



Volume 24, No. 11 "And Ye Shall Know The Truth..." July 03, 2013

Glass City Church Honors Graduates



"We come together to have a celebration to recognize that it's an academic achievement that the young people and college students have worked very hard to accomplish the tasks during a time when there are a lot of challenges that could certainly draw those in our community away from academic success."

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Black Pastors Condemn Supreme Court for Ruling against Traditional Marriage

Coalition of African-American Pastors Lament Blow to Black Community, Families

Special to The Truth

Last week, the Coalition of African-American Pastors (CAAP) condemned the Supreme Court for ruling against Proposition 8 and the Defense of Marriage Act, two key laws supporting traditional marriage. CAAP has led the charge opposing the cultural shift on same-sex marriage and have launched a marriage petition at <http://caapus.org/marriage-pledge>.

"We are devastated that the Supreme Court succumbed to political

pressure by voting to weaken the sacred institution. They neglected our most precious children who need a mother and a father united in marriage for healthy development," said Rev. William Owens, president of CAAP. "The African-American community has already been plagued with problems related to children growing up in single parent households. This ruling will only accelerate the further erosion of our

communities and society.

"But we will not give up on marriage as the solid social institution recognized by cultures worldwide. It is time for African-Americans and the Christian community to rise up and renew their efforts to protect marriage and strengthen the families in their communities. African-Americans pay a disproportionate price as collateral damage of the aggressive gay agenda, and it will take leaders across the country to

resist the cultural shift on marriage."

The group hosted a press conference featuring influential black clergy in Memphis on Wednesday, June 26, at 1 pm CT in support of traditional marriage.

The Coalition of African-American Pastors is a grass-roots movement of African-American Christians who believe in traditional family values such as supporting the role of religion in American public life, protecting the lives of the unborn

and defending the sacred institution of marriage.

For more information, please contact Jameson Cunningham with Shirley & Banister Public Affairs at jcunningham@sbpublicaffairs.com or (703) 739-5920.

Ohio Democratic Chairman's Statement on U.S. Supreme Court Decisions Impacting Equality

In response to last week's U.S. Supreme Court decisions finding the Defense of Marriage Act (DOMA) unconstitutional and allowing same-sex couple to marry in California, Ohio Democratic Chairman Chris Redfern released the following statement:

"I'm deeply thankful that the Defense of Marriage Act has finally been struck from our country's books, and that millions across the nation and Ohio are one step closer to equal and fair treatment under the law. DOMA implemented discrimination into the highest law of the land, and it's a great day that this ugly reminder of a different time is finally gone.

"Ohio Democrats are honored to stand with our LGBT brothers and sisters in the fight to earn marriage equality for all, and continue our march to overcome the prejudice of the past. But despite our victories across the nation, Ohio Republicans in the Statehouse and Governor's office remain committed to keeping prejudice enshrined in law."

NAACP Pleased Equal Opportunity in Education Preserved by Supreme Court

The NAACP released the following statements from the NAACP in response to the U.S. Supreme Court's decision in *Fisher v. University of Texas at Austin*.

From Roslyn M. Brock, Chairman, NAACP National Board of Directors:

"This is a critical decision toward ensuring equal opportunity in education," stated NAACP Chairman Roslyn M. Brock. "It is in our nation's best interest to grant a fair chance to people with various backgrounds and ethnicities. In today's global economy, all Americans will benefit from a diverse and inclusive environment in higher education."

From Benjamin Todd Jealous, President and CEO, NAACP:

"We are pleased that the Court chose to affirm that there is a place for race in university admissions," stated NAACP President and CEO Benjamin Todd Jealous. "There is a need and a benefit for our nation to ensure all students gets a close look and a fair shot. We remain optimistic that colleges and universities will continue to act to keep doors open to students of all backgrounds."

From Kim Keenan, General Counsel, NAACP:

The NAACP applauds the Court's preservation of the Grutter standard permitting universities to consider racial and ethnic diversity as on factor among many in a carefully crafted admissions policy," stated Kim Keenan, NAACP General Counsel. "Given that University of Texas' policy can be used to admit white students for purposes of diversity, we are confident that Fifth Circuit will uphold the policy. Diversity is an opportunity for all students to obtain an education that will prepare them for to interact and compete with anyone, anywhere in the world."

Last October, the NAACP and thousands activist from across the country rallied outside of the Supreme Court to urge the Supreme Court to uphold the principles of equality, opportunity and diversity in higher education.

Ed FitzGerald Applauds Supreme Court Decision to Strike Down DOMA

In response to last week's Supreme Court decisions that struck down the Defense of Marriage Act and allowed marriage equality in California, Cuyahoga County Executive and gubernatorial candidate Ed FitzGerald released the following statement:

"Today is simply and unequivocally a great day for our country. The Supreme Court's landmark decision striking down the Defense of Marriage Act shows the immense progress we've made in the fight towards equality for our LGBT friends and family. This decision is long overdue, and I'm proud that my friend Senator Sherrod Brown had the courage to vote against it in Congress so many years ago.

"Thankfully, the Court also dismissed Proposition 8, allowing same-sex couples to marry in California. I'm excited to see such significant change taking place and to see the LGBT rights movement move forward, yet humbled by the amount of work that needs to be done in order to have equal rights for all Ohioans. Until full equality is achieved, our work must continue."

A Statement From Bishop Leonard P. Blair on the Supreme Court's Decisions Regarding Marriage

Special to The Truth

"Today's Supreme Court decisions on marriage are deeply disappointing. As I have previously written in a statement on marriage, law is a teacher that is meant to inform and uphold the common good. Accepting homosexual relationships as 'marriage' has the inevitable

effect of weakening people's understanding and commitment to what marriage really is. The state and its laws do not create marriage, but only regulate and promote it for the sake of the human flourishing that marriage provides. We will continue to be at

the forefront in upholding marriage as a union of one man and one woman that is marked by permanence, fidelity, procreation and family."

Bishop Leonard P. Blair, Diocese of Toledo

Community Calendar

July 7

Northwestern Association 100 Women in White: Calvary Baptist; 4 pm

July 9

Job Fair: Noon to 4 pm; Stautzenberger College

July 15-19

Pilgrim's Vacation Bible School: "Colossal Coastal World;" 6 to 8:30 pm; Open to children from five to 12 years: 419-478-6012

July 27

St. Stephen's COGIC Community Day: 11 am to 5 pm; Food, fun, activities

July 27-28

Calvary MBC Women's Day Celebration: Saturday - Prewomen's Day Luncheon - 11:30 am, Speaker Trishia Ethridge of Greater the Dream Church; Sunday - Women's Day Service at 10:45 am, Speaker Elder Cythian Johnson of Agape Love Ministries

August 23-24

5th Annual sacred Strings Showcase Concert: Mays Chapel Unity Holy Church; Fri - 5 to 9 pm; Sat - 3 to 8 pm; Celebrating African American steel guitar tradition

Helping Graduates Pay Down Debt and Plan for the Future

By U.S. Sen. Sherrod Brown



Last week, I heard from Lynsay Spratlen, a Macedonia native and Ashland University graduate who is currently working at a tech firm in Summit County. Like many recent college graduates who see most of their income going to pay off high-interest private student loans, Lynsay lives with her parents. Even though new graduates are entering into a better economic climate and better job prospects, their heavy debt burden means that fewer of them can afford to buy a home, start a business, or continue on to graduate school.

Historically, higher education leads to higher wages. Today, however, higher education also means higher levels of debt. Student loan debt now exceeds \$1 trillion – more than credit card debt and more than auto loans. In fact, student loans are second only to mortgage debt in this country.

According to the Wall Street Journal, the average borrower earning a bachelor's degree in 2013 has \$30,000 in student loan debt.

Last month, I discussed the importance of subsidized Federal Direct Stafford Loans for families making less than \$40,000 a year. And today, we must act to stop those loans from doubling – from 3.4 percent to 6.8 percent. That's why I introduced the Student Loan Affordability Act, which would keep college affordable for more middle-class and low-income students.

However, while the Student Loan Affordability

Act bill is critical for current and future borrowers, it doesn't address the private loans that students turn to because federal loan limits too often don't cover the full cost of books, room and board, fees, and tuition.

Keeping Stafford loan rates low won't help relieve the burden facing current borrowers. Today, there are 2.9 million students with more than \$150 billion in private student loan debt. More than 80 percent of undergraduates with high

student debt – those with more than \$40,000 in debt – have private loans.

Private loans typically have higher interest rates – that can top 18 percent. While federal student loans offer repayment plans based on a borrower's income and allow borrowers to defer payments if they are facing difficult times – private student loans give borrowers very few options.

That's why I introduced legislation last week to help stop the fleecing of

college graduates who are stuck under a mountain of private student loan debt. My Refinancing Education Funding to Invest for the Future Act addresses this problem by authorizing the Treasury Department to make the private student loan market more efficient.

After all, why should our students and graduates be the last to benefit from historically low interest rates? By refinancing homes, homeowners have been able to free up money for

other, more productive uses than simply servicing their debt. My bill would allow borrowers with private student loans to refinance their costly private loans into more affordable loans. These borrowers could see their interest rates cut in half, lowering their payments at no cost to taxpayers.

By passing this legislation, we can help students, like Lynsay, pay down their debt and start making plans for the future.

State Rep. Ashford Votes Against Budget that Prioritizes the Rich and Leaves Middle-Class Families Behind

Partisan budget raises taxes on middle class, denies Ohioans healthcare and continues cuts to public education

The Ohio House of Representatives voted this afternoon to approve the state's two year operating budget, Sub. HB 59. The budget puts millionaires first, while raising taxes on the middle class and continuing to hurt our school and communities. The final budget fails to address Medicaid expansion for hundreds of thousands of working poor throughout Ohio.

“Gov. Kasich 61.7 billion is the largest GRF budget in Ohio history. Since Governor Kasich assumed office in January 2011, his budget has been divided into two parts the haves and the have not's.



The first budget cut public education by 1.8 billion and in this budget there is an additional \$32.7 million cut from education Let's review the budget.”

- 12.5 percent increase to local property taxpayers on new and replacement levies/ and hurt funding for Public Education.
- 436 school districts will see more cuts (3out of4)
- 13 billion in federal funding lost in Medicaid Expansion.
- 28,000 New jobs lost by refusing Medicaid Expansion
- 26,000 veterans continues to go without healthcare coverage
- 275,000 people denied healthcare coverage
- 10 percent tax cut that favors the very top wage earners
- 25 percent sales tax increase that will disproportionately hurt

working and middle class families

because of the refusal to adopt federal Medicaid coverage

“This budget puts millionaires first, leaves middle class families behind, it denies healthcare coverage to those in need, and it's an extreme attack on Women's healthcare. The defunding of Planned Parenthood puts many women in jeopardy across the state of Ohio. The GOP refused to ask the state Oil and Gas companies to pay their fair share in taxes, causing local government to foot the bill for Road Repairs, environmental clean-up and infrastructure improvements. We have totally ignored our seniors

by adding a cap for Homestead owners, and turning our back on our Senior Centers.”

Democratic members of the Ohio House pulled a discharge petition today before session in a final effort to move Medicaid expansion – House Bill 176 – directly to the floor for a vote. They called on Gov. Kasich to help get the eleven Republican signatures necessary to ensure the budget reflects the priorities of Ohioans and provides commonsense healthcare to those in need.

SPECIAL NOTICE
REQUEST FOR INFORMATION

The Mental Health and Recovery Services Board (“Board”) is seeking information regarding proposals from ODMH and/or ODADAS certified agencies for the provision of recovery oriented treatment programs that advance the Board's System-Wide Goals and fill service gaps in Lucas County's behavioral health system. The Board anticipates investing up to \$1.7 million in these services. A complete description of the “Request for Information” and submission requirements, as well as copies of the “2014 System-Wide Goals” and “2014 Gaps Analysis” are found under “Quick Links” on the Board's web-site at <http://www.co.lucas.oh.us/mhrsb>.

MY MOM IS BATTLING CANCER. I NEED TO WORK FULL TIME. I WANT TO BE THERE EVERY DAY. HOW CAN I DO IT ALL? MY MOM IS BATTLING CANCER. I NEED TO WORK FULL TIME. I WANT TO BE THERE EVERY DAY. HOW CAN I DO IT ALL?

MY MOM IS BATTLING cancer.

I need to work FULL TIME.

I WANT to be there EVERY DAY.

HOW CAN I do it all?

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– April, daughter of a Hospice of Northwest Ohio patient

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Scott High School Centennial Celebration

Special to The Truth

This year (officially the year of the Bulldog) Scott High School is celebrating the 100th anniversary of its opening in the fall of 1913. Dedication ceremonies in June of that year featured Amherst College President Alexander Mekkleejob who spoke to a crowd of over 8000.

The school was named after Toledo businessman and philanthropist Jesup Wakeman Scott. President of the Toledo School Board at the dedication was Edward Drummond Libbey who was married to Florence Scott, Jesup's granddaughter.

Funding for Scott (and Waite) was passed in a 1908 TPS levy for \$500,000. Final costs for Scott were \$290,000.

The site on Collingwood Boulevard was selected based on population and academic statistics.

Construction started in 1911. The first day of classes was September 8, 1913. 1,193 students attended.

Scott High School is one of a small number of high schools in the nation still in its original building.

While the demographic mix at Scott has shifted over the years the educational goals of the school and the spirit of its alumni continues to be strong.

The school's Hall of Fame (attached) identifies many of the outstanding students educated at the institution. Scott also produced two national football championships, state basketball champions and other outstanding individual sport figures.

On October 19 alumni and friends will meet at Seagate Centre to celebrate the schools 100th year. A dedicated committee has been planning this event for a couple of years and is looking forward to an exciting evening of historic review and fellowship. Classes from 60, 50 and 40 years ago will be hosting individual events on Friday October 18. On Sunday there will be an open house at Scott.

Over 1200 attended the 75th anniversary event and a large crowd is expected this October.

All funds raised will be used in perpetuity to provide an annual college scholarship to a deserving Scott graduate.

For event details call Scott High School at 419 671 4000 or visit the TV 11 web site and click on invitation details.

Once a Bulldog, always a Bulldog.



African Art Has Arrived!!

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



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



See more art online at www.thetruthtoledo.com



The Truth Gallery
1811 Adams Street
419-242-7650

A Toledo Soldier's Story: PFC Morris Takes a Hit in Afghanistan

By Sojourner's Truth Staff

On June 18, 2013, two days before her 24th birthday, PFC Stephanie Morris, a Toledo native and graduate of Libbey High School, was waiting at a bus stop in Bagram, Afghanistan with seven other members of her unit when the group was subjected to a mortar attack.

Four young soldiers were killed in the attack including Morris's best friend and roommate. Morris sustained injuries to her left leg and right foot. She was flown first to Germany for initial treatment and thence to Walter Reed Hospital in Silver Spring, MD, where she is currently recuperating.

Morris, who received a Purple Heart for the incident, has already undergone six surgeries – a rod to support her broken left femur and a number of procedures to her right toes, two of which were crushed – won't be walking for a while said her mother, Relda Bates, who has



joined her in Maryland.

"I'm a soldier, I have to tough it out," said the E3, who drives trucks in Afghanistan. Or, at least, used to drive trucks. No more battlefield experiences are in store for the 14-month veteran,

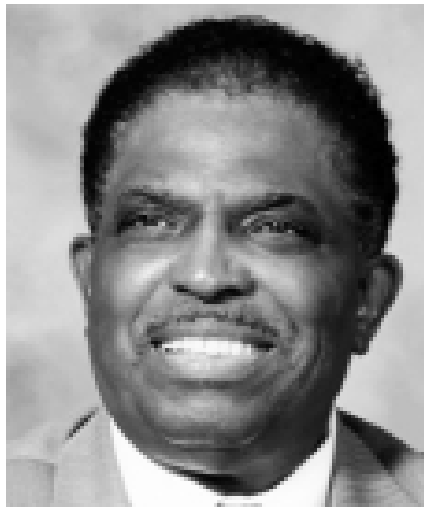
but she does plan to stay in the Army and earn a nursing degree.

Morris ran track at Libbey and played basketball and tennis during her four years at the school. She is anticipating undergoing a

few more major surgeries to her toes, depending on how well they respond to treatment.

In Memory of: Rev. James C. Williams Jr

Rev. James C. Williams Jr., 84, passed Wednesday, June 26, 2013, at Regency Hospital. Born in Henderson, KY on December 25, 1928, eldest son of James and Fannie Williams. He was the Founder and Pastor Emeritus of Tabernacle of Faith Church.



He is survived by his wife, Rosalyn Williams; daughters, Jacquelyn (Charles) Polk and Kimberly (Keith) Schumacher; son, Rev. James (Carletta) Williams III; 11 grandchildren; 15 great-grandchildren; 4 brothers, and a host of family and friends.

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- Riverside
- Robinson
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- Spring

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The Truth HEALTH



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

Summer Salads

By Patrice Powers-Barker, Ohio State University Extension, Lucas County

The Truth Contributor

Make your summer day healthy with a cool, fresh summer salad. Many options are available from your own kitchen creation to a variety of restaurant selections. Don't assume that "salad" means a low-fat dish until you check the following tips.

Add more dark green

Use the salad base to throw in a few extras besides lettuce. Americans are encouraged to eat more dark green vegetables and MyPlate lists a few greens that make a tasty addition to a traditional salad base. Try some baby kale, romaine lettuce, spinach, watercress or mesclun, a

mix of baby lettuce greens. The darker color leaves indicate more nutrients and flavor compared to a light green color like iceberg lettuce.

Make half your plate fruits and vegetables

In addition to the base of dark green leaves, salads give plenty of opportunities for adding more colors of vegetables and fruits. Not only do different colors of fruits and vegetables help you eat healthier, they also add color and flavor to every bite!

Dressing on the side

Why is the statement, "dressing on the side" a

healthy request? If you are ordering a salad, you do not know how much dressing they will add. As a healthy choice, you can limit the amount of salad dressing to about one tablespoon of dressing for each 1 1/2 to 2 cups of greens. You are not required to use all of the salad dressing from the side. Salad dressing can be a nice addition to a salad; just don't drown the lettuce in it! Think outside of the bottle. Salsa is a low-fat option that could replace salad dressing.

Adding protein

Summer salads can be an entire meal. If you choose to add protein, keep it lean.

Choose grilled meats over fried meats. Add some dry beans like kidney beans, chickpeas or black beans. Sorry, bacon bits are not considered a lean meat.

Choices at restaurants

Surprisingly, many salads at restaurants can boast more calories and fat than some of the sandwiches. This happens with the addition of higher fat toppings. Restaurants post nutrition information for all their food, so check out your favorite salad to make sure it fits into your healthy day. When you have options, choose grilled meat over fried meat and salad dressing on the side. Sometimes a side salad consists of lettuce and other vegetables without the high-calorie toppings.

Choices at the salad bar

Not only could you be adding extra calories and fat to a salad with some of the toppings, you could also be adding extra sodium. If you are watching your sodium intake, know what foods you are limiting and don't add them all on your plate from the salad bar. Choose a tossed salad over other salads with a mayonnaise base such as potato salad or macaroni salad. Follow



the other tips such as watching the amount of salad dressing and adding lots of extra vegetables.

Flavor boosts

You can add a lot of flavor without adding a lot of fat or sodium. Top your salad with ground black pepper or fresh herb leaves. Fresh herbs are a nice addition to a variety of colors in the salad. Chives will add a light onion flavor, basil pairs very nicely with tomatoes and parsley is a nice addition to all types of salads.

Rounding out the meal

Match your healthy salad with sides like a whole-grain roll and a glass of milk. If your salad is not already topped with any fruit, enjoy some for dessert. Summer is the best time of year to enjoy

all sorts of fresh, colorful fruits and vegetables. A healthy salad can make either a great side-dish or main dish for your next meal!

Interested in growing some of your own salad ingredients in the garden? Although cool-weather crops like lettuce, spinach and radishes do not do well growing in hot summer days, they can be planted again in summer for a later crop when things start to cool down again. The OSU Extension, Lucas County is offering a three-series class on Fall Vegetable Gardening.

The first class is Monday July 15th from 6:30pm – 8:30pm called Planning and Planting the Fall Vegetable Garden. For more information about the class cost, location and to RSVP, please call 419-578-6783.

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BOOK RELEASE...

If you are looking for a devotional guide to help you grow and mature in the word, *Early Will I Seek Thee*, by my friend and brother, Pastor T. J. Thomas is the one for which you've been looking. This inter-actonal devotional not only allows you the opportunity to meditate on the word but also it includes time and space for you to journal, reflect and navigate where you are in your walk with God. This devotional is a must for those who are willing to go deeper into the wells of wisdom. I highly recommend *Early Will I Seek Thee* for your use as you move through Proverbs, the Book of Wisdom.



PASTOR TALMADGE J. THOMAS

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-Pastor Tyrone D. Gordon
Transforming Life Christian Church
Dallas, Texas

This Summer: Stay in Shape without a Gym Membership

Special to The Truth



It's not as easy to hide under layers of clothing during the summer. You'll want to look your best in those shorts, t-shirts and bathing suits; as such, staying in shape is key.

Many lifestyle experts say you have more than enough space for a makeshift gym inside your home or apartment, no matter how small it is. And during the warmer months of the year, you can also make great use of your home's outdoor spaces.

"Not everyone can designate an entire room of their apartment, condo or home to exercise; but as long as you have some floor space, you can get a great full-body workout," says Wendy Froehlich of Homes.com, one of the nation's top online real estate listing and lifestyle resources.

Whether you live in a mansion or efficiency, you can stay fit with these great moves:

• **Get Zen with yoga:** All you need is a yoga mat and a little floor space to practice yoga; a quiet and relaxing way to wind down, stay flexible and gain strength. Try the poses on your back deck, balcony porch or even your living room. Likewise, Pilates moves can be done on a yoga mat as well.

• **Easy Equipment:** Get toned with free weights, exercise bands, ankle weights and stability balls. You can do your reps right in front of the television. And the beauty of this inexpensive equipment is that it doesn't take up much space inside your home or apartment when you aren't using it.

• **Flat Abs:** For minimal movement with maximum impact, try bicycle crunches. You'll target your core -- specifically your obliques -- without disturbing the neighbors.

• **Push it with a plank:** Simply push off your mat as though you're doing a push up and rest on your elbows and toes. Keep your back flat and maintain the pose for two sets of two minutes. It's a challenging but rewarding fitness move that provides a full body workout and especially targets your core.

• **Classic moves:** Some of the best moves require no equipment whatsoever. Pushups, crunches, squats and floor lunges are all classic fitness moves that will help you tone and tighten in your very own home.

• **Pull ups:** A pull-up bar is simple to install in any doorway, so even those in temporary home rentals can target their biceps and back muscles with a few sets each day.

• **Every day activity:** Make simple lifestyle changes to burn extra calories throughout the day. If you live in a multi-story building, become a more active apartment dweller and take the stairs. Did you know that you can burn about 300 calories per hour of housework? Get a great workout while vigorously cleaning your apartment once a week.

More lifestyle tips for maximizing life in small apartments and homes can be found at www.Homes.com.

Drop the excuses! No matter your budget or space limitations, you can look great this summer by designing a workout routine for your home.



TURNERMAN PRODUCTIONS PRESENTS

"CAPTIVATED"
 Sat. August 24th
 7:30pm
 Maumee Indoor Theater
 601 Conant St. | Maumee, Ohio
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 Tickets: \$20 | Warning: PG-13
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 turnermanplays@yahoo.com

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African American Festival July 20 - 21, 2013 Toledo, OH

University of Toledo - Scott Park Campus

For more information on this year's festival, please contact Declan at Toledo Urban Federal Credit Union @ 419-259-8876.

Ladies, PUMP YOUR GUNS!!!

By Angela Steward, Fitness Motivator
The Truth Contributor



Ladies, pump your guns!! Many women make a huge mistake when stepping into my gym! If I announce, "Ladies, grab some weights," they tend to grab the lightweights. If they're new to my class I will usually overlook their *girly* selection! But if they've been exercising with me regularly, they know we grab eight lbs for light lifting, 10 lbs for moderate lifting and 15-20 lbs for heavy lifting!

Unfortunately, most

women assume that heavy weightlifting will turn them into a man-woman!!! Of course, we don't want to get big and bulky so we gravitate towards exercise programs that don't include weights or use very lightweights, like Pilates and Zumba!

So they grab three-pound weights that they believe will help them burn enough calories to give them the body of their dreams, but in actuality they're lifting or shaking the same weight as the purse they carry every

day.

Then they head off to the exercise mat to crunch for 10 to 20 minutes to get that lean body and super-flat tummy! Unfortunately, these women accomplish very little as far as toning or muscle definition. They may burn some calories during the cardio workout and maybe a few hundred more by shaking or lifting lightweights, but they won't reshape how their body looks.

A total body transformation cannot and will not take place picking up lightweights, shaking any type of weight, or running away from the heavy weights. If you're picking up less than a five-pound weight in my class it better be for a warm-up!

If you want a complete body transformation, you have to change your patty-cake workout! It's time to change course. If you want to look like you work out, it's time to introduce "heavy" weight lifting into your exercise program today!

"But won't I get bulky?" No, and here's why: men

have higher testosterone levels than women; women have higher estrogen levels than men. Men produce higher levels of testosterone because most of their testosterone comes from their testes.

We don't have testicles, we have ovaries! Our ovaries produce testosterone in a very small dose and testosterone is the primary muscle-building hormone in the body. Since we have significantly less testosterone, we cannot put on muscle mass as easily as men.

Even women who want to build bigger muscles and work extremely hard to bulk up, still build less muscle mass as men. So stop worrying and start lifting – I promise, you won't turn into the Incredible Hulk or Hulk Hogan!

The second reason you won't grow Hulk*ish* from lifting heavier weights is that women don't eat enough calories to create the same mass as men.

Think about it, when was the last time you overate to gain weight? Not overeating because it tastes so good, but because you want to gain weight! Most of us are raised to be restriction eaters; we want to be slimmer, not bigger. To become the female version of Hulk Hogan, you'd have

to eat excessive calories daily, add supplementation, and lift heavy weights on a regular basis. Getting huge isn't easy. It won't happen just because you learn how to bench-press.

So now let's talk about the fabulous benefits of weight training. Heavier weights offer us a higher metabolic rate. Lifting heavier weights creates tiny muscular tears throughout the body. You burn more calories post-work out to repair those tiny tears!

The next benefit to lifting heavier weights is you'll see better muscle definition. When you lift lightweights (two to three pounds) your muscles are barely challenged. So, your muscles won't grow - they've adjusted to carrying the equivalent weight of your purse day in and day out.

You have to push yourself harder and take the weight up to the next level, that's when you see muscle definition and form improve. Of course, you must also follow a proper diet for weight and fat loss; heavy weights will create the greatest change to how your body looks!

The best benefit of lifting heavy is you become stronger. Everyday activities will get easier over time. You won't need to call

your husband or brother to move a couch or carry your suitcase anymore. While building muscle, you also lower your chances of injury while participating in sports or other activities. Stop wasting time lifting the girly (three to pounds) weights (three to pounds) weights (three to pounds) weights (eight pounds and up) and lift.

Don't fear heavy weights anymore, what you should fear is being old and weak. Push yourself – you're stronger than you think you are! Ladies - Pump Your Guns!!!!

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DEAR RYAN,

Hi Ryan,
 My name is Sandra and I have been reading your articles for years and I find the information in them very interesting. On the other hand I have not implemented one single thing. I am very overweight, out of shape and embarrassed to even attempt the things I read in your articles. I fear that if I don't do something my health is going to diminish quicker and I'll be more embarrassed and miserable than I already am. I want to do something but I just don't think I can find a starting point. I'm hoping that if I read something directly for me it will help me to get in gear. I really want to make changes but I'm ashamed of how I look and I can't too much without resting. I feel helpless and hopeless.

Dear Sandra,
 It's great that you realize you have an issue with your health and that you want to make changes. Here's the thing - it's about you, your health, self-esteem and quality of life! Who cares what anyone thinks as long as you are doing things to improve YOU!

You are not doing this for others' approval; you are doing this to improve you and that's all it's about....YOU!

Be selfish with it. You need to realize it's a personal commitment to yourself not to spectators and people who have no bearing on your life. Second of all, it's about your family, you have loved ones who want to see you, do things with you and have you in good health so you'll be around for a long time.

Start out slow, Sandra. Set aside 10 minutes a day for the first week then increase it five to 10 minutes each week until you reach 30 minutes. Begin with walking. If you can't walk too far then don't walk far, but try to go farther every time you walk.

Go five minutes out then walk back to your starting point. Without knowing of any health conditions or limitations you may have, I can't really be too specific on how you

should proceed. I can make a few "suggestions" though.

Chair squats - stand over a sturdy kitchen chair with your feet shoulder-width apart or wider (adjust according to your flexibility and range of motion) and just simply sit down and stand back up trying not to use your arms to push off or your legs.

Begin with five reps and progress to 12.

Push-ups - start on your knees keeping your hands even, a little wider than your shoulders but in line with them. Lower yourself with control and if you can't push yourself back up then just return to the starting position and repeat. You will eventually be able to push yourself back up. Again start with five reps and increase.

Shoulder presses - you won't even need weight to start out with these just do them until you feel your muscles start to

burn. Stand with your feet shoulders-width apart, raise your hands straight up as if you were touching the ceiling then lower your hands just to the outside of your shoulders like your trying to touch your elbows to the ground, then repeat until you feel like your fatiguing. Lastly just do a simple high knee march for 30 seconds. Pump your arms and land your feet softly on the ground, don't stomp. This will help get a little more cardio in, work on your flexibility and range of motion in your knees and hips.

I will be more than happy to have you come in and I will show you a few more things you could do at no cost to you.

It's all about you, Sandra!

*I will be lowering my fees to \$20.00 per session for the entire month of July

* Dream Bodies Fit Camps will have started at Ottawa Park M/W/F @ 9:00 a.m. and 6:00 p.m. classes will be available

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(Proper technique, putting a program together and creating clean eating habits)

Please call or email me for more information.

Receive emails with monthly specials, tips and recipes by sending an email to mydreambodies@aol.com and put DEALS in the subject bar.

Ryan Rollison
 Dream Bodies
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 mydreambodies.com



Three Super Foods That Can Improve Your Health

Special to The Truth

In a world where fatty, fried and frosted foods are often the cheapest, quickest and most readily available options, it can be easy to forget the true purpose of eating -- to healthfully fuel our bodies.

“The higher-quality fuel you put in your body, the better you will function. The right diet can potentially prevent you from developing certain diseases and conditions,” says Gerry Cysewski, Ph.D., co-author of “Spirulina: Nature’s SuperFood,” and Chief Science Officer of Nutrex Hawaii, a nutritional supplement manufacturer.

And despite what many people think, healthful eating doesn’t have to come at the price of taste or time. Foods rich in nutrition can make quick snacks and be incorporated easily into your favorite dishes.

Here are ideas for how to fit three super foods into your diet:

Blueberries

Skip the sodium overload of chomping on chips and lower your risk for heart disease, diabetes and even the common cold with some blueberries. Blueberries are full of flavor as well as antioxidants, phytoflavonoids, Vitamin C and potassium.

While they make for a great snack on their own, blueberries are also delicious as a yogurt, oatmeal or cereal topper.

Spirulina

For a wealth of protein, vitamins, minerals and antioxidants, take a cue from the ancient Mayans and Aztecs and incorporate spirulina in your daily diet.

Hawaiian spirulina, a microalgae-based super food, contains more than 100 nutrients, and a three gram serving contains higher levels of key antioxidants, enzymes, vitamins and minerals than five servings of fruits and vegetables.

“A single serving of spirulina is like a rainbow of good nutrition, containing the orange of beta-carotene for immune system support, the yellow of zeaxanthin for eye and brain health, the green of chlorophyll for anti-toxin health benefits, and the blue of phycocyanin for inflammatory balance,” says Cysewski.



What’s the best way to get your daily dose? Consider taking pill supplements, or if you prefer, mix spirulina powder in dips like guacamole or hummus. Or for a tasty breakfast, lunch or snack, try this smoothie recipe:

Blend these ingredients together and serve immediately:

- 1/2 cup yogurt
- 1 cup of fruit juice (apple, orange or pineapple)
- 1 or more of the following: 1 papaya, 1 peach, 1 mango
- 1/2 cup of boysenberries or raspberries
- 1 teaspoon Hawaiian Spirulina powder

More information on the benefits of spirulina can be found at www.Nutrex-Hawaii.com.

Spinach

Popeye was onto something when he downed those cans of spinach. The dark leafy greens contain minerals, vitamins, pigments and phytonutrients that benefit eyesight, blood pressure, muscles, bones, skin and a healthy nervous system.

For a low-fat, low-calorie source of iron and protein, put the burger down and eat spinach instead. Opt for the fresh variety, swapping out iceberg lettuce in salads, or sauté lightly with olive oil and garlic for a great side. Spinach is also tasty in omelets and makes a healthy alternative to ground meat in lasagna.

With a little creativity, giving your body the right fuel it needs to stay healthy can be convenient and delicious.

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Nelson Mandela by Kadir Nelson

c.2103, Katherine Tegen Books / HarperCollins \$17.99 / \$19.99 Canada 32 pages

By Terri Schlichenmeyer
The Truth Contributor



away, and she tried hard not to cry.

At school, Rolihlahla's teacher refused to say his Xhosa name, so she called him "Nelson."

As Nelson grew, he attended the finest schools in Johannesburg. He became a lawyer so he could help his poor and powerless African countrymen.

But something else bothered Nelson just as much as poverty: the South African government had a policy that split its citizens into three groups and it wasn't fair. They called it apartheid, and Africans hated it.

So Nelson organized rallies and spoke to the people. He was jailed for speaking up, but he never stopped fighting against apartheid. He married and became a father, but he never stopped fighting. He organized rallies and protests, and never stopped fighting. A warrant for his arrest was put out, but Nelson never stopped fighting...

Until he was caught, arrested, and imprisoned. He was sent to a small island where he sat in a tiny room every day, eating cold meals and working hard labor. He was there so long that when he got out, his children had all grown up. More importantly, South Africa had ended apartheid.

Finally, after almost 28 years, Nelson Mandela was set free. He was elected as South Africa's new leader. And the people celebrated.

You always want to give your child a good sense of history, whether it's in the past or in the making. Nelson Mandela is a good book for both.

Author Kadir Nelson gives kids just the right amount of information here; he's honest in telling what happened, without being scary. Curious kids will appreciate that this book is made kid-friendlier with a two-page section at the end that could help answer lots of questions.

But Kadir Nelson's words are only half the appeal.

Nelson is also the illustrator here, and his paintings – from the magnificent cover to every page inside – are addictive. It's the artwork that makes this a book you'll want to browse, whether your children are around or not.

Kids ages four to seven will love this story, and I think older gradeschoolers will appreciate it, too. If your child needs a little time out for reading, Nelson Mandela is a book you should make room for.

Your mother sent you to your room the other day. You hate that.

You didn't think you were being naughty but Mama did, and she punished you. You had to sit in your room alone for awhile and you cried, maybe, or pouted because it just wasn't fair.

Now imagine being locked in a room for years and years and years for no good reason. That's what happened to a great man in Africa, and in the book Nelson Mandela by Kadir Nelson, you'll read about that man and his life.

Rolihlahla loved to play with his friends, fighting pretend-battles and hunting with slingshots on the grassy hills of Qunu, South Africa. But he couldn't play forever: Rolihlahla was smart, and smartness like that needed an education. Rolihlahla's mother knew she would miss him while he was

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It's Time to STOP HATING on LeBron James

By Michael Hayes
Minister of Culture



Black people have perfected the art of self-hatred like no other race.

There are levels to the hate, even though there may not always be reason or rhyme to it.

The "crabs in a bucket" mentality continues to reign supreme, but now it's not just finding excuses to talk about the dude who got the job or car you wish you had.

In this day and age black people are icons in business and entertainment.

In this day and age, black people have remixed the very idea of what it means to be a mogul. In this day and age, black people are world leaders.

That means the sides of that bucket now reach up to heights we could only imagine before. You got climbing crabs just about to get out and bottom crabs focusing even harder on efforts to drag them back down in any way they can.

When it comes to men like President Barack Obama, Shawn "Jay Z" Carter and LeBron James... they have reached such heights of success in their respective fields that the average hater can't really mess up their power or money (well, depends on if that hater is white or a member of Congress or not... but you get the point).

So what's left to destroy? Their legacy, of course,

their legacy.

If you haven't noticed that the hate aimed at LeBron James has reached mythical proportions then you haven't been paying attention.

It's starting to defy logic at this point.

When people starting saying he wasn't clutch and making jokes about his fourth quarter misses, I went and looked at some of those Cleveland Cavs games on Youtube.

Yes, his first season in Miami he did disappear down the stretch of a few play off games.

But the previous five seasons in Cleveland he demonstrated a comfort and even a measure of success with being the "go to guy" for his team in the closing minutes of big games.

When you counter

with actual statistical data and video proof to the contrary, their argument morphs from "basketball talk" to an indictment of character. If you follow them down that rabbit hole, you'll find a familiar sign-off/cop-out: "I just don't like dude".

I'm a different type of NBA fan.

Not a sports guy really, so I don't feel the need to lock myself into one team at birth and only like that team until death.

I've often said that level of fan loyalty in major sports makes zero sense to me when the coaches, players and even philosophy of your favorite team is one trade or new owner away from being entirely stripped away without warning.

But I am not a bandwagon-er, either.

I don't wait until a team starts winning to like them.

With me, it's one simple yes or no question that determines what team I ride with:

DO I LIKE HOW THEY PLAY?

In the 2011 NBA Finals I was so happy to see The Miami Heat's Big 3 on the biggest stage, but if you ask anyone who spent time on my couch next to me that June... one sentence kept flying out my mouth in between bites of pizza: "Next year, LeBron! Next year!"

I really wanted LeBron to get his ring, but not before Dirk Nowitski and the Mavs got theirs.

That's the kind of fan I

someone's "LeBum" rant

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am.

I had been paying attention to Dallas for years.

I was hurt when they fired Avery Johnson and all that.

I even followed the "Nowitski/Nash then Nash goes to Phoenix, Shawn Marion in Phoenix, then Marion goes to Miami briefly before teaming up with Nowitski" sub plot.

It was hard to root against Miami, because I genuinely liked them.

But Dallas had just been through too much, and worked too hard to go home without the hardware that season.

But as soon as Dirk slid that championship cap onto that big German head of his, I said to myself "Okay LeBron, it's all yours".

The Miami Heat win the NBA Finals in 2012 and The Big 3 become instantly validated. Right? Right.

So what now?

This past season had me glued to every Miami Heat basketball game I could find.

Their "center-less" offensive experiment really started to define their style of play and prove to be tough match-ups even for teams following the new "small ball" approach.

The 27 game winning streak alone... the second longest win streak in N.B.A. history ... should earn LeBron James and the Miami Heat some well-deserved respect.

He worked on his post game with Hakeem, he worked on his foul shots with Ray Allen.

He is proving to be a champion humble enough to still put the work in to adding to his skill set, if that's not a winner what is?

He's getting better each year and breaking records left and right, so is this hatred really about LeBron James drawing outside the lines of basketball purists expectations?

Please don't tell me it's about how he left Cleveland.

After seven long seasons of his best effort and their inability to match his talent level they need to be grateful he left in the manner he did.

Without "The Decision"

(blame the PR guy), The Cavalier's front office flaws would have been exposed and the world would have hated LeBron a little less but would never again respect Cleveland's mismanagement of its greatest chance at victory.

So, if it's not about basketball...it's not about Cleveland... what is it?

Are y'all watching the same LeBron James show I'm watching?

The Miami Heat posting their hoodie pic in solidarity with justice for Trayvon Martin was a risk not many pro/elite athletes would take...but he did that.

Turning his work out regiment into an annual free bike give away in his hometown, he did that.

Representing black fatherhood and monogamy to his high school sweetheart on his own terms and not as part of some team/league engineered cuteness... he did that too.

He openly defends his teammates and even defers to them.

So this isn't about character.

It can't be the Miami Heat leadership because they have proven to be one of the most stable, intelligent and truly family-oriented franchises in modern sports.

It can't be the Miami Heat team because...well, name another team where EVEN THE ROLE PLAYERS are stars in their own right and talented enough to start on other rosters.

I mean, it can't be any of that...because hating on that would make you a fool.

So what is it?

I'm not sure I have a clue as to what is at the source of this LeBron James hatred at this point.

And honestly, deep down... neither do you.

So stop it.

He's not the next anything or anybody, but he is the first.

And he's from Ohio too!?

The most talented basketball player on earth is from my state!

Maan, y'all tripping.

Long Live King James!

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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

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This position is M-F, 8 hours a day; however, the selected candidate will be expected to be available to the refinery either by phone or in person 24 hours a day as needed.

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Notice to Bidders: Inquiry #FY13-80, (Project # 0083-13-849) for Pharmacy Laboratory Renovations for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, July 16, 2013. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$115.00 will be charged per set. Any further information may be obtained from Lance Mushung of SSOE Group at 419-255-3830. One Pre-Bid Conference will be held on Tuesday, July 9, 2013 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$902,000.00; Breakdown: General Const: \$346,000.00; Plumbing: \$64,000.00; Fire Protection: \$17,000.00; HVAC: \$265,000.00; Electrical: \$210,000.00.

SPECIAL NOTICE REQUEST FOR INFORMATION

The Mental Health and Recovery Services Board ("Board") is seeking information regarding proposals from ODMH and/or ODADAS certified agencies for the provision of recovery oriented treatment programs that advance the Board's System-Wide Goals and fill service gaps in Lucas County's behavioral health system. The Board anticipates investing up to \$1.7 million in these services. A complete description of the "Request for Information" and submission requirements, as well as copies of the "2014 System-Wide Goals" and "2014 Gaps Analysis" are found under "Quick Links" on the Board's web-site at <http://www.co.lucas.oh.us/mhrsb>.

Proposals must be received no later than 5:00 PM on August 12, 2013.

Legal Notice

Bid packets will be received by Lucas County Job & Family Services (LCDJFS) until **3:00 p.m., July 31, 2013** for the selection of Provider(s) to provide **Fatherhood Services** for eligible participants. 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 **October 1, 2013** through **September 30, 2014**.

No bids will be accepted after **3:00 p.m., July 31, 2013**; bids that are submitted via any method other than that described in the RFP will not be accepted.

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An Electronic Question & Answer (Q&A) process will be from June 26, 2013 at 8:00 a.m. to July 10, 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 July 10, 2013 at 12:00 p.m.; the posting of the Q&A will be on July 17, 2013. 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).

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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-02

ADS POSTED ONLINE AT:
www.TheTruthToledo.com

Northgate Apartments 610 Stickney Avenue

Now accepting Applications for 1 and 2 bedroom Apartments. Mature Adult Community for Persons 55 and older. Rent based on income. Heat, appliances, drapes, carpeting included. Call (419) 729-7118 for details.



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

Sell Jewelry That Sells Itself

Not a salesperson? No problem! Make extra income as a Silpada Representative selling Sterling Silver Jewelry so beautiful it sells itself.

You'll earn free jewelry bonuses and trips, not to mention 30% commission on your sales. Become a Silpada Representative today!

Call 419-290-1832.

CLASSIFIEDS

Page 15

July 03, 2013

SOUTH EAST TOLEDO HOMES

4 BDRM single-family homes available beginning July.
All appliances included.

Please call 419-389-0096 or visit our office at

1258 Rockcross Dr, Toledo, OH 43615
Voice/TTY 1-800-553-0300

Equal Housing Opportunity.

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Side Cut Metropark Trail Stabilization, Maumee, Ohio** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, July 12, at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of trail improvements along a half-mile of river-trail. General construction includes excavation, aggregate base, geotextile, riprap, storm drainage, pavement, restoration seeding & mulch. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio

43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$20 is required for each set of documents obtained.

For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

EACH BIDDER MUST FURNISH either (1) a bond for the full amount of the bid or (2) a certified check, cashier's check or irrevocable letter of credit in an amount equal to ten percent (10%) of the bid with its bid. The successful bidder must furnish a 100 percent (100%) Performance Bond and a 100 percent (100%) Labor and Materials Bond.

No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

By order of the Board of Park Commissioners
METROPOLITAN PARK DISTRICT OF THE
TOLEDO AREA
Stephen W. Madewell, Director

Chief Executive Officer, Economic Opportunity Planning Association of Greater Toledo

The Economic Opportunity Planning Association of Greater Toledo, Inc. (EOPA) is the designated Community Action Agency for Lucas County. Founded in 1964, EOPA has been addressing the broad objective of self-sufficiency for low to moderate income people; creating programs that empower, mentor, and providing supportive services. The Chief Executive Officer reports to the Board of Directors and is at the helm of EOPA, Inc., ensuring the organization is in compliance with all laws and regulations, meets contract performance expectations, prudently manages finances and risk, and provides transparent leadership to reassure stakeholders that the mission will be fully accomplished. EOPA is searching for a transformational and collaborative leader that will bring renewed energy, innovation and rebranding to the organization. The CEO must be an experienced change agent capable of developing, implementing and communicating a clear vision. The CEO leads development of the association and seeks self-sustaining, diversified and reliable financial resources to further the mission of EOPA. The CEO will be responsible for effectively managing media relations and marketing a reinvigorated EOPA. Importantly, the CEO must be passionate and culturally sensitive towards the needs of the population served by EOPA programs and serve as a positive role model within the community.

Master's Degree in Management, Non Profit Administration, Social Work, Public Administration; Law Degree; or related field required. Four to ten years related executive management experience administering multi-faceted social services programs required. Knowledge of Community Action Partnership (CAP) preferred.

Qualified candidates should submit resume and letter of interest to: Gans, Gans & Associates, 7445 Quail Meadow Road, Plant City, FL 33565, E-mail: ray@gansgans.com

Attention Seniors:

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

PROMOTIONS ASSISTANT (Position for URBan Radio Broadcasting, LLC)

URBan Radio Broadcasting in Toledo, Ohio has an immediate opening for an experienced Promotions Assistant. This position requires you to maintain the standard of excellence of our on-air promotions and assist the Programming Department with their implementation. Our 2 dynamic stations, WIMX (Mix 95.7) and WJZE (Hot 97.3), are the urban voices in Toledo. To be considered for this position, you must have experience in promotions, be very well organized, extremely motivated and driven to win. This position is now available and the interviewing process will begin immediately. Please send your resume and cover letter to:

Brandi Brown
Program Director
URBan Radio Broadcasting, LLC
720 Water Street, 4th Floor
Toledo, OH 43604

Or email your resume and cover letter to brandibrown@urbanradio.fm

RENAENCE OTTAWA AREA RESIDENCES

3 & 4 BDRM single family homes w/ attached garages.

Most homes newly remodeled and available July & Aug.

All appliances included.
Please call 419-389-0096 or
visit our office at 1258 Rockcross Dr, Toledo, OH 43615

Voice/TTY 1-800-553-0300
Equal Housing Opportunity.

TOTCO APARTMENTS AND HOMES

1 BDRM Garden apartments and
4 BDRM single family homes available beginning July.

All appliances included.
Please call 419-389-0096 or
visit our office at 1258 Rockcross Dr, Toledo, OH 43615

Voice/TTY 1-800-553-0300
Equal Housing Opportunity.

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Carol Contrada - President

Tina Skeldon Wozniak - Commissioner
Pete Gerken - Commissioner

Bid: 48-14-RFP-02

WANTED

**DEAD OR ALIVE
WRECKED, OLD,
RETIRED VEHICLES**

**Call Us Last,
We Pay the Best!**

419-297-3937

Free Towing

CALL TODAY



Celebrating Education and Pastoral Service at Glass City Church of Christ

Sojourner's Truth Staff

Members of the Glass City Church of Christ gathered to celebrate the accomplishments of young scholars and the long-time service of Pastor Robert G. Birt on Sunday, June 30 at the Holiday Inn Splash Bay in Maumee.

The 30-year tradition began when Bro. Turner, along with Annie and George Mayo, launched a resource and encouragement program for students. That program concludes with the annual banquet.

"This is the 2013 Glass City Church of Christ Graduates Banquet," said Youth Minister Chris McBrayer. "It's the collective graduates that we have in our church and we just wanted to honor them with a nice semi-formal banquet to let them know that the church supports them and let them know how to keep God in their life as they move forward in their journey in life. The banquet means a lot to me because we stress education not only with our spiritual walk but with our personal life as well. With that being said, when we have this educational piece it lets them know that they can strive to be great individuals out in the world; that they can use that same determination of education in their spiritual world as well and the sky is the limit."

The other part of Sunday's event served as a celebration of Pastor Birt's longtime ministry. "I recently graduated with my doctorate of ministry from United Theological Seminary," said Birt. "It was a wonderful journey and wonderful experience and I surely look forward to God using me to use those things that I've learned and to use the skills that I have to impact the community at large."

"This is a yearly event that we have for our graduates and we honor our high school and college graduates. We come together to have a celebration to recognize that it's an academic achievement that the young people and college students have worked very hard to accomplish the tasks during a time when there are a lot of challenges that could certainly draw those in our community away from academic success."



Front row l-r, Cosandrice Garrett, Lamar Lewis, Everett Williams, Dr. Robert G Birt Jr.
Back Row: Youth Min. Chris McBrayer, Maudlin Banton, Cindy Marshall, Makaila Marshall.

This year's college graduates honored were Maudlin Banton, Cindy Marshall and Birt himself. The high school graduates were Clifford Bussey, Cosandrice Garrett, Lamar Lewis, Makaila Marshall and Everett L. Williams

"We want to encourage it, we want to honor it and use it as an example for other young people to motivate them to accomplish their dreams. So we're just honored and thankful that our Educational Director Brother Richard Lewis and his committee worked very hard to make sure the graduates were honored."

"We love our graduates, we encourage further education and support in any way possible," Lewis has said in the past. "This program has survived through the dedication of the committee and we hope the graduates will see the light and love from us and continue to shine."

This year's banquet committee members were Dorothy Hill, Marshall Houston, Nadelene Jones, Patrick Lewis, Richard Lewis, Vanessa Lynn, Gail Purdie and Cheryl Wilson



Hosted by: **Toledo Urban Federal Credit Union**

The **9th Annual African American Festival**

Saturday, July 20, 2013

THE JAMM BAND
HONORING THE LATE JESSE COLEMAN

RAMONA COLLINS

JOSEPH VINCELLI

Sunday, July 21, 2013

DEBRA BROCK

LOCATED AT THE UNIVERSITY OF TOLEDO - SCOTT PARK CAMPUS
FOR MORE INFORMATION CALL TOLEDO URBAN FCU AT 419.255.8876

BIG TASTE LOW PRICES

2PC \$4.49 sat. 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