



Volume 48, No. 5 *"And Ye Shall Know The Truth..."* January 3, 2018

Whittington Realty's New Shop



Regina Whittington, Mayor Paula Hicks-Hudson, Emory Whittington

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The Big Picture

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

The Truth Contributor

To do something together without a whole lot of jealousy or envy, we've got to keep our eyes on something bigger than us.

- Cornel West



The Lucas County Democratic Party is currently consumed with the Webb vs Ashford appointment battle for Lucas County Treasurer.

The decision, however, should be a no-brainer should the screening committee use the common sense criteria that they have traditionally used – executive experience, budget management experience, electability, fundraising capacity and political contacts.

Very few politicians in northwest Ohio have the political and professional resume of Michael Ashford. A prolific fundraiser and supporter of numerous campaigns for other Democratic Party candidates, the former Toledo city councilman has 40 years of non-profit experience with 23 years as executive director or vice president and previous budget oversight from \$1.1 to \$33 million.

In addition to serving as a leader of the minority party in the Ohio Legislature where he represented 4.3 million Democrats, Ashford has also been responsible for direct staff supervision of up to 100 employees and possesses an in-depth understanding of HR, EOC, civil rights, property management and payroll budgeting.

Yet the strength of Ashford's resume and contributions to the party both in Toledo and Columbus hasn't cooled Webb's determination to pursue the appointment for County Treasurer, a quest that one political insider finds irritating.

"Lindsay wanted to run against endorsed candidate Phil Copeland for County Recorder. She has tried to get Vallie Bowman-English's seat while she was in office, so she only goes after black folks. She tried to close Wilson Pool and open up Detwiler so the St. Ursula girls could have a place for their rowing team. The Wilson kids would then have to walk two miles to swim. She had a deal with Trump supporter Waniewski a few years back called Nine is Fine which would have reduced 12 city council seats down to nine and in all likelihood eliminated most, if not all, current black councilpersons," the insider complained.

How does Ashford feel about Webb's challenge?

"The State of Ohio has other issues to deal with," he says. "We've got to deal with women's health issues. We've got jobs and the economy, we've got educational issues where our public education is being challenged by our charter schools where they get more money but have different requirements. The utility companies are doing cost recovery on you without giving additional service. We've got other issues. We've got infrastructure issues where our neighboring states are adding \$250-300 million into construction of our

roads and highways. The State of Ohio is at a crisis and we all have to work as a team, whether we work from the Treasurer's or the State Legislature," he maintains without answering the question directly.

Yet, he agrees with the need for a progressive thinker who brings an enormous amount of experience.

Perhaps, reading between the lines, what becomes clear is that with a critical gubernatorial election scheduled for 2018, the Party is not eager for an internal fight.

The bigger picture, from the standpoint of the Democratic Party, appears to be 'Let's get a Democratic governor and administration elected' so we can return local government resources to Toledo that have been squeezed by the Republican-led state and federal government.

Meanwhile, there is a plan with an orderly landing spot for several hopefuls that will unify the party if buy-in from office hopefuls such as Webb,

... continued on page 4

Community Calendar

January 15-16

Lourdes University MLK Tribute: 8:30 am Mass on Monday; 4:30 pm Commemoration and Prayer Service in honor of MLK in Mother Adelaide Hall

January 20

FREE "I Got a Lust for Life": The Unique Words and Sounds of Southeast Michigan and Northwest Ohio

Jan. 20: 10 a.m.-7 p.m., various locations

Fifty-three miles separate Detroit, Michigan and Toledo, Ohio – two Midwestern cities that have produced some of America's most stirring and enduring words and sounds. "I Got a Lust for Life": The Unique Words and Sounds of Southeast Michigan and Northwest Ohio is a free, one-day public program with panels, musical performances and literary readings in both cities.

Panel Discussion: Ben Blackwell, John Gibbs Rockwood and Ramona Collins

10 a.m., Wayne State University Schaver Music Recital Hall

Poetry Reading: Tyehimba Jess, Olio

2:30 p.m., Toledo Lucas County Public Library McMaster Center

Panel Discussion: Tyehimba Jess, M.L. Leibler, Frances Brockington, and Lee Ellen Martin

6 p.m., Toledo Museum of Art GlasSalon

Co-moderators for the panel discussions are Kimberly Mack, PhD, assistant professor of African American literature at The University of Toledo and Joshua S. Duchan, PhD, associate professor of Music at Wayne State University.

A co-presentation of the Toledo Museum of Art and the University of Toledo, this event has been made possible by The University of Toledo Roger Ray Institute for the Humanities, The University of Toledo Department of English Language and Literature, and the Wayne State University Humanities Center. Visit toledomuseum.org for more information on all the day's events.

January 27

2018 Gospel Extravaganza and Vendor Fair: Warren AME; 2 pm for Vendor Fair; UT Gospel Choir and Positive Force Christian School of Dance: For program participation call 419-967-1414 or 419-377-0115; For free booth call 567-408-8347 or 419-381-1558

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

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

thetruth@thetruthtoledo.com

Whittington Group Realty Now Has Its Own Office Complex

Sojourner's Truth Staff

Emory Whittington, III has been licensed as a real estate broker for over 25 years and for the past two decades has operated his own firm, Whittington Group Realty, out of his home. On Monday, December 18, all that changed when Whittington and his dozen or so co-workers moved into a new home, their own office building at 52 N. Westwood Avenue.

The city mayor, several city councilmen, bankers, agency representatives and dozens of friends and acquaintances joined Whittington for the ribbon cutting ceremony.

Bishop Robert Cup of First Church of God opened the ceremony with a few words of inspiration and prayer noting "the joy of the season and the joy of the occasion."

Mayor Paula Hicks-Hudson extolled the Whittington Group Realty's growth as a small business. "Small businesses are the ones that will help development and grow the wealth," she said.

Councilman Tyrone Riley in whose district the business stands, added: "To see him reach this milestone is an accomplishment I'm proud of and the whole community is proud of. ... the sky is the limit."

Whittington, as was appropriate, had the last word. "It has been a long journey," he told his many friends. He cited a few statistics that he is especially proud of, including the fact that in the last 20 years his firm has done \$30 million in business in the Toledo area - 75 percent

of that in the central city area.

When Whittington decided to open his own real estate brokerage firm in 1997 it seemed to be such a no-brainer. He would no longer have to split fees with a boss or bosses, majority-owned firms weren't paying much, if any, attention to those in the inner city seeking homeownership and there were no minority-owned realty firms in the area.

To his astonishment, almost 20



Emory Whittington

... continued on page 4



Cutting the ribbon



Councilman Larry Sykes and Bishop Bob Culp



First Federal's Reginald Temple, NAACP's Micheal Alexander, City Councilman Tyrone Riley

3 MASSIVE MISTAKES

Professional Women in Committed Relationships Make That Delay Their Boyfriend from Popping the Big Question - *Will You Marry Me?*




Saturday, January 20, 2018 11:00 AM - 3 PM Registration 11 AM Lunch included	Hampton Inn & Suites Toledo-Perrysburg 9753 Clark Drive Rossford, OH. 43460	Investment \$79 Value \$199 Closes January 17
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YOU WILL LEARN:

- ✓ The 3 biggest mistakes you might be making that are inadvertently repelling your mate from popping the big question.
- ✓ How to create a powerful "HUSH" environment that will enlist answers from your mate that will revolutionize your confidence forever.
- ✓ Apply 3 powerful methods to ignite your decision process in either remaining or exiting your current relationship.

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Tiffany Lewis

Tiffany Lewis is a Certified John Maxwell Speaker, Trainer & Confidence Coach and visionary of More Pink Symposium | Intentionally Ladylike. She has a passion to super charge professional women called to ministry who lack confidence by remaining in long-term committed relationships not leading into marriage.

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 Mammi Celeste Mitchell
 Relationship Coach
 Author of the book
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REGISTRATION: <https://hepoppedthequestion.eventbrite.com>

Whittington.. continued from page 3

years later, he is still the only active African-American -owned realty firm in the northwest Ohio area. "I grew up here," he says of the inner city. "I wasn't going to run away from it."



Councilman Tyrone Riley and Emory Whittington



Regina Whittington, Mayor Paula Hicks-Hudson, Emory Whittington

For Whittington, his business has provided a win-win situation for him and his clients. He owns the business and, therefore, all the fees. He provides a multitude of services for oft-neglected clients. Among such services is the education that other firms are not particularly interested in providing.

"But it's more about how many folks we have helped get into their own homes," he said noting that "we have helped over 600 families get into home ownership."



Perryman.. continued from page 2

Washington Local School Board Member Lisa Canales, State Rep. Teresa Feder, Councilmen Yvonne Harper and Tyrone Riley and Mayor Paula Hicks-Hudson can be obtained.

Given a Mark Wagner challenge of Jon Stainbrook's leadership of the Lucas County Republican Party, the local Democrats do not have the luxury of fighting each other.

"If I were Party Chair Josh Hughes," says one insider, "I would jump in there and squash as many of these battles as I could. I'd go in and say 'we're going to make some deals so that we come out as one united front. We're not having all of these issues. I'd sit Mike and Lindsay down and say we're not leaving here until we have a deal, so bring a lunch,' he adds.

Given Ashford's strong resume, history of service and continued support of Democrat candidates, the Party would be foolish to alienate and let him walk away.

For Ashford can always just take his money and go home.

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

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Five 'Healthy' New Year's Resolutions Worth Giving Up

Special to The Truth

While most New Year's resolutions are well-intentioned, sometimes they look better on paper than in practice, actually doing more harm than good. Here are five so-called "healthy" resolutions worth giving up in 2018, as well as better solutions.

Resolution 1: I'm going to take up permanent residence in the gym. Working out is an important piece of the weight loss puzzle, but moderation is key. Studies suggest that too much exercise can lead to a number of issues like hormonal imbalance, fatigue, insomnia and even depression. Many people also report experiencing a drastic increase in appetite after extreme bouts of physical activity, which can lead to overeating and negate the weight-related benefits. Plus, if you exercise so intensely that you're injured or sore for days, it will be difficult to sustain this otherwise healthy habit.

Resolution 2: I'm saying goodbye to fats completely. Fatty foods have gotten a bad rap. The reality is there are good fats and bad fats. In humans, fat helps support normal growth and development, provides energy, allows for proper cellular function, provides protective cushioning for organs, and helps with absorption of certain vitamins. Bad fats are found in foods like meat, butter, lard, cream and trans fats (found in baked goods, fried foods

and margarine) and can increase the risk of cardiovascular disease. Aim to replace these with good fats, which are associated with a decreased risk of chronic disease. Good fats include plant-based oils like olive and canola, avocados, nuts, seeds, and dairy, since these also offer the nutrition your body needs.

Resolution 3: I'm going to skip breakfast to cut calories. According to The Academy of Nutrition and Dietetics, if you're skipping breakfast, you're doing something wrong. Research shows breakfast helps support brain function, energy and mood. And research suggests that people who eat breakfast consume fewer calories throughout the day, weigh less and have fewer risk factors for heart disease. Just a few reasons to load up in the a.m.

Resolution 4: I'll just crash diet to lose the weight. Crash diets don't work and many people who do them end up just gaining the weight back.

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Thoughts on Fitness for the New Year

By Ryan Rollison

The Truth Contributor

I am getting quite a few different questions about New Year's goals, steps to take to reach new goals and different nutrition requests. I am going to do my best to tie them all in and answer several questions in one sweep. Everything I will discuss can apply to both beginners and those people who have been on a fitness path trying to reach new goals.

Some common mistakes that most people make are trying to do too much, too fast and setting unrealistic goals. The first thing is realizing that Rome wasn't built in a day and that you will not be a different person after you train for one day. But it is a start.

First, you need to make a plan. You don't need a membership but you should go ahead and just get one somewhere. There are many New Year deals that you can find that will suit your needs. A lot of these gyms are offering \$10 memberships that's

33 cents a day. This will help get you get out of the house and start creating a habit and making changes to your lack of activity.

You need to have a plan. Don't go in blind with no plan. Make simple goals to get you started. Start with two or three days per week and try to keep the days the same. Schedule them into your planner or phone like you would an appointment. You do not have to be there for hours but you do need to give yourself at least 20 to 30 minutes even if you are not working out that whole time. This is about creating the habit, blocking out time and being consistent.

Now that you have your days and time set aside, what will you do when you are there? You will do one or two exercises for your major muscle groups (legs, back, and chest) and then finish your time with cardio of your choice. You should do this for a week or two and then start adding your minor

muscle groups such as biceps, triceps and shoulders. You can also do abdomen work if you want but I think in the first two weeks that you need to focus on form, consistency and changing your nutrition.

Most people want to do abs right away but you need to realize that solid nutrition is what will bring your abs out more rapidly than the exercises.

Your nutrition needs to become clean and consistent as well. Start easy by eliminating as much sugar and simple carbohydrates as possible. The biggest thing that will help you is being prepared with your meals and snacks. If you have things ready to eat on hand it will keep you from making poor food choices. There are a lot of fad diets floating around out and you need to be cautious of hopping from one to the other to the next one.

I cannot stress enough the importance of staying consistent with your eating and feeding your body

what it needs to grow, burn fat and aid your workouts. A few quick things that can get you started are increasing your water intake, eating protein with each meal and only eating meat and vegetables in your last meal of the day. If you start with these few steps you will notice a difference quite fast.

Now for the ones that want to step up your training game. You have to add a day, raise your intensity level or add new exercise to your workout program. Compound exercises are still the best for making gains in strength size and conditioning. Make sure that you adjust your nutrition to fit you new workouts, proceed with common sense and train smart and safe.

I am still doing my traveling fit camps for groups. I will come to you and your friends, church groups or any other organization to make it convenient for you. Please feel free to contact me to set up your camps.

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Ryan Rollison

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Happy New Year and Happy Whole Health

Patrice Powers-Barker, Ohio State University Extension, Lucas County

The Truth Contributor

At the time of year when people are making resolutions, setting goals and starting new habits, this nutrition article is to encourage you to look at your health and wellness in a large-scale, positive and holistic way. The wellness wheel is one way to visualize holistic wellness.



Picture a wheel. At the center, or the "hub" of the wellness wheel is your personal health and wellness. Depending on the source of the information, there might be anywhere from six to nine dimensions or "spokes" around outside of the wellness wheel. The different dimensions of wellness often include (in no particular order): intellectual, social, emotional, vocational, spiritual and physical. Depending on the resource, additional dimensions include: creative, financial and environmental wellness. Below are some questions to think about how the dimensions add wellness to your life.



Emotional Wellness - How do you respond, both positively and negatively to stressful situations as well as joyful experiences? Are you able to identify and name your emotions?

Vocational Wellness - What type of career or volunteer skills do you offer to our community? How does this contribute to your lifestyle?

Social Wellness -What are the healthy relationships in your life? Who is your community?

Spiritual Wellness - This might include religious practice but it's not a requirement - how do you learn and connect about the depth of human purpose and meaning?

Physical Wellness - physical fitness is often associated with health and wellness. Do you follow these recommendations for physical wellness: eat nutritious food, get enough sleep, exercise 150 minutes per week and attend regular medical check-ups?

Financial Wellness - Are you in charge of your budget? Do you know your financial state and have you set goals for the future?

Intellectual Wellness - How are you a lifelong learner? What new things are you learning at this current stage in your life? (This could be formal or

... continued on page 9



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Congratulations to Caleb Alexander Mickler

From Mom, Dad and Grandma Tee

A 2013 St. John's graduate who Graduated May 13, 2017, Xavier University, B.A. in Communications Arts-Electronic Media and Quadruple Minors. Past President of Xavier's Student Government Association and Past President of Xavier's Black Student Association.

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The Best Books of 2017

By Terri Schlichenmeyer
The Truth Contributor

Trust me on this: when you read more than 300 books a year, you come across some books that are not-so-good.

Thankfully, you come across more of them that are good, great or even stellar. Here's my list of the Best of 2017, those things that you *absolutely* can not miss, the books you should want in your hands now, in no certain order...

FICTION:

Anyone who's read the *Little House on the Prairie* books and loved them will want to read *Caroline: Little House, Revisited* by Sarah Miller. This book imagines the thoughts and dreams of Laura Ingalls' mother; the surprise is that Miller lets Caroline Ingalls be frustrated, angry, and real.



For those who need a good scare, *The Last to See Me* by M Dressler is what you need. Narrated by a woman who's dead-not-dead, it's a cat-and-mouse tale of a "hunter" who comes to rid an old mansion of a mischievous spirit. But does he have the right spirit? Gotta find out for yourself.

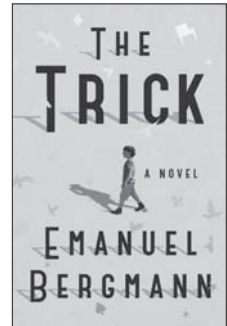


Everything about *The Trick* by Emanuel Bergmann is going to captivate you. Everything. It's the story of an old man who lived a full, tumultuous, dangerous life; and a little boy who's losing what he loves best and decides to

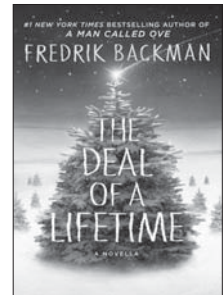
trust the most unlikely person to fix it. It's about love, most of all, but it's

not sappy – it's funny and charming and you can't miss it.

Here's another chiller, but for a different reason: *When the English Fall* by David Williams. It's the story of the end of the world, told from the point-of-view of a quiet, introspective Amish man. It's one of those "what if---?" novels, with a slight twist of the weird. The ending will leave you squirming, so what's not to love?



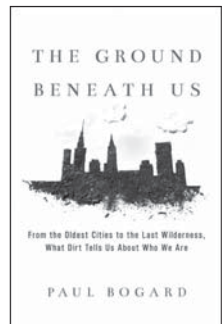
And finally – a Christmas tale that can be read any time: *The Deal of a Lifetime* by Frederick Backman is the story of a man who hates Christmas because of all the horrible things that have happened in his life. What would he give to make the holiday better? Read this under-70-page book but bring the tissues. That is all.



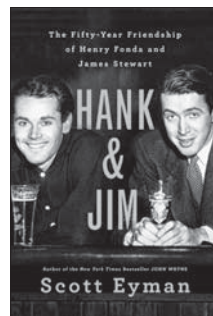
Bonus: *One Good Mama Bone* by Bren McClain and *The Ada Decades* by Paula Martinac were close runners-up. The first is about a mother's love; the second is a look at history through the eyes of two lesbian women. Both are worth a second look.

NON-FICTION:

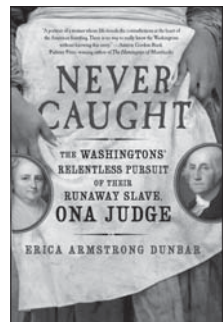
Have you ever wondered where your feet have been? That may be an odd question, until you've read *The Ground Beneath Us* by Paul Bogard. Indeed, this book is about dirt but that's not all: you'll read what that dirt consists of, what else is down there, how scientists find fossils and remains, what keeps our ground stable (or doesn't) and what comes from what's below.



There never seems to be an end to the ubiquitous Hollywood biography, but Hank & Jim: *The Fifty-Year Friendship of Henry Fonda and James Stewart* by Scott Eyman is a keeper. It's warm and funny, but also very sad and poignant. This book will give you lots of insight, not only to these two stars and their families, but also how Hollywood used to work, back in its heyday.



For the reader who loves a cheer-worthy story, *Never Caught* by Erica Armstrong Dunbar is the story of Oney, who was owned by



George Washington. Through a series of laws, Washington tried to keep her enslaved but she was smarter than he thought. Not only did she escape, but she stayed free right beneath his nose. It's a tale that will make you outraged, but it'll also amaze you.

Here's a surprise: *Scores* by Michael D. Bluthrich. It's the true story of a gay man who ran his New York City nightclub with help from the Italian mafia. When he was arrested for something totally unrelated, he decided to work with authorities to shut the mob down. Just a little bit

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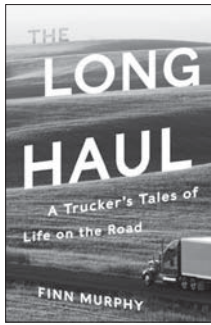
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Best Books of 2017... continued from page 8



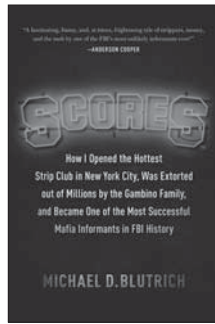
dangerous? Yep, and a rompish can't-miss, too. Another pleasant surprise was *The Long Haul* by Finn Murphy. It's a slice-of-life look at over-the-road trucking, including some of those kinds of stories you'd ask a trucker, if you could.

For the curious, it's a must-have.

KIDS BOOKS:

Just three of them:

With bullying in the news, your child will want to read *Dirt* by Denise Gosliner Orenstein – especially if she's an animal lover. This novel is about a little girl who lives in poverty and thus is essentially invisible. She's okay with that, until her father falls ill and



goes to the hospital and she's alone. Then she finds a filthy, matted pony who won't go home. What happens next will captivate any seven-to-12-year-old.

The Song from Somewhere Else by A.F. Harrold, illustrated by Levi Pinfold is another book with bullying at its theme. It's the story of a little girl who befriends a friendless boy from school – but that doesn't make her very popular. Get this book for your older-elementary-school-to-early-middle-schooler, but read it yourself first. You'll love it, too.



And finally, *They Both Die at the End* by Adam Silvera is a tale of two teenage boys that will die today. Death-Cast has told them so – and so, what will they do with their final day? There's fun in this book, a few laughs, a bit of surprise romance, and a tale that will make anyone 14 and older think about living life to the fullest.

And there you are. A pile o'books to get you started for the new year. Look for them all and Season's Readings!

Last of Three Women to Play Baseball in Negro Leagues Dies at 82

Source: AP - AP Wire Service

Mamie "Peanut" Johnson, one of three women to play baseball in the Negro Leagues, has died at 82. Negro Leagues Baseball Museum President Bob Kendrick said Johnson

died Tuesday. In announcing her death, Kendrick said, "She was truly a pioneer."



Mamie 'Peanut' Johnson

The State of Columbia reports the Ridgeway, South Carolina, native was rejected at age 17 from trying out for the all-white All-American Girls Professional Baseball League. She was recruited in 1953 by the Indianapolis Clowns, the team which featured Hank Aaron before he went on to Major League Baseball.

In three seasons as a pitcher with the Clowns, Johnson posted a 33-8 record as well as a .270 batting average.

During the off seasons, Johnson attended New York University and received a nursing degree from North Carolina A&T State University. When her career ended, she raised her son and worked in nursing for 30 years.

Whole Health... continued from page 7

informal education)

Creative Wellness – what diverse range of art and cultural experiences add creativity and meaning to your life?

Environmental Wellness - How are you creating an environment that promotes your health? Are there healthier options of food in your refrigerator and pantry? Do you have a clear budget for financial wellness? What opportunities do you have to go outside in nature to help reduce your stress level?

The wellness wheel can help address challenges and areas where you need to build better habits but it also recognizes your strengths. What areas are you doing well? Have you been working on a dimension of wellness lately? If you have been fitting in your recommended times of physical activity, is there another area that you would like to strengthen your wellness? Each spoke or dimension is its own category but they are all interrelated. They overlap with one another and affect one another.

Using healthy eating as an example, we can see how it connects with a couple different dimensions of wellness. For healthy eating, choose to eat a variety of fruits and vegetables. Looking at *emotional wellness*, the topic of mindless eating – or emotional eating could be a challenge. Instead of mindlessly munching on a bag of high-fat, high-sodium potato chips, use fruits and vegetables as the healthy option.

Enjoy the colors, tastes and textures of the different kinds of fruits and vegetables, instead of eating mindlessly. There is great value in families eating meals together. Not only does it benefit physical wellness of healthier eating, it also strengthens *social wellness*. It strengthens family relationships and boosts the chances of children making healthy decisions for themselves outside of the home.

As a tool that recognizes strengths, it is also realistic that we won't be perfect in every single area at all stages of our life. The goal is to grow and learn more about your personal wellness. Personal wellness is a lifelong journey, not an ending point! It is a reminder to make gradual, on-going healthy choices. The New Year is a good time to encourage you to decide that your health is worth the effort. If (when) you have a setback, go back to your decision of making your health a key goal. It's a new year and a new start - Make it well.

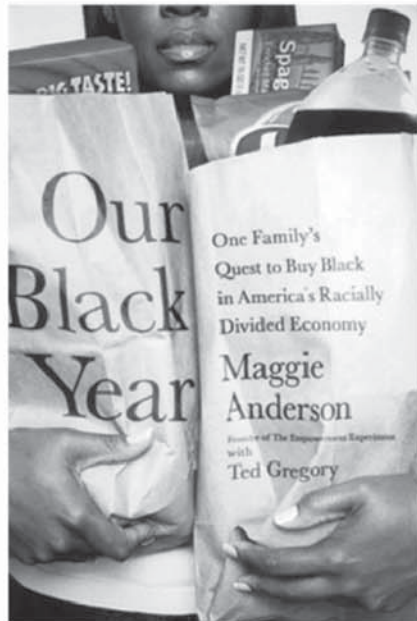
Information from OSU Student Wellness Center and Jan Montague.

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When: Every 4th Sunday
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CLASSIFIEDS

January 3, 2018

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THE ARTS COMMISSION

CALL FOR APPLICATIONS part-time nine-month contracted employment as Coordinator of Young Artists At Work, a six-week summer youth arts employment program. Deadline to apply is January 4, 2018. For position details and application, visit www.theartscommission.org/youth.

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Lucas County Building Regulations is accepting applications to fill the position of Permit Specialist II (Part-Time) until the position is filled. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "Permit Specialist II (Part-Time)" from the list to read more or apply.

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NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Oak Openings Corridor Trail Phase I, Wiregrass Lake Metropark to Secor Metropark, Spencer Township, Lucas County Ohio** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, January 19, 2018 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of the construction of 1.62 miles of multi-use trail from Wiregrass Lake Metropark to Secor Metropark. General construction includes select demolitions, clearing and grubbing, 12 foot wide aggregate path on-grade, 488 feet of precast concrete boardwalk system on a helical pier foundation, drainage culverts, asphalt approaches, pavement markings and signage. 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 \$30 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

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

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

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

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

David D. Zenk, Executive Director

THANK YOU FOR ANOTHER FANTASTIC YEAR!

Because of your support, BelInstrumental had quite the 2017. Here are a few of the highlights:

- We entered our 6th year with the Friendly Center, expanding into percussion classes
- Wildwood Environmental Academy program entered into its 5th year of keyboard class
- University of Toledo Community Music Program had its 4th successful year, offering piano and guitar to anyone in the community. To get enrolled in music lessons, please go here:
- Pickett Academy (through the Toledo Public Schools) went into its second year of keyboard and percussion classes
- Pilot programs with Sylvania Community Services, Salem Lutheran Church and Monroe St United Methodist Church Freedom School Program
- We also lent out over a dozen musical instruments to students who could not afford them. (We have over 200 instruments now in our donation bank.) Do you know of a student in need of an instrument? Send them our way!

This past year, BelInstrumental also opened an office in the Toledo Museum of Art Professional Building, allowing us to be strategically housed with the Toledo Symphony Orchestra and the Toledo Arts Commission. And, because of generous sponsorships from Buckeye Health Plan, Perrysburg Auto Mall and the Old Newsboys, our signature fundraisers, BeMusical in the Park and All That (Latin) Jazz were hits.

In addition to the great programming we've put together, BelInstrumental has recently been chosen by Leadership Toledo to be one of their charitable projects this year! We will be working with a great group of area leaders, working to provide us with a strategic plan for our next ten years in addition to helping plan our 10 Year Anniversary event. Stay tuned as we progress on this project.

It's hard to believe that in 2018, BelInstrumental will be celebrating 10 years of providing music education throughout the region. In just under a decade, we have reached over 1,000 children, whether through instruction at one of our program partners or through lending instruments to children from our instrument bank. We've certainly come a long way since our first fundraiser at Manahattan's in Toledo, and we are looking forward to what the next decade will bring!

With your continued support, BelInstrumental continues to reach more and more children in our community. Every dollar you donate goes toward supporting our mission: to ensure that every child has access to music!

If you have not done so already, please consider a tax deductible gift of \$100, which will help provide up to one week of group lessons for our children. You can make a tax deductible donation at here.

Outside of monetary gifts, BelInstrumental is always on the lookout for:

- **Board Members + Volunteers**
- **Donated Musical Instruments**
- **Corporate Sponsors**
- **Community Program Partners ? Schools, Afterschool Programs, Religious Organizations**

Thank you for helping allow us to fulfill our mission!! Here's to a happy and healthy new year.



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Service changes effective January 7, 2018

TARTA.com/Winter2018

New daytime lineups for all TARTA weekday fixed-line services for increased Downtown route connectivity every 30 minutes; effective Sunday, January 7, 2018.

- 1/4 Ottawa Hills/Sylvania/Sylvania Twp Call-A-Ride — *holiday service discontinued; Sunday hours adjusted from 9 a.m.-5 p.m. to 8 a.m.-4:30 p.m.*
- 2 (currently 2M/H) Franklin Park Mall via Toledo Hospital — *schedule adjusted for lineup and routing changes with access to ProMedica Toledo Hospital on all trips; 2H/M renamed to 2*
- 3 North/South Crosstown — **NO CHANGES**
- 5 (currently 5R) Dorr via UT Main Campus/Walmart — *adjusted schedule for lineup and routing changes; no access to the Independence/Nebraska/Richards loop; UT Transit Center: outbound only*
- 6N/S King Road/City of Sylvania — **NO CHANGES**
- 8/29 Maumee/Waterville Call-A-Ride — *holiday service discontinued; Sunday hours adjusted from 9 a.m.-5 p.m. to 8 a.m.-4:30 p.m.*
- 10 Rossford Call-A-Ride — *schedule adjusted for lineup changes*
- 10L Rossford via Hollywood Casino — **NO CHANGES**
- 12 (currently 12/13) Front/Starr — *schedule adjusted for lineup and routing changes; all trips now clockwise; 12/13 renamed to 12*
- 14 (currently 11/14) East Broadway/Oak — *schedule adjusted for lineup and routing changes; all trips now clockwise direction; 11/14 renamed to 14*
- 15A Summit/Suder/Alexis — *schedule adjusted for lineup changes*
- 15E Summit/Point Place via Alexis — *schedule adjusted for lineup changes*
- 16 Alexis via Meijer — *schedule adjusted for lineup changes*
- 17B Lagrange/Bennett via Miracle Mile — *schedule adjusted for lineup changes*
- 17E Lagrange/Eleanor via Miracle Mile — *schedule adjusted for lineup changes*
- 19F Cherry/Franklin Park — *schedule adjusted for lineup and routing changes; no access to Laskey/Secor*
- 19T Cherry/Tremainsville — *schedule adjusted for lineup and routing changes to absorb Laskey/Secor*
- 20F (currently 24) Central Ave/Franklin Park Mall — *schedule adjusted for lineup and routing changes; to absorb route 24 between Downtown and Delaware/Detroit; no access to ProMedica Toledo Hospital; Franklin Park via Central/Talmadge; no access to Executive Parkway/Secor Rd*
- 20M Central/Meijer Drive — *schedule adjusted for lineup changes*
- 20W (currently 24T) Ottawa Hills via Westgate — *Ottawa Hills via Westgate; schedule adjusted for lineup changes; 24T renamed to 20W*
- 20 (currently 20/24) Central/Westgate/Walmart — *no route or schedule changes; 20/24 renamed to 20*
- 22 Bancroft via UT Campus/Franklin Park Mall — *schedule adjusted for lineup changes; no access to Harvest/Sylvania*
- 26D Berdan/Douglas/Miracle Mile — *schedule adjusted for lineup changes*
- 26L Lewis/Alexis/Miracle Mile — *schedule adjusted for lineup changes*
- 27H Nebraska/Hill-Reynolds — *schedule adjusted for lineup changes*
- 27N Nebraska/South-Reynolds (currently Airport-Wenz) — *schedule adjusted for lineup and routing changes; no access to Reynolds/Angola/Wenz/Airport loop; to be covered by route 32H*
- 28 Indiana/Smead/Oakwood (currently 28/30) — *lineup schedule and routing adjusted; clockwise direction with 28/30; renamed to 28*
- 29X Waterville Express — **NO CHANGES**
- 31G Glendale/Southwyck — *schedule adjusted for lineup changes*
- 31H Heatherdowns/Southwyck — *schedule adjusted for lineup changes*
- 32H South/Airport via Home Depot — *schedule adjusted for lineup and routing changes; no access to Southwyck Blvd; Reynolds/Angola/Wenz/Airport loop added*
- 32R UTMC/Southwyck — *schedule adjusted for lineup changes*
- 34 Detroit/Byrne/Western via UTMC — *schedule adjusted for lineup changes*
- 35 Airport/Maumee-Arrowhead — **NO CHANGES**
- 39 Franklin Park/City of Sylvania — **NO CHANGES**
- 39M Monroe/Sylvania-Centennial — **NO CHANGES**
- 41 Glendale-Southland/Maumee-Arrowhead — *schedule and Downtown routing adjusted*
- 43 Maumee-Arrowhead/Western via UTMC — **NO CHANGES**
- 44X St. Luke's Hospital — **NO CHANGES**

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School Day Routes

- 11A/B East Broadway Crosstown — **NO CHANGES**
- 18A/B/C Sylvania Avenue Crosstown — **NO CHANGES**
- 20A/B Upton Avenue Crosstown — **NO CHANGES**
- 27A/B/C Reynolds Road Crosstown — **NO CHANGES**
- 34A/B/C Airport Highway Crosstown — **NO CHANGES**
- 36A/B Hawley Crosstown — *afternoon schedule adjusted*
- 37A/B Central Avenue Crosstown — **NO CHANGES**

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