



UT's Minority Business Development Center's Fourth Anniversary



Shanda Gore, Ed.D., Associate VP for Equity, Diversity and Community Engagement

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Black Women's Roundtable Statement on the Passing of Civil Rights Leader, Dr. Evelyn Gibson Lowery

Members of Black Women's Roundtable, the women's initiative of the National Coalition on Black Civic Participation (NCBCP), issued the following statement on the passing of beloved civil rights leader **Dr. Evelyn Gibson Lowery founder of SCLC/Women's Organizational Movement for Equality Now, Inc.:**

Melanie L. Campbell, Convener, Black Women's Roundtable and President & CEO, NCBCP

"Our hearts are heavy in learning of the passing of Mrs. Evelyn Gibson Lowery. Mrs. Lowery was a visionary founder and leader of the SCLC W.O.M.E.N., devoted wife and partner of Dr. Joseph E. Lowery, mother and a mentor to countless women and girls across the country. We send our deepest condolences to the Lowery family during this time of bereavement.

"The nation has lost a great leader and advocate for civil rights, women's rights, human rights and social justice for all people. We know that our world is a better place because of the life's work of Mrs. Lowery and SCLC W.O.M.E.N. So many of our unsung Heroes and Heroines of the Civil Rights Movement would not have been recognized for their sacrifices if it was not for her work in organizing her annual Civil Rights Heritage Educational Tour that traced the steps of the Civil Rights Movement through Alabama.

"We will 'never forget to remember' Mrs. Evelyn Gibson Lowery's legacy by continuing to do the work every day fighting for the empowerment of women and girls to achieve equal rights economically, educationally and politically now and for future



Rev. Joseph and Evelyn Lowery

generations."

Clayola Brown, SCLC/W.O.M.E.N. Inc. Board Member and President, A. Philip Randolph Institute

"Sister Evelyn Lowery, our Matriarch of the Movement, was always there-supporting her loving husband Joe, sustaining her "sisters in the struggle", and serving an untold number of disenfranchised women, children and families across all boundaries of ethnicity, gender, age or religion. From voting rights, to civil rights, to women's rights, to human rights - Sister Lowery was one of the original, authentic Freedom Fighters.

"As I reflect on the many years that I served alongside her as a member on the SCLC/W.O.M.E.N., INC. board of directors, I can recall her gentle smile, the twinkle in her eye that spoke to her approachableness, but also the slight turn of the head that would signal the strong determination in her words that they would stop a room.

"Her dedication and determination was so solid, so firmly fixed, that her every action spoke to her nurturing spirit to uphold the tenets of the civil rights movement, but also to lift the women's rights within the movement. She was responsible for honoring civil rights activist Viola Liuzzo, with a monument along the Freedom trail. She was a foot soldier whose shoes

will take many of us to fill, we will miss her dearly."

Felicia M. Davis, Director Building Green Initiative at Clark Atlanta University

"SCLC Women across the nation grieve the loss of our leader and Shero, Dr. Evelyn Gibson Lowery. First to address HIV/AIDS within the Black community, Mrs.

Lowery was a fearless champion for human rights and her work dramatically improved the lives of the less fortunate. She erected monuments to unsung civil rights heroes throughout Alabama and made certain that youth learned this history on the annual Evelyn G. Lowery Heritage Tour commemorating Blood Sunday.

"Mrs. Lowery personally touched the lives of thousands of youth with her mentoring program; seniors with her annual Christmas dinner; and recognized the contributions of other leaders with her prestigious Drum Major for Justice Awards. We knew her as a loving wife, mother, grandmother and matriarch of the Civil Rights Movement. Our love, prayers and support is extended to the Lowery family who so generously shared Mrs. Lowery with the entire community."

Helen Butler, SCLC/W.O.M.E.N. Inc. Advisory Board and Executive Director, The Peoples Agenda

"Dr. Evelyn Gibson Lowery was a prophetic voice for issues of women and girls. She developed and implemented sever solutions for issues negatively impacting the African

American community - whether it was Pampering for Peace for women of domestic violence, HIV/AIDS awareness, or a computer technology training center for girls. Her mighty voice will be missed but we pledge to honor her legacy by continuing these programs uplift and empower the community. We lift Dr. Joseph Lowery and the Lowery family up in prayer."

Edrea Davis, SCLC/W.O.M.E.N., Inc. Advisory Board and Vice President, Jazzmyne PR

"Our hearts and prayers go out to the family and friends of civil rights leader, our leader, Dr. Evelyn Gibson Lowery. Our generation and beyond are the beneficiaries of her courageous, selfless, consistent contributions to the civil rights movement. Mrs. Lowery worked tirelessly to empower women and families in her community through the programs of SCLC/W.O.M.E.N. Inc. Her HIV/AIDS program, domestic violence program, the annual toy drive, and the annual Christmas party uplift the community; and the erection of monuments along the route of the Evelyn G. Lowery Civil Rights Heritage Educational Tour helps to educate young people and preserve the history of the civil rights movement.

"Mrs. Lowery was a quiet warrior who fought for equality with strength, perseverance, dignity and class. She will be missed, but her legacy will live on SCLC/W.O.M.E.N., Inc. foot-soldiers continue her work. We pray that God wraps his arms around Dr. Lowery and the family in this difficult time."

Community Calendar

October 5

United Community Church October Festival and Community Day: Food and fun: 419-754-3185 or 567-868-2288

United Vision Baptist Church Buffet Breakfast: 9:30 to 11 am; Carry out available: 419-720-0050

October 13

Union Grove MBC Men's Day Service: 11 am; "Brethren Gone Fishing:" 419-531-1994

Union Grove MBC Women's Day Service: 4 pm; "Christian Women Are You Following After the Spirit or the Flesh:" Speaker Thelma Autman of Shiloh MBS: 419-531-1994

October 17

Drama Ministries Auditions: Upcoming Christmas productions 419-343-1726

October 20

Toledo Walk to End Alzheimer's: Lucas County rec. Center; 12:30 Registration, 2:30 walk: 800-272-3900 and www.alz.org/walk

Charity MBC Women's Day: "Women Working Together in Unity;" 4 pm: 419-320-8345

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The Face, Facts, Myths and Resources Surrounding Domestic Violence

By Artisha Lawson
Sojourner's Truth Reporter

People often define domestic violence by the physical signs of abuse such as bruises and scars; yet when a victim connects with an advocate and support program, the emotional, financial and mental challenges can be addressed as well. According to three independent sources 25 percent of women will experience domestic violence in their lifetime, while in one recent year 22 percent of all domestic violence victims were African American women.

Locally, in 2012, there were 14 homicides attributed to domestic violence in Toledo out of a total of 36 homicides. There were seven homicides that resulted from gang violence. Given the lip service paid to gang violence by city leaders, elected officials and political candidates, one might never guess that domestic violence is much of an problem in the Glass City.

Certainly the focus of the Toledo Police Department reflects the low priority given to the domestic violence issue. The TPD gang task force is comprised of 18 officers; the domestic violence unit has one officer on staff.

In order to understand the journey of domestic violence cases in Lucas County and within the African-American community, this article will follow the successful journey of a recent victim turned survivor of domestic violence and other women in similar situations.

There were some local organizations, advocates and elected officials that were contacted in order to complete this article. Domestic violence includes several avenues, resources, and touches many individuals; and there was some reluctance and

hesitation from a few individuals contacted about this story. It is difficult to paint a complete picture of resources and areas for improvement when the number of interviews is limited.

Victims of domestic violence often hear or feel it was their fault. However, according to domesticviolence.org there are myths related to domestic violence which can shift blame from the abuser to the victim. The website states that no one deserves to be hit and lists the myths of abusers. Myth: if the abuser didn't drink alcohol or use drugs then the abuse would stop. Myth: mental illness of the abuser or victim is the reason. Myth: the victim can always just leave. It's her choice to stay.

"The cause to support domestic violence victims has a long way to go, people still believe the myths. Often people believe that it's because of the abuser's drug or alcohol use, people ask why doesn't the victim just leave. There is a lot of victim blaming, thinking she can just leave," explained Deidra Lashley, executive director of Bethany House.

The Ending Violence Everywhere Foundation (EVE) reports that annually over 960,000 of domestic violence cases involve women and a current or former boyfriend or husband. Intimate partner domestic violence cases affect people regardless of income, however, people with an annual income below \$25,000 are at a three-times higher risk than people with an annual income of \$50,000 or more.

D.C. is a female victim of domestic violence, whose name is being withheld due to the situation surrounding her abusive situation. She was in a long-term relationship and at that time

impregnated by her abuser. As with so many other abuse victims, she didn't see the physical assaults she endured as a problem ... not at first.

"In the very beginning there was a physical assault but I didn't think of it as something bad," recalls D.C. "I felt it was my fault. It got worse as I had my daughter. He would force me or try to force me into having sex with him. Some days I could get out of it. There were times where he would hold my mouth, because I was crying, so someone else wouldn't hear me crying or screaming. There was a lot of that. The worst day was when I got out of being sexually assaulted and told him I didn't want to be with him anymore and he choked me. And my daughter was in the room, asleep, but a couple of feet away."

D.C. took the steps, connected with an advocate and is no longer in that situation. According to Lashley, advocates assist individuals in those situations create a safety plan in order to leave. "The plan looks at many steps, it asks questions 'if I do this will I be in more danger,'" says Lashley. "The

plan looks at short and long term factors, relationships with friends and family, work and school commuting, it completely covers her life."

National Network to End Domestic Violence (NNEDV) provided questions to consider when planning a victim's safety plan.

1. Identify the safest route of escape, remove items from the home that can be used to harm you, know the exact time and location to execute the escape.
2. Establish a trusting relationship in order to hold your escape plan items and open a banking account if necessary.
3. Gather your escape items and if necessary store in another location. These items include: cash, identification, birth certificate, social security card, medical records, children's records, medication, clothing, also baby diapers and formula among other items.

D.C. credited her safe escape from her abuser with the relationship she

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VIOLENCE ... continued from page 3

created with an advocate. "Try to find some resources to get out, it takes planning," says D.C. "It was hard to not reveal what I was planning, because I didn't want him to hurt me again. The planning, the resources, and trust the resources to get out."

Locally, the following agencies provide resources in the area of domestic violence:

- YWCA Domestic Violence Crisis Line, connects victims with emergency shelters, advocates, support groups, resources, and options 24 hours per day, call 1-888-341-7386 or 419-241-7386,

- YWCA Battered Women's Shelter, provides emergency housing, support groups, and additional resources, call Crisis Line,

- Family & Child Abuse Prevention Center, provides legal options and other resources, call 419-244-3053

- Domestic Violence Resource Center, provides civil protection orders against accused abusers, call 419-213-2700,

- Toledo Police Domestic Violence Unit, to report domestic violence, 419-245-1132,

- Family Services of NW Ohio-Project Genesis, provides a support group, call 419-321-6455,

- Bethany House, provides long term transitional housing, programs and resources, referral required, call 419-727-4948.

According to a previously published newsletter, The Toledo Police Department's Domestic Violence Unit spearheads a Toledo-area coalition consisting of law enforcement, non-profits, prosecutors, local officials and stakeholders in order to address the matters surrounding domestic violence. The unit's primary focus is the immediate safety of domestic violence victims, also the apprehension and prosecution of abusers. Coalition members include the resource agencies listed above.

Unfortunately the majority of domestic violence cases are not formally filed with the police and certainly do not result in a conviction of the offender. A 2013 Toledo Blade article reported that in 2012, Toledo Municipal Court received 1,721 domestic violence cases, and by 2012 only 42 percent resulted in convictions while 57 percent were dismissed. In 2013 11 percent of the Corrections Center of Northwest Ohio inmates were booked for domestic violence charges.

Even before legal or criminal options are explored, victims often turn to family or friends for assistance before turning to a shelter, according to Lashley. "This is an individual decision, there is no clear step one, step

two or step three. Sometimes people, not intentionally, can harm your situation. A victim told me story about telling her pastor about the abuse, and the pastor calls the husband to talk about the situation. Family and friends also have to understand they can't rescue her, and she may go back to the abuser a few times."

Once the victim has successfully escaped, she may become a resident of a facility similar to Bethany House, which is sponsored by the Sisters of St. Francis of Sylvania, Ohio and members of Sylvania Franciscan Health systems. The shelter provides long-term transitional housing for the victim and children, access to resources, case management, and other services. The shelter's website says that "each adult victim and every child who enters the loving and safe embrace of Bethany House holds a special place in our hearts."

In 2012, Bethany House provided housing for 33 adult survivors, along with their total of 50 children, through their transitional shelter. The average resident's stay was 10 months.

D.C. resides currently at Bethany House, will graduate college soon with a bachelor's degree and is currently employed. She feels the shelter has prepared her to eventually leave the shelter with her daughter. "I worked with a counselor that I'm seeing who

referred me to Bethany House, who has helped me so much," she says. "I'm thankful to earn this degree and for the staff. They helped me with clothes, because it's a professional office. They provide therapy. The housing is super important because I don't have to worry about bills. I can work towards getting a car and finishing my classes and saving, so when I leave I can be on my own, taking care of myself and my daughter."

Recently, Bethany House advocate Arthur Jones facilitated the annual fundraiser and advocacy event in July 2013. Jones lost his daughter to the violence epidemic in 1993. Out of that tragic event, two decades later, a garden was dedicated on the grounds of Bethany House. D.C. described the garden as a way to remember Jones' daughter and the countless other women who didn't make it successfully away from their abusers.

October is National Domestic Violence Awareness Month, and there are two programs in our area that individuals who want further information and resources about domestic violence should attend.

Domestic Violence Community Action will present a forum specifically for family and friends who fear a loved one is a victim. Panelists for this

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the ORIGINALS

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UT's Minority Business Development Center Celebrates Fourth Anniversary

By Fletcher Word
Sojourner's Truth Editor

"It's amazing the growth," said Shanda Gore, Ed.D, of the progress made by The University of Toledo's Minority Business Development Center as she prepared last to celebrate the fourth anniversary of the Center. Gore, UT's associate vice president for Equity, Diversity and Community Engagement and executive director of the Center has overseen the project since its inception.

The Center, an incubator which provides space and business assistance for fledgling minority-owned and

operated enterprises, opened its doors four years ago with one tenant. The Center now has 13 tenants and has increased its space from just under 1,300 square feet to well over 5,000 – with another 5,000 available as a large training area, according to Erik Johnson, who manages the Center under the supervision of Gore.

In addition to the members who occupy space, there are another nine affiliates, companies who don't have space but have access to the amenities provided by the Center – training and



THE OFFICE OF EQUITY, DIVERSITY AND COMMUNITY ENGAGEMENT

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Shanda Gore, Ed.D

conference room, for example.

The first occupant, Oona Temple of Cosine LLC, is just about to "graduate" from the program. Temple is branching out into other markets and, with collaborators from the Chicago Urban League, is bidding on a \$19 million U.S. State Department contract.

How has the Center benefited Temple over the years as she took her executive recruitment firm out of her home and into the big time? "It allowed me to network," she said. "That was the biggest thing – putting me in touch with current partners and took my business from the basement to the upper floor."

The Center has enhanced its programs over the years and now asks its members to attend monthly meetings that offer presentations from local business professionals, quarterly workshops in which in-depth topics

are analyzed, an annual conference of the Council of Small Enterprises. In addition, members' growth plans and financial stability are critiqued on a regular basis.

In order to be accepted into the Center, applicants are asked to provide financial records and undergo an interview. The Center's management is seeking members with some financial wherewithal who also possess a desire to be coached.

What does the future hold for the Center?

"We want to start reaching out to the community," said Johnson. "Hosting a major fundraiser to upgrade the program further, continuing down the path of helping businesses grow and grow out of the facility."

For more information on the Minority Business Development Center call 419-530-3170 or email Erik.Johnson@utoledo.edu

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Toledo Chamber, TASBA Boards Release Levy Recommendations

Special to The Truth

The Toledo Regional Chamber of Commerce Board of Trustees and the Toledo Area Small Business Association (TASBA) recently voted to support three levies that will appear on the November 5 ballot.

Toledo Public Schools (Issue 24) – A 6.5 mill, 5 year renewal levy for operation of the Toledo Public Schools (TPS). The Chamber Board and TASBA Board **support** the levy and recognize the importance of TPS to the community, as well as district's efforts to address changes in education, technology issues and community outreach for the benefit of its students.

Lucas County Board of Developmental Disabilities (Issue 2) – A

1.8 mill continuous replacement and new levy for operation of programs and services by the Lucas County Board of Developmental Disabilities (LCBDD). The Chamber Board and TASBA **support the levy with reservations**. While both boards shared a concern that the amount of the levy request is aggressive given the still-sluggish state of the local economy, both acknowledge the community need for the services provided by LCBDD.

The preceding levies were reviewed by the Chamber's Levy Review Subcommittee, which researches and studies levy requests and makes recommendations to other Chamber committees, culminating with the Cham-

ber and TASBA Boards. This process ensures that levy requests are examined by a broad cross-section of the Chamber's membership and reflect the views of the business community. The Chamber's comprehensive levy review process includes presentations by the agencies making the levy request, an examination of the impact of the levy request on both the agency and taxpayers, and a review of agency financials to better understand the need behind the request.

The Chamber Board and TASBA Board also considered the levy request for the **Toledo-Lucas County Port Authority (Issue 1)** – A 0.4 mill 5 year renewal levy for all purposes of the Port Authority, including its

economic and jobs development programs. The Chamber Board and TASBA Board **support** the levy request, noting the Port Authority's ability to leverage \$10.5 million in past levy funds to secure more than \$83 million in state and federal grants for facility and community development projects that benefit the region. Both boards consider the Port Authority to be a significant economic development partner to the Chamber.

More information about the Chamber's Levy Review process can be obtained from the Levy Review Subcommittee Chair Linda Amos. Contact Christine Bailey at the Chamber at 419-243-8191 with all information requests.

VIOLENCE ... cont. from page 4

event will provide resource information, signs of abuse, and speak with individuals one-on-one. The panelists are from: Toledo Police Department Domestic Violence Unit, Bethany House, YWCA Battered Women's Shelter, Domestic Violence Resource Center, Family Serves of NW Ohio,

Family & Child Abuse Prevention Center, Lucas County Children's Services, and The University of Toledo Police Department. The event is October 25, from 10:00 a.m.- 2:00 p.m. at Friendly Center, located at 1324 Superior Street.

The annual Silent Witness Project connects the community with the

number and names of women who died because of domestic violence. The program describes itself as a way to honor girls and women from northwest Ohio whose lives ended violently at the hands of those who were supposed to respect them: husbands, boyfriends, life partners.

The program will feature Julia

Strange, the director of Programs & Policies with Collective Action for Safe Spaces, and Sexual Assault Prevention and Response Analyst for the United States Navy. This year's program is on October 7, 7:00 p.m. at the Islamic Center of Greater Toledo, located at 25877 Schedier Road, Perrysburg, Ohio.

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Eat Together, Eat Better Month

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

For over a decade CASA Columbia has been promoting the benefits of frequent dinners by celebrating Family Day on the third Monday of September. The family dinner table (or breakfast or lunch) offers a great opportunity for parental engagement on a daily basis. Research that shows youth who eat regular meals with their families are less likely to use controlled substances. Frequent family meals also encourage healthier eating and better grades in school. Not only are family meals beneficial for youth, they are also great for adults.

What did you do for dinner on Monday September 23, 2013? If this question causes you to sigh with good intentions as well as a checklist of everything else that has to be done in the daily family routine, you are not alone! In addition to Family Day in September, the month of October is designated as National Eat Together, Eat Better Month. What are some easy steps you can take to include a few more family meals over the next few weeks?

Plan for it

- Find a time before the hectic week to look at schedules and see when everyone will be at home to enjoy a meal together. Family dinners are great but depending on schedules, it might be another meal or snack time that families can sit down together to enjoy one another's company.

- What groceries are most helpful for simple meals at your home? Have those ingredients on hand. Recipes do not have to be complicated to be tasty!

It doesn't have to be perfect

- Dinner does not have to be a gourmet, seven-course meal. Only have time for sandwiches? That's OK! Add a glass of low-fat milk and a side of fruit and a salad and you have a simple meal.

- Mealtime conversations are not always perfect but you can strive for positive connections.

CASA Columbia offers a list of conversation starters as an enjoyable way to get everyone talking. <http://casafamilyday.org/>

- OSU Extension has paper placemats with questions and activities for families about the topic of local foods. If you are interested in having some copies of placemats mailed to you for family mealtime discussion please contact Patrice Powers-Barker and give your name and mailing address. Email: powers-barker.1@osu.edu or 419-213-2022, please leave a message with your name and mailing address.

Include the entire family

- Even young children can help with tearing up lettuce for a salad or set the table with forks, spoons, knives and napkins. Older children can help with choosing the menu and making simple recipes.

- Take turns on preparing the food and meal clean up.

- Can your family find a new meal or recipe to try together? Mix it up with taste and try something new. Can you find a new fruit or vegetable to try from the market?

Turn off the media

- The family meal isn't really that many minutes out of the entire day. Some families use a basket or box to "park" their electronic devices during the meal or just turn them off.

- The television can also be a distraction. Turn it off for that time when family members can listen to one another.

Make changes for your household

- What works best in your home? Do you have time to cook once and eat twice by preparing and freezing meals for busy days? Can you use a crock pot for a quick and easy meal that is ready when you get home?

- You do not have to have kitchen appliances like a crock pot or toaster oven or food chopper to make a tasty meal but if you do have those types of appliances, use them! Get out the blender, quesadilla maker or rice cooker and make an easy meal.

- You do not have to make drastic changes. Are you able to add one or two more meals together this week?

As CASA Columbia says, "it's not a silver bullet" and OSU Extension advises, "although it may seem a simple



Photo source: USDA SNAP-Ed Connection

and old-fashioned activity" the value of taking time for family meals is worth it. Cheers to your family meals this month!

Ohio State University Extension, Lucas County is partnering with the Toledo-Lucas County Public Library to offer some adult programs on local foods. Please join us for "Home Food Preservation" on Wednesday October 2nd from 6:30 – 8:00 at Waterville Library, 800 Michigan Ave., Waterville, OH 43566, Phone: 419.878.3055 and "Enjoying the Fall Harvest, Vegetable Demo" on Thursday October 3rd from 6:00-8:00 pm at Heatherdowns Library, 3265 Glanzman Rd, Toledo, OH 43614 Phone: 419.259.5270.

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The Affordable Care Act: The Latest Update to Open Enrollment in October

By Kimberly Phillips
The Truth Contributor

It is no surprise that a technological roll out of this size is experiencing some delays. The online enrollment system that was supposed to go live on Tuesday, October 1 is not ready for small employers who are purchasing through the government ran Small Business Health Options (SHOP) marketplace which affects Ohio's small employers. The SHOP marketplace is open to employers with 50 employees or less.

Small businesses seeking to buy health insurance under the health care law will have to wait a few months before they can complete the process online, administration officials said Thursday in the latest delay of the rollout.

The new online health insurance marketplace created by the law for individuals and small businesses are scheduled to open Tuesday. Small-business owners will be able to



Kimberly Phillips

online, compare their options and start an application; however, they will not be able to finalize it until November. This will still allow small employers to secure coverage for their employees by January 1, 2014.

On October 1, individuals can enroll online by going to www.healthcare.gov and see what plans and prices are best suited to them. The shopping experience is supposed to be similar to purchasing through Amazon.com.

The administration recently announced to Hispanic groups that the Spanish-language version of the healthcare.gov website will not be ready to handle enrollments for a few weeks. An estimated 10 million Latinos are eligible for coverage, and four million speak primarily Spanish.

A Health and Human Services Department official who is overseeing the rollout, said in an interview. "We just felt like taking the additional time to make sure everything was functioning the way we wanted was the right thing to do."

It is anticipated that some states may still be able to launch fully functional small business marketplaces on October 1. This delay applies to the 36 states where the federal government is taking the lead in building the insurance marketplace, including

Ohio.

The health care law created small business marketplaces known as SHOP exchanges for companies with up to 100 employees to buy coverage from a range of competitive plans. Under the law, most small businesses do not have to provide coverage. But firms with 50 or more employees face a mandate to offer insurance or risk fines from the government. That mandate was supposed to take effect January 1, 2014, but the administration has delayed it one year to address employer complaints regarding complicated paperwork and administration.

Starting Tuesday, the SHOP Small Employer Call Center will operate an expanded schedule to assist employers Monday through Friday, 9 a.m. to 7 p.m. Eastern Time at 800-706-7893, according to the administration.

Kim Phillips

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Five Reasons You Are Not Losing Fat

Special to The Truth

Having trouble sticking to your diet? When your body doesn't respond to your efforts the way you expect, it's easy to lose the motivation to continue.

"Most dieters are using outdated or inefficient methods to reach their goals," says Dian Griesel, Ph.D., co-author of "TurboCharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast and Leave Diet and Exercise Rules in the Dust."

Dian Griesel and co-author Tom Griesel are attempting to debunk the myths many people believe about weight loss.

"Many dieters see slow results due to bad practices rooted in misguided belief," says Tom Griesel. "But if you get the basics right, rapid fat loss is not difficult to achieve and you will see your body transform much more quickly."

If you are not satisfied with your results, the writing duo is offering

five suggestions for why you may not be losing fat fast enough:

- **Wrong goal:** If your goal is an arbitrary number based on your scale, you are already setting yourself up to fail.

Scale weight doesn't tell you anything about your actual body composition -- how much fat you have and how much you're losing. Your scale weight could fluctuate for several reasons, such as hydration level, water weight or muscle loss.

Setting the right goal and monitoring changes in your body composition is the first key to success.

- **Water retention:** Proper hydration is critical to fat loss and overall health. However, too little or too much water can cause problems. Water intake requirements are influenced by several factors, like weight and activity levels. A good starting point is to consume

... continued on page 9

Health Section + Health Section + Health Section + Health Section + Health Section + Health Section + Health Section + Health Section + Health Section

Dear Ryan

Dear Ryan,

I am starting a workout program and I'm not sure how much weight I should be using. I don't want to get big and bulky. I just want to tone up and look good. How much weight would be good for me to start with and how long before I see results?

Tamera

Dear Tamera,

Congratulations to you for starting your new program. First I would like to rid you of the myth that you will get big and bulky if you weight train. You are not a man nor are you built like one. You will get more muscle tone, burn more calories, have a ton of energy, feel better about yourself plus develop your new body.

So, bulking up will not happen to you. You would have to increase calories and lift heavy for a few years to get large muscles. Now you don't have an excuse not to train hard.

Use a weight that you are comfortable with and can get a hard 12 repetitions. I take my clients through a one-rep max test to determine how much weight they can comfortably use for their workouts.

I take 60 percent of their max weight and do two sets of 12-15 reps

per body part. Here is how to find you one rep max.

If you are using a selectorized stack machine use a light weight to warm the muscle. After 12-15 reps, increase the weight by one plate and do only one repetition. Continue this process until you cannot lift the weights for one complete rep.

Let's say the last rep you fully completed was 100 pounds. You would take 60 percent of the weight and begin your workouts with that poundage. You may have to change the percentage depending on the strengths of each muscle group. This will work the muscle and bring results.

If you do your weight training three times a week and follow a good eating regiment you will see noticeable results in a few days. Remember that results can be anything from better sleep, more energy, weight loss or other physical and mental changes.

Also, losing more than two to three pounds a week will result in a loss of muscle tissue and not body fat. Set realistic goals and stick to it.

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EAT... continued from page 8

1/2 ounce of water per pound of current body weight. Drink at least 16 ounces first thing in the morning -- pure water is best -- and more if you are thirsty.

- Too much exercise: Excessive exercise creates stress and can be counterproductive when you're restricting calories, causing loss of muscle mass.

Low-intensity activities like walking -- along with minimal strength training to retain muscle mass -- is all that's needed.

- Too much of the wrong thing: Diet is the most efficient way to create a caloric restriction, maintain blood sugar levels, and provide all the nutrients you need for optimal health. If you're not seeing positive changes in body composition, the problem is almost always your diet.

- Stress and lack of sleep: Chronic stress can have an adverse effect on hormonal balance, which can hinder fat loss and cause loss of essential lean body mass. Stress and lack of sleep disrupt many delicate physiological functions. Regularly practicing some method of relaxation and getting seven to nine hours of sleep every night will make a big difference in your fat loss efforts.

More information about smart dieting habits and optimal health can be found at www.TurboCharged.us.com.

Don't ditch your diet before seeing the results you want. By working smarter, not harder, you can achieve your goals before losing motivation.

Courtesy State Point

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 - Students must be 18 years old and older
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- Students will receive a Certificate of Completion upon successful completion of the course

EMP Tech instructors include:

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Edward M. Parker Technical Academy was created in honor of the late Edward M. Parker Jr., former president of Parker and Corral, Consolidated Electric Contractors and Engineers, Parker Contractor and P&E Institute. Edward's leadership, electrical and technical expertise and progressive spirit inspired many electricians and other workers to pursue careers in the electrical and other technical industries.

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Toledo Walk to End Alzheimer's Set for October 20

Participants Raise Critically Needed Funds for Alzheimer's Care, Support and Research

The Alzheimer's Association, Northwest Ohio Chapter and the Toledo Walk to End Alzheimer's Committee are inviting area residents to unite in a movement to reclaim the future for millions by participating in the Walk on Sunday, October 20 at the Lucas County Rec. Center. Registration and check-in will begin at 12:30 AM with the walk beginning at 2:30 PM. Doctor Bob Axonovitz, Tom Helberg and Chuck Mira are serving as the honorary co-chairmen of this event.

"Walk to End Alzheimer's is our signature event to raise awareness and funds," said Toni Schindler, Development and Communications Director at the Alzheimer's Association, Northwest Ohio Chapter. "Funds raised will provide local care and support services to the estimated 13,655 in Lucas and surrounding counties living with Al-



zheimer's disease and their 40,965 caregivers, while also contributing to advancing critically-needed research."

The Toledo Walk to End Al-

zheimer's is sponsored by Interim HealthCare, Marathon Petroleum, Betco Corporation, Senior Star at West Park Place, the Dana Foundation, Hylant, Vista Living Communities, Yark Automotive Group, and many other community partners. In addition to the walk, participants will enjoy lunch provided by Nick and Jimmy's, live music by Distant Cousinz, games for kids of all ages, a gift basket raffle, a meaningful ceremony to honor those affected by Alzheimer's disease, and fun for the entire family.

About the Alzheimer's Association Walk to End Alzheimer's:

The Alzheimer's Association Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association mobilized millions of Americans in the Alzheimer's Association Memory Walk®; now the Alzheimer's Association is continuing to lead the way with Walk to End Alzheimer's.

About Alzheimer's disease:

Alzheimer's is not normal aging, it is a progressive and fatal disease. Alzheimer's is a growing epidemic and is now the nation's sixth-leading cause of death. As baby boomers age, the number of individuals living with Alzheimer's disease will rapidly escalate, increasing well beyond today's more than 5 million Americans living with Alzheimer's.

About the Alzheimer's Association:

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

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Ways to Make a Difference this Breast Cancer Awareness Month

Special to the Truth

Unfortunately, too many of us know someone - a family member, friend or colleague - who is affected by breast cancer. In fact, breast cancer accounts for nearly one in three cancers diagnosed in U.S. women, according to the American Cancer Society.

Since there is no cure for breast cancer, much more needs to be done in the fight against this life-threatening disease.

There are several easy ways you can make a difference this October, which is Breast Cancer Awareness Month, and beyond:

Get the Word Out

Awareness is crucial to early diagnosis and timely treatment. Talk to your sisters, mothers, daughters, aunts and friends about scheduling annual checkups and diagnostic tests.

Since genetics can play a factor,

sharing your medical history with your family is especially important. Use free web services, such as the government's Family Health Portrait tool, available at www.familyhistory.hhs.gov, to collect this information and help your health care provider formulate a prevention plan.

Show Your Support

Beyond spreading the word, there are easy ways you can support the fight against breast cancer - from your grocery store list to fundraisers and more.

First, look for your favorite brands that are giving back to the cause. For example, Nestlé Pure Life Purified Water is supporting The Breast Cancer Research Foundation (BCRF) through its Pink Pack program. Every package of Nestlé Pure Life Purified Water marked with a pink ribbon represents a donation to BCRF, with

a minimum of \$750,000 this year.

BCRF is dedicated to breast cancer research that will ultimately help lead to prevention and a cure. Currently, 91 cents of every dollar spent by BCRF is directed towards breast cancer research and awareness programs, such as one of the grants that Nestlé Pure Life is helping to fund, aimed at findings drugs to prevent breast cancer in those with the BRCA-mutation. To join Nestlé Pure Life in supporting BCRF and make a direct donation supporting research efforts, visit www.brcfcure.org.

Another easy -- and fun -- way to show your support and raise funds year round is by participating in walks and runs. Gather a group of friends and family and find a local walk or race that raises funds for an organization tied to research or finding a cure. It's a meaningful way to

get directly involved.

Healthy Lifestyle

BCRF-funded research has indicated that there is a positive relationship between exercise, a healthy lifestyle, and breast cancer risk.

Among other things, it is important to maintain a healthy body weight through exercise and a well-balanced diet. One weight maintenance trick is to stay hydrated and eat plenty of fiber-rich foods like almonds, beans and apples, which make you feel full and can help you avoid overeating.

This Breast Cancer Awareness month, there are many great ways to support causes that fight this all-too-common, life-threatening disease. Find out more by visiting www.cancer.org.

Courtesy - State Point

Afterschool Meal Program Combats Child Hunger

Special to the Truth

With high rates of both hunger and poverty in Toledo, Children's Hunger Alliance, ProMedica and other community partners have joined forces to ensure a growing number of youngsters have meals after school.

This school year, Children's Hunger Alliance aims to serve more than 75,000 meals at sponsored afterschool programs in Toledo, an increase of 20,000 meals over last school year. The alliance is increasing the number of afterschool program sites it delivers meals to in the Toledo area from 33 to 43 to help reach that goal.

"Hunger is a severe problem in Toledo," said Wendi Huntley, northwest regional director of Children's Hunger Alliance. "It's really a major issue in this community, and we need to look at ways to address it."

Toledo ranks 28th among the nation's top 100 cities for food insecurity, meaning residents don't know where their next meal will come from, and nearly one in five residents faces hunger. The rate of child poverty continues to escalate in Toledo, increasing from 35.8% to 43.7% between 2010 and 2011.

The agency's Afterschool Meal Program focuses on serving meals to children who live in neighborhoods where at least 50 percent of families qualify for subsidized school meals. The rate is closer to 80% in Toledo, where about 15,000 of 21,000 Toledo Public Schools students qualify for free

or reduced-price meals at school. Toledo is one of several Ohio cities where Children's Hunger Alliance operates an Afterschool Meal Program through the federal Child and Adult Care Food Program.

ProMedica is among key partners for the agency in Toledo, where an office was opened in 2011. ProMedica provides financial assistance and other support as part of its collaborative *Come to the Table* advocacy initiative to address hunger as a health issue both locally and nationally.

"The health and development of children who are hungry or don't eat enough nutritious food can really be affected," said Stephanie Cihon, ProMedica corporate director of Grants, Community Relations and Advocacy.

"Hungry and malnourished children are more prone to colds, ear infections and other ailments, and they can have trouble learning in school," Cihon added. "There also is a link to obesity, which can be caused by a lack of nutritious food."

Children who are hungry or malnourished often have more behavioral problems, miss school more frequently and score lower on achievement tests, Huntley noted.

Afterschool programs that want to have nutritious meals for their enrolled children should contact Devon Fay, coordinator, Children's Hunger Alliance Afterschool Meal Program at 419-291-8252 or DFay@Childrenshungeral-

liance.org.

For more information about Children's Hunger Alliance, please visit

www.childrenshungeralliance.org. For more information about ProMedica, please visit www.promedica.org.

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Harlem Nocturne: Women Artists & Progressive Politics During World War II by Farah Jasmine Griffin

By Terri Schlichenmeyer
The Truth Contributor

When the music starts, your feet do, too.

Oh, how you love to dance – and if singing is involved, that’s even better. You sing in church, in the choir. If someone mentions it, you dance for the family. It’s a pleasure in front of friends. Heck, you’ve been known to break out in song and do a little shuffle on the street.

But what will you do with your talent? In the new book, **Harlem Nocturne** by **Farah Jasmine Griffin**, you’ll see how three women used theirs to change society.

In the years surrounding World War II, Harlem was a “vibrant” neighborhood, “brimming with creativity” and the sounds of Lena Horne, Lady Day, Ella Fitzgerald, Sarah

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242 pages

Vaughn, Miles Davis and Dinah Washington. It was a great time and place, if you were an artist or musician – but it was “no utopia” because of Jim Crow laws, segregation and social inequality.

Born in the Caribbean, dancer Pearl Primus immigrated to New York as a child, and though she never experienced the kind of racism that was common in the South in the 1940s, she was aware of it. Believing that dance was “a means of contributing to the ongoing struggle,” Primus used her talents – including the astounding ability to jump some five feet into the air – as

a weapon for social justice.

Ann Lane Petry was born into a well-established and highly-educated Connecticut family in 1908. Her father was a pharmacist, her mother was a chiroprapist, and they wanted Ann to follow in the family footsteps, but she had other ideas: as a “bookish, chubby child,” she had always wanted to be a writer. Harlem, for Petry, was a great place to find inspiration for stories that might affect a change in racial inequality, particularly for black women.

Mary Lou Williams started singing and playing piano at age three and was “confidently aware of her genius.” As a member of the progressive Café Society, she “saw black music as the deepest expression of black history,” and used it to support her ideals – including an attempt at creating an all-female interracial band, something almost unheard-of in the 1940s...

Though it’s filled with plenty of important history – both of the national and of the entertainment

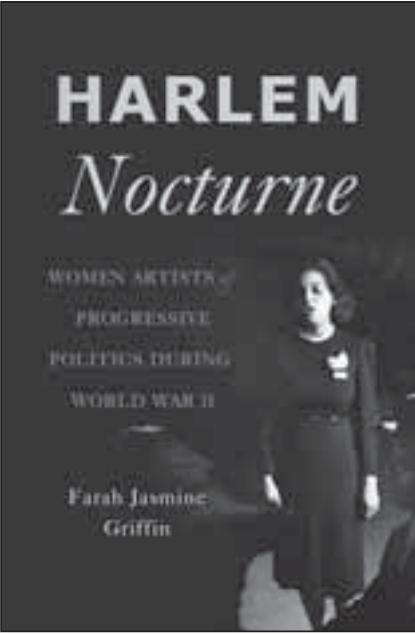


Farah Jasmine Griffin

kind - *Harlem Nocturne* isn’t a book for everybody.

Author Farah Jasmine Griffin takes readers for a stroll down the streets of Harlem, inside smoky jazz joints, and past the kind of educational opportunities that were available for the three women about whom she writes. I found that highly interesting and I loved the history behind the stories, but I also thought this book was occasionally rather dry and repetitious. I wanted liveliness from these women’s lives and that often seemed to be lacking.

I think there’s something in here for music fans. There’s something in this



book for political historians, too, but I wouldn’t say this is a book you’d read for fun. Still, if you want to learn more about women and the roots of social justice, *Harlem Nocturne* will make you dance.

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Album Review: Drake "Nothing Was the Same"

By Michael Hayes
Minister of Culture

It's tough to review music from my point of view.

Because I produce music and artists, I see the processes involved.

Where some get cynical, I see it from the stance of the people creating the music.

So when the world turned against Drake, I couldn't go along with that bandwagon.

As long as he was making decent music, I had to listen.

I sit up and watch the level of hatred y'all aim at this dude and think to myself,

"damn, they were just in love with him two years ago".

From day one, he's always talked about women and relationships.

This is the same cat that made "Houstatlantavegas" and "A Night Off" and that's exactly how he was able to coin the phrase "rich off a mixtape."

He debuted with the same formula he runs with now, so I just can't adopt the point of view so many of you have when it comes to his subject matter.

Now when it comes to rhymes, I see an obvious decrease in potency over these few short years. His metaphor and wordplay seemed unstoppable earlier in his career.

There were points on "So Far Gone" and "Thank Me Later" where it felt like Drake's notebook had an un-ending arsenal of witty punch lines. As if he rhymed while he was high on Limitless pills (that's one dope ass movie, see it).

But now that hashtag rap is played, it's become more creating slang for the masses with catchy one line phrases ("oh you fancy, huh?" "yolo" "started from the..." "you get the point).

Such is the fate of Aubrey Graham - being so good at so many things

that people can't help but find themselves on opposite ends of his various skills.

Either his music is weak or it's genius.

He dresses horribly or he's making a statement.

He raps too slow or he constantly gets outperformed by the production.

Not much wiggle room in between, you either like him or dislike him.

His image isn't exactly doing that well these days.

Millions of people have made, posted and shared so many images making fun of Drake that more than a few notable entertainment websites have crowned him the most parodied rapper in the history of the hip-hop industry.

Just type in Drake meme's in any search engine and you will find enough content to laugh yourself silly for the next four hours.

But that's exactly why it's time to get back to the music.

Able to create chart-topping hits almost at will, Drake's third album has been highly anticipated ever since he dropped "Started From the Bottom" straight to Youtube.

Nothing Was the Same continues the vibe and feel of that lead off single, with rap music that pounds hard yet still manages to sound distinctly different from every other song in club and radio rotation.

"Wutang Forver," "Own It" and "Worst Behavior" will have your head on constant nod. This is not the Drake that does songs with Rihanna, this is the Drake that held his own next to Wayne at his peak.

Take notice of how each of those three tracks meld into one another also, because it's details like that which prove this artist put some thought into creating an album. Not just a track list, but an album.

Drake even says "no filler" in one of his rhymes as if he's reminding fans and himself that he took his time with this one. Creating a sound isn't just about the rapper rapping, it's also about the producer. Toronto music producer 40 Shebib has been there since the beginning and he's the reason Drake's albums take on that "Drake" mood.

You know that mood I'm talking about.

It's night but not late enough for you to be calm and quiet.

You don't want to get too deep in thought but you want to zone.

You want something that adds to the ambience, something that translates well to any activity you might get into for the evening.

40's tracks make that possible. Drake talking about relationships makes that possible.

Don't get it twisted, however, I don't just mean romantic relationships.

Think about it, how do you know everything you know about Drake?

You know about his mother's illness, you've heard his grandmother's voice.

You know about his estranged father's family in Memphis and how his uncle helped teach him life lessons. These relationships are just as

much a part of his artistic offering as all the other subjects he deals with and there's plenty of those topics on this album.

I absolutely hate "Hold On, We're Going Home". I probably will never listen to that again after enduring it for my dear readers' sake so I could write this review.

I absolutely adore "Pound Cake." Not only is it Jay Z's best cameo appearance since, well .. damn, since Drake's first album. It's also a song I will be playing years from now.

If you're riding out late at night be sure to play "From Time" and "Come Thru" - they are perfect.

Nothing Was the Same is a satisfyingly solid album. It doesn't leave the lasting impression as Take Care's best moments but it also doesn't have as many missteps.

Drake has found his stride as a top-tier artist in this industry.

He has discovered how to beat odds most will never face.

He's giving his core audience even better music than he gave them back when most of them were just there because it was cool and popular to be a Drake fan.

Now, it really is just about the music... and the music is damn good.

True Grade for Nothing Was the Same is B.

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Notice to Bidders:

Inquiry # FY14-29, (Project # 5004-13-1769) for UMC ER Trauma Rooms No. 10, 11, & 12 Renovation for the University of Toledo Health Science Campus. 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, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, October 22, 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 Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$45.00 will be charged per set. Any further information may be obtained from Julie Cavese of MBA Architects and Planners at 419-873-8450. One Pre-Bid Conference will be held on Tuesday, October 15, 2013 at 10:00 a.m. in the Health Education Building, Room 227, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 10%. Project Estimate: \$238,060.00; Breakdown: General Const: \$78,000.00; Plumbing: \$45,000.00; Fire Protection: \$7,000.00; HVAC: \$32,400.00 & Electrical: \$75,660.00.

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Full Time Building/Grounds Maintenance Employee

Abundant Life of Perrysburg is a senior housing facility with 158 apartment units in Perrysburg, Ohio. We are seeking a full time experienced Building/Grounds Maintenance Employee to perform the following duties:

- Basic carpentry, plumbing, electrical, and painting maintenance
- Maintain the physical appearance of the facilities (inside and outside)
- Maintenance of gutters, walkways, parking lot
- Provide snow removal and salt to walkways
- Complete all work orders in a timely & efficient manner
- Accurate record keeping for HUD reports
- Maintain equipment of facility
- Maintain and update MSDS manual
- Must be available for after hours and weekend emergencies

Candidates must possess the following qualifications:

- High School diploma/GED
- A valid Driver's License and willing to obtain a CDL License (Class C)
- Must have a professional presentation and positive rapport with residents/staff/contractors
- Minimum of 1 year experience in apartment maintenance
- Carpentry and plumbing skills are preferred
- HVAC previous experience a plus.

We offer a competitive salary and benefits package, including company paid health insurance. Abundant Life of Perrysburg is an Equal Opportunity Employer. Candidate must successfully pass a pre-employment drug screen, background check and driving record screening.

Please mail or deliver your resume including your history of employment to Abundant Life of Perrysburg, #1, 100 Trinity Court, Perrysburg, OH 43551. Your information can also be sent via email to ablife@bex.net. We will not accept interested applicants' information beyond 5:00 p.m. on September 27, 2013.

Announcement

The Clarence Smith Community Chorus is asking: Is there a performer in you? Do you like to sing? Do you want to learn how to sing?

The adult choir, one of the area's most venerable singing groups for over 35 years, is directed by Clarence R. Smith, Jr., and typically performs both traditional and updated spirituals plus traditional jazz, classical music, and Broadway numbers. For more information and/or to schedule an audition, call 419-534-2299.

Medicaid Clerk

Full-time (40 hrs/wk) position available to provide assistance to clients applying for Social Security (SSI), Social Security Disability (SSDI) and Medicaid. Position will gather information, verify eligibility, track redeterminations and assist clients who have lost benefits. May serve as client representative. Position schedule is Monday – Friday.

Qualified candidates must demonstrate knowledge and understanding of SSI, SSDI and Medicaid programs. Proficiency in computer use and software applications such as Excel and MS Word. Must have prior experience using electronic billings systems, experience with electronic health record preferred. Excellent customer service skills required and previous experience in dealing with individuals with mental illness preferred.

Human Resources - MC
 Unison Behavioral Health Group, Inc.
 1425 Starr Ave.
 Toledo, OH 43605
 Fax: 419-936-7574
 Email: hr@unisonbhg.org

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St. Paul Missionary Baptist Church Holds Its Annual Women's Day Celebration

By Pastor James H. Willis,
Sr., Senior Pastor

St. Paul Missionary Baptist Church, 1502 N. Detroit, held its annual Women's Day Celebration on Sunday, September 15, 2013. This annual celebration is designed and devoted to empowering women as their God-given gifts and talents are used to the Glory of God. The theme this year for this glorious occasion was, *As Christian Women our Steps are Ordered by God, Psalm 119-133*

This weekend of praise began on Saturday, September 14, 2013 with a fellowship luncheon, held at the church at 12:00 noon. The luncheon included an array of delicious salads and desserts all provided by culinary talents of the St. Paul women. Following the luncheon Evangelist Teresa Allen brought the bread of life which was encouraging and inspirational. Evangelist Allen exhorted the audience to forge ahead in face of opposition, pain and in difficult times to follow God as He orders our steps.

Sunday Morning September 15, 2013, The Sunday School held the quarterly review with the women were taught by First Lady Linnie Willis; the men were taught by Joseph C. Sommerville, Ph.D; and the young adults were taught by Rev. Allen T. Smith with the topic of "Does God have a plan for your life?" *from Jeremiah 29:11.*

The celebration continued following Sunday school with Sister Vontyna Smith as a very engaging worship leader for the Sunday morning service. The spiritual tone was set as the Deaconess of St. Paul conducted the devotional service and Sister Juanita Brown welcomed the audience with much love and enthusiasm.

The women's day choir under the direction of Derrick E. Roberts, Ed.D, sang with power and conviction. The spirit of the Lord continued to moved as Sister Erika K. Ragland of the Jerusalem Baptist Church as



(L to R) Avfwiedersehen Winfield, J'Vann Winfield, The Speaker Lenora Gayle Barry, First Lady Linnie Willis, Senior Pastor Rev. James H. Willis, Sr, and Sharon Hubbard, Chair-Person

guest soloist, with the choir sang the theme song Order my Steps.

Sister Lenora Barry, member of the church of the New Covenant and community advocate here in Toledo, was the Sunday morning speaker. Barry's life experiences have taken her to places and situations that allowed her to speak so profoundly, powerful and personal on the theme. She is now retired as the first and only African-American female to serve as the deputy chief of federal probation officers in northwest Ohio.

The speaker noted that because God has ordered her steps and continues to do so, it has propelled her to continue to serve God and his people.

The chairmen for this year's blessed celebration were very vibrant young women of the church and they are Sisters Sharon Hubbard, J'Vann Winfield and Aufwiedersehen Windfield. It was a celebration that will long be remembered and will go down in the archives of history at St. Paul as a day ordained by God for God.

Church's Chicken BIG TASTE LOW PRICES

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

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

ADD HALF GALLON TEA \$1.50

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

“20 Under 40” Leadership Recognition Award

Special to The Truth

Brandon Tucker, executive director of Economic & Community Development at Washtenaw Community College, was a recipient of a 2013 **20 Under 40 Leadership Recognition Award** presented Thursday, September 26 at the annual 20 Under 40 awards ceremony. He was selected from a field of 109 candidates.

This 18th annual event showcased young, dynamic leaders in northwest Ohio and southeast Michigan under the age of 40. An independent panel of judges selected 20 candidates for recognition. The 20 Under 40 program focuses on individuals under the age of 40 who have distinguished themselves in their careers and/or in

the community. It is intended that the program will further motivate young leaders in our area. Since 1996, 360 young, community leaders have been recognized through the 20 Under 40 program

Tucker was nominated by Craig Teamer.



Brandon Tucker