



Volume 35, No. 2

"And Ye Shall Know The Truth..."

September 2, 2015

Head Start Reunion Gala



Ethel Adams, Rev. Anthony Richardson, Tiaunna Richardson

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"Without local heroes known as Head Start teachers, our future would be more difficult. Without their positive influences, our children may head towards the jailhouse, courthouse, or funeral house." - Rev. Anthony Richardson

Katrina and Social Storms: Who Will Repair The Breach?

By Rev. Donald L. Perryman, D.Min.

The Truth Contributor

... We saw the deaths: mostly poor, mostly very elderly, mostly very young, mostly people of color; as also we saw the scattering. Who will respond?

- Valerie Bridgeman



Hurricane Katrina, the 2005 storm on the coast of the Gulf of Mexico, exposed more than the breach in the levees of the Gulf region. The disaster also illustrates the wider abandonment of low-income, black communities around the nation, including the distancing by the black church.

In memory of the lost lives and destroyed livelihoods by Hurricane Katrina 10 years ago, I present a reflection by scholar, political scientist and Baptist preacher R. Drew Smith. His timely commentary highlights the storm's consequences for not only Gulf Coast residents but also communities of color throughout the United States.

Commentary: Distant Churches and The Isolated Poor: Lessons from Katrina, 10 Years Later L

Written by: R. Drew Smith, Ph.D.

In 1995, the first of the Left Behind series was published—a hugely successful franchise that dealt in fictionalized enactments of Christian end times scenarios. Based upon a biblical eschatological view that gained popularity by the mid-20th century, these novels depict a radical transformation of society that ensues after the Christian faithful are supernaturally taken out of the world (“raptured”), clearing the way for the rule of the antichrist and the inevitable descent toward apocalypse. Within this desolate context emerges a new cadre of Christian believers, called to costly Christian witness among a population left behind and on the brink.

In late-August 2005, an all-too-real variation on this theme of worldly desolation played out in New Orleans, as tens of thousands of New Orleansians fled an approaching Category 3 hurricane, leaving behind thousands of their fellow residents too immobilized by poverty or other factors to escape the hurricane's onslaught.

On August 29, Hurricane Katrina made landfall along the Mississippi and Louisiana coast, packing 125 mph winds and strong waves and producing a storm surge of 10-20 feet. The winds and flooding left New Orleans without power and submerged in as much as 20 feet of water in some areas. The treacherous physical and social circumstances faced by the 10-20 percent of largely black New Orleansians who were unable to evacuate the city visited horror and death upon these residents who stayed behind.

Additional consequences of the storm both for residents who evacuated and for those who remained in the city included inestimable losses in property and livelihoods as well as the permanent displacement of tens of thousands of the city's black and poor residents.

The massive pre-storm exodus from New Orleans of the more resourceful sectors of the population, and the closing or distancing of most institutional operations, are dynamics reminiscent of the large scale suburban

flight, economic divestment and governmental indifference experienced within many American cities—and especially within the poorer neighborhoods of those cities in the past 100 years.

Former industrial cities with once sizable populations of blue-collar African-American laborers were among the cities hit hardest by massive downturns in resources, as businesses and corporations relocated to better markets in the suburbs or overseas and as middle-class populations fled urban core neighborhoods for outer-ring or suburban locales. Both of these dynamics contributed to vastly diminished property values, tax revenues, and local urban economies—resulting in fewer resources for public schools, public services, and urban infrastructure.

This exodus of resources from American cities and neighborhoods occurred against the backdrop of an ideological climate emphasizing public sphere fiscal austerity and balanced budgets, which compounded social resource scarcity for those most in need.

What this large-scale flight of social resources left in its wake was not an urban demographic characterized by upward mobility but by severe poverty and social isolation.

Between 1970 and 1990, the percentage of persons living in neighborhoods with a poverty rate of 40 percent or higher grew from 7.8 to 15.8 percent for blacks and from 7.0 to 9.5 percent for Hispanics, and by 2010 the proportion of Americans (irrespective of race) living in high-poverty neighborhoods was 15 percent. Further evidence of the growing social isolation of urban poor populations has been the resegregation of public schools. A 2014 report by The Economic Policy Institute states: “The

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Community Calendar

June 13-September 12

Evangelical Church of God: Free parenting classes and free anger management classes: 419-297-3530

September 3

Kwanzaa Park Neighborhood Meeting: 6 pm; The Padua Center; Guest Councilwoman Yvonne Harper: 419-241-6465

September 4-6

Armory Church Latter Rain 2015: Guests – Prophet Brian Carn, Pastor Rodney Posey, Supt. Greg Jordan and Calvary COGIC: 419-537-9736

September 13

New Prospect Baptist Church Pastoral Anniversary: Pastor Nathan Madison; 4 pm; Guest speaker Pastor Shears of Rossford Baptist

September 20

Calvary MBC Roses Flower Ministry 6th Anniversary Commemoration: 4 pm; Guest speaker Rev. Charles McBee of Family MBC; “Headed in the Right Direction”

New Prospect Baptist Church Pastoral Anniversary: Pastor Nathan Madison; 4 pm; Guest speaker Pastor Melvin Barnes of Greater Faith Baptist Church

St. Stephen AME Family and Friends Day: 10 am; Guest speaker Mayor Paula Hicks-Hudson: 419-255-1821

September 27

Calvary MBC 86th Church Anniversary: 4 pm; Guest Pastor Lorenzo Edwards of Holy Cross Church of Detroit and congregation; “Laboring in the Lord's Vineyard and Sharing Our Faith”

October 10

Libbey HS 5th Annual Spirit of Libbey Christmas Party Organizing Meeting: Reynolds Corner Library; 1:30 pm: 419-450-7227

October 18: Charity MBC Annual Women's Day: 4 pm; Guest speaker Sis Tammie Knighten of Northwestern MBC

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A Letter from P.T. Barnum to Donald Trump

By Lafe Tolliver, Esq.
Guest Column

If the legendary carnival barker and showman P.T. Barnum was alive today and was witnessing the knee-slapping antics of political showman Donald Trump, he would be green with envy.

You know, it was erroneously attributed to P.T. Barnum, the now-famous phrase, "A sucker is born every minute!"

P.T. Barnum was the proverbial seller of snake oil. He could sell ice to the Eskimos and sand to the Arabs. Nothing was out of reach for his skills in reading human nature and fashioning a pitch for the John Doe to give up a few dollars on a pitch that amounted to smoke and mirrors.

Why, P.T. Barnum could travel with a circus and he would be in the side show lane whooping it up about the two-headed boy or the half-man and half-woman person and with the bearded woman with legs so hairy, small birds would nest in them.

P.T. Barnum loved a show and he loved showing off. Razzle-dazzle was his trade mark along with a silver tongue that could charm a snake out of its skin or sell hard liquor to a Pentecostal fire breathing Baptist preacher.

P.T. Barnum had the art of the deal down to a science long before Donald Trump ever came up that title for one of his best-selling books.

P.T. Barnum would arrive with a circus in small town America and he would set up his show with a lot of hoopla and hype. He was the master of promotion and would have the assembled crowd believe that what he had to show them could be seen nowhere else and you were about to see a wonder of the world!

He would rant and rave about how depraved or wild or fearful or shocking each item was behind the closed tent door and he would dare the crowd to pay him just a modest sum to go in and see, "A wonder of the world!"

Of course P.T. Barnum made sure that you paid before you went in and after you went in, you went out a back door that led to an exit so that you could not tell the still awaiting crowd what you saw...much less try to get your money back for believing in such overextended hype!

Now, fast forward that carnival approach to today's politics and the merging of the celebrity and the political and you get America's newest P.T. Barnum a.k.a... Donald Trump!

So, here is an imaginary letter from P.T. to Donald:

Dear Donald:

I have been watching hearing about your campaign run for the presidency and I must admit that you almost got me believing in you!

When I see what you do and how you do it, I look into the mirror and say, "That's me!"

Oh, what a time we would have had together if we were living at the same time. We could be millionaires (I hear you already is one!) and be on the top of our game.

Your line of, "Trust me, I can get it done!" is pure gold. It reminds me of the times I took the rubes for their money when they came to my side shows and wanted to peek inside my tent to see what was so spectacular.

Of course, I, like you, gave them little details since I wanted them to commit to paying me first before they go inside. And inside did they go! By the hundreds. Each time I set up the side shows, the crowds were there.

Perryman... continued from page 2

typical black student now attends a school where only 29 percent of his or her fellow students are white, down from 36 percent in 1980."

Moreover, as noted in a report by ProPublica, there are a growing number of schools whose white population is one percent or less (mostly in the Northeast and Midwest), and roughly 12 percent of black students in the South attend such schools.

The tragic plight of impoverished and immobile New Orleanians forced to ride out Katrina in 2005 also serves as a poignant metaphor of what has been a much larger problem of urban poor populations across the U.S. left to weather storms of resource divestment, ideological hostilities, and social marginalization. And as was true in New Orleans during Katrina, where those left behind were almost completely devoid of institutional support on which to lean, the urban poor in various contexts have suffered from what has also been a scarcity of institutional supports—including churches.

The social storms that have ravaged vulnerable urban contexts have also impacted church life.

In neighborhoods where populations have become poorer and less connected to mainstream social institutions and social procedures in-general, churches have grown distant themselves from these populations and from

... continued on page 10

Oh, sure, I changed my pitch to suit the crowd, just as you do when you travel either to the South or to the Northeast.

That we have in common. We both know human nature and when people get tired of their day to day existence, I am there to tell them that I got some excitement for them, but it will cost them something.

You do the same. You tell them what they want to hear, be it building a wall along the Mexican border and having the Mexican government pay for it or you promising to smash ISIS or make America great again.

No clear details. Great plan! Don't give them too much because then they start thinking about it and before you know it, your crowd drifts away and there go your admission fees.

Keep attacking the other politicians because Americans love political combat and a little mudslinging. I did it now and then and it works...big time!

If you ever get caught in a jam, simply tell them that you will get back to them and they will forget about it before long and move on to something else.

But, whatever you do, never let on that you are hyping them. Always act sincere and contrite if you are caught because Americans love to forgive someone just like them. It makes them feel good about themselves.

I really envy you. That TRUMP plane is a winner. Use it all the time. Americans love to be overwhelmed with grandiosity and pomp. It is what a lot of these rubes lack and they desire it, even if it is showered on someone else.

At least they can dream and you are talking up those dreams!

So, in closing, keep 'em coming back for more and never let them see you sweat and remember, you control the tent and no one gets a free peek!

Your friend, P.T. Barnum.

Contact Lafe Tolliver at Tolliver@Juno.com

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TARTA Hosts Third Listening Session at Lagrange Public Library

Sojourner's Truth Staff

In an effort to find out what customers think about the services the Toledo Area Regional Transit Authority provides and how those services can be improved, TARTA has been holding a series of listening sessions within its transit route area. On Monday, August 31, the third such session was held at the Lagrange Branch Library.

"We improve by listening to our customers," said General Manager Jim Gee as the session was about to start. "We want to know what we do well and what we do not do well."

TARTA's first two sessions were held at the Mott Branch Library and the Reynolds Corner Branch Library and, from those sessions, TARTA management has gathered considerable information about its services, said Gee. Several changes are already in the works as a result of customer input, he added.

TARTA was told, for example, that it would be much more convenient if it expanded its hours of operation at its downtown park station. The station has traditionally opened at 8 a.m. "We will open up earlier," said Gee. As winter approaches, the station will be available to passengers at 7 a.m.

Gee and his staff also received input about the lack of complete cleanliness inside of its buses. TARTA has already changed its staffing hours in order to improve that condition.

Larger issues will take a longer time to solve, noted Gee. For TARTA and its riders, the larger issues always involve routes and the company hears

most often about a lack of service to Spring Meadows and Oregon – for those who wish to get to work and to get to the shopping those areas offer.

For information about future listening sessions, contact TARTA's offices at 419-243-RIDE or visit TARTA.com.



TARTA's Steve Atkinson and Jim Gee, Bishop M.C. McGhee, AFL-CIO's George Tucker, Rev. Cedric Brock

African Art Has Arrived!!

Hundreds of wood carvings from Ghana have recently arrived at
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Thirty Plus Club Sponsors Toledo Head Start Reunion Gala

By Tricia Hall

Sojourner's Truth Reporter

This past Friday, August 28, the Toledo Head Start Reunion Gala attracted over 200 attendees - former Head Start employees, students and invited guests.

The gala opened with a brief meet and greet, attendees were able to revisit the past through sharing of Toledo Head Start archives, pictures and stories.

Ethel Adams, a 50-year employee of Toledo Head Start, and Thirty Plus Club president/founder, delivered the gala welcome. "First, I want to thank all the members of the Thirty Plus Club, please stand, aren't they lovely in their purple? I also want to thank all the former teachers, staff and students, for spending this evening with us."

Tedra Smith, Toledo Public Schools music director and former Toledo Head Start student, led the Thirty Plus theme song. Then Rev. Anthony Richardson, pastor of Spring Street Baptist Church, delivered remarks and invocation. "Without local heroes known as Head Start teachers, our future would be more difficult. Without their positive influences, our children may head towards the jailhouse, courthouse, or funeral house."

The gala continued with musical selections, video tributes, special remarks, and greetings from local dignitaries.

Head Start history dates back to 1965, when Project Head Start, an eight-week summer program was launched by the Office of Economic Opportunity. The purpose of the program was to break the cycle of poverty by providing pre-school children of low-income families with a comprehensive program to meet their emotional, social, health, nutritional and psychological needs.

In 1969, Head Start was transferred from the Office of Economic Opportunity to the Office of Child Development in the U.S. Department of Health, Education, and Welfare and has now before a program within the Administration of Children, Youth, and Families at the Department of Health and Human Services.

On December 12, 2007, President Bush signed Public Law 110-134, also known as the improving Head Start for School Readiness Act of 2007.

The Thirty Plus Club is comprised of Toledo Head Start employees with a minimum of 30 or more years of employment, and currently has 38 members.



Mayor Paula Hicks-Hudson, Diane Gordon, Councilwoman Cecelia Adams, PhD



Ethel Adams (Club president and founder); Rev. Anthony Richardson (pastor of Spring Street Baptist Church and former Head Start student); First Lady Tiaunna Richardson



Rosetta Wilson (Head Start teacher); Sandra Hall (former Head Start director)



Ethel Adams



Connie Jones (former Head Start student); Tina Talbert (former Head Start teacher); Councilman Tyrone Riley; Wendi Huntley (daughter of Sylvia Huntley, former Head Start associate director)



Susan Peth (former Head Start assistant teacher); Sharon Bailey (former Head Start custodian, assistant teacher and teacher); Felicia Gibson (former Head Start assistant teacher and teacher)

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TAKE THE NEXT STEP



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The Truth HEALTH



Back to a Healthy School Year for the Entire Family

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

To best help our children learn and grow and find success, there are many roles that parents as well as the community need to guide and encourage our students of all ages. When it comes to nutrition, this is the time of year to reap the benefits of a good start to the entire day by eating a balanced breakfast of foods from at least three of the five food groups: fruits, vegetables, protein, dairy and grains.

A good breakfast starts the day off for the body and the brain. In addition, other research shows the academic benefits for older children who regularly eat meals with their families.

It is not easy to monitor schoolwork and homework, encourage our children to make wise choices and serve healthy, well balanced meals with busy sched-

ules. Parents and caregivers have hard work but two national groups joined together to create a booklet called "weigh in" to help adults talk with children about weight and health.

The following suggestions are geared towards parents of children ages seven through 11 but these topics are applicable for families with children of all ages. In fact, the suggestions will also be applicable for most adults!

Some key messages in the guide include:

- Be positive and supportive. Encouragement can go much farther than criticism.
- Be realistic by focusing on small steps that your family can take to make healthy changes. Trying to run a marathon tomorrow may not be realistic but getting up and jogging in place during a television commercial is possible.
- Keep the conversation open. Healthy habits are just that, habits. Habits take time to form. Keep the conversation open with your family about what's working, what challenges they are facing and what they would suggest for realistic steps.
- Normalize the issue. To have discussions about weight, especially if someone is overweight can often be challenging. Keep the focus on health and not appearances. Being overweight and underweight can cause health problems. Communicating about weight as a health concern, as well as the benefits of healthy eating and exercise habits keeps it in the context of wellness. This isn't about critiquing someone's body size or shape. It's about supporting healthy individuals and healthy families.

There are some specific activities that families can do to encourage and motivate one another for healthier lifestyles.

Increase the number of minutes being active in a day. Being active can benefit everyone in the family. Recommendations for adults is two and a half hours a week of physical activity and 60 minutes a day for children. All physical activity counts towards that number so youth can count time spent in physical education class. Use time together as a family to find a favorite physical activity.

Increase the amount of outdoor play and limit screen time. Screen time is most often sitting down time. Screen time includes computers, televisions, mobile devices, etc. We all use screens and we all need to be realistic about the time we spend on our screens. Put is down and get up!

Create family play time. What does your family like to do for fun that includes getting up and moving? Although play time sounds like it's for young children, have you checked out the Toledo Museum of Art's exhibit on Play-

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What to Ask Your Doctor Before Scheduling Surgery

Special to The Truth

If you are planning to have surgery, you may be anxious. Asking the right questions before scheduling surgery can help ensure good care and give you a better idea of what to expect.

Here are a few areas you may want to cover with your surgeon in advance of the big day.

Reviewing Your Options

The implications of your surgery will extend beyond the day you go to the hospital. Your doctor may offer you options when it comes to the type of surgery performed. Find out the length and type of recovery period for each option, as well as the expected outcomes.

For example, one option may be typically associated with shorter expected recovery time, but could carry greater risk. Another option may be associated with better long-term out-

Healthy School Year... continued from page 6

time? It's only there through September 6th but it is for all ages. Check it out.

Increase the amount of fruits and vegetables you eat. Once again, a message for everyone! Most Americans need to eat more fruits and vegetables and a greater variety of them. What's a new fruit or vegetable your family has tried?

Limit the number of sweets (foods and beverages) you eat a week.

As you make the commitment to eat more of some foods like fruits and vegetables, pare down some other options like high calorie drinks and desserts. In addition to watching sugar intake, use the food nutrition facts label to help limit other items like fats and sodium.

Increase the number of meals that the family sits down and eats together

Research shows that families who eat together regularly eat more balanced meals with foods from the five food groups, children communicate better with their parents and get better grades in school. Figure out what works best for your family and make it a habit.

Shop for healthy foods together

It's much easier to prepare a family meal and eat together if you have healthy ingredients on hand. Let the children choose a new fruit or vegetable while shopping. Let them help write out the grocery list and practice their math skills by estimating the cost of the groceries.

Prepare family meals together

Get everyone involved. Even the youngest children can be in the kitchen whether they are playing with a bowl and spoon or old enough to wash their hands and help with some easy recipes. Challenge one another to try new recipes. Try children's cookbooks as a way to search out healthy, easy and fast ideas.

Ohio State University Extension, Lucas County is promoting a six week email wellness challenge called "Be Your Own Health Champion" from Sept 1 through October 11, 2015. It is free and open to any adult with an email account. If you are interested in receiving two emails a week to encourage, motivate and support you in achieving your health goals, email Patrice today at powers-barker.1@osu.edu

comes, but increase recovery time or leave larger scars. A third option may not involve surgery at all. The many factors at play will help you make the decision that is best for your long-term health.

Improved Therapies

While great strides have been made to operate using smaller incisions in procedures known as minimally invasive or laparoscopic surgery, controlling bleeding is still a major issue for surgeons. In fact, the task can account for 30 to 50 percent of procedure time, and for those on blood thinners, the bleeding risk is even higher.

However, new innovations are revolutionizing this process, making surgery faster and safer for patients. For example, the AC5 Surgical Hemostatic Device is being studied to see if it can one day provide a faster, more effective means of controlling bleeding during operations versus other common methods, such as cautery or the use of biomaterials.

This new device, created by Arch Therapeutics, uses AC5, which is made of a synthetic peptide, to safely and rapidly create a physical barrier in the nooks and crannies of tissue

and promptly stop bleeding. Reduced fluid and blood loss during surgery can improve patient safety, free the surgical team to focus on other tasks, and lessen recovery time.

Before your surgery, ask your doctor about medical innovations that may improve your outcome.

Surgeon's Credentials

There may be few times in your life where reviewing a professional's credentials is more important than when you are picking a surgeon. Luckily, there are many impartial, online rating sites for doctors and surgeons that can help you determine whether your doctor is the best fit for you -- from the years of experience they've had to their success rates. You may even consider getting a second opinion on the necessity of surgery.

Your health is in your hands more than you may realize. Be sure to seek out the best therapies available. You can help steer the direction of your healthcare with the right questions for your surgeon.

Courtesy StatePoint

Big enough to offer the products you need.
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I'm Blessed! Oh Yes, I Am!

By Angela Steward, Fitness Motivator

The Truth Contributor

Most of you know me through this article, or my fitness classes or by seeing me participating in various fitness events in our community. But few of you know Angie, the person behind – Fabulously Fit LLC....my business.

I'd like to introduce myself, my name is Angela Steward, and I'm the creator and owner of Fabulously Fit LLC a/k/a FabFit, a fun fitness program I designed for women of all ages and fitness levels.

I've been married to my wonderful, supportive husband for 24 years. Together, we raised a Brady Bunch style family – two girls and one boy for him, two boys and one girl for me!

Today, they're all grown and I'm happy to say productive, employed men and women who are saving towards our upcoming retirement – lol!!

My husband and I often sit back and ask "how did we survive the craze of raising six active kids?" We can only conclude, our strength came from a higher power. My husband and I were brought together for a reason, and that reason keeps our marriage strong to this day.

We not only love each other, we actually like each other, we go on dates, we vacation together, we laugh a lot, and we often sit in our quiet moments: he in one room on his ipad, and me in another room on my ipad and smile.

He knows me! He knows my strengths and most of my weaknesses. He understands my feelings, my mood swings, and my tireless energy. He also knows FabFit...and understands the difference between Angie the person and Angie the business owner, and that means everything to me.

Now, let me introduce you to my business: Fabulously Fit LLC a/k/a FabFit began as a result of my weight gain. Because of our kids' active sports schedules, my family ate on the run. If it wasn't fast food or prepackaged meals – we didn't have time for it – eating on the run was our lifestyle. Those quick, easy, take out meals caused me to gain almost 100 pounds. Yes, by gaining and retaining two to three pounds per year, I weighed at my heaviest over 240 pounds.

I knew I wasn't destined to live unhappy and unhealthy for the rest of my life and asked God for his help and guidance. He answered quickly!

His first blessing came to me while vacationing in Florida! While walking through Disney World Epcot, I had to rest at almost every bench we passed, I was out of breath, my feet were swollen, and sweat was pouring from my body – all because of the 100 additional pounds I had gained from our hectic, fast-food-eating lifestyle.

My patient and caring husband would sit with me while I rested, and then we'd grab another on-the-go snack until we reached my next bench. By the end of our vacation, I realized I had to do something about my weight. I didn't

know what I was going to do, but I had to do something. This bench-sitting lesson was one of the many lessons or stepping stones God placed at my feet. I could choose to continue on MY self-destructive path, or I could choose to follow the path he laid before my feet – I chose his!

Thereafter, my lessons/stepping stones came rapidly, and were powerful. I could feel myself stepping outside of myself or comfort zone, as some call it, because I knew the direction I was heading wasn't anything I chose for myself!

Many lessons were sent my way, many were hurtful – my brutally-honest doctor telling me that I was fat; my bff telling me that I needed to do something about my weight; seeing pictures of myself and hating what I saw (to this day I still don't like to take pictures...lol)!

My emotions were out of control, my mood swings were plentiful, and I was angry at everyone that felt or expressed an opinion as to how I looked compared to how I used to look. But my true **ah ha** moment was trying on a dress that was too tight to button, looking in a dressing room mirror and crumbling to the floor – crying at my reflection. Beauty is skin deep, but self-hate hurts to the bone! I hated who and what I had become: unhealthy, unhappy and unfulfilled!

That night in the privacy of my bedroom, I cried and prayed. I prayed harder than I had ever prayed before. I prayed myself to sleep. I didn't pray for a change in my finances or life situation, I prayed for clarity.

How was I going to change my life? What was my purpose? How could I be so happy, but yet so unhappy? I asked Him to give me the strength and faith to do not what I wanted (because clearly I didn't know what I wanted), but to do what He wanted me to do! What was His purpose for me?

Shortly, out of character for me – because I'm a bit introverted, he directed me to step outside of myself – I joined a ladies-only fitness gym. He placed the right people in my life – people who would keep me fighting for my life: fitness instructors, my doctor, my husband, my co-workers, my friends...some supporters and some haters of what I was doing...they all served a purpose...to get me to a healthier and happier me!

As I relinquished control and followed the path God laid before me – my life slowly changed and I began to lose weight – I felt happier. At that time I thought I was happier because of my weight loss, but slowly God revealed to me – My Purpose in Life was to Serve Others!

And that is how FabFit began, my self disgust turned into self-love, which in turn, turned into love for others, which turned into a business led by passion reflective of my love of health, fitness and a happy, fulfilled life!

To make a very long story short, God gave me the tools I needed to share the love he blessed me with. Sharing love, requires self-love. I still struggle with self-love occasionally because it seems selfish to feel so blessed. But when I get in those "selfish" thinking moments, He always sends me an Angel to replace doubt with compassion and worry with appreciation for life!

I wrote this article to say to you:

I didn't set out to become a fitness instructor/motivator or business owner. I never dreamed of owning my own fitness business. I didn't go to any prestigious college or institute to study how to do what I do. Although I hold many fitness certifications, I teach and lead from the passion in my heart – passion can't be taught in a classroom, it's a fire buried deep within our souls, waiting to be set free!

Even the name of my company, Fabulously Fit LLC aka FabFit was a blessing. I never thought of a business name because I never expected to own my own fitness gem. He whispered Fabulously Fit in my ear one night. Everything – every blessing, every failure, every triumph, every person in my life is a result of – Me Releasing Control and Letting God Be The Center of My Life!

So whether you know me as FabFit or Angie, just know that Angie who after gaining 100 pounds – asked God for clarity! FabFit is God's gift to me, and I share my blessing with countless others. I'm blessed, oh yes I am! See, you're reading this article...the blessings continue! Be inspired – we all have a purpose. God put you in my heart today for a reason!

Be blessed, my Sistas!!

Angela R. Steward

Creator and Head Instructor, Fabulously Fittm

Certified Group Fitness Trainer & Healthy Living Motivator

Facebook: Fabulously Fit GEM

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Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I want to start working out but I'm overweight and I don't want to build muscle under my fat. I've been told that I need to lose weight before I begin a workout program. What should I do in order to combat putting muscle on under fat and looking too big and bulky? I want to get started as soon as possible with my training program. How do I go about losing weight before I begin my program and how much should I lose before I start to weight train?

Kathy

Dear Kathy,

I received an article similar to this a few months ago. I don't know where people are getting this misinformation. Please try your best to understand what I am about to explain to you. It's not that complicated to understand.

As you weight train you will burn body fat! You will burn more calories weight training than dieting alone. If you do not weight train and you lose a lot of weight, your skin will be saggy and loose. From my experience I have not met anyone that wants this as an end result.

Please disregard what you have heard and begin your training, as you wanted to. One pound of muscle burns 40-60 calories per day. Muscle tissue also raises your metabolism and keeps it raised for quite some time throughout your day.

So, it is in your best interest to begin your training as soon as you begin your new eating regimen.

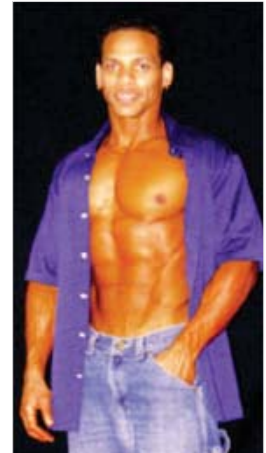
Protein is the most important macronutrient for you to eat while you are trying to lose body fat and/or gain muscle tissue. Start your day off with a good protein source and complex carbohydrates, e.g. eggs and oatmeal. This will keep you from being too hungry and jump-start your metabolism.

Eat good sources of protein like cottage cheese, very lean beef, chicken and tuna or other fish. Eat plenty of green veggies and go easy on the starchy carbohydrates. Make sure that you get four-to-six small meals per day and drink a minimum of one gallon of water per day.

There is a food list on my website. Please visit the site and contact me for anymore questions. I wish you luck and I hope you don't receive anymore bad information. Good luck with your training and your journey towards your dream body.

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Tips for 'Kids Eat Right Month' This August

Special to The Truth

You want the best for your kids. As role models, parents and caregivers play a vital role in children's health -- teaching kids about healthful foods and making sure they get enough daily physical activity.

More than one third of children and adolescents are overweight or obese, according to recent Centers for Disease Control and Prevention statistics. But childhood obesity, which is associated with elevated risks of high cholesterol, high blood pressure, bone and joint problems and sleep apnea, amongst other adverse health effects, can usually be prevented.

"August, which is Kids Eat Right Month, is the perfect opportunity for families to focus on the importance of healthful eating and active lifestyles," says Marina Chaparro, registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics.

To help, Chaparro is offering parents and caregivers tips they can use to promote healthy habits.

- Shop smart. Get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table. Be adventurous by picking a new food every week.

- Cook healthfully. Involve your children in the preparation of all meals with age-appropriate tasks. Getting your kids involved helps teach them about food, and may entice them to try new foods they helped prepare.

- Eat right. Breakfast is a critical meal. Make sure no one in the family skips it -- including you. In the evening, sit down together as a family to enjoy dinner and the opportunity to share the day's experiences with one another. Research indicates that families who eat together have a stronger bond, and children have higher self-confidence and perform better in school.

- Plan wisely. When planning meals, start by filling half the plate with fruits and vegetables, choosing low-sodium options. Make sure at least half the grains your family eats are whole grains. For beverages, choose water over sugary drinks, and opt for fat-free or low-fat milk. Also, be mindful of appropriate portion sizes.

- Get moving. After meals, get moving together. Aside from being a great way to spend time together, regular physical activity strengthens muscle and bones, helps to achieve a healthy body weight and supports learning. It

can also help develop social skills and build self-esteem. Kids are encouraged to be active for 60 minutes per day.

- Consult an expert. A registered dietitian nutritionist (RDN) can deliver the highest level of nutrition counseling. Consider consulting an RDN to ensure your family is getting needed nutrients with a meal plan tailored to your family's lifestyle and busy schedule. To search for an RDN in your area, to find more healthful eating tips, recipes and videos, and to learn more about Kids Eat Right Month, visit KidsEatRight.org.

As a parent, you are highly influential, and habits formed early on could potentially last a lifetime. Take steps to steer kids to a path of good health.

Courtesy StatePoint

Perryman... continued from page 3

the neighborhood's cultural environment. Often unable to close the social and cultural distance, churches have become less centrally a part of their neighborhoods, sometimes experiencing significant attrition in their membership numbers and finances, and sometimes choosing to relocate altogether. Even institutionally resourceful congregations that remain in high-poverty neighborhoods have increasingly faced great difficulties in their efforts to connect culturally, interpersonally, and programmatically to their immediate neighborhoods.

In a 2003 study of interactions between churches and impoverished populations in Camden, Denver, Hartford, and Indianapolis, I surveyed 136 churches in eight high-poverty neighborhoods and surveyed 1,206 residents of low-income housing complexes adjacent to these congregations.

Many of the congregations had small or moderate-sized memberships, with 17 percent of the congregations reporting memberships of less than 100 and 49 percent reporting memberships between 100 and 499. The membership of these congregations came mainly from outside the neighborhoods, with 60 percent of the congregations in the study indicating that less than a quarter of their members lived within a mile of the church facility.

With respect to church outreach, roughly 20 percent or less of the congregations offered job training programs, primary or secondary school opportunities, or day care or pre-school services. And roughly five percent or less offered emergency shelters or gang interventionary programs—all of which represent urgent needs within the desolate circumstances of many high-poverty neighborhoods.

Evidence of the distance between congregations and urban poor residents also came from the residents themselves, 45 percent of whom indicated they had attended religious services only once or twice—or not at all—during the previous year, and 60 percent indicating they had no particular place where they attend religious services.

These findings suggest that the worlds inhabited respectively by churches and the urban poor are indeed distinct, intersecting rarely and sometimes not at all. Although churches are physically present in high-poverty neighborhoods, often viewing themselves as an intentional presence, institutional presence alone does not translate necessarily into mutuality or solidarity. It may not even translate into interaction or relationship.

Undue emphasis on mere presence also skirts another significant dynamic that distinguishes churches from impoverished neighborhood residents—mainly, the issue of mobility. Churches and their members are present in high-poverty neighborhoods at their own volition, entering and leaving as part of a weekly Sunday commute, and capable of opting (individually or institutionally) for quite different locations and demographic and social environments if deemed necessary. Impoverished residents are less able to relocate at will, but even when they do they may change their location but likely not their social and demographic environment.

For contemporary churches to meaningfully respond to urban desperation and desolation, (certainly in any way prefiguring the strategic role envisioned within oft-noted endtimes scenarios), it will necessitate a willingness on the part of churches to be present, engaged, and steadfast in contexts where the poor have been left to struggle.

Historian Randy Sparks recounts a range of ways New Orleans' clergy and congregations mobilized on behalf of New Orleans residents during and immediately after Hurricane Katrina—including the several Catholic priests who remained in the city throughout the storm providing ministerial support to persons stranded at the Superdome and at the airport. He also draws attention to the large number of congregations from New Orleans and elsewhere that rushed in to the city after the storm (ahead of and in spite of opposition from governmental agencies) "to serve as first



... continued on page 11

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What Becomes of the Broken-Hearted?

By Dianne Hart Pettis, MS, FNP-BC

The Truth Contributor

Can you really die of a broken heart? Well, yes and no. Usually when we talk about a broken heart, we're talking about some form of grief – sadness, anger, loneliness, and rejection. These are all powerful emotions, and they also have a powerfully negative affect on the body, especially the heart and immune systems.

Studies have shown that people who have lost loved ones through death tend to have more heart-related illnesses than those who have not experienced the death of someone close. A study by Elizabeth Motosky and her colleagues studied heart attack patients, and found that the majority had lost someone to death in the recent past.

They were 21 times as likely to have a heart attack the next day, and six times as likely to have a heart attack in the next week. The risk goes down with time, though.

The loss isn't always related to death. It can come from a breakup (one you didn't want or didn't see coming), divorce, abuse, loss of a job, or rejection. Those are traumatic events that wreak havoc on the entire body. It's been shown also that many people tend to develop serious illness, tumors, cancers, or autoimmune diseases. The body just "falls apart".

I've seen it in many patients, and even experienced it myself. If you have an ailment, think back to when it first started. Many people can tell me of a major traumatic event that occurred in the previous three to six months.

Why does this occur? First, let's look at the "Broken Heart." This is an actual syndrome with the official name of Stress Cardiomyopathy. It mostly affects post-menopausal women. The symptoms mimic a heart attack: chest pain, shortness of breath, and heart muscle weakness. The symptoms start shortly after a traumatic, emotionally-charged event. There is a rush of signals from the brain to the adrenal glands.

This, in turn causes a release of stress hormones that affect the heart muscles and cause them to malfunction. It rarely causes death or per-

manent damage. With a heart attack, there is heart and blood vessel damage that leads to blockage and tissue death in the diseased heart.

As for the rest of the body; all that grief, sadness and anger trigger the Autonomic Nervous System (the Fight-or-Flight System) to release those raging stress hormones meant to get you back on track. The well-meaning chemicals that are released damage the immune system, increase blood pressure and heart rate, cause inflammation and damage to the cells, cause increased blood clot formation, and cause destructive behavior changes.

You don't eat well, you can't sleep, you can't focus, and you are more accident-prone. When all this goes on for a period of time, the body can't keep up the good fight and illness occurs.

We all experience trauma if we live long enough, but if we work with our bodies, and treat ourselves gently as we get through the going through, we can more easily get back on track. Remember: This too shall pass.

In the meantime, be mindful of what you put into your body – go for good nutrition and avoid destructive substances. Work on getting sleep and rest. Exercise regularly. Manage stress with relaxing activities. Avoid isolation. Get professional and spiritual help if the dark days seem to drag on.

And one more tip: break the habit of saying, "It breaks my heart..." or "I'm heart-broken!" Your words are powerful and your body hears everything you say.



Dianne Hart Pettis

Perryman... continued from page 10

responders . . . as relief centers and islands of stability and reconstruction for neighborhoods in crisis."

Ten years after Katrina, the poor continue to struggle in New Orleans, and in urban contexts across the U.S., and they deserve no less urgent a response from churches and other sectors than that which was mobilized ten years ago in the wake of Katrina. The storms are gathering force—can our churches, and our nation, mobilize accordingly?

R. Drew Smith, a political scientist and Baptist minister, serves as Professor of Urban Ministry at Pittsburgh Theological Seminary. He also holds an honorary professorial appointment at the University of South Africa and is Co-Convener of the Transatlantic Roundtable on Religion and Race.

Source: Religion Dispatches <http://religiondispatches.org/distant-churches-and-the-isolated-poor-lessons-from-katrina-ten-years-later/>

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

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Household Workers Unite by Premilla Nadasen

By Terri Schlichenmeyer

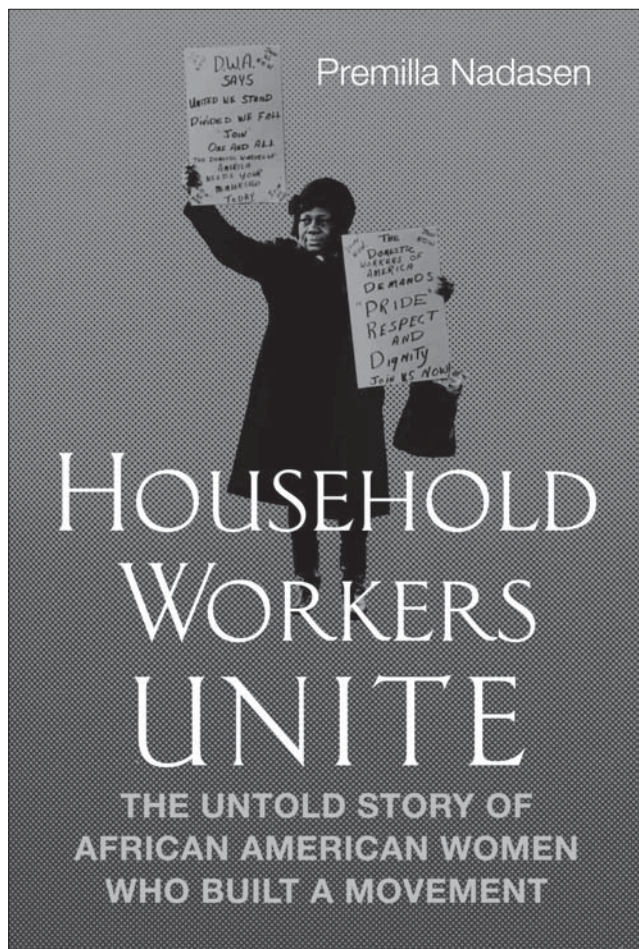
The Truth Contributor

There is not a speck of dust in your home.

The floors gleam, the kitchen shines, the bathroom sparkles, and rugs are fluffy again. You've changed bedsheets and you even washed windows. You're ready for fall and thankful for the help you had getting this way; if that help was paid, read *Household Workers Unite* by Premilla Nadasen, and you'll be thankful for even more.

Picture this: a white reporter encourages African-American maids to "speak out about their hardship" and the women who employ them. You know the

c. 2015
Beacon Press
\$27.95 / \$33.00 Canada
248 pages



movie, but did you recognize the "victimization theme?" Yes, says Nadasen, *The Help* "reinforces dominant stereotypes of passive household workers," even though there was historically nothing passive about them...

In the years following the Civil War, the "Mammy" figure took hold in white America, becoming somewhat of a cult based on the idea of a loyal, maternal female slave. That vestige of slavery (and inherent racism) generally affected how African-American domestic workers were treated by white female employers then, but "new ideas were germinating."

In 1881, black laundresses formed a "Washing Society" and eventually went on strike for higher wages. Activism never stopped, but there was a setback in the fledgling movement during the Depression, when black domestics found day-work by sitting in a street corner "slave market," and that didn't go unnoticed. By 1934, journalists, activists, and other black feminists threw their support behind Dora Jones, who led the Domestic Workers Union (founded in 1934) in New York.

Nurse, midwife, and housekeeper Georgia Gilmore used her cooking skills to raise money for "The Club from Nowhere," a group supporting activists and organizers both financially and with food. Undoubtedly, the Civil Rights Movement spurred Atlanta's Dorothy Bolden to work with Dr. King on behalf of household workers. Cleveland's Geraldine Roberts founded the Domestic Workers of America. Edith Barksdale Sloan pushed the movement along when she became head of the National Committee on Household Employment. Other influential women bore their share of the movement, just as today's activists help protect the workplace rights of caregivers, personal helpers, and domestic workers of all races.

Imagine seeing a federally-funded monument to the "black mammy," standing in our nation's capital. Yep, in 1924, the United Daughters of the Confederacy tried to build exactly that, and it was "furiously opposed."

That's just one of the stories you'll read inside *Household Workers Unite*.

Stories, says author Premilla Nadasen, are what she tried to fill her book with, in fact, and she somewhat succeeds. There are, indeed, a lot of stories

here, but there's plenty of dryness, too, in the form of names, dates, and acronyms that ultimately become quite overwhelming.

My advice is to try and get through them; this book is powerful and inspiring, but the voices and their memories are what matters.

This isn't your curl-up-in-front-of-a-fireplace kind of read but it is a pleasure, especially if you're a historian, feminist, or domestic worker yourself. *Household Workers Unite* will make you think as it eats up every speck of your time.



Premilla Nadasen photo courtesy Lelanie Foster

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2015 TRIENNIAL VALUE UPDATE



On the third year between revaluations (last revaluation was completed in 2012), the County Auditor is required to perform an update on the sales which have occurred in the prior three years and provide for a percentage adjustment to be made to the values of all properties in each given market area.

This year, Lucas County looks at sales from **2012, 2013, and 2014** to determine whether a change in market value has taken place since 2012. Because this is a triennial update, the Lucas County Auditor's Office will look at sales, not each individual parcel.

2015 Triennial Value Change Notices are being mailed by neighborhood group throughout the summer. Once you receive your notice, please proceed with the steps below.

What are Your Responsibilities as a Property Owner?

1 Check your data and value.

The more accurate the data on record is for your property, the more accurate your valuation will be.

2 Report any physical changes or discrepancies

about your property to the Lucas County Auditor's Office since your last value was issued in 2012.

3 Provide feedback to the Auditor's Office

about your data and value to ensure its accuracy.

4 If you would like to meet with an appraiser,


please call (419) 213-4406 for your appointment.

Triennial Update Information ➡ www.co.lucas.oh.us/tri2015

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Property owners have the opportunity to report a discrepancy and request a VALUE ADJUSTMENT by filing a PROPERTY REVIEW.

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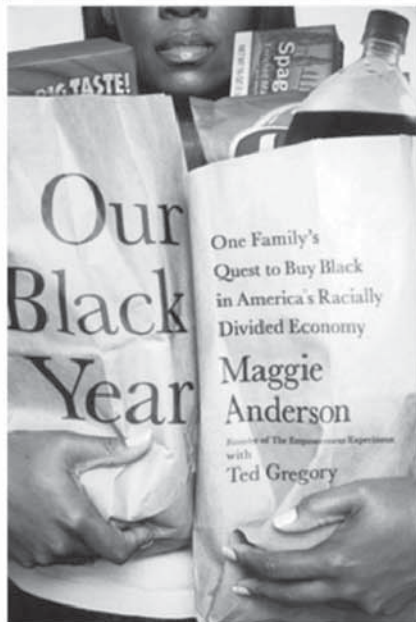
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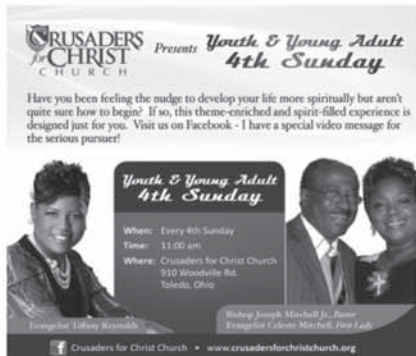
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Annual Membership available and receive complimentary Bookings Church and Organizational Bookings welcomed
Free Wi-Fi
BOOK YOUR EVENTS NOW!

CLASSIFIEDS

September 2, 2015

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CLERICAL SPECIALIST

Lucas Metropolitan Housing Authority is seeking experienced applicants for a Clerical Specialist position. Visit www.lucasmha.org/Employment and click on "Housing Choice Voucher Program" link for details. **Only on-line applications received at the above website by Sunday, August 16, 2015, will be accepted.** This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS.** An Equal Opportunity Employer.



TRAINING CENTER CLERK

Lucas County Children Services is seeking a candidate to provide clerical support for our Regional Training Center. Requirements can be viewed at www.lucaskids.net. Apply online by 9/11/15. No phone calls please. EOE Valuing Diversity

SENIOR MANAGER, SAFETY TRAINING & PROGRAM DEVELOPING

For the Safety Council of Northwest Ohio. To view specific qualifications, job duties and learn more about the Safety Council, visit www.scnwo.org. Submit your resume at safetycouncil@scnwo.com by September 18.

Please No Phone Calls

NORTHGATE APARTMENTS 610 STICKNEY AVENUE

Now Accepting Applications for 1 and 2 Bedroom Apartments

Senior Community for Persons 55 and Older. Rent Based on Income. Activity and Service Coordinators on site. Heat, Appliances, Drapes, Carpeting Included. Call (419) 729-7118 for details.



EQUAL HOUSING
OPPORTUNITY/EQUAL
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EMPLOYER



TOLEDO ZOO SEEKING VOLUNTEERS

Toledo, Ohio - The Toledo Zoo is accepting applications for adults interested in volunteering as a member of our Zoo Educator program. This program is a great way for people 18 and over to get involved in the community, learn about animals and conservation while inspiring others to care about wildlife.

Zoo Educators (Eds) work on and off Zoo grounds to engage visitors, assist with educational activities and biofacts (biological artifact), introduce visitors to live program animals and offer scripted interpretive programs at key Zoo exhibits. Zoo Eds receive training that focuses on animal science and conservation. These training classes prepare volunteers to lead visitors and students in conversations that help develop connections with animals at the Zoo. In addition, Zoo Eds also assist education staff with classroom programming by visiting area schools and organizations to present curriculum-driven programs such as Cool Coverings, Animal Needs, Story Safari and more.

Bill Davis, the Zoo's volunteer manager says: "The Zoo's mission highlights the importance of inspiring others to care about nature and serving as a Zoo Educator provides a unique opportunity for people to fulfill that objective. By engaging with visitors and sharing their enthusiasm for animals and nature, our Zoo Educators have an impact that lasts long after the gates have closed for the day."

For more information about Zoo Eds and other Zoo volunteer opportunities, please visit toledozoo.org/volunteers or contact Bill Davis at 419-385-5721/419-385-5721 ext. 2045 or bill.davis@toledozoo.org.



Legal Aid of
Western Ohio, Inc.

PARALEGAL POSITION

Legal Aid of Western Ohio, Inc. (LAWO), a non-profit law firm that provides free high quality legal assistance in civil matters to low-income individuals and groups in 32 counties in western Ohio, seeks to fill a paralegal position to support attorneys in family law cases and related areas of law.

Paralegals assist attorneys in the development and litigation of their cases, and may also handle their own caseload in government benefits matters. Commitment to legal services for low-income persons; strong legal research and writing skills; and ability to relate well with low-income clients and domestic violence survivors required. Experience working on family law and related case areas and legal services experience preferred. Some travel will be required.

Applicant should have excellent organizational and communication skills and be computer proficient. Ability to work well in a team environment required. Fluency in Spanish is preferred but not required. Salary based on relevant experience. Comprehensive benefits.

Send cover letter and resume as soon as possible to Attention: Paralegal Position, electronically in Microsoft Word format, to: jobs@lawolaw.org

Equal access to LAWO's office is available. Applicants requiring accommodation to the interview/application process should contact the email address listed above. EOE

MENTAL HEALTH & RECOVERY SERVICES BOARD OF LUCAS COUNTY MANAGERS

Mental Health and Recovery Services Board of Lucas County is accepting applications to fill the positions of Manager of Inclusion & Health Equity; Manager of Treatment Services; and Manager of Prevention & Mental Health Promotion through September 11, 2015. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select one of the above positions from the list to read more or apply.

An Equal Opportunity Employer

Notice to Bidders: Inquiry # FY16-09, (Project # 1130-15-967) for Elevator Safety Repairs and Replacements for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, September 15, 2015. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from APEX Micrographics, 5973 Telegraph Road, Toledo, Ohio 43612. Call 419-476-6535 for an appointment to pick up bid package. A cost of \$77.00 will be charged per set. Any further information may be obtained from Rob Green of DLZ Architects, Inc. at 419-720-8720. One Pre-Bid Conference will be held on Tuesday, September 8, 2015 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 12.5%. Project Estimate: \$1,750,000.00; Breakdown: General Const: \$1,750,000.00.

Call to place your ad

419-243-0007

www.TheTruthToledo.com

Fifth Annual Gay Pride Parade Led by Supreme Court Winner

This year the marchers in the annual Gay Pride Parade were all smiles as they traversed the route along Adams Street from 21st Street to downtown. They had reasons to smile. For one, a landmark U.S. Supreme Court decision this summer has cleared the path for gay marriage nationwide. Secondly, the man who prevailed in that case, Ohio's own Jim Obergefell, served as the parade's grand marshal.

The rainbow flag was everywhere as hundreds of participants took to the streets to celebrate the progress the gay community has made in recent years, particularly with respect to marriage rights.



Jim Obergefell



LC Commissioner Pete Gerken



Fall 2015 updates effective September 6.

On Sunday, September 6, 2015, TARTA's fall route schedules will begin. As most routes will be affected by time changes, new timetables and maps are available at TARTA.com/Fall2015



- 1 Sylvania/Sylvania Twp Call-A-Ride
- 2C Sylvania-Centennial/Franklin Park Mall
- 2H Franklin Park Mall via Toledo Hospital
- 2M Franklin Park Mall via Monroe Street
- 3 North/South Crosstown
- 4 Ottawa Hills/Sylvania/Sylvania Twp Call-A-Ride
- 5 Dorr via UT Main Campus
- 5R Dorr/Richards
- 7 Sylvania Twp Express via Central/Meijer Drive
- 8/29 Maumee/Waterville Call-A-Ride
- 10 Rossford Call-A-Ride
- 10L Rossford via Hollywood Casino
- 11/12/13/14 East Toledo
- 11/14 Oak/East Broadway
- 12/13 Front/Starr
- 15A Summit/Suder/Alexis
- 15E Summit/Point Place via Alexis
- 16 Alexis via Meijer
- 17B Lagrange/Bennett via Miracle Mile
- 17E Lagrange/Eleanor via Miracle Mile
- 19F Cherry/Franklin Park Mall
- 19T Cherry/Tremainsville
- 20M Central/Meijer Drive
- 20T Central/Franklin Park
- 20/24 Central/Westgate

- 22F Bancroft via UT Campus/Franklin Park Mall
- 24 Delaware/Kenwood via Westgate
- 24T Delaware/Indian via Westgate
- 26D Berdan/Douglas/Miracle Mile
- 26L Lewis/Alexis-Miracle Mile
- 27H Nebraska/Hill-Reynolds
- 27N Nebraska/Angola-Wenz
- 28 Indiana/Smead
- 30 Oakwood/Smead
- 28/30 City Park/Indiana/Oakwood
- 29X Waterville Express
- 31G Glendale/Southwyck
- 31H Heatherdowns/Southwyck
- 32H South/Airport
- 32R UT Health Science Campus/Southwyck
- 34 Detroit/Byrne/Western via UTM
- 35 Airport/Maumee-Arrowhead
- 39 Franklin Park/City of Sylvania
- 39M Monroe/Centennial-Sylvania
- 41 Glendale-Southland/Maumee-Arrowhead - *replacing 31X*
- 42 Miracle Mile
- 43 Maumee-Arrowhead/Western via UTM - *replacing 34H*
- 44X St. Luke's Hospital
- 50 Owens Community College Express



419 243 RIDE | TARTA.com | [Facebook.com/ToledoAreaRTA](https://www.facebook.com/ToledoAreaRTA) | [Twitter.com/TARTA_Toledo](https://twitter.com/TARTA_Toledo)

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