



Local and National News

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Volume 36, No. 4

"And Ye Shall Know The Truth..."

November 25, 2015

TUFCU's 19th Appreciation Banquet



TUFCU Staff - Eric Cowell, Enjoli Henry, DeLise Simmons, Michael Early, Brittany Smith

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Thanks Giving For Single African-American Mothers Raising their Sons

By Anthony L. Bouyer

Guest Column

I would like to take a minute during this holiday season to salute all of the single African-American mothers who have guided their sons in pursuit of academic excellence.

There has been a plethora of negative literature on low academic achievements of African-American males which has presented a seemingly hopeless picture of the possibility of reversing longstanding trends of academic failure.

However, the mainstream media does not give much attention to the academic success many African-American males achieve. One important factor in this success is the influence of their mothers. It is these single African-American mothers who found the resolve and resilience to transform their sons into high academic achievers and to them I give honor.

But this is not only my personal observation. If we dig into research that has been conducted during the last decade, we can find considerable evidence that identifies common characteristics of successful single African-American mothers and the strategies they use to help their sons beat the odds. Above all, research points to the importance of mothers in helping their sons develop resilience.

Differences in life experiences dictate how individuals respond to and utilize resilience. For individuals who have never had to respond to adversity resilience is not a factor in their world view.

There are many forms of resilience and the concept is used in a number of different fields and consequently yields a number of definitions. For the purpose of this article, academic resilience is defined as academic achievement when such achievement is rare for those facing similar circumstances or within a similar context exceeding in the face of adversity. In this sense, resilience is treated as an outcome.

Anthropologist Jonathan Gayles (2005) has noted, "For many African American students, especially those educated in urban or inner-city schools, academic success is contingent on their ability to demonstrate resilience in the face of racism, poverty, and environments with few resources." Gayles found that the students he studied developed resilience as a response to society's expectations of these African-American male students' social economic status and they prevailed academically despite those low expectations.

Family and Community Support for Resilience

Families and community assume an important role in how resilience is formulated for African-American males, particularly for

communities and families who have been beset with difficult environmental, social and other adversities that test the sure survival of these two institutions. Sociologists Quentin Robinson and Jason Werblow (2012) examined "the ways in which single- Black mothers influence the educational success of their sons by focusing on the mothers' academically successful 11th grade Black males."

Single African-American mothers have consistently been the cornerstone of the African-American community, whether their singleness is due to voluntary absence of the father (possibly due to fathers themselves who were raised without fathers to help them develop a sense of parental responsibility) or involuntary (possibly due to incarceration or early death due to social conditions that many African-American men succumb to in urban areas). In many cases, African-American mothers have admirably taken on the role of both mother and father in such households.

Sociologists Quentin Robinson and Jacob Werblow (2012) con-

... continued on page 4

Community Calendar

November 25

Ebenezer MBC Free Annual Need to Feed Thanksgiving Dinner: Noon to 2 pm: 419-729-1466

November 26

Thanksgiving Day!!

Pilgrim Church 11th Annual Thanksgiving Day Dinner: Free for the community; 11 am to 2 pm: 419-478-6012

November 28

Small Business Saturday: "Coffee with Your Computer Needs of Toledo;" 11 am to 2 pm; Computer training demos and Q & A for computers; Cazie's Café Community Room at Biggby's Coffee Shop at 2675 Detroit: 419-304-4564

December 1

Grace Community Calendar 2nd Annual Neighborhood Rummage Sale: Sponsored by the Savvy Seniors Social Club; 10 am to 6 pm; Clothing, electronics, beauty products, small appliances; Fundraiser for #GIVING-TUESDAYNWO: 419-248-2467

December 3

Kwanzaa Park Meting: 6 pm; Padua Center; Guest speaker LC Auditor Anita Lopez; Planning session for December 28 Kwanzaa Celebration

December 6

Junction Street Churches Fellowship: 4:30 pm; "Rebuilding the House of God;" Guest preacher Rev. Ronald Taylor of Beulah MBC; Churches – Resurrection MBC, Beulah MBC, Christian Love Fellowship and Kingdom Life Christian Center

December 15

Free Community Workshop: "Protecting and Maintaining Your Home;" Mott Branch Library; Sponsored by the Northwest Ohio Development Agency; 6 to 8 pm' Budgeting and savings, establishing credit, selecting contractors, home repair loans and grants: 419-243-3734

December 20

Calvary MBC Annual Musical: The Lion of Judah Victory Choir; 5 pm; Guest choirs, groups and soloist from around Toledo: 419-242-8379

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The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604

Phone 419-243-0007 * Fax 419-255-7700

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

Fear Is as Fear Does

By Lafe Tolliver, Esq
Guest Column

Based upon the horrific events in Paris and with the continuing threats of ISIS to attack locales in the US of A, politicians are taking their cues to preen as men with muscles of steel...even if their brain power is as malleable as tin... before their targeted audiences who are registering a nine out of a 10 on the Richter Scale of fear.

Case in point: Donald Trump is bragging to sold out audiences that if he is president, he would "bomb the s*** out of them!" (oil fields controlled by ISIS) and would set up a Muslim database to track Muslims in this country.

Of course, such red meat thrown to a base that is seemingly shaken and afraid of the unknown, is something that a craven politician can do knowing that the fawning media will cover such braggadocio statements and his audience will quite literally...gobble it up.

Senator Ted Cruz, not to be outdone by the reality TV star, gets on national media and literally dares President Obama to come back to the States and insult him to his face regarding remarks Obama made in Europe about the crassness of Cruz's remarks about having a religious litmus test for incoming Syrian immigrants.

Now it is pile on day with the Republican candidates jockeying for media time; and now, to show how tough and ready they are to fight ISIS, they are uttering bellicose statements that in other calmer times, they would disavow.

But, these are not calmer times. Not by a long shot. The world is being captivated by everything ISIS says or does. And, besides it does not hurt TV ratings if the media brings on for some of their vapid interviews a former military expert or a brainiac from a unknown think tank who will amp up the interview with, "ISIS will be at your local Wal-Mart unless we take severe action, NOW!"

Muslims everywhere are taking a tough rap due to the barbaric acts of a few who invoke the Koran as their template to justify their actions against the infidels inside their faith or the devilish West for their loose lifestyles and decadent morals.

Everyone has an opinion as to what it will take to contain or destroy ISIS and cut off the tentacles that are seemingly reaching worldwide and spawning affiliates in other countries.

The same culprits are brought out by the social scientists as to try to explain away the causes of ISIS: poverty, anger, rage, disrespect for the Koran, invasion of their countries by foreigners or military occupiers and lack of assimilation of Muslims into their host countries.

Police, military and intelligence services are befuddled because their enemy is both overt as to their bombings and covert as to their increasing sophisticated use of technology to frustrate the police in trying to corral them.

President Obama was prescient when he said that it is high impossible to pinpoint

a lone wolf who is radicalized and who is willing to die for his or her perceived cause.

Of course, that explanation was not good enough for the rabid Republicans who want to see a Man of Steel in the White House who will issue pronouncements of death and doom on a slippery foe who will forfeit their own lives for what they perceive as their greater cause.

The jingoists would love nothing more than to have dozens of military transports carrying thousands of heavily armed GI's to an every changing Mid-East front line and to fight a foe that is somewhat akin to the Viet Cong who in Vietnam could skillfully merge into the local populace so one could not tell who is friend or who is foe.

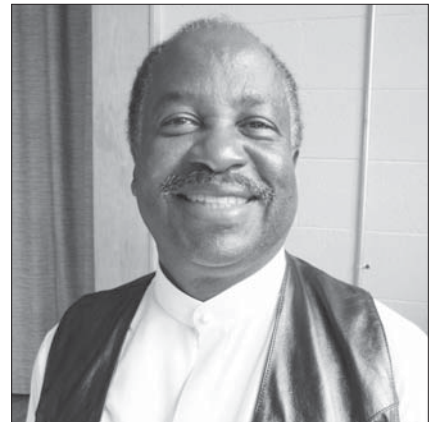
If the Republicans had their way in Congress, it appears that their chant would be, "bomb and then bomb some more!" Everything is reduced to the simple equation of: gunpowder equals diplomacy.

If we are going to characterize this "war" as us against them, Christians against the Muslims, people are going to have to be prepared to wait this one out for a while because history informs us that when ideologies clash, both sides dig in and neither side wants to repent.

President Obama is smart to demand that if there is going to be a long and convoluted engagement, then the front line troops must be populated by the surrounding Muslim nations that, to date, are quite satisfied with calling on Americans to send their money and blood to fight their war for them.

Tell me. When have you seen the Saudis or the Jordanians or the Turks issuing statements that they are willing to send regiments of their fighters to the front line and spend their purses for their support for a war that could take many years to finish. Even then you have to replenish what you destroyed and bring back and resettle millions of displaced refugees?

You won't see that unless and until such countries determine that they have a vital stake in fighting ISIS or fellow Muslims on a battle field for it is too easy and great for propaganda purposes to stylize the conflict as They (Christians) vs. Us (Muslims) instead of orthodox Muslim theology vs.



Lafe Tolliver

radical Muslim theology.

When the political yippers and yappers start their blustery nonsense of

"Send in the troops!" simply ask: do they have any family members wearing military garb? and if not, are they willing to reinstate a draft so that both the rich white boy and the poor black boy can have an equal chance to die in a desert or have an equal chance to be beheaded by a jihadist or return home in a wheelchair?

Because if the US military is to go fight as part of a coalition force against ISIS, you can bet the farm that the makeup of the US soldier on the front line against a soldier with a first name of Mohammed or Al-Aziz will not be a college grad or a young Wall Street broker or a newly-minted congressional intern but rather the working kid from a McDonalds or a Seven-Eleven or the part-time stock boy from Target. Betcha!

In these days without a draft, America does not send its best educated or rich kids to fight wars.

UPDATE: For all of you Ben Carson followers, his poll numbers are dropping like a rock. Why? His thin plastic answers are going nowhere fast; and his recent and off-setting remarks of putting the words "rabid dogs" in a discussion about vetting Syrian refugees is dumb on top of dumb!

Contact Lafe Tolliver at tolliver@juno.com



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Single Mothers... continued from page 2

ducted a study on single mothers of African-American male high school students enrolled in failing schools, who despite this situation were high academic achievers.

Robinson and Werblow identified the common characteristic of these mothers of academically successful African-American males in low performing school, finding the mother tended to:

- Be a "knowledgeable resource, using their own skills and resources to teach their sons how to be successful"

- Be a "tactful motivator, motivating their sons by nurturing their passions and strengths"

- Provide "support of whole child, through constant monitoring (direct/indirect), provide financial, psychological, and emotional support to their sons" (p. 59).

Through these characteristics, single black mothers are able to develop strategies to help their sons be academically successful.

Robinson and Werblow also identified the following strategies as important:

- talk to him regularly (knowing what issues and problems their sons are facing by having meaningful, daily interaction with their sons)

- leverage positive role models in the community (surround their sons with positive live role models, teacher, ministers, and coaches), and

- address the root of the problem facing their son (get to the root of the problem by identifying individual people, peers, teachers or counselor).

This research study not only highlights the magnitude of parental involvement in their children education, but also provides a framework to help other single African-American mothers achieve academic success with their sons who are facing the same socially challenging conditions.

These mothers give us hope. They do not match the racist stereotype of single African-American mothers that the dominant culture puts out and that we know is not a true picture. These mothers taught themselves and their sons how to be successful despite trends.

If the contribution of African-American mothers, as those described here, were sought and nurtured by more educators and administrators, schools might better teach more black males to achieve to their full potential. By identifying and supporting African-American mothers, more urban schools can become institutions that inspire and educate other parents to help their sons beat the odds.

Anthony L. Bouyer is a candidate for the Ph.D. in Social Foundations of Education in the Department of Educational Foundations and Leadership at the University of Toledo, specializing in African American male student success. He is writing his dissertation on how African American



Anthony Bouyer

young men who are on probation succeeded in graduating from high school and how they view life success. Bouyer has been a probation officer for 20 years, as well as a parole officer, police officer, and mental health professional. He is a licensed drug and alcohol counselor with the State of Ohio.

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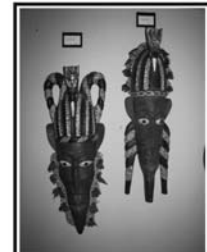
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The Soulcial Scene

There Are Opportunities all Around – From A to Z “NETWORKING”- Part 2

Getting The Most Out Of Our Developing Network

By Zahra Aprili

Soulcial Scene Contributor

Last month in “A to Z” we started a dialogue about building a rewarding and effective network. When we start building the relationships in our network, it is important that we have a plan of action that we are able to follow.

There are many different opinions on how people should approach networking, it is up to you to experiment and develop what works best for you.

As I said before, having a network means having relationships and it is up to you to communicate clearly and nurture each of those relationships.

Just in case you forgot, my three important steps to building up your relationships are: FIRST CONTACT, EVALUATION and MAINTENANCE.

Last month we dived right into step one and I challenged you to reshape your approach to networking and take time during this month to meet new people. How did you do?

Did you make yourself available to meet someone new? Perhaps you decided instead to reach out to an acquaintance you did not know very well and begin a conversation? Whoever you chose to engage, I hope the steps I gave you helped you to feel confident in your process.

Remember step one in your network building is FIRST CONTACT.

1. KNOW YOUR PURPOSE
2. SHARE INFORMATION
3. SHOW GENUINE INTEREST
4. EXCHANGE CONTACT INFORMATION.

Now that you have some prospects for your developing network let's look at the next step. EVALUATION

It is important to realize that not everyone you hold a conversation with is going to become a part of your developing network. With each contact that we make, a decision must be made on whether the individual is worth expending the energy to nurture the networking relationship.

I'm sure you are wondering how exactly you are supposed to evaluate if you should continue to develop the relationship. Well, that is an easy question! Ask yourself the following:

1. What was your purpose when initiating the contact? This is why you must KNOW YOUR PURPOSE when engaging in networking. Your reason for initiating contact will determine how you funnel your connection through your funnel.

2. Is the contact directly engaged in your purpose? This is a simple yes or no question. Yes answers get a star (). No answers get a question mark (?).

3. Did you gather from your conversation that the contact is connected with individuals, businesses or organizations that relate to your purpose? Yes answers get a star (). No answers get a question mark (?).

4. Do you feel as if you made a personal connection in addition to a purpose connection with the individual? Perhaps you were speaking to two or three people from the same organization, yet out of the three you found out that one of them has a child that plays the same sport as yours. Yes answers get a star (). No answers get a question mark (?).

5. Maybe you have a personal belief or have had an experience that warrants you add an additional question. What is the question you need to ask yourself? Add it here. _____

_____ Yes answers get a star (). No answers get a question mark (?).

Your answers to these questions help will determine how you proceed. If a new contact has multiple stars, take it as a sign that this is an individual that you need work on developing a relationship with for your growing network.

It is hard to nurture and maintain multiple relationships. That is not to say that you should not follow up with all the people with whom you have exchanged contact information.

I am only stressing that when it comes to developing our network we must use discretion as we grow our circle. We cannot nurture a relationship everyone. If a person has more question marks (?) than stars () adding them to your network may only stretch you thin as you begin to grow, share of yourself and maintain your growing network of relationships. Star () and question marks (?) are the difference between following up with:

() – “Hi Jane Doe, It was really nice meeting you yesterday. I'm really interested in learning more about what you do with organization 123. It sounded like we are working on similar projects and I would love to talk more about YOUR PURPOSE. Are you available for coffee next week?”

VS

(?) -- “Hi John Doe, It was great speaking with you the other day. Let's stay in touch; I may be able to point you in the right direction for the project you mentioned.”

Remember EVALUATION is the next step in growing your network. Make sure you follow up with everyone you connected with last month. How about setting a goal of making three new December connections using the four steps of FIRST CONTACT and funneling those November connections through EVALUATION based on the questions above? Give it a try!

Zahra Aprili is a professional consigliere. She works with individuals and businesses that have ideas for growth and change, helping them to get organized and connecting them with service providers who can help them on their journey.



Zahra Aprili

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The Soulcial Scene

Toledo Opera Holds Promotional Event for Upcoming Porgy and Bess

Sojourner's Truth Staff

In February 2016, the Toledo Opera will bring the Gershwins' monumental masterpiece, *Porgy and Bess*, to town. The classic American folk opera, which first played on Broadway in 1935 and at the Met in 1985, will arrive in the Glass City on February 11 for a Student Night and then again for performances on Friday, February 12 and Sunday February 14.

On October 28, the Toledo Opera board members in collaboration with Paul Hubbard hosted a pre-performance event at Our Brothers Place featuring local singer Karen Harris (Lady K) and a performance by Bowling Green State University opera student LeTara Lee.



Chris Jackson and Paul Hubbard



Opera Trustee Trina Secor and husband Jay, Opera Trustee Thomas Winston, Ryan Reiter



Cerrandra Moore and Councilwoman Yvonne Harper



Paul Hubbard, Suzanne and JB Rorick



Charlotte Scott and Tammy Willoughby



Toledo Opera Executive director Suzanne Rorick (bottom left) and (to her left and counterclockwise) Opera trustees Gretchen Zyndorf, Tim Hanson, Thomas Winston, Doug Kearns

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Fros, Fashions & Finds

How Earlean "Queen Cookie" Mack Belcher Manages Diabetes Without Medication

By Megan Davis

The Truth Contributor

We have heard and read many times that African Americans are "more likely"... to have heart disease or to have untreated diseases. This can be attributed to lack of health care coverage, late diagnosis, not following doctor's orders and a lack of health care plans for treatment. Yet there are a number of African Americans who are taking health matters into their own hands.

With prescriptions for just about any symptom you can tell the doctor about, healthcare and wellness have become a pill-pushing industry, offering few alternatives or extremely costly ones. Since November is National Diabetes Awareness Month, there have been and will be health fairs with free screenings but when the month is over, these resources won't be readily available. This leaves many without any hope or motivation or the right treatment plan to manage the disease at home.

In 2010, a diagnosis of diabetes and three days on Metformin, a common medication prescribed to manage the disease, Earlean Mack Belcher decided to take a natural approach to manage her health.

When diagnosed, she had a pity party, because while she was always into exercise, she knew she needed to make a complete lifestyle change. Losing her mother in 2008 due to complications of diabetes gave her the determination to not travel the same path.

Increasing the frequency of exercise and improving her routine was something she did along with changing her diet to incorporate fresh fruit and vegetables. With these simple changes, her blood glucose levels returned to normal range.

After applying for "My Mercy Makeover," sponsored by 13 ABC, she and two others were selected out of 100 applicants to participate in the program. After working out in this program and with the changes in her eating habits, she lost 55 pounds. "As the universe would have it, I applied for the program in 2009," she says, "but almost didn't go through with it." Throughout the program, she was featured on 13 ABC's Full Plate twice, hosted by Rebecca Regnier and has shared her story with viewers.

As a part of her wellness journey, Earlean dedicated herself to three to six days of working out per week, which helps her maintain a normal glucose level. Walks along nature paths inspires the "meditation is medication" approach to wholeness and healing. It also helps reduce stress.

Having natural hair also reduces stress as she is able to exercise free-

ly and shampoo her hair as often as needed with no worries about maintaining her style or sweating it out. A constant motivation is her son, four grandchildren and her very supportive husband of nearly 36 years "King Denny", who has also lost 50 pounds by subscribing to the same eating habits and working out alongside her.

Retiring from The Blade in 2001 after 14 years and after working at AT&T for 19 years, Earlean took a chance at an open mic in 2013 at Fat Fish Blue when she was 63. Her weight loss and natural approach to living gave her the courage to venture into comedy and that night, she was well received.



Megan Davis

Later that year, after attending another comedy show at Fat Fish Blue to see Oscar award winning actress, Mo'Nique, the actress/comedian approached Earlean at her table and whispered to her that while she was on stage, she stared at her and felt a "universal connection".

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Community Christmas Celebration

Clarence Smith Community Chorus invites one and all to join us for our 40th annual community Christmas concert on Saturday, December 12 at 6:00 p.m. The location is Mt. Pilgrim Church, 1401 Hoag Street. It will be broadcast live for WGTE-TV. We will have something for everyone to enjoy. In our effort to support local food banks, please bring some non-perishable items.

Look forward to seeing you!



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The Soulcial Scene

Alpha Kappa Alpha Sorority, Inc Holds Membership Intake Luncheon

Sojourner's Truth Staff

The membership of the Alpha Kappa Alpha Sorority Inc. Zeta Alpha Omega Chapter increased by seven on Sunday, November 22 during the chapter's Membership Intake Closing Luncheon at the Radisson Hotel on the University of Toledo Health Science Campus.

Membership chairman Denise Black-Poon, who also served as mistress of ceremonies for the event, and chapter President Katina Johnson introduced the following



Seated from Left to Right: Paula Martin, Membership co-chairman; Denise Black-Poon, Membership chairman; Katina Johnson, chapter president; new members London Weathers, Kimberly D. Fisher, Niyah Wallace, Alexii Collins, Ashley Brown, Cheryl Phillips and Kristina Johnson

Standing Left to Right: Cheryl Bobo-Wallace, Katrina Barry, Cheryl Slack, Deborah Washington, Frances Collins, Morgannia Dawson, Mary Dawson and Pamela Wilson

new members: Ashley Brown, Alexii Collins, Kimberley Fisher, Kristina Johnson, Cheryl Philips, Niyah Walters and London Weathers.

Others serving on the Membership Committee are Paula Martin, co-chairman; Katrina Berry, Maria Bush, Frances Collins, Ph.D; Mary Dawson; Morgannia Dawson; Lisa Dubose; Margaret Huntley; Desiree McGee; Genevia Odoms; Rosie Payne; Clara Petty; Cheryl Slack; Cheryl Wallace, Deborah Washington, Ph.D; Richelle Watkins and Pamela Wilson.




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PHILD.

The Soulcial Scene

At Home With Mary Louise – Season After Season!

Chestnuts Roasting on an Open Fire ...

By Mary Louise

Soulcial Scene Contributor

This song always reminds me of my childhood Christmases. My sister Lydia and I love singing this song these days at Christmas time. As little girls we remember sitting on the living room couch waiting on our other sisters and our grandmother, Tudda, to finish getting ready for church.

I remember the colorful ribbons in the long pony-tails and fancy dresses. Meanwhile, as we waited, we could hear the Christmas music playing and the smells of brown sugar, butter, coconut and nutmeg that permeated the whole house. I can still smell Christmas.

I still remember gazing at Tudda's Southern Coconut Cake in that tall glass cake dish with that red cherry on top. I still have memories of telling her, 'I can't wait to have some coconut cake and some ice cream.'

Of course, I could not have any until after church. And church involved a Christmas play in which my family would have a huge part.

On our way home, my sisters and I would be look-



Mary Louise

ing out the window while Tudda was driving. We would be urging her to drive faster. "We're hungry, Tudda ... we want some cake!!!" And when we arrived home Tudda would have cakes and pies lined up on the



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Etiquette in the 21st Century: Because Manners Matter

Party With a Purpose!

By Robin Reeves

Soulcial Scene Contributor

Happy Holidays, everyone! With the holidays upon us, what is the likelihood that you will be invited to your company party, a family gathering or, maybe, you take on the challenge of hosting your own party this year.

Either way, what's your plan?

Do you take a gift for the host, prepare your favorite dish to show off your cooking talents, take a date, wear something from the closet or buy something new or do you decide to kick back and enjoy as quiet holiday season at home. Whatever you do, party with a purpose!

We all have stories about how our family dinners will do based on our family history. While things may have changed a bit from generation to generation, a lot of what goes on inside our homes at the dinner table remains the same. Our favorite aunt or uncle will show up and show out, the family member who has a way of getting the party started will be there and the cousin who wants to "one up" everyone will have a list of her accomplishments that she can't wait to share.

There will be lots of food, giving of thanks, prayer, singing and dancing, watching football, while others are around the kitchen table reminiscing about the good ole days.

You get the picture, we all have our traditions and customs that drive the flow of the holidays with family and friends and the purpose is to keep the family together, show love and give love.

To switch gears a bit, have you thought about how the holidays present an opportunity for success in your professional life? This time of the year can literally turn dining into dollars when you use proper dining etiquette and party

with a purpose.

If you work for a company that throws an annual holiday party, have you ever thought about why? There are many reasons for a company to have a holiday [arty but there are five reasons I want to share with you. One reason is to build employee engagement and satisfaction. Another is to encourage networking with other employees who might normally only communicate by email or during a monthly staff meeting.

Also, companies have parties to set the cultural tone in the workplace. Parties are also an opportunity to build memories and thank staff and, believe it or not, parties help employees identify who should be the next employees to be promoted or demoted. Whatever the reason, it is strategic and part of their plan for the upcoming year.

When you party with a purpose, you diminish the woulda, shoulda, coulda funk. Just as the companies have a strategy, so should you.

Party With a Purpose Tips:

1. Find out who is on the guest list. Knowing who will be attending the party is a great place to start your plan of action. It is strategic to identify at least three to five people you want to make a connection with and why.
2. No business cards, please. Honor the holiday party by not turning it into a networking party. If you want to have a card readily available, take a picture of it and message it to those who ask you for a card. This way, you get their numbers that you can add to your contacts on your cell phone and they do not have to wonder what happened to your card after the party.
3. Don't sell yourself, your product or your company. The reason why you are having the party is to celebrate your accomplishments for the year. Focus on sharing stories about the company's accomplishments and how you are looking forward to another good year.
4. Do find the opportunity to have a conversation with the boss/decision maker. The boss wants to know who is engaged with what is happening within the company. Ask good questions. What do you contribute to your success and the success of the company? Thanks again for sending me to the production training, it really helped me on my new job. Our team is looking forward to contributing to our bottom line.

...continued on page 13



Robin Reeves



Natural Care for Locs

Saturday, November 14, 2015
12:00-2:00 pm.

Ask the Author

Learn how to care for your hair at home

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A Thank You to Voters Party

On November 16, Toledo City Councilwoman Yvonne Harper, who won election to a four-year term earlier in the month, hosted a "Thank You to Voters Party" at the Grenadier Club. Dozens of friends and supporters joined the councilwoman to celebrate her landslide victory of November 3.

Harper replaced Mayor Paula Hicks-Hudson as the District 4 representative to City Council last winter after Hicks-Hudson took over the job as the city's chief executive upon the death for Mayor D. Michael Collins. Harper, a long-time Lucas County Democratic Party operative, was appointed to the seat by council members and won a special election in the spring.



Councilwoman Yvonne Harper and Indiana Avenue MBC members



TUFCU... continued from page 16

Board Chairman Frances Smith welcomed guests and Deborah Beyer, treasurer of the Toledo Urban Foundation, Inc, the organization behind the planning of the new building, updated attendees on the status of the facility.

Then, after Cowell recounted the difficult early days of the financial institutions, the acknowledgements commenced. Honored during the evening for their various contributions were: Myrtle Boykin-Lighton, executive director of UMADAOP-Lima; Pete Coates, owner of Pete's Custom Auto Body and Work Shop; the Lucas County Commissioners – Carol Contrada, Pete Gerken and Tina Skeldon Wozniak; Mark Gant, school resource officer; Harrison Hutchinson of Toledo Public Schools; Adele Jasion, TUFCU board member and founding partner of Gilmore Jasion Mahler, LTD; Rev. Cordell Jenkins, TUFCU board member and pastor of Abundant Life Ministry Church; Laura Lloyd-Jenkins, Lucas County administrator and first lady of Abundant Life Ministry Church; Michael Killian, board member of Toledo Urban Foundation, Inc; Alton Powell, owner of Finesse Transportation Company; Larry Sykes, Toledo City councilman; Dianne Tankoos, treasurer of Comfort Line and Kevin Williamson of Johnson Controls.

After dinner was served, Charles "Charlie Chuck" Welch, TUFCU board member and owner of The Juice Radio, introduced the evening's entertainment – Russell Thompkins, Jr. & The New Stylistics.

The weather outside was frightful! Inside ... well, was that was another story entirely!



Tina Butts and Sharon Roach



Sheila Wilson and Aletha Easterly



Marie and Calvin Powell.JPG

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The Soulcial Scene

Fros, Fashion and Finds... continued from page 7

She was later escorted by Mo'Nique's security team to the green room to talk with her and take pictures. Learning of Mo'Nique's weight loss of between 50-60 pounds was a connection the two women shared, as Earlean was able to tell her about her health journey.

Earlean then mentioned her stand up performance at an open mic on the same stage earlier that year and without hearing her material or seeing her perform, Mo'Nique asked Earlean to open up for her the next night! Although she was nervous about performing in front of a celebrity, Mo'Nique was impressed with her show and invited her to open up for her the following weekend and at future shows in the region.

On the stage and every day, if you know Earlean, you will see her wearing her signature African Head Wraps. Adorning her mature golden locs, beautiful fabrics with bold colors and ethnic prints, Earlean has adopted the name

"Queen Cookie" and owns every part of the endearing term.

During a January 2015 trip to South Africa, she felt as if she traveled "back home." Walking the motherland, where our ancestors walked, she felt an alignment with history and nature. Along the countryside she noticed how Africans grew



Earlean Mack Belcher

their own produce and ate meats from freshly slaughtered animals.

There were no processes, chemicals or refrigeration of the foods, just organic eating. Traveling to Africa made her feel grounded and connected to the roots that she honors in her daily living. She stated that her African roots is a part of her DNA and that her trip "back home" has encouraged her to remain focused on her health and wellness journey. Today at age 66, her daily affirmation is "I love myself and I love y'all to life."

If you are rocking locs like Queen Cookie, here are 10 tips for maintaining healthy and beautiful locs.

1. Embrace the process. Each journey is different and locs take time to develop, be patient.

2. Locs can and should be shampooed. It is often said to "leave them alone" until they loc, but all hair should be cleansed on a regular basis.

3. Slippage and unraveling is normal in the early stages. Keep up with regular maintenance (at least once a month) to encourage the hair to loc.

4. Avoid product build up by using natural ingredients that easily can be washed away. Aloe vera gel and light oils and butters that melt into the hair won't leave build up like regular hair gel, beeswax or honey would.

5. Prevent lint in locs by keeping them tied up with a satin scarf or bonnet at night. Cotton sweaters and hats may cause dryness and breakage and may deposit fabric lint in them.



6. Avoid too tight root maintenance or styles that pull the scalp. Over time, this may cause locs to thin and eventually break off.

7. Allow your locs to dry completely before wrapping them up or placing them in an updo. Locs can mildew and could also grow mold.

8. Moisturize your locs. Even in between maintenance appointments, locs can be spritzed with water or a light leave in conditioner to keep them soft and prevent drying out or breakage.

9. Condition the scalp with light oils and a massage. This promotes hair growth, stimulates blood flow and adds sheen to the locs.

10. Eat a balanced diet, drink plenty of water and rest well to prevent stress and encourage hair growth.

Locs can be clean, healthy and grow long with the proper care and maintenance. Need more locked hair education? Visit www.theitchensalon.com



Mary Louise... continued from page 9

buffet – pecan pies, lemon meringue pies – you name it, we had it. And the smells were outstanding!!

Before I share one of Tudda's outstanding holiday desserts with you, let's talk about décor first.

1. Colors – use a lot of colors – reds, blues, greens – it's Christmas time – make it cheerful and colorful

2. Theme – a theme is very important keep it going throughout your home – family, memories, a place ...

3. Focal Point – for Christmas, it's the tree – all eyes should go immediately to the tree at a point of easy access to the house.

4. Pulling it all together – adding metallic silver or gold, for example, will help everything mesh

While decorating your home for the Christmas holiday, remember to always make your family and friends part of the decorating process. It will fill young children's minds, especially, with life-long memories and keep family traditions alive to pass down for generations to come.

Merry Christmas from my home to yours!!

Tudda's Southern coconut cake with a Cherry on Top

Cake Ingredients: (Yield – one 9.5 inch layer cake)

- 5 large egg whites
- ½ cup whole milk
- 1 tbsp coconut flavoring
- 3 cups cake flour
- 2.5 cups of sugar
- 4.5 tsp baking powder
- ½ tsp salt
- 1 cup unsalted butter – room temp
- 1 cup unsweetened coconut milk

Ingredients – Cream Cheese Frosting

- 8 ozs cream cheese – room temp
- ½ cup unsalted butter
- 4 cups powdered sugar
- 3 tsp unsweetened coconut milk

Preparation

Preheat oven to 350 degrees. Mix cake ingredients together in mixing bowl and pour into 9.5 inch cake pan. Bake until a toothpick inserted near the center comes out clean. Meanwhile blend frosting ingredients together. Spread over cake after cake has cooled. Don't forget the cherry on the top!!

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The Jemima Code: Two Centuries of African American Cookbooks by Toni Tipton-Martin

By Terri Schlichenmeyer

The Truth Contributor

You woke up this morning with a craving.

So is breakfast time too early to think about dinner? Is it bad to want to sneak home for lunch, just to make your favorite comfort food? No, because nothing else tastes good when you're hankering for something specific. Your stomach won't give up until you've satisfied that craving, so you might as well give in a little and read *The Jemima Code* by Toni Tipton-Martin.

Though her upbringing in California was sprinkled with foods reminiscent of her family's origins in the South, Toni Tipton-Martin says that "precious few" of her favorite foods "qualified as southern." That made her, she says, "a casualty of the Jemima code," which she defines as something that classifies the "character and life's work of our nation's black cooks as insignificant."

She set out to change that.

In many libraries, cookbooks by African-American authors are lacking. "Even," says Tipton-Martin, "the southern cookbooks were silent on the subject." So she began to specifically collect cookbooks written by black authors, containing the knowledge and recipes of black cooks. As her collection grew, so did her understanding and she began seeing how "cooking changed, and cooks changed with it."

From an obscure 1827 cookbook - the first one published by an African-American author (and a man!) - Tipton-Martin realized that many black cooks "existed in the culinary shadows as far as cookbook writers were concerned." Much of their work was probably credited to white owners or employers.

Technological advances in the early 20th century altered how meals were made; science entered the picture, too, as did household worker's unions - the latter, to the frustration of white employers, which is something African-American cookbooks quietly reflected. By mid-century, the early Civil Rights Movement could be spotted in black cookbooks of the day. Soul Food enjoyed new appreciation in the 1960s from hippies, flower children, "feisty black cooks," and people of all races.

By the 1980s, African-American cookbooks were penned by foot-

c. 2015
University of Texas Press
\$45.00 / higher in Canada
246 pages

ball stars, gardeners and experts alike. Says Tipton-Martin, "it was the cooks' time to shine" although, even in today's kitchen, "the times are not yet postracial."

There are, as I see it, three main reasons why you'd want *The Jemima Code* on your kitchen bookshelf.

First, author Toni Tipton-Martin's history is a surprising one. Reading her discoveries of cookbook subtleties and social mores alongside recipes through the years feels like opening a multi-layered gift, and her evolution of the Mammy figure is also fascinating. Second, those recipes she found? Though there aren't a lot of them here, the ones that peek out through the pages are classic and easy to follow.

And finally, there's a treasure-trove of pictures inside, of cooks at work and of the cookbook covers themselves, making this large-sized book one that readers will want to carry with them from kitchen to living room, countertop to easy chair. You'll scarcely know what to look at first, or what to cook next, making *The Jemima Code* a book you will crave.

Manners Matter... continued from page 10

5. Only take a date who can add value to your current situation. Believe it or not, your spouse, children or significant other, can make or break an opportunity to advance in your organization. Some companies want the entire package - education, image, decorum and approachability - not only from the employee but also from the entire family. This is not new. Prepare your guest by making sure he knows what you do, the condition of the company and your desire to advance in the company.

6. Have a teaser. A teaser is something you say that will get the attention of an influencer without giving up the good. For example, say something such as, "our company has experienced improvement in cutting down on the amount of scrap we are creating but there are more things we can do to save the company money in this area." If the influencer shows interest, ask if he is available to meet for lunch to discuss a solution to the problem that can add to the company's bottom line.

7. Do not carry your cell phone in your hand. Having your cell phone in your hand during a party may indicate that you are not engaged with what is happening. Keep it in your purse or pocket until you need it to obtain information or need to take a call from the babysitter.

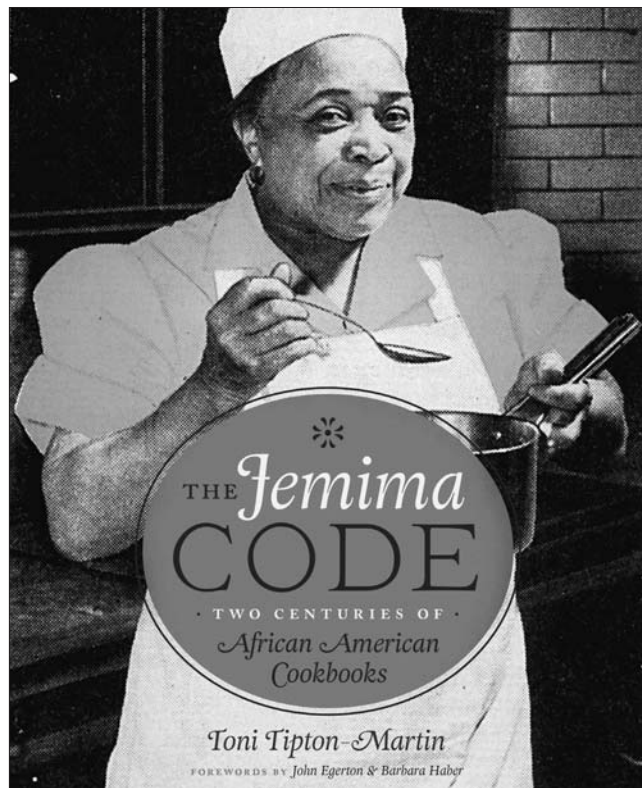
Deal Over Dinner

One article I like to refer to is one about an Oprah Winfrey meeting with Pulitzer Prize-winning film critic Roger Ebert at a Hamburger Hamlet years ago. Roger had something Oprah needed. He knew about film and syndicating shows and she didn't. She thought he was only going to give her advice but at dinner, Roger used a napkin to do the math and showed her the bottom line. "Deal done," she said.

She then knew what she needed, whom to get it from and was prepared to take action. The deal was done over dinner but they both brought something to the table and the rest is history. Seal your deal over dinner with confidence, personal integrity and respect for all.

Because Manners Matter!

Contact Robin Reeves at reevesetiquette@bex.net



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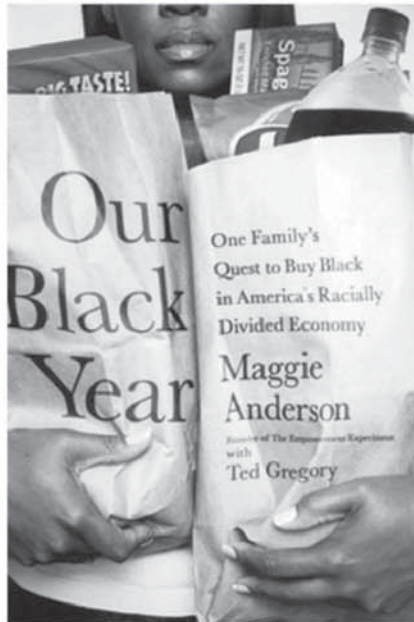
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Maggie Anderson
Author of The Signature Experience with Ted Gregory



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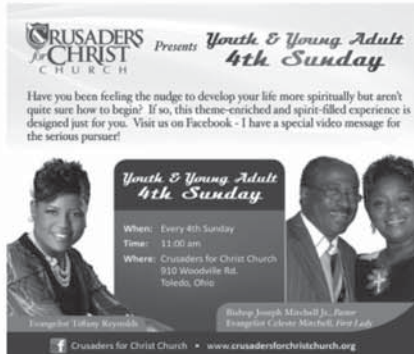
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CLASSIFIEDS

November 25, 2015

Page 15

ATTORNEY

Lucas County Children Services is seeking candidates for Staff Attorney. Will prepare agency court cases; provide legal research, advice/consultation. Ohio law license and notary required. Exp. in juvenile law-related cases desirable. Ability to work in cross-cultural situations. Apply online at www.lucaskids.net. This position will remain posted until filled.

No phone calls please. EOE valuing diversity.

Director of Development

Toledo Fair Housing Center and Northwest Ohio Development Agency is seeking an individual who is passionate about civil rights and fundraising. If you enjoy a fast paced, goal oriented Environment and if pressure and challenges excite you this could be the right position for you. Must have fundraising experience, a positive attitude and be enthusiastic about life. All resumes must be received by Friday, 12.4.2015 Please send your resume to senafriedman@toledofhc.org. EOE

ABUNDANT LIFE OF PERRYSBURG ACCEPTING APPLICATIONS

Abundant Life of Perrysburg is accepting applications for its subsidized apartment facilities. Abundant Life #1 offers independent living for senior citizens 62 years of age or older and individuals 55 or older with a physical impairment. Abundant Life #2 is a supportive living complex for people 62 and older. To apply individuals must meet the age requirement and an annual income requirement of no more than \$21,150.00 for one person or \$24,200.00 for two people.

We are located in the Three Meadows subdivision near the Manor of Perrysburg. Our garden apartments offer one bedroom, private patios, with individually controlled thermostats for heat and air conditioning.

Abundant Life #1 offers bathtubs, while Abundant Life #2 offers walk-in showers and pull cords for emergencies.

We have a bus that transports all residents to area grocery stores and monthly outings. We offer exercise, worship services and a variety of opportunities for our active and not so active seniors. Please call (419)874-4371 to find out more about our fabulous facilities and our availability for apartments. You may also visit us on the web at abundantlifeperrysburg.org.



SPECIAL NOTICE REQUEST FOR PROPOSAL

In continuing efforts to foster activities that promote positive mental health and prevent substance abuse, The Mental Health and Recovery Services Board (MHRSB) of Lucas County is pleased to announce an opportunity for funding. The Board is seeking to provide up to \$5,000 in funding to grass roots organizations and individuals that are providing programming that offer skills, strengths, resources, supports, or coping strategies for the population that the MHRSB serves. A complete description of the "Request for Proposal" can be found at www.lcmhrrsb.oh.gov.

Proposals must be received no later than **4:30 PM on Wednesday, December 16, 2015.**

SPECIAL NOTICE REQUEST FOR PROPOSAL

The Mental Health and Recovery Services Board (MHRSB) of Lucas County in partnership with the Toledo-Lucas County Health Department is seeking a marketing consultant to develop and implement a one-year community awareness campaign for the Naloxone Distribution Program. A complete description of the "Request for Proposal" can be found at www.lcmhrrsb.oh.gov. Proposals must be received no later than **4:30 PM on Monday, December 14, 2015.**

SPECIAL NOTICE - REQUEST FOR EVALUATION SERVICES

The Mental Health and Recovery Services Board of Lucas County (MHRSB) is seeking the services of an experienced professional evaluator to perform a multi-pronged, research-based analysis of specific publicly funded mental health programs. Interested parties are encouraged to submit a brief letter of intent and their Curricula Vitae to Crothszirotnyak@lcmhrrsb.oh.gov by close of business on December 4, 2015. Qualified respondents will be sent detailed information regarding the project and will be invited to an optional Q&A session on December 21, 2015. Based on the response, MHRSB intends to issue a Request for Proposal that would result in a contract being issued for the provision of the evaluation.

MAINTENANCE POSITION

United North Corporation is now accepting applications for 1 full time Maintenance position. Maintenance Tech is responsible for the timely completion of all work orders along with general property maintenance. Must have experience with Basic HVAC, electrical, plumbing, and residential carpentry. Applicant should have a high School Diploma or equivalent and possess a valid State of Ohio driver's license and transportation. Email resumes to jbryant@unitednorth.org or mail to: United North, Maintenance, 3106 Lagrange St, Toledo, OH 43608. Position to remain open until filled.

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JOB POSTING

PROJECTS COORDINATOR

The Lucas County Land Bank is an exciting, mission-driven, and dynamic organization dedicated to helping our community solve the problems of vacant and abandoned properties. With a highly-motivated and fun-loving staff, we do important work to help strengthen neighborhoods and preserve property values.

The Land Bank is seeking a Projects Coordinator to provide a high-level of detail-oriented administrative support to the Land Bank related to its many transformative programs. Interested candidates must have a commitment to the Land Bank's mission and direct experience in real estate and community development.

Candidates must have a minimum of an Associate's degree or demonstrated experience in related fields. Salary commensurate with experience. Attractive benefits package, paid time off, and opportunities for growth. EEO/AA.

Interested in joining our team? Visit www.LucasCountyLandBank.org to review the full position description and submit your resume.

Deadline is December 2, 2015 or until the position is filled.

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www.TheTruthToledo.com



Betcha By Golly Wow – TUFCU's 19 Annual Appreciation Banquet

Sojourner's Truth Staff

The first snowfall of the winter season could not dampen the enthusiasm or lessen the turnout for the Toledo Urban Federal Credit Union's 19th annual Appreciation Banquet on Saturday, November 21. Hundreds of supporters braved the cold and snow as they made their way to The Pinnacle to acknowledge the evening's honorees, to celebrate the recent successes of the community organization and to listen and dance to the music of The Stylistics.

Doni Miller, CEO of Neighborhood Health Association, served as mistress of ceremonies and led off the festivities by reminding attendees that a new TUFCU facility is about to open due to the hard work of Suzette Cowell, credit union CEO, and her staff.

... continued on page 11



Suzette Cowell and Doni Miller



TUFCU Staff - Eric Cowell, Enjoli Henry, DeLise Simmons, Michael Early, Brittany Smith



Bishop Edward Cook, Deborah Beyer, Diane Tankoos



Fran Smith, Laura Lloyd-Jenkins, Denise Cardwell, Larry Cardwell



Dionne Wakefield, John Miles, Betsy Taylor, Todd McNeal, Pete and Rhonda Coates, Eric Cowell, Judy Savage, Robert and Sophia Parker



DeLise Simmons and Denise Edwards



First Lady Debra Boose and Rev. Jerry Boose



Bruce and Paula Sims



Barbie and Herman Harrison



Suzette Cowell and Adele Jaison