toasted whole-grain English muffin with lean ham and low-fat Swiss cheese. (More in “Power Up with Breakfast.”)*
- *Give Nutrition Facts labels a fresh eye. Look at the “% Daily Value” column. Aim high (20 percent or more) in vitamins, minerals and fiber, and aim low (5 percent or less) for total fat, saturated fat, cholesterol and sodium. (More in “Shop Smart — Get the Facts on Food Labels.”)*
- OSU Extension’s advice? Download all 12 tipsheets and use them for inspiration throughout the month and year. Information from American Academy of Nutrition and Dietetics and OSU Extension Chowline.
Local Home Care Provider Hosting Free Support Series for Family Caregivers

Special to The Truth

Toledo-based home care provider, care4you2, is hosting a free-to-the-community three-part educational series for family members who provide care for their senior loved ones, or those with any chronic illness or disability.

The series will start this April and provide family caregivers a sound understanding of the role they have, and tools that are available to help make them more effective in supporting those they care for.

The series takes place over three consecutive Tuesday evenings from 7:00 pm to 9:00 pm on April 9, 16 and 23 at the care4you2 facility at 5650 W. Central Avenue, Suite B, Toledo, OH, 43615.

These sessions will cover a multitude of resources and tools to assist them. care4you2 is partnering with Licensed Social Worker and Senior Resource Specialist, Chris Creeman to facilitate this series.

A “have been working with family caregivers over 35 years, and after meeting with the care4you2 team and seeing their facility and their commitment to helping others, we decided it was the perfect time and place to expand the program,” stated Creeman.

The care4you2 training facility can accommodate up to 25 attendees, so as classes fill we intend to schedule future sessions in the coming months.

Other local premiere health service agencies working with care4you2 to sponsor this program include: Ashtabula Hospice, Healthcom, Inc., Lagrange Pharmacy, Mobile Meals of Toledo, Odyssey Hospice, Ohioans Home Health Care, Progressive Therapy Alternatives and Swanton Pharmacy.

For more information on this educational program and to reserve your spot, contact Leisa at 419-517-7300. Space is limited, so please contact us as soon as possible.

Locally owned and operated care4you2 LLC is a company focused on caring for our community with innovative, individualized, and compassionate care that keeps seniors, or those with chronic illness, safe and independent in their homes.

Home care services are personalized for each client and customized care plans are administered through our team of highly experienced and highly skilled services in companion, personal and comprehensive care.

For more information on our home care services call 419-345-4269 or visit our site at www.homecaretoledo.net. For STNA program information, call 419-345-4269 or visit www.care4you2.net.
Two Piece Challenge
36 Weeks of Choices!!!
By Angela Steward, Fitness Motivator
The Truth Contributor

How is 2013 going so far, Sojourner Truth readers! Did you make a New Year’s Resolution to get healthier by losing weight? Have you been able to keep your resolution? I used to make resolutions, but I found that my resolutions were usually forgotten within a month or two!

This year I chose to do something different – I wanted to make a “lifestyle” change and I wanted to help others make a lifestyle change too! I invited over 30 women to join me in committing to nine months of vigorous exercise – eight or more workouts per week and to make healthier food choices for nine months – and they accepted the challenge! We all chose a health partner, we also signed a contract to hold each other accountable.

I convinced everyone to take a group picture to accept where we are in our fitness journey, and so - as you can see “We let it all HANG out”! This is our 2013 “Two Piece” Challenge picture!!

For the next seven months we will make conscious decisions about what we eat and how often we move our bodies. This challenge will be life changing for so many. Most of us have already lost 60 or more pounds. We Want More!!

We are between the ages of 25 and 70 and in 2013 we want to look fabulous in a two-piece swimsuit! We’re “ALL” going on a cruise together in October 2013, so our goal is to step into the clear waters of the Caribbean and take a group picture in our two-piece swimming suits.

Every day for the next nine months we will be faced with making two-piece challenge choices:
- To do some form of exercise daily or not!
- To stop at our favorite fast food restaurant for breakfast or prepare a healthy breakfast?
- To prepare our own lunches, or grab fast food for lunch?
- To eat “one” slice of pizza, several slices of pizza, or eat the entire gooey cheesy pizza?
- To eat “one” cookie, several cookies or say “NO” to the cookie?
- To keep our workout routine in place – NO MATTER WHAT?
- To fuel our bodies regularly by choosing healthy foods, or poison our body by making unhealthy choices!
- To drink water throughout the day, all day, every day!!
- To stop eating three hours before bedtime!
- To cheat often, to choose one cheat day or to “NOT” cheat at all!
- To accept that, if we’ve fallen off our two-piece commitment, we will immediately begin again!
- To support each other and to help each other reach our two-piece fitness goal!

Our healthy commitment is not about being thin – it’s about being middle-aged women who are happy, healthy and feel “ALIVE”! It’s about LIVING every single day/hour/minute feeling “fabulous” – without excuses no matter what age we are.

We’re doing things we never thought we could: like strength training using 20+ pound weights, doing 45 minutes of extreme cardio step on double risers, dropping over 200+ squats in a class, followed by burpees, crunches, sit-ups and stretching our bodies to limits once thought unthinkable!!

I LOVE THESE LADIES! We’re a TEAM, and there is NO “I” in OUR TEAM! They help me as much as I help them – I’m their instructor, advisor, motivator, confidant and friend, but I’m also their Sista!

I’m grateful to them when they share how my classes have changed their lives. I also share with them that I’m human too – at 55 years old my metabolism is slower than most of theirs so my food choices are extremely important – I gain weight easily.

My love of food caused me to weigh 240+ pounds years ago, my love of fitness is how I lost 70 pounds, and I refuse to ever return to the “200 club”!!

We are claiming 2013 as our year to get as healthy as possible. We plan to share our results with you. Our hope is that in sharing our fitness journey with you, you will find the courage and strength to begin your own – no matter what age or fitness level you are. We refuse to accept being overweight and uncomfortable – we’re doing something about it – you can too.

In this picture, our total weight is 4,200 pounds, our measurements are: chest 892.75 inches, waist 791.5 inches and hips 985 inches! This Two-piece Challenge will help us become better wives, friends, mothers and girlfriends because when we’re healthy and happy – we’re not stressed.

Living a “Two-Piece” life is our new addiction. We’ve invested in ourselves – we will do the hard things instead of the easier things and to “REARRANGE EVERYTHING” in our lives to accomplish our two-piece goal!

This “Two-Piece Challenge” picture was taken without approval from husbands, friends or family. Quite frankly many of them are going to be shocked to see their mother-wife-sister in this picture baring our true selves without girdles and spandex - but for us, it’s a testimony: We accept our body TODAY, but we’re focusing on a healthier, trimmer and happier TOMORROW!

(Continued on Page 9)
Two Piece Challenge
36 Weeks of Choices!!!
(Continued from Page 8)

We’re doing it because it needs to happen. We’re doing it because we want to live longer. We want to feel stronger, and live healthier and happier. We’re not making excuses, nor are we accepting excuses – we’re not only losing weight and getting fit while having fun – we’re TWO-PIECE TRAINING and we love it!

Please feel free to email me at fabfitu@yahoo.com, and check out our website for a free pass to a “FabFit” class at Fabfitu.com.

Your Sista in Fitness!!!
Angela R. Steward
Creator of Fabulously Fittm
Fitness Coach & Motivator

Dear Ryan,

Summer is coming up very quick! I am trying to get my legs together but I am having a hard time getting them the way I want them to look. I know it will not happen overnight but I would like to get the most out of everything I do. Do you have any good workouts for tightening up my legs and butt area?

Thanks in advance.
Lori

Dear Lori,

Yes it is coming quick, but not quick enough. The lower body for women is the hardest part to tone up because this is where females tend to hold a majority of their body fat. Don’t panic, you have time and you can make a considerable amount of changes by summer time.

Here is a great workout for your legs and butt. Follow this for about six weeks and you will definitely notice a difference:

Tuesday: Hard Legs
1. Squats 3 x 8-10 reps
*Do this exercise with a close stance.
2. Leg Press 4 x 10-12 reps
3. Stiff Leg Dead lift 3 x 10-15 reps
4. Walking Lunges 3 x 20 reps
5. Leg Extension 2 x 30 reps
6. Hamstring Curl 3 x 12-15 reps
7. Calf Raise 3 x 15-20 reps
Saturday: Light Legs (reduce weight to about 80% of heavy day)
1. Squats 2 x 12-15 reps
2. Leg Press 2 x 12-15 reps
3. Walking Lunges 2 x 20 reps
4. Hamstring Curl 3 x 12-15 reps
5. Standing Calf Raise 3 x 15-20 reps
6. Seated Calf Raise 3 x 15-20 reps

If there is a way for you to run sprints I would suggest you add them in as well 2-3 times a week. I can tell you now that it’s not going to happen fast enough for you. You will lose fat in other parts of your body but be patient!!! As long as you are losing inches your body will pull and burn fat from your lower body. Remember, progress is progress, just keep moving forward...

Along with this workout you know it’s very important to follow a good clean eating plan and drink lots of water. Good luck on creating that knockout lower body that comes from hard work and dedication.

RYAN ROLLISON
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MYDREAMBODIES.COM
The American Heart Association is joining with Dave’s Performance Footgear to sponsor all walking paths in Lucas and Wood Counties. There are several paths in existence and more will be created throughout 2013.

My Heart. My Life is the American Heart Association’s national initiative that champions walking because it has the lowest dropout rate of any physical activity. The Toledo walking paths are part of a system of more than 200 such paths designated across the country today. For a list of paths nationwide or to map a custom walking route in your neighborhood, visit starwalkingnow.org.

In January 2010, the American Heart Association defined the seven key factors to ideal cardiovascular health. Physical activity is one of those factors, but only 15 percent of American adults achieve the association’s recommended levels of moderate aerobic exercise (150 or more minutes per week). The My Heart. My Life initiative encourages all Americans to get started on a regular walking program as a way to achieve their physical activity goals and to reduce their risk of cardiovascular disease by as much as 30 percent.

“Dave’s Performance Footgear is honored to be a part of such an invigorating initiative like My Heart. My Life,” said James Mason, president of Dave’s Performance Footwear. “It’s exciting to see our community work together to make positive strides to improve the health of our residents.”

Dave’s Performance Footgear is the oldest performance footgear retailer in Ohio and has supported active lifestyles for over 40 years!

“Healthy lifestyle choices should be a community priority. Nearly 67 percent of Americans are overweight and are at risk for heart complications from sedentary lives,” said Christine Colvin, My Heart. My Life director for the American Heart Association, Northwest Ohio Division. “Walking just 30 minutes a day can make a big difference in their cardiovascular health.”

About My Heart. My Life

The program offers several free options to help walkers get started on the right path:

· Three customized walking programs (beginner, intermediate and advanced);
· Online tracking tools to document calories consumed, steps taken and routes walked;
· Sole-mates social networking capabilities to find and support like-minded walkers;
· A grocery list builder and heart-healthy recipes;
· Downloadable seasonal walking guides with tips to maintain a routine regardless of the weather;
· Walking videos, produced in collaboration with ExerciseTV, making an at-home workout easier with tips and motivation;
· Social media daily walking guide with daily walking guides, inspirational messages, heart-healthy tips of the day, video content from Exercise TV, community chat capability and a private journal;
· My Heart. My Life sponsored nationally by SUBWAY Restaurants and Jenny Craig. For more information, call 1-800-AHA-USA1 or visit starwalkingnow.org.

About the American Heart Association

The American Heart Association is the nation’s oldest and largest voluntary health organization dedicated to fighting heart disease and stroke. Our mission is to build healthier lives by preventing, treating and defeating these diseases – America’s No. 1 and No. 3 killers. We fund cutting-edge research, conduct lifesaving public and professional educational programs, and advocate to protect public health. To learn more or join us in helping all Americans, call 1-800-AHA-USA1 or visit americanheart.org.

Health Information Management Program Receives Initial Accreditation

Herzing University Online announced today that it has earned programmatic accreditation for its Associate of Science in Health Information Management degree program from the Commission on Accreditation for Health Informatics and Information Management Education (CAHIIM). The program prepares students for entry-level jobs in health information management where they plan, collect, analyze and disseminate patient and clinical data in the healthcare industry.

“If the Patient Protection and Affordable Care Act has mandated the healthcare industry’s transition to electronic medical records, our Health Information Management program is increasingly important in helping the industry to find qualified staff, and providing students with a path to a high growth career in healthcare,” said Blake Faulkner, Ph.D., campus president of Herzing University Online.

Health Information Management professionals work in a variety of health-related settings including hospitals, clinics, long-term care facilities, consulting firms, government agencies, insurance companies and software vendors. Individuals with an interest in computer science, business administration, health science, or health administration are well suited to a career in health information management.

Herzing University Online offers both a Bachelor of Science and an Associate of Science degree in Health Information Management, providing students with a clear path to advance their careers through continuing education. The Bachelor’s degree earned accreditation previously, enabling graduates of the program to sit for the Registered Health Information Administrator (RHIA) certification offered through American Health Information Management Association (AHIMA). The Associate degree typically requires 16 – 24 months for completion and the Bachelor’s degree takes an average of three to four years to complete, depending on prior learning and transfer of credit. Full-time students with no prior college can complete the Bachelor’s degree in just three years by taking two to three classes at a time.

Applications are now being accepted for the Health Information Management program. To learn more or register for classes, students are encouraged to contact admissions at 866-771-0605, ext. 832 or www.herzingonline.edu.

About Herzing University Online

Serving students online since 2003, Herzing University Online’s programs are specifically designed to prepare students for dynamic careers in the fields of technology, business, healthcare, design, and public safety. Consistent with its “career-focused, convenient, and caring” educational mission, students have the option to take courses toward their master’s, bachelor’s, or associate degree or diploma in the convenient online format. Based in Milwaukee, Wisconsin, Herzing University Online has been recognized as the “Best School for Online Education – 2009” by Corporate Report Wisconsin, as a 2010 winner of the Alfred P. Sloan Awards for Business Excellence in Workplace Flexibility (Honorable Mention in 2011 and 2012) and as a member of the GI Jobs magazine list of “Military Friendly Schools” for four consecutive years from 2010 – 2013. Herzing University was also ranked by U.S. News & World Report as one of the “Best Online Bachelor’s Degree Programs” nationally for 2013. Information about Herzing University Online is available at www.herzingonline.edu. To learn more about Herzing University, go to www.herzing.edu.
Dental assisting continues to diversify and expand. Whether working chair side with the dentist, taking X-rays or managing the business office, teaching or working in insurance or sales, dental assistants are vital to the success of a dental office. It’s a date being remembered this year by the Dental Center of Northwest Ohio.

Established in 1910 by a group of Toledo dentists, the Dental Center of Northwest Ohio takes pride in providing quality dental care for people of all ages with limited incomes. The Dental Center is a not-for-profit agency with a mission that includes prevention of oral diseases as well as treatment.

Dental care remains the largest unmet health care need for Ohio’s citizens regardless of race or ethnicity. The downturn of the economy, with lost jobs and lost benefits, has made the Dental Center a viable option for many families who would otherwise go without professional dental care. The dental assistants are a vital link to providing needed services to their patients. The dental assistants not only sit chair side with the dentist during treatment appointments, they also translate, answer patient’s questions, hold their hands and give much needed encouragement to patients of any age who are fearful.

A Year of Living Healthfully

To make staying healthy easier, the experts at the National Institutes of Health (NIH) offer free, easy-to-read information about health conditions that can affect racial and ethnic populations. These tips can help you and your family stay healthy:

Keep Your Muscles and Bones Healthy

The muscles in your body help you walk, move, lift things, pump blood through your body and breathe. They also support your bones and let you do the things you love to do. To keep bones and muscles healthy, it helps to:

- Try four types of exercise: endurance, strength, balance and flexibility. These are important for overall health and can help you make the most of your personal and family activities. However, don’t try to fit all your activity into one evening or weekend.
- Eat a balanced diet. Consume less fat and sugar and more fruits, vegetables and whole grains. Get enough calcium and vitamin D every day. This helps manage your weight and provides the different nutrients that your bones and muscles need.

Manage Joint Pain

A joint is where two or more bones are joined together. If you have frequent joint pain, visit your doctor to determine the cause. If your joint pain is due to a condition like arthritis, there are ways to feel better and stay active even if you have pain:

- When you exercise, try to move all your joints. Walking or climbing stairs helps circulation, supports the joints and strengthens the muscles. Strengthened muscles help take stress off the joints, and reducing joint stress helps reduce joint pain.
- Use an ice pack on the sore area.
- See a doctor regularly. Tell the doctor if your pain is improving or worsening.

Get Information

The NIH has developed a series of free health planners that offer different tips on bones, joints, muscles and skin for each month of the year. They were created for four multicultural communities:

- African Americans
- American Indians/Alaska Natives/Native Hawaiians
- Asian Americans/Pacific Islanders
- Hispanics/Latinos (bilingual planner).

A Year of Health planners can be ordered by calling the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) Information Clearinghouse toll-free at (877) 226-4267 [TTY: (301) 565-2966] or at www.niams.nih.gov/multicultural.

The mission of the NIAMS, a part of the U.S. Department of Health and Human Services’, NIH, is to support research into the causes, treatment and prevention of arthritis and musculoskeletal and skin diseases; to train scientists to carry out this research; and to provide information and resources on conditions of the bones, joints, muscles and skin.
The House Girl by Tara Conklin

c.2013, William Morrow
$25.99 / $27.99 Canada

By Terri Schlichenmeyer
The Truth Contributor

You didn’t think you’d ever stop looking.
You’d been searching for days for that one thing you needed – a fact, a document, a recipe, a key – and it was nowhere to be found. You tore the house up and... nothing.
And then you found it. Actually, you found it several days before: it was right in front of you all along, but you never really saw it.

Sometimes things get buried and it takes tenacity to sort them out. That’s what happens in the new novel, The House Girl by Tara Conklin, where truth lies covered for over a century.

Lina Sparrow had always wanted to be a lawyer. Her father, famed artist Oscar Sparrow, always claimed that said she made a good argument and, indeed, Lina thrived on the work she did as a first-level at Clifton & Harp, LLP. One of the firm’s biggest clients decided to bring suit against several large corporations in search of trillions of dollars in reparations for the descendants of African slaves. The client had gotten the go-ahead from the government to do that and, while the case would be pro bono, if they won, it would catapult Lina, her colleagues, and the firm into law history. It would also be monumental. It would run again.

The house girl.

The client had gotten the go-ahead from the government to do that and, while the case would be pro bono, if they won, it would catapult Lina, her colleagues, and the firm into law history. It would also be monumental. It would run again.
She knew he was struggling. Missus Lu was dying, there weren’t enough slaves to bring in the crops, and Mister had to help in the fields himself. But there was no call for him to slap her, so Josephine started collecting a few things to take as she fled, including some drawings she’d made in Missus’ studio.

She tried running years ago but her belly was big then, and the baby started coming before she could make it north to Philadelphia. She was told later that the child died, but Missus Lu had recently admitted otherwise.

Yes, Josephine had gone back to Bell Creek plantation once before.

She wasn’t going to make that mistake again.

Although it’s a little rough, and though there’s some unnecessary (and sometimes ill-fitting) detail in the story, there’s a lot of good inside The House Girl. Author Tara Conklin does an excellent job weaving two divergent stories together, connecting threads that strengthen as the story goes along. I particularly loved Josephine, perhaps because her quiet thoughts spoke so loudly.

Also, one integral part of the plot bears mentioning: Conklin is so vivid in her descriptions of fictional artwork that I actually started looking for color pictures of something that doesn’t exist. That’s some writing!

The House Girl is for those who enjoy a well-written, descriptive novel, as well as those who love to follow divergent stories together, connecting threads that strengthen as the story goes along. I particularly loved Josephine, perhaps because her quiet thoughts spoke so loudly.

Overall, this is a well-done book with a few bumps, but novel lovers really won’t mind much. Once you’ve got The House Girl in your hands, you’ll only want to find time to read.

EPIC Toledo Celebrates its Sixth Birthday

Special to The Truth

In celebration of its sixth anniversary, EPIC Toledo (Engaging People, Inspiring Change) will hold its 6th Annual Birthday Bash presented by The Andersons and KeyBank on Friday, March 8, 2012 from 7:00 to 11:00 p.m. at the Premier Banquet Facility, located at 4480 Heatherdowns Blvd. Toledo, OH 43614.

Partygoers will celebrate EPIC Toledo’s birthday in hep style with musical entertainment from local band Mindfish and a DJ provided by The Entertainment Network. Burger Bar 419, The Barney, City Barbeque, La Scala Italian Grill, Premier Catering and others are providing appetizers and photo booth, cash bar and much more will also be available!

The cost for EPIC members to attend is $5 and $10 for non-members. Payment will be taken at the door and attendees may register via the website at www.epictoledo.com.

For more information about the EPIC 6th Annual Birthday Bash, contact Desmond Strrooh, Interim EPIC Toledo Director at Desmond.strooh@toledochamber.com or at 419-243-8191. EPIC Toledo was started by the Toledo Regional Chamber of Commerce to develop future business and community leaders, to provide emerging leaders with a voice regarding the future of our region, and to attract and retain diverse young talent to our region. Today, EPIC Toledo has over 1,350 individual members and 61 corporate members.
Bloomberg Businessweek Magazine Cover Blames Minorities for Housing Crash

By Michael Hayes
Minister of Culture

Let this be proof.
When they see you, they see a slave.
A wetback, a chink, a monkey.

When they say "Entitlement Class" or "Mooschers," that's what they are really saying.
Those are just new ways to disguise the same old disgust, fear and mis-characterization.

You are an inferior human being and your inclusion in "their" society is an unwelcome drain.
You are a parasite looking for a handout. You don't have the competence required to exercise financial restraint. You don't have the will required to do things yourself. You create messes that you want other people to clean up. I may be parroting a phrase, but trust me... only slightly.

A quick google search and I may be paraphrasing, but those with reach into politics and media.
The current phrase getting traction seems to hold weight: "Not all Republicans are racist, but all racists are Republican."

How can we ever logically tie prejudice and racism specifically to one ideology?
Recent collegiate studies show that people with Republican/conservative views are usually those who operate from a sense of fear as opposed to logic.
Speaking of logic, do you want to know the real reason for the housing crisis?
So, you think you can own a home?
Well whether you were swindled by admitted predatory lending practices or you just qualified the old fashioned way, you get approved.
Now you have a mortgage.

In your mind, as long as you don't default on the bank loan then you can one day own your home free and clear. In your mind, you own the bank.

In reality, your bank likely sold your mortgage to a larger bank without you even knowing.
This practice started under Reagan but exploded under Bush II.

After Republicans deregulated the banking and finance industries, regular banks could now do business with large investment banks on Wall Street.
Your bank likely sold your mortgage in the stock market and now money is being made on whether or not you repay the loan or default.
Forget the bank where you signed the paperwork, Wall Street stockbrokers trade mortgages wholesale and tip the scales to benefit them either way.
They call it a mortgage backed security, which is a type of derivative.

Derivatives are like owning the shadow of a stock but not the stock itself.
It allows things to be chopped down to minute sizes where there is no inherent value in the commodity, just on whatever other commodity it's attached to.

One bank sells off its mortgages to a larger bank that has a private equity or investment arm and they make betting on your home loans possible thanks to their use of derivatives.
Wall Street uses another tactic called "Put Options," which is a bet that a stock will fall.
So whether or not your loan is in good standing or bad, they profit off your mortgage since it has now been placed in the market for them to gamble on.
If you fell short, needed a second mortgage or went through foreclosure: they profited.
If you stayed on track and eventually paid it off: they profited.
This isn't my claim or opinion, this is widely known and irrefutable evidence of what actually caused the housing crisis.

Subprime lending did play a part, but these high-risk loans were not overwhelmingly given to minorities. In fact, back in 2007 one Chase Bank executive came out and admitted that his entire company pushed subprime loans on minorities who actually qualified for prime loans.
So obviously lending to black and brown people was part of the cause.
The U.S. economy is like a bridge with various sectors acting as pillars.
If each industry makes up what supports the entire structure, the housing market is one of the largest and most crucial pillars... vital to the bridge in every way.
The automotive industry is another major pillar.
If too many pillars crumble, the whole thing crashes into the water below.

This cover of Bloomberg Businessweek is just a visual example of a deeply-held belief among conservatives. That belief simply put: minorities who tried to live beyond their means wrecked the housing market and therefore the economy.

Even though all the statistical and numerical data proves that to be false.
Even though an obvious trail of corporate greed and Wall Street trickery point to the obvious cause, these people still blame minorities for the crash.
I'm no financial expert. But if you doubt what I'm saying, don't stop with simply reading this article.
Get on google and learn about derivatives and the housing crisis.
Or actually, find Michael Moore's "Capitalism: A Documentary."
The housing crisis section breaks down decades of how we got to this mess and all with legitimate proof and facts.
We don't need to march or shout about racial intolerance anymore.
We need to do much more than march and shout.
This is about how dangerous an inaccurate perception can be.
If they take their perceptions of us to work with them every day and their job happens to be in government, media or law enforcement then their idea of us has grave consequences.
They are playing with people's slives and it must stop.
Statement from HHS Secretary Kathleen Sebelius on African-American History Month

Special To The Truth

In February, we celebrated African-American History Month and honor the remarkable contributions that African-Americans have made to the nation’s progress. At HHS, we honor the opportunities in public health, medicine, and scientific research made possible by leading African-Americans across the country.

“During this year, we commemorate the 50th anniversary of the March on Washington, when Dr. Martin Luther King Jr. delivered his famous “I Have a Dream” speech, and pay tribute to the pioneers who came before us and commit to building on their legacies. It seems only fitting that the theme for African-American History Month is “At the Crossroads of Freedom and Equality: the Emancipation Proclamation and the March on Washington.”

“African-Americans are part of what makes this country great and our nation’s health and health care system has been strengthened and transformed by their steadfast commitment to ensuring a system of health equity. During this month, we recall Dr. Charles Drew, whose work led to the lifesaving ability to store blood plasma; Dr. Daniel Hale Williams, who performed the first successful heart surgery in 1909; and Mary Eliza Mahoney, the first African-American professionally trained nurse. In more recent times, we recognize such leaders in public health and health equity as Dr. David Satcher, who served as Surgeon General of the United States, Assistant Secretary for Health and Director of the Centers for Disease Control and Prevention.

“We honor those medical trailblazers by calling on their work to advance health care and expand access to care. Without access to quality health care and the security of health insurance for all Americans, we cannot truly have freedom and equal opportunity for all. This administration is committed to building a nation where every African American has a fair shot to achieve his or her dreams. For too long, African-Americans have faced challenges getting the health care they need, and consequently, their opportunities have been limited.

“Building on our first ever HHS Action Plan to Reduce Racial and Ethnic Health Disparities, the Affordable Care Act takes steps to ensure all Americans have the opportunity to live out their full potential by bringing down health care costs, investing in prevention, eliminating the worst of insurance industry abuses, and ensuring millions more Americans have health insurance. The health care law is making preventive services such as flu shots and cancer screenings more accessible than ever and available to millions of Americans with private insurance, including 5.5 million African-Americans. The health care law is also helping states expand Medicaid eligibility and it’s strengthening Medicare for our seniors and people with disabilities.

“The law also expands coverage to millions of previously uninsured Americans through the new Health Insurance Marketplace. Those that are uninsured or underinsured will be able to shop for health insurance through their state’s Health Insurance Marketplace, where they will be able to compare plans based on price, benefits, quality, and other important features and choose the one that best suits their needs. Enrollment begins Oct. 1, 2013. If you need health insurance or know someone who does, you can visit www.HealthCare.gov and learn how to prepare for the new Marketplace and how to get help or help others get the health care they need.

“At every level, we are working hard at HHS to make a healthier America by eliminating disparities, increasing diversity of the nation’s health care workforce, and improving the health of all communities. Join us this month as we recognize the achievements of African-Americans and move toward the day when every American has the chance to live a healthy life and contribute to their community and country.”

For more information about the Affordable Care Act and the Health Insurance Marketplace, please see www.HealthCare.gov.

Follow HHS@HealthCareGov on Twitter and like HealthCare.gov on Facebook.

Learn more about what HHS is doing to fight health disparities at www.minorityinhealth.hhs.gov
NOTICE IS HEREBY GIVEN by the Board of Directors that Sealed Bids will be received by the Toledo-Lucas County Port Authority for:

PHASE 3.2 – ENTRY DRIVE and RAIL
LAKE ERIE PORT MANUFACTURING & INDUSTRIAL CENTER – IRONVILLE TERMINAL
2863 FRONT STREET, TOLEDO, OH 43605

This contract is for all labor and materials neces-
sary for the above-referenced project at Ironville Termin-
al, 2863 Front Street, Toledo, OH 43605, in accordance with the contract plans and specifica-
tions, for the Toledo-Lucas County Port Authority at One Maritime Plaza, Toledo, OH 43604.

Bids will be received at the Port Authority’s ad-
ministrative offices at One Maritime Plaza, Toledo, OH 43604 until Friday, March 15, 2013, at 11:00AM, at which time and place all bids will be publicly opened and read aloud.

This project consists of the construction of an entry drive, water pipe with hydrants and lighting, railroad spurs, security fencing, storm drainage, temporary access and a gravel surface laydown area. The contract plans are broken down with a base bid and five alternatives as illustrated within the plans. The Engineer’s Estimate (Base Bid Only) is $2,100,000.

Contract Plans, Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file, and may be obtained from Becker Impressions, 4646 Angela Road, Toledo, Ohio 43614; www.beckerplannroom.com; (phone) 419.386.5303; (fax) 419.385.0529 at the non-refundable cost of $30 per set, plus shipping, if requested.

This advertisement may be read in its entirety at http://www.toledoportauthority.org/en-us/publicnotices.aspx.

For Rent
Duplex, 3020 N. Detroit Spacious 2 bedroom 1 bath upper with balcony, washer/dryer hook ups, large eat-in kitchen area, ADT sec, totally remodeled last 3 years.
Must See!! Rent $435, non, tenant pays, elec/ gas, $835 moves you in!! Available Now!!! Visit urgentme.com or call 419-410-1119 for more info.

CALL TO PLACE YOUR AD 419.243.0007

Attention Seniors:
House(s) For Rent.
Two Bedroom
One level just renovated.
Call (419) 708-2340

For Rent
Nice 1 bedroom apartments. All electric.
3120 North Ontario
Call (419)708-2340 Dee

Urban Farm Manager
Toledo CDO is looking for an Urban Farm Man-
ger. Please see website for detailed job descrip-
tion. Anyone interested in position, go to www.toledocdc.org, select the “contact us” button and complete the contact form. Be sure to put in the message box that you are interested in Urban Farm Managing and briefly list your experience.

DEADLINE February 28, 2013. RESUMES ARE WELCOME. NO PHONE CALLS OR WALK-INS! NO EXCEPTIONS

Legal Notice
Bid packets will be received by Lucas County Workforce Development Agency (LCWDA) until 4:00 p.m., March 29, 2013 for the selection of a Provider to provide Youth Services for In-School and Out-of-School Youth. Submitted bid packets must be completed according to the specifications and provisions outlined in the Request for Proposals (RFP). The contract period will be from approximately July 1, 2013 through June 30, 2014.

No bids will be accepted after 4:00 p.m. on March 29, 2013; bids that are submitted via any method other than that described in the RFP will not be accepted. The Request for Proposals will be available on February 27, 2013.

It will be available for potential bidders to download by going to the site:
http://www.co.lucas.oh.us/bids.aspx

An Electronic Questions and Answers (Q&A) process will be from February 27, 2013 at 8:00 a.m. to March 8, 2013 at 12:00 p.m. PARTICIPATION IS HIGHLY ENCOURAGED. Questions for the Q&A must be submitted in writing and received via email, by Michelle Niedermier at niedem@odjfs.state.oh.us by March 8, 2013 at 12:00 p.m.; the posting of the Q&A will be on March 14, 2013.http://apps.co.lucas.oh.us/bids If any changes are made to the RFP as a result of the Q&A, an addendum to the RFP will be posted on the website address (noted above).

This notice is posted, as of February 27, 2013, at http://www.co.lucas.oh.us/bids.aspx. The right is reserved to reject any and all bids.

By order of the Board of County Commissioners, Lucas County, Ohio.
Carol Contrada - President
Tina Skelton Wozniak - Commissioner
Pete Gerken - Commissioner
Bid: 48-14-RFP/WDA-01

Safe-T-City Teachers
The Toledo Police Department is accepting re-
sumes for the position of “Teacher” for the 2013 summer Safe-T-City Program. Interested appli-
cants shall send their resume, home address, con-
tact information, copies of any/all teaching certifi-
cates and experience coordinating or instructing child safety programs, and three (3) references (include name, address, and telephone number of each reference.) All information shall be submitted to Toledo Police Department, Personnel and Public Affairs Bureau, 525 N. Erie Street, 43604 by no later than March 30th, 2013; EOE.

Abundant Life of Perrysburg is a subsi-
dized independent housing facility for those 62 or older. We are located in a quiet, residential setting in Perrysburg. Abundant Life offers one bed-
room garden apartments with private patios, indoor parking and busing to local grocery stores. Abundant Life is a smoke free facil-
ity. Applications are now being accepted
Call 419-874-4371

Weekend Personality for URBan Radio
Broadcasting’s WIMX-FM
URBAn Radio Broadcasting Toledo Ohio has an immediate opening for a Weekend talent for WIMX-
FM (Mix 96.7) The Best Variety of Hits and Oldies. This position requires an experience person who can entertain our adult audience. You must be very burning desire to win. Working knowledge of digital broadcasting’s WIMX-FM

Weekend Personality for URBan Radio

Program Director
URBAn Radio Broadcasting
720 Water St 4th Floor
Toledo OH 43614
or email your presentation along with your air check to Brandibrown@urbanradio.fm

Abundant Life of Perrysburg is a sub-

vantaged independent housing facility for those 62 or older. We are located in a quiet, residential setting in Perrysburg. Abundant Life offers one bed-

room garden apartments with private patios, indoor parking and busing to local grocery stores. Abundant Life is a smoke free facil-

ity. Applications are now being accepted

Call 419-874-4371

PRESIDENT/ CEO Northwest Ohio Development Agency
The President/ CEO is the general operation manager & senior executive for Northwest Ohio Development Agency (NODA), Information about our agency can be found at www.nodatoledo.org

A dynamic non-profit agency, located in Toledo, OH, is seeking a self-motivated CEO who is a strategic visionary that will guide us in our self-sufficiency efforts to deliver innovative solutions to our goals and objectives. Successful candidate will have 10 years experience in: managing and supervis-
ing within a financial services office or non-profit organization; and preparation, implementation, and monitoring of budgets. Successful candidate will also have at least 3 years experience, during the previous 6 years, in all aspects of the lending pro-
cess and be able to obtain within 3 months a Mort-
gage Loan Officer, Mortgage Broker, and Operation Manager licenses from the State of Ohio, Division of Financial Institutions. A Bachelor’s Degree from an accredited college/ university required; Master’s Degree preferred.

Funding, grant-writing and/or grant manage-

ment experience desired and direct and effective oral and written communications with the Board, staff and other constituencies beneficial.

A competitive salary and benefits package of-

ered. Qualified candidates should forward by email (preferred) or first class mail a current resume, cover letter, 3 professional references, and salary requirements by sending to: nods ceo.search@gmail.com or by US Postal mail to: NODA CEO Search, 432 N. Superior St, Toledo, OH 43604.

Review will begin April 5, 2013, and will continue until filled. Incomplete applications will not be re-

viewed. No telephone calls.

Homemaker/Personal Care
Our First Love Residential Services: Now pro-

viding homemaker/personal care and more HCBS Waiver and supported living. Call Mary – 419-450-8601 or email robinson1106@sbcglobal.net

Child Care
Our First Love Educational Childcare now en-

rolling first, second and third shifts. All new enroll-

ees $5 off. Call 419-720-6820/3
Mt. Nebo Honors Local Leaders at Black History Program

By Artisha S. Lawson
Sojourner’s Truth Reporter

Mt. Nebo Missionary Baptist Church, for the past 13 years during the church’s annual black history program, has honored local leaders who serve the community. The leaders, called silent solders, were publically thanked before a crowd of 300 people on March 3 at Grand Plaza Hotel Ballroom.


“I am proud to be an honoree and recognized, I do consider myself to be a silent leader. I would like to thank Pastor Brock for recognizing me, for the support I’ve received from the community and from my own Pastor. I would like to thank Pastor Brock for recognizing me, for the support I’ve received from the community and from my own Pastor,” said Stacy Turner, owner of Blessed Blossoms Flower Shop.

“I hope I was nominated for my community service, involvement, and willingness to always be of service in community, my church and on my job,” said Cerssandra McPherson. “It’s important to serve, because first it’s a requirement of God. If you are going to be a follower of Christ you must be willing to serve as Christ did for us. I want to thank my mother Mozell Hill for her example and praying for me, my pastor, Wynston E Dixon, for his teachings and support, my labor union for allowing me to serve and my church, Braden United Methodist Church.”

The Voices of Hope Outreach Ministry organized the annual celebration, which has outgrown its original location at Mt. Nebo on N. Detroit. The celebration opened with Master of Ceremony Larry A. Jones of Indiana Avenue Baptist Church who presented the honorees with gifts.

Youth of Mt. Nebo escorted the 16 honorees to their seats, each receiving a standing ovation for their service.

Deacon Alan D. Crawford Sr of Mt. Nebo welcomed the guests, Kierra Brock offered a soulful selection, and Pastor Patricia Smith of Trinity Faith Tabernacle Church prayed for the meal.

The program continued with formal greetings from Lucas County Commissioner Tina Skeldon Wozniak, Lucas County Auditor Anita Lopez, Toledo Public School Board members Brenda Hill and Cecelia Adams, EdD, Toledo Federation of Teachers President Kevin Dalton and City Council members President Paula Hicks-Hudson, Joe McNamara and Tyrone Riley.

The Mt. Nebo Youth Ministry presented a praise dance, and Geraldine Scratchins of St. Paul A.M.E Zion Church presented the honorees with gifts.

Debra Brock of Mt. Nebo sang a solo, and Rev. Cedric Brock, pastor of Mt. Nebo closed the program with remarks and benediction.