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

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://caap.us.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 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.

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 couples 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 down 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 remnant 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 get 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 nation’s highest standard protecting students to consider racial and ethnic diversity as a 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 same-sex 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

“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 common good.”

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 – Prevewomen’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
Last week, I heard from Lynsay Spratlen, a Macedonia native and Ashland University student 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.

Are second only to mortgage loans. In fact, student loans are second only to mortgage debt in this country. Today, however, education leads to higher wages. Today, however, education leads to higher wages. Today, however, education leads to higher wages. Today, however, education leads to higher wages. Today, however, education leads to higher wages. Today, however, education leads to higher wages. Today, however, education leads to higher wages. Today, however, education leads to higher wages.

The Ohio House of Representatives voted today 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 giving us a higher level of education by 1.8 billion and in this budget there is an additional $52.7 billion cut from education. Let’s review the budget.”

The first budget cut public education by 1.8 billion and in this budget there is an additional $52.7 billion cut from education. Let’s review the budget. The first budget cut public education by 1.8 billion and in this budget there is an additional $52.7 billion cut from education. Let’s review the budget. The first budget cut public education by 1.8 billion and in this budget there is an additional $52.7 billion cut from education. Let’s review the budget.

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 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 (Sub. old) 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 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.
Scott High School Centennial Celebration

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 Meiklejohn who spoke to a crowd of over 8000.

The school was named after Toledo businessman and philanthropist Jesup Wackman 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 school’s 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.

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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
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.

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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 (Curetta) Williams III; 11 grandchildren; 15 great-grandchildren; 4 brothers, and a host of family and friends.
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.

Choice of dressing:

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.
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.
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 day in and day out.

“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-Fabulous 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. Heaver weights offer us a higher metabolic rate. Lifting heavier weights creates tiny muscular tears throughout the body. You burn more calories post-workout 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 and grab the ‘independent woman’ 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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(Free class pass available on website).
DEAR RYAN,

Hi Ryan,

My name is Sandra and I have been reading you 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 then 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” through.

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
Three Super Foods That Can Improve Your Health

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.

While used predominantly by vegetarians and vegans as a higher-quality source of protein, spirulina is also readily available options, it can be easy to forget the true purpose of eating — to healthfully fuel our bodies.

“Spirulina is a great inclusion in many things,” says Cysewski. “Sneak it into your smoothies, add it to 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


Spinach

Popeye was onto something when he downed those cans of spinach. The dark leafy greens contain minerals, vitamins, pigments and phyttonutrients 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.
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 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-friendly 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 graders will appreciate it, too. If your child needs a little time out for reading, Nelson Mandela is a book you should make room for.
Minister of Culture

It’s Time to STOP HATING on LeBron James

In this day and age, 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.

Black people have never been the targets of as much hate, even though there may not always be reason to hate, even though there may not always be reason. There are levels to the hate, even though there may not always be reason or rhyme to it. 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 hate 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, with their talent level they need to demonstrate a comfort and making jokes about their fourth quarter misses, I went and looked at some of those Cleveland Cavs games on Youtube.

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So what’s left to destroy? Their legacy, of course, with their talent level they need to demonstrate a comfort and making jokes about their 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 before 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: “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 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” subplot. But Dallas had just been through too much, and worked too hard to go home without the hardware that season.

So as soon as Dirk slid that championship cup 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 NBA 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 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 people would have taken… but he did that.

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

Representing black fatherhood and monogram by his high school sweetheart on his own terms and not as part of some team/league engineered cute… 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!
Attention Seniors:
House(s) For Rent.
Two Bedroom
Call (419) 708-2340
Ohio Employment Opportunities - EOE

The President/CEO of Northwest Ohio Development Agency, located in Toledo, Ohio, 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. The selected 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 an Operation Manager license from the State of Ohio, Division of Financial Institutions.

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.

Candidate demonstrates experience in establishing and maintaining effective contacts with community partners. Bachelor’s Degree from an accredited college/university and/or commensurate experience.

A competitive salary and benefits package offered. Qualified candidates should forward a current resume, cover letter, 3 professional references, and salary requirements by sending to: fnc.ceo.search@gmail.com.

Incomplete applications will not be reviewed. No telephone calls.

Glenbrook North, Toledo, OH 43608. EEO/AA

Compliance Specialist
Successful non-profit with comprehensive and innovative neighborhood revitalization strategies seeking individual responsible for ensuring residential properties remain current in all aspects of occupancy and compliance. Ideal candidate will possess experience and knowledge of federal regulations. Excellent communication and computer skills required.

Send resume to 3106 Lagrange Street, Toledo, OH 43608, EOE.

Notice to Bidders: Inquiry # FY13-80, (Project # 0083-13-S48) for Pharmacy Laboratory Renovation 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 Beppier 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 SSQE Group at 419-255-3630. 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.

Toledo Refining Company has an immediate need for a Nurse in the refinery’s Medical Department. The selected applicant will provide a variety of Occupational Health services to refinery employees including assessment and treatment of injuries and illnesses; emergency response to refinery emergencies including follow-up care; specimen collection; participation in biological surveys and will assist the physician with patient care. Additionally, the Nurse will help to maintain health and safety records and reports in compliance with company, governmental and HIPPA regulations and guidelines. Other duties include: coordinate blood drives; attend Workers’ Compensation proceedings as needed; serve as a medical resource to employees including development and evaluation of employee wellness programs; calibrate and maintain testing equipment; provide initial review of all pre-hire and employee physicals and other duties as assigned.

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.

Candidate must have a Bachelor’s Degree in Nursing (RN) and a minimum of three years’ Occupational Health, ER or Critical Care experience. Interested candidates should be certified in audio-metric testing, BLS and AED trained, have completed a NIOSH approved spirometry course and be certified in breath alcohol and drug testing collection. Candidates must also have knowledge of OSHA regulations, pre-placement and surveillance exams, Workers’ Compensation, insurance programs, FMLA, case management and Microsoft Office Suite. The selected candidate must also maintain necessary licenses and certifications necessary to perform job duties.

All interested candidates may apply by going to www.pbfenergy.com and selecting the Career tab. Once on the career page, candidates can view current job opportunities and apply to desired position.

Legal Notice
Bid packets will be received by Lucas County Job & Family Services (LCJFS) 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.

The Request for Proposals will be available on June 26, 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 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 Niedermeier at niederm@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

Bids: 48-14-RFP-02

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.

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.

Abundant Life of Perrysburg

Goodwill Industries of Northgate Apartments

610 Northgate Avenue


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610 Northgate Avenue

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 and reliable financial resources to further the mission 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.

As a collaborative leader that will bring renewed energy, innovation and rebranding to the organization, the CEO will manage EOPA's internal processes and serve as a positive role model within the community. The CEO will effectively manage EOPA's internal processes and serve as a positive role model within the community.

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

Equal Housing Opportunity.

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By order of the Board of County Commissioners, Lucas County, Ohio.

Carol Contrada - President
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Pete Gerken - Commissioner

Legal Notice

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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.

This year’s college graduates honored were Maudlin Banton, Cindy Marshall and Birt himself. The high school graduates were Clifford Bussey, Cosandrise 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, Nadeline Jones, Patrick Lewis, Richard Lewis, Vanessa Lynn, Gail Purdie and Cheryl Wilson.