

Volume 43, No. 7

"And Ye Shall Know The Truth..."

March 8, 2017



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"Sometimes you have to fail and fall and falter, but you get back up and you keep fighting for what you want and you keep going for your dreams."

- Domonique Glover

The Sojourner's Truth

A Game of Chicken

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

The TruthContributor

Every intersection in the road of life is an opportunity to make a decision. - Duke Ellington



Apparently, suburban leaders from Sylvania, Perrysburg and Maumee are not going to allow the City of Toledo to "slap them and take their wallet." At least not when it comes to providing millions of suburban dollars to upgrade Toledo's water treatment plant at Collins Park.

Mayors from our neighboring communities are willing to invest by continuing to buy water from Toledo, but not without receiving equity in a yet-to-be agreed upon new regional water district.

Toledo Mayor Paula Hicks-Hudson, like former Mayor Carty Finkbeiner before her, has taken a hard line stance against giving up total control of what is perhaps, the city's most valuable resource.

Yet, Hicks-Hudson's looming decision for the city's 21st century water management structure has the potential to greatly impact her legacy and make or break her future as mayor of the City of Toledo.

Who will blink first?

The village of Waterville has already bailed on its previous arrangement with the city and will now, instead, buy Bowling Green water instead. Should Toledo not meet their demands for an ownership stake in a regional water district, Sylvania, Perrysburg and Maumee could soon follow suit and decide to either purchase water from an alternative source or construct their own water plant.

If so, the long-term financial implications could spell trouble for Toledo's budget as well as for residents located in its urban core.

Most notably, the city could have difficulty in obtaining bonds to finance the \$185 million that they've already committed to spend (and are starting to spend without bonds being backed) in next year's bond market, should they lose the 40 percent of their revenue stream paid by the suburbs targeted for bond repayment. And even if the city is successful in obtaining the bonds from the primary market, the interest rate will be super expensive and could reach double digits, commensurate with the perceived risk by the market.

The other alternative would be to go to the secondary bond market because the top houses may not be willing to extend \$185 million in credit to a municipality for a project that just lost 40 percent of their revenue stream. The cost in this case could be prohibitive and make the project not feasible.

Meanwhile, residents of Toledo's urban core, with constant worries about rising energy costs and efficiencies, remain skeptical of any regional geopolitical arrangements. Yet, they also stand to lose under any status quo arrangement.

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 Aprili – Columnist Robin Reeves – Columnist

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A Certified MBE

The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604 Phone 419-243-0007 * Fax 419-255-7700 thetruth@thetruthtoledo.com www.thetruthtoledo.com Many feel that the city is already "putting the thumb on" the urban poor and has continued to do so for years. Currently, Toledo residents are hit with a minimum water consumption charge based on 2,000 cubic gallons of usage compared to the 1,000 gallon minimum available to many suburban residents.

Continuing the 2,000 gallon minimum is oppressive for the poor and urban seniors, especially considering that 800 gallons/month is a more accurate measure of usage for many people living alone or in small families. Hicks- Hudson and city council, should cut the minimum charge by roughly 50 percent if they intend to have energy costs and water policies that are fair for urban households.

In addition, new water management policies should include energy assistance programs such as HEAP or PIPP (Percent of Income Payment Plan) to provide payment help for poor or unemployed residents. These assistance programs are currently available residents paying other energy bills such as gas and electric.

What happens should Hicks-Hudson choose cooperation over conflict? If enacted, policies would be implemented that lessen the economic strain for poor and elderly residents. Financial benefits would also accrue to the city as the suburban communities pick up the tab for a \$185 million invest-

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Community Calendar

March 11

NACP ACT-SO Meeting: Deadline day for applications for this year's competitions; 1 to 2:30 pm; Kent Branch Library

United Church of God Women's Breakfast: 9 to 11 am; "There is beauty in the ashes;" Guest speakers Jasmine Dees and Jewel Elfers; All women are welcome; Hosted by United's Woman2Woman – empowering women spiritually, mentally and physically

March 11-12

Phillips Temple CME 100th Anniversary Celebration: The Anatomy of the Christian, "Holding on to God's Unchanging Hand;" Saturday – 8:30 am to 5 pm; Sunday – 11 am

St. Paul MBC Men's Day Weekend: Saturday Prayer Breakfast at 9 am – guest speaker Rev. Floyd Smith of Calvary MBC; Sunday service at 10:45 am with guest speaker Rev. Ernest Jones, executive director of ABC Ohio; "The Steps of a Good Man Are Ordained by the Lord;"

March 12

Calgary MBC 28th Pastoral Celebration: Pastor Floyd Smith Jr: 4 pm; Guests Rev. Melvin Barnes of Greater Faith Fellowship

March 18

Flanders Rd Church of Christ Clothing Giveaway: 10 am to 1 pm; Clothing for all ages

10th Annual WAVE (Women, Artists, Visionaries, Entrepreneurs) Festival: Lourdes University Franciscan Center; 10 am to 5 pm; Celebrating success and accomplishments of women artist of the region; Over 50 exhibitors; Proceeds go to local charities: 419-824-3751 Fifth Annual Women of the World Symposium: Start High School; 8:30 am registration; Event from 9 am to 3:30 pm

March 19

Calgary MBC 28th Pastoral Celebration: Pastor Floyd Smith, Jr: 4 pm; Guests Rev. Roger Carson of Southern MBC NAACP-ACT-SO Rehearsal: Kent Branch Library; 1 to 2:30 pm True Vine 3rd Pastoral Anniversary: Pastor Jerome Graham; 4 pm; "Where He leads me, I will follow;" Guests Red. Cullian Hill and Greater Concord Baptist Church of Detroit: 419-539-9104 West Mission Area Chapter of the Commission on Racial Understanding: 4 to 6 pm; "Talking to children about race;" St. Andrew's Episcopal Church; Panelists – Rev. Karen Shepler, Maumee Valley teacher Sara Card, doctoral candidate Colins Imoh: CRUToledo.gmail

Brutha ... Can You Spare a Dolla?

By Lafe Tolliver, Esq

Guest Column

Well, it goes without stating that soon, around the city and county, criminal justice reform. the various politicos of all hues and persuasions, will be gearing up for their bi-annual binge of dishing out TV and radio ads about how you need to give them money so they can campaign to continue in office.

The ads will portray them smiling and grinning and touting their stellar records of accomplishments and they will glibly inform you that it is only through your charitable acts of financial support can they continue to fight the good fight. Of course, the fight is for them to remain ensconced in their political chairs.

Some of those fat cat politicos will be scheduling visits to your local place of worship where they will grace you with humble hearts and bowed heads to appear pious enough to earn your trust.

Some impressionable pastors will even give them a few minutes to commandeer the microphone to try to rouse you with a few words and remind you of what they have done and why they should be elected or re-elected.

Most will leave before the worship service is over so they can scamper off to their next already-late appointment at another worship facility to repeat the same mantra.

You may wonder out loud why any pastor would give them the time of day but then you gotta realize that some pastors are still under the deep sleep illusion or fantasy that if they associate with a fat-cat politico, they can possibly reap some political goodies if their guy or gal wins the election.

Such misguided pastors and shepherds of the sheep! They try, ever so often, to be politically relevant and hip while grabbing at any hastily-called photo-op with the grinning politico. They think that when it is time for the politico to dole out any goodies from his grab bag, they will be fondly remembered for their church time support.

Wouldn't you love to have a scientific survey, going back about 25 years to discover whether there is any direct correlation between being obliging pastors and getting any real life goodies for their support from the mayor's office or from City Council?

Aren't you curious to find out if the loyal black voting bloc, which seemingly marches in step to the commands from the political headquarters, gets any appreciable return for their compliant votes?

Now, more than ever, those above musings are in play because a white majority city has both a black mayor and five, count 'em... five! minority city council members.

According to anybody's counting, that is Black Power! baby.

But. Are those, "Super Six", are they flexing their political muscles for the black community in any measurable manner? Are they being creative or inventive to steer monies or resources to the "central' city?

Are they collectively strategizing for a common purpose of economic and political power or are they just in the dogfight simply to keep the city streets clean and the garbage picked up on time?

Who are you going to believe? Me ... or your lying eyes! Look around and discern the chronic status of the "inner" city and especially so in regards to economic under development, the chronic and dismal quality of the public school educational system and any meaningful

Do you see any verifiable results of the "Super Six" accomplishing any set goals or priorities or is it just the case of warming a City Council bench seat or a mayor's chair and getting a paycheck to boot!

I mean...come on! What good is political power or having strong political numbers if you are so timid and/or ignorant (lacking knowledge) to exercise it because you do not want to alienate your political handlers or any of the local media outlets?

IMHO....you are a bench warmer who will never get into the real game. And. You. Are. OK. With It?

Is it your thinking that if you keep your head down and your nose clean and make sure that the snow plows run on time and the weeds are tamed in the city parks, that you have done a great job and that you should be re-elected?

Am I right?

You know. Money is the mother's milk of politics. With it, you campaign to win and without it, you are in deep trouble to lose.

So, what can you do as a voter to make your fat cat politico move off of the dime and compel them to utter a peep that has any meaning?

Simple. Cut off their life line...the campaign donation. Tell them that unless they grow a backbone, don't come around 'grinning and skinning' for your \$50 bill.

Tell them that unless the Super Six collectively jettison their seemingly morbid fear of standing up and speaking truth to power, your financial womb will be sewed up.

To me, it is an acute embarrassment to have minority politicos scared of their own shadows when they do not collectively and aggressively promote a political agenda that benefits their constituents in a deliberate and visible manner.

Politics should be defined as the concerted acts of collecting economic benefits and distributing them in a manner that benefits the least amongst us. The well to do, do not need a doctor...the sick do; and if minority politicos are so blind to the glaring need of economic uplift that is needed in the "core" city, they need to get their heads out of the public trough and seek other means of prestige and income.

To have to even raise this topic repeatedly evidences a woeful lack of political sophistication and savvy among "our" elected officials.

Even sample writings of "confessions" and suggesting 11 "low hanging fruit" projects that they could undertake and come out smelling like roses have, to date, been met with total silence.

And yet. These politicos will wring their hands and lament the fact that Toledo is practically stillborn as it relates to keeping the young, gift and brightest of "us" to stay in Toledo or return to Toledo and be part of making Toledo a renaissance city.

How sad and tragic it is to have the levers of power literally in front of you...at your beck and call: and yet, by your inactions, you are confessing to having severe crippling arthritis in both hands! Contact Lafe Tolliver at tolliver@Juno.com



Who Should Be Afraid of Black Lives Matter?

By Colins Imoh

Guest Column

"Each generation must, out of relative obscurity, discover its mission, fulfill it, or betray it." - Frantz Fanon

 $\hfill\hfi$

It is the story that outlives the sound of war-drums and the exploits of brave fighters.

It is the story...that saves our progeny from blundering like blind beggars into the spikes of the cactus fence.

The story is our escort; without it, we are blind.

Does the blind man own his escort? No, neither do we the story; rather it is the story that owns us and directs us."

--Chinua Achebe, Anthills of the Savannah (1987)

The celebration of Black History Month is a call for reflection on the role of people of color in the development of the US and a call for the telling of the story of those people.

Chinua Achebe, writing on the beauty of telling our stories, admonished us that we have a responsibility to remind ourselves constantly where we come from. We do not own the story, but it is our guide.

If we forget our history, we die. However, we should not dwell in the past, but it should be part of the learning curve, recalling the words of Ronald Wright that "Each time history repeats itself, the price goes up."

We should be guided by the lessons. They are a constant reminder of our role and place in the scheme of things.

Leslie Marmon Silko, in the epigraph to *Ceremony* (1977) wrote: "I will tell you something about stories...They aren't just entertainment... They are all we have...to fight off illness and death. You don't have anything if you don't have the stories."

What is our story? How should we tell our stories? Where should we



begin? Our stories will help us appreciate the phenomenon called black lives matters. This has been quite a controversy, casting fear on some, and excitement and liberation for others.

How can a movement drive such contrasting emotions? Should we be afraid or should we celebrate? Only time will tell, but we should tell our story.

The story of America is a tale of survival. It is the fascinating story of a people who rose above the vicissitudes of life to achieve the dream of a prosperous society. They had to



Colins Imoh

travel across oceans to a land they did not know and to an uncertain future.

There were two classes of people who made this journey. One group came voluntarily, the other made the voyage against their will.

The first group came voluntarily for various reasons ranging from curiosity, to desperation, to a sense of survival to avoid prosecution in their former country or simply to find a new life.

There were also the reluctant voyagers who were uprooted from their ancestral homes against their will, often violently, to travel to the new land to bring a profit for the slave merchants, plantation owners or anybody who could afford them.

It is a sad tale for the reluctant travelers. Only the brave would survive, but the nightmare of the sea trip was unending as their lives were not rosy in the new land. They had to endure various humiliations and hardships.

These are the people of color. The voluntary voyagers were people of the dominant culture: they were sometimes ruthless visionaries, conscious of their desires and brutally aggressive in acquiring them, subduing any obstacle on the way.

Native Americans, Mexicans and others have devastating stories about how their land was taken from them. The nation's power and economy stem from such acquisitions, leaving the victims disenfranchised.

This is the story of America – two sets of people coming into the same space with different motives, advantages and power structure. The means of this engagement had a profound effect on the parties; it is a contributing factor to the life situations of the parties.

How do people of color tell their stories to empower them and future generations to be great?

Chinua Achebe provides a clue, he wrote: "It is the story...that saves our progeny from blundering like blind beggars into the spikes of the cactus fence."

The story should counter the discourses of the dominant culture. It should provide a critical and interpretive framework of the situation of the people from philosophical, sociological and historic perspectives. The structural and systemic impediments to the lives of people of color is not based on the lack of effort by the people but by the lack of collective political will to change the situation. Thereby placing the people at a disadvantage from the beginning.

... continued on page 5



Gabriel Seeks Second Term on Toledo City Council to Help Seniors and Fix Budget

Special to The Truth

Saying she wanted to continue to be a voice for seniors and she wanted to help fix a flawed financial system, Toledo City Councilwoman Theresa M. Gabriel pulled petitions on Monday, February 27, 2017 to seek a second four-year term.

Gabriel, an independent, was elected in November 2013 with 19,376 votes. She is the chairman of council's Public Safety and Criminal Justice Reform Committee and vice chairman of Water Quality, Streets & Infrastructure.

In 2013, Gabriel ran on a platform of representing seniors on city council. She said that continues to be her goal if elected to a second term.

"Senior citizens in Toledo need to have continued representation. I want to be the person to represent them so that they have all the information they need on issues where they have concerns. That is my passion," she said.

Additionally, Gabriel said she is deeply concerned about the City of Toledo's financial system which she said needs attention from Council.

"We need to work more as a team to follow-up and do more to work with the administration. When council approves ordinances we need to follow through to make sure the equipment is purchased instead of being left in the dark to see if that's going to happen. When council approves ordinances to fill vacancies and the administration decides not to fill the position, then inform us. This creates less hostility between employees, organized labor, and the citizens of Toledo so they can understand why pot holes aren't being filled, why crack sealing is not being done, why alleys are not being cleaned, and all the other issues that concern our taxpayers."

Gabriel said her Public Safety and Criminal Justice committee has had some success stories over the past four years with new police and fire classes. However she sees plenty of work for council when it comes to water related issues and the city's infrastructure especially the streets.

Gabriel has over 60 years of community service on a local, state, regional, and national level. In fact, last July she was given an award for 50 years of volunteer service to the NAACP.

Gabriel has over 20 years of business experience and over 30 years of experience working with organized labor CBTU, AFSCME Local 7, and AFSCME 2058. Her 47 years of public sector experience included positions with the City of Toledo as commissioner of Streets Bridges and Harbor, director of Parks and Recreation, as well as director of Human Resources, and assistant chief of staff.

City Council – At Large candidates need to have 250 valid signatures to get their name on the September 12 primary ballot. The deadline to file is July 14. The top 12 City Council candidates move on to the November General Election.





Black Lives Matter... continued from page 4

There is no need to be afraid of the black lives matters movement for those participants are harmless, just playing the role of advocating for the plight of the black folks. There are not as ruthless as the earlier settlers.

In the words of **Frantz Fanon**, "Each generation must, out of relative obscurity, discover its mission, fulfill it, or betray it."

The mission of BLM is the transformation of society. The role is to bring the plight of people of color to the surface for it to be resolved and transformed. It should be positive for the society. It is not and should not be conceived as confrontation by people of color against the dominant culture. NO!

It should be seen as an act of love, as Paulo Freire would conceive it. It is the oppressed helping the oppressor to be free of the shackles that constrain the oppressor.

Stories give freedom that empowers the oppressed to be human again. The oppressed can liberate the oppressor by restoring their humanity by standing against oppression.

This was captured by Freire: "The central problem is this: How can the oppressed, as divided, unauthentic beings, participate in developing the pedagogy of their liberation? Only as they discover themselves to

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Education Section • Education • Ed

Author Jennifer Teege to Speak in Toledo

Special to The Truth

The Jewish Federation of Toledo, Holocaust Center of Toledo and the Toledo Lucas County Public Library present author Jennifer Teege for a special lecture on Wednesday, April 5 at 7 p.m. at the Franciscan Center of Lourdes University, 6832 Convent Blvd., in Sylvania. Teege will speak about the book she penned – *My Grandfather Would Have Shot Me: A Black Woman Discovers Her Family's Nazi Past*. The event is free and open to the public.

When Jennifer Teege, a German-Nigerian woman, happened to pluck a library book from the shelf, she had no idea that her life would be changed forever. Recognizing photos of her mother and grandmother in the book, she discovers a horrifying fact: her true ancestry. The daughter of a German mother and a Nigerian father, Jennifer Teege was placed in an orphanage when she was four weeks old and then adopted by a German couple. It was not until her mid-30s that she inadvertently learned of her family's complex and unusual history.

When she randomly picked up that library book which revealed her biologic lineage, suddenly Teege's whole sense of self changed irrevocably. Recognizing photos of her biologic mother and grandmother in the book, she discovered the devastating fact that had been hidden from her – her grandfather was Amon Goeth, the SS officer and concentration camp commandant so chillingly and accurately depicted by Ralph Fiennes in the film *Schindler's List*. Goeth was the Nazi who headed the liquidation of the ghettos in Tarnow and Krakow, a man known and despised the world over as the Butcher of Plaszow.

In her book, My Grandfather Would Have Shot Me, Teege comes to





Jennifer Teege

grips with the realization that if her grandfather, who began his mornings with random shootings of camp prisoners from his balcony, had met her – a black woman – he would have had no qualms about shooting her.

Amon Goeth was executed in 1946 after being found guilty of war crimes by the Supreme National Tribunal of Poland.

Jennifer Teege embodies how the Holocaust and its history continue to be relevant across the lines of genealogy, race, and nationality.

For more information contact Sharon Lapitsky, Director, Jewish Community Relations Council, Jewish Federation of Greater Toledo at sharon@jewishtoledo.org

The Sponsors

The Jewish Federation of Toledo supports and enhances the health, welfare, education, spiritual life, unity and continuity of the Jewish community of Toledo, the surrounding areas and Klal Yisrael, the world community of Israel with services and programming consistent with Jewish values.

The Ruth Fajerman Markowicz Holocaust Resource Center of Greater Toledo was established in 1980 and provides information, materials, workshops, speakers, scholarships to teachers, students and the general public. The resources include books, periodicals, curricula, audio-visual materials (oral histories) dealing with the Holocaust, anti-Semitism and current events.

The Toledo Lucas County Public Library is the area leader of information, education and inspiration. By providing an open and equitable access to our collection, all of northwest Ohio can enjoy "The People's University" and the home to the fifth largest collection in the state of Ohio.

Domonique Glover: Still at the Top of the Class

By Linda Nelson

Sojourner's Truth Reporter

On the surface it seems as if Domonique Glover's life is an exercise in contraries. In 2004, Glover - now a math teacher and tutor at Horizon Science Academy, and a principal dancer and contemporary jazz instructor with the Toledo Ballet - left Toledo for a future full of promise as a student at Morehouse College in Atlanta Georgia, and the dream of becoming a pediatrician.

"I was always literally at the top of my class," said the young man who graduated from Scott High School with a 4.56 GPA. At Scott, Glover was given the unusual honor, as a male, to serve as class valedictorian. And by the time he finished high school, he had elicited bursaries from multiple local organizations and a renewable scholarship from Morehouse.

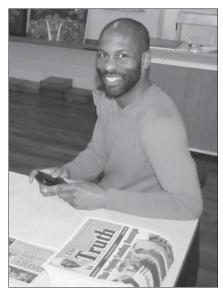
Glover's future was bright and he unstoppable when he delivered a memo of hope and encouragement to his high school class offering them the advice he'd grown up hearing - to help them navigate the waters they would encounter outside.

"I tried to share with my classmates that success isn't just about getting everything that you want," said Glover. "Sometimes you have to fail and fall and falter, but you get back up and you keep fighting for what you want and you keep going for your dreams.'

At the time Glover had no way of knowing that the root of the message he'd given to his high school classmates would also serve him in his own journey at Morehouse.

"About a year and a half in, chemistry just wasn't clicking for me," said Glover. "I don't remember when the seed was planted in me but we were basically told as children that a high school diploma was not enough, and that we weren't finished with school until we at least earned a bachelor's degree. It wasn't forced on us but it was highly encouraged and rewarded, and after a while that ethic became instilled in us and second nature."

So Glover reassessed his objective, and



switched his major to math. "Something I always enjoyed and was good at," he said. Math was the skill that he knew wouldn't fail him. "There are certain things that I consider gifts," said Glover. "It's my ability to take mathematical information, and retain that information, process it, and explain it to someone else."

Glover was back on track academically. And then came the dancing.

On a whim, he says, he joined a dance troupe "Just

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NANBPWC Founders' Day Celebration Honors Educators

Sojourner's Truth Staff

The National Association of Negro Business and Professional Women's Clubs, Inc, Toledo Club opened Women's History Month in grand style, holding its annual Founders Day celebration on Sunday March 5 and honoring area school principals.

The club's 52nd annual Founders' Day and Women's History Month celebration featured the theme "Women Trailblazers in Labor and Business," reflecting the Association's focus on leadership, entrepreneurship, technology and service (which includes health, education, employment and economic development – H.E.E.D.).

This year's program honored seven Toledo Public Schools principals and, as usual, the Sojourner Truth Award Recipient. This Sojourner Truth honoree for 2017 was State Senator Edna Brown.

The seven honorees were: Janice Richardson, principal of Garfield Elementary School; Herneika Johnson, principal of Grove Patterson Academy; Katherine Taylor, principal of Navarre Elementary School; Martha Jude, principal of Gunckel Elementary School; Teresa Quinn, principal of Ella P. Stewart Academy for Girls; Kathy Gregory, principal of the Old West End Academy and Angela Hickman-Richburg, principal of Rosa Parks Elementary School.

Brown, senator for Ohio's 11th Senate District and the Senate's Minority Whip, spent 32 years as an employee with the City of Toledo. After an eight-year tenure on Toledo City Council, she was appointed to the Statehouse in 2002 to fill a vacated seat in the Ohio House of Representatives. She was elected to the State Senate in 2010 and reelected in 2014 to a second four-year term.

She has been particularly active in Columbus in promoting the concept of a "no excuse" absentee voting for Ohio and in introducing legislation addressing violence in teen dating relationships. For her legislative accomplishments, Brown has been honored with the Jack Wolfe Memorial Award as one of two "Legislators of the Year."

The NANBPWC. Inc Toledo Club was founded in 1964. The club's major project over the past 50 years has been hosting the Debutante Cotillion. Club member Wilma Brown has been the Cotillion chairman for over 30 years.

In attendance at this year's Founders' Day celebration was LaTaunya Conley, governor of the North Central District of the NANBPWC, Inc.

Denise Black-Poon is president of the Toledo Club, Tyra Smith-Gabriel is the chairman for the 2017 Founders' Day Committee and Kevon Snodgrass is president of the Youth Club. Other officers include: BJ Tucker, first vice president; Frances Collins, PhD, second vice president and youth advisor; Ethel Scott, director of membership; Wanda Terrell Galloway, corresponding secretary; Clara Brank, recording secretary; Barbara Tucker, parliamentarian and Wilma Brown, treasurer.





Katherine Taylor, Angela Hickman-Richburg, Kevon Snodgrass, LaTaunya Conley, Denise Black-Poon, Kathy Gregory, Teresa Quinn, Martha Jude, Janice Richardson



Kevon Snodgrass, LaTaunya Conley, Tyra Smith-Gabriel, Denise Black-Poon



State Senator Edna Brown

NANBPWC Celebrated National Heart Month by Wearing Red

Special to The Truth

The National Association of Negro Business and Professional Women's Clubs – Toledo Club celebrated the month of February with love by honoring the National Heart Month "Go Red" Health Initiative. In recognition to heart healthy month. These business women wore red for several programs in support of the month.

The Toledo Club Sisters wore red on National Wear Red Day which was Friday, February 3, 2017 marking 14 years of the "Little Red Dress "and on Saturday February 4 at Indiana Avenue Missionary Baptist Church for the Cotillion Screening. The "Little Red Dress –GO RED" was initiated to bring national attention to the fact that heart disease is the number one killer of women and to bring awareness to everyone. The Little Red Dress shows the clubs support in the fight against heart disease.

On Tuesday February 7, 2017 the NANBPWC, Inc. - Toledo Club wore red again at the Girl Scout Building as Donna Todd, club health chairman, spoke on hyperglycemia and provided information from Novo Nordisk on high blood sugar and low blood sugar which can be a link that disturbs the flow of blood to the heart. She stated causes for low blood sugar are: taking certain medicines and eating too few carbohydrates, or skipping or delaying a meal, taking to much insulin or diabetes pills (ask your diabetes care team if this applies to you) or being more active than usual.

Some signs and symptoms when your blood sugar is low: you make be shaky, sweaty, dizzy, sudden behavior change, hungry, weak or tired, headaches, nervous or upset. If low blood sugar is not treated, it can become severe and cause you to pass out.

Some causes for high blood pressure (also called hypoglycemia) is when there is too much sugar in your blood. Over time it can cause serious health problem. High blood sugar can happen if you: skip a dose of insulin or diabetes pills, eat more than usual, are under stress or sick. Here are signs and symptoms of what may happen when your blood sugar is high; very thirst, need to pass urine more than usual, very hungry, sleepy, blurry vision, infections or injuries heal more slowly than usual.

This is only one of many causes that cause heart problems and needs not to be overlooked. Researchers from the University of Sheffield found that overnight hypoglycemia was associated with increased susceptibility to cardiac arrhythmias in patients with type 2 diabetes who had a history of cardiovascular disease. This population is similar to the subgroup that experienced a higher than expected mortality rate in the Action to Control Cardiovascular Risk in Diabetes (ACCORD) study.

Perryman...continued from page 2

ment in a 21st century water management system that is smart, clean and energy efficient.

Also, the interest rates paid for bond financing would be much lower based upon the inclusion of suburban communities, rather than the higher costs likely to be required should the City of Toledo attempt the massive project alone.

And finally, as an administrator close to the project marvels, "Tell me what everybody's big attraction is to having the responsibility of running a billion dollar plant that takes chemicals, and the intense scrutiny of the EPA all the time. Take it from me, water plants are a pain in the ass to run, plus you have to carry the bonding and indebtedness of the plant on your books.

"And then City Council gets stuck having to raise the rates. Politically, it's no fun. Operationally, it's a pain, and financially, you're carrying a lot of debt on your books.

"With a shared governance structure, you can offset all of that and not allow the emotional thing of 'I own the water plant' lead you into possible bad decisions."

Contact Rev. Donald Perryman, D.Mni, at drdlperryman@centerofhope-baptist.org



Researchers note that these new findings may also shed light on the "dead in bed" syndrome experienced by people with type 1 diabetes, who often experience high rates of nocturnal hypoglycemia that can lead to death.

The Toledo Club of the National Association of Negro Business and Professional Women's Clubs, Inc. wished everyone a Heart Healthy Month. So GO RED for Heart Health and they suggested that each family member learned his or her family health history.



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Getting Back to Basics: The Lost Art of Writing Things Down

Special to The Truth

In this digital age, you may go days without using a pen and paper, but there are many reasons to skip the devices and stick to writing things down. From staying organized to planning your week to tracking career growth, here are a few things to take note of when it comes to taking notes.

· Taking notes in longhand can help you retain more information, suggests a study from Princeton and UCLA, as taking notes makes you more likely to process the information and reframe it in your own words. Not only that, your notepad is likely to contain fewer distractions than your laptop, tablet or phone.

· Look professional and stay organized at your next interview or meeting. Taking notes will make you look engaged and interested in what is happening, and a professional planner and/or notebook are must-have workplace accessories. Brands like AT-A-GLANCE offer professional, yet stylish planners, matching desk pads, notepads and wall calendars in a variety of styles and formats. Visit MyAtAGlanceStory.com for organizational inspiration.

· Making comments in your notebook or planner helps you become the publisher of your story, capturing your life's moments along the way. These are tools that help you look back on events in a tangible way.

• Rid yourself of the ever-present stress that comes with a busy life. Seeing everything written down will give you a sense of control. You will feel confident in knowing you have it all set, and keeping a record of your tasks in one location gives you an easy, organized way to get a grasp on your days.



• Using a planner to track your schedule can actually help you find missing time. You will have a better grasp on what is coming up and may even see a break that leaves you time to schedule dinner with a friend, try that new recipe you've been craving, or time to search for that special birthday present you need for the party this weekend.

• Increase productivity by maximizing the 24 hours that you have. Seeing everything on paper will help you plan and prioritize. Having "scheduled downtime" can help you to know when to go full steam ahead and when to take a break and unwind for a bit.

• Tracking in one place can also help prevent committing to things you can't do. Wall calendars for the house are a great tracking tool for multiple schedules, helping day-to-day tasks run smoothly.

• Whether you're planning a wedding or a work conference, a planner is among the most important assets you can use to aid your efforts, helping you keep track of all the details, large and small.

Find a favorite pen and a favorite planner, and get back to basics. It may have been a little while since you relied on paper, but you may find that writing things down helps you keep better track of all of life's little details and makes you the publisher of your own story.

NDA Offers Early Bird Discount for Summer Academy Camp Registration

All-Girl Camps Include Discovery, Academic and Athletic

Special to The Truth

Registration for NDA's Summer Academy camp registration opened on February 1. Notre Dame Academy is offering a \$25 early bird discount on discover and academic camps for those who register at www.nda.org before March 31. There are a variety of Athletic, Discovery, and Academic, opportunities for girls entering grades K-12 in the fall 2017.

Back by popular demand are the Safe Sitter® program, Fused Glass, Art, Sew Creative, Italian Cooking, Make It Bake It Take It, Self Defense, Theater, Dance camps and more. New this year NDA will be STEM Girls, CSI I and II, and Coding I and II.

The NDA Eagles, 13 time All-Sports Champs, will host a variety of sport camps that will include volleyball, lacrosse, soccer, basketball, golf, softball, fencing & archery, and rowing!

NDA is also offering academic camps. Middle school girls can maintain their academic skills in seventh/eighth grade Math/Writing Tune-up. High school classes include Robotics, Study Skills, ACT Prep, Health, U.S. Government, and Physical Education.

Visit nda.org to register or view a full listing of NDA Summer Academy camps.

Owens to Host Fine and Performing Arts Networking Fair

Special to The Truth

Owens Community College will host its annual Fine and Performing Arts Networking Fair on Thursday, March 16 from 9:00 a.m. to 4:00 p.m. in the Rotunda at the Fine and Performing Arts Center on the Toledo-area campus.

The Fine and Performing Arts Networking Fair is an opportunity for students, faculty, alumni and community members to attend workshops by and network with professionals in the Fine and Performing Arts industry.

Keynote Speakers include Scott Greggory of Mad Avenue Group and Robin Reeves, Founder and President, Reeves Etiquette and Image Consulting.

For a full schedule of the day and to register, please go to: www.owens.edu/fpa/network or call 567-661-7081.



Robin Reeves

University of Toledo Gets State Nod for over \$800,000 Toward Campus Renovations

Pair of projects will upgrade technology, weatherproof campus buildings

Special to The Truth

State Rep. Michael Ashford (D-Toledo) last week announced the release of over \$800,000 in state funds to the University of Toledo for a pair of renovation projects. The state funding was approved this week by the state Controlling Board, a panel tasked with oversight of state spending.

The university received \$700,900 to upgrade and replace fiber optic cables between various building on the north side of the main campus. The existing fiber cabling is over 30 years old and in poor condition, causing hardware failures and limiting network services.

"As information technology rapidly advances, it is critical for our universities to maintain a modern learning environment that can deliver a firstclass education to Ohio's next generation of innovators," said Ashford "I am pleased the state is partnering with the University of Toledo to invest in technologies that will keep them competitive in the 21st century."

Ashford also announced last week that the university has received \$128,200 in state funds to weatherproof multiple buildings on several UT campuses, including the North Engineering Building, Snyder Memorial, the Health Science Building, Bowman-Oddy Laboratories and the Law Center, among others.

"The successful completion of this project will help ensure UT students have access to safe and comfortable learning environments no matter where they are on campus," said Ashford.

The university will contract with Sylvania-based Stough and Stough Architects LLC to complete the project, which will involve roof replacements, as well as the cleaning and/or replacement of doors, masonry and window glazing to eliminate existing or potential leaks.

Domonique Glover... continued from page 7

for kicks. I felt old because I started so late," he said. "But most of the people who are gaining notoriety are in my age group."

And for the next two years, he travelled and performed with the ensemble throughout the state of Georgia. He'd found his niche and began training technically in jazz and ballet before joining the Spelman Dance Theater Company and being promoted to principal dancer.

Glover graduated from Morehouse College with a Bachelor of Science degree in mathematics, and in 2009 he found himself back in Toledo.

He described his last year at Morehouse as "A faltering year that was very tough. I needed somewhere to go where I had support and a safety net."

And it's here in Toledo that his life as a dancer and his life as a teacher begin to intertwine.

"I want all of it," Glover said. "Whether people remember me as Dom, Domonique or Mr. Glover, as a dancer, I want people to say 'he performed from his heart and I loved performing with him.' And as a teacher, I want my students to say that I was tough on them, 'but he helped me understand math. I didn't get it before, but now I understand why.'" address the hurdles that affect his students.

"Many of the barriers that I see in my math students, regardless of ethnicity, are the stats that affect their learning abilities and are out of their control," said Glover. "When kids can't get to school on time, or have homework and their parents are working or busy and can't help, it has an impact on learning."

And as a dancer and instructor, Glover knows the benefits that discipline and hard work can bring when life is tough. He talked about his most memorable role as lead dancer in Stravinsky's production Rite of Spring. "We had to walk around and dance on the apron. That's the part of the stage that nobody really wants to touch because it's a small lip on the stage and you're out of the light. It represented everything that I was going through in my life at the time and culminated into one emotional, meaningful, moment for me."

What's next for Domonique Glover? More auditions and an upcoming role in Cabaret. "And hopefully in the very near future I'll be able to do more productions outside of Toledo," he said. He'd also like to see a greater push for the arts in black and Hispanic communities.

And then there's the teaching, of course, which will include a teaching role, for him, in the Toledo Ballet's After School dance program at the Boys & Girls Clubs beginning October 2017.

As a math teacher, the fluidity he cultivates as a dancer helps him see and

Dancing, instructing, teaching ... a future as bright as it ever was!

Special Guest Speaker Toni Epperson, Hosted by Singer/Songwriter Monique TaChae

Special to The Truth

In recognition of the 12th annual observance of National Women and Girls HIV/AIDS Awareness Day on March 10, 2017, local singer and women's advocate, Monique TaChae will be hosting an HIV/Aids event to bring women together to help raise awareness of HIV/Aids in Women and Girls. To shed light on the impact of HIV and AIDS on women and girls, every year on March 10, and throughout the month of March, national and community organizations come together to show support for women and girls impacted by HIV and AIDS.

According to Lucas County HIV/Aids statistics, HIV infections among Lucas County women and girls continue to decrease. The Toledo Health Department encourages women and teenage girls in Toledo to learn about the risks of HIV/AIDS and take action to protect their health, including getting tested for HIV. Jerry Kerr, HIV/STD Prevention Coordinator of Toledo-Lucas County Health Department said this is the time to keep up the HIV awareness in order to continue to have the lowest HIV infection rate for women and girls in all of Ohio.

The NWGHAAD event program includes special guest speaker Toni Epperson sharing her son's journey who battled with HIV, resource information about HIV/Aids, music and entertainment from Monique TaChae, local Saxophonist Charlotte, Beacon Dance ministry and many other local talents.

Other community volunteers include Young Women of Excellence (YWOE), Delta Sigma Theta Sorority Inc, Toledo Pregnancy Center and The Kitchen Salon. The event will be held at Beacon International Church (Time Square Dinner Theater), 1664 W. Bancroft Street on Friday, March 10, 2017 from 6 p.m. – 8 p.m. Doors open at 5 p.m. The event is free and open to the public.

Today, about one in four people living with HIV in the United States is female. Only about half of women living with HIV are getting care, and only four in 10 of them have the virus under control. The National Women and Girls HIV/AIDS Awareness Day (NWGHAAD) wants to em-

power women and girls to make the best choices when it comes to sex. Abstinence is the surest way to avoid HIV, but if you decide to have sex, there are simple, effective steps to protect yourself and others from HIV.

"Through music, my ultimate goal is to uplift and strengthen women, young and old," said Monique TaChae. The local singer has a fan base called BRATS which stemmed from being constantly told that she favors the American fashion Bratz doll that she transformed into something uniquely positive. BRATS is the acronym for Be Real And True to Self, encouraging confidence, integrity and truth of who you are no matter what others think.



Monique TaChae

"If you have a friend who is sexually active, don't be afraid to grab them and go get tested together. You truly know yourself when you know your status," she said. Women face unique HIV risks and challenges that can prevent them from getting needed care and treatment. Addressing these issues remains critical to achieving an HIV- and AIDS-free generation.

For more information, contact event organizer Monique TaChae, 419-215-4373, moniquetachae@gmail.com, https://www.facebook.com/ events/264548490641929/

Advocates Needed for Residents Living in Northwest Ohio Nursing Homes

Long-Term Care Volunteer Ombudsman Program Scheduling Spring Classes

Volunteer to be a voice for the powerless. The Regional Long Term Care Ombudsman Program at Advocates for Basic Legal Equality, Inc. (ABLE) is seeking volunteers to help provide advocacy services **to residents living in long-term care homes** located in your county. Training classes are being scheduled for Spring, Summer, and Fall. Those interested in volunteering for this program should contact the Long-Term Care Ombudsman Program Volunteer Coordinator at 419-259-2891 or 1-800-542-1874 tollfree or volunteer@ablelaw.org. Volunteers must be at least 18 years old and currently not employed with a long-term care provider.

In 1978, The Long-Term Care Ombudsman Program was mandated by the Older Americans Act to serve as a visible advocate for long-term care consumers. Improving the quality of life and quality of care for consumers receiving long-term care is the mission of ABLE's Long-Term Ombudsman Program. This program is part of a statewide network of programs

Black Lives Matter... continued from page 5

be 'hosts' of the oppressor can they contribute to the midwifery of their liberating pedagogy. As long as they live in the duality in which to be is to be like, and to be like is to be like the oppressor, this contribution is impossible. The pedagogy of the oppressed is an instrument for their critical discovery that both they and their oppressors are manifestations of dehumanization."

Such change is accomplished by acknowledging the situation and working for transformation for the oppressed and the oppressor. It is a work of love driven by freedom which is actually the beginning of change. The oppressed in solidarity need to realize the workings of the oppressor and not internalize their behavior. The oppressed should not accept their fate

Volunteer to be a voice for the powerless. The Regional Long Term Care mbudsman Program at Advocates for Basic Legal Equality, Inc. (ABLE) seeking volunteers to help provide advocacy services **to residents livused that advocate**, investigate and seek resolution for resident concerns. Volunteers are essential to Regional Long Term Care Ombudsman services. They extend the capacity of the program by establishing a regular presence in the long-term care facilities of northwest Ohio.

Volunteer Ombudsmen are trained before entering a facility. They receive certification through the Ohio Department of Aging following the 16-hour initial training and a Bureau of Criminal Investigation Check. The training is designed to assist participants in becoming effective advocates for nursing home residents. Once certified, volunteers contribute a minimum of four hours each month at an assigned facility.

Approximately 13,000 individuals reside in the three hundred and sixty long-term care homes located in the program's 10-county service area, which includes Defiance, Erie, Fulton, Henry, Lucas, Ottawa, Paulding, Sandusky, Williams, and Wood Counties.

as the act of God. The oppressor wants the oppressed to accept the status quo. Story telling as education acts as both a leverage and a tool for change. The oppressed need to come to that realization in order to break away from their present situation.

It is not something to be imposed from afar but a product of reflection. Liberation implemented by conscious beings is an act of love; it is the action to transform the world. The hope is that BLM should lead this process. Their work is an act of love!!

Colins Imoh is a doctoral scholar at the Department of Educational Foundations & Leadership at the University of Toledo. He can be reached on imohcolins@gmail.com. His area of interest is multicultural movement, diversity and peace. He believes that if people work together in solidarity, there will be a more peaceful world.

Madame President: The Extraordinary Journey of Ellen Johnson Sirleaf by Helene Cooper

c. 2017

Simon & Schuster

\$27.00 / \$36.00 Canada

336 pages plus extras

By Terri Schlichenmeyer

The Truth Contributor

Your friends follow what you have to say.

Whether on social media or otherwise, they listen to you and understand, ask your opinion, seek your wisdom, and look to your lead. With them, you live a good life. Have followers like those, as you'll see

in *Madame President* by Helene Cooper, and you can change the world.

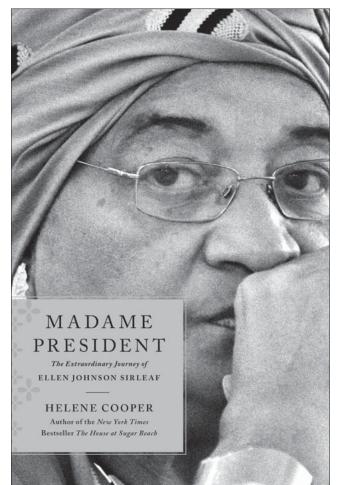
"This child will be great."

Roughly translated, that's what a local prophet said about Ellen Johnson when she was born in Liberia in October, 1938. Those words were repeated in praise and in sarcasm as Johnson grew up, but no one had any idea then how right the man would be.

Though illiteracy was very common in Liberia, Johnson's parents strove to educate their children in a manner befitting their upperclass status. Johnson expected to go to Europe for college but when her father fell ill, she knew that college would no longer be possible. Instead, she married Doc Sirleaf, a man several years her senior.

The babies started coming almost immediately; shortly after their fourth son was born, Sirleaf and her husband seized an opportunity to go to America, to Wisconsin for college. Leaving her children was difficult for Sirleaf, but it wouldn't be the last time. It would, however, be a few years before she'd leave her abusive husband.

By then, she was working for Liberia's Treasury Department and it was obvious that there were problems. Politically and socially, things had been shaky for some time, in part because of a two-tiered society



that wasn't functional anymore. Sirleaf attempted to continue working in-place but her connection to Liberia's controversial president Tolbert made her vulnerable, so she applied for a job in America with the World Bank. It, and that she was

a native Liberian, probably ultimately saved her life.

In 1980, following the government's overthrow and Tolbert's murder, Sirleaf continued being vigilant while working for the new president as well as for World Bank. She knew she could do more if she stayed in-country



Author Helene Cooper photo courtesy Leslie Cashen

during Liberia's civil war, but her eventual outspokenness was consequently perilous: for her rebellious actions, she was jailed in 1985, which outraged the country's market-women.

They helped get her released. It would be two decades before they'd get her elected.

Whew. Reading *Madame President* very well could wring you out.

Starting with birth and a basic history of Liberia, author Helene Cooper takes us through a half-century of turmoil with a woman who, considering what surrounded her, possessed grit and guts. Cooper tells Sirleaf's story as one that's triumphant but also brutal and raw, with violence in a little too much gruesome detail; still, despite that those parts are uncomfortable to read, they inherently tell readers more about who Sirleaf is and why her Presidency is so remarkable.

Though you'll cringe often when reading this, it's a book that'll make you want to cheer, too. World history buffs will truly enjoy *Madame President*, as will fans of international politics and women's issues. And if that's you, then it follows that you'll love it, too.



The Sojourner's Truth



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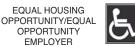
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Notice to Bidders: Inquiry # FY17-56, (Project # 0051-17-168) for North Engineering HVAC Systems Replacement for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction. Plant Operations. Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, March 28, 2017. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$60.00 will be charged per set. Any further information may be obtained from Scott Hoffman of AGM Energy Services at 419-491-1030. One Pre-Bid Conference will be held on Tuesday, March 21, 2017 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: \$850,100.00; Breakdown: HVAC: \$770,100.00; Electrical: \$80.000.00.

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SEALED PROPOSALS for bidding on Metroparks Belt House Site Improvements, 5602 Swan Creek Drive, Toledo, Ohio 43614 will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Lane, Maumee, Ohio 43537 Friday, March 31, 2017 at 3:00 p.m. local time.

THE SCOPE OF WORK consists of site improvements adjacent a new Metropark facility in a residential setting. General construction includes select demolition, earthwork, site drainage, asphalt drive and lot, concrete walks, site amenities and landscape plantings. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$20 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com

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

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

THE BOARD OF PARK COMMISSION-ERS OF THE METROPOLITAN PARK DIS-TRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

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The Sojourner's Truth

March 8, 2017



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