



Volume 23, No. 17

"And Ye Shall Know The Truth..."

March 06, 2013

In This Issue
This Strikes Us
Page 2

NAACP on Scalia's Com-
ments
Page 3

Preferred Properties' New
Leader
Page 4

Cover Story:
LMHA Works
Page 5

The Health Section
Eating Properly
Page 6

AIDS Prevention
Page 7

Fitness Motivator
Page 8

Ask Ryan
Page 9

Walking Paths
Page 10

Book Review
Page 12

Minister on Wall Street
Page 13

BlackMarketPlace
Page 14

Classifieds
Page 15



LMHA's Cynthia Tetterton-Williams
Manager of Procurement and Contracts

"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 has, 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 all 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, gives 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 sexual orientation 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 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 abysmally.

President Obama’s leadership, however reluctant, seems to have been an important factor in moving the needle on public opinion – even 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 to 8 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

THINK IF YOU'VE SEEN ONE YOU'VE SEEN 'EM ALL...

THIS MIND BLOWING EXPERIENCE WILL MAKE YOU THINK AGAIN!

SATURDAY August 24th

7:30pm

Maumee Indoor Theater
601 Concord St., Maumee, OH 43536

ONE NIGHT ONLY! DON'T MISS IT!!!

Tickets \$20

Rated PG-13 for parental, controversial dialogue, and adult situations.

TurnedMan Productions
419.490.4214 • 419.269.8832
turnedmanplays@yahoo.com

The story of an American family divided, led by Mama Rose, a widow to three grown sons with distinct personalities and varying beliefs. Vernon, a recovering functional alcoholic, clings tightly to his Christian faith and has been married to his high school sweetheart for sixteen years. He works hard to provide for his family, but his teen daughter is out of control. Malik, a narcissistic player and deadbeat dad is a self-proclaimed freak who vows never to marry. Emanuel (Manny) is a divorced, Iraq war veteran with extreme views and a strong lack of faith. Unlike his brothers, he questions everything from processed foods to government policies. He shocks his family when he quits his prestigious high paying job and opens a barbershop in the hood, armed with a plan to empower the people by informing them of a diabolical plot, by world leaders, against them.

The Sojourner's Truth

Toledo's Truthful African-American Owned and Operated Newspaper

Fletcher Word – Publisher and Editor
Becky McQueen – Business Manager

Artisha Lawson – Reporter
Candice Harrison – Reporter

Rev. D.L. Perryman – Columnist
Michael Hayes – Entertainment Critic

Jason L. Lee Sr. – Layout Designer
Jennifer Retholtz – Webmaster
Kathy Sweeny – Graphic Designer

Kathleen Greely – Account Executive

A Certified MBE, 2009

The Sojourner's Truth, 1811 Adams Street, Toledo, Ohio 43604

Phone 419-243-0007 • Fax 419-255-7700

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

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 restore Americans' faith in the financial markets and in representative government until we ensure that taxpayers are not paying for Wall Street's failures.

NAACP Responds to Scalia's "Racial Entitlement" Remarks

Last week, NAACP President and CEO Benjamin Todd Jealous released the following statement in response to remarks by Justice Antonin Scalia made during the official hearing on Section 5 of the Voting Rights Act in the United States Supreme Court.

"Democracy is an American entitlement. Voting rights protection is an American entitlement. Guaranteed access to the ballot box is not the right of one race, one age group, or one economic class. Assaulting the Voting Rights Act, on the other hand, is an assault on America's ability to be America for all Americans," said Benjamin Todd Jealous, President & CEO of the NAACP. "While much has changed since 1965, the record is clear that discriminatory election practices still exist in counties like Shelby County and states like Alabama.

"Justice Scalia should refrain from speculating on the thoughts and motivations of the Congress and defer to the judgment of the overwhelming bipartisan majority that voted for reauthorization in 2006."

During the hearing Justice Antonin Scalia noted that the overwhelmingly bipartisan reauthorizations of the Voting Rights Act in the past four decades was "very likely attributable, to a phenomenon that is called 'perpetuation of racial entitlement'." He continued, "whenever a society adopts racial entitlements, it is very difficult to get out of them through the normal political processes."

In 2006, compelled by 15,000 pages of evidence and testimony of discrimination, the 109th Congress extended Section 5 of the Voting Rights Act for 35 years. The reauthorization followed recent racially-motivated attacks on democracy by multiple jurisdictions.

One notorious example was Kilmichael, Mississippi where the all-white board of alderman and white mayor cancelled an election after it became clear that blacks had become a majority of their city's electorate. In 2006, Ken Mehlman, the National Chairman of the Republican Party, joined his Democratic colleague in calling for reauthorization and referred to the Voting Rights Act as "one of the great moral achievements of the 20th Century."

The NAACP, through its Alabama State Conference, is an intervener in Shelby County v. Holder and the Texas, South Carolina and Florida State Conferences have filed an amicus brief in support of Section 5. In addition to defending the Voting Rights Act at the Supreme Court, NAACP leaders will work with state and local officials to pass laws to expand voting rights, including same day registration/voting, extended early voting, and restoring voting rights for the formerly incarcerated.

CONTRACTORS • SUPPLIERS • CONTRACTORS • SUPPLIERS

LMHA WORKS!

Professional Workshop for Contractors & Suppliers
Sat., March 9, 2013 • The University of Toledo, Scott Park Campus
9 a.m. - 1 p.m.

Don't miss this great opportunity!

Attention all area Contractors and Suppliers – you asked, we listened!

Take your business to the next level of success! The Lucas Metropolitan Housing Authority (LMHA) in conjunction with The University of Toledo invites you to attend LMHA Works! – a professional workshop for Contractors and Suppliers – on Sat., March 9 in the Scott Park Campus Auditorium.

Get direct answers to your contract questions! NO COST! Industry experts and additional resources will be available for networking opportunities immediately following the LMHA Works! Workshop.

Don't miss out – the first 100 people to register will automatically be entered into a drawing to win a special prize!

Join area business owners and vendors as special guests share valuable information on business planning, bid preparation, finance, the LMHA competitive bidding process and much, much more!

Make your reservation today, call 419-259-9408 or via email at lmhaworks@lucasmha.org. *Happy spots are limited!*

*Must be present to draw prize.

LMHA Lucas Metropolitan Housing Authority
Where Opportunity Lives!

UNIVERSITY OF TOLEDO

Join Us!

Worship EXPERIENCE

Every Sundays at 5:30 p.m.
10715 E. 15th Avenue, Suite 102

Eastern Star Missionary Baptist Church
2102 Mulberry Street, Toledo, Ohio 43608
(419) 726-1180, FAX: (419) 726-6245
E-mail: EasternStarMBC@aol.com
Website: www.drjwilliams.org

Dr. John W. Williams, Pastor

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 na-

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

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 adminis-

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 spear-



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

tionwide 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

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

tration 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

heading 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 Psychol-

ogy 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.

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.

Preferred Properties, Inc.

SEEING IS DECEIVING.

cult
TUE 9PM

ARROW
WED 8PM

TOLEDO
THE **cw5**

www.toledo5.com | www.facebook.com/Toled05

LMHA Works Bringing Minority Contractors to the Table Once Again

By Fletcher Word
Sojourner's Truth Editor

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

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

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.

minority contractors. We know there is an opportunity for growth," she adds.

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 na-



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 in the local contracting culture.

It's a culture, says Tetterton-Williams, that was requesting more information, more resources, more ideas

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

And while there will be a panel discussion, this month's event will also include breakout sessions with four to five speakers – such as the Small Business Administration – so that attendees can become more directly involved.

"It's not a forum to speak 'at ya,'" says Tetterton-Williams. "It's more of a 'let's all talk. What are your concerns, we want to know. Where do we go to from here? How do we get business to you?"

"We are very serious about getting business to mi-

tive 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 Jill's, 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.

EBONY WORLD
THE TOTAL ENTERTAINMENT COMPANY
AVAILABLE NOW FOR BOOKING!

DJ KEITH SUCCESS • DJ RONNIE B • DJ TODD
DELICIOUS • DJ ARROW
LORON WILSON AND ELUSION
MODELS • DANCERS • COMEDIANS

EWP BUILDING
1102 MULBERRY ST. TOLEDO, OHIO
419.913.0692

It is Tax Time!
Tax season is finally here!
April 15, 2013
is the last day to file. So act NOW!

Call Toledo Urban Federal Credit Union,
your Community Development Credit Union, today,
to schedule your appointment for your

Free tax preparation.

Appointments are limited, and filling up fast, so call
419-255-8876 NOW!

Toledo Urban
Federal Credit Union
1339 Dorr Street
Toledo, OH 43607
419-255-8876

Toledo Urban
Federal Credit Union
Building Better Futures



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

National Nutrition Month

By Patrice Powers-Barker, OSU Extension, Lucas County
The Truth Contributor

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 combine protein and carbohydrates to fuel you like:

Apples with peanut butter, carrots and hummus, hardboiled eggs and fruit, banana and yogurt, almonds with low-fat cheese or whole-grain cereal. These also double as a quick grab-and-go breakfast to wake up



your brain and muscles for the day's activities.

At the cafeteria, salad bars are a great choice; just go easy on the cheese, bacon, creamy dressings and other high-calorie add-ons. Follow the MyPlate guidelines and make half your plate fruits and vegetables.

Families. Caring for family, whether children, elderly parents or both, can be a handful. However, family meals allow parents to be role models to promote healthy eating. And, just because a meal is made quickly doesn't mean it can't be nutritious.

Keep things simple. Build a collection of recipes for quick and easy family favorites. Choose ingredients that you can use for more than one meal. For example, cook extra grilled chicken for salad or fajitas the next day.

Ask for help. Get the kids involved making a salad, setting the table, or other simple tasks.

Vegetarian. A vegetarian diet can include just as many tasty varieties of foods as one including meat. For example, nutrient-rich beans are recommended for everyone. Enjoy vegetarian chili, a hummus-filled pita sandwich or veggie burger. Many popular items are or can be vegetarian – pasta primavera, veggie pizza and tofu-vegetable stir-fry.

In addition to promoting March as National Nutri-

tion Month, the Academy of Nutrition and Dietetics has great information all year long. OSU Extension Chowline reviewed some of the handouts and two-page tipsheets provided by the Academy at <http://www.eatright.org/nmm/handoutsandtipsheets/>.

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 chesnuts or a variety of other vegetables. (More in "Color Your Plate with Salad.")

Trying 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.

MY MOM IS BATTLING cancer.
I need to work FULL TIME.
I WANT to be there EVERY DAY.
HOW CAN I do it all?

"I could never have done it on my own without Hospice of Northwest Ohio."
"I wasn't familiar with watching somebody you love pass away. I felt a weight had been lifted off my shoulders when Hospice of Northwest Ohio got involved because I had no idea what I was doing, and they explained everything to me."
— April, daughter of a Hospice of Northwest Ohio patient

We are the area's largest and most experienced provider of hospice care, a nonprofit organization solely dedicated to providing the best possible end-of-life experience for our patients and their families.

Ask for us by name. The sooner you do, the more we can help.

Answers for Living the Last Months of Life
HOSPICE OF NORTHWEST OHIO
Visit hospice-nw.org
419-851-4821 (Ohio) • 234-568-6881 (Michigan)

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

AIDS Resource Center Ohio Recognizes National Women and Girls HIV/AIDS Awareness Day - March 10th

Special to The Truth

National Women and Girls HIV/AIDS Awareness Day is a nationwide observance held on March 10 designed to raise awareness of the increasing impact of HIV/AIDS on women and girls. We encourage individuals and our Ohio communities to embrace the theme "Share Knowledge. Take Action."

According to the U.S. Office on Women's Health, women account for approxi-

mately 24 percent of all HIV diagnoses, with approximately 280,000 women living with HIV/AIDS in the United States. Women of color are particularly affected, accounting for two-thirds (64 percent) of new AIDS diagnoses among women in 2010.

Ohio's infection rates are in line with national trends. In 2011, there were 1,103 new diagnoses of HIV infec-

tion in Ohio. Of these, 20 percent were female. Sixty percent of new diagnoses of HIV infection among women were black/African American, 33 percent were white and four percent were Hispanic/Latina. The HIV Epidemiological Profile released by the Ohio Department of Health for 2011 reports that among females in Ohio, heterosexual contact was the leading mode (87 percent) of

transmission, followed by injection drug use (13 percent). It is clear that African-American women engaging in heterosexual relationships are at greatest risk for HIV/AIDS in Ohio.

"It is important that as a community we continue to educate women and girls about the risks surrounding HIV and the ongoing need for awareness and testing to prevent new infections. Em-

powering women with the knowledge necessary to make healthy decisions and to take action in their lives is the only way we can eradicate this epidemic," states Peggy Anderson, AIDS Resource Center Ohio's chief operating officer.

AIDS Resource Center Ohio is committed raising awareness of National Women and Girls HIV/AIDS Day (NWGHAAD), and we

challenge our community take a part in shifting the dialogue and creating an end to the HIV/AIDS epidemic. For more information on local NWGHAAD events happening in your community, please visit the Ohio AIDS Coalition's website at www.ohioaidscoalition.org.

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 Relationship Building, Staying Safely at home and Housing Options, Available Services, Legal and Financial Concerns and Programs, Planning Ahead, as well as Skill Demonstrations (to learn about appropriate hands-on care techniques).

"We continue to see the need for those taking care of a loved one to learn more about how to safely care for their loved one - living with them or living alone in their home" says Diane Yates, LISW, S and owner of *care4you2*.

"Family members often find themselves in a primary caregiver role after an illness or an injury, but don't know about all the resources available to them or how they can best provide care to their loved one, or how to deal with changing role issues that can arise in the family," added Yates. "This series will cover a multitude of resources and tools to assist them."

care4you2 is partnering with Licensed Social Worker and Senior Resource Specialist, Chris Cremean to facilitate this series.

"I 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 oth-

ers, we decided it was the perfect time and place to expand the program," stated Cremean.

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: Ashanti 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 in-

home care services and educational opportunities. Our focus is on the entire client family - providing support and hands-on 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 compassionate

caregivers. All caregivers are extensively screened and continually trained and supervised by healthcare professionals to provide reliable, highly skilled services in companion, personal and comprehensive care.

Our STNA educational program provides part time and full time classes to train caregivers that are committed to serving others. We are a State of Ohio test location

for our students, and also provide CPR, First Aid and Babysitting courses.

For more information on our home care services call 419-517-7300 or visit our site at www.homecaretoledo.net. For STNA program information, call 419-345-4269 or visit www.care4you2.net.

State Farm
LIFE
 Take Time to Consider Those Who Really Matter
 Vince Davis State Farm Insurance Agency
 Auto-Life-Home-Health-Bank-Financial Services
 3344 Secor Road, Toledo, Ohio 43606
 419-244-2904
www.vincedavisinsurance.com

TURNERMAN PRODUCTIONS
 PRESENTS
"CAPTIVED"
 Sat. August 24th
 7:30pm
 Maumee Indoor Theater
 501 Conant St. | Maumee, Ohio
People Get Ready!
 Tickets: \$20 | Warning: PG-13
 Written & Directed by Juan J. Gomez | 419-490-4214
turnermanplays@yahoo.com

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)

Church's CHICKEN
BIG TASTE LOW PRICES

2PC \$4.49 sm. mashed potatoes & biscuit
mixed meal

10PC \$14.99 2 lg. sides & 4 biscuits
legs & thighs meal

ADD HALF GALLON TEA \$1.50

Offer good for Church's Chicken at
2124 Franklin Avenue
Toledo, Ohio

Come on Toledo, Columbus and Surrounding Areas!

LET'S Go! Join us on a Trip of a lifetime to Orlando, Florida and a 4-day Cruise to Freeport and Nassau Bahamas.

We will visit The Holy Land Experience (extra fee)

Only \$999.00 (\$100.00 down) non-refundable

Leaving Thursday, May 16, 2013 on a chartered bus and arriving in Orlando, FL, on Friday, May 17, Staying on Disney World Property for 3-days and 2 nights. Leaving on the 19th for Freeport and Nassau, Bahamas and returning on May 23, 2013 Sight-seeing

Sponsored by: Legendaire Travel Trends
P.O. Box 3093 Toledo, OH 43607

The deadline is March 10, 2013. Please contact Cassandra Moore at 419-450-7227 for more information. No passport needed. The cruise is based on double occupancy.

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

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 FabulouslyFit™
Fitness Coach & Motivator

Certified Weight Loss Consultant

Website: Fabfitu.com for a "free" pass.

Email:

FabFitu@yahoo.com

Cell: (419) 699-9399

Owner: Fabulously Fit Studio (aka Studio Fitness)
1413 Bernath Parkway (off Airport Hwy, across from TGIF)

FabFit Studio class schedule: Mon 9a, Wed 5:45p & 6:30p, Fri 5:45p & 6:30p,

Sat 9:00a, Sun 3:00p & 4:00p!

FabFit is at **Scott High School** every Monday @ 6:00pm – Open to the public & free!!



Dear Ryan,



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 (re-

duce weight to about 80% of heavy day)

1. Squats 2 x 12-15 reps
2. Leg Press 2 x 12-15 reps
4. Walking Lunges 2 x 20 reps
6. Hamstring Curl 3 x 12-15 reps
7. Standing Calf Raise 3 x 15-20 reps
8. 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 knock out lower body that comes from hard work and

dedication.

RYAN ROLLISON
1240 W. SYLVANIA AVE.
TOLEDO OH 43612
419-476-3494
MYDREAMBODIES.COM

Parrish HomeCare

A family owned and operated agency with over 21 years of home health care experience.

MISSION

Parrish Home Healthcare recognizes the changes in today's climate of health care demands and strives to provide the highest quality of health care, commitment, and professionalism available.

Services Available:

- Registered Nurse
- Physical Therapist
- Occupational Therapist
- Medical Social Worker
- Speech Therapy
- Licensed Practical Nurse
- Diet Counseling
- Home Health Care Aides

Special Services provided:

- IV Therapy
- Anticoagulation
- Therapy (Balance Machine)
- Wound V.A.C.
- Proctir Therapy
- CHF Management
- Diabetes Education

Accepted Insurance:

- Medicare
- Medicare Advantage Plans
- Medicaid
- Medicaid Waiver
- Commercial
- Humana
- Buckeye Community Health
- TruistPark

Parrish HomeCare

Phone: (419) 389-1020
Fax: (419) 389-1300
www.parrishhomecarellc.net

KIFARU

FREE SOMETHING NEW
THE PERFECT BOOK FOR PICKY EATERS!
AVAILABLE NOW!
ORDER TODAY AT:
KIFARUANDFRIENDS.COM

A-1

BAIL BONDS

Bail Bonds When & Where You Need It

419.450.3325
419.241.FREE

624 Adams
Toledo, OH 43604

Tina Butts
Ball Bonds Professional

24-Hour Service
Servicing all of Ohio

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

Toledo Unveils Walking Paths to Get Citizens Moving

Special to The Truth

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 startwalkingnow.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 min-

utes 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 Footgear. "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 As-

sociation, 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-health tip 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 startwalkingnow.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

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.

"Since 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.

TUNE IN TO 107.3

THE MORNING SHOW

TOMMY KAYE WITH
CURRENT EVENTS, SPORTS,
& WEATHER UPDATES




LISTEN TO THE JUICE
FOR THE
STEVE HARVEY SHOW
6AM - 10AM



CHUCK ROBERTS WITH WEATHER REPORTS

HTTP://WWW.THEJUICE1073.COM

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

Smile! It's Dental Assistants Recognition Week

Special to The Truth

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, den-

tal 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.

With its headquarters in Toledo, the Dental Center treats persons of all ages with income at or below 300% of the federal poverty guidelines. The Dental Center ac-

cepts most dental insurances, including Medicaid and Medicaid HMOs. Reduced fees are available for people without dental insurance. Uninsured children can be seen for \$25 per appointment. The Dental Center employs 32 trained dental assistants; 26 actively working as dental assistants and 6 working in administrative positions utilizing their dental assisting knowledge.

Key to Productivity: The Professional Dental Assistant™ is the theme for the 36th Annual Dental Assistants Recognition Week: time for Dental Assistants to receive greater recognition for their own unique and diverse contributions to the dental profession and the dental health care of the public.

The American Dental Assistants Association (ADAA) has been the recognized voice of dental assisting for over 80 years. It remains committed to promoting quality dental health care to the public

and enhancing the public image and stature of the dental assisting profession. Dental Assistants Recognition Week is sponsored by the ADAA, the American Dental Association, the Canadian Dental Assistants Association and the Canadian Dental Association.

The Dental Center's dental assistants work in one of four dental offices; in Toledo, Tooth Towne, an office for children and Uptown Smiles, an adult office at 2138 Madison Avenue; Findlay Smiles, located at The Family Center at 1800 N. Blanchard; and the Smile Express, a 40' dental office on wheels, makes regular stops in Erie, Huron, Lucas, Van Wert, and Wood Counties. Appointments can be made for the Smile Express by calling 1.866.378.6965. Appointments in Findlay can be made by calling 419.422.7664, while appointments in Toledo can be made by calling 419.241.6215.

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.

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
1951 Adams Street
419-243-7900



Phashion of the Opera

The Toledo Opera Guild is proud to present, New York designer, Michelle Cole. She will exclusively unveil her fall and winter 2013-2014 line at two events held only in Toledo.

In addition, local stores: C Sterling Jewellers, Lady C Pink Door Boutique, New McClamore, President Toledo, Sophie's Sling, Doctors Hair Clothier, Vivian Kate and Toledo Fur along with California Designer Kristi Jagoli will be participating. Hair and makeup by Salon Hazelton. Stage enhancements by Brooks Florist.

"PEEK BEHIND THE CURTAIN" RECEPTION

The Toledo Club • Wednesday Evening • 6 to 9 p.m. • April 17
\$50.00

Sp. wine, view the silent auction items, have hors d'oeuvres and listen to great music in Toledo Club's elegant Red Room. Meanwhile, a full dress rehearsal using New York, Miami and local professional models from SB Entertainment Group will be taking place for your viewing right across the hall.

FASHION OF THE OPERA FASHION SHOW

The Toledo Club • Thursday • April 18
Greeting - 10:30 a.m. • Show - 11:30 a.m.
\$50.00 includes lunch

Divas/Divo—\$100.00 with front row seating and private lunch dining with Michelle Cole

To be added to the invitation list email fashionshowtog@yahoo.com

Media partners:

THE BLADE 

The House Girl by Tara Conklin

c.2013, William Morrow

\$25.99 / \$27.99 Canada

372 pages

By Terri Schlichenmeyer
The Truth Contributor

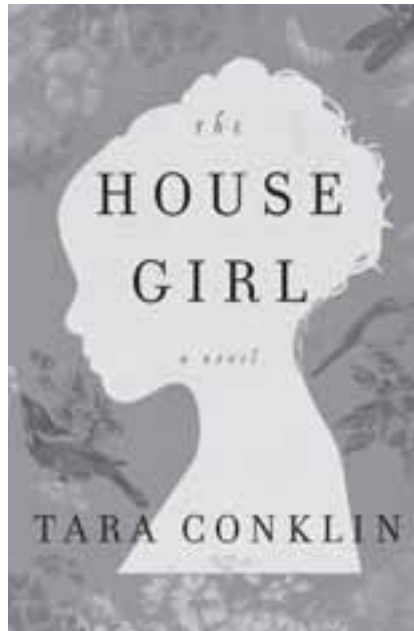
You didn't think you'd ever stop looking. You'd been searching for days for that one thing you needed – a fact, a document, a recipe, a key – and it was nowhere to be found. You tore the house up and... *nothing*. And then you found it. Actually, you'd found it several days before: it was right in front 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. The hours were impossibly long and sleep was a hard-found commodity, but she felt privileged to work on cases she'd never forget.

Like the case she'd recently been handed. 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 it and, while the case would be pro bono, if they won, it would monumental. It would also catapult Lina, her colleagues, and the firm into law history.

Lina only needed to find a connection from past to present, and damage done. Seconds after Mister slapped her, Josephine knew that she



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!

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 Blarney, City Barbeque, La Scola Italian Grill, Premier Catering and others are providing appetizers.



Coffee by Java Sensations, desserts by Jane's Cake and Confections, a 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.

EPIC Toledo's 6th Annual Birthday Bash presented by The Andersons and KeyBank is open to members, young professionals, the business community and anyone 21 years of age and older who believes in EPIC's mission of connecting emerging leaders to each other and the community.

For more information about the EPIC 6th Annual Birthday Bash, contact Desmond Strooh, Interim EPIC Toledo Director at desmstrooh@epictoledo.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.

Welcome Home To Beautiful Sylvan Lakes Apartments

Call today to see why our residents love our beautifully landscaped grounds, round-the-clock swimming pool, and amenities with an fully equipped fitness center and laundry facilities. Located just west of the road off of Sylvan Ave. Stop in today!

4400 N. Langston Place, Toledo, Ohio 43614
419-242-8882 | www.sylvanlakesapartments.com

DIXIE Auto Leasing Toledo, OH

5880 N. Detroit
Month to Month Leasing
419-476-8674

WE ARE A FULL SERVICE BUSINESS

ALPHA TOWERS Apartments

Rent Based on Income
Seniors 55 or Better
High Rise Living
888-832-3834
ToledoSeniorApptRentals.com
525 E. Woodruff Ave
Toledo, OH 43604
AlphaTowers@TheDonaldsonGroup.com

KIFARU FRIENDS

THE PERFECT BOOK FOR PICK EATERS!

AVAILABLE NOW
ORDER TODAY AT:
KIFARUANDFRIENDS.COM

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 mon-key etc.

When they say "Entitlement Class" or "Moochers", 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 paraphrasing, but trust me... only slightly.

A quick google search and you can find actual examples where they use these words to

describe you. Which is absurd when you consider the corporate bailouts, corruption and rampant lack of accountability actually make them more fitting to the descriptions they want to give you and me.

Of course the "they" I am referring to is NOT all white people.

But squarely and specifically Republican white conservatives, and particularly 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 could such a sweeping judgment ever be expected?

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 owe 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 de-regulated 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 by gambling 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 loan 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 did not overwhelmingly go 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* documentary.

The housing crisis section breaks down decades of how we got in 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 lives and it must stop.

GAMESAVVYONLINE.COM STOP BEING SO SURPRISED!

ON SUNDAY

WATCH GAMESAVVY LATERALIGHT

EVERY SUNDAY NIGHT / SUNDAY MORNING AT 10P

93.1 FM

Packed with HIP HOP & R&B

Broadcasting live on location & from Central City

Monday - Saturday 9pm - 12 midnight!

Toledoblackmarketplace.com

Coming Soon!

- Toledo's first online resource for African-American owned businesses
- A listing of businesses by category available to all Toledo area residents
- Opportunity to advertise a business for a minimum investment

Advertise today!

Only \$20 for a full-year line listing

Only \$50 annually for a business card-sized ad

Call 419-243-0007 and ask for Sade

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 150th anniversary of the Emancipation Proclamation and 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 build 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 life-saving ability to store blood plasma; Dr. Daniel Hale Williams, who performed the first successful heart surgery in 1893; 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 Sec-

retary for Health and Director of the Centers for Disease Control and Prevention.

"We honor these medical trailblazers by carrying 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 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 en-

sure 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 at no out-of-pocket cost 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 its 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 @HealthCareGov on Twitter and like HealthCare.gov on Facebook.

Learn more about what HHS is doing to fight health disparities at www.minorityhealth.hhs.gov.

THE BLACK MARKETPLACE



2 & 3 BR Homes City Wide!
Traditional financing & lease w/option available for some.
Call Montalena @ 419.320.5224 and follow me...
Your Guide To Home!!

Duplex for Purchase or Lease
Great investment property! Excellent condition! Move in ready for owner or tenants. Both units contain newer furnace, hot water tanks, new windows, updated electrical system. Both consist of large living areas and lots of storage space. WOW! Motivated seller. Easy access for showings.
Seaway Asset Management
Call Kimberly Brown - 419.810.7097

\$16,000 Down Payment Assistance
May include other incentives if you purchase now! Unique two-story brick home located Olde South End. Totally remodeled! Over 1,500 sq. ft. home furnished with appliances. 1st floor LNDY room, large bedroom. Large closets. Extra loft for entertainment. Must see!
Seaway Asset Management
Call Kimberly Brown - 419.810.7097

Hillandale - \$87,000/REDUCED
Ottawa Hills condo. 1440 sq. ft., 2 full baths. Location, location, location. Bright home, new carpet, newly painted. Spacious one floor. Lots of storage, private garage. One great unit.
Seaway Asset Management
Call Kimberly Brown - 419.810.7097

YOU'VE ALL BEEN WAITING FOR THIS!
SCREEN PRINTED TRANSFERS & AIRBRUSH
NOVARRO'S GARMENT IMPRINT
1 TO 101+ T-SHIRTS
DESIGNS FOR ANY OCCASIONS: Reunions - Business - Schools
Sports - Events - Civic - Youth ...
ENGLISH/SPANISH
Novarro.1@bex.net google **NOVARRO GIBSON 419-464-2361**

WHITTINGTON
HOUSES FOR RENT!!!!
SECTION 8 WELCOME!!
Website: www.whittgrouprealty.com
Click on Featured Listings and Navigate
GROUP REALTY OR call 419.536.7377
Email: propertymanagement@whittgrouprealty.com



THE C. BROWN FUNERAL HOME, INC.
1629 Nebraska Avenue, 43607
419.255.7682
A BETTER BUSINESS BUREAU ACCREDITED BUSINESS
START WITH TRUSTSM

"A Life with natural health and beauty"
Body magic system - designed to re-shape, restore & revive
Vitamins
Variety of nutritional supplements
Lose inches without exercise or surgery
Contact me to set up a showcase -
www.ardysinternational.com/UniqueDesigns:
Traci Barner drknlytbarner@yahoo.com: 419.346.8610



General Practice
including
Criminal (Misdemeanor and Felony)
Traffic, DUI, Juvenile and Civil
Litigation
David A. Baker
Attorney at Law
338 North Erie St. Office: 419.241.4100
Suite 100 Cell: 419.508.4004
Toledo, Ohio 43604 Fax: 419.244.6335
Email: davidbaker@dablalawyer.com


Pianist Wanted
Church looking for a dedicated, responsible and dependable Gospel Pianist to play for Sunday morning services.
For more information contact: 419-215-9020



Better Care Lawn & Show Removal Services L.L.C.
Commercial/Residential Free Estimates
Senior Citizen Discount
Insured and Bonded Landscaping
Phone: 419.917.6440 * Fax: 419.754.3953
www.bettercarelawnservice.com

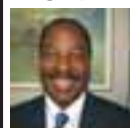



General Practice
including
Criminal (Misdemeanor and Felony)
Traffic, DUI, Juvenile and Civil
Litigation
David A. Baker
Attorney at Law
338 North Erie St. Office: 419.241.4100
Suite 100 Cell: 419.508.4004
Toledo, Ohio 43604 Fax: 419.244.6335
Email: davidbaker@dablalawyer.com



Houses For Rent
Everything New: Paint, Carpet, Stove, Refrig. Section 8 OK
MVP Property Management
419-244-8566.

Woodley Court - \$259,000
6 bedroom, 2 1/2 baths, 3488 sq. ft.-Custom-built home. Must see to believe. Located in the quiet Trail Acres subdivision. Built for entertaining or large family. Easy to show and ready for buyer.
Seaway Asset Management
Call Kimberly Brown - 419.810.7097

DEBT RELIEF?
CHAPTER 7 BANKRUPTCY

\$650.00 plus court costs
FREE ADVICE
ATTY. LAFE TOLLIVER
419-249-2703
a debt relief agency per the bky code



Good Credit or Bad Need a Car? New or Used Call JP the Stork He Delivers 419.320.0863



2 & 3 BR Homes City Wide!
Traditional financing & lease w/option available for some.
Call Montalena @ 419.320.5224 and follow me...
Your Guide To Home!!

Wanted to Buy: Diabetes Supplies
Earn up to \$12 per box of 100 test strips Must expire after August 2012. Leave labels on boxes. We remove and shred. Call 419-740-7162 and leave message.

Great First Home!!!
2028 E. London Square - Toledo, Ohio 43606
4 bd and 2 full Baths, Living rm and Formal Dining rm
Lots of potential with your improvements
Wilma Smith * DiSalle Real Estate Company
Office 419.350.7514

CLASSIFIEDS

Page 15

March 06, 2013

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 necessary for the above-referenced project at Ironville Terminal, 2863 Front Street, Toledo, OH 43605, in accordance with the contract plans and specifications, for the Toledo-Lucas County Port Authority at One Maritime Plaza, Toledo, OH 43604.

Bids will be received at the Port Authority's administrative 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 Angola Road, Toledo, Ohio 43614; www.beckerplanroom.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 unit with balcony, washer/dryer hook ups, large eat-in kitchen area, ADT sec, totally remodeled last 3 years.

Must See! Rent \$435 mon, 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 CDC is looking for an Urban Farm Manager. Please see website for detailed job description. 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 Question & Answer (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 OPTIONAL, BUT 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. <https://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 Skeldon Wozniak - Commissioner
Pete Gerken - Commissioner

Bid: 48-14-RFP/WDA-01

Safe-T-City Teachers

The Toledo Police Department is accepting resumes for the position of "Teacher" for the 2013 summer Safe-T-City Program. Interested applicants shall send their resume, home address, contact information, copies of any/all teaching certificates 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 subsidized independent housing facility for those 62 or older. We are located in a beautiful, quiet residential setting in Perrysburg. Abundant Life offers one bedroom garden apartments with private patios, indoor mailboxes, reserved parking and busing to local grocery stores. Abundant Life is a smoke free facility.

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 95.7) The Best Variety of Hits and Oldies. This position requires an experience person who can entertain our adult audience. You must be very organized, extremely motivated, driven and have a burning desire to win. Working knowledge of digital production equipment is a must. This position is now available and we will start an immediate interview process. Please get us all the details about you and your abilities for a on air shift immediately including an air check. Send to:

Brandi Brown
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

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 supervising 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 process and be able to obtain within 3 months a Mortgage 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.

Fundraising, grant-writing and/or grant management experience desired and direct and effective oral and written communications with the Board, staff and other constituencies beneficial.

A competitive salary and benefits package offered. 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:

noda.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 reviewed. No telephone calls.

Homemaker/Personal Care

Our First Love Residential Services: Now providing 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 enrolling first, second and third shifts. All new enrollees \$5 off. Call 419-720-6820

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 soldiers, were publically thanked before a crowd of 300 people on March 3 at Grand Plaza Hotel Ballroom.

The celebration entitled, "Stepping Out in Faith," recognized 16 honorees: Deacon Michael Alexander, Clara Brock, Clara Brown, Mike Colbert, Smith Davis Jr, the Ezell sisters, Eugene Holmes, Kenyatta Jones, Ollie Jones, Cerssandra McPherson, Deacon Marvin A. March, Mother Gladys Mitchell, Harvey Savage and

Stacy Turner. "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 Tisdale of Friendship Baptist Church," 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 has served as the host for many years.

Youth of Mt. Nebo es-

corted the 16 honorees to their seats, each receiving a standing ovation for his or her service.

Deacon Alan D. Crawford Sr of Mt. Nebo welcomed the guests, Kiarra Brock offered a soulful selection, and Pastor Patricia Smith of Trinity Faith Tabernacle Church presided 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 Scrutchins 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.

10TH ANNUAL BLACK COLLEGE TOUR

SEATS STILL AVAILABLE

Informational Meeting to be held on Sunday, January 27, 2013
At
Dorchester Fellowship Church
720 W. Delaware St.
3:00 - 5:00

Southern Tour includes
Fisk College - Nashville, TN
Spelman College - Atlanta, GA
Florida A & M - Tallahassee, FL
Morehouse College - Atlanta, GA
Tennessee University - Knoxville, TN
Clark Atlanta University - Atlanta, GA
Southern State University - Raleigh, NC
Tennessee State University - Nashville, TN
Alabama State University - Montgomery, AL
Ball State University - Muncie, IN

Tour Scheduled for March 31, 2013 through April 5, 2013

For More Information Call:
Travis Black @ 417 / 415-7644
Queen Black @ 817 / 948-0202

Sponsored by:
The Missouri Bay Club

National Association of Negro Business & Professional Women's Clubs, Inc.

CRUSADERS & COMPANY CHOIR
Present *Spring Musical 2013*
Making Him the Purpose *Music with Christ in the Middle*

Featuring all local gospel choirs, praise dancers and more...
Bring a friend and let's enjoy God together.

CRUSADERS OF CHRIST CHURCH

Friday, March 8, 2013 7:30 pm
910 Woodville Rd., Toledo, Ohio 43605
419.692.4080
www.crusadersforchristchurch.org

Organist: **Clifford Smith** | Pianist: **Clifford Smith**

Crusaders for Christ Church

"Friends of the Mott Branch Library"
Presents
"Mott Madness"
Thursday, March 28, 2013
Our Brothers Place
233 North Huron
Toledo, Ohio

Time: After work - until
Special Guest Artists:
Julie Jones & the Staff of Mott Branch Library

Wear your Favorite Collegiate Gear

All Proceeds Collected will go directly to Mott Branch Library Programming

(419) 259-6235