



Volume 26, No. 9 “And Ye Shall Know The Truth...” March 5, 2014

State Rep. Alicia Reece

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“We want people to understand that we are in a state of emergency and that we’ll have a chance to fight back through the Voter Bill of Rights.”

State of Emergency

By Rev. Donald L. Perryman, D.Min.
The Truth Contributor

... Nothing is going to be handed to you. You have to make things happen.

- Florence Griffith Joyner



Patience and tolerance are important moral virtues that have enabled generations of African Americans to survive the dehumanizing social, political and economic conditions created by injustice and inequality. The capacity to wait – in a kind of prayerful patience without cowardly submission or mindless resignation – is a simple but indispensable strategy for preservation.

However, change can only occur when people decide that enough is enough and take action. With the extremist policies of Ohio politics having now placed the backs of the black community's current existence up against the wall, the time for patience and nonproductive talk have come to an end. In the words of Rev. Al Sharpton, "It's time to bring down the volume and bring up the program."

That program is the Ohio Voter Bill of Rights initiative which was born out of the righteous indignation of State Representative and Ohio Legislative Black Caucus President Alicia Reece (D-Cincinnati) to the continuing abusive political assaults on workers' rights, public education, women's rights, civil rights in the criminal justice system and the politics of black fear manifest in Stand Your Ground legislation.

I spoke with Representative Reece about the Ohio Voter Bill of Rights, a proposed amendment to the Ohio Constitution. This is part two of our conversation.

Perryman: What are the specifics in the Voter Bill of Rights?

Reece: There are several specifics. The biggest thing is that it takes the rights that we have now and puts them in the Constitution so that they're protected and can't be taken away as is happening now. It takes the 35 days for early voting and puts it in the Constitution. It makes voting explicitly fair, that voting is a fundamental right. This is not currently in our Constitution. It also identifies the various acceptable forms of ID you can use to prove that you're a voter and puts that in the Constitution which protects us from having the state-issued ID as the sole source of identifying one's self. It also makes sure that provisional ballots are counted and also protects against voter fraud. Lastly, it says that once the voters have passed the initiative that the general assembly cannot take away these rights unless they go back to the voters, which puts the power in the hands of the voters rather than a few politicians.

Perryman: What do you see as the counter-arguments against the initiative and how do you plan to address them?

Reece: The first argument is that Republicans are going to say that the elections are riddled with voter fraud. However, that's simply not the case and the statistics will not support that. So there will be scare tactics because of the large number of low-income persons, minorities and women that came out to vote. They can't believe that these groups

... continued on page 5

Community Calendar

February 2-March 9

City of Zion, the Mt Zion Church: Sundays at 9 am; Life Institute Courses: Living Better, Fight Like a Man

March 5

Second Baptist Church Singles Ministry Seminar: "Enrichment of Your Life and Family Life Through the Word of God;" 6 to 8 pm; Spencer Township Community Building: 419-320-2588

March 7

Toledo District of FGBCF International "Fire on Friday:" City of Zion Campus; 7 pm; Guest speaker Bishop Joseph Walker III of Nashville: 419-246-1850
Regional Energy Forum 2.0: UT Scott Park Campus; 7:30 am to 4:30 pm; Fresh perspectives on energy landscape; Trends, economic development, entrepreneurship, sustainability strategies

March 8

Sigma Gamma Rho Sorority Annual Free Youth Symposium: "Partners for Progress, Working Together to Build Bridges for Youth;" Grace Community Center; 9 am – registration; 10 am – workshops; 1 pm – lunch

March 9

St. Paul MBC Men's Day: "Obedience Is Better Than Sacrifice;" 10:45 am service – guest speaker Bro. Brandon Tucker of Greater New Psalmist Church; 4 pm service – guest speaker Rev. Cory Pruitt, pastor of Mt. Enon MBC of Dayton
Calvary MBC 25th Pastoral Anniversary Celebration: Pastor Floyd Smith; 4 pm; Guests Bishop Duane Tisdale and Friendship Baptist
2nd Baptist Empowerment Series: 11 am; Spencer Township Community Building; Speaker Cheryl Wilson, co-chairman Joint Utilities Social Services of Cleveland: 419-865-7702
Friendly MBC 14th Pastoral Anniversary: Rev. Rufus Middleton; 11 am service; 4 pm service with guests Rev. John Roberts and Indiana Avenue MBC: 419-266-1935

March 12

Engaging Men Forum: 9 to 11:30 am; The Educational Service Center; An opportunity to engage men in a discussion about domestic violence issues; Speaker Gus Funk; Breakfast and sign in at 8:30 am: 419-244-3053

March 16

Calvary MBC 25th Pastoral Anniversary Celebration: Pastor Floyd Smith; 4 pm; Guests Rev. Melvin Barnes and Greater Faith Fellowship Church

March 23

Calvary MBC 25th Pastoral Anniversary Celebration: Pastor Floyd Smith; 4 pm; Guests Rev. W.L. Perryman and Jerusalem Baptist
2nd Baptist Empowerment Series: 11 am; Spencer Township Community Building; Speaker Regina Whittington-McLendon, team coordinator CAN: 419-865-7702
Friendly MBC 14th Pastoral Anniversary: Rev. Rufus Middleton; 11 am service; 4 pm service with guests Rev. Jerry Boose and 2nd Baptist: 419-266-1935

March 29

Calvary MBC 25th Anniversary Pastoral Musical Celebration: 6 pm; Featuring Min Chrus Byrd, Toledo Interfaith Mass Choir, Calvary MBC Mass Choir, United Vision Mass Choir, Brian Thomas Chorale, Pastor Johnnie Holmes, Vanessa Williams, Greater St. Mary's Creative Arts: 419-242-8379

March 30

2nd Baptist Empowerment Series: 11 am; Spencer Township Community Building; Speakers Terrence Pound, Sr and Marquis Kimble, co-owners of KP Financial Management: 419-865-7702

April 9-11

City of Zion, The Mt. Zion Church Conference 2014: "Let's Go Higher;" Toledo Full Gospel Baptist Church Fellowship International Intercessory Prayer Conference: 6:30 nightly; Guest – Bishop Duane Tisdale, Pastor Kim Davis, Bishop William Murphy: 419-246-1850

The Sojourner's Truth

Toledo's Truthful African American
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I Am Scared...You Should Be Also!

By Lafe Tolliver, Esq
Guest Column

While cruising some Internet sites, I came across a site known as CNSNEWS.COM.

What I read, floored me. After I pipped up my jaw from the table and my breathing returned to normal, this is the mind numbing headline I read.

72% of all babies aborted in Mississippi are black.

If you go to the site: www.cnsnews.com/news/article/michael-w-chapman/mississippi-72-babies-aborted-are-black, you need to read this hair-raising article. Don't take my word for it. Read the provided statistics over the years and find out what the headline is making a glaring summation of: black people in Mississippi are literally killing themselves and are doing so at an alarming rate.

Can you imagine that almost three out of every four babies aborted in Mississippi have faced facing voluntary extermination by their mothers (with or without the consent of the father) and those are black babies.

You should wonder, how in the world could so many black girls or women feel so forlorn or desolate or hopeless or even craven that they can, in such overwhelming numbers, go to a "clinic" pregnant and leave childless in a matter of hours, or less.

Where are the elders or leaders of the various communities in Mississippi who are apparently deaf, dumb and blind to such a human atrocity?

Does no one see what this does to the future of the black family in Mississippi?

When you are wiping out genera-

tions of defenseless children who have no say in whether they will see the glow of their first birthday candle, you are stating that the continued existence of the black family is being marginalized.

The black family in Mississippi faces grim odds of continuing in a viable, productive and robust nature if this type of self-inflicted decimation continues.

How could it be that there is no national outcry about these alarming statistics coming from the state of Mississippi? Do we not care about the down and out and those that feel that their only option is to abort a child as opposed to that child being born and adopted?

Why is not life being chosen over a horrific death while that life is still cocooned in what is supposed to be a nurturing and protective womb?

Can you imagine the author of life, God, condoning such violence against a baby that is (or I should now say..."was") made in his image?

What is it about Mississippi that leads so many minority women to terminate the life that they allowed (exception of forced incest or rape) to be placed in their wombs?

What is it about a society that is so glib in allowing such a killing rate of unborn children that such an alarming statistics invites no more than a "hiccup" of interest?

Who are these purveyors of death that populate Mississippi (as in other states), that would blush,

without shame, regarding their role (for profit) in making such "healthcare" services available?

Of course it does not help the national conversation that a black president is seemingly solid in the corner of support for Planned Parenthood which is one of the major providers of "healthcare" services but sadly, it minors in providing abortion services to these same women.

Nor does it help the national conversation that the forerunner founder of Planned Parenthood, Margaret Sanger (1879-1966), openly espoused racist views about her desire to exterminate the black population and one of her tactics back then was to enlist the support of certain black clergy to sell this concept of Planned Parenthood to unsuspecting women. See: www.nationalblackprolifeunion.com/Margaret-Sanger-and-The-Negro-Project.

The black family unit has enough problems on its plate without adding on the voluminous deaths of thousands and thousands of unborn children to the list of things that must be stopped. See also: www.BlackGenocide.org, regarding Margaret Sanger and her nefarious plans for people of color.

I think it is time to rethink the phrase, "One Nation under God" because America

is now far from fulfilling that billing. Since the United Supreme Court decision of Roe vs. Wade which legalized abortion, it is estimated that about 50 million babies have been aborted.

That is fifty with an "M" as in...my God!...my God!...my God!

By no stretch of the imagination could those crimes against humanity be deemed civil acts committed by a civilized people who intellectually profess to know God and the character of God.

These grim statistics from Mississippi have given us a morbid peep into a culture that has lost its entire moral moorings when it comes to the sanctity of life.

Is black life deemed of such little value in Mississippi that those that could stop or minimize this killing field in Mississippi are without a conscience but yet on any given Sunday, they will raise their hands in praise to God juxtaposed against the din of the voices of thousands of unborn innocents crying out for justice!

It is time to weep for Mississippi's lost generation.

Woe unto those who call evil good and good evil.

Contact Lafe Tolliver at Tolliver@Juno.com

Frederick Douglass Community Association Celebrates 95 Years

Special to The Truth

The Frederick Douglass Community Association (FDCA), located at 1001 Indiana Ave., Toledo is pleased to announce the celebration of 95 years of service to Toledo families and community.

Master of Ceremonies WTOL Channel 11 morning anchor Brandon Jones and Honorary Event Chairman Dennis Hopson will join many distinguished members of our community in recognition of Attorney Eddie M. Cole, Councilwoman Theresa M. Gabriel, Pastor John E. Roberts, corporate sponsors American Flooring Installers and General Motors and community partners Toledo CDC, Toledo-Lucas County Rain Garden Initiative and Toledo Pub-

lic Schools who all made significant contribution to the success of FDCA programs and services during 2013.


We invite the support and participation of the City of Toledo at the 95th Anniversary Banquet & Recognition event:

Thursday, March 27, 2014
6:00pm Social Hour / 7:00pm
Dinner/Program

The Premier Banquet Complex –
4480 Heatherdowns Blvd.

Tickets \$50 per person/\$400 per table

Please contact the FDCA at 419.244.6722 to schedule advance interviews with Honorees or Administration.



The Alpha Phi Alpha Fraternity, Inc. Scholarship

The Alpha Phi Alpha Fraternity, Inc. Scholarship provides scholarship dollars up to the amount of \$1,000 to be used toward attending a 4-year college during Fall Semester 2014. The award is split up between regular and honorariums. The following conditions apply:

1. Recipients must be an African American male to receive this award.
2. Recipients must be enrolled full-time to receive this award.
3. Recipients must have a minimum GPA of 2.75 or higher to receive this award.
4. This award will be awarded once in the Fall Semester and once in the Spring Semester.
5. Recipients must provide final grades after Fall Semester in order to receive disbursement of award in the Spring Semester 2015.
6. Recipients must participate in an outreach service unit.
7. Recipients are encouraged to attend the 2013 MLK Scholarship Breakfast.
8. Recipients must participate in service and leadership activities in high school and in the community (letters provide a response about with every service activity and community service).
9. Recipients must submit two (2) letters of recommendation which can be from non-family members such as a school counselor, teacher, pastor, or mentor.
10. Recipients must attach a 100 word essay answering the following question: "How would the Alpha Phi Alpha Fraternity, Inc. scholarship for higher education benefit you personally as an African American male and how would that benefit the African American community as a whole?"

Name: _____
 Permanent Address: _____
 City, State, Zip: _____
 Telephone Number: _____
 Phone Number: (H) _____ (C) _____
 Parent/Guardian Name (s): _____
 E-mail Address: _____
 High School: _____ Cumulative GPA: _____
 College Planning To Attend: _____ Major: _____

Submit completed form no later than March 10, 2014 to:
 New Executive 2013 Scholarship Chair
 Alpha Phi Alpha Fraternity, Inc.
 Alpha Phi Lambda Chapter
 811 West 172nd
 Toledo, OH 43606
 Email: lafe@tolliver.com
 419.244.6722

*Students may provide additional information from institutions

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Toledo Chapter of CBTU Hosted 26th Annual Banquet

By Artisha S. Lawson
Sojourner's Truth Reporter

Union members and leaders, community residents and elected officials gathered for the annual Black History Banquet sponsored by Toledo Chapter of Coalition of Black Trade Unionists on Saturday, March 1, 2014 with the theme, "Strengthening Our Ties Through Unity."

Sharon Roach of UAW Local 14 served as mistress of ceremonies; UAW retiree Janice Fryar presented a formal welcome and official greetings followed from City of Toledo's George Sarantou and TPS Superintendent Romulus Durant, EDD.

Durant shared his personal connect to labor unions. "My father was a factory worker. I know firsthand the importance of earning the right to receive overtime pay because we witness a different quality of life," said Durant.

Ohio Senate Minority Whip Edna Brown was the keynote speaker. She is a Toledo native, and served on Toledo City Council for six years. She has received honors from: Toledo Board of Community Relations, Toledo YWCA Milestone Award, WILL/WAND Pacesetter Award, Children's Defense Fund of Ohio Legislative Children's Champion Award, and Action Ohio Legislative Leadership Award.



Toledo CBTU officers, keynote speaker Edna Brown and banquet honorees

The 2014 banquet honorees: City of Toledo Director of Finance George Sarantou received the Political Achievement Award, WilliAnn Moore received the Community Activist Award, Betha-

ny House received the Community Action Award and Philip Boles received the Trade Unionism Award.

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THE BLACK CANARY RETURNS WITH A DEADLY — AND BEAUTIFUL — SECRET

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Perryman... continued from page 2

of people voted in such large numbers so there is a scramble to take away the right and make it more difficult to vote. Now remember that these voter actions were bipartisan bills that were created after the Bush debacle. But the premise was that African Americans and low-income people and students, they just won't vote. So, there was a bipartisan bill that was signed into the law. And some of those same folks that voted for it and advocated for it, are now on the other side saying we've got to get rid of it. Therefore these rights need to be in the Constitution so we don't have to play "who's in charge" and "who decides who gets to vote." We believe that voting is a fundamental right and I truly believe that we'll be able to overcome and educate the community.

Perryman: Who does the initiative impact primarily?

Reece: It impacts all Ohioans. It's going to give all Ohioans the fundamental right to vote and puts it in the Constitution. So I think of this as just a common sense approach that will protect the rights of all and not favor one group over another. It's something that helps all Ohioans and levels the playing field.

Perryman: There are people who may not have been active in the political process. They may not have voted. How do we break this down and tell them that it's in their best interest or make it relevant to them?

Reece: By, first of all, making sure they understand how powerful they are and the power in having a vote. The second is, we let them know that they are under attack. And just like when the voter intimidation billboards went up and people said 'wait a minute, there's an attack.' You know how it is in our community. When the alarm goes off we jump up and we're ready to go. And so we will be working to educate voters because we are in a state of emergency and if we don't protect their rights we will be subject to new school Jim Crow laws. We'll be subject to voter disenfranchisement like we're experiencing in Cincinnati where they can move a voter board of elections site because it's too accessible and put it in a place that's inaccessible. And so this has not just been a movement in Ohio but this will be a movement throughout the country and we will be setting an example.

The Voter Bill of Rights allows the average citizen to fight back. Everything else we're talking, complaining over or upset about. But now, you can actually do something about it. So, we will get that message out throughout the community and we're going to get it out down at the barbershop level, at the beauty shop level, and at the grocery stores, lodges and churches so that people understand that we are in a state of emergency and that we'll have a chance to fight back through the Voter Bill of Rights.

Perryman: I like that term

"state of emergency." I also think the term slippery slope is suitable because if action is not taken, the consequences could be almost unimaginable for African Americans in particular, or senior citizens, the poor and students. What are some drastic possibilities if this assault on our voting rights is allowed to continue?

Reece: Well, if it's allowed to continue you'll see less and less of African Americans and students. If you don't fight back it gets more blatant and in your face. We've got people that are purged from the rolls, people that are disenfranchised. I never thought I would ever see a day when votes weren't counted. I mean we were told get out to the polls, that the polls are the Promised Land. And to find out that we had votes that had been thrown away. People's votes had been thrown in the garbage can. So if we don't fight back then we continue to get stepped on, and as Dr. Otis Moss told me, "Voting rights are the lifeline to democracy." And if we ruin that lifeline, and I like to say we're on life support right now, then we lose our democracy.

Perryman: Do you think that eventually, if we don't fight back that these health, wealth, income and educational disparities, are likely to worsen?

Reece: Absolutely. Things are happening and we're not fighting back. There's a war on voting rights and there seems to be an agenda to make sure that there's no hope for the hopeless, there's no voice for the voiceless, and if we do not stand up and fight back then absolutely. We will continue to have a group of people that are destitute with no hope and no representation.

Perryman: What can we do in Lucas County, in the city of Toledo to help?

Reece: We will be going throughout the state and having events and activities. We will need to get petitions from 44 of the 88 counties. So this will definitely be a statewide effort. And so our goal is if you're interested we're asking folks to sign up now with Shaun Tucker, a Toledo native, who is the campaign manager. His contact is: shaun.tucker@gmail.com. or (614) 917-8551. We also need petitioners and are hosting trainings throughout the state and online. And so we will be hitting the streets to collect the 385,000+ signatures that we will need to turn in by July 2. So we are in need of one, education, which you're doing through the newspaper articles and keeping folks up to date as we move forward in this process. Two, educating them on what the Voter Bill of Rights is. Three, we'd be willing to come there for various events which we will have throughout the state and then four, identifying petitioners in your area that would sign up and we can start getting them trained through our trainings.

And I would like to add that Representative Michael Ashford is ac-

tive with the Voter Bill of Rights and he will be hosting a series of events and rallies in Toledo.

Perryman: Great. One final question. For such an honorable but monumental task, one of your largest challenges could be funding. How are you prepared to deal with that?

Reece: You're right. Funding is going to be necessary. And when you think back to Dr. King, when he launched the movement to get a voting rights act through Congress he didn't have any money either but they were able to build momentum and have a diverse funding source from the community and community organizations, labor, etc. Our goal is to have a diverse funding source. We've been blessed to have volunteers at this point. As we move forward we are fundraising but we want community buy-in as well. So, I'm all



Rep. Alicia Reece

over the country trying to raise funds as well as Dr. Otis Moss and others. I've also worked with Reverend Al Sharpton who is the national advisor for the Voter Bill of Rights and I'll be in D.C. trying to raise money. But the community can buy-in for as little as \$10 or \$20. We want a community buy-in to this and that's important because the community has the power. So anyone who wants to donate can donate to the Ohio Voter Rights Committee.

Perryman: Has there been labor participation as far as funding support?

Reece: In conversations with labor, there's great interest there. We already have the A. Phillip Randolph Institute who has endorsed it. As you know, A. Phillip Randolph was with Dr. King so they have been a strong voice for us and we certainly know that there will be other labor groups that will come on board.

Contact Rev. Donald Perryman, D.Min, at drdperryman@centerofhopebaptist.org

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Rethink Your Drink

By Ashley Parrish, Public Health Intern at OSU Extension, Lucas County

The Truth Contributor

March is National Nutrition Month and a great month to start making changes in your own diet! Although when you think "nutrition," the first thought that comes to mind is food, drinks can play a major role in the daily diet. Drinks can offer refreshment and nutrients and they can also add on extra calories.

Americans get many of their calories from empty calories. What are empty calories? Empty calories are calories from foods high in solid fats and/or added sugars, but have few to no nutrients to offer. One large source of these empty calories in American diets is sugary drinks such

as sodas, energy drinks and fruit drinks.

On average, one can of soda drink accounts for about 140 calories. If you have a habit of consuming a soft drink everyday that can add up to about 14 pounds of weight gain per year. If you drink up to three and a half soft drinks per day, you could gain one pound per week. Remember, one serving size is eight ounces but many drinks are served in larger than eight-ounce containers! If you want to splurge on a drink with added sugar, make sure you choose the smaller can, cups or glass instead of the extra-large option!

There are many things you can do to reduce the amount of sugar-sweetened beverages in you and your family's diet:

- Read labels to learn how much sugar is in an item. A 32-ounce of soda contains about 104 grams of sugar. That is equal to 26 teaspoons of sugar!

- Stop buying sugar-sweetened beverages. They will be less tempting if they are not in the house

- Replace with low-fat or fat-free milk, water, or sparkling water and add fresh fruit slices to water for flavor

- If you find yourself craving a sugar sweetened beverage try some sort of physical activity to get your mind off the craving

- For children who like fruit juice; mix two ounces of 100 percent fruit juice with two ounces of water, so they still get the flavor without an excess amount of sugar

There are numerous health benefits to eliminating sugar-sweetened beverages from the diet. In children consuming less sugary items promotes good oral health and keeps their gums and teeth healthy. When women consume less sugar-sweetened beverages they tend to have smaller waistlines and a lower risk of heart disease.

Not only do those ideas help reduce the amount of sugar and extra calories in the diet, they can also add extra nutrients to the daily diet. Milk offers calcium as well as Vitamin D and potassium. Remember, Vitamin D is added to all milk including low-fat and fat-free milk. All milk has the same key nutrients but the number of calories are different between the different types of milk.

How much water is enough to drink during the day? Water is an important nutrient for the body but people have different needs. Most people get enough water from foods we eat (mostly fruits and vegetables) and beverages we drink. Teach your children, and yourself the following motto: water first for thirst. If you do not like drinking plain water, use the suggestions above like adding slices of lemon, orange or cucumber to make infused water. Not only is water good for you, it's also good for the wallet. Drinking water at home instead of pop or ordering it when you eat out will save money! Try one or two (or all!) of the tips above and see if you can eliminate sugar-sweetened beverages from your diet.

Would you and your family like to join others to learn more about healthy eating and celebrations this month? Ohio State University Extension, Lucas County is offering a three-week program for families called "Celebrating Fun and Fit Families." It will be on Saturdays March 22, March 29 and April 5, 2014 from 1:00 p.m. – 3:00 p.m. at Reynolds Corners Library, 4833 Dorr Street, Toledo, Ohio. Celebrating Fun and Fit Families is free but registration is required. The easiest way is to register online at <http://go.osu.edu/celebrate> or you can call Patrice at 419-213-2022 or email powers-barker.1@osu.edu. Celebrating Fun and Fit Families will support families in designing their own celebrations in easy, fun, healthy ways!

Resources
Eatright.org
Mplate.gov

Friends of the Mott Library Present
Mott Madness
Join us at Our Brothers Place Restaurant,
located on 233 North Huron Street in downtown Toledo
March 20th, 2014
6:00pm-8:00pm
Enter a raffle to win a
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March is National Nutrition Month: Eat Right and Enjoy It

Special to The Truth

If eating right is a challenge, it may be because you are trying things you simply don't like. The key is finding options that satisfy your taste buds, say experts.

"Taste is a major influential factor driving what you eat and feed your family, so it's important to strike a balance between foods you like and those that provide the nutrients you need," says Glenna McCollum, registered dietitian nutritionist and president of the Academy of Nutrition and Dietetics. "Taste and nutrition are not mutually exclusive."

March is National Nutrition Month, an excellent annual reminder to take the time to evaluate your diet and make positive changes you can sustain long-term.

As part of the "Enjoy the Taste of Eating Right" theme, McCollum is encouraging Americans to return to the basics of healthful eating by

combining taste and nutrition to create meals that follow the recommendations of the "2010 Dietary Guidelines for Americans."

With that in mind, McCollum is providing some expert tips on how to eat right and enjoy it:

- Love sandwiches? Swap out white bread for whole grain to up your fiber intake. Instead of mayo, use avocado as a rich addition to your sandwich. It's more flavorful, and it's also full of fiber, potassium, vitamin C, vitamin B6, as well as other nutrients. To stay fuller longer, include fiber-rich veggies like tomatoes and cucumbers.

- Balance. While there's always room to indulge, be sure that the majority of your calories are sourced from vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, fat-free or low-fat dairy, beans, nuts and seeds. You'll be

filling up on all the nutrients your body needs without all the extra calories. And don't forget to limit added sugars, salt and saturated fats.

- Don't skip dessert. Many diet fads will encourage you to skip dessert, but doing so can seem like a sacrifice, which won't make for a sustainable change. Instead, seek out treats that provide nutritional benefits. For example, mango blended with low-fat milk and a splash of pineapple juice will satisfy your sweet tooth, while giving you a dose of calcium and vitamin C.

- Spice it up. A great, low-calorie way to add flavor and nutrition to meals without the fat, sugar or salt, is by incorporating beneficial herbs and spices, such as cardamom, turmeric, cinnamon, cumin, thyme, basil and oregano. Citrus juices are

another great addition to recipes.

- Ask for advice. Whether you need to lose weight, want to reduce your risk for disease or just want to improve your family's overall health, consider consulting a registered dietitian nutritionist (RDN), who can translate the science of nutrition into practical solutions for healthy living. Your RDN can help you plan healthy, delicious meals.

For more tips on healthful, tasty eating and to find a RDN, visit www.EatRight.org/nmm.

This National Nutrition Month, don't just eat for your health, eat for your happiness. Take steps to find foods that are not only nutritious, but taste great too.

Courtesy StatePoint

Ohio Children's Caucus Votes to Support Human Trafficking Legislation

Group endorses Rep. Fedor's End Demand Act, House Bill 130

Special to The Truth

Late last week, the Ohio Children's Caucus voted to endorse the End Demand Act, House Bill 130, as an important bill directed at supporting children throughout the state. The Ohio Children's Caucus is a bipartisan, bicameral legislative body committed to advancing the health and well-being of Ohio's children.

"I'm so pleased to have the Ohio Children's Caucus' endorsement for the End Demand Act," said Rep. Teresa Fedor. "It's important to create an environment where children feel safe and secure. The bill builds upon the Safe Harbor Act of 2012 by providing protections for victims of trafficking and increased penalties for those who purchase sex."

Key provisions of the End Demand Act include harsher penalties for the solicitation of minors, restricting the use of "massage" and related terms in advertisement by unlicensed professionals, and applying Rape Shield laws to victims of human trafficking.

The End Demand Act recently had its second hearing in the Senate Criminal Justice Committee which saw strong support from across the state. If passed by the Senate, an emergency clause in the bill would allow for immediate enforcement of the provisions once the legislation is signed by the Governor.



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Your Best is Today – Your Better is Tomorrow!

By Angela Steward, Fitness Motivator
The Truth Contributor

My best day is today – my better days are ahead. I am a strong black woman! I have goals! I have fears! I've gained weight! I've lost weight! I've lived 56 years and have been blessed with good health and a strong mind. I've never been one to look at a glass half empty – although my glass wasn't half full of what others would drink, I always knew that my glass was filled with something created just for me. Some call it aging - I call it seasoning. Yep, I love my life, I'm 56 and I'm seasoned.

My years of happiness, sadness, triumphs, disappointments, failures and successes led me to take a look in the mirror and question: Who are you? What have you learned from yesterday; how will your yesterday affect you today; and how will your today impact your tomorrow? From that day, I've accepted every day as a lesson. I have learned to be grateful for yesterday, to celebrate today and to look forward to all of my tomorrows.

I, like everyone else, have gone through self-esteem issues. I used to think I'm not pretty enough, I'm not smart enough, I'm not thin enough, I'm just not enough! But after realizing God gifted me with the seasoning that created me – I knew I was enough, I was more than enough. I

made a change. I introduced my former self to Me! I opened my heart and eyes to things new and different. So today, let go of yesterday's self-image. Today - are you growing old or are you aging with some seasoning...preferably hot sauce?

Take a nice long look at yourself in the mirror. Take a good look - head to toe. What do you see? Do you get that uh-oh: I'm really getting old feeling? Do you look in the mirror and ask: Is that really me or is that my Mom looking back at me? Well today, change that conversation – cease the moment. You are younger today than you will be tomorrow – so stop wasting today with reflections of yesterday.

One of my biggest pet peeves are women who come to my fitness classes filled with old age excuses: I'm overweight because I'm (insert age)....., I'm not able to do pushups because I'm (insert age).....I used to look like that, but now that I'm.... (insert age)... I look like this. I quickly reply with: "None of us is perfect! We are who we are for whatever reason! So lets focus on the perfect temple we've been blessed with...now put down the excuses and pick up those weights.

Another one of my pet peeves is that as we age, some of us let go or shall I say GIVE UP on our former self-image.

The good news is: We'll never look like we used to! The better news is: We can look and feel even better than we used to! the most important step to ageless beauty is to not get stuck in the way we used to look – but to make room for what's next.

Women who feel good about themselves CREATE TIME TO EXERCISE because it helps boost self-esteem and confidence. They wear fashionable clothes that enhance their body type without showing all their body parts, they look fresh and up to date! They get their hair done – maybe even highlighted and if they decide to let their hair go gray, they do it with "style".... Madea's hairstyle is NOT a style.

A woman who walks into the room, who puts some effort into looking her best, who is overflowing with confidence – isn't comparing herself to the 25-year-old across the room – she's thinking: I feel and look good for my age, and if that's what 40, 50 or 60+ looks like, then I look and feel fabulous!

No matter the age – we women just want to be happy and healthy – inside and out. We take great joy in sliding into a pair of jeans that fit - whether size eight or 22. We look forward to getting our hair done, getting manicures and pedicures, and we all just want to feel like a room without a roof (in my Pharell voice). I love that song!!

Just because we're aging doesn't mean we're stuck in life, it's our ticket to movement, to freedom. The freedom to do all the things we've always wanted to do but didn't or couldn't do because we were too busy taking care of everyone else. So grab your freedom ticket and do something for you - GO!

I grabbed one of my freedom tickets a few years ago. I have always been afraid of heights, but I always wanted to zip-line. Whenever my husband and I would go on vacation we would always talk about it but I never had the guts to do it.

One day while on vacation, I told him: "I think I'm going to do it – I'm gonna zip line." He, being his usual supportive self, said, "Go ahead, but just because you're doing it doesn't mean I'm going to, so you're on your own."

So, me being my normal feisty self, purchased my zip line ticket. My husband helped me put on my vest and helmet and looked at me as if it was our last goodbye – while laughing hysterically. I must admit I was terrified, and as my place in line grew closer to the jump off ledge – I thought over and



Angela Steward

over, why am I doing this? What if something happens? Our lives have been great so far, why am I so excited about risking my life? Why am I standing above these trees on the top of a mountain? Is this three-inch line of wire going to hold me? Where is Jim – I don't see him??

As I moved closer and closer to the ledge trying to talk myself out of jumping, a voice said – "You are so much more today than you were yesterday" – and I JUMPED! When I tell you I screamed from the top of that mountain going 85 miles per hour all the way to the sandy beach – I'm not kidding! When I reached the bottom my husband was waiting for me - roaring with laughter. He said he heard my mouth from the top of the mountain all the way to the shore. We still laugh about it today! It was one of the most exciting mind blowing experiences of my life. But guess what? I ceased the moment – I took control of my fear and I jumped.

So cease your moment - grab your freedom ticket. No matter what age you are - accept it. There's no one on this earth like you. Let go of yesterday and make room for tomorrow. Fifty is not the new 30 or even the new 40 – its 50! Accept that we're all aging – it's called seasoning. You just need to decide if you want to add a little dab of hot sauce! SMOKIN!!

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Angela R. Steward

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Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,
I have been busting my butt doing ab work and I don't see much of a difference. I do the ab workouts in the morning and i do them when before I go to bed as well. What can I do to be ready for summer time?
M.J.S.

Dear M.J.S.,
If you are doing ab work and are not seeing any results it's your nutrition. You could not do another sit up or crunch and clean up your eating and your results will come faster.

The trick to a beautiful six pack is **GREAT NUTRITION!**

Read that again. When you do your ab work you are working the mid-section but you are not burning the fat in that area. A good six pack comes from the absence of body fat, not from constant work or over training the muscle. There is **NO SUCH THING AS SPOT REDUCTION!**

You cannot make your body burn fat in one area just by working it. Your body burns fat all over and there is no way to control where you burn it. There is no machine that is going to give you a six pack if you use it for just five minutes a day for five weeks.

You can forget about the magic pill everyone tries to sell you so that you can have that six- pack. I know you see all these programs on TV for getting you abs in four weeks, but pay attention to the small

print: " results not typical" or "in combination with a low-calorie diet."
Yes, some supplements do help you to burn body fat but it's just an extra push not a solution to the fat problem.

You need to be more conscious about what you are eating so that your body burns fat and not gains it. You want to feed the muscle and starve the fat. This comes from a higher protein/ low carb/no sugar-eating plan and a good exercise regimen.

A lot of people eat the wrong proteins when trying to eat like this. You want to consume lean cuts of meat such as; chicken breast, turkey breast, sirloins, tops, rounds (beef<10 percent fats) and protein drinks.

Make protein 50-60 percent of all five of your meals. Water is also a key factor in burning fat. It helps with protein synthesis, hydrates the cells so they function properly, helps with the skin, raises your metabolism and helps to burn and flush fat.

Sprints are an excellent way to burn body fat and give you a great workout at the same time. You don't have to run far, just do 30 yards to start out with the go up to 40 then 50 yards. Do five-10 sprints after you weight train to help you burn more calories and harden up. Sprints work your legs, butt, abs and lower back.

Remember be as conscious,

or more, of your eating as you are your training.

Good luck and great health to you all.

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March is National Kidney Month: What Everyone Needs to Know

Special to The Truth

March is National Kidney Month, a great time to focus on kidney health and treatment. If you don't know much about the topic, get informed — kidney disease is common and can be deadly.

In fact, kidney disease is the ninth leading cause of death in America, according to the National Kidney Foundation, and the Centers for Disease Control and Prevention estimates that one in three Americans are at risk for kidney disease.

Risk factors include high blood pressure, diabetes and a family history of a kidney disease.

Staying Healthy

Certain lifestyle changes can help promote healthy kidney function. Your doctor may prescribe a well-balanced diet low in cholesterol, sodium, processed foods and sugar. Get plenty of physical activity. Stay hydrated. Avoid unhealthy habits such as smoking.

Talk to your doctor about your risk and preventive steps you can take.

How Treatment Works

In a healthy body, kidneys clean the blood by removing excess fluid, minerals and wastes. However, for patients with kidney failure, kidneys don't function properly and they need a medical treatment called dialysis to clean their blood.

More than 430,000 people in the U.S. undergo dialysis at home or in clinics yearly, according to the United States Renal Data System.

There are two types of dialysis: peritoneal dialysis and hemodialysis. Peritoneal dialysis uses a cleansing fluid that is instilled into the patient's peritoneal cavity, the fluid-filled gap between the walls of the abdomen and organs, and then drained after a prescribed period of time. The patient's own peritoneal membrane acts as a natural filter for removing excess fluids and wastes.

Hemodialysis requires the patient to have a permanent access site to his or her cardiovascular system and uses a machine to remove blood from the patient, pump it through an artificial kidney that removes toxins and excess fluids, and then return the blood to the body.

Home Hemodialysis

For those undergoing hemodialysis, there is good news. At home care can benefit patients looking for more control of their care.

Traditionally, patients on hemodialysis receive treatments at a dialysis clinic three days per week, lasting between three and five hours per visit. And patients must comply with the clinic schedule, requiring them to manage their treatments around the clinic's availability.

For some, home hemodialysis (HHD) may be a better alternative. With HHD, patients and care partners perform dialysis at home after successfully completing HHD training with a nurse.

Although home hemodialysis is not a new treatment option, many patients and physicians are unaware of its benefits.

"Improvements in technology have allowed more patients to bring dialysis treatment home, which means more flexibility to maintain their normal routines," says Mark Costanzo, President of the Renal Therapies Group at Fresenius Medical Care, a manufacturer of renal care products.

To learn more about one of the fastest growing treatment options for kidney failure in the U.S., visit www.fmcna.com.

This National Kidney Month, learn the facts about your kidney health and available treatment options.

Courtesy StatePoint

Gov. Kasich's SNAP Restrictions Force More Jobless Ohioans to Lose Food Access

Dismal job climate, struggling economy leave Ohioans in need with little opportunity

Special to The Truth

State Rep. Dan Ramos (D-Lorain) and Sen. Charleta B. Tavares (D-Columbus) today criticized Gov. Kasich's "ill-timed and poorly targeted" SNAP (Supplemental Nutrition Assistance Program) restrictions that forced at least 16,290 more Ohioans off of food assistance in January. Gov. Kasich's restrictions have forced at least 26,000 jobless Ohioans off of food assistance to date.

"It is disheartening that thousands more jobless Ohioans are feeling the effects of Gov. Kasich's ill-timed and poorly targeted restrictions on food access for the unemployed," said Rep. Ramos. "We have people who want and need jobs, but the jobs just aren't there. This really underscores a struggling state economy that is failing those who can least afford it. Gov. Kasich should seek the waiver until Ohio's economy improves."

Current SNAP rules require non-disabled, childless adults to work or participate in a qualifying job-training program for a minimum of 20 hours per week. The federal government will waive the requirement in light of Ohio's struggling economy, and there would be no additional cost to the state of Ohio to again seek the waiver.

"We have the authority to ensure all Ohioans have one of their basic needs met — food security to enable them to be ready to learn and ready to earn," said

Senator Charleta B. Tavares. "Extending the SNAP waiver to all 88 counties is fair and compassionate. Food is not a luxury or a want. It is a need."

Ohio has participated in the state-wide waiver program because of high employment rates since 2007. Illinois, Indiana, and Michigan have requested and been granted waivers to extend SNAP benefits.

Ohio was 45th in the nation in job creation in 2013, with the state job creation rate significantly trailing national job growth over the last year. However, Gov. Kasich extended the SNAP federal work waiver to only 16 counties, disproportionately affecting Ohio's urban areas and other rural counties around the state.



Ohio Sen. Charleta Tavares

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Living Safely, Aging Well by Dorothy A. Drago, M.P.H.

By Terri Schlichenmeyer
The Truth Contributor

The third step from the bottom squeaks when you tread on it – which is something you tried to remember when you snuck in after curfew.

c. 2013
Johns Hopkins University
\$16.95 / higher in Canada
204 pages

There's a light switch near the door that does nothing, and never did. One of the kitchen drawers has a tendency to stick. And someone, sometime, put a strip of wallpaper on upside down.

Yes, the house you grew up in has its peccadilloes but your mother loves it there and she wants to stay. In *Living Safely, Aging Well* by Dorothy A. Drago, M.P.H. you'll learn how to ensure that she does.

You probably don't need to be reminded that, as we age, our bodies change. Bones get fragile, eyesight dims, hearing can fade, balance can go out of whack. These things are annoying when you're younger but can lead to devastating injuries for an elder.

But mere awareness puts you on the

prevent it."

Take, for instance, falls.

According to nearly all sources, falls are "the primary injury mechanism for the aging population." But merely knowing the risk for falls won't prevent them; you need to know why people fall. Clothing mishaps, problems with furniture, slippery floors, and other environmental reasons can be dealt with individually or with professional help; poor balance, medications and other physical issues can be brought to the attention of a doctor. It can also be reassuring to teach someone how to get up if they tumble.

But though falls may be first on your mind, there are other things to consider when making a home as safe as possible. Kitchens and bathrooms can be literal

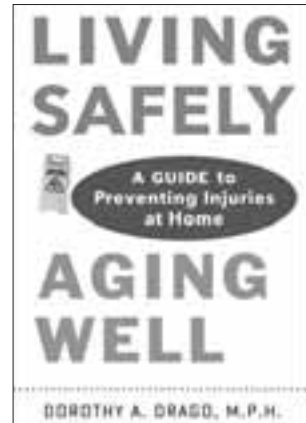
advantage. Says Drago, "When you anticipate the possibility of an injury, you can attempt to

hotspots, and there are ways to minimize the risk of burns and scalds. Medication mix-ups can lead to poisoning, which can be easily monitored. The risk of choking – the "third leading cause of home injury death among those over the age of 76..." – can be minimized. And good health decisions can be made through health literacy and by asking your doctor to be an ally.

You want to keep Mom or Dad independent a little longer, whether it's in their home or yours. Either way, *Living Safely, Aging Well* can give you the tools to do it.

We've all seen TV commercials about falling, and while author Dorothy A. Drago, M.P.H., has a huge chapter on that aspect of home safety, I was pleased to see a bigger picture: Drago also digs deeper and offers solutions to other issues that don't normally come to mind. Boomers will be relieved to know that that includes the hard stuff, like giving up dangerous-but-beloved possessions and furniture, giving up a bit of autonomy, and giving up the driver's license.

Specifically because of those I-never-



thought-of-that issues, I think anyone who's over age 50 needs this book on their shelf. If you're concerned about safety for a loved one or want to maintain independence yourself, *Living Safely, Aging Well* will give you the steps you need.

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In Memoriam – Laura M. King

Laura M. King passed away on February 23, 2014 in her home surrounded by her children. She was born in Bessemer, AL to Corey "Tom" and Laurette (Holly) Sturdivant, the second of five children. She accepted Christ into her life at an early age in the Saddler Chapel AME Methodist Church in Bessemer founded in 1912 by her maternal grandparents, Isaac and May Holly. Until her illness in May 2013, she attended Phillips Temple CME Methodist Church where she was a stewardess and a member of the Missionary Society for many years.

Laura was employed at Flower Hospital, the Toledo Club and retired from Libbey-Owens. She enjoyed working in her vegetable and flower gardens, watching her "stories" and especially fishing with her husband's siblings. She went deep sea fishing in New York, Florida, Louisiana, Texas, California, Hawaii as well as salmon fishing in Alaska. Laura also enjoyed traveling. She traveled extensively throughout the U.S., Canada and Mexico. She also spent time in Central and South America, Europe, Israel, Egypt and China. She visited ski resorts in Argentina and Switzerland, bar-

gained with shop owners in Istanbul's Grand Bazaar, went snorkeling in Jamaica and attended the 30th anniversary of the Silent March in Washington, D.C. She was always ready for an adventure. If she wasn't in church on Sunday, the church members knew she wasn't in Toledo and could be anywhere in the world.

Laura was preceded in death by her husband, Sylvester King, brother John Henry "Sam" Sturdivant, sister Carrie Daniel and Thelma Sturdivant. She is survived by her brother Columbus (Diane) Sturdivant, children Theresa M. Gabriel, Edward Young, Ronald King and Lavinia King. Also surviving are grandchildren Regina D. Gabriel, Robert L. Gabriel, Jr, Cathward Hibbler (Michael), Edward Davis, Mickey Alexander, Timothy King, eight great grandchildren, nine great-great grandchildren and hosts of nieces, nephews, cousins and friends. Laura made many friends in her travels in the U.S. and around the world whom she frequently communicated with, especially Anne Blocker, Barbara Brown and Ana Apon-te.

Special thanks to Nurse Vickie, Sharon and Jody from Hospice of Northwest Ohio and to



Laura M. King

Dr. Daboul and his staff. Also thanks to Lola Williams, Rose Ellis, Eloise Rivers, Mary Arnold, Danielle Flowers for their visits, calls and prayers.

The Gabriel and King families would also like to thank all those who attended Laura's funeral and all who extended thanks, flowers and condolences.

Author of One of Time Magazine's All-Time 100 English-Language Novels

Set to Kick-off 2014 Spring Authors! Authors! Series

Special to *The Truth*

The Authors! Authors! series, presented by *The Blade* and arranged by the Toledo-Lucas County Public Library, is hosting three internationally acclaimed and immensely talented individuals this Spring.

The series is scheduled to kick off this **Wednesday, March 5** with author **Zadie Smith** (Stranahan Theater, 4645 Heatherdowns Blvd.). The celebrated British novelist grew up in working class London, and is the daughter of a black Jamaican mother

and white English father. Smith's acclaimed novel *White Teeth* (2000) was included in *Time Magazine's* All-Time 100 Best English-language Novels. Her *On Beauty* (2005) was shortlisted for the Man Booker Prize, and won the 2006 Orange Prize for Fiction. Her recent novel *NW* (2012) has been highly acclaimed, starred, and was nominated for the 2013 Women's Prize for Fiction.

On Thursday, May 1 Series officials will welcome Rick Atkinson (McMaster Center, Main Library, 325 Michigan St.). Born in Munich, and raised in the United States, Atkinson has won Pulitzer Prizes in history and journalism. He formally wrote for the *Washington Post* before turning to writing on military history. His *Liberation Trilogy*, with the

third book being published this year, *The Guns at Last Night: The War in Western Europe, 1944-1945*, details the history of the American role in the liberation of Europe in World War II.

On **Wednesday, May 14** Authors! Authors! brings to the Greater Toledo area *The Fonz* himself, **Henry Winkler** (Stranahan Theater).

Winkler is unquestionably a cultural icon for his acting, but may surprise as an equally engaging advocate for literacy as well, having managed Dyslexia throughout his life. He has reinvented himself for every generation (as of late his acting appearances include *Arrested Development*, *Children's Hospital*, and *Royal Pains*). Winkler is also the author of the semi-autobiographical children's book series *Hank Zipzer: The World's Greatest Underachiever*, which is being made into a children's television series on the BBC.

At each program, authors will speak for about an hour, followed by a short question and answer session. After the program, they will be available to sign copies of their works. Books will be available for purchase at each program from Barnes & Noble Book-sellers.



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Charly's Epic Fiascos: Beware of Boys by Kelli London

By Terri Schlichenmeyer
The Truth Contributor

Warm fuzzies.

That's what you get when you help someone. You feel good because you did some good. Honestly, it's sometimes hard to know who benefits more from your good deed – you, or the person on the receiving end.

But sometimes, even the best intentions get out of hand, as you'll see in the new novel *Charly's Epic Fiascos: Beware of Boys* by Kelli London.

As the star of TV's *Extreme Dream Team* reality show, Charly St. James should've known better than to make a scene in a crowded store. She knew how to deal with fans, but when a bunch of them swarmed her and things got out of hand, there was really no reason that some handsome boy grabbed her and dragged her out of the fray.

He deserved her attitude, for sure.

Still, that wasn't the way Charly wanted to meet the singer Mēkel. It wasn't the way she wanted him to know her, either - especially when she learned that she'd been chosen to work with him, boxer Lex, and actor Faizon on a splashy special project for sick inner-city girls. It was an opportunity of a lifetime, made even more appealing when Charly's boss, Mr. Day, told her that this project would lead to a spin-off show of her very own. How could she pass that up?

She couldn't, but she hated Mēkel for being a jerk.

Lex was awesome and energetic. Faizon was funny, smart, and Charly was eager to see him on-screen and in person. The boys

c. 2014
Dafina Teen
\$9.95 / \$10.95 Canada
240 pages

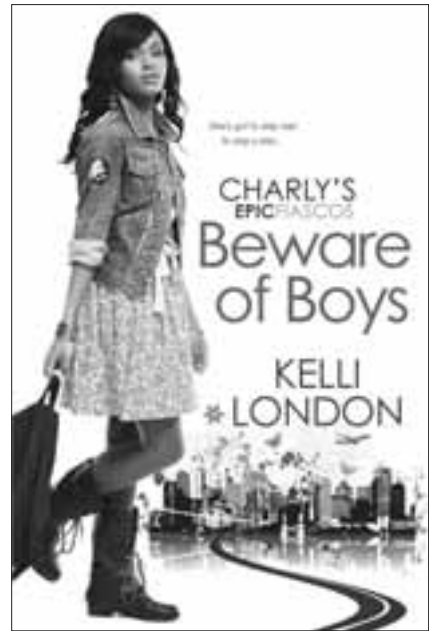
introduced her to their entourage: Bobsy, who had a chip on his shoulder; Eden, the chaperone; and Coop, who seemed dangerous but totally trustworthy.

As the project started to get off the ground, however, Charly began to think that she'd made a mistake by getting involved. There was something odd about how the three boys interacted, and there was tension all over the place. Something wasn't as it seemed, and it threatened to destroy everything – but what was wrong? Was there something of which Charly needed to beware?

Looking for a novel that's not too complicated; not filled with slang, sex, or shootings; and that's really not too bad? You and your teen may find it in *Charly's Epic Fiascos: Beware of Boys* – that is, if you can ignore that this story of a girl who has a "reality show" has very little reality in it.

Yes, the plot line is quite far-fetched, but what's good about this series is that author Kelli London has, over time, made Charly into a strong role model. Charly takes no hassle, strives to make a difference, is responsible, and she knows her own mind. I think that's a vast improvement over the first book in the series, and it's what keeps me reading. See? Not. Bad.

While boys can surely read this book, it's meant for 12-to-16-year-old girls who want something sassy-but-spotless, and for moms who want an escape to share. Give your teen *Charly's Epic Fiascos: Beware of Boys* and you'll generally do good.



ATTENTION, ATTENTION, ATTENTION: NEW MEETING PLACE FOR TOLEDO NAACP UNIT

The Toledo Unit of the NAACP will be holding its monthly meeting at a new location. The new address is 1326 Collingwood the former Ascension Church which is also home to the African American Legacy Project. The general membership meeting will take place Tuesday, March 11, at 7 pm. All are welcome to attend.

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Free Wi-Fi
BOOK YOUR EVENTS NOW!

CLASSIFIEDS

March 5, 2014

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Invitation for Bids

**Rebid – Fire Restoration of 3328
& 3330 N.Erie**

IFB #14-B003

The Lucas Metropolitan Housing Authority (LMHA) will receive bids for Fire Restoration of 3328-3330 N.Erie. **Bids received in accordance with law until Wed., Mar. 26, 2014, 11AM ET. Pre-Bid Meeting: Mar. 12, 10AM ET, 3328-3330 N Erie, Toledo. For Documents: www.lucasmha.org, 419-259-9465 (TRS: Dial 711) or 435 Nebraska Ave., Toledo, OH 43604. Bidders required to meet the Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Sec. 3 Compliance Applied.**



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Toledo Refining Company has an immediate need for a Senior Safety Specialist. The selected applicant will serve as a technical resource in the Health and Safety Department and the refinery. The Senior Safety Specialist will help to coordinate and improve the existing safety programs in the refinery by analyzing safety performance and statistics; conduct and develop training programs and audits; investigate incidents and near misses and participate in safety committees, procedure development and program management. Other duties include but are not limited to: perform Job Hazard Analysis for specific job tasks; serve as the role of field safety contact; participate in pre-plans and work activities; interface with contractors regarding safety policies/procedures and assist field supervision with loss control efforts including hazard assessment and control.

Candidates must have a Bachelor's Degree in Health & Safety, Industrial Hygiene, Occupational Safety, Environmental Science or related discipline. Candidates must also have 5+ years' Safety and/or Industrial Hygiene experience in petroleum, chemical or a manufacturing plant.

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

Scholarships Available

High School juniors and seniors are urged to compete in the 2014 D. Martin Luther King, Jr. Drum Major for Justice Advocacy Competition. Go to www.nationalbar.org/mlk competition to register and for further details and deadlines. Local contact person: Lafe Tolliver at tolliver@juno.com or call 419-249-2710. Scholarships are being awarded for college study and with the national competition to be in Atlanta, GA in July 2014

NOTICE TO FIRMS

Requests for Qualifications marked "Fallen Timbers Visitor Center" will be received at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537, until

**4:00 PM Local Time on
Tuesday, March 18, 2014**

Requests received after the specified due date and time will not be considered.

In General, THE SCOPE OF SERVICES consists of providing design and build services to renovate an existing residential structure into a commercial visitor center located at the Fallen Timbers Battlefield park area in Maumee Ohio.

Requests for Qualifications (RFQ) packets for the requirements may be obtained at the above address between 8:00 a.m. and 5:00 p.m. Monday through Friday, or by contacting Pete Boss, at Pete.Boss@metroparkstoledo.com, or (419) 304-5368. Three (3) copies of the RFQ must be sealed, marked, and submitted as above. The Metropolitan Park District of the Toledo Area will directly select a firm based on the RFQ.

By order of the Board
of Park Commissioners
METROPOLITAN PARK DISTRICT OF THE
TOLEDO AREA

Steve Madewell, Director

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Looking for a great place to start your career in Manufacturing with a company with a solid history of growth? Sunrise Windows is currently accepting applications for hourly production workers through our staffing partner, Phoenix Services. All production positions will be filled through Phoenix Services. Interested candidates should apply online at www.phoenixsvs.com. Then call 419-885-2151 to schedule an appointment for immediate consideration. High School Diploma or GED Required. Sunrise Windows and Phoenix Services are EOE/ADA Compliant.

LEGAL NOTICE INVITATION FOR BID

Sealed bids will be received by the Fallen Timbers Field Office of Toledo Area Metroparks, 6101 Fallen Timbers Ln., Maumee, Ohio 43537, no later than 3:00 p.m. local time, on **Wednesday, March 18, 2014**, and thereafter will be publicly opened, read, and recorded for **Furnishing and Delivery of Aggregate Material for Metroparks of the Toledo Area.**

Scope of Work: includes furnishing and delivering bulk aggregate material to Metroparks throughout Lucas County.

All bidding documents may be obtained by bidders at www.metroparkstoledo.com **Toledo Area Metroparks Administrative Headquarters**, 5100 W. Central Ave., Toledo, Ohio 43615 free of charge or by emailing joe.fausnaugh@metroparkstoledo.com. If you have any problems accessing the information, please contact the Park Services Department at 419-407-9744 or by e-mail.

Call to place your ad

419-243-0007

www.TheTruthToledo.com

Mt. Nebo Honors Silent Soldiers Who Step Out in Faith

Special to The Truth

Mt. Nebo Missionary Baptist Church, for the past 14 years during the church's annual Black History Month program, has honored local leaders who serve the community. The leaders, called silent soldiers, were publicly thanked before a crowd of 300 people on March 2 at the Premiere Banquet Complex.

The celebration entitled, "Stepping Out in Faith," recognized 17 honorees: Henrietta Armstrong, Lionel Brock, Emma Brown, Augustine Buchanan, Andrae Ellis, Venetia Harris-Tate, Alice King, Laura Lloyd-Jenkins, Johnnie Love, Barbara Mitchell, Bishop Henry Newsom, Elsie Seay, Wilma Sheares, Jackie Simmons, Bobby Smith, Geortia Trigg and Anne Walker

The Voices of Hope Outreach Ministry organized the annual celebration, which has outgrown its original location at Mt. Nebo on N. Detroit. The celebration opened with Master of Ceremony Larry A. Jones of Indiana Avenue Baptist Church who has served as the host for many years.

Youth of Mt. Nebo escorted the 17 honorees to their seats, each receiving a standing ovation for his or her service.

Sister Mardis Newsom of Mt. Nebo welcomed the guests, Kiarra Brock offered a soulful selection, and

Pastor F.A. Sheares of Rossford First Baptist prayed for the meal.

The program continued with greetings from U.S. Rep. Marcy Kaptur; Lucas County Auditor Anita Lopez; Toledo Public School Board President Cecelia Adams, PhD, and City Council President Paula Hicks-Hudson.

The Mt. Nebo Youth Ministry presented a praise dance, and Geraldine Scrutchins of St. Paul A.M.E. Zion Church presented the honorees with gifts.

Debra Brock of Mt. Nebo sang a solo, and Rev. Cedric Brock, pastor of Mt. Nebo, closed the program with remarks and benediction.



Mt. Nebo Youth Dept.



Banquet... continued from page 4

"It feels wonderful to receive this honor after 33 years of working in the unions. I am honored. I thank CBTU members, CBTU Toledo's president Cenia Willis, UAW 14, and General Motors," said honoree Philip Boles.

The CBTU awarded two \$500.00 scholarships to John Birchfield III and Sanya Sharper. The CBTU paid tribute to musician Jesse Coleman, with music provided by Jamie Coleman and the JAMM Band.

"I would like to thank all labor unions and supports of CBTU. This is special for another reason, this time last year we had Jessie Coleman," said Cerssandra McPherson, event co-chairman. "He has played for many years at the CBTU banquet, and now his brother Jamie Coleman and his band continue on. I appreciate the JAMM Band, and my co-chair Cheryl Tyler-Folsom who has worked with me this year. Special thank you to my union, Toledo Federation of Teachers, and Toledo Federation of Teachers President Kevin Dalton for their annual support.

CBTU dates back to 1972 when over 1,200 black union officials and members organized a conference in Chicago. Toledo Chapter's officers: Cenia Willis, chapter chairman; Michael Alexander, vice chairman; Pierretta Talley, secretary; Henry McCoy, treasurer; Cheryl Tyler-Folsom, sergeant at arms.

The banquet committee: Tyler-Folsom and McPherson, co-chairmen; Michael Alexander, Phil Boles, John Folsom, Gary Johnson, Henry McCoy, Jim Snodgrass, Sr and Cenia Willis, committee members.



Gary Johnson, Councilman Tyrone Riley



Ian English, Vallie Bowman-English, Michael Alexander



Scholarship Winner Parents Anita and Ronald Birchfield



Honorees Philip Boles, WilliAnn Moore, and George Sarantou



Toledo Federation of Teachers President Kevin Dalton and member Cerssandra McPherson