



Tips From Our Fitness Gurus



Angela Steward



Ryan Rollison

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Trump's Atlantic City Windfall Left Others Broke

Guest Editorial

There is still a lingering misperception that Donald Trump is some kind of business wizard, but it's actually easy to identify one of his key strategies for success: He excels at ripping people off.

The Associated Press pulled back the curtain on his ruined casino empire in Atlantic City last week and exposed a gold-plated scam, on in which survivors from the Taj Mahal disaster – a long parade of naïve artisans who still have Trump's skid marks on their backs – all told similar stories, cautionary tales that make you wonder how anyone would consider him trustworthy enough to hold elected office.

Their consensus: Trump is a master grifter, who uses bullying and arrogance as negotiating methods, before ending the relationship by withholding payments and making contractors settle for far less by threatening them with litigation – knowing the cost of litigation would eat up most of the money in the dispute.

And frequently, these exploited contractors were left ruined after the Taj went bankrupt in 1991, the AP found.

One contractor whose company did \$1.3 million in paving work ended up with one-third that amount. Atlantic Plate Glass installed walls of glass and was screwed out of \$1.1 million. Molded Fiber Glass sued Trump for the \$3 million it took to install the Taj's famous onion domes, and ultimately settled for \$1 million. A marble supplier was owed \$3.9 million, and after he settled for 30 cents on the dollar, he went bankrupt.

Even the guy who was owed \$232,000 for putting up the bathroom partitions had to lay off his brother after Trump reneged.

In hindsight, it seems so predictable: By the time the Taj opened in April 1990, Trump owed \$70 million to 253 contractors. Within months, he was already missing debt payments to his investors, who had bought \$675 million in junk bonds (at 14 percent interest) to finance the \$1 billion Taj disaster.

Many of the contractors sued, but time ran out on collections in July 1991, when the casino went bankrupt.

As a result of his narcissistic, destructive risk-taking with other people's money, his casinos posted huge losses while others thrived.

The New York Times also published an AC retrospective that focused on Trump's uncanny ability to profit from failure. The pattern at his four casinos was consistent: He would buy high, mortgage even higher, promise that everyone was going to get rich, and then, inevitably, run out of cash because the casinos couldn't withstand the debt load.

In the same piece – entitled "How Donald Trump Bankrupted His Atlantic City Casinos, But Still Earned Millions" – Trump's take-away was that "Atlantic City fueled a lot of growth for me. The money I took out of there was incredible."

His relationship with money is often incredible. He gave less than \$10,000 to charity in the last seven years, the Washington Post learned this week, despite his claims he had donated \$100 million in the last five. He faces three lawsuits for the scam known as Trump University. He even sold his name to a husband-wife team of convicted frauds without vetting them for something called the Trump Institute.

And so it goes. Trump's opponents no longer need to devise a dossier to beat him. It's easier just to buy every voter a daily newspaper.

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YOUTH ADVOCACY ALLIANCE

ATTENTION YOUTH SERVING PROFESSIONALS AND PARENTS OF YOUTH
The Youth Advocacy Alliance (YAA) has a goal of raising community awareness and providing professional development on issues related to positive youth development in Lucas County. Your input is needed to determine the most critical issues affecting youth.

Please take a few minutes to complete a brief survey at the following link:

<https://www.surveymonkey.com/r/VWBWPLF>

If you would like more information or to become involved in YAA please email
David Kontur, Director, Lucas County
Family and Children First Council at
dkontur@nwaca.net.

PENNY TULLIS
Youth Development Director
YWCA Northwest Ohio
1018 Jefferson Ave. Toledo, Ohio 43604
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Community Calendar

July 10-15

Greater St. Mary's MBC 2016 Annual Church Revival: Presented by In Church Women's Ministry; "The Road to Obedience;" Sunday July 10 @ 5 pm; July 11-15 7 pm nightly; Guest revivalist Bishop Robert Lyons Jr of Dayton: 419-536-5155

July 16

Vax Awareness Workshop Session: Presented by Justice Or Else and Black Lives Matter; 1 pm; Kent Branch Library: 419-973-0248

July 23

St. Stephens COGIC Community Festival: 11 am to 5 pm; Facepainting, fire-fighting, trains, games

July 24

Calvary MBC Women's Day Celebration: 11 am service; "Christian Women Holding on to Their Faith;" Guest Sr. Sheree Madison Emery of Christ United Baptist

July 24-September 12

Free Parenting Classes: Saturdays 11:30 am to 1 pm; Continuous open enrollment; Sponsored by Operation Re-Seed Christian Ministry Parenthood Program: 419-297-3530

Red Cross Issues Emergency Call for Blood and Platelet Donations to Address Significant Shortage

The American Red Cross has issued an emergency call for blood and platelets, urging all eligible donors to give now to replenish an extremely low summer blood supply.

Blood donations have fallen short of hospital needs for the past few months, resulting in about 39,000 fewer donations than what's needed, as well as a significant draw down of the overall Red Cross blood supply. In addition, the Independence Day holiday may have caused many regular donors to postpone donations due to vacation plans. A recent Red Cross poll revealed that more than 75 percent of donors surveyed indicated vacation plans this summer, many of them occurring the weeks before and after July 4.

"Right now, blood products are being distributed to hospitals faster than donations are coming in, which is why we are making this emergency request for donations," said Christy Peters, External Communications Manager of the Western Lake Erie Blood Services Region. "Donations are urgently needed now to meet the needs of hospital patients in the coming days and weeks. If you've thought about giving blood and helping to save lives, now is the time to do it. It's the blood donations on the shelves that help save lives when an emergency occurs."

How to Help

To schedule an appointment to donate, use the free Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767). The Red Cross is extending hours at many donation sites to allow for more donors to make an appointment to give. Donation appointments and completion of a RapidPass online health history questionnaire are encouraged to avoid longer wait times. Donors with all blood types are needed.

Those unable to give can still help by encouraging others to give through a SleevesUp virtual blood drive at redcrossblood.org/sleevesup, giving of their time through volunteerism or making a financial donation to support Red Cross humanitarian work across the country and around the world.

Who Blood Donations Help

Every two seconds in the United States blood and platelets are needed to respond to patient emergencies, including accident and burn victims, heart surgery and organ transplant procedures, and patients receiving treatment for

leukemia, cancer or sickle cell disease. The Red Cross must collect approximately 14,000 blood and platelet donations every day for patients at about 2,600 hospitals and transfusion centers nationwide.

Because of generous donors, the Red Cross is able to provide blood products to patients like 11-year-old Mae Rainey, who needs regular blood transfusions as part of her treatment for a blood disorder.

"I am very grateful for the opportunities that the Red Cross has given us to get her to her healthiest state," said Caleb Rainey, Mae's older brother.

Watch Mae's story to learn how blood donations can make a lifesaving difference.

Upcoming blood donation opportunities

Ohio

Lucas

Toledo

7/6/2016: 9 a.m. - 3 p.m., 911 Training Center, 2127 Jefferson Avenue

7/6/2016: 10:30 a.m. - 6:30 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

7/7/2016: 10:30 a.m. - 6:30 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

7/8/2016: 7 a.m. - 4 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

7/9/2016: 7 a.m. - 2 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

7/11/2016: 8 a.m. - 4 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

Maumee

7/12/2016: 12 p.m. - 6 p.m., Maumee American Legion, 204 Illinois Ave.

Toledo

7/12/2016: 10:30 a.m. - 6:30 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

7/13/2016: 10:30 a.m. - 6:30 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

7/14/2016: 10:30 a.m. - 6:30 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

Holland

7/15/2016: 10 a.m. - 4 p.m., 102.3 Proclaim FM, 7112 Angola Road

Sylvania

7/15/2016: 12 p.m. - 6 p.m., McCord Road Christian Church, 4765 McCord Road

Toledo

7/15/2016: 7 a.m. - 4 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

Sylvania

7/16/2016: 9 a.m. - 2 p.m., Sylvania Senior Center, 7140 Sylvania Ave.

Toledo

7/16/2016: 7 a.m. - 2 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

7/18/2016: 8 a.m. - 4 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

7/18/2016: 11:30 a.m. - 4:30 p.m., Toledo Hospital, 2142 N. Cove Blvd

7/19/2016: 10:30 a.m. - 6:30 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

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Library Takes Action to Place Levy on Ballot

Special to The Truth

The Toledo Lucas County Public Library's Board of Trustees unanimously approved a resolution during its regular board meeting on June 23, 2016 requesting that the Lucas County Board of Commissioners place an operating levy on the November 2016 ballot.

The levy is extremely important to the Library as it provides more than half of the operating budget. "Strong libraries build strong communities, and the Library demonstrates value by continuously delivering a strong return on investment. This decision further shows our commitment to growing futures, creating opportunity, and transforming lives," said Clyde Scoles, director, Toledo Lucas County Public Library.

With the approval of the Library's Board of Trustees, the resolution will be delivered to the Lucas County Board of Commissioners for them to place a 3.7 mill, five-year operating levy on the November 8, 2016 ballot. The 2.9 mills would renew the existing levy and the 0.8 mill would be additional. The current levy, which was approved by voters in 2012, was a 2.9 mill referendum, which expires on Dec. 31, 2017.

The additional 0.8 mill is expected to restore what our customers lost due to funding cuts and inadequate state funding. Scoles, who also serves as the Library's Fiscal Officer, further remarked, "We would not come to our customers for assistance in passing this levy unless it was absolutely necessary. This levy represents more than half of the Library's operating budget, with the state's public library fund contributing the rest. The state contribution has decreased substantially, and we are currently operating at 1997 funding levels. We need to improve upon this to continue the Library service the residents of Lucas County have long enjoyed and depend on."

For the owner of a \$100,000 home, the 0.8 mill increase amounts to eight cents a day. Currently, this homeowner pays \$87.50 per year based on the present 2.9 mill levy renewal. With the additional 0.8 mill increase, for a proposed 3.7 mills total, this same homeowner will pay \$116.81 annually.

"We're doing great things to help restore vitality to the many and diverse communities in Toledo and northwest Ohio - our branch libraries are iconic in the neighborhoods they serve and represent beacons of hope. With 68 percent of the population being proud card holders, this levy is essential to protecting and growing their investment," said Scoles.

A recent study conducted for the Library by Dr. Howard Fleeter, a noted economist from Columbus, Ohio, found that the Library provides an economic value of nearly \$4 in benefits for every \$1 invested.

Red Cross... continued from page 3

7/20/2016: 10:30 a.m. - 6:30 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

Maumee
7/21/2016: 11 a.m. - 5 p.m., Professional Skills Institute, 1505 Holland Rd.

Oregon
7/21/2016: 12 p.m. - 6 p.m., Hope Community Church, 5650 Starr Ave.

Toledo
7/21/2016: 10:30 a.m. - 6:30 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

7/22/2016: 7 a.m. - 4 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

7/23/2016: 7 a.m. - 2 p.m., Toledo Blood Donation Center, 3510 Executive Parkway

7/25/2016: 8 a.m. - 4 p.m., Toledo Blood Donation Center, 3510 Executive Parkway



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Making Cooking Convenient

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

What does the term “cooking from scratch” mean to you? This term can mean different things to different people. A very broad definition of cooking from scratch is making a dish or meal that includes as many basic or raw ingredients as possible. “From scratch” may also indicate starting at the beginning. While this article is not suggesting that everything you eat is made from scratch, we will look at the nutritional benefits as well as the challenges of preparing meals from the beginning.

With all of the options available at grocery store, it is not uncommon to make some recipes from premade items in addition to some parts made from scratch. For example, a vegetable soup made from scratch might include fresh and frozen vegetables, store bought broth and some dried pasta. Most people do not make homemade pasta with flour and water but that vegetable soup recipe would be considered “from scratch” compared to opening a can of soup from the store.

Some other terms and definitions represent a variety of ways foods are prepared that are not “from scratch”. A few common types of foods include:

Convenience foods – prepackaged foods that can be made easily and quickly. Some examples are frozen French fries, instant brown rice, frozen chopped broccoli and canned soup.

Take out foods – foods that are prepared and fully cooked at a store or restaurant. They are ready to be picked up and transported somewhere else with no preparation needed.

Ready to eat foods – no cooking needed. Think of items like granola bars, bananas or deli turkey.

Frozen skillet meals – the entire meal is in a freezer package, ready to be cooked at home. Often a frozen meal will include a protein like chicken or shrimp, a grain like rice or noodles, some vegetables and a sauce.

There are many benefits to cooking from scratch and a few challenges. Let’s start with the challenges. Sometimes the challenges of cooking from scratch include:

- Longer preparation time verses heating up convenience foods
- Need for space, cooking equipment and cooking skills
- Need ingredients to prepare the recipe

Fortunately, the benefits of cooking from scratch outnumber the chal-

lenges:

- You can plan meals to include a variety of foods for your nutritional benefits
- You can choose the amount of salt, fat and sugar added to the meal
- You can control ingredients if someone has a food allergy or needs a special diet
- You can keep food costs lower compared to the cost of convenience foods
- You can control portion size
- You can invite your family to prepare the meal. Take turns – or at least help the children learn how to prepare a meal.
- You can plan leftovers, also known as “planned overs” for busy days
- You can make a large batch of something and freeze in containers for future use

Convenience foods do offer some benefits such as being easy and quick. On the other hand, many are high in sodium, added sugars and fat and they are often large portion sizes. All of those can contribute to negative health consequences. Not all convenience foods are unhealthy.

Figure out a healthy way to use convenience foods in your meal planning. Some examples include using convenience foods or frozen skillet meals and adding additional vegetables to them when you heat them up at home.

It’s the end of the school year and we just wrapped up the 2015-2016 Afterschool Cooking Club at Pickett Academy with the sixth to eighth graders. Although we made as many recipes “from scratch” there were a few restraints such as the amount of time we had afterschool and also limited kitchen equipment. Below is one of the recipes the teens made last month. We made it in a toaster oven instead of a large oven. This recipe comes from a magazine called “Chop Chop” and additional recipes can be found online at www.chopchopmag.org

Cheesy Roasted Asparagus

Ingredients:

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Probiotics: Common Myths and Shocking Truths

Special to The Truth

With all the attention paid to health and wellness these days, it's no wonder that probiotics are such a hot topic. Probiotics support digestive health and strong immunity (70 percent of our immune system is located in the digestive tract); however, there are a lot of myths surrounding them.

With the global probiotic market expected to climb to \$36.7 billion in 2018, according to BCC Research, consumers should get the truth about how to reap probiotic benefits before shelling out their money.

Here are a few myths and facts to consider from probiotic experts at Ganeden, a leading manufacturer of probiotic ingredients:

Myth: If a yogurt product has the Live & Active Cultures seal on the label, it is "probiotic."

Fact: The seal indicates that at the time of manufacture, a refrigerated yogurt contained at least 100 million cultures of *Lactobacillus bulgaricus* and *Streptococcus thermophilus* per gram, and that a frozen yogurt contained at least 10 million cultures per gram at the time of manufacture. This sounds pretty impressive, but depending on storage conditions, cultures used, and other manufacturing processes, there may be only a small fraction of the cells left by the time the product reaches your spoon, due to their naturally short lifespan.

The good news is there are products that contain far more robust cultures. For example, GanedenBC30 (*Bacillus coagulans* GBI-30, 6086), a strain of probiotic bacteria, survives at rates of nearly 100 percent, and can be found in a variety of food and beverage products. Be sure to check the ingredient listing or look for its circular logo on packaging.

Myth: Fermented foods like kimchi, sauerkraut, miso and natto are

good sources of probiotics.

Fact: It depends. While many of these foods do use naturally occurring live cultures to begin fermentation, the pasteurization process will kill almost all living bacteria, even the good guys!

If the fermented product is raw, meaning it was never pasteurized, it will contain bacteria, but it won't necessarily be probiotic. The organisms used to produce the fermented food have not always been studied -- so whether they provide a health benefit to the consumer is unknown.

For benefits to your digestive health and immune system, seek out foods and beverages with added probiotic strains that have research showing their benefits, like GanedenBC30.

Myth: Added probiotic strains can't survive in foods and beverages outside of the refrigerated dairy case.

Fact: Some strains can, such as GanedenBC30. Its stability is due to a unique protective spore that gives the probiotic an ability to survive harsh manufacturing processes, product shelf life and, finally, the journey through the digestive system.

These special characteristics allow it to be included in foods like oatmeal, muffins, coffee, orange juice and even pizza -- providing probiotic options that fit every lifestyle and preference.

To learn more about probiotics and their benefits, including digestive and immune support, along with enhanced protein utilization, and for a list of more than 500 probiotic product options, visit GanedenBC30.com.

When seeking out good sources of probiotics to include in your diet, remember to do research beyond the label.

Courtesy StatePoint

Making Cooking Convenient... continued from page 5

- 1 bunch of fresh asparagus, tough ends snapped off
- 2 Tablespoons Olive Oil
- ¼ teaspoon salt
- ½ cup grated Parmesan cheese
- ½ lemon (optional)

Instructions

Turn the oven on and set the heat for 450 degrees.

Put the asparagus on the baking sheet, drizzle with olive oil and sprinkle with salt. Use tongs to coat them with oil and spread them out.

Put the baking sheet in the oven and roast until the asparagus turns bright green, 5-10 minutes depending on whether your asparagus are thin or thick.

Remove the baking sheet from the oven. Sprinkle the cheese over the asparagus and toss well.

Return the baking sheet to the oven and roast until the cheese melts and turns golden, about 2 minutes.

(Optional) squeeze the lemon over the asparagus and serve.

Summer Meal Partners of Northwest Ohio is a partnership dedicated to making sure every child is offered nutritious meals at no cost this summer. No cost meals are offered at over 100 sites including area schools, churches and community centers -- for children ages 1 -18 this summer. To find a location near you, call United Way at 2-1-1.



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Set A Healthy Example

By Dianne Pettis

The Truth Contributor



Dianne Pettis

These national health observances seem to come around so quickly...and there are so many of them! They exist for a reason though; to remind us to take better care of ourselves.

Now, men, it's your turn. You are called to be leaders, protectors, providers and the initiators. We need you to be healthy, because your health doesn't just affect you, but your whole family, and those in your circle. Do you know that your loved ones watch you and learn from you – consciously and unconsciously – the good and the bad habits?

In general, men don't live as long as women. They typically die five years sooner. In 2013, the life expectancy for all men was 76.4 years; and for African-American men, it was 72.3 years. One in two men get cancer in their lifetimes; and more die from cancer than do women. Why?

Speaking generally, men need to know more about preventive health and practice the health habits that are known to prevent chronic illnesses. Adequate or affordable health insurance coverage has been a barrier. In my experience as a health care provider, even men who have insurance just don't like to go to doctors. It's just not a macho thing to do; it seems to be an attack on their manhood.

Another contributor to the statistics is that men tend to have more dangerous occupations and participate in more dangerous sports and leisure activities. There is more risk-taking.

The top five causes of death as noted in 2013 statistics were:

#1 – Cardiovascular (heart) disease. There are many preventable contributors to this. Uncontrolled high blood pressure is a major factor. A Body Mass Index over 35 (obesity), and BMI over 40 (morbid obesity) is higher in men. Obesity is a major risk factor for diabetes, rates of which are on the rise for men and women; especially for ages 65 and older. These Big 3: diabetes, obesity, and hypertension are all strongly implicated in heart disease and early death from complications.

#2 – Stroke. The same preventable contributors to heart disease also are risk factors for stroke. Additionally, cigarette smoking increases this risk. Cigarette smoking is highest in males, ages 18-44.

#3 – Cancers: lung, colon/rectal, and prostate. Not all lung cancers are caused by cigarette smoking; but smoking, second-hand smoke, and a chemically hazardous work environment increase risk. Colorectal cancers are related to a high-fat and increased red meats in the diet. Diets low in fiber increase risk of these cancers. The specific cause of prostate cancer is not clear. There is a hereditary component to some cases. In other cases, the DNA of the cell changes likely in response to the environment and inflammation which can be diet-related. I discussed the dangers of inflammation in a previous article. Screening for these cancers is so very important. Early detection increases treatment options and

long term survival.

#4 - Chronic Obstructive Pulmonary Disease (COPD/Emphysema). This is a chronic and progressive lung disease. Again, many years of smoking and exposure to lung irritants contribute to this condition.

#5 – Influenza and Pneumonia. In past years, these illnesses were never this high up on the list. I don't know if the strains of the flu cause more severe illness, or people don't take heed to get the vaccine, or whether getting the flu or pneumonia weakens your ability to fight off the virus or bacteria if you already have diabetes, stroke heart, or lung disease.

So, how do you make sure you're setting a healthy example? Remember, people are watching and they care!

*If you haven't done so this year, make an appointment for your annual physical today, even if you don't feel sick. And, I mean a real physical exam – head to toe. If your provider only listens to your heart and lungs, and says, "see you next year"; that doesn't count. Your physical exam should include an actual exam of your prostate through your rectum beginning at age 45. Your annual blood work should include a PSA (Prostate Specific Antigen) at this age also. A test for hidden blood in your stool should be done every year. A baseline colonoscopy should be done beginning at age 50, then every 7-10 years if it is normal. A baseline

... continued on page 11

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Health Section • Health Section

We're All In This Battle Together. What Battle?

By Angela Steward, Fitness Motivator

The Truth Contributor

The Battle of the Muffin Top!!

It's not as if there's a winner in this war, it's a lifetime fight. As we get older (that's me) our body and our hormones change (that's me too). Welcome to Muffin Top Purgatory!

I probably don't need to explain it because as women we've all experienced it. You can cover the muffin top with a one piece on the beach or put on a sleek black cami for the party, but when we look in the mirror with no clothes on, there it is...the muffin top and of course we're convinced that EVERYONE is focused on OUR MUFFIN TOP!!! Uhhhh!!!!

Why Oh Why can't we get rid of the Muffin Top?

Here are a few examples of how we sabotage our smaller waistline goals.

1. You and your girls or Boo snack on cookies, cupcakes, chips, etc. while watching TV. Sugar-filled treats like cupcakes, cookies and even protein bars sometimes contain 20 + grams of sugar. Make healthier snack choices like popcorn, fruit, etc.
2. You drink one soda a day! Just one soda each day, or even per week, can really add up. Sugar-sweetened beverages, like soda, sweetened coffee or tea, and fruit juice leads to excess calories and weight gain, especially in the abdominal area...belly fat!!!
3. You don't use chopsticks for Chinese and Japanese food (me either.lol). While scarfing down fried rice and lo mein with our forks, we're eating a lot quicker and more than we would if we used chopsticks. Using chopsticks will slow "me," I mean "you" down.
4. Your wine glass is as large as Olivia Pope's. A glass of wine is generally 120 calories. Our bodies burn alcohol calories first, to get it out of your system as fast as possible. That means any calories you get from food are put on the backburner, making it hard to shed the unwanted pounds. Reduce the size of your wine glass and fill it up once.
5. You have partner comparison disorder! You and your hubby or boyfriend begin your fitness journey together. You both begin eating healthier and waking up earlier to workout. It lasts a few weeks, but your partner begins to fall off. But not you, you keep fighting the fight. He's sleeping in late and he's seeing results. Sound fa-

miliar?? Stop comparing!

Ladies, our bodies are much different than our partner's bodies. We have a higher percentage of body fat than men. In fact a healthy range of body fat for us is 20-25 percent, compared to men whose healthy fat range is 10-15 percent. Bottom line, stop comparing yourself to your partner.

6. You only eat egg whites. You should be eating the yolk too. Egg yolks are a good source of vitamin D (a vitamin most people don't eat enough of). Low levels of vitamin D have been linked to abdominal obesity. The healthy fat in egg yolks help you feel fuller making it less likely that you'll overeat later in the day.

7. You avoid fruit because it's high in sugar. Saying no to apples and/or grapes is a huge mistake. Potassium found in fruits and vegetables helps to naturally de-bloat the body.

8. Pass the salt is your middle name. Too much sodium can lead to big time bloating. Eat less processed food that is high in salt, like bread and condiments. Eat more whole food or foods lower in salt.

9. You never miss a



Angela Steward

post workout smoothie. Whether it's a killer cardio class or hot yoga workout, it's a mistake to feel like it isn't complete without a trip to the beverage bar. If you're refueling with a protein shake or smoothie after every single workout, you may want to reconsider. For most workouts longer than one hour, eating a protein rich meal after class is sufficient. Drinking a protein shake or smoothie is unnecessary, and increases calorie consumption.

10. You don't have a water bottle by your side. Many women go all day without a water bottle by their side. Seriously, how many times do we have to be told to drink eight eight-ounce servings of water every day. Not drinking water has a negative impact on our metabolism and appetite.

I could add a lot more to this list, but I'd rather hear from you.

What habits are you guilty of that helps create your muffin top and what changes are you willing to make to get rid of it? It's tough, but it's worth the fight!!!

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Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I have been working out now for about three years and I want to get more results. I am a 34-year old male and I consistently train three days per week. I do a total body workout and I am looking for something different to do. I read about all these new workouts and programs how do I which one is best?

T.J.

Dear T.J.

I think most people put too much emphasis on the workout and not enough on nutrition. A good workout along with proper nutrition will harvest new results for your physique. You must first take a look at your eating habits.

Are you getting enough protein in your diet? Are you drinking enough water? How much fats and carbs are you consuming? Evaluate your diet and make changes to fit your desired results. Pay close attention to your nutrition as well as your workouts.

Yes, there are a ton of new things out there to look at and everyone says that they have found the answer to fat loss and muscle gains. In my opinion nothing works the body like old school weight training.

University studies show that for fat loss and muscle gains weight training is king. If you are trying to drop body fat then add some cardio to that and get more results.

Then the question arises of how much to lift, how many reps and how many sets? I say do it all! Lift heavy, light, low reps, high reps super set, giant set etc. You have to mix it up and keep your body guessing what you are going to do next.

I think there is a lot of wrong information floating around out there and everyone has a gimmick that they want you to buy into. Don't fall for the nonsense! People are desperate for results and switch to the next new thing on the market. You need to stick with something long enough to see if it's working for you before you jump into something else. Give

it at least four to six weeks.

I say, if you have been doing total body workouts for three years you have gotten used to that workout. Switch to a two-on, one-off cycle and see how that works for you. Alternate upper and lower body days, increase your weights and do a minimum of two exercises per body part. Do this for four to six weeks and see how you feel.

You may have to increase your calories a little to make up for the extra days you are adding. Most people don't know good form and technique. I suggest going to youtube and looking up John Parillo, the man is a training and nutrition guru. He has been around for many decades and has trained countless champions.

Hope this serves you well. Keep up the great work.

Also, there is another four-week Dream Bodies Fit Camp starting July 11 at Ottawa Park from 8:30 a.m. -9:15 a.m. Please contact me for more information.



Ryan Rollison

UNLEASH YOUR HERO!
Ryan Rollison
Dream Bodies

Toledo Ohio
419-944-4200
mydreambodies.com



Microphone Romeo - NeoSoul
Markese, The Microphone Romeo, is a Neo-Soul artist hailing from the glass city, Toledo Ohio. After being honorably discharged from the US Navy, he decided to pursue his dream of making music. He has been writing and singing for over 20 yrs. and has performed in a variety of places throughout the US and across the globe, from California, Canada, Dubai, and Greece to name a few. He is finishing up his much anticipated debut album entitled, "1856 A Love Story", featuring a variety of artists known and unknown collaborating for the love of music.

In 2015 Microphone Romeo released his debut single, "Love Story", and won a very prestigious music award for the best R&B song of 2015 from the **Academia**, and followed up with an award from **Berkshire Media Group** for #1 requested song for November and December 2015. Microphone Romeo continues to receive a high volume of spins on over 30 internet radio stations worldwide, reaching all types of new fans from Chicago to Berlin to name a few. Microphone Romeo continues his quest for Love, Peace and Unity by delivering soul fulfilling music to inspire and move the masses. He links up with music lovers from around the globe to create quality music that everyone can listen to and enjoy.

Microphone Romeo is definitely one to look out for. By combining the old soulful sound we remember and love with the new age flavor of today, he has surely bridged the gap with his unique and captivating sound. He is a **Glass City Talent 419** artist, and we are proud to call him a HOME GROWN family member!



Mr. Steven Perry - Multi-Genre Artist
I have always loved singing. My mother was, and still is, the reason I love singing. All music has its way of delivering a message—R&B, country, gospel, and rock! Motown music really captured my interest because of the soulful, rhythmic compilations that were born from that company. My favorite artists were the Temptations, the Dramatics, the Stylistics, the O'Jays, and many more.

I have performed in various cities such as Las Vegas, Chicago, Atlanta, New York and, of course, Toledo. It's the reaction of the audience that motivates me to continue singing at my age. Music has no age, has no color, has no race...music is enjoyed by millions of people all over the world and has the wonderful ability to bring people of all nationalities and ages together.

My ability to sing is God's gift to me, so I use my voice in church and entertainment locally. I produced a single some years ago entitled, "When I Call My Baby Candy" (produced by Ullyses B.); that song still motivates me to continue singing. I am looking forward to more future events with my new musical family, **Glass City Talent 419**.



Madam Sheer - Soulful Jazz R&B Songstress
I am the artist Madam Sheer. I love all music so I don't put myself in any category or genre. I make timeless music for all audiences. Madam Sheer is not an alter ego, it is who I am. The 'Madam' represents the strength, and the 'Sheer' represents transparency.

I discovered my Madam Sheer during my short stay living in the ATL, and I brought the Sheer essence of my Madam back to my hometown Toledo. I am a Toledo native and a 2000 graduate from E.L. Bowsher High School.

I have performed my whole life. My singing started at age 4 after falling in love with Michael Jackson, the Thriller. I grew up singing in church, performing in choirs and singing solo. I have many achievements here in Toledo. In 2001, I was top 10 in the best unsigned artist contest when the international artist, Avant, came to Toledo as the special featured artist.

I started modeling and attended modeling classes with Barbizon Modeling and Talent of Cleveland Ohio 2004, and eventually became an instructor for the modeling school. In 2011, I completed my license in Cosmetology. In 2013, I won *Faces of Fox Toledo* with Fox 35. In 2014, I became lead singer for a phenomenal 7 piece Funk R&B and Jazz band called 'The Overton Project'. Currently in 2016, I am with Glass City Talent Management and Promotions, working as a solo artist creating original music. Through my music, I hope to change the world, one song at a time.

Where to Listen/Buy:
These artists' music is now available on iTunes, Spotify, Apple Music, Google Play, Rdio, Deezer, Tidal, YouTube Music, Microsoft Groove, Beats MediaNet.



CP SLICK - R&B "Pray for Us"
Charles Parker, professionally known as CP Slick or CP, is an Ohio native who states he has been singing "since I could talk", and wrote his first song in 5th grade. He has a passion for life and family, and his extraordinary experiences regarding love and life's struggles are poignantly reflected in his music.

Not uncommon to many urban males, CP has overcome many obstacles in life including serving prison time, enduring gun shot injuries, and rising up and out of gang activity. He honestly reveals this side of his life in his music collections to help others understand that life's struggles can be victoriously overcome and that any obstacle can be defeated with belief in self, love of family, and support from those who believe in a talented soul that some would say is of no use to society. He has proven this ideology to be without merit in his case, as he has proven he has much to offer to society and to lovers of 'real school' music!!

CP calls himself "just an average guy who loves to compose music for people to appreciate...my music is my experience and I just want people to know of my experience." Over the years, he has admired the writing styles of R. Kelly, Smokey Robinson, and the singing styles of legends David Ruffin and Michael Jackson to name a few. CP Slick is very well respected amongst his peers and has a huge following of young African American males who look up to him. He is a man who has overcome much...he is a man who believes he has so much more to do. CP is currently managed by **Glass City Talent 419** of Toledo, Ohio.

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BENNETT VENTURE ACADEMY

ProMedica Community Events in July

ProMedica will offer the following community events in July:

Aromatherapy

Discuss the special ways that essential oils can be used for everyday health and wellness. This program is free to people with a cancer diagnosis and is sponsored by ProMedica Cancer Institute. Aromatherapy takes place the first and third Wednesday of each month. Please call the Victory Center at 419-531-7600 for details.

Wednesdays, July 6 and 20

1 – 2 p.m.

The Victory Center

5532 W. Central Avenue, Suite B, Toledo, Ohio, 43615

Nursing Mothers Group

ProMedica Toledo Hospital's Preparation for Parenthood is hosting a nursing mothers group. Come relax in a comfortable environment and spend time with other new breastfeeding moms. This free, ongoing support group is led by a certified lactation consultant who is also a mother. Topics will include breastfeeding lifestyle, sleep for babies and mom, managing time, and relationships. An infant scale will be available for impromptu weight checks for the little ones. To register, call 419-291-5666.

Monday, July 18

7 – 8:30 p.m.

Ronald McDonald House

3833 Monroe Street, Toledo, Ohio 43606

Caring And Restoring Each (CARE) Other

Caring And Restoring Each other (CARE) offers support for parents who have experienced perinatal deaths (miscarriages, still births or newborn deaths). This group provides emotional support and opportunities to meet and share ideas with other bereaved parents in an atmosphere of caring, concern and acceptance. Parents and other family members find the support, comfort and understanding that only others who have experienced this loss can give. This event is free of charge. Contact Julie Beitelschees at 419-291-3656 or Julie.Beitelschees@ProMedica.org for further details.

Tuesday, July 19

7:30 p.m.

ProMedica Toledo Hospital

Education Center, Room L

2142 N. Cove Blvd., Toledo, Ohio 43606

Kaitlyn's Cottage Golf Event

Do you enjoy golfing or just being outdoors? The Kaitlyn's Cottage Golf Event benefits Kaitlyn's Cottage, a facility providing care and support to those with physical or intellectual disabilities, and to their families. Registration begins at 7:30 a.m. and the shot gun starts at 9 a.m. Fees vary based on sponsorship level, contact Kayla Kruzewski at 419-291-0209 or Kayla.Kruzewski@promedica.org for details.

Saturday, July 23

9 a.m.

Auglaize Golf Club

19062 County Road 212, Defiance, Ohio, 43512

Ostomy Support Group

Would you like to learn more about living with an ostomy? Ostomy support group meetings are informal with a 15 minute education time followed by group participation and break out groups. This is a free event. For additional information, call Annie Foote at 419-291-4634.

Sunday, July 24

2 p.m.

ProMedica Toledo Hospital

Croxton Auditorium

2142 N. Cove Blvd. Toledo, Ohio 43606

Free Mammogram Screening

ProMedica offers a free mammogram clinic to provide breast cancer screenings for individuals between the ages of 40 – 64 who have no insurance or insurance with a high deductible for mammograms and have not had a mammogram within the last 24 months. Participants may also be if they or an immediate family member has had breast cancer or if they have a breast abnormality discovered independently or by a health care provider. The free mammogram clinic is provided through grant funding from Susan G. Komen Northwest Ohio. Appointments are required. To schedule an appointment, please call 419-734-8080.

Wednesday, July 27

ProMedica Bay Park Hospital Women's Services at Port Clinton

1854 Perry Street, Suite 400, Port Clinton, Ohio, 43452

Impact and Inspire: Benefiting Mental Health

Impact and Inspire (I'm In) is an event series geared toward young professionals interested in making an impact in their community. This event is free and benefits mental health by asking each guest to purchase an item at the event. You're sure to feel inspired after hearing a panel discussion with mental health experts. Call 419-291-5452 for additional information.

Thursday, July 28

5:30 – 7:30 p.m.

ProMedica Health and Wellness Center

5700 Monroe Street, Sylvania, Ohio, 43560

Stroke Support Group

Recovery from stroke is a journey. This monthly support group is for stroke survivors and their caregivers. This month's topic is about increasing activity and restorative yoga. Our support group provides an opportunity for stroke survivors and supporters to share their experiences with one another and receive guidance from clinical stroke specialists. By participating, you will also have access to the many different community resources available. To learn more about ProMedica's stroke support group, please call 419-291-7537419-291-7537 or email stroke.support@promedica.org.

Thursday, July 28

4 p.m.

ProMedica Flower Hospital

Conference Center

5200 Harroun Road, Sylvania, Ohio, 43560

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We are celebrating our
20th Anniversary
by Giving Back to Our Community that We Serve

Please join us on these dates for all types of **SPECIAL EVENTS:**

<p>July 1 Member Appreciation Day All Day Celebration at Toledo Urban FCU</p> <p>July 6 My Brothers Place</p> <p>July 7 Quality Time Day Care Center Recruitment all day. DDYC Skating Party for the Youth at Ohio Skate on Opportunity Drive</p> <p>July 8 CareSource Insurance all day at Toledo Urban FCU</p> <p>July 9 Beautification at Chase Elementary School at 7 a.m.</p> <p>July 11 Voters Registration (NAACP) at Toledo Urban FCU</p> <p>July 12 UMADOP Lucas County 10 a.m.-1:30 p.m. at Toledo Urban FCU</p> <p>July 13 The Lucas County Care Team from 2-5 p.m. at Mt. Nebo Church</p> <p>July 14 Second Baptist Church at Toledo Urban FCU Books 4 Buddies dropoff</p> <p>July 15 12th Annual Prayer Breakfast at 8 a.m., First Church of God on Collingwood</p> <p>July 16 12th Annual Parade at 10 a.m., Dorr & Detroit</p>	<p>July 18 Buckeye Health Plan at Toledo Urban FCU Reception Dedication of Board Room to James Cobham Jr. 5:30 p.m.</p> <p>July 19 UTMC Health Screenings at Toledo Urban FCU</p> <p>July 20 Free Hair Cuts at Hair Trendz at 1339 Dorr Street</p> <p>July 21 20th Anniversary of Toledo Urban FCU UTMC Health Screenings at Toledo Urban FCU First Federal Bank – Small Business</p> <p>July 22 Lucas County Children Services Recruitment at Toledo Urban FCU</p> <p>July 23 Beautification at Spring Elementary School 7 a.m.</p> <p>July 25 PNC Bank Retirement & Savings 10 a.m.-1 p.m. at Toledo Urban FCU</p> <p>July 26 Mercy College of Ohio Recruitment 9 a.m.-1:30 p.m. at Toledo Urban FCU</p> <p>July 27 Friendship Baptist Church: Umbrella of Care Friendship, IOP NEW Concepts MUSTARD SEED & NAOMI</p> <p>July 28 Fifth Third Bank– New Mortgage Program</p> <p>July 29 Chief Krall of TPD, coffee with Chief 1-3 p.m. at Toledo Urban FCU</p>
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Toledo Urban Federal Credit Union
Building Better Futures

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Phone: 419.255.8876
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NHA Seeks a Few Good People

The Neighborhood Health Association is hoping to acknowledge the contributions of past board members and volunteers. If you were a board member or volunteer in the past with NHA, the Cordelia Martin Clinic or the Mexican-Americans United for Health, give us a call. 419-720-7883, ext 216.

Go, Slow, Whoa: Easy Way to Choose Healthy Foods

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

The image of a traffic light with green, yellow and red is sometimes used to categorize food to help remind us of making healthy choices. The following words are often used to describe the three groups of food: Go, Slow, Whoa! Go, Slow, Whoa, is used as an educational model to teach about food choices as well as a prompt at the time of food decisions to encourage healthy choices. It is designed to be easy to understand and practical to use.

Do you think this is just an educational model for grade school children? Think again! Not only can it be used to teach a detailed nutrition subject to children, it is also used as an easy way to remind adults about their daily food decisions.

For example, sometimes a traffic light image or colors are used on vending machines to highlight the foods to eat more often and warn about the foods to eat less often. A research study about adults and food decisions used the traffic-light label and a list of calories with workers who ordered food lunches to see if having the information would influence their choices.

Although more research is needed on a variety of food-choice topics, this study found that the traffic-light labels were useful to adults for making healthy choices about their on-line lunch orders.

What do the three groupings of food mean? There is no specific definition for the three categories of food but there are general explanations for the Go, Slow, Whoa model. In a similar way, there is no single definition for "processed" foods but there is the generalization that fewer processed foods are most often healthier options and more processed foods are often much higher in sodium, fat and/or calories.

Minimally processed foods include canned and frozen foods so they can certainly fit into a healthy diet. For example, frozen broccoli is a "Go" food even though it is not fresh and it is considered *minimally* processed. On the other hand, a can of broccoli cheese soup is considered more processed and it would be much higher in fat and sodium compared to the frozen broccoli.

- **Go Foods**, the green light are foods that are lowest in fat, added sugar, calories and are the least processed foods. You can eat "go" foods almost anytime. There are many options of "go" foods and it's important to make those choices within all five of the MyPlate food groups: vegetables, fruits, grains, dairy and protein.

- **Slow Foods**, the yellow caution light are foods that are higher in fat, added sugar and/or calories compared to Go foods. These foods are often more processed than Go foods so eat "slow" foods less often and when eating them, choose a smaller portion size.

- **Whoa Foods**, the red stoplight are foods that are very high in fat, added sugar and/or calories, often described as "empty calories." Whoa foods are the most processed foods and have very limited healthy nutrients. Only eat "whoa" foods once in a great while.

Vegetables: As mentioned above, Go foods include frozen, fresh and canned vegetables. Make sure you go Slow on added butters, oils, sauces and salt. Also, limit fried vegetables. For example, Go with a baked potato topped with broccoli and a little bit of cheese and remember that fried potatoes (or French fries) fall under Whoa. If you're ordering out and choose the French fries, go Slow by ordering the smallest size.

Fruits: Go for fresh, frozen, canned and dried fruit. Go slower with 100 percent fruit juice – juice doesn't offer fiber like the whole fruits. Also go slow on added sugar or syrup (often found in canned fruits). Whoa fruit examples would often be desserts with fruit as an ingredient but a lot of added fat and sugars. For example, fresh apple slices or strawberries are Go and a slice of apple pie or strawberry jam is considered Whoa.

Grains: Go for whole grains like whole-grain breads, brown rice and 100 percent whole grain cereals! Slow are some processed foods with refined grains and added sugar and/or salt. Whoa foods are often dessert foods with refined flour and a lot of added sugar and fat like donuts, cakes and cookies.

Dairy: Go foods are lower in fat, like a glass of low-fat milk. Slow foods would be foods like cheese and yogurt – they offer calcium but check for fat content and added sugars to yogurt – keep it a Slow food by choosing the right portion size. Whoa foods include ice cream or milkshakes.

Protein: Go with lean or low-fat meat, poultry and seafood and plant proteins like dried beans and peas (pulses) or nuts and seeds. Go meats are also prepared in the following ways: grilled, broiled, roasted or baked. Slow down on fried meats and serving sizes. Restaurants tend to serve very large portions of meat – sometimes more protein than we need in one day. Keep this in mind when judging Go, Slow or Whoa for protein foods.

Beverages: Water first for thirst is the ultimate Go beverage. Slow includes 100 percent fruit juice – watch the portion size. Many beverages offer limited nutrients and many extra calories so they would be Whoa drinks. A few examples of Whoa beverages include soda pop, sweetened teas, fruit-flavored drinks or punch and gourmet flavored coffee drinks with added ingredients.

Interested in learning more about local foods? Join OSU Extension for "Introduction to Local Foods" at Waterville Branch Library on Monday July 25th, 2016 at 6:30 pm. For more information, contact Patrice at 419-213-2022 or powers-barker.1@osu.edu. Resources: National Heart, Lung and Blood Institute, hellawella.com and Kansas State Extension.

Set A Healthy Example... continued from page 7

colonoscopy should be done at age 35 if there is a parent diagnosed with colorectal cancer.

- *Know your numbers – blood pressure, cholesterol, and blood sugar.

- *Get screened for HIV, then every year if you are sexually active.

- *Get flu and pneumonia vaccines, especially if you have a chronic illness.

- *Make sure you know your family's health history. Many illnesses have a genetic component.

- *Make sure your loved ones get their annual exams and screenings.

- *Get educated, and decide to have better lifestyle habits.

- *Listen to your body, and don't stall about getting evaluated.

- *Have an educational event or health fair at your job, church or organization.

We need you men to be strong and healthy; we care!

Dianne Pettis, CRNP
Family Nurse Practitioner
724-375-7519



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83 Minutes: The Doctor, the Damage, and the Shocking Death of Michael Jackson by Matt Richards and Mark Langthorne

By Terri Schlichenmeyer
The Truth Contributor

It doesn't take very long.

An accident, a murder, a surprise can happen in an instant that can seem like a lifetime. It doesn't take very long – or does it? The odd thing about time is that it's shapeable, as you'll see in the new book *83 Minutes: The Doctor, the Damage, and the Shocking Death of Michael Jackson* by Matt Richards and Mark Langthorne.

On June 25, 2009, when the 911 call came into the Ronald Reagan UCLA Medical Center in Los Angeles, medical staff had no idea they were in the middle of pop culture history. The emergency operator and the paramedics he dispatched didn't know the identity of the man they were asked to help, but they learned soon enough that their patient was Michael Jackson.

For Jackson, it had been a long, rough road to that moment.

Throughout his life, he'd survived loneliness, physical abuse, estrangement from family, accidents and scandals. Outwardly, he was a survivor, driven, a perfectionist. Behind closed doors, though, there was something more sinister.

In the days following the making of a commercial in which Jackson so famously received scalp burns, he was understandably in pain. Doctors administered narcotics to alleviate his suffering and, consequently, Jackson became increasingly dependent on drugs. Later, he complained of insomnia, and he visited several medical providers for more, different

c. 2016
Thomas Dunne Books
\$27.99 / higher in Canada
426 pages

prescriptions. He even asked for help from the doctor his children had been seeing for their allergies.

Dr. Conrad Murray was happy to oblige.

Whether Murray was *officially* hired to be the personal physician for Jackson's come-back tour is a matter of opinion but the authors say that Murray needed money, and assuming Jackson's care was his chosen method. That included giving the singer drugs which allowed Jackson to sleep but which fueled his addiction. It didn't take long before Jackson needed more-powerful drugs, which Murray procured in large quantities.

And on June 25, 2009, one of those drugs shook the world...

It's rare for me to like a book before I even get to the end of Page One, but that's what happened with *83 Minutes*. This is an easy book to dive into.

Starting with what became a crime scene, authors Matt Richards and Mark Langthorne then take us back 50 years to show how Michael Jackson's death seemed to be decades in the making. To rehash Jackson's biography may seem redundant – haven't there been enough MJ books? – but it's actually a fascinating scene-setter for the re-creation of the dramatic events of seven years ago.

Richards and Langthorne go on to imagine what may have happened, based on what's known. Was Michael Jackson murdered – and if so, by whom? Their hypotheses are intriguing, especially in light of the aftermath of Jackson's death, his will(s), and the legacy he left.

They say you'll always remember where you were when you hear of certain tragedies, and *83 Minutes* takes you there again. For fans, definitely, as well as students of pop culture and true crime aficionados, immersion in this book won't take long.

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Sat., April 9
Mercy St. Anne Hospital
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Toledo, OH 43623
Conference Room #1 | 8-11 a.m.

Sat., April 16
Mercy St. Charles Hospital
2600 Navarre Ave.
Oregon, OH 43616
Oregon Room | 8-11 a.m.

Sat., May 21
Mercy St. Anne Hospital
3404 West Sylvania Ave.
Toledo, OH 43623
Conference Room #1 | 8-11 a.m.

Sat., June 25
Mercy St. Vincent Medical Center
2213 Cherry St.
Toledo, OH 43608
Auditorium | 8-11 a.m.

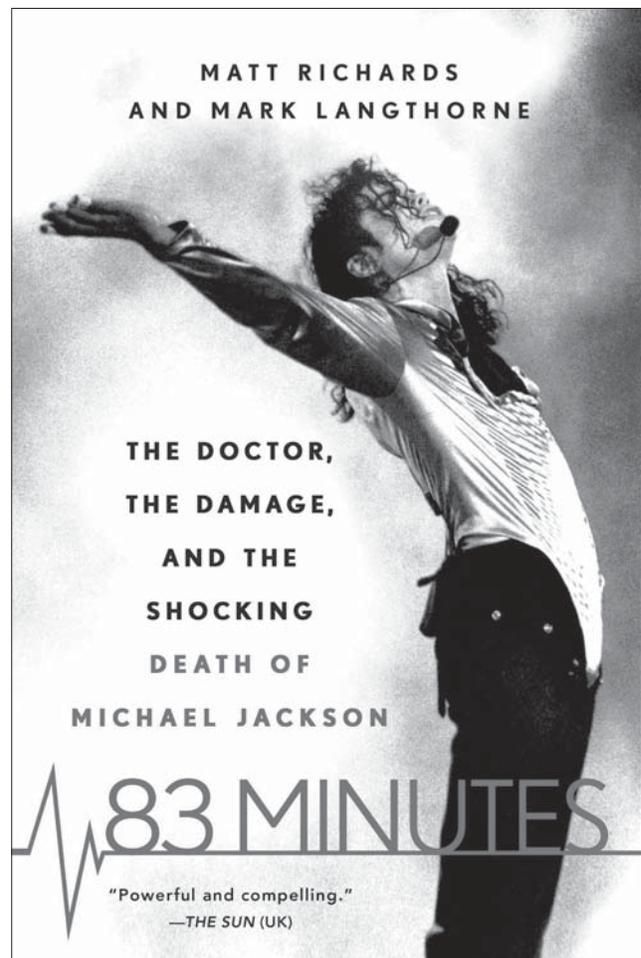
Sat., July 16
Mercy St. Charles Hospital
2600 Navarre Ave.
Oregon, OH 43616
Oregon Room | 8-11 a.m.

MATT RICHARDS
AND MARK LANGTHORNE

THE DOCTOR,
THE DAMAGE,
AND THE
SHOCKING
DEATH OF
MICHAEL JACKSON

83 MINUTES

"Powerful and compelling."
—THE SUN (UK)



We Are Charleston by Herb Frazier, Bernard Edward Powers Jr., PhD, and Marjory Wentworth

By Terri Schlichenmeyer
The Truth Contributor

The Word is what you crave.

It's where you find your comfort, strength, the peace you need to get through the day. Reading it is like hearing God's voice; studying it is feeling His power, and in the new book *We Are Charleston* by Herb Frazier, Bernard Edward Powers Jr., PhD, and Marjory Wentworth, knowing it could mean offering forgiveness.

c. 2016
Thomas Nelson
\$24.99 / \$31.00 Canada
256 pages

There are, say the authors, two Charlestons in South Carolina.

Tourists see lovely horse-drawn carriages, fine dining and historic homes but there's a flip-side Charleston, too. It's where slavery began, where Jim Crow laws once ruled and where racism is still an issue. That's where Mother Emanuel AME Church has stood for generations, welcoming people of faith.

Wednesdays are Bible study nights at Mother Emanuel, although on June 17, 2015, that was pushed back a bit for a business meeting. By 8:00 p.m., however, "a dozen of the most devout parishioners" were ready for the Word of God.

Exactly 16 minutes later, "a skinny young white man" entered the door and joined the group, sitting next to the church's pastor; the young man was a stranger there, but they welcomed him just the same. And after prayerful fellowship and Bible study, "as eyes were closed and heads were bowed" for a final benediction, he took out a gun and started shooting.

But why did Dylann Roof scream racial sentiments, reload his gun five times, and kill nine strangers in a house of God? The answer, say the authors, lies in the past, aboard slave ships, on wharves where



We Are Charleston authors Powers, Wentworth, Frazier CREDIT Jack Alterman

people were once sold, and on a flag. It goes back some 200 years, to another time, when that church was a "target of hate." And, yes, it lies in the story of a "young man who purchased a weapon to kill human beings."

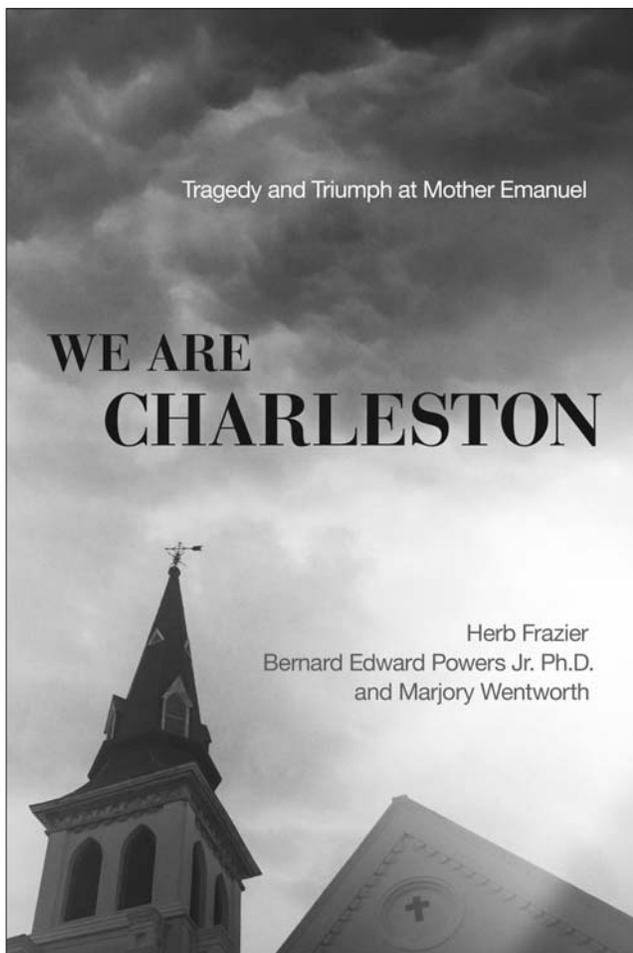
But surprisingly, what resulted from that night more than a year ago wasn't just a history lesson. It wasn't merely grief, either. What happened in the days after that night was forgiveness, over and over and over...

There is, of course, more to this story than just what happened in June 2015 in South Carolina – and that's where I struggled with *We Are Charleston*. There's too much inside this book and it veers too much off-course.

I see where the authors are trying to take readers: the book's open and ending are about the shooting and aftermath, while the middle part consists of African-American history and that of the AME church, with an attempt to tie them together. These subjects are very interesting, but the tie here is too broad and too deep; I'd have been happier with two different books.

And yet, it's easy to brush aside book-gripes when presented with a powerful message like the one you'll see; specifically, one of forgiveness, strength and forward-movement. That alone left me satisfied after all.

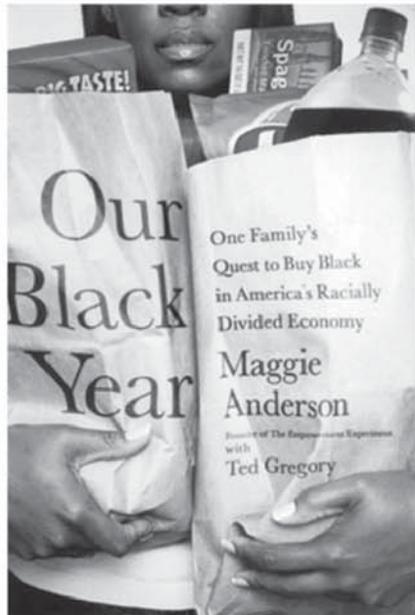
And so, cautiously, with caveats, I say read this book. Skim some parts if you must, but savor its end: *We Are Charleston* could be the words to remember.



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CRUSADERS FOR CHRIST CHURCH Presents **Youth & Young Adult 4th Sunday**

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Youth & Young Adult 4th Sunday

When: Every 4th Sunday
Time: 11:00 am
Where: Crusaders for Christ Church
930 Woodville Rd.
Toledo, Ohio

 Pastor Joseph Marshall Jr., Pastor Evangelist Culture Mitchell, First Lady

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CLASSIFIEDS

July 6, 2016

Page 15

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Equal Housing Opportunity.

REQUEST FOR PROPOSALS EXECUTIVE SEARCH FIRM SERVICES

RFP#16-R013

Lucas Metropolitan Housing Authority (LMHA)
will receive proposals for **Executive Search
Firm Services/RFP#16-R013**. Received in
accordance with law until **July 26, 2016, 3:00
PM ET**. For documents: www.lucasmha.org;
435 Nebraska Ave., Toledo, OH 43604; or
419-259-9511 (TRS: Dial 711). Bidders are
required to meet Affirmative Action and Equal
Employment Opportunity requirements as
described in Executive Order #11246. Sec. 3
Compliance Applicable.



LEGAL NOTICE

Bids will be received by Lucas County Department of Job & Family Services (LCDJFS) until **3:00 p.m., July 20, 2016** for the selection of Vendor(s) to provide **Non-Emergency Medicaid and Title XX Transportation Services** for eligible LCDJFS clients. Submitted bid packets must be completed according to the specifications and provisions outlined in the Request for Qualifications. The contract period will be from approximately **October 1, 2016** through **September 30, 2017**.

No bids will be accepted after **3:00 p.m., July 20, 2016**; bids that are submitted via any method other than that described in the RFQ will not be accepted.

The Request for Qualifications will be available on **June 22, 2016**. It will be available in the Lucas County PlanetBids system for potential bidders to download by going to the site: <http://www.co.lucas.oh.us/bids.aspx>.

A Question & Answer (Q&A) session will be held at the LCDJFS office at 3210 Monroe Street, Toledo, Ohio 43606 on June 30, 2016 at 12:00 p.m. **PARTICIPATION IS OPTIONAL, BUT IS HIGHLY ENCOURAGED**. The posting of the Q&A will be on July 6, 2016. If any changes are made to the RFQ as a result of the Q&A, an addendum to the RFQ will be posted in PlanetBids at the website address (noted above).

This notice is posted, as of **June 22, 2016**, at <http://www.co.lucas.oh.us/bids.aspx>.

The right is reserved to reject any and all bids.

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

Tina Skeldon Wozniak - President

Pete Gerken - Commissioner

Carol Contrada - Commissioner

Bid. 48-17-RFQ-01

BOY SCOUTS ~ SCOUTREACH DISTRICT

Scoutreach District BSA is looking for individuals to fill two Program Specialists positions. Must be bilingual (Spanish) with basic verbal and written communication, have a valid driver's license or reliable transportation, auto insurance, pass background check, at least 18 years of age, and have basic computer skills.

There is also three Program Aide positions, and three Substitute positions. Ideal applications must have basic verbal and written communication, valid driver's license with auto insurance, pass a background check, at least 18 years of age and basic computer skills. Sign on bonus for licensed educators or daycare providers.

These are all entry level positions. Visit council website for more details (www.erieshorescouncil.org/files/7906/Scoutreach-Jobs), must submit resume by July 3, 2016. EOE

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MENTAL HEALTH & RECOVERY SERVICES BOARD OF LUCAS COUNTY DIRECTOR OF FINANCE

Mental Health and Recovery Services Board of Lucas County is accepting applications to fill the positions of Director of Finance until position is filled. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select Director of Finance from the list to read more or apply.

An Equal Opportunity Employer

EFNEP PROGRAM ASSISTANT (ADULT OR YOUTH) BILINGUAL

OSU Extension, Lucas County is hiring for a Program Assistant (Adult or Youth) Bilingual position with the Expanded Food and Nutrition Education Program (EFNEP). The position will work **40 hours** per week. This position will teach food and nutrition topics to low income adult or youth in a variety of community settings. This person should be proficient in English and Spanish and indigenous to the community. Excellent benefit programs.

For complete position description and online application instructions, please go to www.jobsatosu.com and search by Job Opening Number **419226**. To assure consideration you must apply by **July 3, 2016**. The Ohio State University is an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation or identity, national origin, disability status, or protected veteran status.

EMPLOYMENT OPPORTUNITY

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for the following positions: Manager of Housing Choice Voucher Programs. For complete details, visit www.lucasmha.org/Employment. **Applications must be received by 07/17/16**. These are Section 3 covered positions. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS**. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



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Toledo Library and Arts Commission Sponsor Youth Mural

Sojourner's Truth Staff

The Young Artists At Work (YAAW) summer program, hosted by the Arts Commission of Toledo, is in full swing and the culmination of this year's six-week session will be a mural on the campus of the Toledo-Lucas County Public Library's Main Branch.

The 15 members of this summer's YAAW cohort were selected from a field of 120 applicants. Under the guidance of Arts Commission mentors, the youth will gather information in order to plan the mural and, once a theme has evolved from that data, proceed to the phase two painting part of the project. The mural will be completed by mid-August.



Your starship awaits.

As the Toledo Symphony launches its FREE 2016 Music Under the Stars concert series at the Toledo Zoo Amphitheater, TARTA is offering round-trip Park-N-Ride service from five locations with the **TARTA Music Under the Stars Shuttle** for just \$1.25 per person each way.

All 2016 Music Under the Stars concerts are scheduled for 7:30 p.m. and have free admission with open seating:
Sunday, July 10; Sunday, July 17; Sunday, July 24; and Sunday, July 31.

Catching the Shuttle

- Arrive at any TARTA Music Under the Stars Shuttle Park-N-Ride location at 6:30 p.m. for a direct round-trip ride to The Zoo's Broadway entrance.
- Fare is \$1.25 per person each way; payable before each trip to and from the Toledo Zoo Amphitheater aboard the Music Under the Stars Shuttle.
- Return trips leave 20 minutes after the end of each concert.

Music Under the Stars Shuttle Park-N-Ride Locations

- Maumee/St. Luke's Hospital
- Sylvania/Centennial Terrace
- Toledo/Franklin Park Mall
- Toledo/Miracle Mile Shopping Center
- Waterville/Kroger

www.ToledoSymphony.com

www.ToledoZoo.org

TARTA Stars Shuttle

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