



Volume 32, No. 7

"And Ye Shall Know The Truth..."

April 1, 2015

Jack Ford's Life Celebrated



Photo by Albert Earl

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And when great souls die, after a period peace blooms, slowly and always irregularly. Spaces fill with a kind of soothing electric vibration. Our senses, restored, never to be the same, whisper to us. They existed. They existed. We can be. Be and be better. For they existed." - Maya Angelou

The Sigma Alpha Epsilon Syndrome

By Lafe Tolliver, Esq
Guest Column

By now, many if not most of you may have seen and heard the disturbing cellphone video of certain members of the Oklahoma University chapter of Sigma Alpha Epsilon gleefully and lustily endorsing the lynching of black people and adhering to a policy that no n****rs will ever be granted access to their fraternity chapter.

When the contents of the cell phone video went viral, it caused a nationwide uproar about the identity of the students on that bus who joined in the singing of that death anthem and those who acquiesced to it by continuing to be associated with that bus of death.

Thankfully, the university officials took rapid action and expelled the chapter from the campus and to date have expelled two males who were clearly identified with such hate speech and condoning or endorsing acts of domestic terrorism against black people.

What needs to be fully explored and discussed is a phrase that I am coining called, The SAE Syndrome.

From that incident, I coined the moniker, "SAE Syndrome" because of what was caught on tape and exposed to the Internet world.

Also, the phrase, The SAE Syndrome, is a way by which I can expound on the phenomenon of the undisclosed tell-tale signs of a SAE Syndrome propagating itself beyond the campus of Oklahoma University.

To unpack what this SAE Syndrome does and how it inculcates itself into the warp and woof of society, you have to start at the beginning of how a person accepts and processes information and either keeps it or deletes it from their memory cells.

This learning and gathering concept is akin to you learning to swim for the first time. If you like the water, you will continue to take swim lessons and become proficient enough of a swimmer, that when needed, you can protect yourself in most situations involving water.

Or, if you do not like water or getting wet or being around pools or beaches, you will tell yourself that swimming is not your sport and you will disengage from it and try out other means of physical sport or leisure.

In the first example of one who takes to the water and likes it, you will not pass up chances to improve your proficiency at swimming and when you have opportunities to go to hotels that have pools, you can relax knowing that the water poses no threat to you.

Well, in some ways, the SAE Syndrome operates in the same fashion when you transfer the same swimming skills to life skills and interpersonal relationship skills.

If you find individuals who believe as you do and engage in conduct that you do not find abhorrent, you will continue in that same vein; and practice what you have learned or observed from that cultural or ethnic group in your daily life and interactions with other

third parties.

With the SAE Syndrome, those ousted Oklahoma University students were ostensibly a member of a local fraternity chapter of Sigma Alpha Epsilon in which they associated with like-minded members who, according to the cell phone video, were also engaged in similar horrid racist behavior and did so with apparent relish.

They could do so because there was no one in their immediate circle of friends who would chastise them for such anti-social behavior (lynching is clearly anti-social behavior!) nor apparently did they receive enough home correction or instruction to make it known to them that such egregious conduct was reprehensible.

So, when such like-minded individuals gather together and then let's factor in the lubricant of alcohol, such deviant thoughts are allowed to come to the forefront and are exhibited because the fear of being challenged or rebuked is not present.

Thus when the travelers on that bus (going to the a banquet regarding the founders of their beloved fraternity) started to speak out on the abundance of their hearts, we get not only racial restrictions for membership into their fraternity but also the rip roaring funny idea that lynching black folks from trees is a great idea!

We get these future leaders engaging in racial animus of the type that would make the founders of the KKK wipe tears of joy from their eyes.

When these students graduate and go into their particular fields of endeavor and those fields include human resource managers at corporations or judges in courts of law or benefits administrators for social programs or administrators of hospitals and police departments, we have a monumental problem.

The problem is that such acidic verbiage against people of color as exhibited on that lynching bus can and may transfer to conscious and unconscious decisions that those fraternity members will make regarding your well-being and the quality of life that you may experience.

... continued on page 3

The Sojourner's Truth

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Community Calendar

February 16 – March 31

Art Exhibit: Maumee Branch Library; 40 paintings by artists Larry Parker, Sr

April 3

River of Life Church "Good Friday Food Giveaway:" Noon to 1 pm;
Giving food away to families in the community: 419-380-9357
Mt Nebo Baptist Good Friday Service: Noon to 3 pm; Guest preacher
Pastor David Bullock of Detroit; Free ham giveaway: 419-246-8561
Beulah Baptist Good Friday Service: Noon: 419-944-5262
The Armory Church Good Friday Service: Noon: 419-867-8143

April 4

Center for Higher Education and Skills Movie Night: 4-6 pm; 3325 Elm St; "HARPP the (USA's) Aviation and Weather Controlling System – pts 1 & 2; Free to the public:

April 5

Friendship Baptist Church "The Resurrected Savior:" 8:30 to 9:30 am;
Presented by WordUp Drama Ministries

April 15-19

Beulah Baptist Pastoral Anniversary: Pastor Perry Harris III; 15th through the 17th – 7 pm services with guests 1) Rev. Clark and United Vision, 2) Bishop Holt and Bethesda Christian Center, 3) Rev. Reed and Shiloh; 19th – 10:45 am and 4 pm services – guests Rev. Floyd Smith, Jr and Calvary Baptist: 419-944-5262

April 17

Indiana Ave MBC 50th Pastoral Anniversary Banquet: For Rev. John E Roberts and First Lady Mother Bernice Roberts; Ramada Inn Secor; 6 pm

Rep. Ashford Announces \$1.9 million for Infrastructure Improvements at Toledo Hospital

Special to The Truth

Last week, State Rep. Michael Ashford (D-Toledo) announced the release of \$1.9 million in state funds for a roof replacement project at the Northwest Ohio Psychiatric Hospital in Toledo.

"The quality of Toledo's healthcare network begins with our infrastructure," said Rep. Ashford. "Northwest provides vital care to our friends and neighbors and this funding will help us move forward in giving families access to the best facilities and care for their loved ones."

Northwest's existing roof is over 35 years old and is experiencing rapid deterioration. The hospital plans to replace the entirety of the existing 75,000 sf. roof with a new, energy-star rated roof in the coming months. In addition to the roof replacement, the project will also replace damaged glass panels, repair masonry and update rooftop condensing units. Quality Roofing Inc. of Whitmore Lake will complete the renovations scheduled to begin later this year.

Northwest Ohio Psychiatric Hospital is one of Ohio's six regional psychiatric hospitals specializing in short-term, intensive treatments to patients in both inpatient and community-supported environments. Northwest focuses on recovery and rehabilitation for patients in the city of Toledo, Lucas County and surrounding communities.



Lafe Tolliver... continued from page 2

A person who robustly sings a song about hanging black people from trees is not too adverse in denying a DeMarcus Winters a promotion to a department chair.

Or, refusing to transfer a qualified Shauntae Williams to a plum job spot in Hawaii but gives that job to a white person who does not have the stellar resume of a Shauntae.

Or, decides to ax programs that benefit needy children who require medical or dental care because they live in a certain inner-city zip code.

But worse is the myriad of situations by which people of color are flummoxed by what happened to their careers or ability to freely negotiate financial issues or other areas of their lives. The only reason is that their race played a factor in such a denial or blockage.

And when you try to wrack your brain to backtrack to find out the source of what went wrong with your career aspirations and goals but yet others, who are similarly-situated white people achieving success, if you stand still and if you listen... oh so closely, you will hear the now faint and lusty cheers of the lynching song being again played out on that bus and you are the lynched party.

That my friend makes you a victim of the SAE Syndrome. And yet, no matter how hard you try to explain to your white counterparts that something is amiss and you just can't put your finger on it, you now know in your gut of guts that when you sit quietly and listen very closely, you will hear the silent refrains of that fraternity song of lynching n*****s from trees coming from a corporate board room or the executive washroom or from the members-only golf course locker room.

Did white America gasp and cry when they saw that video of some of their best and brightest practicing up for the rest of their lives with songs of degradation and murder and domestic terrorism?

Did white America get a fleeting glimpse of the genesis of how the new recruits for their jobs are being trained to take their place as the future

power brokers and decision makers in America?

Contact Lafe Tolliver at Tolliver@Juno.com

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**In celebration of a life well lived and
the Blessings that Remain!!!
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gone. We miss you more than words
can say! Our husband,
father, mentor, and friend.**

In Memoriam

John Marshall Ford – May 18, 1947 – March 21, 2015

John "Jack" Ford was born in Springfield, OH to the late Stanton Ford and Edna (Knox) Ford-Watkins. He began displaying his leadership skills his senior year of high school as co-captain of the 1964-65 Springfield South High School football team where he was an All-American. He attended The Ohio State University on a football scholarship and played for the legendary Woody Hayes. He graduated in 1969 with a bachelor's degree in social work.

Jack received a master's degree in public administration and a law degree from the University of Toledo. He also received an honorary doctorate from UT.

At the start of his career, he worked for the Ohio Department of Youth Services and the Lucas County Mental Health Board. He later founded the Substance Abuse Services, Inc (SASI), Adelante, Inc. and the J. Frank Troy Senior Center.

Jack began his political career in the late 1980's with his election to Toledo City Council. He was elected to and served in the Ohio House of Representatives for seven years. He held the position of Democratic Leader during his last three years in the state legislature, the first African American to hold that position.

Jack was elected mayor of the City of Toledo in 2001 – the first African American to hold that office. During his tenure in office, he created CareNet, a health care safety net for the uninsured; implemented the first city-wide smoking ban in the state of Ohio; increased minority inclusion in city contracts; launched the Youth Entrepreneur Program and sought to have Toledo known as an "Elegant City."

He later served on the Toledo Board of Education from 2007 to 2011 and was elected to Toledo City Council in 2013.

He also was a political columnist for The Sojourner's Truth newspaper.

On March 29, hundreds of family members, friends and acquaintances packed Warren AME Church for a celebration of his life. His pastor, the



Rev. Benjamin Green of New Covenant Baptist Church, served as officiant and remarks were offered by former State Representative Peter Lawson Jones of the Cleveland area, State Representative Kevin Boyce of Columbus, former local director of UAW Lloyd Mahaffey, former Mayor Carty Finkbeiner, Mayor Paula Hicks-Hudson, Bishop Michael Pitts, Ravi Perry and Kevin Burris.

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Mayor Paula Hicks-Hudson: Relishing the Greater Opportunity to Serve

By Fletcher Word
Sojourner's Truth Editor

For Mayor Paula Hicks-Hudson, who has been in office for a few short months, there is virtually no difference in perception between her and her predecessor on the goals the mayor's office should set and achieve. The difference is in how an administration goes about realizing such objectives.

Economic development, safe neighborhoods, clean, well maintained streets – all are examples of the issues facing any big city mayor, but limits on funding present the major challenge for those who govern.

"The political difference is in how we spend the tax dollars," says Hicks-Hudson. "Our community is strapped and we need state help." She notes that the post-recession trend towards low-paying jobs, the reduction of federal funds and the state funding cuts brought about in an effort to balance the Columbus budget have placed an increasing strain on the ability of local officials to bring about significant change.

Local politicians, she says, now have to prioritize how tax dollars are allocated and, when dollars simply aren't available, create innovative approaches to dealing with issues.

"We have to be fiscally responsible and good stewards of taxpayers' dollars," says the city's first female African-American mayor. "We have to decide how we are going to fund this city. No one likes taxes – that's a dirty word; no one likes lay-offs – that's a dirty word."

For Hicks-Hudson, therefore, a range of administration-generated initiatives make sense in the current economically-challenged atmosphere.

It's critically important to attract to Toledo companies and developments that can provide living wage jobs, she says. "That's what I want to go after."

Clearly such jobs will help with a range of problems, she notes, such as neighborhood safety. Her predecessor, Mayor D. Michael Collins, a former police officer, viewed the issue of neighborhood safety primarily as a function of increasing police and fire department presence. Hicks-Hudson sees that issue more as a matter of "getting people to work and earning a living wage." Jobs create financial security and limits the idleness that can cause or exacerbate neighborhood problems.

A government can provide a platform for development insists the long-time Democrat, but there are impediments that exist in this day and age. Those impediments, for example, include the funding problem and state restrictions on the ability of municipalities to effectively deal with abandoned properties.

"That's more than a local problem," she says of the blight of abandoned



properties that plagues Toledo. "There are so many outside property owners who have walked away from properties. We are advocating for a change in state law to be able to place such properties in forfeiture."

If the city could seize such properties and then provide no or low interest loans to help people fix them, that would go a long way, Hicks-Hudson believes, to solving one of Toledo's most pressing problems.

For the new mayor, ascension into the chief executive's seat has been a life-altering experience. Her private moments have been abruptly curtailed to be sure. "The town is always open, the phone is always beeping."

On the other hand, she clearly relishes the opportunity to make a much bigger difference than she ever could have had as a city councilperson.

"There are projects and ideas that we in this city of Toledo need to do and I'm more in a position to help do those things," she says. "I'm learning a lot about government that I think I can help fix."

One of the things that Hicks-Hudson found herself in a position to help, immediately upon assuming office, was the negotiations with Fiat Chrysler to keep Jeep in Toledo. "They are reviewing the proposal and we are waiting to hear," she says. "We gave it our best shot and it's a great partnership between city, county and state. We've done all we can do at this point."

In view of that greater opportunity to help her adopted hometown, Hicks-Hudson recently announced her decision to run for election to complete the mayor's four-year term. Should she win in the November election, she will be in office until early January 2018.

She announced her decision at the site of a neighborhood swimming pool – a site that has been the source of contention between the former mayor and City Council. Hicks-Hudson agrees with the former mayor's desire to see the structural neighborhood issues solved – such as filling pot holes. On the other hand, she believes that areas such as pools can be a huge benefit to a neighborhood.

"I see healthy neighborhoods when people can recreate – that is also a necessity," she says. "Places where one can take a breath."

Taking a breath is clearly something the mayor will not be doing anytime soon. Between adjusting to her new position and the need to conduct a city-wide political campaign, Hicks-Hudson own ability to take a breath and a grab little recreation will have to be put on hold for a while.



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Building Strong Bones

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Many nutrients work hand-in-hand for a healthy body and Vitamin D and Calcium are a good example of two nutrients that work well together. Calcium is often recognized as important for strong bone health and one of Vitamin D's roles is to help the body absorb calcium to reach the goal of healthy bones. In addition to building and maintaining strong bones, calcium and Vitamin D are recognized for other important jobs in the body.

Calcium helps:

- Maintain a normal heartbeat
- Regulates blood pressure
- Helps nervous system function properly
- May decrease the risk of developing color cancer
- May play a role in weight management

In addition to helping the body absorb calcium, Vitamin D:

- May help reduce risk of cancers such as breast, colon and prostate
- May help prevent multiple sclerosis and rheumatoid arthritis
- Boosts the immune system and help control blood sugar levels—which may help prevent diabetes

Both calcium and Vitamin D are found in a variety of foods. They are often associated with the Dairy Group which includes milk and milk products like yogurt, cheese and calcium-fortified soy milk. In addition to providing calcium and Vitamin D, these foods also offer potassium, protein and other nutrients. Recommendations for the Dairy Group include choosing low-fat options. It is recommended that adults drink, (or eat dairy foods) to equal three cups of milk a day. In the Dairy Group, one cup of milk or yogurt is comparable to one and a half ounces of natural cheese.

One myth about milk is that fat-free, "skim" or low-fat milk does not have the same nutrients as whole milk. No matter what the fat content, milk has similar amounts of calcium and added Vitamin D. The amount of fat is the only difference between the types of milk.

By choosing a lower-fat variety of milk, you still get the calcium, Vitamin D and other nutrients and you also get less fat. There are a few foods that are located in the grocery store near the milk products but because they are not a good source of calcium, they are not counted as part of the Dairy Group. Regular cream cheese, cream and butter are not counted as part of the Dairy Group.

In addition to the foods in the Dairy Group, there are many other foods that have either calcium, Vitamin D or both. Both Vitamin D and calcium can be added or "fortified" to foods. Calcium and Vitamin D are often added to cereal, bread and orange juice. The package label will often highlight that it's calcium-fortified or vitamin-D fortified. You can also check the nutrition label. Salmon patties made from canned salmon with bones create a calcium rich meal. For calcium, enjoy a variety of dark green leafy vegetables like kale, collards, mustard greens, bok choy or turnip greens. Dry beans that have been cooked do not have quite as much calcium as some of the foods just listed but they do have more calcium than ice cream.

Vitamin D can be added to many foods and it is also known as the "sunshine" vitamin because...

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HEALTH INSURANCE COVERAGE AND THE AFFORDABLE CARE ACT

March 16, 2015

Since several of the Affordable Care Act's coverage provisions took effect, about 16.4 million uninsured people have gained health insurance coverage. That includes:

- 14.1 million adults who gained health insurance coverage since the beginning of open enrollment in October, 2013 (including 3.4 million young adults aged 19-25) through March 4, 2015. Over that period, the uninsured rate dropped from 20.3 percent to 13.2 percent – a 35 percent (or 7.1 percentage point) reduction in the uninsured rate.
- 2.3 million young adults (aged 19-25) who gained health insurance coverage between 2010 and the start of open enrollment in October, 2013 due to the ACA provision allowing young adults to remain on a parent's plan until age 26.

Quarterly estimates of the Uninsured Rate Gallup-Healthways Well-Being Index, 2012-2015



Source: Office of the Assistant Secretary for Planning and Evaluation (ASPE) analysis of Gallup-Healthways Well-Being Index survey data through 3/4/15. All models update the analysis from Summer of 2014. All models use nationally-representative survey weights and adjust for age, sex, race, ethnicity, employment, household income, state of residence, +/- a three time trend.

Additional Detail on Coverage Gains Since the Start of the First Open Enrollment Period in Oct. 2013: Uninsured Rates by Race & Ethnicity

The uninsured rate declined across all race/ethnicity categories since the baseline period. There was a greater decline among African Americans and Latinos than among Whites.

- Among Whites, the uninsured rate declined by 5.3 percentage points against a baseline uninsured rate of 14.3 percent, resulting in 6.6 million adults gaining coverage.
- Among African Americans, the uninsured rate declined by 9.2 percentage points against a baseline uninsured rate of 22.4 percent, resulting in 2.3 million adults gaining coverage.
- Among Latinos, the uninsured rate dropped by 12.3 percentage points against a baseline uninsured rate of 41.8 percent, resulting in 4.2 million adults gaining coverage.

	Baseline Uninsured Rate	Q1 2014	Q3 2014	Q1 2015
		Change in Percentage Points from Baseline Trend		
Whites	14.3	-1.7	-4.7	-5.3
African Americans	22.4	-4.5	-7.2	-9.2
Latinos	41.8	-4.1	-5.9	-12.3

Source: Office of the Assistant Secretary for Planning and Evaluation (ASPE) analysis of Gallup-Healthways Well-Being Index survey data through 3/4/15. All models update the analysis from Summer of 2014. All models use nationally-representative survey weights and adjust for age, sex, race, ethnicity, employment, household income, state of residence, +/- a three time trend.

Camp Catch-A-Rainbow in 30th Year at YMCA Storer Camps

Special to The Truth

For children with cancer, a week at camp may seem impossible. "There are unique health issues that might prevent them from attending many summer camping programs," said Katie Wilson, Camp Catch-A-Rainbow coordinator.

But for the past 29 years, the Camp Catch-A-Rainbow program has proved that everyone can attend camp. YMCA Storer Camps hosts Camp-Catch-A-Rainbow, providing a camping experience specifically geared toward accommodating children who have had a cancer diagnosis.

"Our camps provide the opportunity for these young cancer patients to simply have fun and enjoy the experience of exercise, recreation and companionship through activities paced to meet their needs," said Wilson.

Health care professionals are available at the camp 24 hours a day, so most medical treatments can be done on-site or at a nearby cancer center. "The commitment of our volunteer doctors, nurses and cabin counselors as well as the camp staff enable us to offer this unique camping experience, while ensuring the wellness of all of our campers who have unique health needs," added Wilson.

Young Camper's Day is a one-day program offered for children 4 to 6 years old and will be held on Sunday, June 14. Camp Catch-A-Rainbow (CCAR) is held June 14-19 for children between the ages of 7 and 15. Campers must have a cancer diagnosis, be from Michigan, Ohio, or Indiana and have approval from their doctor to attend. Both the Young Camper's Day and CCAR programs are held at YMCA Storer Camps in Jackson, MI where children have access to activities such as swimming, horseback riding, canoe-

ing, arts and crafts, and much more. The registration deadline for campers is May 22nd.

Additional medical and non-medical volunteers, especially male volunteers, are currently needed to assist on-site during both programs. Volunteer applications are being accepted through April 13.

Contact Katie Wilson, Camp Catch-A-Rainbow Coordinator at 248.302.8985 or kwilson@ymcastorer camps.org to register your child or apply to volunteer. Camper and volunteer applications are also available online at ymcastorer camps.org. Late applications for campers and volunteers may be accepted if space is still available.

To help YMCA Storer Camps continue to provide camping opportunities such as this, at no cost, please consider financial support through individual donations, or through foundations and corporations. You can help build rainbows for children by designating a donation to Camp Catch-A-Rainbow by visiting www.ymcastorer camps.org or send by mail to:

YMCA Storer Camps
Attn: Camp Catch-A-Rainbow
6941 Stony Lake Road
Jackson, MI 49201

For more information on how you can support Camp Catch-A-Rainbow through financial gifts, please contact Katie Wilson Camp Catch-A-Rainbow Coordinator at 248.302.8985 or kwilson@ymcastorer camps.org.

Strong Bones... continued from page 6

cause our bodies can make vitamin D when we are in the sun. To make enough vitamin D, we need to be in the sun, (without sunscreen on our face, arms and hands) for about five-30 minutes twice a week. Although most people get enough vitamin D from food and sun, there are occasions when people do not. This would be a discussion to have with your doctor.

ChooseMyPlate offers some suggestions for adding more healthy milk products to your day:

- If you are making a dip, use plain yogurt instead of sour cream – the yogurt has calcium. Swap out cream with fat-free evaporated milk.

- Top a baked potato with plain yogurt and chives
- Add fat-free or low-fat milk to your coffee or latte drinks

If you have lactose intolerance or trouble digesting milk, there are other foods like those fortified foods and vegetables listed above that provide nutrients. Many people who have been diagnosed with lactose intolerance are able to drink milk and eat milk products by finding the right portion size or way to eat it. For example:

- drink milk with meals, not by itself
- chocolate milk may cause fewer symptoms
- foods like cheese, cottage or yogurt have smaller amounts of lactose compared to milk
- choose lactose-free milk products
- try soy milk (soy beverage) and check the Nutrition Facts label to be sure it has about 300 mg of calcium

When's the last time you visited a dairy farm? Consider this your invitation for a tour of a dairy farm and a free breakfast! "Breakfast on the Farm" is being held on Saturday June 13, 2015 at Sandland Dairy Farm, Swanton, Ohio from 9:00 a.m. – 1:00 p.m. Ohio State University Extension, Lucas County is one of many partners working to plan the event and we would love to see Lucas County residents attend. The event is free, but we ask you to RSVP so we know how many meals to plan.

<http://www.fultonohbreakfastonthefarm.com/>



Are you being steered?

Being shown neighborhoods where most people are of the same race, color or national origin as you is racial steering... and that's against the law. You have the right to live in any neighborhood you choose.

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5 Steps To Looking 10 Years Younger

By Angela Steward, Fitness Motivator

The Truth Contributor

Did you know that once you hit 40 years of age, whether you're a man or a woman, your body starts aging **FASTER** than normal? Studies have shown that without the proper nutrients and exercise, your body will age about six months **EXTRA** for every year that passes.

Think about that! If you are 40, that means by the time you hit 44 you will **LOOK** and **FEEL** 46. And by the time you reach 60, you will **LOOK** and **FEEL** 70 YEARS OLD! We see this every day... just look around you.

Did you know that 90 percent of people over the age of 35 lose enough muscle every year to burn off an additional four pounds of body fat? That means you not only lose the only thing on your body that creates shape, tone, and strength—but you also gain more fat every year, **even if your calories stay the same.**

Did you know that **all of this is reversible at any age?** That there are specific ways to move, eat, and think that tell your brain to **STOP** this rapid aging process... and even **SLOW IT DOWN** to the point where you're aging less than a year for every year? That means you can look younger at 40 than you do at 35... or if you're like me, younger in your 50's than I did in my 40's!

This is not fantasy talk. This does not require a boatload of anti-aging drugs, supplements, or gimmicks. And, this works for anyone, male or female, and works at any age. 35, 45, 55, 65, 75... you name it. The biology is exactly the same.

My years as a fitness professional have allowed me to pick up **SO** many tips, tricks, and strategies that have allowed me to literally **reverse the aging process**, at least from a cellular level. That means my body looks, feels, and **MOVES** younger than my chronological age.

With that being said, **I have to warn you:** What you are about to hear may go against all the conventional diet and exercise advice you've been hearing. "Core training", hot yoga, cycling classes, tai chi all of these are just fine, but they won't slow your aging, and they certainly will never shape your muscles or burn off stubborn body fat. No way!

What you need is a splash of cold water, a touch of Old School, and the honest truth. Sound good? Let's dive in!

Step 1: Forget Low-Fat Diets

Low fat **everything** has been the craze now for decades and look around. What has that wonderful bit of advice done for the bodies you see? We're fatter, sicker, and more addicted to sugar and carbs than any other time in history. **And, we're passing these habits to our kids.**

Fats are not to be feared—they're to be embraced. They do not make you fat; rather, they help your body **regenerate your power hormones.** Testosterone, the "strength" hormone, for example, is the direct result of **cholesterol and dietary fat intake.** That's right: "Cholesterol" isn't a dirty word! Your body needs dietary fat and cholesterol in order to produce **ANY AND ALL** vital hormones.

People on low fat diets look drawn, gaunt, older and weak. They are

often sick, sometimes to the point of literally breaking down. And, they can never just **enjoy eating out.** Every meal and every gram and/or calorie must be accounted for. Do you really think this will make you younger? Of course not... it will worry you to death if it doesn't kill you first!

Step 2: Stop Running in Circles

Big Box Gym classes can be fun, if you like sitting in one place and torturing yourself. But have you noticed how **little people change** their bodies in these classes? Sure, it's good "cardio", but cardiovascular conditioning can be gained with far less time and effort.

Treadmills, and any form of endurance training (especially running) do very little to help the age reversal process. Many times, these long-duration exercise bouts **accelerate the aging process** by increasing free radicals. These free radicals are scavengers that prey on your body's essential nutrients and tissues.

Step 3: Stop Blaming Everything On How Old You Are

We don't gain weight and become fat because we're old—we're fat because we **eat, think, and move like fat, old, dying people!** Listen: Our bodies don't own a clock. Studies have shown that men and women **in their 90s** are able to gain muscle tone in just a matter of weeks of simple weight training!

If you're around those naysayers who are constantly talking about growing old, all their aches and pains, and how life is just down hill after 40, 50 or 60—**LEAVE!** Surround yourself with positive thinkers who absolutely **crave a challenge.** A challenge is what keeps you **YOUNG**, and the best challenge there is happens to be taking control of your health and body.

Step 4: Avoid Chronic Dehydration

Water isn't just "good for you" — **water burns fat.** Water **suppresses hunger.** Water renews your skin. Just drinking 12 ounces of pure water every day can take a few years off your face in a matter of weeks. You'll also drop fat, have more energy, and save your kidneys and liver from chronic overwork.

When your kidneys are taxed from too little water, your **liver has to take over.** Now, get this: Your liver is your **number one fat-burning organ.** Do you **REALLY** want it processing liquids and toxins rather than **BURNING FAT?** No way, right? Well, grab a glass of water, and watch the mirror. Within a few weeks, the change to your face and body will be noticeable.

Step 5: Work Out!!!!

If you don't work out at all, you're going to lose muscle tissue every year. That means you'll get fatter and flabbier each and every year with less shape and more sag. Is this what you desire? No way, right?

Here's the answer to weight loss and to reverse the aging process.... **strength training.**

If you want a complete body transformation, you have to change your patty-cake workout! If you want to look like you workout, its time to introduce strength training into your exercise program!

Many women make a huge mistake when stepping into my fitness gym! When I announce, "Grab some weights", they run to grab the lightest weights on the rack (5 lbs). If they're new to my class I will usually overlook their *girly* selection! But if they've been exercising with me regularly, they know... 8 lbs for light lifting, 10 lbs for moderate lifting and 15-20 lbs for heavy lifting!

Unfortunately, most women assume that strength training will turn them into a man-woman!!! Of course, we don't want to get big and bulky so we gravitate towards exercise programs that include the use of light weights or no weights! A total body transformation cannot and will not take place picking up a five pound weight.

"But won't I get bulky?" No! Men have higher testosterone levels than women; women have higher estrogen levels than men. Men produce higher levels of testosterone because most of their testosterone

... continued on page 10

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Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,

I am trying to build my arms bigger and I am a little confused on which exercises are the best for me to do. I have read the magazines and they all say something different. What should I do to increase the size of my arms? It seems that there are so many different routines, how do I know which is the best one to follow? Thank-u,

Dear Arm Builder,

I am glad that you still seek my advice after reading all the magazine hype. I believe that in sticking to the basics that you will give the desired results. Yes, the more you read in the books the more confused you will can get.

I tend to stay away from all of that confusion. I only read the research and nutritional information in those books. If it is not backed by science and/or collegiate testing I really don't pay much attention to it. It is nice to look at other workout routines to give you a change but what works for one person may not work for another.

Like I just said, if you stick to the basics you can't and won't go wrong! The biceps are two different muscles. You have the long head (outside) and the short head (inside). Straight bar curls are the best for building nice size arms. Taking a wide grip works mostly the short head and a narrow grip works the long head of the biceps.

Take a grip that's shoulder width and will hit both heads of the bicep at the same time. Start out with a light weight and do 20 reps to make sure that you can feel the muscle work and a nice little burn in the bicep. Then raise the weight progressively throughout four sets so that your last set ends with a hard 8-12 reps.

The next good exercise is alternating curls. Start with your palms facing each other. Then as soon as you clear your thighs, supinate (turn) your wrist so that your pinky is heading towards the outside of your shoulder. Squeeze the bicep and return to the starting position. Then begin your rep with the other hand. Continue to alternate hands in this fashion until your desired repetitions are completed.

The last bicep exercise I will suggest is the hammer curl. You start the same way as you do with alternating curls except you do not turn the wrist. This works part of the forearm and adds thickness to the outside of the biceps.

Now, onto your triceps. Your triceps are three different muscles and should be worked no less than the biceps. Lying dumbbell extensions are a great and very beneficial mass builder for the triceps. Lie on your back on a bench, take two dumbbells and hold them above you towards the ceiling. Keeping your elbows and upper arms perpendicular to the ground, lower the weights to the sides of your head. Raise the weight back up and repeat. Be sure to keep your shoulders down and your arms from swinging.

Triceps pushdowns are another excellent exercise for the triceps. Be sure that when doing this exercise you do not move your shoulders. Only the elbow joint should move and you don't want to go much higher than your chest.

The last of the three exercises I am going to suggest is kickbacks. Bend over at the waist, keep your back flat and your elbows up. Straighten the arm into the locking position so that you contract the muscle then release slowly and repeat.

Good luck in achieving your Dream Bodies out there and keep the questions coming.

Be sure to come see the Toledo Glass Scepter at the Maumee Indoor Theater on May 30.

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Kaptur Announces Local Enrollment Numbers on Five-Year Anniversary of Affordable Care Act

Highlights figures for Toledo and Cleveland areas, positive impact for working families

Congresswoman Marcy Kaptur announced new health insurance enrollment numbers this morning for the Toledo and Cleveland areas, marking the five-year anniversary of the Affordable Care Act. According to the U.S. Department of Health and Human Services (HHS), more than 10,496 people have signed up for health care coverage on the Affordable Care Act Health Insurance Marketplace in Toledo and the surrounding area. In the Cleveland-Elyria local area, 47,388 consumers selected or were automatically enrolled in a health insurance plan.

"In the five years since its adoption, working families have seen significant benefits from the federal health care law," said Kaptur. "Thousands of Ohio's working families qualify for income-based tax credits under the law, making health insurance affordable for them for the first time. Many of those families are now protected from bankruptcy in the event of a tragic health event. Workers can no longer be dropped from the health insurance they paid for on the basis of a pre-existing condition. Young people are able to stay on their parents' plans for longer, making their transition to full employment more manageable even during tough economic times. These policies represent nothing less than life-support for thousands of working families across Ohio and millions throughout the U.S. I am pleased to continue supporting them and am baffled that my Republican colleagues continue to work so hard to undermine them."

In Ohio, 234,341 consumers selected plans or were automatically re-enrolled in health insurance coverage through the Health Insurance Marketplace as of Feb. 22, with most enrollees receiving an average of \$244 in tax credit support. Eight out of ten Ohioans could select a Marketplace plan for \$100 or less per month.

As a result of the ACA, the 5 million Ohioans with a pre-existing health condition can no longer be denied health care coverage. Millions of Americans, and almost 3 million Ohioans, who already had insurance have seen coverage improve with new access to preventive services like vaccines, cancer screenings, and yearly wellness visits at no out-of-pocket cost. Since the ACA allows young adults to stay on their parents' plan until they turn 26, 97,000 young adults in Ohio gained coverage.

This progress comes while projected costs of the law are consis-

... continued on page 11

Angela Steward.. continued from page 8

comes from their testes. We don't have testicles, we have ovaries! Our ovaries produce testosterone in a very small dose and **testosterone is the primary muscle-building hormone in the body**. Since we have significantly less testosterone, we cannot put on muscle mass as easily as men. Even women who want to build bigger muscles and work extremely hard to bulk up, still build less muscle mass as men. So stop worrying – I promise, you won't turn into the Incredible Hulk!

The second reason you won't grow Hulk*ish* from strength training is that women don't eat enough calories to create the same mass as men. Think about it, when was the last time you over-ate to gain weight? Most of us want to be slimmer, not bigger. To become the female version of the Incredible Hulk, you'd have to eat excessive calories daily, add daily supplements to your diet and lift heavy weights regularly. Getting huge isn't easy. It won't happen just because you learn how to bicep curl.

So now let's talk about the benefits of strength training. Heavier weights offer us a higher metabolic rate. Lifting heavier weights creates tiny muscular tears throughout the body. You burn more calories post-work out to repair those tiny tears! The next benefit to lifting heavier weights is you'll see better muscle definition. When you train with light weights (3-5 lbs) your muscles are barely challenged. So, your muscles won't grow!

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

The best benefit of lifting heavy is you become stronger. Everyday activities will get easier over time. You won't need to call your husband or brother to move a couch or carry your suitcase anymore. While building muscle, you also lower your chances of injury while participating in sports or other activities. Stop wasting time lifting the *purse* (5 lbs) weights and grab the *change your look* weights (8 lbs and up)!

You want to look and feel 10 years younger, Forget Low-Fat Diets, Stop Running in Circles, Stop Blaming Everything On How Old You Are, Avoid Chronic Dehydration, Exercise Regularly and Strength Train!!

If any questions, please feel free to contact me!!!!

Angela R. Steward

Owner & Head Instructor

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Beyond the Scale: What You Need to Know About Diabetes Risk Factors

Special to The Truth

When it comes to Type II diabetes, many only consider weight when examining their risk. Diabetes is complicated however, and risk factors are numerous.

Some of the confusion is potentially reflected in statistics. From 1980 through 2011, the number of Americans with diagnosed diabetes more than tripled, from 5.6 million to 20.9 million, according to the Centers for Disease Control and Prevention, and millions more have pre-diabetes or are undiagnosed.

On the bright side, cutting-edge research has uncovered strategies for avoiding, controlling and even reversing diabetes.

"It's tempting to think that there's not much you can do except take medication and hope for the best," says George L. King, M.D., Chief Scientific Officer at Joslin Diabetes Center, professor of Medicine at Harvard Medical School and author of the new book, "The Diabetes Reset." "However, anyone can improve their body's response to insulin and its ability to metabolize glucose in the blood."

Each individual's glucose control problems are unique, which is why King offers a range of evidence-based, diabetes-fighting strategies in his book. Here he shares a few:

Diet

A recent study by Dr. King and his Joslin colleagues has shown that insulin sensitivity, glucose metabolism and type 2 diabetes risk can all be significantly improved by switching to a low-fat, high-fiber diet consisting of 70 percent carbohydrates, 15 percent fat and 15 percent protein, including 15 grams of dietary fiber for every 1,000 calories consumed.

This dietary approach, known as the Rural Asian Diet, is easy to maintain, as it doesn't call for restricting calories or totally avoiding any particular food group. While many diabetes experts promote restricting carbohydrates, this diet distinguishes between refined carbohydrates and complex carbohydrates, which are high in fiber, and will be converted into blood glucose much more slowly.

Weight Loss

If your BMI is above 25 and you're able to reduce your body weight by 5 to 7 percent, you can reduce your insulin resistance and improve your glucose metabolism. Be advised, many doctors feel that BMI is of limited value in determining a diabetes risk because it doesn't distinguish between fat and lean tissue or between different types of body fat. Abdominal fat is the most dangerous type of fat in terms of diabetes risk, so many doctors use waist circumference as an additional measurement.

Kaptur.. continued from page 10

tently revised down, largely due to historically low rate of increase in average premiums.

"These historic enrollment numbers show that the American people know the ACA is working for them," said US Dept. of Health and Human Services Region 5 Director Kathleen Falk. "Thanks to the ACA, people can no longer be denied health insurance because of a preexisting condition, healthcare spending is increasing at the lowest rate in 50 years, and people no longer need to worry about being one illness away from bankruptcy."

For more information about health insurance enrollment in Ohio, including qualifications for enrollment outside of the open enrollment period, visit www.areyoucoveredohio.org. For additional information or to schedule an interview with the U.S. Dept. of Health and Human Services Region V Director Kathleen Falk, please call 312-226-1788312-226-1788 or e-mail lauren.eiten@hhs.gov.

Exercise

Your muscles can lose insulin sensitivity due to inactivity. This can be largely reversed through a combination of 150 minutes of aerobic activity per week plus weekly strength training sessions. Together, these activities can increase your muscles' ability to oxidize fats, glucose and other fuels, while also helping you lose weight.

Sleep

There is mounting evidence that lack of sleep can contribute to insulin resistance and possibly causes damage to the pancreas, putting you at heightened risk for prediabetes and type 2 diabetes. Attempt to get seven to eight hours of high-quality sleep every night to improve insulin sensitivity.

More diabetes-strategies can be found at www.workman.com.

Whether you have diabetes or not, understanding this disease and how it can be controlled can significantly improve your overall health.

Courtesy StatePoint

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Stealing the Game by Kareem Abdul-Jabbar and Raymond Obstfeld

By Terri Schlichenmeyer

The Truth Contributor

Oh, how you hate to lose!

You hate it so much, in fact, that it's not really an option: you'll do anything and work hardest to make sure that you're not finishing last. It's all or nothing for you, and in the new book *Stealing the Game* by Kareem Abdul-Jabbar and Raymond Obstfeld, it's about more than how you play the game.

Everyone at Orangetree Middle School knew that 13-year-old Chris Richards was someone they could trust, a decent-enough student, but kind of quiet. Even Chris himself would admit that, and he was okay with it. He always thought his observation skills were better than anything else he did, except maybe basketball.

Yep, Chris was a good kid. So it came as a huge surprise to everyone when a cop came to algebra class and escorted him to the principal's office.

The whole mess started four days earlier.

Jax, Chris's older brother was the "Golden Boy." Always likeable, good-hearted, smart, capable, and responsible, Jax had spent the last year at Stanford University on a full scholarship, studying to be a lawyer. The Richards – both lawyers – were proud of him but when Jax came home and announced that he'd quit school, well, it was like World War III had started in the living room.

Chris had always looked up to Jax, and Jax's behavior didn't make sense. Then again, in

c. 2015
Disney Hyperion
\$16.99 / \$17.99 Canada
293 pages

Chris's world, not much did. Girls were a total mystery, teachers were a surprise, and most of his classes were a struggle. But basketball... now, that made sense. For Chris, the only thing better than a good pick-up game was drawing comics.

Ever since his parents started pushing Chris toward college, he wished he could tell them that being a comic book artist was what he wanted to do someday. He loved comics, loved collecting them, and he loved imagining ways that his own main character, Master Thief, could save the world.

But Master Thief couldn't save Jax. Jax, in fact, was in big trouble and he needed Chris's help with a real burglary.

Jax, you see, had a secret life, too...

Ka-thunk-ka-thunk-ka-thunk. If you've got a basketball fan around, that's a familiar sound at your house. But you'll silence that sound for

a few hours, if you can swap the ball for this book.

More than just a basketball novel, *Stealing the Game* is also a mystery, solved by a sharp, smart, funny, and genuinely nice 13-year-old. The real Dream Team of authors Kareem Abdul-Jabbar and Raymond Obstfeld introduce readers to that kind of kid, the one you wish your kids would hang out with - but while Chris Richards is surely the star here, the whole rest of the cast of this story appealed to me, too. And the book's Big Reveal? It's perfect. Three points.

Another nice thing: there's a strong girl baller here as well, which means that this isn't just a book for boys. Actually, it's not just a book for kids, either: for anybody, any age, *Stealing the Game* is a win.



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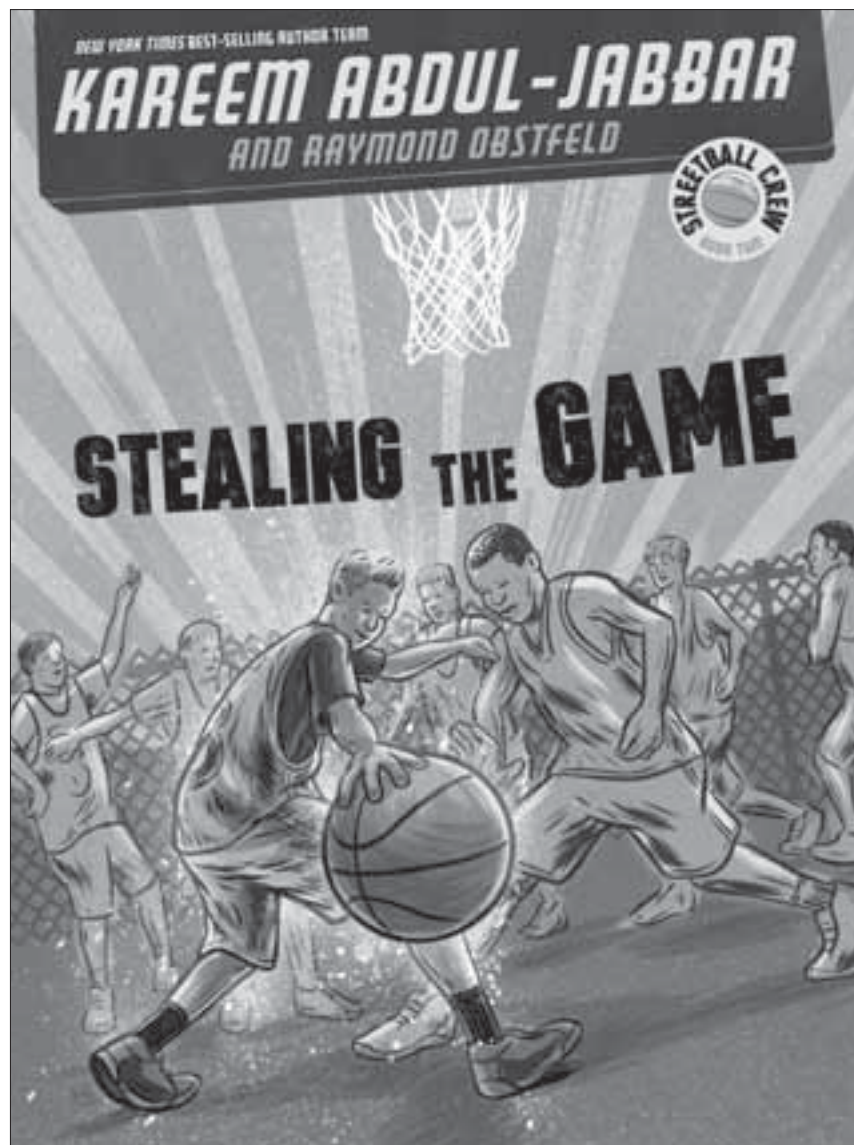


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John Moore is a man of no mean accomplishments.

John has had a successful career as a banker and as a university administrator. He has served on numerous boards and has been a member of a number of professional organizations. He has had a personal life that was also a resounding success – particularly his marriage.

John wed his wife, Alvetta, when he was 19. She was 16.

Not many gave the young couple a chance. He had not yet entered college; she had not finished high school; she was pregnant – not a recipe for success at any time, even in the mid 1950's.

The marriage was not always sunshine and flower but it definitely endured – for more than 50 years. Alvetta, however, was diagnosed with brain cancer during their 51st year of marriage and survived for only 14 months.

In *Alvetta*, John Moore chronicles his wife's last year of life and the weight of the loss of his partner.

The book was quite a departure for the author who had penned an earlier work entitled *A Positive Attitude Is a Muscle: A Managed Stress Survivor's Manual*. It's the basis for his many workshops and seminars.



Saturday, April 18, 3 to 5 pm

Ophelia J. Thompson The Poet LaFe ~ Ophelia Thompson

Dance instructor, author, artist, poet, musician, vocalist, motivational speaker and storyteller. She earned her undergraduate degree in Music Education from Albany State University; her master's degree in Educational Administration, Guidance Counselor Education from The University of Toledo.



The Poet LaFe retired after 30 years in the field of public education as a teacher, counselor and administrator, Toledo Public and Toledo Christian Schools, Toledo, OH. Published two books of poetry through grant, Arts Commission of Greater Toledo, OH. She performs her poetry and music in the greater Toledo area, throughout north-west Ohio and metropolitan Detroit, Michigan.

RAG DOLL DANCING

Dancing, prancing, life enhancing intimate moves can be romancing; smooth execution, floating along precise motions some weak some strong.

When the male partner knows how to lead, rather than his ego to ravenously feed; when he considers the feminine side, and gently allows her to float and glide.

Dancing can be a beautiful thing, prancing that allows the heart to sing; it can also be an ugly fight, if a man usurps with all his might.

It is sad if the man doesn't have a clue that eloquent dancing requires two; and the woman has a gentle part in the equation, when he jerks and pulls with hard persuasion.

BUT

When the two are as smooth as oriental silk, gliding and flowing like chocolate milk; fancy prancing, heavenly romancing the music is perfect while the couple is dancing.

Excerpt from Poem #1916 by Ophelia J. Thompson, Poet LaFe
Copyright ©2009 written 2-19-09

Sir Haunz & Gertrude's Great Escape: Joyce Lewis Realizes Dreams with Publication of First Book

Sir Haunz & Gertrude's Great Escape: Joyce Lewis Realizes Dreams with Publication of First Book



As a child, Joyce Lewis hated to read and could not understand how a book such as *Green Eggs and Ham* by Dr. Seuss could help her realize her dreams, she explains all these years later. How ironic it is that Lewis, who hated to read so much as a child, achieved one huge dream several years ago when her first book was released by Zoe Life Publishing of Canton, MI.

And how appropriate it is that her first book is a child's book and a tale of youngsters learning to make their own dreams come true.

Lewis's book, *Sir Haunz & Gertrude's Great Escape*, is a story of two children whose father has lost his job due to the downsizing of his automotive plant. Their parents make a difficult decision to send their children to live with relatives while they try to get back on their feet.

Tragedy strikes and the children are left homeless in Chicago and have to learn to fend for themselves. Haunz discovers that he has a gift and he uses it to overcome obstacles as the children finally escape hopelessness and poverty.

Joyce, a gifted playwright as well, has been in performance over the last year with her play – *I Am Black and Beautiful*

Violet Renee: Author's Romance Novel Features Lots of Love, Laughter and Lies

Ronnie Blackmon is all man with no apologies. His profitable investment firm in the magnificent Sears Tower* make the wealthy want a man with his investment prowess on their team. He sincerely loves his beautiful wife Tia and would never replace her. But he went out on his creep and forgot to wrap it up resulting in the birth of sweet little Nina. He just can't seem to resist the lovely feminine flavors that are always in his face wanting a taste of his sexy bad boy persona. His bases are loaded with a wife, mistress and baby mama and he juggles them like a pro believing he is entitled to whatever he wants whenever he wants it.



Tia Blackmon is living the good life in Chicago with a stunningly handsome, successful young husband, three adorable children and a profitable career in commercial real estate. That is until her husband dropped kicks her with his confession of having fathered a baby girl with a clerk. And if that wasn't bad enough, he passes the baby girl off as his brother's secret love child sending Tia's temper into overload. Murder may be the case they give her as she confronts her wayward husband and mayhem ensues.

Question is, will Ronnie be able to maintain the love hold he has on his wife or will she escape the pain and humiliation of his philandering with the handsome, wealthy blonde beach boy in Miami? *Love, Laughter and Lies* is a humorous tale of love and relationships with hip hop flavor and old school drama that will keep you reading until the jaw dropping end.

John Scott: Playwright's Gotta Write

"As someone who has produced and directed John Scott's work, I consider him to be one of the best contemporary playwrights," wrote Douglas Turner Ward, co-founder of the legendary Negro Ensemble Company.



A Scott High School graduate who earned a bachelor's degree at South Carolina State College, Scott began writing early in life. By the time he returned to the area to earn a master's and doctorate from Bowling Green State University, he had already penned a number of plays, plays which would gain considerable interest from New York.

Ride a Black Horse and The Good Ship Credit were produced Off-Broadway. Pieces of a Man, Currents: From the Rivers of Our Fathers and Hats, Handkerchiefs and Fans were produced on public television.


Theatre luminaries such as Morgan Freeman, Mary Alice, Howard Rollins, Roger Robinson, Barbara Montgomery, J.A. Preston, Loretta Devine, Ester Rolle and Bill Cobbs have performed on Scott's plays. And his plays have been produced in regional and university theatres from Florida to California.

His retirement from BGSU, where he founded the ethnic studies department, 15 years ago hasn't slowed him down a bit. Recently John released a little black book entitled *My Little Black Book*. It's a memoir and a close look into his experiences in love, libations and famous people encountered over the years.

Join us for a book signing of outlandish proportions - renowned local authors available to sign and talk about their works - Playwright John Scott, Novelist Violet Renee, Memoirist John Moore, Children's Book Author Joyce Lewis, Poet LaFe
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When: Friday 6:00-8:00pm
Where: Christian Center of Toledo
4055 Monroe Street - Toledo, OH 43608

When: Saturday 10:00-12:00pm
Where: Christian Center of Toledo
4055 Monroe Street - Toledo, OH 43608



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CLASSIFIEDS

April 1, 2015

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New Hope Missionary Baptist Church

Is now accepting resumes for

Senior Pastor

Send resumes to
NHMBC, 833 Nesselwood Ave., Toledo, OH
43610
or nhmbc@bex.net

Attention or Subject: Pulpit Committee

Search-Lite Community Baptist Church

Is now accepting resumes for

A Youth and Young Adult Pastor— Part-time

Send resume to:
Search-Lite CBC
200 East Broadway, Maumee Ohio
c/o P.O. Box 80426 Toledo, Ohio 43608
or search-lite10@bex.net

Attention P. Williams: Church Administrator

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Toledo Metroparks Wildwood Program Supply House Addition** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, April 10, 2015 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of a 963 sq. ft. building addition for an existing former residence and building improvements. General construction includes select demolition, wood-framed addition, masonry foundation, concrete, fiber cement siding & trims, asphalt roofing, windows & doors, electrical, plumbing & mechanical, insulation, aluminum gutters & downspouts, interior & exterior finishes and paint. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$20 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

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

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

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

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

Stephen W. Madewell, Director



Toledo Refining Company has an immediate need for Operations Shift Supervisor(s). Operations Shift Supervisors represent the Company and Complex Team on a 24/7 basis. Shift Supervisors lead the Unit Operators to complete assigned tasks and drive Refinery operation to meet oil flow targets in a safe, reliable and environmentally sound manner. The Operations Shift Superintendent ultimately contributes to increasing facility effectiveness, viability and bottom line potential by helping to achieve mechanical and operational reliability. Shift Supervisors work the DuPont rotating 12-hour shift schedule.

This position requires a High School Diploma or equivalent and a minimum of 5 years refinery experience. Strong knowledge of refinery operations is required as well as strong supervisory, leadership and communication skills.

All interested candidates may apply by going to www.pbenergy.com/careers. Once on the career page, candidates can view current job opportunities and apply to desired position.

EOE/M/F/D/V



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.pbenergy.com/careers. Once on the career page, candidates can view current job opportunities and apply to desired position.

EOE/M/F/D/V

RISK MANAGER

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for a Risk Manager. For complete details of the position and to apply, visit our website at www.lucasmha.org. **Only online applications received at the above website will be accepted.** This is a Section 3 covered position and HUD recipients are encouraged to apply. Please note on your submittal 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, sex, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on construction of a **Visitor Center at Fallen Timbers** will be received, opened, and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537, **Wednesday, April 22, 2015 at 3:00 PM local time.**

THE SCOPE OF work consists of renovation of an existing residential structure into a commercial visitor center located at the Fallen Timbers Battlefield park area in Maumee Ohio. General Construction includes, but is not limited to, demolition, asphalt roofing, replacement of trusses, drywall, fireproofing, mechanical and electrical up grades, flooring, windows, doors, aluminum gutters & downspouts, concrete sidewalk and approach, excavation, stone parking area and landscaping.

Bidders may obtain copies of plans, specifications, contract documents and plan-holder's lists through Newfax Corporation, 333 West Woodruff, Toledo, OH 43604 between 8:30 a.m. and 4:30 p.m. Monday through Friday (check made payable to Newfax Corporation) or via Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at (419) 241-5157 or (800) 877-5157. A non-refundable fee of \$15 is required for each set of documents obtained. For additional information, please contact Pete Boss, at (419) 304-5368 or Pete.Boss@metroparkstoledo.com and Jon Zvanovec, at (419) 407-9732 and at Jon.Zvanovec@metroparkstoledo.com.

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

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

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

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

Stephen W. Madewell, Director

NANBPWC's 51st Founders' Day Celebration Honors "Women in the Military"

Sojourner's Truth Staff

The Toledo Club of the National Association of Negro Business and Professional Women's Clubs, Inc held its 51st Founders' Day on March 22, 2015 at the Toledo Radisson Hotel with a luncheon celebrating not only the organization's founders but also local military women.

"As we celebrate this Founders' Day, we take time to recognize these women who serve our country and focus on the many contributions made that have been accomplished to make serving in the military honorable, prestigious and commendable," wrote Toledo Club President Denise Black-Poon.

The afternoon, organized by event chairmen, Delores Bates and Clara Brank, consisted of the acknowledgement for the founders – Emma Odessa Young, Ollie Chinn Porter, Effie Diton, Bertha Perry Rhodes, Josephine Keene, Adelaide Fleming and Pearl Flippen – who came together in 1935 to form the Club.

After the mid-day luncheon, guests were treated to the keynote address by Major (RET) William C. Wedley of the U.S. Army. Wedley, now an associate director of undergraduate admission at The University of Toledo, spoke of the many accomplishments over the years of African-American women in the military.

Then, the club members recognized eight local women who have served or are serving in various capacities in the nation's military. The honorees were: SPC Lanaya McDonald, SPC Brightis Crump, Lt. Colonel Azure Cardwell Utley, SPC Stephanie Morris, TSgt Starlet Braxton, PFC Patrice Edwards, Corporal Celenastine Hamilton and SPC/E4 Brittany Asia Pullie.

McDonald, a licensed counselor and chemical dependency counselor, has been a member of the U.S. Army Reserves for 13 years and is currently a human resources sergeant. She will continue her service and plans to enter the Army Medical Corps and to become an officer later this year.

Crump, a teacher at Woodward High School, joined the Army National Guard-Military Police eight years ago and was medically discharged in 2014 due to a training injury.

Dr. Utley, DDS, currently stationed at Ft. Bragg in North Carolina, is a staff prosthodontist and an adjunct mentor to multiple dental residency programs within the Army dental organization. She received her DDS from the University of Detroit-Mercy and an Advanced Education in Prosthodontics Certificate from the U.S. Army Dental Activity.

Morris, a Libbey High School graduate, is currently in the Army and has



undergone more than 20 surgeries for numerous injuries suffered in the line of duty in Bagram, Afghanistan with the 32nd Transportation Company. She is presently at Walter Reed Hospital receiving treatment.

Braxton, a Bowsher High School graduate, is a Knowledge Operations Manager at the 180th Fighter Wing, Air National Guard Base in Swanton, OH. She is also a special education teacher with Toledo Public Schools.

Edwards has served in the U.S. Army since September 2013 and is currently stationed at Ft. Bliss in El Paso, TX as an assistant chaplain. She plans to remain in the Army for 20 years and eventually become an officer.

Hamilton, born in 1931, joined the Army in 1951 and ended up serving in a hospital unit during the Korean War. Inspired to become a nurse from that experience, she enrolled at Tennessee A & I State University for pre-nursing training and Meharry Medical College for a bachelor's of science degree in nursing. She returned to Toledo to work as a registered nurse and retired from Toledo Hospital after a 20-year stint.

Pullie joined the Ohio Army National Guard five years ago and serves as her unit's Public Affairs Representative – the journalist in charge of media relations.

The NANBPWC, Inc Toledo Club focuses on leadership, entrepreneurship, technology and service (LETS) as well as health, education, employment and economic development (HEED).

In addition to co-chairmen Bates and Brank, the other Founders' Day committee members included: Black-Poon, First Vice President Wanda Galloway, Iris Page, Donna Todd, Barbara Tucker and Lillie Watkins.



Photo Courtesy Ed Dixon



w/ The H-Factor Jazz Show



w/ The H-Factor Jazz Show

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