



Volume 39, No. 3 *"And Ye Shall Know The Truth..."* May 25, 2016

Buffalo Soldiers Gala Weekend



\$1000 Scholarship recipient Reanna Barringer with Scholarship Committee Chair, John Algee, committee member, Vorley Taylor and Buffalo Soldiers President Earl Mack

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The Viability of Black Family Life

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

The Truth Contributor

... No one family form – nuclear, extended, single-parent, matrilineal, fictive, residential, nonresidential – necessarily provides an environment better for humans to live or raise children in.

– Johnetta Cole



With low marriage rates combined with high divorce rates and elevated incidences of father absence currently the norm, will African Americans be able to regain a sense of community where healthy, stable, reliable and consistent relationships and/or families exist?

I talked with a noted intimacy and relationship expert, Ebony Utley, Ph.D., concerning solutions to the current state of conflict and disconnectedness that exists, particularly among men and women, in the black community.

This is part I of our discussion.

Perryman: It is great to speak with you again Dr. Utley. Today, I want to hear your perspective on marriages or relationships gone wrong.

Utley: My term for it is *intimus interruptus*. So, it doesn't mean necessarily that something has gone wrong. It just means there's been an interruption and we have to make a decision from this point. Think about it as being at a crossroad. Do we keep going and then nothing happens? Do we acknowledge the issue and then keep going in the direction we were heading? Do we decide that we're going to fix the issue and go in a different direction or are we going to go back to where we came from? Are we not going to fix the issue and go in separate directions? But an interruption, an *intimus interruptus*, requires decision making about what happens next in the relationship.

Yes, so per the Latin, it's grammatically incorrect, but it's conceptually accurate to call it *intimus interruptus*, and it's the idea that your intimacy with another person is interrupted. And what happens after the interruption is up to you and the partner and your partner or your person.

Perryman: So, for you, it's a matter of relationship/marriage interruptions rather than relationships gone wrong?

Utley: Yeah, because the people are still the same, it's just an interruption, and after that interruption then the people decide, am I going

to be the same person that I was in the past, and if you're not then maybe you're not the person that wants to stay in that relationship anymore, and that's okay.

Perryman: My background in pastoral theology suggests that each partner brings with them a cultural image of what an ideal male and female relationship should be. One traditional expectation is that the male member provides for the female and children. Whether from a distorted view of true masculinity or not, it seems as though when black males cannot be the main breadwinner, relationships begin to deteriorate. What do you do?

Utley: You've got decisions there that won't allow you to follow on this traditional track. So my first piece of advice is to cross out the traditional track. If you and your partner are a team, then you sit down at the table and do the teamwork thing. It's like okay, what do we need

... continued on page 4

Community Calendar

April 11 – June 20

Mott Mane Mondays: A 5-week series providing participants with resources to aid in the care, styling and maintenance of African-American hair; Light refreshments provided at no charge; Mott Branch Library; Register at ToledoLibrary.org; Topics include 04.11 – Films and Forums, 04.25 – DIY Den, 05.23 – Natural Hair Salon, 06.06 – Expressions of Naturalism (poetry), 06.20 – SWAP & Shop: 419-259-5230 or 419-984-0395

May 24-26

St. Mark's Baptist Church Spring Revival: 6:30 pm nightly; Guest preacher Moses Jarvis of Mt. Olive MBC of Webster, FL

May 25

NODA Road to Recovery: Learn to navigate the potholes of mortgage default, foreclosure and predatory lending; NODA Office; 6 to 8 pm: 419-243-3734 ext 44

May 25-27

New Hope MBC Spring Revival: 6 pm guest speaker Rev. WL Perryman of Jerusalem Baptist – "Leadership in the African American Church;" 7 pm guest speaker Rev. CL Mays of Macedonia MBC – "Reaching the Lost in the Gospel of Jesus Christ"

May 26-28

International Covenant Connection 14th Annual Conference: End Time Christian Fellowship; "The Regenerated Generation;" 419-472-5993

May 29

Greek Night at Our Brothers Place: 6 pm; 50/50 raffle and karaoke; Placing innercity kids into the Toledo Women's Basketball Summer Camp

June 2

Kwanzaa Park Neighborhood Meeting: 6 pm; The Padua Center; "Neighborhood involvement in the garden"

June 12

New Prospect Baptist Church 51st Church Anniversary: 4 pm; Guest preacher Rev. Anthony Reed and Shiloh Baptist

June 18

United Church of God Women's Retreat: 10 am to 2 pm; "Revitalized by God's Spirit;" Guest speaker Mary J. Wood; Lunch included: 567-316-7360 or calvinucc@yahoo.com

The Sojourner's Truth

Toledo's Truthful African American
Owned and Operated Newspaper

Fletcher Word – Publisher and Editor

Becky McQueen – Business Manager

Tricia Hall – Reporter

Rev. D.L. Perryman – Columnist

Megan Davis – Columnist

Zahra April – Columnist

Robin Reeves – Columnist

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Something Heard by a Man of Faith (MOF)

By Larry Sykes, Toledo City Councilman

Guest Column

Many years ago, an attorney friend of mine taught me a lesson on using what I *heard* as oppose to what I saw.

He told me about an elderly woman on the witness stand testifying in a divorce case. She was asked to describe what she saw. She said, I heard that Mr. Jones drinks a lot, and I *heard* that when drinking, he gets violent and I *heard* that he also hits Mrs. Jones.

The defense attorney objected to the woman's statement because it was based on hearsay and not what she actually saw. The judge asked the elderly lady what did she see and she responded, I didn't see anything but I heard. The judge then told the woman that her testimony could not be used because it was based on hearsay.

The woman had eaten a big bowl of pinto beans the night before and her stomach had been growling all morning. As she walked from the witness stand she lost control of her body and the judge yelled, Madam, did you just do what I HEARD you do in my court room? I'm going to fine you 50 dollars for that! The woman's response to the judge was, see there you go, you ain't seen nothing but you *heard*!

In the last couple of years, Rev. Donald Perryman, who claims to be a MAN of FAITH (MOF), has written two articles; one about me and more recently one about Mayor Paula Hicks-Hudson, both were based on something he heard.

The article concerning me he heard from his "reliable source," who told him that after serving 15 years on the Toledo Board of Education, I was not supporting the TPS levy because I was mad at some of the board members because they voted against a recommendation by President Hill and the treasurer to reimburse me \$3,000.00 for attending a National School Board Association (NSBA) conference.

I asked Rev. Perryman, this MAN of FAITH, to meet with me to discuss his article concerning this situation. During our meeting, I explained to him that I was presently serving on another board which had a levy on the ballot and I was supporting that organization. I also told him that no one from TPS had contacted me about supporting their levy.

I further explained, it was true that three of the board members voted not to reimburse me for attendance at the NSBA Conference. Their refusal to approve my reimbursement was more for their personal reasons than it was for any professional reason. I also reminded him that the incident had occurred two years earlier and I had moved on with my life and career. I had also forgiven each member for my own peace of mind. I then told this man of faith that in the future if he had any questions about me, just phone me and not accept what he heard as fact!

In the May 18 Sojourner's Truth, Perryman (MOF) wrote that the Hicks-Hudson administration, according to more than one community activist, has been meeting with the Board of Community Relations (BCR) members to convince them that since we are in a strong mayor form of government, City Council confirmation is no longer relevant and the BCR's ability to hire and fire is no longer necessary.

Perryman went on to write that the mayor plans to hire or fire the BCR director and decide its agenda. He also questioned whether the mayor's reported strategy is a legitimate concentration of power in an era of "strong mayor" governance? Or are the alleged changes a quiet attempt to quash independent activity that threatens her authority or that of other political elites?

The really sad part of his article is that, if Perryman had done his homework, he would have found out that the BCR is funded by the mayor's office and that at any given time the mayor or City Council could yank BCR funding.

The Rev. Perryman also writes there is speculation that this is merely an effort to mute the emerging influence of the local LGBTQ movement, the Community Solidarity Response Network (CSRN), the Black Lives Matter campaign, and the clamor for a Citizen Police Review Board with real power and grassroots efforts to provide a voice for marginal groups.

Again Perryman (MOF) is writing articles based on what he heard and not on what he has seen or knows for a FACT! Shame on Rev. Perryman!

I have known Mayor Hicks-Hudson since she came here in 1982. Additionally, I have had the pleasure of working with her on various community needs through ABLE, the Coalition for Quality Education, and other organizations. Together we helped revolutionize the educational system in Toledo, the State of Ohio and the Nation.

Rev. Perryman, your sexism or misogyny, as some people believe, is showing and not far behind is your jealousy. And you're not wearing either of them well. Your continued self-importance and insensitive comments concerning Mayor Hicks-Hudson is appalling. The mayor was elected fair and square by the majority of citizens in this community. The community voted and they chose not to select any of the other candidates.

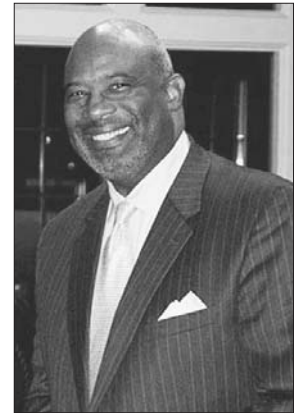
The mayor is a brilliant and honest person who cares deeply for Toledo and Ohio. Toledo is her number one priority. As mayor in a "strong" mayor system, she is the chief executive officer for the Toledo. While the City Council has legislative power, the mayor has veto power. She directs the administrative structure and is entitled to appoint and remove department heads as necessary. As mayor, she is also entitled to remove, create or combine departments as she sees fit.

There is nothing in the fine print anywhere that requires her to maintain a committee or a board that she determines needs to be changed or eliminated. She is the chief executive officer and is responsible for the administrative structure of the City period.

Mayor Hicks-Hudson is our first African-American female in this top spot for the City of Toledo. It's interesting that when the mayor's position was filled by men, you didn't write any negative crap like this about them. So it's darn apparent that you thought the men were good in the position. Rev. Perryman, concerning women, you sound like Donald Trump and I would not be surprised to learn you endorsed him.

Your Monday morning quarterbacking on what Mayor Hicks-Hudson should do and how to do it sounds like you want to take your ball and go home because you're not winning or directing the game. I say go on home OR get a better understanding of what you're writing about. As a Christian, I am going to pray that you find peace within yourself.

Respectfully,
Larry J. Sykes
City of Toledo
Councilman-At-Large



Larry Sykes

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Perryman... continued from page 2

do we need to do to provide for our family? And then you make a pact to do that. And then, I know this is probably a really bad example, but one of the things I really like about shows like *Power* and *Empire* is that when everything hits the fan, like that black male couple that's in the center, they sit down and figure out what they're going to do. They look each other in the eyes, like you have to do whatever it takes to protect our family.

So even if they're no longer together, they're divorced or separated or they've got their own issues, when it comes down to it and the family's in trouble or the *Empire*, I guess in both cases, is going to crumble, they sit down knee to knee and they flesh it out until they make the proper decision. So I think African Americans have greater interruption perhaps. Well actually, I don't know that, I can't say greater, but we have big interruptions that require big planning and decisions, teamwork.

That's the stereotype that I think is worth perpetuating into the future. This is the person you picked as your partner, then they should be your partner, and the two of you should be able to do teamwork things to figure out what you're going to do to ensure your family's survival at the

basic level and then thriving at the high end of it.

Perryman: Another stereotypical cultural image brought to the relationship table is that of the female who is expected to relinquish her individual focus and "give her life over completely to the male." That image, in my opinion, is one that is very much outdated.

Utley: Yes. A girlfriend of mine always says a woman always needs some business.

Perryman: That's right.

Utley: I went to see the Miles Davis movie and at that moment when Miles tells his wife that he wants her to quit dancing so that she can be his wife, and she's like "but I love dancing," he was like "I know, but I love you." And I'm in the movie theatre going "don't do it, don't do it," out loud. I was like 'please find a way to keep

what you love. It's what makes you you.' No relationship should take those parts away from you. It's one thing if you're not really into it or you want to explore something else. If you have a career and you really want to explore full-time motherhood, that's also a career, so you go do that thing. But do it because you want to do it, not because someone else expects you to do it.

(To be continued)

Ebony A. Utley, Ph.D. is an intimacy expert and associate professor of communication studies at California State University Long Beach intimacy. Her research explores intimacy interrupted by infidelity and beliefs about marriage. Utley's expertise has been featured on The Oprah Winfrey Network and other radio, print, and online outlets.

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

NHA Seeks a Few Good People

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

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AALC Fundraiser at Our Brothers Place

Sojourner's Truth Staff

The African American Leadership Caucus held a fundraiser on Thursday, May 19 at Our Brothers Place in downtown Toledo bringing together community activists and Democratic Party elected officials.

The AALC is an organization of citizens concerned with removing the structural challenges facing African American advancement in Lucas County. As a result of a focus group in 2012, it was determined that the AALC should be affiliated with the Lucas County Democratic County.

Funds from the event will be used to assist candidates and issues, the AALC Youth Initiative and the organization's Brotherhood Breakfast, which helps increase voter registration.



Elgin Rogers, AALC president; Johnnye Warnsley; Rhonny Brady; Dawn Chong; Taron Cunningham; Coach Clyde Phillips



Lanaya McDonald, Lindsay Navarre, Elgin Rogers



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Dr. John W. Williams, Pastor

The NAACP Salute to Labor

Sojourner's Truth Staff

The NAACP Toledo Branch honored six local labor leaders during a breakfast on Thursday, May 19 at Local 12 headquarters on Ashland Avenue.

The six honorees were Toledo Fire Department Deputy Chief Bryan Byrd; Kevin Dalton, president of Toledo Federation of Teachers; David Fleetwood, business manager for Laborers Local 500; Ken Lortz, UAW Regional 2B director; Toledo Police Department Sgt. Anita Madison and longtime UAW leader George Tucker.

"We're in the business for people," said Tucker in accepting his award. "We will fight for every job we can get. We have to fight every day - they are not going to give us anything."

On the dais for the NAACP and leading the breakfast program were Ray Wood, president and Micheal Alexander, vice president. The breakfast buffet was catered by James McDay of We Are Ribs.

The morning event opened with a rendition of the National Anthem by Darius Coleman. Coleman, who graduated from Central State University this spring, will be headed to Europe this summer on a tour to promote his recently released CD.

Coleman also sang one of his original songs, "Running to the Finish Line," that he composed during his college years.

The keynote address was delivered by honoree Madison, who is about to retire from TD after 22 years of service. A long-time union member, from a union family, Madison asked her audience if those in labor are continuing to share the rich history of the movement with younger generations.

"We salute you," she told the union members present, "but we challenge you."



Micheal Alexander, Kevin Dalton, Ray Wood, Sgt. Anita Madison, George Tucker, Deputy Chief Bryan Byrd, Ken Lortz

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The Soulcial Scene

Business Etiquette and Leadership in the 21st Century

By Robin Reeves

Soulcial Scene Contributor

Status, Class and Etiquette

Status, class and etiquette – how much has it changed since the 18th century?

One of my experiences in the month of May took me to Boalsburg Pennsylvania a small, charming town of about 3722 (2010 census) people and the birthplace of Memorial Day. I stayed at the beautiful 18th century Springfield House Bed and Breakfast just a few blocks from Penn State University. Pennsylvania has a long history that includes underground railroad routes and Mother Bethel African Methodist Episcopal (AME) Church (1794).

My nephew's graduation ceremony took me to this historic place and I'm so glad it did! During the commencement address, the speaker told a story about two young ladies who started their freshmen year by not wanting to share a room with each other or anyone else. I wondered, didn't their parents prepare them for this life changing event? Didn't someone tell them that they will meet new and different people so be prepared to build new relationships? Were they suffering from status and class disorder?

Seven Words That Win for DECADES:

As I've shared in past articles, proper etiquette and image makes others feel comfortable with you but you must first be comfortable with yourself before you can transcend into areas that you've never been before. When this happens, status and class cannot hinder you

from reaching your goals. There are seven words that everyone should know that will provide a solid foundation and stepping stones for what it takes to "get along" as we age and mature.

Before I tell you what the seven words are, let me take you back a few centuries. At the bed and breakfast where I stayed, I ran across a book called *Homes During the Civil War Period*. The homes included in this book were owned by presidents and others. During this time, status and class of people were determined by the type and size of their home, the clothes they wore, their speech and behavior. During the 17th and 18th centuries, different status and class did not mix (at least not in public).

Today, achievements such as educational attainment, careers, social networks, the type of home we live in, the cloths we wear, speech and behavior give us an expectation of what our status and class should be. That makes it difficult for us to mix with others whose status and class does not match our own. Did the two freshmen girls clash because of their status and class that was inherited from their parents or other influences in the society in which they once lived? I don't know but I was glad to hear the speaker say that the young ladies worked out their differences and became roommates after all.

Here is a little advice from the "Etiquette Maven." Apply the following seven words to your life, and see how you will experience maturity growth for D.E.C.A.D.E.S. that will guide the way you allow your status and class to influence you. Try it.

1. **Decorum:** proper behavior, speech, dress; orderliness
2. **Expectations:** the act or state of expecting
3. **Customary:** According to or depending on usual, activities established by custom rather than law.
4. **Appropriate:** suitable or fitting for a particular purpose, person, occasion
5. **Dignity:** having self respect or appreciation of the formality or gravity of an occasion or situation
6. **Energy:** The ability to do work, an adequate or abundant amount of power
7. **Society:** a body of individuals living as members of a community,

Decorum helps us to create a distraction free environment and enable us to establish a level of **expectation** for ourselves while respecting the expectations that others put on themselves. The **customary** activities we learn in our household help us to establish our values and morals. **Appropriate** behavior, **dignity** and an adequate amount of **energy** will leave a positive impact on the **society** in which we live.

Let me leave you with this quote:

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are." John Wooden

Peace

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Robin Reeves

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DIY Den: Featuring 3 Easy Hair & Fashion Accessories Along With Natural Hair Style Tutorials		SWAP n Shop: A natural hair and skincare product, clothing and accessory swap. Bring items to swap while "shopping" for something new. There will be a soulful music playlist, games, and giveaways.

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The Soulcial Scene

Mothers of GraYce: Natural Haircare for Senior Mothers

By Megan Davis

Soulcial Scene Contributor

The month of May is that month when the sun shines a little more and the days get a little longer. It's also the month that mothers are celebrated. Mothers of all ages, young and elder, receive cards, flowers and other gifts to celebrate them as they share unconditional love and care to their children.

As women age, however, there are other gifts that nature bestows upon them such as hot flashes, a wider waist line, wrinkles and gray hair. With hot flashes, they can dress lighter or drink cold beverages; for the wide waist line, better eating and exercise can remedy that; for wrinkles, there are creams and small procedures that can reverse them. As for gray hair, it can be covered, but it cannot be reversed.

Gray hair has a life all its own and, for many aging women, it becomes a part-time job to manage it. Gray hair has different properties in comparison to hair with one's natural hair color. When hair is still in its natural color, it can be manipulated and fashioned into many styles and it can be treated with many products to introduce moisture, add shine and hold a style.

To understand gray hair is to know its characteristics. All hair strands have roots that are surrounded by a hair follicle. Each hair follicle contains a certain number of pigment cells which produce a chemical called melanin. Melanin gives the hair, and skin, its color.

As we age, the pigment cells in our hair follicles will gradually die. Because there are fewer pigment cells, strands of hair will no longer contain as much melanin and will become a more transparent color like silver or gray.

Once hair begins to lose its pigment, the texture may change as well. The hair may become softer or wiry. Gray hair also may become thinner, looser in curl pattern and drier. This makes caring for gray hair different than hair with its pigment still intact. This includes:

- Less frequent shampooing. Often, people with gray hair will use fewer products and may not perspire as often, lessening the need to cleanse the hair and scalp.
- Cooler water temperature. Aging people may have thinner skin which makes them more sensitive extreme hot or cold temperatures.
- Fewer products. With the changing texture of gray hair, it is not necessary to apply excessive products to the hair. Too many oils may weigh the hair down; too much gel will leave the hair sticky and flat; and some products may even turn the gray to an unpleasant yellow tone.

When the hair loses its pigment and turns gray, silver and even white, it also behaves differently. Its fragile state makes styles such as blow-outs and flat-ironed styles less likely to be successful. The high temperatures may cause the hair ends to fray, singe off, or discolor-especially when combined with certain products.

Another common characteristic of gray hair is its inability to hold styles or texture. Two-strand twists, one of the most common natural

hairstyles, are more difficult to achieve on gray hair. This causes a great deal of frustration to those who have been used to wearing certain styles.

Braided styles, such as cornrows or plaits will most likely unravel and coils may not retain their shape. This is because gray hair also loses its elasticity. Its ability to retain curl or "bounce back" is less of a possibility.

This is why many choose to color their gray. It gives "new

life" to dying strands. When coloring gray hair, it may be noticed that while the color is different, the texture is still soft or fine, yet it may be easier to accept the texture of the color is more of what one desires. On



Megan Davis

... continued on page 12



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The Soulcial Scene

33rd Annual Junior High Afro Ball – An Evening of Elegance

Over 800 seventh and eighth grade area students turned out on Saturday, May 21, for the 33rd annual Junior High Afro Ball at the SeaGate Center. The annual event is hosted by the Grace Community Center.

The theme for this year's event was "The Future Belongs to Those Who Prepare."

The Afro Ball brought together students from 69 schools around the

greater Toledo area and 52 of the students were honored as VIP Guests during the evening.

The Ball was started 33 years ago by Betty Amison, the original executive director of the Grace Community Center. Elaine Page is the current executive director. The planning committee consisted of Page, Mark Robinson, David Jones and Kristen Edwards.



Ohio

Minority Business
Assistance Centers
Toledo

Roundtable Discussion with the State of Ohio



Guest Speaker: Jeffery L. Johnson

Chief Minority Business Development Division

Date: June 1st, 2016

Place: University of Toledo Scott Park Campus Room 1080C

Time: 1:00pm - 2:30pm

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- ⇒ Advantages of being certified
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Please join us for a solutions based discussion about small business issues that may have an impact on your business.

To register for the event, contact Jay Black, Jr., Manager of the Minority Business Assistance Center @ 419-530-3344.

The Soulcial Scene

Toledo Buffalo Soldiers Golf Outing

By Carla Yvette

Soulcial Scene Reporter

The Toledo Buffalo Soldiers held their 2016 Charitable Golf Outing on Saturday May 14 at the Fallen Timbers Golf Club, Waterville. The three-day event began Friday with a meet and greet at the Holiday Inn, Perrysburg followed by the golf outing Saturday afternoon which was a fundraiser to benefit the Dream Makers Scholarships.

Scholarship awardees were selected by the scholarship committee based on pre-determined criteria, with awards ranging from \$500-\$1000 per student. Toledo Buffalo Soldiers Vice President James Harris says, "Out of the 14 submissions received, three emerged as outstanding."

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1st Place Winners



2nd Place Winners



Buffalo Soldiers Dream Makers Scholarship recipients, Reanna Barringer, \$1000_ Ryan Thomas, \$500 and Blake Minter, \$500.



3rd Place Winners



Lamont 'Grid Iron' Smith with Al Bannister and Mark Sobczak



Larry 'Badger' Taylor and Ken 'Nuf- Ced' Reeves



Steve Williams and Will 'Gunner' Robinson



Melanie 'Ms. Mel' Clark, Fred 'The Febvre' LeFebvre and Lorinda 'Ms. Hogg' McCalebb



Melanie 'Ms. Mel' Clark with Longest Drive award winner, Chuck Kethel



Welston 'Stone' Nickelson, Carver Williams and George Scott Jr.



Mark and Laverne Thomas



Claude 'Taurus' Tiller and Holly 'Champagne' Powell



Carl '4 War' Carter with wife, Carmel 'Mella' Carter, Denise 'Ms Kitty' Heard and Sephanie 'Rising Fire' Hunter



Brenda 'Silver Fox' Headd and Johnette 'Soldier Girl' Harris Closest to Pin award winner, John Borton



\$1000 Scholarship recipient Reanna Barringer with Scholarship Committee Chair, John Algee, committee member, Vorley Taylor and Buffalo Soldiers President Earl Mack

Part of something bigger

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The Soulcial Scene

Buffalo Soldiers... continued from page 9

Reanna Barringer (Springfield) was the recipient of a \$1000 award; Blake Minter (Scott) and Ryan Thomas (Sylvania Northview) each received a \$500 award.

Saturday's event was attended by golfers and non golfers alike as well as Buffalo Soldiers from other chapters. Attendees were served a steak dinner, and golfers were awarded special prizes for hole-in-one, first, second and third place team trophies, and trophies for longest drive and closest to pin.

The presentation of a \$1000 donation to the Wounded Warrior Amputee Softball Team from The Toledo Buffalo Soldiers was also part of the ceremonial activities.

Fred LeFebver of WSPD Radio emceed the Club House Ceremonies.

The weekend ended with a night out at The Toledo Funny Bone.

The Toledo Buffalo Soldiers Motorcycle Club, Inc. is a group of professionals, who are motorcyclists and charter members of the National Association of Buffalo Soldiers and Troopers Motorcycle Clubs, Inc. Their mission is community service with emphases on assisting youth, providing information on the heritage and rich history of the 9th & 10th Cavalry Regiments of the United States Army's Buffalo Soldiers and their contributions to the United States of America and promoting safe and enjoyable motorcycling.



Wilber Spearman and
Tonya Byers



Linda 'LV' Varner
and Michael 'Sledge'
Varner



Kenyatta 'KeKe' Mack
and Darius 'Roo' Mack

New Life Style Show... continued from page 16



Simply D'vine Boutique Fashions



Susan Brown and Terrie Cook



Terrie Cook

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6th Annual Fatherhood Walk

*Raising Awareness of the importance of the roles fathers play
in the lives of their children*

Saturday June 18, 2016
Central Catholic High School

Registration: 9:00 am
Activities: 10:00 am - 4:00 pm

Speakers: Mark Robinson, Founder of R.E.S.T.O.R.E. Inc.
Retired Pastor Don Fothergill, Washington Church

**Special Presentation of the Inaugural Jack Ford
Restoring Responsible Fatherhood Award**

R.E.S.T.O.R.E., Inc. is uniting with Truckers Canning Hunger at
the Fatherhood Walk to raise donations of food for Feed Your
Neighbor Food Pantries to stock the shelves of the food pantries in
the greater Toledo area.

Food donations 10:00 am - 4:00 pm

Take this race car on a simulated test
drive at the food drive
(sponsored by Mom and Pops Pit Stop)

**Walked
One
Mile**
in the shoes of a Father.
www.restorefathers.org

The Soulcial Scene

Happy 100th – Reba Mae Abernathy

Special to The Truth

Dozens of family members and friends gathered on Saturday, May 21 at the Charlotte Web Center to celebrate Reba Mae Abernathy's 100 birthday.

Abernathy, born in Carrolton, GA to parents Oscar and Angela Boyd, attended Hamilton Elementary and graduated from Woodward High School in 1935. She married Edward Lewis Abernathy in 1936 and they had six children: Linda (Williamson), Edward, Paul, Howard, Anita and Neal.


Abernathy, who has been a member of Warren A.M.E. Church, had three siblings – Ralph, Evelyn and Hank. She has 18 grandchildren, 27 great grandchildren and three great great grandchildren.



Martha Boyd (105 years old and Reba's sister in law), Marilyn Gandy, Carol Yates



Reba Mae Abernathy



May is Lupus Awareness Month
Nuestra Gente Community Projects, Inc.
 Invites you to:
Lupus Awareness Video Premiere
 Wednesday, May 4, 2016 – 6:00 p.m.
 Saint Peter and Paul Church/Hall,
 738 S. Saint Clair St. Toledo

**Help Us Solve the Cruel
Mystery of Lupus!**


We will have professional staff to answer questions, a yoga session and free food provided by La Fiesta Restaurant.
 Funded by the Ohio Commission on Minority Health
 This program is free and open to the public.

John R. Kasich, Governor Gregory L. Hall, M.D., Chairperson Angela Dawson, Executive Director

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The Soulcial Scene

Mothers of GraYce... continued from page 7

the other hand, dis colored gray hair, which often turns yellow, can be treated with products that contain UV filters or shampoos that have blue or violet undertones such as Shimmer Lights by Clairol.

Natural remedies for graying hair include:

- Henna which is used to condition the hair but it also is used to tint gray or light hair to a reddish or copper tone.
- Coconut oil applied regularly is used to prevent graying.
- Amaranth vegetable whose leaves can be boiled in water and applied to the hair helps to darken strands.
- Curry leaves may also be used to prevent graying when added to coconut oil then applied.

All the aforementioned natural remedies can be used by massaging into the scalp in order to address graying hair and its common issues.

It is said that gray hair is a sign of one's wisdom, but there are certain factors that may lead to gray hair earlier than later. It may be stress or anxiety, a poor diet, illnesses including auto-immune diseases, heredity and even hard water or poor quality of water. When graying occurs before the age of 35, it is considered to be premature. This can be prevented or slowed down with the natural remedies listed above.

Styling gray hair doesn't have to be boring either. Layered haircuts can frame the face, adding softness while a tapered cut may add texture. A traditional roller or Doobie set can change curly tresses to a classic, stretched curl, and gives the appearance of pressed hair. Many seasoned mothers opt for a simple, shaped Afro that requires little maintenance and a few products.

As mothers age, it's as the changing of seasons and the hair is often a sure sign of change. Yet with grace, mothers embrace those changes and adjust, finding new ways to showcase their features and enhance their natural beauty, season by season. They do all of this while working and caring for their families and others. It makes it very special for children and others to celebrate their mothers, knowing all that they do, in spite of their changes.



Longer hair that is gray can be fashioned into a high puff and still looks elegant with the right accessories



A twistout adds texture and fullness to thinning, graying hair



Cropped and shaped natural curls bring out natural facial features



Hair that still has pigment can be blended with the gray hair to create texture such as this wash and go look

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- Blood sugar

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

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

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

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

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

Tips to Put Refreshing Summer Flavors on Your Table

Special to The Truth

Thinking seasonal is always a recipe for success. The colors of the summer and sweet, tart, cool flavors of fruits of the season can decorate your table in creative, elegant and refreshing ways.

When most of us think of summer fruit, we envision smoothies, salads or pies. Think beyond the dessert course! There are many ways to imbue appetizers, cocktails and main courses with seasonal colors and fruity flavors.

Here are some fresh ways to introduce summer fruits into your summer meals and cocktails.

Appetizers and Mains

There are many easy ways to put summer on your table in finger foods, salads and even meat and poultry dishes.



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Light appetizer ideas include fruit and cheese crostini. All you need is creativity and French bread, goat cheese and your favorite summer fruit. You can add strawberries and a balsamic reduction or honey and raspberries. And consider a twist on prosciutto and melon by wrapping fresh peach slices instead. Or toss

... continued on page 13

Trombone Shorty by Troy "Trombone Shorty" Andrews, illustrated by Bryan Collier

By Terri Schlichenmeyer

The Truth Contributor

"Just wait til you're older!"

Oh, how you hate hearing that! Wait til you're grown. You need to get bigger. You can't do that now, you're too little. But why not? Why can't you start dreaming of someday right now, while you're still a kid? As you'll see in the new book *Trombone Shorty* by Troy "Trombone Shorty" Andrews, illustrated by Bryan Collier, dreams can come true at any age.

In the New Orleans neighborhood called Tremé, "you could hear the music floating in the air" day and night. The house where Troy Andrews grew up was filled with music, too, and Troy loved the trombone. He hoped to be a musician some day.

Each year, when Mardi Gras rolled through Tremé, Troy and his neighbors would dance along with the bands in the parades. Man, that was fun! There were balloons, beads, and music, which "made everyone forget about their troubles for a little while."

That also made Troy want to become a musician even more, so he and his friends created instruments from odds and ends they found around Tremé; Troy was happy to find a beat-up trombone, and he fixed it up good. That's the best part of being a musician: you can make music from almost anything.

So he was ready. At the next parade, he grabbed his trombone, jumped right in, and started marching with the band. Because he was a little guy and the trombone is a big instrument, Troy's brother gave Troy the nickname of "Trombone Shorty," which is what everybody called him from then on.

"I took that trombone everywhere," Troy says, "and never stopped playing."

He even took it to the New Orleans Jazz & Heritage Festival, and he played along with the musicians. He was so loud and so good that Bo Diddley called Trombone Shorty onstage and asked him to jam.

Trombone Shorty knew then that he could have his own band, so he did. Every day after school, his band practiced their music until they were able to perform "all around New Orleans" – and they still perform today!

Lately, you've played air guitar to a Prince song, and were a drummer on your kitchen table. If your kids caught your love of music, they might likewise dream the dreams found inside the award-winning *Trombone Shorty*.

With the same *laissez les bon temps rouler* vibe you get from merely standing on a New Orleans sidewalk, author Troy Andrews tells of coming up poor and finding riches in his city's songs. It's a story that'll make your children want to dance with music they can almost hear from the pages of

c. 2015
Abrams Books for
Young Readers
\$17.95 / \$21.95 Canada
40 pages

this book; those silent songs are underscored by illustrations from Bryan Collier, himself an award-winner.

Be sure to check out the author's notes. Show your kids the pictures.

While you could surely read this tale aloud to a two-year-old, I think kids ages four-to-seven will like it better. If they love music, especially, *Trombone Shorty* will be a book they won't be able to wait for.

Summer Flavors... continued from page 12

watermelon into a salad of tomato, mozzarella cheese and basil, topped with olive oil and salt and pepper.

Your favorite main courses can take on different flavor nuances with the season. Consider grilling steak with warm peaches and onions as a topper. Or poach fresh plums and serve with turkey breast or grilled chicken, bringing a tartness to poultry not unlike that from cranberry sauce.

Summer Cocktails

It's no surprise that summer is when some of the world's best food and beverage companies introduce new fruit-focused offerings. For instance, Alizé is debuting a new passion flavor to its portfolio: Alizé Peach. It is an infusion of ripe, luscious peaches delicately blended with premium French vodka -- just in time to be mixed into light warm-weather cocktails.

Don't just add fresh fruit as a garnish to summer cocktails; consider using fruit-infused spirits instead of plain ones. Whether blended into margaritas, shaken in martinis, mixed into sangrias, or drizzled atop sparkling wine, fruit-infused vodkas, such as the new Alizé Peach or Alizé Passion with passion fruit, are well suited for summer entertaining. Alizé Passion comes in different flavors, blended with exotic passion fruit, fresh cherries, cranberries, and even a touch of ginger.

Summer is the perfect time to live in color with fruit-infused cocktails -- whether it's a simple Bellini mixed with prosecco and Alizé Peach or a more complicated peach punch that blends the infused vodka with gin, elderflower liquor and honey.

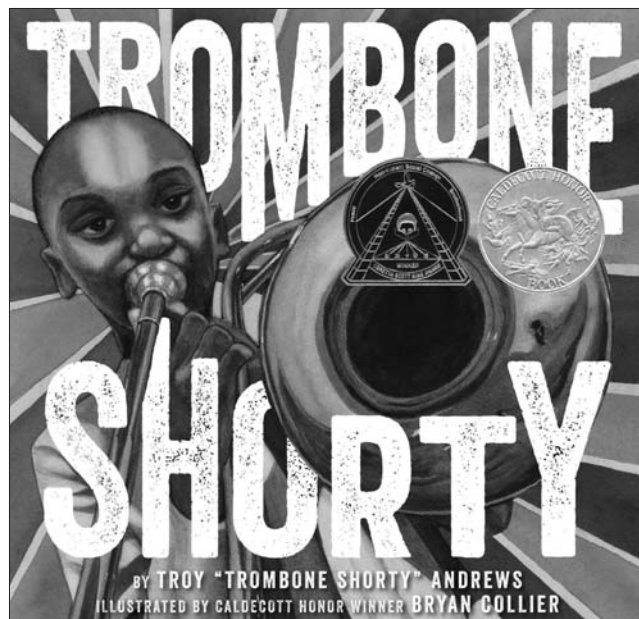
You can pour summer into your cocktail glass with this recipe for a Peach Mule:

Peach Mule

- 2 oz. Alizé Peach
- 1 oz. Vodka
- 1/2 oz. simple syrup
- 3/4 oz. lime juice
- Top off with ginger beer

For a summer feel, use a Collins glass rather than a mug (the traditional Mule vessel), and stir gently. Enjoy in the shade or with a gentle summer breeze.

Courtesy StatePoint

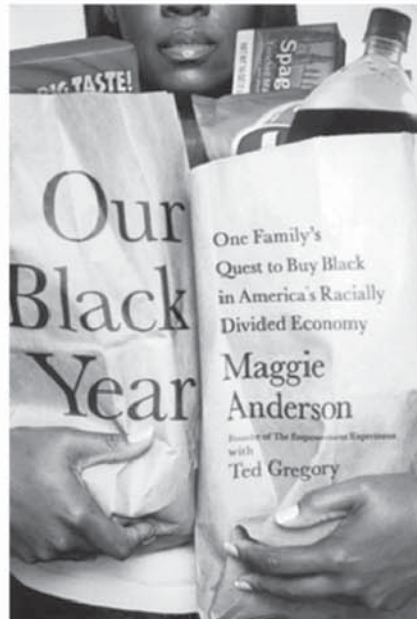




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CLASSIFIEDS

May 25, 2016

Page 15

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Metroparks of the Toledo Area is looking for an individual to fill a Park Technician 3 position at Pearson Metropark. High school degree or equivalent required. Must be 18 years of age and have a valid driver's license. Moderate level of experience in general turf, grounds and building maintenance required. \$15.35/hr. 40 hour workweek. Go to www.metroparkstoledo.com for complete list of position requirements and duties; must submit online application and resume by May 24th. EOE

The City of Toledo Finance Department seeks a Commissioner of Taxation and Treasury to provide managerial direction for activities related to the collection, investment and safekeeping, accounting and disbursement of public funds; including establishing goals, objectives, policies, procedures, rules and regulations and directing departmental administrative, fiscal and personnel operations. Requirements include Graduation from an accredited college or university with a Bachelor's Degree in Business Administration with a major in Accounting, Economics or Finance. Must have five (5) years of experience in the management of accounts, the handling of public funds, and the preparation and auditing of federal, state, and municipal income tax returns. A CPA is preferred.

Applications may be filed online at <http://toledo.oh.gov/services/human-resources/>

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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.



LEGAL NOTICE

Electronic Bids will be received by the Board of County Commissioners of Lucas County, Ohio, at its office at One Government Center, Suite 800, Toledo, Ohio 43604-2259 until **10:00 AM** local time on **Wednesday, June 1, 2016** and opened immediately thereafter for the performance of all labor and furnishing of all materials and tools required to complete all work for **Window Replacement at 701 Adams Street, Toledo, Ohio 43604**. The estimated construction cost is \$1,350,000.00.

A mandatory pre-bid meeting and site visit will be conducted at 9:00 AM on Wednesday, May 25, 2016 in the Lucas County Conference and Learning Center at 711 Adams Street, Toledo, Ohio 43604. Enter between the 701 & 711 Adams Street buildings.

Bid documents, technical specifications and drawings may be downloaded from the Lucas County Website: <http://www.co.lucas.oh.us/Bids.aspx>. Bidders must register as a vendor via the Lucas County website/PlanetBids in order to bid <http://www.planetbids.com/portal/portal.cfm?CompanyID=24980>.

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Tina Skeldon Wozniak, President
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True Vine Fashion Show

Tosha Easter proved to be a triple threat for True Vine Missionary Baptist Church's fashion show fundraiser on Saturday, May 7. Easter not only organized the event, she also served as both DJ and one of the models.

Members of the congregation served as models and entertained the audience wearing their own attire.



New Life's Mother Daughter Luncheon and Style Show

The theme for this year's Annual Mother/Daughter Luncheon Style Show hosted by the New Life C.O.G.I.C. Women's Ministry and held at the Ramada Inn Secor was "Cruising into Spring and Summer."

The program, organized by Terrie Cook, was comprised of several "cruising" scenes: Hawaii, Turks & Caicos, the Bahamas and, finally, "Cruising back for Sunday Service."

Sheila A. Cook served as moderator and First Lady Sheila L. Cook offered the welcome. Four vendors were also present: Cookie Lee, Jafra Cosmetics, Origami Owl and Terrie Cook's own Simply D'Vine Boutique.



Dionna Smith, Ja'Niyah Pierce, Dayreona Veley



Aaliyah Dotson, Ja'Lynn Dotson, Miyah Smith



Josalynn Anderson



Salina Smith



Pearl Blair



First Lady Sheila L. Cook



Latarsha Cook, Terrie Cook, Terri Lynn Cook



Salina Smith, Noel Lampkin, Wanda Penamon, Charlene Kight

... photos continued on page 10

Adventurous Travels Presents
Annual Motown Dinner & Dance Cruise on The Detroit Princess Riverboat
 Fund-raiser for Toledo Northwestern Ohio Food Bank, Inc.
Saturday, July 16th, 2016
 Boarding at 5:30pm - cruising from 7:00-9:30pm
 Includes LIVE Motown Entertainment, all you can eat dinner buffet.
 For tickets contact (419) 367-9765 • Ticket Location: Jack's Men's Wear
 Portion of Proceeds to Benefit Toledo NWO Food Bank Inc.
 For round trip transportation, contact Donnetta Carter, Event Planner at (419) 367-9765

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